

A new theory of consumptions : more especially of a phthisis, or consumption of the lungs ... Also the possibility of healing ulcers in the lungs asserted ... Likewise directions about eating ... and way of living in general, proper for consumptive persons / By Benjamin Marten.

Contributors

Marten, Benjamin.

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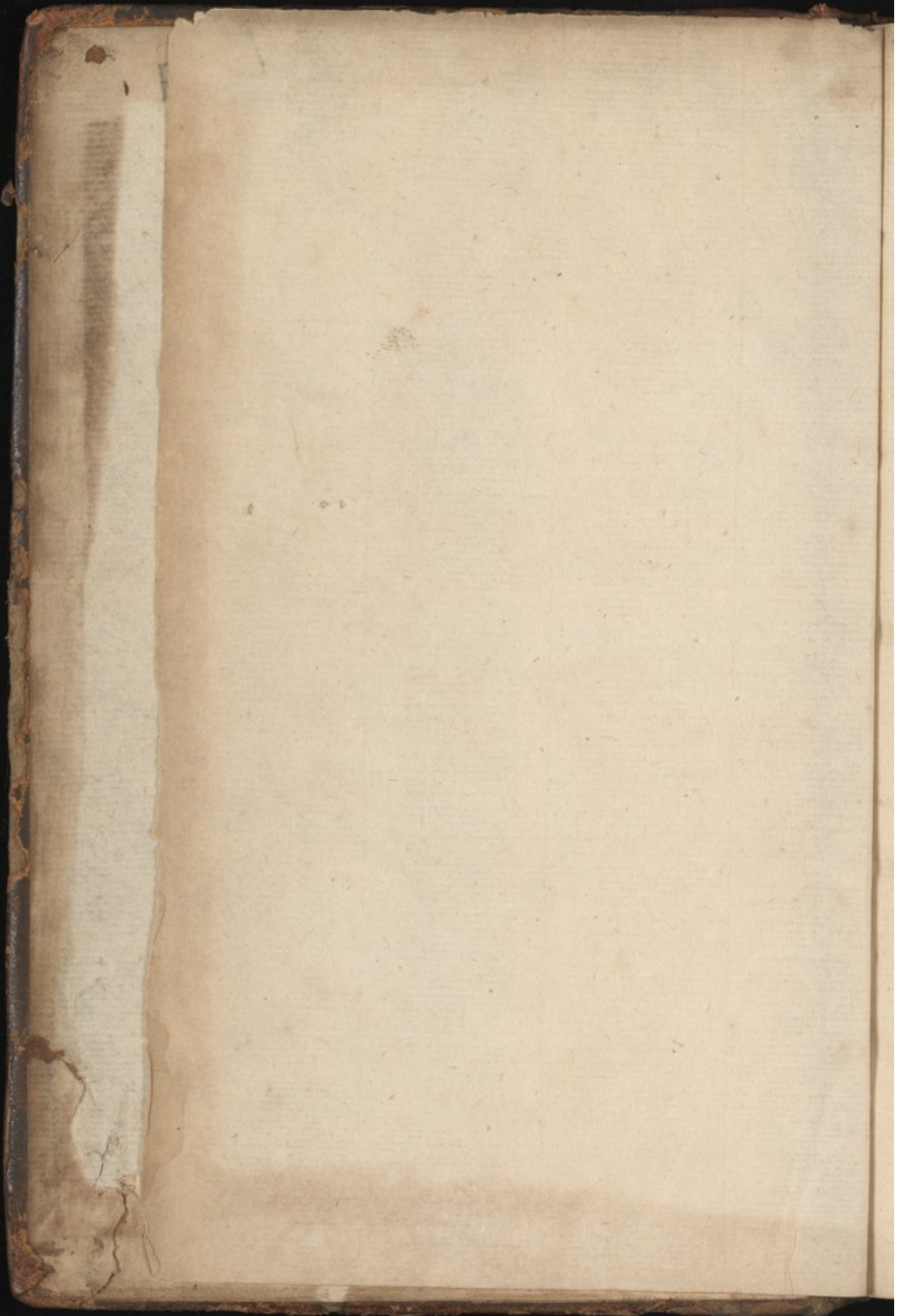
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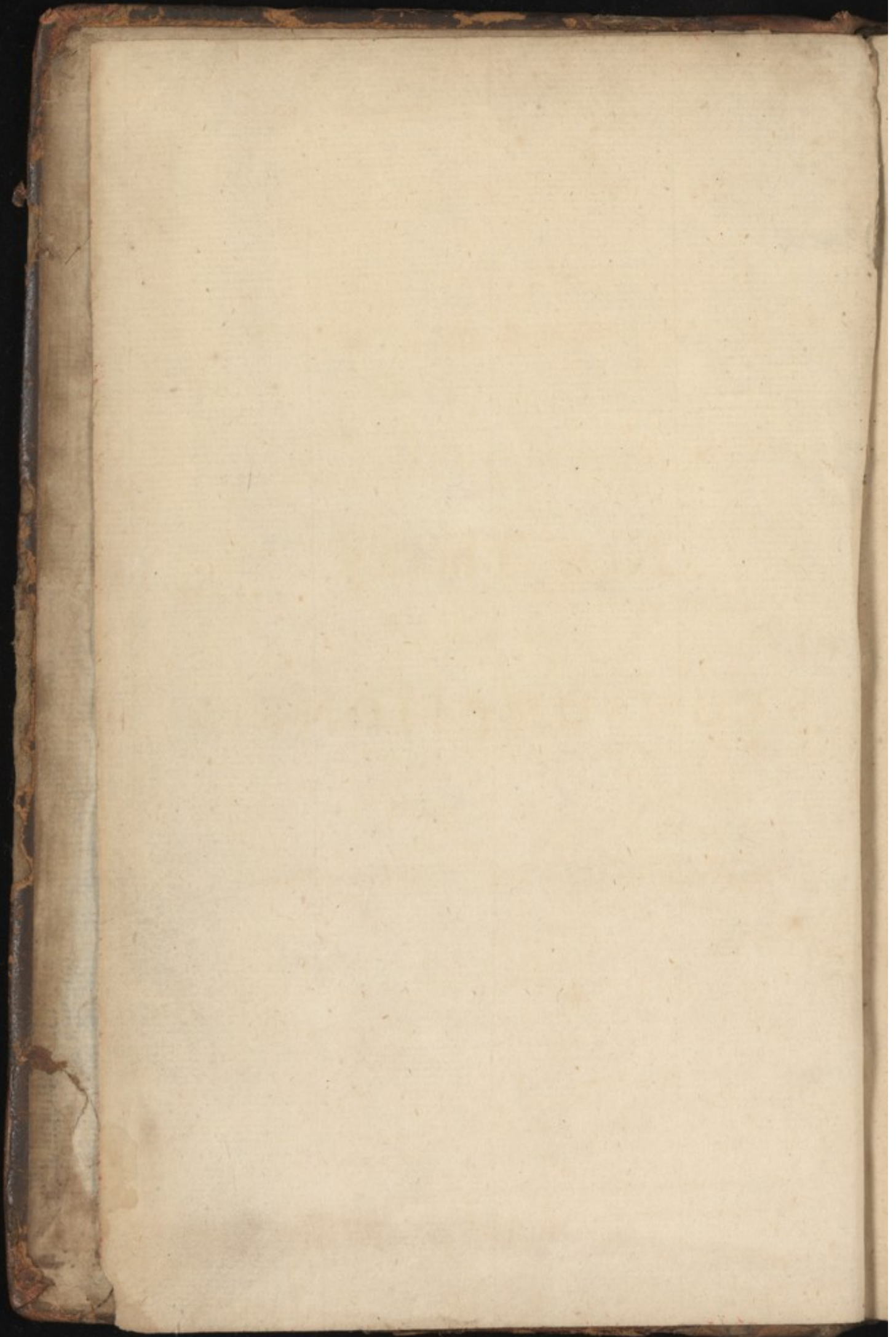
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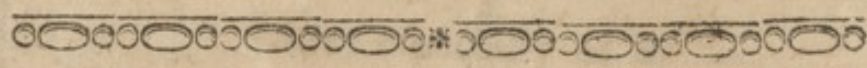
NEW THEORY

OF CONSUMPTIONS



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Consumptions



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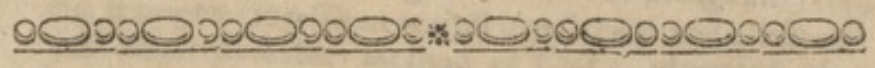
Consumption of the Lungs

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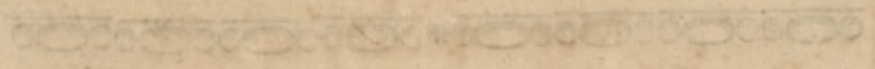


By J. H. ...

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LONDON: ...

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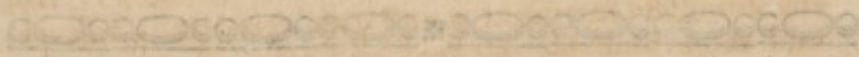


A

NEW THEORY

OF

CONSUMPTIONS



BY
J. H. ...

LONDON

18...

A
NEW THEORY
O F
Consumptions :
More especially of a
P H T H I S I S,
O R
Consumption of the Lungs.

W H E R E I N,
After a brief History of the *Distemper*, its various
Symptoms throughout its several Degrees, and every mi-
nute Step it takes, from its first invading the Patient, to
its final Termination,

Enquiry is made
Concerning the Prime, Essential, and hitherto ac-
counted Inexplicable CAUSE of that Disease, so very *Ende-
mick* to this Nation, and generally fatal to those it seizes on.

With an Account
Of the great Number of *Medicines*, and various *Me-
thods* of CURE recommended for *Consumptions*; and the
different Opinions of Authors concerning them.

A L S O
The Possibility of Healing Ulcers in the *Lungs* asserted,
the strongest Objections against it answered, and a different
and more probable Method of CURE advanced, than
commonly practised,

L I K E W I S E
Directions about Eating, Drinking, Sleeping, Exer-
cise, and way of Living in general, proper for *Con-
sumptive Persons*.

By BENJAMIN MARTEN, M. D.

L O N D O N, Printed for R. Knaplock, at the *Bishop's Head*
in *St. Paul's Church-yard*; A. Bell, at the *Cross Keys and Bible*
in *Cornhill*; J. Hooke, at the *Flower de Luce* against *St. Dun-
stan's Church* in *Fleetstreet*, and C. King, at the *Judge's*
Head in *Westminster-Hall*. MDCCXX.

(Price 3 s. 6 d.)

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A
NEW THEORY
OF
Consumptions:



Consumption of the Lungs.

After a brief History of the Disease, its various
Symptoms throughout its several Degrees, and every
particular taken from its first invading the Lungs to
its final Termination,

Conceiving the Prime, Essential, and distant
causes of this Disease, to be
and generally fatal to those who
contract it.

Of the great Number of Medicines, and various
Methods of Cure recommended for Consumption; and the
different Opinions of Authors concerning them.

ALSO
The Possibility of Healing Ulcers in the Lungs, after
the longest Obstruction, is answered and a
more probable Method of Cure advanced, than
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in St. Paul's Church-yard; A. Hall, at the Sign of the
in Cornhill; N. Moxon, at the Sign of the
in St. Dunstons Church; and C. Knapp, at the Sign of
in St. Dunstons Church-yard. MDCCLXX.

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T H E
P R E F A C E.



HERE scarcely was ever any Book wrote and published, how good and correct in its kind so ever, but what met with Opposition, Censure, or Ridicule from People of ill Nature, and of a cavilling Disposition, and that more especially if any Thing New or Uncommon was advanc'd in it.

Thus the Circulation of the Blood, discovered by the Immortal Harvey, was by several oppos'd and laugh'd at; many of the

bright, and yet living Ornaments of the present Age also, who have carried Arts and Sciences to a stupendious Heighth, have had their snarling Detractors; and even the Glory of the English Nation, the great Sir Isaac Newton, who, according to the learned Boerhave, knows as much as all the rest of Mankind together, has been carp'd at by invidious Pens.

That the following Sheets therefore, should escape the splenetick Reflections of insidious Persons, is as far from my Expectation, as their Treatment of them and me, will be from sparing any part of my Concern.

Perfection is not to be attain'd in this Life, and no Man, or hardly any Work, is entirely free from Error, consequently it cannot be suppos'd that these Papers, wrote at my leisure Hours, should be without Faults.

Correctness

Correctness of Stile, and Beauty of Expression, is what I make no Pretensions to, all that I have endeavour'd, in respect to the Language, is, to be as plain and intelligible as possible, and to deliver my Sentiments as clearly, and in as few Words as conveniently I could, to be well understood.

That the Symptoms, Steps and Gradations of Consumptions, as set forth in the first Chapter, are undeniably true, vast Numbers of Patients languishing under this miserable Disease, too sadly experience: Here, those afflicted with Coughs, Catarrhs, or any Sign of an approaching Phthisis, or any one State of that Distemper, will find their Case described as exactly and near to Nature as perhaps is possible, and will be apprised of their own Condition, and of what Degree of Danger they are in.

And if any, who delight to find fault rather than commend, should say that a great deal in this Chapter is what Dr. Morton has already told us in his Phthisiologia, I shall only answer, that when once an accurate Description has been given of any Country, Distemper, &c. as that of a Phthisis, most certainly has by Morton, whoever is afterwards oblig'd by the Nature of his Work, to describe the same, must either say some Things that have been said before, or deviate from Truth and Fact; but all who read this Chapter impartially, and compare it with Morton, or any other Author, will find that I have not been guilty of what I reckon wholly inexcusable in a Writer, viz. Plagiarism, or taking from others, as some have done, not only Sentences and Paragraphs, but whole Pages, without giving the Authors, from whose Works they were transcrib'd, the due Honour, or so much as mentioning their Names.

As

As to the Theory, advanced in the second Chapter, I am sensible much more might have been urg'd in favour of it, than the Reader will find; however, I think I have said enough to evince the Reasonableness and probability of my Conjectures, concerning the Prime and Essential Cause of Consumptions, as well as of many other Diseases, and to afford sufficient Hints to some abler Hand, whose Abilities are more equal to the Task, to carry the Theory much farther than I have done, and it may be bring it to absolute Demonstration in an extensive Degree.

Could this be once accomplished, and I think I have not left it infinitely short of it, how soon, and how much, would the general Practice of Physick in Acute Distempers, Fevers especially, as well as in some Chronick Ones, be altered from what it is at present?

And

And truly the Observations I have made in continual Fevers, which may one Day see the Light, and the Method and Medicines, different from the usual Practice, that I have found most effectual for their Cure, and which I have experienced not only to prevent, but often to take off the twitching of the Nerves, and other dangerous Symptoms, the Fore-runners of Death, exceedingly confirm the Theory I have offer'd, because they tend very much to destroy what I have suppos'd to be the Original Cause of those Fevers that are so destructive to Human Race.

By the various Methods, and great Number of Medicines taken Notice of in the third Chapter, together with the Contrariety of Opinions and different Reasonings of many eminent Authors, concerning such of them as have been more than ordinarily commended for a Phthisis, the Readers will plainly

plainly see how very short of Certainty the Methods hitherto taken for the Cure of this Distemper have been, and consequently how requisite it is to endeavour to establish such a safe and efficacious Method of Cure, as may be entirely depended upon in this Cruel Disease.

They will easily perceive also, what little Stress there is to be laid upon many of the common-place Remedies, which from their having been heretofore excessively extoll'd, are still retain'd in Use, and continue too much in vulgar Esteem; and are even rely'd on by some to such a Degree, as to be suffer'd (exclusive of all other Medicines, that in a proper Method might have Cur'd the Distemper) to be constantly taken by the unhappy Patients throughout the greatest Part of their Illness, and often to accompany, if not forward them to their very Graves.

In the fourth or last Chapter, the strongest Objections against the Possibility of Curing a Phtthisis, or Ulceration of the Lungs, will I hope be found fully answered, the most weighty Arguments brought to support them, satisfactorily refuted, and Ulcers in the Lungs plainly proved Curable.

And in respect to the Method of Curing Consumptions that I have recommended in that Chapter, besides what I have there said concerning it, I think fit here to assure my Readers, that it is not Notional only, or built upon Airy Speculation, but that I have for some Years past experienced it to be really effectual, otherwise would never have advised it; and am fully convinced is what may be absolutely depended upon (under the Conduct and Direction of a Skilful Physician, who has a strict Regard to all the necessary Precautions I have mentioned) as the best and most certain

tain One that can be taken, for the thorough Cure of a Phthisis or Ulceration of the Lungs.

To these Papers, I intended to have added a Discourse on Asthma's, shewing their Nature, Difference, and the most facile Method of Curing them; but this Theory of Consumptions, having swell'd under my Pen to a much greater Bulk than I at first design'd it, is the Reason I reserve my Thoughts on that Subject for a particular Tract by it self, that I intend shall soon be published.

It is not the most uncommon Thing in the World for Authors, especially in Physick, to declare that the Publick Good was the sole Motive of their Works; for my Part I shall not say so, but this I do solemnly aver, that if I had not really believed what I have wrote would be serviceable to my Fellow Creatures, and particularly to those unhappy Persons

sons who are afflicted with a Phthisis or Consumption of the Lungs, it should never have been Printed.

And even such of 'em as do not care to enter into a Course of Medicine as I have advised, may by taking due Notice of what at the latter end of the Fourth Chapter I have said in relation to Exercise, Diet, and manner of Living in general proper for Consumptive Persons, and observing the few easy Rules there laid down, have reason to thank me for this Treatise; as may also those who are troubled with Anxiety of Mind, Hypochondriack Melancholly, and Hysterick Affections, which exceedingly incline People to, and are often succeeded by Consumptions, what I have advised in respect to Eating, Drinking, Sleeping, Exercise, &c. conducing in an extraordinary Manner to the Cure of those Indispositions.

And as nothing can afford more real Pleasure to an ingenuous Mind, than the being sensible

sible of having done good to the Human Species, so if these Sheets should in any respect prove beneficial to the World, as I have already acknowledged I am weak enough to believe they really will, I shall then, if I know myself, have the most solid Satisfaction that I think I am capable of receiving.

The giving my own Medicines in this Distemper, as mentioned in Page 163, may probably occasion some smart Animadversions from false Wits, and common Dealers in Scandal, who watch all Opportunities of shewing their Talents, for the sake of gaining a few Days Subsistence; but as whatever such may say or write, is not worth a wise Man's Notice, so I shall take Care not to expose my Folly that way.

This I'm well satisfy'd of, that those Persons who labour under Consumptions, and think proper to apply to me for Cure, will be very well pleas'd with having Remedies from my own Hands, on the Goodness and Efficacy of which, I, as well as they can fully depend,

as all the Patients I have hitherto had under my Care, in this Disease, have declared themselves to be.

I shall add no more by way of Preface, besides desiring the judicious and candid Part of Mankind, into whose Hands this Book may fall, and whose Approbation I alone Value, to peruse it thoroughly before they pass their Judgment on it, assuring them at the same time, that what they will find in it, was wrote with unfeigned Sincerity of Heart.

Benjamin Marten.

From my House in
Theobald's-Row, near
Red Lyon Square in
Holbourn, Sep. 1st, 1719.

E R R A T A.

PAGE 36. Line 27. read *Diabetes*, p. 60. l. 4. for *drove*,
r. *driven*, p. 63. l. 6. after *their*, r. *own*, p. 76. l. 6. for
is, r. *it*, p. 77. l. 17. r. *Patient's*, p. 96. l. 27. r. *conquassate*,
p. 127. l. ult. after *use*, r. *of*, p. 145. l. 14. r. *Ophthalmia*, p.
ibid. l. 24. r. *turgid*, p. 173. l. 18. r. *fit*.

What other literal Faults may have escap'd Correction,
the Reader is desired to excuse.



A.
New Theory
 O F
CONSUMPTIONS, &c.

C H A P. I.

Of Consumptions, more especially a Phthisis, or Consumption of the Lungs; all its various Symptoms throughout its several Degrees, and every minute Step it takes, from its first invading the Patient, to its final Termination.



T H E R E is no Country in the World more Productive of Consumptions than this our Island; for besides that a Consumption is in many Persons an Original Disease, or one not immediately proceeding from, or occasion'd by, another, every other
 B Chro-

Chronick Distemper, is many times resolv'd into it, before Death compleats his Conquest: Thus Hypochondriack and Hysterick Diseases, an Asthma, inveterate Scurvy, Scrophulous Tumours or King's-Evil, *French Disease*, external as well as internal Ulcers, and all inward Weaknesses and Indispositions of the *Viscera*, frequently terminate in a Consumption, as well of the Lungs, as of the whole Habit; so that in this Disease all other Chronick Distempers very often Centre.

And indeed it may with a great deal of Reason be said to be in *England*, what *Dolæus* tells us it is at *Hanover*, viz. an *Endemick Disease*, or one that always seizes upon a great many Persons in the same Nation, proceeding from some particular Cause peculiar to the Country.

A Consumption may be taken in general, for every Extenuation or Wasting of the Body, from what Cause soever it proceeds; whence it follows, that as many different Causes as there are of such Extenuation or Wasting, so many different Kinds of Consumptions, properly speaking, there are; and therefore it is, that Authors give various Names to a Consumption, according as its Cause varies, such as *Atrophy*, *Phthisis*, *Tabes Dorsalis*, &c.

But as a *Phthisis*, or Consumption, occasioned by distemper'd Lungs, and call'd by
the

Chap. I. of Consumptions. 3

the famous *Willis* and others, by way of Eminence, a Consumption of the Lungs, is the most deplorable, and what we most frequently meet with, our *English* People being in a very particular manner subject to it, I design chiefly to treat of that, and but lightly touch on the other sorts, excepting only so far as relates to their Cure: And indeed Custom has now so much prevail'd with Physicians, that whenever we speak of a Consumption, it is generally and more especially taken for a *Phthisis*, or that Consumption of the Body, which has its Rise from an Ulceration of the Lungs.

A *Phthisis*, or Consumption of the Lungs, may be very justly defined, to be *A wearing away or consuming of all the Muscular or fleshy Parts of the Body, accompanied with a Cough, purulent Spitting, hectick Fever, shortness of Breath, Night Sweats, &c.* In-
somuch, that the unhappy Patients, when far gone in this Distemper, appear with ghastly Looks, more like stalking Ghosts than living Bodies, their Bones being only covered with thin Membranes and Skin.

And besides the bodily Misery they necessarily feel by Day, which is commonly more exasperated by Night through violent Coughing, an uneasy feverish Heat, Restlessness, and melting Sweats, they are frequently afflicted with Sadness and very

great Anxiety of Mind; under all which, they are supported only by Intervals of Hope that they shall at last overcome their Distemper, and meet with a perfect Cure; which Hope, being the greatest Comfort they have, they very justly endeavour to keep up in their Minds as much as possible, and are fatigued with nothing more, than to be discourag'd, by their Friends and Acquaintance, from that only Enjoyment they seem to have.

And indeed no greater Harm can be well done to Consumptive Persons, than for People to tell them they are incurable, or even to act, look, or any way seem as if they thought so; when on the contrary, it is doing them real Service to be chearful in their Company, to tell them they look better, and to strengthen their Hopes of soon getting well, by the help of proper Means, as all who are acquainted with the prodigious Effects the Mind has upon the Blood and Juices, very well know.

The divine *Hippocrates*, and, from him, several others, tell us, that Persons of a fine Contexture, tender, and who have a small shrill Voice, thin clear Skin, a long Neck, narrow Breast, depressed or strait Chest, and whose Shoulder-blades stick out, are of all others, most subject to a Consumption; and this in some Measure is confirm'd by Experience, but must not be taken for

Chap. I. of Consumptions: 5

a general Rule, because we often find robust and strong made Men, fall into this Distemper, and such weakly tender Persons, as above described, many times exempted from it.

Consumptive People are likewise generally observ'd to be very quick, full of Spirit, hasty, and of a sharp ready Wit, and are commonly very impatient, and tenacious of the least Disrespect that is shewn them; and as for the most part they talk very well, so they frequently use that Faculty much too much for their own Advantage in Point of Health: But that only ingenious Men are seiz'd with this Distemper cannot be said, tho' it is certain that we do not often meet with dull heavy Persons, or such as are slow of Speech, afflicted with this Disease.

People between the Age of Eighteen and Thirty five, are much more subject to a Consumption than those who are either younger or older, yet this must not be taken for a general Rule neither, because it is sometimes seen, that Persons much under Eighteen have fallen into this Disease, and also that People of Forty five Years of Age or upwards, have been seiz'd with it, after having enjoy'd a healthful State of Life to that time.

It is observ'd also, that Persons born of Consumptive Parents, and such as are prone

to spit much, or to hawk up black tough Flegm in a Morning, or Flegm that is sharp or Salt, or that spit Blood, tho' it be only Accidental, through loud Hallowing, Singing, hard Coughing, Running, or any violent Straining; also those who are often troubled with melancholly Oppressions about the Breast, Thoughtfulness, Anxiety or Sadness, and whose Soles of their Feet, and Palms of their Hands are affected with a notable Heat and Dryness, especially after eating, and those likewise who are frequently subject to a Catarrh, or Cough upon every slight occasion, are much more liable to a Consumption than others; and this Experience confirms.

All these Circumstances and Symptoms, that I have mention'd, are called by some Authors, the *Prognostick* Signs of an approaching *Phthisis*, or such as foretell a Consumption of the Lungs to be near at Hand; amongst which none is more certain, or sooner succeeded by a *Phthisis*, than Melancholly and Sadness.

This Distemper, in the Opinion of several, is propagated from one Person to another by Contagion, and if we may give Credit to a certain Author, is very infectious indeed; for speaking of a Consumption, he says, "That considering its Malignity
"and catching Nature, it may be con-
"nuerated with the worst of *Epidemicks*,
"since

Chap. I. of Consumptions. 7

“ since next to the Plague, Pox and Le-
“ profy, it yields to none in Point of Con-
“ tagion— Nothing we find (*adds he*)
“ taints sound Lungs sooner than inspiring
“ (*or drawing in*) the Breath of putrid,
“ ulcerated, or consumptive Lungs; many
“ have fallen into Consumptions only by
“ smelling the Breath or Spittle of Con-
“ sumptives, others by drinking after them,
“ and what is more, by wearing the Cloaths
“ of Consumptives, tho’ two Years after
“ they were left off.

But if a Consumption of the Lungs was
so exceeding contagious, as this Author
would have us believe, every one in the
Family wherein a Consumptive Person
lives, as also all his Acquaintance, or those
who but slightly converse with him, would
be infected with this Disease, which how-
ever Experience contradicts.

Yet, that this Distemper is infectious,
the learned *Etmuller* witnesseth, who tells
us “ A *Phthisis* or Consumption of the
“ Lungs, is so very contagious, that the
“ Breath of a *Phthisical* Person will corrupt
“ the Lungs of another, and convey its Viru-
“ lency through the Breasts of a suckling
“ Woman.

The admirable *Morton* also, whose ex-
cellent *Phthisiologia* will eternize his Memo-
ry, assures us, that a *Phthisis* is propa-
gated by Infection, “ For this Distem-

“ per (*says he*) as I have observed by frequent Experience, like a contagious Fever, does infect those that lie with the sick Person, with a certain taint.

A Consumption of the Lungs is often introduced in the following manner: The Patient, from being, to all outward Appearance, in perfect Health and Strength, is, upon taking Cold, through the Inclemency of the Season, or for want of due Care, first seized with a Defluxion of thin Rheum from the Nostrils, a Soreness of the Palate, Throat, Breast and Lungs, which is soon attended with Hoarseness, and a troublesome Coughing up of Matter, at first thin and white, then bluish, equable, and globular, but in a short time Yellow or Green, resembling the Pus or Matter commonly found in external Ulcers. However none of these Symptoms discover the Substance of the Lungs to be yet so much affected as the Wind-pipe and its glandulous Membrane.

These Symptoms, are at first often accompanied with the Head-ach, and almost universal Disorder of the Body, and always with a slight Fever, which in some Persons is very apparent, but in others more obscure, and therefore not taken so much Notice of, as it really requires to prevent Consequences dismal to think on; for upon that, the other Symptoms chiefly depend.

Accor-

Chap. I. of Consumptions. 9

According as these Symptoms are more or less severe, the Consumption that succeeds them, many times proves more or less Acute, or terminates in a longer or shorter time; and it is observable, that for the most part those who are seized with those fore-running Symptoms or first Steps towards it, in the Winter Season, are not afflicted with a Consumption so Acute or speedily hastening to its End, as those who are first attack'd in the Summer, who are generally such as are in the Vigour of their Youth, and whose Blood is commonly very hot and acrid: In these the Hoarseness is very great on a sudden, and to the Symptoms before-mentioned, is frequently added that of bringing up by Coughing, almost from the very beginning, a purulent Matter streak'd with Blood.

Amongst the imminent Symptoms ushering in an Acute Consumption, must also be reckoned an *Hemoptoë*, or spitting of Blood, which sometimes happens on a sudden, and in a large Quantity, without any previous Cough, but is accompanied with Pain and Heat of the Breast, and unless it be accidental, through violent straining, hallowing, &c. is always the Effect of a Feverish Disposition of the Blood, and when severe, is quickly attended with a Train of other Symptoms threatening speedy Death; and if the Patients escape
with

with Life, they are nevertheless in imminent Danger of falling immediately into a very Acute and deplorable Consumption.

Those People also, who are subject to inflammatory Diseases, such as the Pleurisy, *Peripneumonia* or Inflammation of the Lungs, Quinsey, &c. are very liable to an Acute Consumption; which likewise often succeeds those Distempers, when they have been unskillfully cured, or when the inflammatory Disposition has not been entirely subdued by due bleeding, &c.

I call all these Symptoms the first Steps only towards a Consumption, because if due and timely Care be taken, they may be easily cured, and the threatening Consumption be prevented, as shall be hereafter shewn; but if special Regard be not had to these dangerous Symptoms, many of which are too often look'd upon by the unwary Patients as very trifling and not worth minding, they soon hurry them into a Consumptive State, which of all others in this Life, is surely the most deplorable, because, besides the Fatigue of Body, the unfortunate Laborants undergo, they see themselves as it were dying every Moment they live.

The Consideration of these and such like calamitous Circumstances, to which Mankind are liable, is sufficient almost to per-

Chap. I. of Consumptions. 11

persuade us, that of all Creatures breathing, Man is the most miserable.

Hitherto I have been speaking of the Symptoms that often usher in Acute Consumptions, or such as quickly passing thro' their several Degrees, determine the Fate of the unhappy Patients in the Space of a few Months, and sometimes Weeks.

But there is a *Phthisis* or Consumption of the Lungs, of a slower Nature than the above-mentioned, and which takes up a longer time in passing through its several Degrees; the Distemper also begins in a manner different from the former; for the Patients, for the most part, are at first seized only with a troublesome dry Cough, which however is very moderate in the Day time from the very beginning, a slight Uneasiness of the Breast, and a slow Fever, which is not always very apparent.

These first Steps, towards a slow or lingering Consumption, generally happen to such as are hereditarily dispos'd to it, and to those who are subject to, or have been afflicted with, Hypochondriacal or Hysterical Diseases, Intermitting Fevers, an Asthma, Scrophulous Tumours or King's Evil, the Scurvy, &c. or to any Species of the *French* Disease, whether hereditarily from their Parents, or from having at any time contracted it themselves.

Now

Now a *Phthisis*, or Consumption of the Lungs, that is occasioned by other Distempers, is call'd a Symptomatical Consumption, whence the Names Hypochondriack Consumption, Scorbutick Consumption, Scrophulous Consumption, Venereal Consumption, &c. have their Rise.

Yet we often find a lingering Consumption takes place in Persons that were never subject to, or afflicted with those Chronick Distempers, and in them, is called an Original *Phthisis*, and is sometimes ushered in, after a manner different from what has been yet described; for the Patients, are at first only troubled with viscid Flegm, sometimes blue, or of a blackish Hue, that in an especial manner affects the upper Part of the Wind-pipe, and its glandulous Membrane; which flegmy Humour they discharge almost continually, but more especially in a Morning, for the most part by gentle Coughing, sometimes so very gentle as scarcely to deserve the name of Coughing, but rather of Hawking, or at least something between those two Actions, and at other times by a Cough more troublesome.

And in this State, the Humour it self not being very acrid, the Patients continue for a considerable while without any further Inconvenience; but being neglected, in length of time the Lungs are stuff'd
and

Chap. I. of Consumptions. 13

and impaired, and a Consumption is induced, as in the following Sheets will be shewn.

This fore-running Symptom of a Consumption of the Lungs, tho' generally taken less Notice of by the Patients, than any other, is yet more frequently follow'd by that Distemper, than many seemingly more severe Symptoms.

But all these first Steps towards a slow or lingering Consumption, as well as those that usher in an Acute One, may with proper and timely Means be quickly cured, and the Consumption, that would otherwise have inevitably follow'd, be happily prevented.

And here I cannot forbear again observing, that many of these Symptoms I have mentioned, such as the Cough, Hoarseness, Catarrh, &c. being the Effects of common Colds, that are found in many Persons to go away on their own Accord, or with very little Help, are on that Account too often neglected by the Patients, till a Train of innumerable Ills happen, that are not easily surmountable: And indeed common Coughs and Colds, that People are apt to think so light of, are too often the *Preludiums* to the most dreadful Diseases that afflict Mankind.

“ A violent Cough (*says the learned Bag-*
“ *livi*) produces a Rupture in Children,
‘ Mis-

“ Miscarriage in Women, and a Consump-
“ tion in Men; for which reason it ought
“ never to be slighted. And *Etmuller* al-
so, is of the same Opinion.

But how it happens that the Symptoms I have mentioned, even when exceeding severe, and imminently threatning an immediate Consumption, sometimes abate, and go off almost of themselves, without any Medical Assistance in some Persons, as abovesaid, and how in others, tho' they seem more mild, they go not off, but pass immediately into a Consumption, either Acute or Chronick, shall be made appear in its due Place.

And now having spoke as much as I think requisite, of the Symptoms that immediately precede, or usher in a *Phthisis* or Consumption of the Lungs, whether Acute or quick, or Chronick or slow, I proceed to treat of those that plainly discover a Consumption to be present, and that accompany it through every State or Degree of it.

When therefore the Symptoms, that have been before said to usher in Acute Consumptions, continue very severe for any length of time, they are succeeded by the following, which are called the *Diagnostick*, or present Signs of a Consumption of the Lungs, or such as certainly shew it to be begun.

There

There is a Soreness of the Breast, a sensible Oppression, Heaviness or Weight, and a certain inexpressible Grief there; which, together with a Hoarseness of the Voice, that usually attends, is encreased by much talking or reading, and especially upon disputing or contending, accompanied with exceeding Fretfulness and Uneasiness of Mind; and in some Persons there are at times shooting Pains, darting, as it were, through and cross the Chest, and sometimes even to the Back and Shoulders: The Cough also, tho' not very vehement in the Day-time, is deeper and more troublesome, there being now very little Expectoration, and that not without Difficulty, tho' before it was very plentiful, which are plain Signs that the Substance of the Lungs are now affected either with Tubercles, that is, little hard Knots or Swellings in the Glandules of the Lungs, which pressing upon the small Branches of the Wind-pipe, irritate and cause the dry Cough, or else, as sometimes happens, especially after a Pleurisy, or *Peripneumonia*, with a *Vomica* or conceal'd Swelling or *Apostem*, of which more hereafter.

There is also a shortness of Breath, especially upon any considerable Motion, and an Hectick Fever always attending, which is apparently encreased after Meals, as the Redness of the Cheeks, burning
Heat

Heat of the Palms of the Hands and Soles of the Feet, and the quickness of the Pulse at those times more than before eating, plainly demonstrate. At this time also, the Appetite begins to fail, and the Flesh grows loose and flabby, and insensibly decays.

Now the *Diagnostick* or present Symptoms, that succeed those I have mention'd to usher in a Chronick or lingering Consumption, and which directly discover it to be begun, are these.

The dry Cough, which I have spoken of, grows more and more troublesome, especially towards Night, yet the Patient brings up little or nothing more than a thin Humour, which as *Etmuller*, and *Dr. Morton*, our own Countryman, have observed, does not occasion the Cough, as some are apt to think, but is rather occasioned by it, and that by the very Action of Coughing, by which that Humour is squeez'd out of the small Glandules seated in the upper Part of the Wind-pipe, and throughout its glandulous Membrane, and which is then brought up and spit forth: The slight Uneasiness of the Breast, is now succeeded by great Anxiety, Heaviness and Pain of that Part; there is also a constant Fretfulness of Mind, with a Disposition to be Angry without any manifest Provocation, and an unusual and very uneasy Heat afflicting

flitting the Breast and Lungs; the latter likewise seem to the Patients as if they were tumify'd or swoln, as indeed they sometimes really are in some Degree, and together with an Hectick or slow Fever, which constantly fatigues them, (whose Flesh also now sensibly sinks away) and a shortness of Breath, and difficulty of Breathing, (which, however, happens to some more than to others) plainly discover that the Lungs are infested with Tubercles, Knots or Swellings, and that a Consumption is present.

So also when the pituitous, or flegmy Humour, that I have mentioned to usher in a slow or lingering Consumption, and which for the most part is brought up by gentle Coughing, is increased and become very Viscous, &c. so as to stuff up and clog the Lungs, that is, obstruct their Glandules, there is then hard Coughing, Wheezing, and difficult Expectoration, by all which the Lungs are impaired, and crude Tubercles, Knots or Swellings are form'd in their Glandules, which then are attended with all the *Diagnostick* Symptoms, or apparent Signs of the first State of a Chronick or lingering Consumption that I have already described.

In this Degree of the Disease, whether Acute or Chronick, the Appetite to Food diminishes, and the Patients grow more nice and
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difficulē

difficult in their Eating than they used to be, many of them also, together with Coughing, are inclin'd to Vomit after their Meals, and complain likewise of an un-cooth, sharp or salt Taste in their Mouths, which in many Persons, after some time, becomes putrid, and resembles that of Ashes or rotten Meat; their Pulse beats quick and small, yet regular; they are very thirsty; their Urine is mostly high coloured, and not so much in Quantity as it ought to be, and when it is exposed to the open Air, turns thick, with a settling at the Bottom; the Patients are commonly inclin'd to be Costive in their Bodies; and as sometimes one Lobe of the Lungs only is distemper'd, or at least more distemper'd than the other, so they Cough more, and with much greater Difficulty, when they lie upon the Side least affected, than when on the other, or that which is most,

Amongst these enumerated Symptoms of an incipient *Phthisis*, or Consumption of the Lungs in its first Degree, there are some few that are accounted *Pathognomick*, or inseparable Signs of that Disease, or such as are peculiar to it, and always attend it, and those are the dry Cough, Hectick Fever, and Wasting of the Muscular or fleshy Parts of the Body; and whoever is troubled with these three Symptoms, whether they

they are afflicted with many of the other Symptoms I have summ'd up, or not, may depend upon being in the first State of a Consumption, and ought to seek out immediately for Cure: Fretfulness and Sadness also, with a Cough, and Vomiting with Coughing after Eating, plainly shew the Cough to be Consumptive; but this last Sign not happening to every one in a Consumption, cannot strictly be reckoned as a *Pathognomick*, or inseparable Sign of that Disease.

It may be proper to Note here, that sometimes a lingering Consumption follows the Symptoms that I have mentioned to introduce an Acute One, and an Acute Consumption those that I have set down to usher in a slow One; but the latter most commonly happens to the Patients through Mismanagement.

Thus I have enumerated the Symptoms which plainly discover a Consumption of the Lungs, whether Acute or Chronick to be present, and in its first Degree; and which by proper Medical Assistance may be assuredly cured, as all Authors allow; but if neglected, or, which is worse, unskillfully treated, is soon succeeded by the second State, in which the Consumption is confirmed.

For under the Symptoms above-mentioned, the Patients, (unless speedily relieved

lieved by proper Means) manifestly wear away, the Cough becomes more troublesome and vehement, and what they Expectorate, or bring up by Coughing, is not without great Straining and Difficulty; their Appetite also becomes more and more depraved; their Nights are Restless, through tedious Fits of Coughing, the Violence of which occasions the *Intercostal* Muscles, or Muscles about the Ribs, as well as all the *Pectoral* Muscles, or Muscles of the Breast, and sometimes those of the *Abdomen* also, to be as sore as if the Patients had been beaten; the Fever likewise, which is always exasperated towards Night, often causes what little Sleep they have, to be disturbed, and not refreshing, and they are afflicted towards Morning with melting Sweats, which in many Persons are larger, as I have frequently observed, about the Head, Neck and Breast, than the other Parts of the Body, and which most commonly smell sour: These Sweats, tho' they relieve the Patients from the parching Heat, Restlessness, and tiresome Fits of Coughing, which they endured for some Hours before, yet weaken and emaciate their Bodies to a great Degree, and make them exceeding low, faint and spiritless.

And as the Tubercles, Knots or Swellings, that I have mentioned to begin to infest the Lungs, in the first Degree of a
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Consumption, either Acute or Chronick, are inclin'd more or less to be inflam'd, a new Fever, properly call'd Inflammatory and Continual, is sooner or later join'd to the Hectick Fever that before afflicted the Patients, who are then thrown, as it were, quite down, and are often confin'd to their Beds, the Distemper, however Chronick it had before been, being now, and during the Continuance of this Fever, for the most part Acute, even so, as that sometimes the Patients are carried off with it.

The Consumption, when the Tubercles incline to an Inflammation, and the Inflammatory Fever begins to invade, may be then said to be arriv'd to the second Degree.

With this Inflammatory Fever, additional Symptoms arise, such as a constant burning Heat, excepting now and then when a Chilness intervenes, a violent Head-ach, sometimes attended with Light-Headedness, Redness of the Cheeks, Restlessness, want of Sleep, shooting Pains of the Breast, Side, and Shoulders by turns; shortness of Breath, and very difficult or no Expectoration; the Urine is very high coloured; the Patient exceeding thirsty, the Tongue parch'd and dry, and the Pulse quick, hard and strong, and when felt with several Fingers together, rises up more in

one Place than in another, so as to feel, as Dr. *Morton* says, somewhat like a Saw.

If this Fever, when it happens in Acute Consumptions, and is very severe, is not taken off by proper and timely Means, as it certainly may, it continues, as *Morton* has accurately and truly noted, for seven Days, in which compass of Time, if the Patients are not carried off by it, it ceases of its own accord; the inflam'd Tubercle or Tubercles of the Lungs that produc'd it, being in that Space ripened and broke; from which time we may date the third Degree of a Consumption: But in Chronick or lingering Consumptions, where the Tubercle or Tubercles are inflamed in a less Degree, and tend but slowly to Suppuration and Ripeness, the Inflammatory Fever, that depends on them, continues to molest the Patients much longer, sometimes for a Month or more, but is then much milder, and all its attendant Symptoms are more moderate.

From what has been said, the Reader may easily conceive that as often as any of the Tubercles, Knots or Swellings, that I have mentioned to arise in the glandulous Parts of the Lungs in the first State of a Consumption, happen, through taking fresh Cold, or other Accidents, to be inflamed, and incline to Suppuration, so often a new Inflammatory Fever will of course

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course take place, be join'd to the Hectick, and be more or less severe, according as the Consumption is more or less Acute, and according to the Magnitude and Number of the Tubercles that happen to be inflamed; hence it is, that some Consumptive Persons are afflicted with these Inflammatory Fevers two or three times in a Year: For these Tubercles are seldom or never all inflamed together, but whilst some are perhaps already broke, others are inflamed, and others remain in a crude State, whilst others again are but just beginning to be form'd.

I have already said, that from the breaking of one or more of these Tubercles, the third Degree of a Consumption may be dated; for the Lungs, which before were only distempered with Tubercles, Knots or Swellings, are now truly Ulcerated, from whence the unhappy Patients are afflicted with still additional and different Symptoms, which are more or less grievous, according as the Ulceration happens to be larger or smaller, and more or less malign and inveterate; and then the Cough, which was before dry and often fruitless, from there being little or nothing Expecto- rated or brought up from the Lungs, is now again become moist and Catarrhus, and a corrupted filthy Pus, or Matter, is Cough'd up and spit forth, which is of various Colours,

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as yellow, green, brown, black, sometimes bloody like that which runs from old and filthy Ulcers, but mostly of an Ash Colour, thick, yet not at all roapy, but rather greasy or like Suet, and sometimes like Honey; and which when spit into a Basin of warm Water, dissolves or separates, and sinks to the Bottom, and when upon burning Coals, sends forth a stinking Smell.

And tho' the Inflammatory Fever at this time ceases, yet another pernicious One invades the miserable Patients, *viz.* a putrid Intermitting Fever, which at first attacks them irregularly, and several times in a Day, with Chilness follow'd by a burning Heat, but afterwards becomes more regular, and afflicts them sometimes every other Day, but most commonly every Day, beginning with a chilly Coldness that is succeeded by a scorching feverish Heat, which continues to torment the Patients, till the prodigious melting Night Sweats come on.

In this Fever, the Pulse, in a Morning, before the Fit invades the Patient, is quick and weak, but in the Fit it is quick and strong; and as soon as the Sweat begins to break out, the preternatural Quickness and strength of the Pulse do by little and little abate; the Urine in this Fever is thick and high coloured, and upon standing there is a Settling in it like Meal; the Cough, whilst

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whilst the Fits of Chilness and burning Heat continue, is very troublesome, and the shortness of Breath, difficulty of Breathing, and all the other Symptoms are exasperated; but as soon as the profuse Night Sweats break out, the Fever, Cough and all other Symptoms abate, and the Patients fall into a quiet and refreshing Sleep, and when they awake, find themselves easy, and their Strength, in some Measure, recruited, so that they begin to entertain pleasing Hopes of a speedy Recovery; from whence a Consumption is denominated a deceitful and very flattering Distemper.

The *Peripneumonick*, or Inflammatory Fever, and putrid Intermitting One that I have mentioned to succeed it, together with the great Colliquation or melting of the Blood at this time, known by the Catarrhus or moist Cough, and prodigious washy Night Sweats, are the *Pathognomick* or inseparable Signs of a confirm'd *Phthisis* or Consumption of the Lungs.

This putrid Intermitting Fever, never ceases to afflict the Patients, till either the Ulcer of the Lungs, on which it depends, is cured, or till Death finally puts an end to that, and all other grievous Calamities the poor suffering Patients labour under.

On the due Consideration of the three different Fevers that afflict Consumptive Persons, according to the several Degrees of the Disease they are in, *viz.* a constant *Hectick*, or habitual Fever, a *Peripneumonick* or Inflammatory one, and a putrid Intermitting Fever, the Reader may easily understand, what distinguishing Judgment is absolutely requisite in a Physician, in order to his practising in this Distemper with Success.

When the Disease is come to this State, *viz.* a manifest Ulceration of the Lungs, especially if the Ulcer is large, the Patients are, for the most part, look'd upon as incurable, and little more is thought possible to be done for them, than only to palliate the Symptoms, to make the Consumption less Acute, so as to prolong their Time as much as possible, and at last to procure them an easy Exit.

But I am fully satisfied, that a thorough Cure ought not only to be attempted in this State of the Distemper, but also by the Method which I shall advance in the Course of these Papers, may be certainly accomplished.

Yet without extraordinary Help, under these calamitous Circumstances, especially if the Ulcer in the Lungs is large, the Patients sink away, as it were, from themselves, the Fever still increases and blazes more fiercely, insomuch, that on touching them,

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them, their Skin seems almost to scald ones Hand.

But if the Ulcer in the Lungs, on which as aforesaid this Fever depends, is small, and not very ill-conditioned, the Fever also, and all its attendant Symptoms are more mild, so that the Patients are able to struggle with the Distemper a great while; yet it often happens, that one or more of the Tubercles or Knots that remain'd Crude, whilst that which is now ulcerated, was only inflamed, becomes inflamed also, as has been before mentioned, and then the putrid Intermitting Fever, is complicated with a new Inflammatory One that attacks the Patients, whose Strength being very much decay'd by the former, are not always able to bear up against the latter, especially if it is severe, but are many times taken off by it.

Nay, tho' they survive these new Inflammatory Fevers, which by due Care and good Management may be extinguished, yet without consummate Skill, and a Method different from what is too commonly practis'd, the Consumption gains Ground apace, and the Patients grow worse and worse, till at length their Cough is increased to a continual Hecking, is deeper and sounds more hollow, and the purulent Matter is rais'd with great Difficulty, and greater, as I have observed, when the Stomach

mach is Empty than after moderate Eating; their Hoarseness is also so great, as that their Speech is little better than whispering; and they are quickly reduced to an *Hippocratick Countenance*, and perfect *Marasmus*, viz. the Calves of their Legs, and all the fleshy Parts of the Body and Limbs, waste away by Degrees, and are quite consumed; their Urine is covered with Fat; they feel a kind of Hollowness within the Breast, as if their Chest was quite Empty; their Back-bone, Ribs, and Bones of the Breast stick out, whilst the Belly sinks in, and seems tuck'd up almost to the Back, as if they had no Bowels; their Eyes look hollow; their Temples fall in; their Lips and Cheeks look blue; their Cheek Bones stick out; the Face is pale, livid, or swarthy; their Nostrils are sharp; the Skin of the Forehead, and Palms of their Hands become hard and dry, and they appear very little better than Skeletons, covered only with wrinkled Skin: In process of time, and towards the latter end of this deplorable State of the Distemper, which may be call'd the fourth or last Degree of it, their Nails are bowed and look blue; their Hair falls off; the Tips of their Ears grow cold and are contracted; they are sometimes troubled with a Thrush or Soreness in the Mouth; Pain about the Throat and Jaws, especially in swallowing, and break-
ings

ings out about the Lips; and there being a very great Colliquation of the Blood, their Feet and Legs swell, and they are seized with a *Diarrhea* or Looseness which quickly finishes the fatal Tragedy; for by it they are brought so low and weak, as not to be able to raise the purulent Matter, which flowing from the Ulcer into the Branches of the Wind-pipe, and not being discharged from thence, nor the Glandulous Flegm neither, they soon destroy the miserable Patients, by totally stopping their Breath.

By the Account I have given, of all the Symptoms that happen to Consumptive Persons, from their being first indisposed, and then troubled with Tubercles, Knots, or Swellings interspers'd throughout their Lungs, to the fatal End of the Disease, all Persons, afflicted with this Distemper, may readily perceive under what Degree of it they labour, or how far they are gone in it; and may also easily judge, that different Methods of Cure are of Course requisite, according to the different Degrees of the Disease, and the various Indications in each Degree, &c. for want of due regard to which, not a few Patients have doubtless lost their Lives, who with regular and skilful Management might have been certainly restored to Health; and very many others been buried in the Grave
sooner

fooner by many Years than they need to have been; but of this more hereafter.

Before I proceed further, it may be necessary to apprise the Reader, that every Patient is not alike affected, with all the several Symptoms I have summ'd up, as belonging to each Degree of a *Phthisis* or Consumption of the Lungs, some Persons being afflicted with more, and others with fewer of them.

Thus having treated of every State of a Consumption, and all its progressive Symptoms, when proceeding from small Tubercles, Knots or Glandulous Swellings of the Lungs, it remains that I give some Account of its Progress, when it follows a large *Hæmoptoe* or spitting of Blood, and also when it begins with a *Vomica* or conceal'd Tumour in the Lungs, that I have before-mentioned to follow sometimes a Pleurisy, or a *Peripneumonia* or Inflammation of the Lungs.

When a *Phthisis* or Consumption of the Lungs follows a violent spitting of Blood, the Patients know little or nothing of the first and Second Degrees of that Disease, but are in a manner precipitated at once into the third Degree of a deplorable *Phthisis*, for unless the spitting of Blood be very skilfully cured, the ruptured Blood Vessels soon become ulcerated, in which Case, a corrupted Sanies mix'd with Blood is brought up by Cough-

Coughing, and a putrid Intermitting Fever invades the Patients, together with all the other Symptoms that I have already mentioned, as belonging to this third State of a Consumption, and that in a greater or lesser Degree, in proportion to the Largeness and Inveteracy of the Ulcer.

This Consumption is always very Acute, and requires the utmost Skill of an ingenious Physician, to defend the Patients from the hasty Approaches and vigorous Attacks of Death, the Tyrannick Conqueror of Mankind, to whose cold Embraces we must all sooner or later, by inevitable Fate, submit.

Now when a *Phthisis* succeeds a *Vomica*, or hidden Apostem, it proceeds in this manner: The Swelling, or Apostem, many times grows exceeding large, and according to Dr. Morton, being form'd in the *Vesicular Glandules*, or Air Vessels of the Lungs, the purulent Matter contain'd in it, not finding a Passage into the Branches of the Wind-pipe, till becoming very acrid and large in Quantity, it at last breaks through its *Cystis* or Bag, and sometimes gushes into the *Bronchi* or Branches of the Wind-pipe, with such sudden Force as immediately to choak the Patient, unless instant Relief be given in a manner hereafter to be shewn.

But

But when this large Apostem, happens to be remote from the Branches of the Wind-pipe, it then upon breaking fills the whole Substance of the Lungs with putrid Matter, swells them, and at length corrodes and breaks through their containing Membrane, and is emptied into the Cavity of the Breast, and forms the Disease call'd an *Empyema*, or a Collection of Matter in the Cavity of the Chest, which is not to be Cured without the greatest Difficulty and utmost Skill.

All the while this Apostem is growing Ripe, which from its beginning, to the time of its breaking, as *Hippocrates* witnesseth, is forty Days, the Patients are afflicted with a continual dry Cough, great Oppression of the Breast, shortness of Breath, Fever, Redness of the Cheeks, sudden and very great Wasting of their Flesh, &c. and when it breaks, if the Patients survive it, it becomes a large and filthy Ulcer, not easily Cured, and which is then accompanied with all the Symptoms I have already enumerated, as Attendants on ulcerated Lungs, and an Acute Consumption.

And when this *Vomica* or Apostem, breaks into the Substance of the Lungs, and at length through their containing Membrane, the purulent Matter, as before-said, or great Part of it, continually falls
into

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into the Cavity of the Breast, and as the Quantity increases, the Patients feel a heavy Pain under the short Ribs of the Side affected, occasioned by its Weight on the *Diaphragma* or Midriff, (it being some times several Pints in Quantity) and which the Patients can often perceive to fluctuate from Side to Side: If this purulent Matter is not quickly evacuated, either by Chyrurgical or Medical Assistance, and the Ulcer Cured, the unfortunate Patients, through the Acuteness of this Consumption, soon become Victims to relentless Death.

From this short History of a *Phthisis*, or Consumption of the Lungs, both Acute or Quick, and Chronick or Lingering, we may naturally conclude, that if People were truly sensible how soon the seemingly common Coughs and Colds precipitate Persons into this dreadful Disease, they would take more Care of themselves in those Cases than generally they do; for indeed whenever the Breast and Lungs are in the least respect disorder'd, tho' with the most trifling Cough, Cold or Catarrh, there is always Danger of a succeeding Consumption, which I believe all Persons will allow, is much easier to be prevented before it is begun, than perfectly Cured when it has once taken Place and is confirmed; tho' even then, by a Rational Method, proper Medicines, and due Oeconomy

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of the Patients, it may, in my Opinion, be perfectly Cured, as I shall endeavour to shew.

Neither ought Persons troubled with Coughs, or any Disorder of the Breast to flatter themselves, that because several within their Knowledge afflicted with seemingly worse Coughs, &c. quickly obtained perfect Health, with little or no Medical Assistance, that therefore they are in no Danger of worse Consequences, since we often find fatal Consumptions succeed very slight Coughs, and creep upon many People before they are aware, when others, more dreadful to the Patients thinking, go off without any ill Consequence at all.

Before I close this Chapter, it will be necessary to say something concerning an *Atrophy*, or Universal Consumption of the Body, that does not depend upon, or proceed from distemper'd Lungs, or from the Defect or Disorder of any other particular Entrail; and this Consumption is either Nervous, or else proceeds from excessive Evacuations of the Juices of the Body.

In the Nervous Consumption, the Patients are first seized with loss of Appetite, and bad Digestion, and soon after become exceeding weak and feeble, which is follow'd with a sensible Decay, and Wasting of all the Muscular or fleshy Parts of the Body; yet without any apparent Fever,
shortness

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shortness of Breath, Cough, or any Disorder of the Lungs whatever.

In this pining State of Nature, the Stomach loaths every thing but Liquids, and the Face looks Pale and Squalid; their Urine is commonly high colour'd, and but little in Quantity, tho' now and then, as is usual in Hypochondriack Melancholly, it is plentiful, and of a white or pale Colour; the Patients are sometimes afflicted with Contractions of the Nerves, and slight convulsive Motions in many Parts of the Body, and are sometimes also Paralytick, and falter in their Speech; and in this languishing Condition, they continually wear away and decline, but in nothing so much as in Strength, which fails them more in proportion than their Flesh consumes, till at length they are infeebled to that Degree, as to be incapable of moving or helping themselves, and are sometimes, even deprived, in some Measure, of Reason and Memory, and also of the Sense of Tasting, Smelling, &c. but this seldom happens: And, as before said, tho' their Urine may be exceeding high colour'd, yet no sensible Fever can be discerned either by their Pulse, Heat or Thirst; nor are they molested with a Cough, unless by Chance with a convulsive One, or with any shortness of Breath, or Difficulty of Breathing, except towards the latter end of the

Disease, when they find a certain Trouble in fetching their Breath, as is common to all Persons labouring with very great Weakness.

Under these languishing Circumstances, without an extraordinary Method of Cure is Instituted, the Patients soon become Hydropical, their Legs and lower Parts swell, and they are quickly after oblig'd to resign their Breath. It is observable, that Persons who have lived for some Years in the *West-Indies, Virginia, &c.* and afterwards come to *England*, are very much inclin'd to this Nervous Consumption, which is look'd upon by many to be the Effect of a very inveterate Scurvy, living in an unwholesome Air, violent Passions of the Mind, or of Intemperance, or very hard Drinking.

In the *Atrophy*, or general Consumption, proceeding from profuse Evacuations of the Juices of the Body, as excessive Bleeding of any kind whatever, a simple *Gonorrhœa*, or Running of the Reins, the Whites, Apostems, and large Ulcers, excessive Venery, Nurses giving Suck beyond their Strength, Bloody Flux, Looseness, *Diabetis*, or great Flux of Urine, *Salivation*, or large Spitting, profuse Sweats, &c. the Patients waste away sensibly in their Flesh, and become weaker and weaker, the Juices that should nourish and strengthen them, being

ing drawn off, till at length, unless reliev'd by very efficacious Remedies indeed, a preternatural hec tick Heat in the Blood, Spirits, and all the solid Parts being induced, attended with Thirst, and loss of Appetite, the Lungs are also sometimes affected, as it were, by Consent, and towards the latter end of the Distemper, the Patients are oftentimes afflicted with all the direful Symptoms that have been mentioned to attend the last Degree, and most deplorable State of a *Phthisis*, or Consumption of the Lungs, so that at length, through a total Decay of their Muscular or Fleehy Parts, and an intire loss of Strength, the Lamp of Life burns dimly, and, for want of proper Fuel, is soon after quite extinguished.

I shall conclude this Chapter with only adding, that an *Atrophy*, or universal languishing Consumption, whether Nervous, or proceeding from excessive Evacuations, as well as a *Phthisis*, or Consumption of the Lungs, that I have principally treated of, being a very flattering Disease, and often deceiving the Patients with false Hopes of their soon getting well, is the reason that they seldom apply to a Physician for Help, till too late to be Cured, which is a well known, but lamentable Truth, that cannot be too often mention'd, in order to rouse up the unhappy Patients

labouring under this dreadful Distemper, to seek for Relief betimes, that so they may with greater Certainty, recover perfect Health, the highest and most valuable Blessing on this side the Grave.





CHAP. II.

An Enquiry concerning the Prime, Essential, and hitherto accounted Inexplicable Cause of Consumptions, &c.



THE Ancients, who were unacquainted with the Circulation of the Blood, ascrib'd the Cause of a *Phthisis*, or Consumption of the Lungs, to a *Catarrh*, or Defluxion of Rheum, which they imagined to fall from the Brain upon the Lungs, and cause their Disorder, Exulceration, &c.

Thus *Hippocrates*, *Galen*, &c. impute the Cause to " A sharp corroding Humour
" or Salt Flegm, that as a *Catarrh* falls
" from the Brain upon the Lungs, which
" being excessive soft, tender, and very
" apt to corrupt, it exulcerates and breeds
" a putrid Ulcer.

The *Galenists* also hold, that this Catarrh is produced “ By vicious Humours collected in the whole Body, which when they are stirr’d up by external Causes, such as Contagion, extreme Heat or Coldness of the Air, especially the Autumnal Air, the Suppression of the *Menses*, *Hæmorrhoids*, or any other usual Evacuation, are then transmitted to the Brain, and from thence fall down upon the Lungs.

But *Helmont* very much ridicules this Opinion, of a Catarrh falling from the Brain, as being wholly groundless; and the Moderns, since the Discovery of the Circulation of the Blood by the Immortal *W. Harvey*, being much more accurate in Anatomy than the Ancients were, sufficiently explode that Notion as intirely fabulous; a Catarrh being really only a larger Quantity of Humours than ordinary, separated by the Glandules about the Mouth and Throat, from the Blood, and which falling on the *Larynx*, or upper Part of the Wind-pipe, tickles and provokes to frequent Coughing: At the same time also, the Glandules of the *Bronchia* are for the most part in like manner affected, and what flows from them, irritates its Nervous Fibres likewise, so as to concur in occasioning a very troublesome moist Cough, which is properly called Catarrhus,

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ous, frequently happens upon taking Cold, and is many times succeeded by a Consumption, very Acute, as in the former Sheets noted.

Paracelsus and his Followers, accuse an imaginary Tartar in the Blood and Juices, which they fancy to exist in them as common Tartar does in Wine, and which, " Being Salt or some other way vicious, " corrodes the Vesicles of the Lungs, and " causes a *Phthisis*.

Helmont's Opinion of the Cause of a *Phthisis*, is, " That the Blood contracting " an Acrimony, by means of a singular " and strange Ferment, (by which Flegm " and obstructing Mucilage is bred of good " Food) upon coming into the Lungs, " opens them, whence proceeds spitting " of Blood, often attended with purulent " Spitting, and then a Consumption.

The learned *Sylvius*, accuses " The Serum of the Blood, flowing to the Lungs " in too great Abundance, as the Cause of " this grievous Disease, which (*he says*) by " its briny salt Acrimony, not only velli- " cates the Lungs into frequent Coughing, " and tires them out, but also at length " frets the Coat of the *Aspera Arteria*, or " Wind-pipe, from whence an Ulcer of the " Lungs follows.

The Ingenious *Willis* is of Opinion, " That this Distemper, when it does not
arise

“ arise from an *Empyema*, or from a spit-
 “ ting of Blood going before, is caused
 “ by an Excess of Humours discharged by
 “ the Blood upon the Lungs, which get-
 “ ting into the *Trachial* and *Pulmonary*
 “ Vesicles, fill and distend them, and break
 “ them one into another; and when the
 “ Vessels are broke, there is an Evafation of
 “ of that peccant and putrid Humour,
 “ whereby at length a fordid Ulcer is
 “ bred. *He tells us*, The Lungs contract
 “ this Consumptive Infection, from a sour
 “ Blood, which has lost its Consistence,
 “ and which pours its Serofities both out
 “ of the *Pneumonick* and *Trachial* Arteries
 “ into the Substance of the Lungs; and
 “ that sometimes it proceeds from the fault
 “ of the Nervous Juice, &c.

Dolens lays the Fault of a *Phthisis* upon
 “ Acid sharp Particles, but Volatile,
 “ which corrode the Substance, Vesicles,
 “ and Vessels of the Lungs, and turn the
 “ extravasated Blood into *Pus*.

Etmuller ascribes the Cause to “ Acri-
 “ mony and Saltness of the Blood and
 “ Lympha, which he accounts to be owing
 “ to Crudities from the Stomach.

And *Morton* tells us, “ The Cause of a
 “ Consumption of the Lungs in general,
 “ is a vitiated Disposition of the Mass of
 “ Blood and of the Spirits in the Nerves,
 “ contracted gradually from several *Proca-*
 tartick

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“ *tartick* or Pre-disposing Causes, in which
“ the sharp or malignant Serum of the
“ Blood, being separated by the soft and
“ glandulous Substance of the Lungs, does
“ Stuff, Inflame, and at length also exul-
“ cerate the Lungs themselves, which is
“ the immediate Cause of this Distem-
“ per.

The Pre-disposing Causes, or such as may occasion that vicious Disposition of the Juices, he has very accurately enumerated, *viz.*

“ The stopping of any of the usual or
“ necessary Evacuations, as Womens
“ Monthly Visits, Child-bed Purgations,
“ the Whites, *Gonorrhæa*, &c.

“ Troublesome Passions of the Mind,
“ especially Fear, Grief, Anger, too much
“ Thinking and Sollicitude, also unfea-
“ sonable and too long Studies, &c.

“ Intemperance in Eating and Drinking,
“ especially drinking too much Wine and
“ Spiritous Liquors.

“ The Neglect of due Exercise.

“ Night Studies, and long Watchings.

“ Sleeping in the Day, especially pre-
“ sently after Eating, and Sleeping too
“ much.

“ An ill Air, or such as is thick, foggy,
“ and fill'd with the Smoak of Coals, &c.

“ An Hereditary Disposition from the
“ Parents.

“ An ill Formation of the Breast, either
“ Natural or Accidental, &c.

“ Infection.

“ Chalky Stones, preternaturally bred
“ in the Lungs, or Nails and other
“ hard Bodies slipping down into the
“ Lungs when Persons laugh, &c.

“ Some preceding Distempers, as the
“ Scurvy, King's-Evil, Convulsive and e-
“ specially Hysterical Affections, Fevers,
“ especially Intermitting and Scarlet, and
“ such as proceed from a Surfeit; so the
“ Small Pox, Measles, Stone in the Kid-
“ neys, the *French* Pox, an Asthma, Spit-
“ ting of Blood, Inflammation of the Lungs,
“ Pleurisy, and other Distempers of the
“ Breast ill Cured, likewise the Green
“ Sicknes, a fix'd melancholly, Gout, and
“ Rheumatism.

“ The Body (*adds he*) being by these
“ and such like Causes predispos'd to a
“ Consumption, the more immediate
“ Cause is, for the most part, taking Cold;
“ upon which (*he judges*) the vitiated Hu-
“ mours flow to the Lungs in a full Stream,
“ obstruct the Glandules, stagnate there,
“ and form Tubercles, Knots, or Wheals,
“ which, in process of Time, sooner or
“ later, according to the Nature of the
“ included Humour, are Inflamed and be-
“ come Ulcers.

And

And he is of Opinion, " That no one
 " ought to think it strange, that Tubercles
 " or Wheals should frequently grow
 " on the Lungs, since they are spongy,
 " soft, and consist wholly of small Bladders
 " and Vessels, that are wont to suck
 " in and retain the Humours, when all
 " the Internal and External Parts, as well
 " those that are Muscular or Fleshy, as
 " those that are Glandulous, are very often
 " affected with several Sorts of such
 " Swellings.

He says further, " When I consider with
 " my self, how often in one Year there
 " is Cause enough ministred to produce
 " these Swellings, even in those who observe
 " the strictest Rules of Living, I cannot
 " sufficiently admire that any one, at least
 " after he is come to the Flower of his
 " Youth, can Dye without a Touch of a
 " Consumption: And without Doubt, the
 " breeding of these Swellings is so frequent
 " and common, (*says he*) that a Consumption
 " of the Lungs would necessarily be the
 " common Plague of Mankind, if those
 " Swellings did not vanish or were not
 " removed by Art, as easily as they are
 " bred at first.

" And indeed I have been used to think,
 " (*adds he*) not without Reason, that as
 " the more benign Tubercles are wont to
 " go off of their own Accord, and that
 " quickly,

“ quickly, so none of them lay the Foun-
 “ dation of that great Disease (a *Phthisis*)
 “ but only those, which are in some De-
 “ gree *Malignant* or *Ill-natured*, and that
 “ are wont to putrify sooner or later, from
 “ some *Peculiar Quality* in their Nature.

And consonant to this Opinion, there are other Authors, who believe that even an Ulcer of the Lungs simply consider'd, without a *Peculiar Malignity*, as they call it, in the Juices, will neither occasion a Consumption, or be difficult to Cure.

Thus *G. Harvey* in his Treatise intituled the *Vanities of Philosophy* and *Physick*, speaking of a Consumption of the Lungs, says,
 “ Were it only an Ulcer, the Difficulty
 “ would not be very extraordinary, that
 “ being easily Cured, for we see daily that
 “ the Ulcers occasioned by a Pleurisy, and
 “ a *Peripneumonia*, are oft cured very spee-
 “ dily of themselves, without administering
 “ any Medicines.

And that a Consumption of the Lungs generally speaking, takes its first Rise from some *Peculiar Malignant* or *Ill-natured Quality* in the Fluids, according to *Morton*, whose Account of Consumptions, is by much the best and clearest, is further confirm'd by what he asserts, when speaking of a Consumption caus'd by Stones bred in the Lungs, or Nails, Pins, &c slipping down the Wind-pipe, he tells us “ Yet the
 “ Ulcer

“ Ulcer and Consumption that proceed
 “ from them, do oftentimes admit of an
 “ easy and perfect Cure, because they have
 “ not their Original so much from a pre-
 “ dispos’d Habit of the Body, as from a
 “ meer accidental Distemper of one single
 “ Part.

Thus I have given the Opinion of the Ancients, and some of the most eminent Modern Authors, concerning the Cause of a Consumption of the Lungs, who yet, I think, leave us in the Dark, as to the true and original Essence of it; for what the vicious Saltness or Sharpness of the Catarrhus Humour of the *Ancients*, or the Saltness or some other way viscidiousness of the *Chymist’s* Tartar, or *Helmoni’s* singular and strange Ferment, or *Sylvius’s* Salt Acrimony, *Willis’s* Sourness of the Juices, *Doleus’s* sharp Volatile Particles, *Emmuller’s* Acrimony and Sharpness of the Blood and Lympha, or *Morton’s* Malignant, Ill-natur’d, or Peculiar Quality of the Humour included in the Tubercles or Swellings in the Lungs, really and essentially are, they have left us at a Loss to guess.

It may be necessary therefore to proceed to an Enquiry after this offending Principle, or Peculiar Malignant Quality of the Juices, and beginning where others have left off, endea-

endeavour to find out, what in its self, it truly is, simply consider'd.

Some Authors who would account for all Diseases, by the Doctrine of *Acid* and *Alkaly*, think it sufficient to assert that the Blood abounding with one or other of these, is the Cause of Consumptions, and of most other Distempers that afflict Mankind; thus those who take a peculiar liking to *Acids*, exclaim grievously against what they call a corruptive *Alcalious* Humour, as the Patrons of *Alcalies* do against a poignant corroding *Acid*: But this *Hypothesis* having liv'd its time, seems now to be pretty well wore off.

An Ingenious Author, who seems to take Pleasure in finding Fault with, and correcting the Opinions of some of our greatest Men, as well living as lately dead, who have endeavour'd to account for Diseases upon Sir *Isaac Newton's* Mathematick Principles, speaking of a Consumption, accounts for that Distemper in the following manner, in Opposition to another *Hypothesis*, founded on Mechanick Laws also, which he would overthrow. His Words are these.

“ I say then, any Suppression may occasion a *Plethora*; that a Plenitude occasions the *Positions of the Vessels* to be more direct; from the Tension and directer Position, arises a swifter Motion of

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“ of the Blood ; from the Motion increas'd,
“ arises a Fluidity and Tenuity of the
“ Blood and Juices ; from this Fluidity,
“ arises a larger secretion of Spirits ; from
“ the Quantity of the Spirits, arise irregular
“ Excursions of 'em into particular Parts ;
“ from this, arises at last a Crispation of the
“ Fibres ; from this, arises an Inflexibility of
“ the *Thorax* ; from the small Motion of the
“ *Thorax*, arises a Stagnation ; from the Im-
“ pediment put to the Motion of the Blood,
“ arises an Obstruction of the evanescent
“ Arteries ; from an Obstruction there,
“ arises an Inflammation ; from this,
“ arises an Abscess, and an Ulcer of the
“ Lungs.

So that according to this *Hypothesis*, and others of the like kind, it is not any Original ill Quality of the Blood, or any thing peculiarly Noxious or Malignant in its own Nature, admitted into the Juices or Vessels from without, that first occasions a Consumption, but barely an Excess in Quantity, arising from the Suppression of some usual Evacuation or Secretion, that creates all the Mischief.

But I believe, we must seek for some other Original and peculiar Cause of this Distemper, before we can have a Satisfactory Idea of it ; for tho' an Obstruction of the common Emunctories, or Stoppage of any accustomed Evacuation, through an

Error in some of the six Non-naturals, as Physicians call them, *viz. The Air, Meat and Drink, Motion and Rest, Sleeping and Watching, Excretion and Retention, and the Passions and Affections of the Mind,* may create disorderly Motions in our Fluids and irregular Cohæſions of the ſeveral Corpuſcles of which the Blood and Juices are composed, as alſo a ſpaſmodick Contraction of the Fibres or a Criſpation of them, from whence Obſtructions in the Capillary or Hair-like Veſſels may ariſe, and of courſe a Stagnation of the Fluids in the Obſtructed Parts, yet I cannot help thinking, that theſe are only *ſecondary Cauſes* that accidentally aid and promote ſome other *Peculiar, Latent and Eſſential Cauſe*, which I ſuppoſe muſt be join'd with them, as Dr. *Morton* ſays, before this Diſeaſe can be produced; for otherwiſe the Tubercles, Knots or Swellings that poſſibly may ariſe in the Lungs, will, in my Opinion, be only of ſuch a benign Nature, as are wont to go away again of their own Accord, and ſuch, as *Morton* mentions, which never lay the Foundation of a *Phthiſis*.

But what this *Peculiar, Primary or Eſſential Cauſe* of a Conſumption really is, doubtleſs will be very difficult, if poſſible, to aſcertain; however modern Discoveries and Microſcopical Obſervations may aſſiſt

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us in our Enquiries, give us some light into it, and warrant the following Attempt.

The *Original* and *Essential Cause* then, which some content themselves to call a vicious Disposition of the Juices, others a salt Acrimony, others a strange Ferment, others a malignant Humour (all which seem to me dark and unintelligible) may possibly be some certain Species of *Animalcula* or wonderfully minute living Creatures, that, by their peculiar Shape, or disagreeable Parts, are inimicable to our Nature; but however capable of subsisting in our Juices and Vessels, and which being drove to the Lungs by the Circulation of the Blood, or else generated there from their proper *Ova* or Eggs, with which the Juices may abound, or which possibly being carried about by the Air, may be immediately convey'd to the Lungs by that we draw in, and being there deposited, as in a proper *Nidus* or Nest, and being produced into Life, coming to Perfection, or increasing in Bigness, may by their spontaneous Motion, and injurious Parts, stimulating, and perhaps wounding or gnawing the tender Vessels of the Lungs, cause all the Disorders that have been mentioned, *viz.* a more than ordinary Afflux of Humours upon the Part, Obstruction, Inflammation, Exulceration, and all other

the *Phænomena* and deplorable Symptoms of this Disease.

This Opinion of *Animalcula* or exceeding minute Animals, that are inimicable to our Nature, being the Cause of a Consumption of the Lungs, will doubtless seem strange to abundance of Persons, and more especially to those, who have no Idea of any living Creatures besides what are conspicuous to the bare Eye; but the Curious who have not only employ'd themselves in the Philosophical Studys of the vast *Machinerie* of the Universe, but have also turn'd their Thoughts upon the Admirable Works of Omnipotence in the *Minima Nature*, and have consequently considered the new World of Wonders, that Microscopical Observations have opened to our View, will easily conceive the Possibility of very minute Animals being not only the Original and Essential Cause of this, but of many other Diseases hitherto inexplicable; and that they are perhaps, the very *Malignity* so much complain'd of in many Distempers, but so little understood.

That this may be the better conceiv'd by those who are yet unacquainted with this smaller Animal World, I think it proper to give a short Account of it, from the most ingenious Author of the best Essays that were ever wrote and publish'd, with design at once to improve and divert Mankind.

I have

“ I have lately apply'd my self with
 “ much Satisfaction (*says he*) to the cu-
 “ rious Discoveries that have been made
 “ by the help of Microscopes — There
 “ is a great deal of Pleasure in prying into
 “ this World of Wonders which Nature
 “ has laid out of Sight, and seems indu-
 “ strious to conceal from us. Philosophy
 “ had ranged over all the visible Creation,
 “ and began to want Objects for her En-
 “ quiries, when the present Age, by the
 “ Invention of Glasses, opened a new and
 “ inexhaustible Magazine of Rarities more
 “ wonderful and amazing than any of
 “ those which astonished our Forefathers—
 “ If we consider those Parts of the Mate-
 “ rial World, which lie nearest to us, and
 “ are therefore subject to our Observations
 “ and Enquiries, it is amazing to consider
 “ the Infinity of Animals with which it
 “ is stock'd. Every Part of Matter is
 “ Peopled: Every green Leaf swarms with
 “ Inhabitants. There is scarce a single
 “ Humour in the Body of Man, or of any
 “ other Animal, in which our Glasses do
 “ not discover Myriads of Living Creatures.
 “ The Surface of Animals are also covered
 “ with other Animals, which are in the same
 “ manner the Basis of other Animals, that
 “ live upon it; nay, we find in the most
 “ solid Bodies, as in Marble it self, innume-
 “ rable Cells and Cavities that are crowd-

ed with such imperceptible Inhabitants as
are too little for the naked Eye to disco-
ver.

This Account of modern Discoveries will unquestionably give the Readers, who were before unapprised of them, pleasurable Ideas of Microscopical Observations; great Numbers of which, from the famous *Leeuwenhoek*, and several others, they may find in the Philosophical Transactions, and with which they will be very agreeably entertain'd, at the same time that their Knowledge is improv'd.

And as by good Glasses we can discover an infinite Number of Animals, that are not apparent to our Sight without them, so we may reasonably conclude there are Myriads of others infinitely smaller and wholly imperceptible to our Eyes, tho' assisted with the best Glasses that can be made.

Those who doubt of this, will find it equally hard to conceive that an Animal but just big enough to be discovered by the bare Eye, should have articulated Limbs and all other Parts proportionable to its Nature, as we have to ours; that it is made up of an infinite Number of Vessels and Canals, as we are, in which the Fluids are circulated as in us; that it must have Nerves, Arteries, Veins, Muscles, Tendons, Ligaments, Cartilages, Bones,
&c.

&c. or Parts equivalent to them, I say tis equally hard to conceive this, which however is most certainly true.

And Dr. *Andry*, a famous Physician of *Paris* (whom the celebrated *Baglivi* of *Rome* stiles the *French Æsculapius*, and the *Eye of France*) has wrote an admirable Treatise of Insects in Humane Bodies, approved by the late King's Physician and the whole Faculty of *Paris*, wherein speaking of *Animalcula* or very minute Living Creatures, he says, " We must admit then
 " that there are Animals a thousand times
 " less than a Grain of Dust, which we can
 " scarcely see. This is not enough (*says he*)
 " those Animals a thousand times less
 " than a Grain of Dust, have a Motion
 " like other Animals; they have Muscles
 " then to move, Tendons, and an infinite
 " Number of Fibres in each Muscle; and
 " in fine, Blood and Animal Spirits very
 " subtile and fine, to fill or move those
 " Muscles, without which they could not
 " transport their Bodies into different
 " Places.

But it may be sufficient to our present Purpose to observe, that nothing is more certain than that there are innumerable Species of Living Creatures of various Forms or different Shapes and Magnitudes, that at their largest Growth are too small to be discerned by our naked Eye, and that there

being no such thing as *Equivocal* Generation, as the Learned World now all agree, every such minute living Creature must be produced from an *Ovum* or Egg, from whence it may be easily conceived that as those little Animals at their full Growth, are too small to be perceived without the help of Glasses, so their *Ova* or Eggs must be exceedingly smaller, and consequently so light, as to be capable of being carried to and fro in the Air, and be suck'd in with our Breath, or be lodged in our external Pores, &c. for, as Dr. *Andry* says, "The
 " small Seeds of Insects do not only insinuate
 " themselves by means of the Air and
 " Aliments; they likewise enter the Flesh
 " very often by the Outside.

Or those minute Creatures may perhaps deposit their *Ova* or Eggs in the Fruits of the Earth, and in the very Food we Eat, &c. by which means they may get into the Blood and Juices; for according to the same Dr. *Andry*, "If we consider the Eggs of
 " Caterpillars, Flies and other Insects with
 " the almost infinite Number of those little
 " Animals which Microscopes discover to
 " us in Liquors, and generally in all Bodies, we shall easily find that there is
 " nothing in Nature into which their Seeds
 " may not insinuate, and that a great
 " quantity of them may enter into the Body of Man, as well as into that of other
 ther

“ther Animals. In which Case, if they meet with a proper *Nidus* or Nest in any of our innumerable Vessels, they are then brought to Life, and by their Growth, disagreeable Parts and spontaneous Motion, may cause many Diseases besides that we treat of.

Nay it will not be difficult to suppose it possible, that as the Fluids of our Parents might abound with many Species of *Animalcula*, so the *Ova* or Eggs of them may have been communicated to us, or convey'd into our Fluids with the Nourishment we receiv'd through the *Umbilical* Vessels, even whilst we were in the Womb, and may possibly lie latent in us for a longer or shorter Term of Years, till either our Vessels are become of a fit Largeness to afford 'em a proper *Nidus* or Nest, or our Juices of such a Property as is fit to nourish and produce them into Life.

And *Baglivi* is of this Opinion also; for in his Letter to Dr. *Andry*, concerning a Flat Worm, he says, “And as there are
“singular Properties in all Things, from
“which they cannot deviate; so the flat
“Worms by their own Nature use to
“breed in the *Fœtus* whilst yet in the
“Womb——— *Hippocrates*, the great
“Standard of Physick, gives his Opini-
“on for it also, in his fourth Book of
“Diseases.

And

And thus we may possibly account for several Diseases to which we are liable Hereditarily. This may be one way perhaps by which the Small Pox is convey'd from Parents to Children, from Generation to Generation; which Disease I am not only apt to think is primarily caused by inimicable *Animalcula*, or wonderful minute Animals in our Fluids, but also verily believe, it may be certainly prevented, especially in Adults or grown Persons, by destroying the very Effence of the Distemper, whether it be some Species of noxious *Animalcula* or their *Ova* or Eggs, as I have conjectured, or of whatever else it may consist; which, if I have Opportunity, I may perhaps one time or other make obvious, by some Enquiries and Observations I have made, that in my Opinion amount almost to a Demonstration.

We may entertain the better Idea of this Conjecture, of Diseases being convey'd from Parents to Children, whilst in the Womb, by means of the Seed of *Animalcula*, if we consider what falls within our common Notice, and is apparent to the Senses of almost every vulgar Person without the Assistance of Glasses, and that among other Things, is, the prodigious Quantity of Mites that we find in Cheese; now as every one of these small Animals, that swarm in such innumerable Companies, must have been
produced

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produced from its proper *Ovum* or Egg, so we cannot well conceive any other than that those Eggs must have been originally in what the Cheese was made of, *viz.* either the Runnet or Milk, and if in the Milk, then that must be supposed to have been charg'd with them before it came from the Cow; which *Ova* or Eggs we however find to lie latent, without being destroy'd, notwithstanding the Change it undergoes, of being Heated, Curdled, &c. before it is converted into Cheese, and then are not produced into visible Life, till after a long time keeping. If we consider this, which is so familiar to us seriously, and give it its due Weight, what is before advanced, will not appear very shocking to our Reason.

But I conjecture that it is very possible several Distempers, which we do not receive Hereditarily from our Parents, may be caused by *Animalcula* inimicable to our Nature, the *Ova* or Eggs of which may be convey'd into our Blood and Juices either with our Food, our Breath, or even by insinuating into the external Pores of the Body, as before-mentioned, where when they arrive, and find a proper *Nidus* or Nest, so as to be produc'd into Life they then, by means of their spontaneous Motion, ill Shape or disagreeable Parts, may destroy the Texture of our Blood and Juices, or may stimulate and perhaps wound

wound or gnaw the tender Vessels in which they receiv'd Life, or into which by the Circulation of the Blood they may have been drove.

Further, it may not be impossible but that several Species of *Animalcula* flying or swimming in the Air, may at their largest Growth and utmost Perfection, be so wonderfully minute, as to be capable of entring into our Bodies, every where permeable, and of subsisting in our Juices and small Vessels.

And as it is reasonable to suppose that there are various Species of *Animalcula*, so of Course they are of various Magnitudes, of different Shapes, and have peculiar Parts, and as by that means they are more or less inimicable to our Fluids and Solids, or capable of injuring us in a greater or lesser Degree, so various Diseases, more or less sudden and pernicious may be caused.

Thus one Species of *Animalcula*, by means of their wonderful Smallness and injurious Parts, may instantly offend the Brain and Nerves, and cause Apoplexies and sudden Death, whilst other Species may produce the Plague, Pestilential or Malignant Fevers, Small Pox, &c. and others again Chronick Diseases, such as Hypochondriack Melancholly, Vapours, Scurvy, Gout, Rheumatism, Evil, Leprosy, Consumption, &c.

And

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And as we may reasonably imagine that each Species of such *Animalcula* or exceeding minute Animals, keep together in vast Numbers, as we find the Species of such living Creatures as are big enough to be seen by the bare Eye, delight to do, as Shoals of small Fish, and swarms of flying Insects, so we may easily conceive, if this Theory be admitted, how it happens that sometimes a pernicious Disease becomes *Epidemick* or almost general of a sudden, without Respect to either Age or Sex.

How Distempers happen to rage in one Year, or Season of the Year, or in one Country or Part of a Country, more than in another, as the Plague, Pestilential and other Fevers, Small Pox, Measles, and several other Diseases, and how they are spread by Degrees and are communicated from one Person, and from one Country to another, may by this Theory perhaps be more easily explain'd than by any other.

What way can we better account for Coughs, that become at some particular times *Epidemical* or almost Universal, and that indifferently as to the Season of the Year, than by this Doctrine? As also for several other Distempers that we find at some Times not only to afflict Men but destroy Beasts; as the late Sickness raging amongst the Cattle for Example, as also the Coughs
" that

that at some particular Times have been known to affect all our Horses, and prove destructive to vast Numbers of them?

Kercher and *Hauptman* (says *Dr. Andry*) assert, that malignant Fevers never proceed from any other Cause than small Animals. And *Blancard* in his Physical Dictionary tells us, “ The Microscope discovers that the
“ Parts of the Blood are round or Globu-
“ lar naturally, but that in Fevers ’tis full
“ of Worms.

Etmuller says, that “ An imminent
“ Plague is foretold from unwonted Swarms
“ of Insects resorting to a Country.

And *Dr. Wincler* gives the following Account, in the *Philosophical Transactions*, of a Murren in *Switzerland*, which, with what is further said concerning it by the learned *Dr. Fred. Slave*, shews what I have advanced to be the more likely.

“ On the Borders of *Italy* a Murren in-
“ fected the Cattle, which spread further
“ into *Switzerland*, the Territories of *Wir-*
“ *temberg* and over other Provinces, and
“ made great Destruction amongst the Cat-
“ tle. The Contagion seem’d to propa-
“ gate it self in a blue Mist, that fell upon
“ those Pastures where the Cattle gra-
“ zed, insomuch, that whole Herds have
“ returned home sick: Being very dull,
“ forbearing their Food, most of them
“ would die away in twenty four Hours.

“ Upon

“ Upon Dissections were discovered large
 “ and corrupted Spleens, Sphacelous and
 “ corroded Tongues, some had *Angina Ma-*
 “ *ligna's*. Those Persons that carelessly
 “ managed their Cattle, without a due
 “ respect to their Health, were them-
 “ selves Infected, and died away like their
 “ Beasts.

“ I am assured (*says Dr Slare*) by two
 “ ingenious Travellers, that this Contagi-
 “ on reach'd the Borders of *Poland*, having
 “ passed quite through *Germany*: That it
 “ was observed to make its Progress daily,
 “ spreading near two *German Miles* in
 “ twenty four Hours; that it continually,
 “ without Intermision, made progressive
 “ Voyages and suffered no neighbouring
 “ Parishes to escape; that it did not at
 “ the same time Infect Places at great Di-
 “ stances; that Cattle secured at Rack and
 “ Manger were equally Infected with
 “ those in the Field. It were worth con-
 “ sidering (*adds Dr Slare*) whether this
 “ Infection is not carried on by some Vo-
 “ latile Insect, that is able to make only
 “ such short Flights as may amount to
 “ such Computations.

I shall leave my Readers to judge whe-
 ther this admirable Thought of *Dr Slare*
 does not very much strengthen what I have
 supposed.

It is allow'd by all the Learned, that most Nations are infested with Distempers, that in an especial Manner are more peculiar to them, than to others, yet it is certain that some such Diseases may be, and often are transplanted into distant Countries, and sometimes flourish as much in a new Climate as in that from whence they came: Thus it is generally suppos'd that *Europe* is indebted to *America* for the Venereal Disease, as I am inform'd that is to *Europe* for the Small Pox, of which we made them a Present, in return for the Grand One they made us.

And the learned Dr. *Lister*, after taking Notice, that the Plague is properly a Disease of *Asia*, where it is Epidemical, and that it is never bred amongst us, but comes to us by Trade and Infection, tells us, " The Small-Pox also, is an *Exotick* Disease of the Oriental People, and not known to *Europe* or even to *Asia Minor* or *Africa* at all, till a Spice Trade was opened by the latter Princes of *Egypt*, to the remotest Parts of the *East Indies*, whence it Originally came, and where it rages more cruelly at this Day, than with us.

The Ingenious Dr. *Oliver*, in his Practical Essay on Fevers, gives it also as his Opinion, that we received the Small Pox
and

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and Measles from *Arabia*, and that this Part of the World was perfectly free from, and wholly unacquainted with them, 'till by the frequent Incurfions the *Arabians* made into *Africa*, and afterwards into *Spain*, its Venom by that Means spread all over *Europe*.

“ Thus the Seed once fown (*says he*) has
“ propagated its Poison in all Ages fince,
“ and when it will be worn out God knows.
“ I call it a Seed, (*adds he*) because I find
“ Diseases keep regular Types, and have
“ particular Attributes that distinguish
“ them one from the other, as the Seeds of
“ Plants do their particular Species.

This Gentleman's Opinion very much favours the Theory I have advanced; for how can we better account for the regular Types, the Small Pox, Malignant, and all other Continual and Intermitting Fevers, as well as many other Distempers, keep, and the peculiar Attributes and *Cri-fes*, &c. they have, than by concluding they are severally caus'd by innumerable *Animalcula*, or exceeding minute Animals, that variously offend us according as their Species are different, and as their peculiar Shape and Parts are more or less injurious to our Fluids and Solids.

If it be once allow'd that the Plague, Pestilential and other *Epidemick* Diseases are caused, and carried on by very minute vo-

F

latile

latile Insects (as Dr *Slare* says is worth considering) we may then easily conceive how they are convey'd to and from Distant Countries or Climates, *viz.* by such Volatile *Animalcula* or their *Ova* or Eggs being deposited in the Bodies or Cloaths, or Goods of Travellers, &c.

The Plague of Leprosy mention'd in *Holy Writ*, to effect not only the *Jews*, but their Cloathes, and the very Walls of their Houses, (known by greenish or reddish Streaks eat into the Walls, &c.) as described in the 14th Chapter of *Leviticus*, was perhaps propagated by means of imperceptible Volatile Animals.

We find some Diseases are apparently communicated from one Person to another by Contact or Touching only, of which the Itch and the Venereal Distemper are eminent Instances; that the Essential Cause of the former Disease, is a vast Number of Minute Animals, that by their spontaneous Motion and injurious Parts make Furrows under the *Epidermis* or Scarf Skin, may be demonstrated by viewing through a good Microscope a small Portion of the Humour contained in the little Bladders that arise in that Distemper between the Fingers, &c. in which may be perceived a bundance of ill-shap'd Creatures, that by nestling under the *Cuticula* or Scarf-Skin, stimu-

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stimulate the Nervous Fibres and Cause the troublelome Sensation of Itching, &c.

Some of these minute Insects contain'd in a very small Part of that Humour, fixing upon a sound Person's Skin, either by shaking Hands with an Itchy Person, or wiping with the same Towel, or drawing on one of his Gloves, &c. will soon insinuate into the Pores, and there increase and multiply and quickly act the same Part in that Person, as in the other, from whence the Disease was received, as innumerable Examples convince us.

And I conceive the latter, or Venereal Disease to be communicated after the same manner; only as we may conjecture the *Animalcula* abounding in the purulent Matter flowing from the small Ulcers in that Distemper are of a different Species, Shape and Magnitude, from those of the Itch, they are not capable of insinuating themselves into the External Pores of many other Parts of the Body, so easily as into those of the Secret Parts, which are large, &c.

And the great *Hartsoeker* of *Amsterdam*, in a Letter to *Dr Andry* of *Paris*, before-mentioned, says, " To tell you my
" Thoughts, Sir, I believe that Insects oc-
" casion most Diseases with which Man-
" kind are attack'd; and likewise that
" those who have the Distemper, call'd Ve-
" nereal,

“ nereal, nourish in their Bodies, an infi-
 “ nite Number of invisible Animals who
 “ gnaw and devour every thing that comes
 “ in their way, and occasion all the Dif-
 “ orders that are known to attend that
 “ Distemper.

And indeed what we observe in the Cure of both the Itch, and Venereal Disease, tends very much to support what has been said; for in the Itch, if Sulphur, which will often cure it, or Mercurials which always will, be not closely follow'd according to Art, so as not only to check, but also utterly to destroy all the Minute Animals, that as we plainly see, Cause that Disease, it in a short time breaks out again and fatigues the Patients as much as ever; for if any of them, or their Seed, happen to escape being kill'd or destroy'd, they will soon increase and become as troublesome as before; and this way it happens, that many Persons are pester'd with that Distemper more or less for several Months and sometimes Years together.

So also in the first Degree of the Venereal Distemper, we find that a few Doses of rightly adapted and well-prepared Mercurial Remedies, which tend above all others to kill such Minute *Animalcula* as we have conjectur'd to be its Essential Cause, will wonderfully check all the Symptoms, but if forboren for some time, and not continued,

as they ought to be, so as entirely to destroy them and their Eggs, the Symptoms, (unless prevented by Astringents which are then pernicious also) quickly break out again as bad as ever; which I presume happens after this Manner, that such part of those minute Animals, or their Eggs, as escap'd being kill'd or destroy'd by the Antivenereal Medicines, upon their being forborn, gather fresh Strength, increase in Number, and by their vigorous Motion again renew'd, prove as mischievous as ever; this fresh Attack used to be attributed to a renewed Fermentation of the Venereal Humour, but I think with much more reason may be assign'd to the Cause I have mentioned.

And here by the Way it may not be amiss to take Notice of an Error very often committed in the Cure of that Distemper in its first Degree, which is, that many who undertake the Cure, as soon as they have check'd the Symptoms, as I have just now mentioned, administer Balsamick, and reputed healing Remedies, both inwardly and to the part affected, in order (as perhaps they promised their Patients) to make a very quick Cure, the most pernicious thing in the World in that Disease, by which they force the Minute Animals, the Essential Cause of the Distemper, that remain'd undestroy'd, to retire inwardly

and make their Way into the small Blood Vessels, where, when they once get, and are circled about with the Blood and Juices, they increase prodigiously, and after some time produce the Grand Pox, and all its concomitant Symptoms, not to be eradicated without Herculean Remedies.

If it be enquired how Balsamicks, and those that are accounted healing Remedies, untimely taken and used in the first Degree of the Venereal Disease, force the *Animalcula* to retire inwardly and produce the Grand Pox, I conjecture it to be in this manner, *viz.* That those Medicines, tho' not capable of destroying such Minute Animals, are yet by Means of their Bitterness or other peculiar Quality, so disagreeable to them, as to disturb and cause them to avoid such kind of Particles as much as possible, and (if I may so say) make them so weary of their present Settlement, as to endeavour to obtain a new and more agreeable one, in which Case we may suppose they make towards the small Blood Vessels, or retire inwardly, as I have mentioned.

Every one, that has been but little conversant with Medicine, knows that all Balsamicks of the Turpentine Class, given Internally, pass off very much by Urine, as is manifest by the profuse violet Smell they always occasion it to have; which Urine being exceedingly impregnated with the bitter

ter and reputed healing Parts of those Remedies, and often washing the little Ulcerations as it passes through the *Urethra*, unhappily for the poor Patients, occasions the *Animalcula* (the Essential Cause of the Disease) to direct their Course another way, or retire inwardly, as I have noted, and also quickly and perfectly Cures the small Ulcerations they had made: And thus from a Distemper affecting a particular Part only, which might have been easily and thoroughly cured without any ill Consequence at all, it is often changed into an Universal one, as we frequently see, attended with very dreadful Effects.

And as Balsamicks and reputed Healers internally given, may occasion this Disaster when too soon exhibited, or before the minute Animals are intirely destroy'd by other appropriate Remedies, so no one I believe will doubt, but that healing Medicines topically apply'd, or by way of Injection, may in like manner, if ill timed, be attended with the same mischievous Consequence.

By what has been said, I think it appears highly probable that Minute Animals, stimulating, wounding or gnawing the Parts they are lodg'd in, are the Cause of these Diseases; and in a Word, there is possibly no Ulcer or Ulcerated Matter, but what is stock'd with *Animalcula*,

and as these are of different Species and more or less capable of injuring the Parts in which they are bred or lodged, so those Ulcerations may be more or less stubborn or Inveterate.

The learned *Borellus* assures us, that he has “ More than once seen upon the Plaisters of Fistulous Ulcers, little Animals like Waxen Mites, whereof not only the Figure but the Motion might be seen: Thus we are held of many Diseases which come from invisible Animals, (*says he*) or such as can only be perceived by Microscopes.

The famous *Mayerne* also, observed “ Thousands of Living Creatures in the Cancerous Breast of a Woman.

And the so often quoted Dr *Andry* very plainly shews, that no Part of the Body of Man is exempted from Minute Insects, and that they are the Cause of very many Diseases, and particularly mentions *Pleurisies*, *Phthisicks* and the *Faundice*: And in the last Chapter of his Treatise, has, by way of Recapitulation, digested that admirable Work into *Aphorisms*, or certain Truths, wherein he asserts.

“ That the Air, &c. is full of the Seed of minute Animals.

“ That all Parts of the Body are subject to Insects, none excepted.

“ That

“ That the Blood and Urine are some-
“ times full of them, and particularly the
“ Urine and Blood of those who have the
“ Small Pox.

“ That the Pustles of the Small Pox, are
“ full of them.

“ That in the Venereal Distemper, there’s
“ no part almost of the Body which is not
“ gnawed by little imperceptible Animals.

“ That in the *Fistula Lacrymalis*, the Wa-
“ ter which comes from the Eyes is full of
“ them.

“ That *Cancers* are full of them, that
“ they gnaw the Fibres of the Parts,
“ and all the Sieves of the Glands;
“ so that the Glands receiving almost
“ all that offers to them, grow im-
“ mediately big beyond Measure: After-
“ wards these Insects increasing, and eating
“ whatever they find, they many times
“ Ulcerate the Part and consume it.

“ That Minute Animals may occasion
“ Tumours and Excrescences in the Body.

“ That most of the Distempers ascribed
“ to Witchcraft, proceed from them, &c.

This Author acquaints us also, that those
minute Insects do sometimes as they grow
Old, assume to themselves different Forms
or Shapes resembling several larger Crea-
tures that are loathsome and terrifying to
the Common People.

And

And that many Species of small Animals do change their Shape, or have different external Parts unfolded at certain Periods of their short Life, than what before appeared, is confirmed by the Account Dr. Hooke, in his *Micrographia*, gives of the Water Insect or Gnat.

“ But that which was most observable
“ in this Creature (*says he*) was its Me-
“ tamorphosis or Change; for having kept
“ several of these Animals in a Glass of
“ Rain Water, in which they were pro-
“ duced, I found after about a Fortnight
“ or three Weeks keeping, that several of
“ them flew away in Gnats, leaving their
“ Husks behind them in the Water float-
“ ing under the Surface, the Place where
“ those Animals were wont to reside, whilst
“ they were Inhabitants of the Water:
“ This made me more diligently to watch
“ them, to see if I could find them at the
“ time of their Transformation; and not
“ long after, I observed several of them
“ to be changed into an unusual Shape,
“ wholly differing from that they were of
“ before, their Head and Body being grown
“ much bigger and deeper, but not broad-
“ er, and their Belly or hinder part smal-
“ ler; the whole Bulk of the Body also
“ seem'd to be grown much lighter; for
“ when by my frightening of it, it would
“ sink it self below the Surface towards
the

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“ the bottom, the Body would more swift-
“ ly reascend than when it was in its for-
“ mer Shape.

“ I still mark'd its Progress from time
“ to time, and found its Body still to grow
“ bigger and bigger, Nature, as it were,
“ fitting and accoutring it for the lighter
“ Element, of which it was now going to
“ be an Inhabitant; for by observing one
“ of these with my Microscope, I found
“ the Eyes of it to be altogether differing
“ from what they seem'd before, appearing
“ now all over pearl'd or knobb'd, like the
“ Eyes of *Gnats*.

“ At length I saw part of this Creature
“ to swim above, and part beneath the
“ Surface of the Water, below which, tho'
“ it would quickly plunge it self, if I by
“ any means frighted it, yet it would pre-
“ sently reascend into its former Posture;
“ after a little longer Expectation, I found
“ that the Head and Body of a *Gnat* be-
“ gan to appear and stand clear above the
“ Surface, and by degrees it drew out its
“ Legs, first the two foremost, and then
“ the other; at length its whole Body per-
“ fect and entire appeared out of the Husk
“ (which it left behind) standing on its
“ Legs upon the top of the Water, and by
“ degrees it began to move, and afterwards
“ flew about the Glas a perfect *Gnat*.

“ We

“ We have in this an Instance (*adds he*)
“ of a very strange *Amphibious* Creature,
“ that inhabiting the Air does yet produce
“ a Creature, that for some time lives in
“ the Water as a Fish, tho’ afterwards
“ (which is as strange) is becomes an In-
“ habitant of the Air, like its Sire, in the
“ Form of a Fly.

From what has been said, I think we may venture to assert, that some certain Species of noxious minute Animals, which some way or other get into our Fluids and Vessels, are the Primary and Essential Cause of many Diseases that afflict Mankind.

But I would not be understood to advance that all Distempers are caused by them; I would urge only the possibility and likelihood of their being the Essential Cause of the Plague, Pestilential and other malign Fevers, Small Pox, and some other Diseases as well Chronick as Acute, and particularly of that dreadful one a *Phthisis* which is the peculiar Subject of these Papers.

It is by almost all Mankind, as well unlearned as learned, certainly known, that the Bowels of Human kind are often severely pester’d with Worms, which take up their Habitation, and in all likelihood ingender and increase therein, notwithstanding the constant *Peristaltick* or *Vermicular* Motion of the Guts, and their being so frequently

quently charged with the Aliments we take in, and discharg'd of their Fæces; now if Worms can subsist and increase in the Intestines, which are always in Motion, as they certainly do, why may we not reasonably suppose that *Animalcula* or Animals minutely small, may likewise subsist and increase in all other Parts of the Body, and injure us in the manner before conjectured?

I have in the foregoing Chapter observed, that sometimes Coughs which seem to threaten an immediate Consumption, cease almost of their own Accord without that Consequence, and leave the Patient in perfect Health, when other Coughs less troublesome, and to the Patients thinking less dangerous, quickly terminate in a deplorable *Phthisis* or Consumption of the Lungs: Now if what I have advanced may be allow'd, the reason of this is very plain, because if the Body be not predispos'd to a Consumption, as Dr. *Morton* mentions, that is, according to my Theory, t be entirely free from such Species of *Animalcula* or very minute Animals, or their *Ova* or Eggs, that I imagine to be the Essential Cause of a *Phthisis*, that Disease, tho' the Cough is very violent or severe, will not happen; but if on the contrary, the Blood and Juices be charged with such noxious *Animalcula*, or their *Ova* or Eggs

as

as I have suppos'd, then a slight Cough occasioned by the Constipation of the External Pores of the Body, or Stoppage of any usual Evacuation or Secretion through Cold, which I look upon as one of the *Secondary Causes* of a Consumption, may be succeeded by that dangerous Distemper.

How the Blood and Juices of some Persons happen to be charg'd with such *Animalcula* or their Eggs, and the Fluids of other Persons not, is next to enquired into.

If the Air we breathe, the Food we eat, or Liquor we drink in common with the rest of Mankind, were full of such minute living Creatures, or their Seed, then we might reasonably suppose that all Persons Breathing, Eating and Drinking of the same, would in like manner more or less be liable to the same Distemper, which would in that Case become Epidemical and almost Universal, this therefore we may imagine to happen in the Case of Plagues and Pestilential Distempers, that seize upon whole Cities, Towns and Countries at a time, but not very likely in the Case of the Disease we now treat of.

It seems much more probable, that the minute Animals or their Seed, which we have suppos'd to be the Essential Cause of

a *Phthisis* or Consumption of the Lungs, are for the most part either convey'd from Parents to their Offspring Hereditarily, or communicated immediately from distemper'd Persons to sound Ones who are very conversant with them; the first way has been already mentioned, when we were speaking of the Small Pox, and if it will hold good in that Distemper, by the same Parity of Reason, it will hold good in this, only supposing the *Ova* or Seed of the *Animalcula* that cause a Consumption to be different from those that cause the Small Pox: The last way, which is properly call'd Infection, we may conceive to be the more reasonable, if we consider how quickly and easily some other Distempers are communicated from one Person to another, as the Itch, Venereal Disease, &c. which are yet very far from becoming universal.

It may be therefore very likely, that by an habitual lying in the same Bed with a Consumptive Patient, constantly Eating and Drinking with him, or by very frequently conversing so nearly, as to draw in part of the Breath he emits from his Lungs, a Consumption may be caught by a sound Person; for it may be reasonable to suppose that if the Blood and Juices of such distemper'd People, be charg'd with vast Quantities of *Animalcula*, as I have conjectur'd,

jectur'd, then their profuse Sweats, and their Breath also, may be likewise charg'd with them, or their *Ova* or Eggs, which by that means may possibly be convey'd into the Bodies of those who lie, or are most conversant with them.

It may here probably be objected, that if the Disease is communicated after this manner, few that come near a Consumptive Person would escape having that Distemper; but in Answer to this I imagine, that slightly conversing with Consumptive Patients, is seldom or never sufficient to catch the Disease; there being but few if any of those minute living Creatures or their Eggs communicated in slender Conversations, and which, if they are, may not perhaps be produced into Life, or be nourished or increased, in the new Station they happen to be cast; besides, we may imagine that some Persons are of such an happy Constitution, that if any of the *Ova* of the inimicable minute Animals that cause a Consumption, happen to get into their Bodies, they may likewise be quickly forc'd out again, through some of the *Emunctories*, before they are produc'd into Life; or else be wholly destroy'd; for as Dr. *Andry* says, "The Seeds of Insects in Human Bodies, either bring forth, preserve themselves, or are destroy'd, according as the Place

“ Place in which they are, is proper, in-
 “ different, or contrary to them.

Were it not thus in the Itch, no one who happens to live in the House, and converses with one affected with that Distemper, would escape having the same, the contrary of which is evident; but when in that Case, sound Persons converse with Itchy ones more nearly, as lying in the same Bed, frequently taking them by the Hand, using the same Linnen, &c. the Disease is then communicated: And so in the Case of a Consumption, where Persons are continually with and near Consumptive Patients, so as almost always to receive the Effluvioms of their Breath, Sweat, &c. charg'd, as before-mentioned, with the Essential Cause of that Distemper, it is very likely the Disease may be produced; for when by means of the Sweat or Breath of a Consumptive Person, the *Ova* or Seed of the pernicious *Animalcula* are continually getting into the Blood and Juices of a sound one, it must be suppos'd probable, that some of them, at one time or other, may be produced into Life, in which Case, those very minute Animals so produced, deposit more Eggs, and those Eggs produce more minute Animals; and so on *ad Infinitum*, as Dr. Andry also notes.

I have already hinted, that most Animals, both of the Air and Water, delight

to keep in distinct Species, and are found together in Swarms and Sholes; hence it may be suppos'd, that the sudden Translation of some Distempers from one Part of the Body to another, may happen, by some Species of *Animalcula*, that I have conjectured to be the Prime Cause, suddenly removing themselves from the Part they first delighted, or chanc'd to fix in, and most injured, (either by some dislike through Remedies directed to that Part particularly, or some other means) to another, that before was perfectly well.

And what Dr. *Morton* says, concerning one of his Patients in a Contumption proceeding from Melancholly, (and which was neglected, till at length he was afflicted with loss of Appetite, Thirst, difficulty of Breathing, Weakness, Colliquative Sweats, a violent Bloody-Flux, attended with horrid Spasms, and other such like fatal Symptoms of a deplorable Consumption) very much favours this Supposition; for he tells us, “ That there was
 “ one thing very remarkable in this Pati-
 “ ent, and that was, that tho' he could
 “ not, by reason of his great difficulty of
 “ Breathing, bear the least Dose of Opium
 “ without apparent Danger of his Life,
 “ yet from that time that the racking Pains
 “ of his Bloody-Flux, or Spasms of his
 “ Bowels began to be violent, he seem'd to
 “ be

“ be plainly freed from his Cough as well
 “ as difficulty of Breathing, and indeed
 “ he breath’d as if his Lungs had been
 “ perfectly sound again, and bore the plen-
 “ tiful Use of Opium without any Incon-
 “ venience, till the Bloody-Flux, with the
 “ racking Pains being once overcome, with
 “ the long use of it, his difficulty of Brea-
 “ thing, together with the Cough, that
 “ was as troublesome as before, returned,
 “ as if that Spasmodick Vellication of the
 “ Bowels, had been presently changed into
 “ a Constriction of the Lungs and Mem-
 “ branes of the Breast.

It may be proper now to examine whe-
 ther from the Theory I have offer’d, we
 can Account for all the *Phænomena* of Con-
 sumptions of the Lungs, or their Variety
 of Symptoms in the several Degrees I have
 mentioned in the former Chapter. To do
 this, it may be necessary to remind my
 Readers of what has been before observed,
viz. that many Species of minute Animals,
 according to their several and peculiar
 Natures, take upon them, at a certain
 time, or at such an Age, if I may so say,
 different external Forms or Shapes, from
 what they at first had; and from thence
 we may easily conceive, that by the diffe-
 rent Parts, or the new Weapons, they may
 be arm’d with, they may be capable to

injure us, after a new and different manner from what they did before.

It is certain that mott, if not all Insects, that are large enough to be view'd by the bare Eye, appear when they are first produc'd into Life, from their *Ova* or Eggs, in the Form of a small Worm, which Shape they retain for some time, and then assume another; this is well known to all the Ingenious, who are conversant with Country Affairs, or know any thing of the Nature of Bees, Flies, Silk-worms, &c. and by the same Rule, that this happens to them, Changes of the like Nature may happen to the *Animalcula* or very minute Animals that I have suppos'd to be the Essential Cause of several Diseases.

This being premis'd, we may imagine, that our Fluids having great Numbers of the *Ova* or Eggs of very minute Creatures floating in them, may not possibly be injured thereby, or not to any considerable Degree, until in some of our innumerable Vessels, they meet with a proper *Nidus* or Nest, so as to be produc'd into Life, probably in the Shape of an exceeding small Worm, and that in this Form, swimming or being circled about in our Juices, they may be able, by stimulating the fibrous Parts of the Blood, preying upon the new made Chyle, and obstructing and nestling
in

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in some of our small Vessels or slender Canals, to occasion a tickling Cough, Hectick Heat, and other Symptoms of an approaching Consumption.

In this Shape also, *viz.* that of a Worm, they may possibly in length of time, cause larger Obstructions, so as to occasion Tubercles to arise in the Lungs, from whence proceeds the dry or fruitless Cough before taken Notice of, as a *Pathognomick* or inseparable Sign of its being a Consumptive Cough, and as those Creatures, in that Shape, are capable of stimulating the Vessels they so obstruct, more or less, we may suppose the Tubercles, Knots or Swellings occasioned thereby, will increase in Magnitude proportionably quicker or slower, and be the sooner or later inflamed; according to which, the Consumption proves either Chronick or Acute: From this Inflammation of the Tubercles, the *Peripneumonick* or Inflammatory Fever, with all its concomitant Symptoms, proceeds.

Now when these Tubercles come to Suppuration, or break, and become small Ulcers, it may not be unlikely that the minute Animals which in the Form of Worms, Caus'd all the Mischiefs hitherto mentioned, may now in those Ulcerations, as in proper Places, assume a different external Shape from what they before had, and by their now different Parts or Wea-

pons, stimulate more fiercely, and inlarge those Ulcerations, wounding or gnawing the Mouths of the small Vessels opening into them, and at length be able, in their new Shape, to get into the Mass of Blood and other Juices again, there to act a Part different from what they did before, *viz.* stimulate all the nervous Fibres of our small Vessels to a great degree, and occasion all the Rigors and Horrors we feel, in the beginning of the Fits of Putrid Intermitting Fevers; which Rigors, &c. are succeeded by a quick Motion of the Blood, and an Intente Fever, being Nature's Effort (if I may be indulg'd in the Expression) to throw off her Enemy, which at last she does, through the Pores of the Skin by a copious Sweat, with which it may be suppos'd those noxious minute Animals are excluded the Body, which then remains tolerably easy, till the Blood and Juices receive a fresh Supply of them, from the Ulceration or Ulcerations in the Lungs, and in such large Quantities, as to be able to produce a new Fit.

Thus, according to this Theory, it may be easily conceived how it happens that the Hectick Fever, Peripneumonick Fever, and putrid Intermitting Fever, sometimes afflict the Patient at one and the same time; for it may be possible that while part of those *Animalcula*, which by passing
into,

into, and remaining some time in the Ulcer or Ulcers of the Lungs, have assum'd a Shape, according to their peculiar Nature, different from what they had before, and may thereby be capable, when they are circled in the Fluids again, of producing the putrid Intermitting Fever, others of the same Species, only still remaining in the Form of very minute Worms, swimming in the Blood and Juices, may continue the Hectick Fever, and others also at the same time and likewise of the same last mentioned Shape, but only of a larger Magnitude, may cause new Obstructions in the Glandules of the Lungs, form new Tubercles there, and, by their continued Stimulation, quickly incline them to an Inflammation, and so produce the Peripneumonick Fever. For this we often find, as in the former Chapter mentioned, that whilst some of the Tubercles are ulcerated, others are inflamed, and others at the same time are but just form'd and in a crude State.

Or it may be possible that every one of these mentioned Fevers, may happen through the different Forms or Shapes the *Animalcula*, I have spoken of, may assume, or take to themselves, according to their peculiar Nature; for it is not impossible but that they may assume more than one Form, different from what they at first had.

And thus from this Theory, I have endeavour'd to account for the Principal Symptoms, upon which the others depend, of all the Degrees of a Consumption of the Lungs, which, as well as the Theory it self, I submit to the Consideration of the Learned and Benevolent Readers, requesting them always to remember that I have treated of what I have advanc'd, only as Conjectural and barely possible, well knowing that Disquisitions of this Nature lie too deep for us to be able easily to demonstrate, any otherwise than as likely, and reasonable for us to believe

It may be proper also to remind my Readers that I have been here seeking after that Original and Essential Cause, that the most Learned Authors, who have treated of Consumptions, have generally deem'd inexplicable, or at best have given us but very confused Ideas concerning it.

I have hitherto treated only of the Primary and Essential Cause of Original Consumptions of the Lungs, or such as are not immediately preceded, or manifestly occasioned by other Distempers; it may not therefore be amiss, to add a Word or two by way of Enquiry after the Original of a *Phthisis* that is Symptomatical, or when it is directly occasioned by, and follows other Diseases, such as those mention'd by *Morton* to be predisposing to it.

And

And this Enquiry will be very short, if we first imagine that those fore-running or predisposing Distempers, are likewise Essentially Caused by some certain Species of *Animalcula*, which getting by some or other of the ways aforementioned, into the Blood and Juices, do not so immediately fix upon the Lungs and injure them, as upon other Parts of the Human Frame, either because the Lungs may possibly be so perfectly sound, and their Tone so good, as not to be very easily hurt by them, or that other Parts are so infirm, as to be most liable to be first attack'd, by which means some one or other of those fore-running or predisposing Diseases, may be first Caus'd, and when by that, the Juices of the Body are impoverish'd, and the Lungs impair'd, that *Viscus* also, may give way to the Fury of those inimicable and very minute Creatures.

Or possibly the *Animalcula* that produce the predisposing Distempers, may be of a different Species from those Causing an Original Consumption, and be arm'd with such Parts, as not to be capable of Causing a *Pbthisis* so soon, or untill they have first produced some other Disease.

These Speculations are indeed of a very nice Nature, and may not admit of being very easily demonstrated, as before said, but I have often admired that the Learned Gentlemen

tle men of our Profession, who have so excellently well acquitted themselves in mechanically accounting for many Distempers, upon the grand Philosophick Principle of Sir *Isaac Newton*, viz. that of Attraction or Gravitation, or the Universal Tendency that one part of Matter has towards another, have not at the same time consider'd what Injuries the Body of Man may receive from the spontaneous Motion of voluntary Agents or *Animalcula* in our Fluids and small Vessels, which *Animalcula*, can hardly be suppos'd to regulate their Motions by Rule and Compass, but act and move according to the natural Instinct, the Divine Author of all Beings has implanted in them.

How far, and after what manner the abuse of the Six Non-Naturals, or particularly the Suppression of any usual Evacuation or Secretion through Cold, &c. may as a *Secondary Cause* aid and assist the Primary or Essential One, that I have conjectured, may be requisite to be taken Notice of, and with that I shall conclude this Chapter.

We may suppose then, that tho' great Quantities of the Seed or *Ova* of very minute Animals, should be in our Blood and Juices, and perhaps in some of our innumerable Vessels meet with a proper *Nidus* or Nest, so as to be produced into Life; yet, whilst our Secretions are all duly performed, or usual Evacuations continued, those

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those *Animalcula* may be cast forth of our Bodies, almost as soon as they receive Life, and their own very Motion may contribute thereto, for when the Nervous Fibres of our tender Vessels, and slender Canals, are thereby stimulated, those Fibres are drawn into frequent Contractions, which tend to shake off the *Animalcula*, whose spontaneous Motion occasioned them, and thus (all the Secretions being duly perform'd) those Animals may promote their own Expulsion, and not continue within us long enough, to do us any considerable Injury, or to assume a different Shape, so as to be capable of it: But when the Emissories, through Cold, &c. are obstructed, or any usual Evacuation stop'd, those *Animalcula*, or very minute Living Creatures, may then be prevented passing off, and so continuing within us, or lodging and fixing in the obstructed Canals, cause all the Mischiefs before-mentioned.

CHAP.



CHAP III.

Of the great Number of Medicines and various Methods of Cure recommended for Consumptions, with the different Opinions of Authors concerning them, &c.



IF all the Distempers that afflict Mankind, there's not one for the Cure of which, more Remedies have been appropriated and invented than for a *Phthisis* or Consumption of the Lungs; the Reason of which may probably be, that many Physicians who tried and found ineffectual the Medicines that those before them had lavishly commended for the Cure of this Disease, thought proper to invent others, and recommend them also, which being found on repeated Tryals to be attended with as little Success as the former, still put their Successors upon inventing more, so as to multiply their Number to what we now find, which is exceeding great indeed.

Nei-

Neither have Physicians been wanting in contriving various Methods of Cure for this Distemper, as well as adapting peculiar Remedies to it.

Yet, which is a melancholly Consideration and most unhappy Truth, there are still as few Persons cured of Consumptions by the Medicines and Method at this present Time mostly used and practised, as in many Ages past, and this our Bills of Mortality too surely demonstrate; insomuch, that a *Phthisis* or Consumption of the Lungs, is by almost all People deem'd the *Opprobrium Medicorum*, or Disgrace of Physicians.

But this, in my Opinion, is not occasioned either through any Defect of the *Materia Medica*, which abounds with Remedies fully sufficient to answer every Intention of Cure, or from the Disease it self, being in its own Nature incurable, as I hope quickly to make appear, but meerly through a Deficiency of the Method in which it is commonly treated.

The great Business therefore is to fix upon a true and rational Method of Cure, in order to which it is requisite that the Physician, besides having a suitable Idea of what we may reasonably conjecture to be the prime and essential Cause of the Disease, should also be thoroughly acquainted with the true History of a *Phthisis*, and every
minute

minute Step it takes, (of which I have given a Sketch in the first Chapter) and likewise have a perfect Knowledge of all its various *Phenomena* through every Degree of it, without which a true Judgment can never be form'd, nor a regular Method of Cure and successful Practice, according to the several Indications, be established.

For want of this thorough Knowledge of every minute Circumstance relating to this Distemper, and of establishing an Adequate Method of Cure, it too often happens, that Medicines good in their own Nature, are given in a Consumption of the Lungs, with no better Success than blind Men shoot at a Mark.

Some Authors, together with the constant Use of Pectorals and other Alteratives, mightily commend Bleeding in this Disease, and that not only in the beginning, but in the Progress of it, which others with great Vehemence decry; so also Purging and Vomiting in the beginning of the Distemper, have each had their zealous Advocates, and as strenuous Opponents; likewise Sweating, Purging by Urine, Sneezing, Cupping, Bathing, Clysters, Blisters, Issues, Setons, Frictions, Suffumigations, External Applications to the Breast, &c. have been by many advised and many opposed.

As

As to Letting Blood, *Capivaccius* tells us,
 “ We have seldom need of Bleeding in a
 “ *Phthisis* or Consumption, especially when
 “ there is an Ulcer already made, unless
 “ a new Fluxion supervene, or unless there
 “ be a fresh Opening of some Vein, or
 “ when the Defluxion is very fervent,
 “ and Liver hot, or the Lungs burst on
 “ some Occasion.

Also *Helmont*, *Doleus*, *Etmuller*, and several others condemn it, and *Borellus* alleges, “ That we ought rather to infuse
 “ more Blood into Consumptive Persons,
 “ than to take any from them.

Yet *Galen*, *Mercatus*, *Spigelius*, *Riverius*, *Sylvius*, *Willis* and many others approve of it, especially in the Beginning of the Disease, and *Hippocrates*, in Distempers and Inflammations of the Lungs, advises to bleed almost as long as there is any Blood in the Body.

“ You shall see very few Physicians (*says*
 “ *Botallus*) have Recourse to Blood-letting
 “ in a dry Cough, because they think this
 “ either comes from a dry Intemperature
 “ without Matter, (for which they will
 “ have the Lungs smoothed and moistened
 “ with Bechicks) or from thin Flegm or
 “ Serum falling (as they perpetually talk)
 “ from the Brain upon the Lungs; and
 “ then they will have the Matter incrassated
 “ and the Impurity of the Matter evacuated
 “ by

“ by Clysters, Purging and Sneezing,
 “ which Remedies, tho’ we think them
 “ not to be despised, yet we affirm that all
 “ these should rather be wholly omitted,
 “ than altogether to abstain from letting
 “ Blood.

Sydenham also, gives his Opinion for Bleeding, and *Morton* Advises to it, not only in the beginning, but as often as a new *Peripneumonick* Fever happens in this Disease, which in some Patients is two or three times in a Year, as in the former Sheets observed.

In respect to *Emetick* and *Cathartick* Medicines in a Consumption, *Hippocrates*, *Aphor. 8 Sect. 4.* positively says “ Consumptive Persons ought not to be purged “ by a Vomit.

And *Helmont* very much condemns Evacuation by Stool.

Doleus tells us, that Vomits are ever suspected in this Case, and as for Purgatives they likewise are not very safe; yet in the very beginning and with some Restrictions he admits of the Use of both.

What is chiefly urged against *Emetics*, is, that they violently conqvasate the Lungs, may occasion a Rupture of the Blood-Vessels, and if there is already an Ulcer, tear it wider; and *Waleus* declares that Vomiting is not good if there be a Solution of Continuity in the Lungs.

But

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But *Prosper Martianus*, who approves of Vomits even in the Progress of the Distemper, and rejects Purges, says, “ Nothing
“ is plainer in the Doctrine of *Hippocrates*,
“ than that those who labour under a *Tabes*,
“ are not to be purged by Stool; for in
“ *Lib. 2. de Morb. Sect. 2. v. 320.* treating
“ of the Cure of a *Tabes*, from a Disease of
“ the Lungs, he does not only expressly
“ forbid Purging by Stool, saying, *Give*
“ *no Medicine that purges downwards*; but
“ prescribing white Hellebore, he orders it
“ to be given so temper’d, as not to
“ move the Belly downwards. Seeing
“ therefore (*says he*) *Hippocrates* for the
“ Cure of a *Tabes* uses only Vomits for
“ Evacuation, and is so fearful of Purging
“ by Stool, it is not reasonable that
“ *Aphor. 8. Sect. 4.* should determine the
“ clean contrary—— Purging by Stool
“ is hurtful to the *Tabid*, because it uses
“ to bring on a Looseness that is deadly to
“ them, wherefore Purging by Vomit will
“ be less inconvenient; for tho’ by the
“ Vehemence of it, the Lungs be agitated
“ and strained, yet because they are ac-
“ customed to such Commotions, by rea-
“ son of their Cough, which violently agi-
“ tates almost all *Tabid* Persons, Vomiting
“ is not very apt to do Mischief, and it
“ may be of great Relief to the Patient —
“ Nor need the breaking of a Vessel (*adds*
“ *he*)

“ be) be fear’d in these Patients through
 “ the Violence of the Vomit, because the
 “ Veins being exceedingly emptied in these
 “ Persons, from their Extenuation, are not
 “ so apt to break as in those who are not
 “ yet fallen into a *Tabes*.

Hartmannus also tells us, “ Vomits, if
 “ not always, yet for the most part cure
 “ a Cough, whether New or Inveterate;
 “ for this Way the first Region of the
 “ Belly is freed from all Impurities, and
 “ Distillations are stopt, so that if conve-
 “ nient Pectorals be used after them, in-
 “ wardly and outwardly, it seldom re-
 “ turns.

And *Etmuller* says, “ There’s no Re-
 “ medy whatsoever that equals Vomits,
 “ especially in the beginning, nor any Case
 “ in which they are not convenient, except
 “ that of spitting of Blood and extreme
 “ Weakness; but that Purging by Stool in
 “ this Disease is of no use.

Crato also says, “ I have found by Ex-
 “ perience that in Pectoral Diseases, it is
 “ most profitable to abstain from Purging
 “ Medicines.

And *Baglivi* tells us, “ That Purgatives
 “ are very dangerous in Distempers of the
 “ Breast.

Yet *Galen*, *Avicen*, and most of the An-
 “ cients made use of Purging Medicines in
 “ this Distemper, and strong Ones too, that so
 “ the

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the Flux of Humours to the ulcerated Lungs might be diverted and lessened, and the vicious Humours evacuated.

And to this purpose *Capivaccius* tells us, " That *Avicen* in a *Phthisis* gave *Pil. Cochia* for the sake of the whole Body: Our common Practitioners give them not, (*says he*) but they do ill; for we ought to succour the Fluxion presently; for we may hope well when the Ulcer is not deep, but it becomes so, when the Disease is prolonged; which comes to pass through the Matter flowing into the Lungs; for which reason that Matter must be evacuated. Therefore after once loosening the Belly, *Pil. Cochia* are to be given presently. What I say of *Pil. Cochia*, (*adds he*) the same is to be understood of other strong Purges.

Mercatus says, " In those who have a Fluxion of acrimonious, biting and corroding Humours, it is certain that it will be very safe and necessary to Purge, in order to avert and lessen, or bridle the Fluxion, because the only way to cure a *Phthisis*, is to recall the Matter to some other Place.

The Followers of *Des Cartes* also, approve of mild Purges in the beginning of the Disease, tho' not in the Progress of it.

Willis, likewise of slight Purgation by Stool.

Barbette and *Deckers*, of gentle, but not strong Purging.

And *Morton* of both gentle Vomits and Purges in the first State of the Distemper.

Concerning *Diaphoreticks*, or Sweating Medicines, and *Diureticks*, or such as operate by Urine, Authors are also divided in their Sentiments; *Morton* seems much to suspect the former, (tho' he recommends their Use) when he cautions us to make Choice of such *Diaphoreticks* " As are least
 " heating, and the least inclined to cause an
 " Effervescency or Commotion in the
 " Blood, and not to make use even of
 " them, unless preceded by Bleeding,
 " Purging, or Vomiting, nor then, with-
 " out being join'd with an Opiate, least
 " they should do more harm than good,
 " by causing a new Colliquation of the Hu-
 " mours, an increase of the Cough, and
 " as it sometimes happens new Accidents,
 " such as spitting of Blood, Rheumatick
 " or Pleuretick Pains, and other dreadful
 " Symptoms.

The latter or *Diureticks*, are greatly condemn'd by *Galen*, who asserts that they hinder the Expectoration of Matter that can only be expell'd by Coughing; but *Montanus* tells us, they are profitable for
 the

the Breast and Lungs, and so does *Crucius de Quæstis*; also *Willis, Sylvius, Dolaus*, and several others direct to their Use; *Morton* likewise approves of them, and *Baglivi* says, " I have made the Observation several times, that in Diseases of the Breast, we ought always to push towards the Urinary Passages, Nature having shewn us the Way, and that there is a great Sympathy between the Legs and the Breast, as well as the Privities and the Breast, the Diseases of which Parts undergo a mutual Commutation.

He again says, "*Diureticks* are very useful; for in all Diseases of the Breast we are taught by the infallible Direction both of Nature and Experience, always to direct our Course to the Urinary Passages.

And thus as Authors disagree concerning the principal Methods of Evacuation, so also they differ about Issues, Blisters, external Applications, &c. too tedious to particularize.

With these several Methods of Evacuation, Physicians have also enjoin'd the constant use of various Internal Alteratives, according to their several different Opinions concerning them.

Hence all Pectoral, Lubricating, Smoothing, Balsamick and Restorative Remedies, and such as are call'd Cardiack, Carmi-

native, Detergent or Cleansing, Inciding, Attenuating, Deobstruent and Expectora-
 ting, also those that have obtain'd the
 Name of Antiscorbutick, Antiscrophulous,
 Traumatick, Vulnerary or Healing Me-
 dicines, and such as are deem'd Sweetners
 of the Blood, and Correctors of Acrimony,
 likewise those that are Absorbent, In-
 crassating, Emplastick and Agglutinative,
 have all in their turns been held in high
 Esteem; Anodynes also, and Antifebritick,
 Attemperating, Cooling, and Humecting
 Remedies, have had great Share in Pre-
 scription.

Some think the Cure of a *Phthisis* is to
 be compassed only by Alkalies; others by
 Acids; abundance of Physicians are of
 Opinion that no Good can be done in this
 Disease without Opiates, which some deem
 very pernicious; most Authors recommend
 Pectorals, sugar'd Remedies, Balsamicks,
 mucilaginous and lubricating Medicines,
 which some again decry as mischievous;
 and *Crucius de Quæsitis*, with some others,
 approve of moderate Astringents in Diseases
 of the Breast.

Barbette says, " I have, contrary to the
 " Opinion of all writing Practitioners, suc-
 " cessfully used moderately Acid Medicines;
 " and have observed, with many others,
 " that sweet Medicines not temper'd with
 Acids

“ Acids, have always, at least for the most
 “ part, done the Sick great Harm.

And an Ingenious Gentleman of our own
 Country also, says, “ I have seen great
 “ Numbers under this Circumstance,
 “ (*i. e.* a *Phthisis*) to whom large Quantities
 “ of Alkalies, all sorts of Balsamicks, and
 “ those Things called Pectorals, have been
 “ given, without the least Advantage;
 “ tho’ I have seen others, that have had
 “ the manifest Signs of a confirm’d *Phthisis*
 “ or Consumption, who by a plentiful use
 “ of proper Acids, have been reduced from
 “ a State of Dying to perfect Health.

But very many are against the use of
 Acid Medicines; the ingenious *Ramazzeni*
 is an utter Enemy to them in this Disease,
 and *Baglivi* assures us, that Acids are un-
 friendly to the Breast.

Some are of Opinion, that Opiates being
 given in common Coughs and Catarrhs,
 have occasioned confirm’d Consumptions,
 that otherwise would not have happened;
 and that when given in a confirm’d *Phthisis*,
 they thicken the Humours, occasion Obstru-
 ctions of the Vessels, and cause the Matter
 that should be expectorated, to be so impact-
 ed in the Lungs, as not to be brought up by
 Coughing, whence the Death of the Pati-
 ent is hastened; and *Trallianus* tells us,
 that even “ *Diacodium* must be given
 “ with great Care and Circumspection,

“ not alone, but with other Things; not
 “ when the Strength is low, or when there
 “ is Store of Recrements lodged in the
 “ Breast and *Bronchia*. For tho’ it may seem
 “ to stop the Cough, and to cause Sleep;
 “ yet it augments the Straitness of the
 “ Breast, so that it choaks many as sure
 “ as the Halter.

Dr. *G. Harvey* exclaims much against the
 usual Method of giving sweet Medicines, or
 Pectorals prepar’d with Sugar; “ The
 “ second Degree of a *Phthisis* (*says he*) is
 “ for the most part attempted with Sugar,
 “ (as Sugar-Candy, penide Sugar, &c.)
 “ and sugar’d Medicines (as Conserves,
 “ Candies, Syrups, Lohochs, Electuaries,
 “ and Mixtures, Juleps and sugar’d De-
 “ coctions, made of Pectoral Ingredients
 “ as they term them) so far from succeed-
 “ ing, that they rather increase those foul
 “ Evacuations by Cough and Hawking,
 “ and occasion such like Expectations,
 “ where there were none before.

Helmont also asserts, “ That Syrups
 “ and Lohochs have not benefited one in a
 “ Thousand, and that therefore we ought
 “ no longer to persist in such a miry
 “ Track.

Likewise *Heurnius*, *Wedelius*, *Capivaccius*
 and *Crato*, are against sweet Lambatives
 in this Distemper.

And

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And *Doleus* tells us, that “ Sugar’d
“ things indeed have their Use; but (*says*
“ *he*) I never saw a Consumptive Person
“ cured thereby.— The sweet things that
“ are commonly used (*adds he*) are very
“ prejudicial to Coughs, because they do
“ not sweeten the Blood, but rather exas-
“ perate and fret the Lungs, and increase
“ the Disease.

A learned Gentleman of our own Nati-
on also, is utterly against all Pectoral Me-
dicines, and likewise Balsamicks, (only as
they are Stomachicks and Diureticks)
with which he tells us, “ The Patients be-
“ ing treated, as they generally are, will
“ increase the Cause of the Distemper, and
“ is the Reason so few are recovered from
“ this Disease—— The common Dispen-
“ satory Pectorals (*says he*) are sweet slimy
“ Mucilages, and are directly contrary to
“ the Indications in this Distemper, for
“ they will both relax the solid Parts, and
“ thicken the Fluid, they will fill the Sto-
“ mach with a glutinous Slime, which
“ will mightily pall the Appetite and
“ weaken Digestion, and they will also in-
“ crease the Thirst—— As for Balsamicks,
“ (*says he*) for the Ends for which they
“ are usually prescribed, they are altoge-
“ ther improper; and if taken in consider-
“ able Quantities by themselves, they ge-
“ nerally both pall the Stomach and heat the
“ Blood

“ Blood, and so rather promote than abate the Symptoms of this Distemper.

This Gentleman, besides approving of Evacuation by *Emeticks*, very much commends such Remedies as attenuate the Fluids or make them thin, and contract the Solids or make them more tense.

Whereas another learned Author, who opposes his *Hypothesis*, which is founded on Mathematick Laws, and accuses him of drawing too hasty Conclusions from it, and who advances another in its Stead, upon Mechanick Principles also, (taken Notice of in the former Chapter) after reciting the Opinion of several of the Ancients and Moderns in favour of Pectorals, Balsamicks, &c. tells us, contrary to the Doctrine above, that after Evacuation, “ Relaxants
“ (or such as lessen the Tension or Contraction of
“ the solid Fibres) Incrassants (or Thickners
“ of the Fluids) and such as clog the Hurry
“ of the Motion, fasting from too spiritous
“ a Diet, Opiates, Oleous and Mucilaginous
“ Medicines, gentle Aperients of the cooler
“ kind, Bleeding and Balsamicks, are all
“ the Requisites in a Consumption.

Abundance more Instances might be given, of Authors differing from one another concerning the Method of curing a *Phthisis* or Consumption of the Lungs, but those I have already taken Notice of, may be sufficient.

And

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And as various Methods have been propos'd and try'd for the Cure of this Distemper, so as before-mentioned, almost numberless are the Medicines that have been recommended for it.

Dr. *Morton* has summ'd up great part of the *Materia Medica*, as useful in a *Phthisis*.

“ The Medicines that are proper in this
“ Disease (*says he*) are first Purging Medi-
“ cines, which ought always to be mild
“ and benign; as Manna, Lenitive Electu-
“ ary, the greater Compound Pouder of
“ Senna, Aloes prepar'd with Juice of
“ Roses, Mastick Pills, Pills of Amber, A-
“ lœphangine Pills, Stomach Pills with
“ Gums, my Magisterial Stomach Pills,
“ likewise the purging Mineral Waters;
“ and in general all gentle Purges——
“ To this Head we must also refer Vomits;
“ as Honey of Squills, and in the beginning
“ of a Consumption, especially when it is
“ from a Surfeit, the Infusion of *Crocus*
“ *Metallorum*.

“ Secondly Diureticks; as the Mineral Wa-
“ ters both Chalybeate and Purging, Wood-
“ Lice both crude and prepared, the Four
“ greater Cold Seeds, common Turpen-
“ tine, natural Balsam, Balsam of Tolu, of
“ Peru, and Compound Medicines made
“ of these, as Balsam of Sulphur made
“ with Oil of Turpentine, and Oil of A-
“ niseeds; Dr *Goddard's* Balsamick Syrup,
“ the

“ the Roots of Fennel, Parsley, Eringo,
 “ and those either raw or candied, of Ele-
 “ campane; the Seeds of Mallows, of Marsh
 “ Mallows; Plantain Leaves, Juniper Ber-
 “ ries, Elder Berries, simple Honey, Honey
 “ of Violets, Cray Fish, Syrup of Marsh
 “ Mallows, Sweet Almonds, &c.

“ Thirdly Diaphoreticks; as Sarsaparil-
 “ la Roots and China in Decoctions, Ve-
 “ nice Treacle, Laudanum, both liquid
 “ and solid, Mithridate, Confection of
 “ Alkermes, Saffron, Sassafras Wood,
 “ Lignum Vitæ, Sanders, yellow or red.
 “ Fourthly Pectorals, to which Head
 “ (*says he*) I refer; First all Simple and Com-
 “ pound Medicines, which by taking off the
 “ Acrimony of the Humours, do abate the
 “ Colliquative State of the Blood, as for
 “ Example; Coltsfoot, Maidenhair, Ale-
 “ hoof, Brooklime, Water-Cresses, Pine
 “ Tops, Scabious, Spotted Lungwort,
 “ Flowers of the greater Daisy, of Rose-
 “ mary, Betony, Sage, Violets, of Burrage.
 “ Bugloss, Lillies of the Valley, the Roots of
 “ Polypody, the Leaves of Yarrow, Mouse-
 “ ear, Burnet, Dandelion, Plantain, Self-
 “ heal, Sanicle, Fluellin, and such mild
 “ Plants, abounding with a Volatile Salt;
 “ with Syrups and other compound Me-
 “ dicines made of those Simples; the
 “ Leaves of Jerusalem Oak, of Sun-dew,
 “ Golden-rod, Maidenhair, and other
 “ Herbs

“ Herbs commonly call’d Vulnerary; like-
 “ wise the Balsam of Tolu, of Peru, Na-
 “ tural Balsam, Storax, Benjamin, Gum
 “ Elemi, Balsam Capivi, with other Gums
 “ and Balsams; Brimstone and the severall
 “ Preparations of it; Crabs-Eyes, Egg-
 “ shells, Chalk, Coral, Pearl, Wood-lice;
 “ the Four greater Cold Seeds, the Seeds
 “ of Mallows, Marsh Mallows and Lettice;
 “ the Roots of China, Sarsaparilla; the
 “ Shavings of Hartshorn and Ivory with
 “ the compound Medicines made of them,
 “ such as *Haly’s* Pouder, the Analeptick
 “ or Restorative Antidote, the Pectoral
 “ Decoction, the Decoction of Sarsa and
 “ China; Pectoral and Antiscorbutick In-
 “ gredients in their Ordinary Drink; E-
 “ mulsions of the Four Cold Seeds made
 “ with Barly Water; a Milk Diet, but e-
 “ specially Asses Milk; things made with
 “ Barly, the Chalybeate Waters, Oysters,
 “ Snails, and Medicines made of these.

“ Secondly, Lubricating, and Inciding
 “ or Cutting Medicines, which promote
 “ the Expectoration of the Humours that
 “ stick in the Lungs; as Liquorice, Honey,
 “ Mead, common Oyl, Oyl of Sweet Al-
 “ monds, but especially Linseed Oyl fresh
 “ drawn without Fire, Turpentine, Na-
 “ tural Balsam, fresh and sweet Butter,
 “ Almonds, Figs, Raisons of the Sun,
 “ Dates, Sebestens, Jujubes, Juice of Li-
 “ quorice

“ quorice, Gum Ammoniacum, Benjamin,
 “ Balsam of Tolu, Lohoch *Sanum & Ex-*
 “ *pertum*; Lohoch of Foxes Lungs, of Colts-
 “ foot; Sugar Candy, or Loaf Sugar, with
 “ several Linctus's and other Medi-
 “ cines in which Sugar is an Ingredient,
 “ such as the Syrups of Hedge Mustard,
 “ Maidenhair, Coltsfoot, Syrup of Hore-
 “ hound, Syrup of the Flowers of St John's
 “ Wort, of the five Opening Roots, the
 “ Balsamick Syrup, Syrup of Jerusalem
 “ Oak, of Liquorice, Hyssop, Marsh-Mal-
 “ lows, Jujubes, Violets, as also Honey of
 “ Violets; the compound Pouder of Orrice,
 “ *Haly's Pouder, Trochisci Bechici*, or Cough
 “ Lozenges, both White and Black.

“ Thirdly, Carminatives, which by com-
 “ fortting the Nerves and freeing them
 “ from Obstructions, do remove the con-
 “ vulsive Constriction of the Lungs, upon
 “ which there follows a freer Respiration
 “ and more easy Expectoration; as *Aqua*
 “ *Mirabilis*, Spirit of Hartshorn, of Salt
 “ Armoniack; the compound Waters of
 “ Bryony, and Pioney; Anniseeds, Fennel-
 “ Seeds, Elicampane and Orris Roots, O-
 “ range Flowers, Rosemary Flowers, the
 “ Leaves of Hyssop, Sun-dew, with the
 “ Waters and Syrups made of them; O-
 “ range and Citron Peels candied, Bay,
 “ Berries, Juniper Berries, Honey, Civet,
 “ Gum Ammoniacum, Benjamin, Cinna-
 “ mon

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“ mon, Nutmegs, Mace, Balsam of Peru,
“ natural Balsam, Syrup of Hedge Mustard,
“ of Hyssop, the compound Pouders of
“ Orrice, Calimint; Venice Treacle, Mi-
“ thridate, Laudanum and others of that
“ kind, which yet must all of them be used
“ very cautiously and sparingly, and not
“ without urgent Necessity, if there be
“ any considerable Fever.

Fourthly, Incrassating and Agglutinating
“ Medicines, which conduce very much
“ to the speedy Concoction, and conse-
“ quently the Expectoration of the Serum
“ that flows into the Lungs; as Comfry,
“ Alehoof, Yarrow, Dandelion, Mouse-
“ Ear, Plantain, Self-heal, Sanicle, Scabi-
“ ous, and in general all Vulnerary Herbs;
“ the Flowers of Red Roses, of Red Pop-
“ pies, *English* Saffron; Liquorice, San-
“ ders yellow and red; Pectoral Fruits
“ as Raisons of the Sun, Figs, Dates, Ju-
“ jubes, Sebestens, Sweet Prunes, Pine
“ Kernels, Pistach-Nuts, White Poppy-
“ Seeds, the Four greater Cold Seeds, Seed
“ of Henbane, with the Emulsions and
“ Syrups, made of them; Sugar Penidate,
“ Sugar of Roses, old Conserve of Red
“ Roses, Juice of Liquorice, Starch, Honey,
“ Olibanum, Gum Arabick, Tragacanth,
“ Syrups of Comfry, Marsh-Mallows,
“ dried Roses, and of Liquorice; Lohoch
“ of Fleawort Seed, of Coleworts, Poppies,
“ Purslain

“ Purslain, of Pines, *Sanum & expertum*,
 “ and of Raisons; Jelly Broths made of
 “ Calves Feet, &c. Jellies of Hartshorn and
 “ Ivory, the *Species Diatragacanthi frigidi*,
 “ *Halys* Pouders, the black Lozenges for
 “ a Cough, Mithridate, Diafcoridium,
 “ Venice Treacle, Syrup of White Poppy-
 “ heads, and in general all Opiates, as Lau-
 “ danum both solid and liquid, Hounds
 “ Tongue Pill, Styrax Pill, *Philonum Persi-*
 “ *cum*, & *Romanum*, &c

“ Fifthly, Such Medicines as open Ob-
 “ structions, which by freeing the stuff’d
 “ Glands from their Stoppages, lessen them;
 “ as the Roors of Orrice, Sarsa, China,
 “ Sassafras Wood, Sanders, Bay - Ber-
 “ ries, Juniper Berries, Gum Amoniacum,
 “ Benjamin, Balsam of Tolu, of Sulphur,
 “ of Peru, Opobalsam, Steel, either of Na-
 “ ture’s Preparation in the Mineral Wa-
 “ ters, or prepar’d by Art in the Form of
 “ a Syrup or Electuary, or of Pills, &c.
 “ Wood-Lice, with many other Antifcor-
 “ butick and Antiscrophulous Medicines.

To this Magazine of Remedies, as well
 Evacuating as Alterative, may be added,
 Infusions of Senna, Rhubarb; *Tinctura*
Sacra, *Pil. Ruffi*, *Rad. Ipecacuanhæ*, Emetick
 Tartar, Oxymel and Wine of Squills, with
 several Preparations of Nitre, Tarrar, and
 Vitriol; *Saccharum Saturni*, *Aqua Calcis*, *Con-*
serv. Cynosbat. Conf. Lujula, *Balsam. Luca-*
telli,

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zelli, Decoction or Juice, and Syrup of Turnips; the bitter Stomachicks, Gentian, Centaury, *Cortex of Peru*, Flowers of Chamomile; *Elixir Proprietatis*, also Myrrh, Castor, Salt of Amber, Diaphoretick Antimony, *Bezoardicum Minerale*, *Antihecticum Poterii*, *Tinctura Anti-Phthifical*, Native and Artificial Cinnaber, *Aethiops Mineral*. *Calomelanos*, *Bole Armonick*, *Sanguis Draconis*, *Terra Sigillata*, Earth of Japan, &c.

Out of all which, innumerable Prescriptions of Decoctions, Infusions, Diet Drinks, Apozems, Emulsions, Distill'd Waters, Ju-
leps, Mixtures, Draughts, Tinctures, Spirits, Elixirs, Syrups, Eclegma's or Linctus's, Electuaries, Boles, Extracts, Lozenges, Pills, Pouders, &c. have been form'd, and with which Physical Authors much abound.

Amongst the Medicines that have been sum'd up, there are many that are accounted Specifick Pulmonicks and Anti-phthificks, upon which great Strefs has been laid in the Cure of this Distemper, as spotted Lungwort, Speedwell, Jerusalem-Oak, Hyssop, Scabious, Coltsfoot, Maidenhair, Horehound, Bugle, Golden-Rod, Sanicle, Ladies Mantle, *Ros-solis*, St John's-wort, Elecampane, Liquorice, Saffron, Millepedes, Sugar and Conserve of Roses, Women's Milk, and Butter made of it, (e-
stem'd

steem'd as a mighty Secret by *Borellus*) Milk of Asses, Mares, Goats, &c. Milk-Water; Snails, Earth-Worms, Claws of Lobsters, and several Broths and Distill'd Waters from them and Swines Blood, &c. Decoctions of Guaiacum, Yellow and Red Sanders, Sarsa, China, Sassafras, with Figs, Raisons, &c. *Pulvis Haly*, Honey, Linseed Oyl cold drawn. *Fernelius's* Syrup of Comfry, Syrup of Ground Ivy, Flowers, Milk and Balsam of Sulphur, especially that made with Oil of Aniseeds, *Tinctura Anti-Phthifica*, *Antihecticum Poterii*, &c.

Of these Medicines and several Preparations and Compositions of them, great Wonders have been related, which have induced abundance of People wholly to rely upon the pretended Efficacy of one or other of them, with the Assistance only of a strength'ning Diet of Jelly Broth, Jellies of Hartshorn, and Calves Feet; Oysters, Lobsters, Cray Fish, &c. and sometimes the Country Air, without having recourse to any regular Method, but with what Success cannot be told with Pleasure.

Neither have Persons afflicted with true Pulmonick Consumptions fared much better, who have been methodically treated, so fallacious have most of the Methods hitherto taken in this Case generally prov'd; and indeed there has been hardly any Method follow'd, nor scarcely any Medicine prescribed

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scribed, but what has been strongly object-
ed against, and warmly oppos'd by those
who took a different Method, and used o-
ther Remedies tho' perhaps altogether as
ineffectual.

How Authors differ about the Method
of curing a *Phthisis* I have already shewn,
and shall now take Notice how much they
vary in their Opinions, concerning some of
the particular Remedies that are said to
be Specificks in this Distemper, or at least
deem'd more than ordinarily efficacious in
its Cure.

The Sugar and Conserve of Roses, have
been in mighty Esteem for many Ages past,
and stand recommended by *Avicen*, *Mesue*,
Platerus, *Montanus*, *Zacutus Lusitanus*, *For-
restus*, *Valleriola Riverius*, &c. who aver,
many have been entirely cured thereby.

But *Sylvius*, speaking of the Conserve,
says, " Hitherto I have found no good or
" great Effect thereof, because when it is
" taken in a great Quantity, as the Com-
" menders thereof would have it, the Sto-
" mach and Guts are fill'd with much
" Flegm, whence the Appetite is not only
" dejected, but Chylification also hurt.—
" By its Use the Ulcer is not cleansed, dry-
" ed or healed, but moreover there often
" arises a Sense of Weight and intollerable
" Coldness in the upper Region of the *Ab-
" domen*, and so of the Stomach, from
" which

“ which the Patients cannot be freed again
 “ in some Months.

And G. *Harvey*, taking Notice of the
 same Remedy, says, “ I am well assur'd
 “ that most practising Physicians, if they
 “ are pleased to speak the Truth, can tell
 “ you, they have known hundreds of Con-
 “ sumptives, that have used it in gross
 “ Quantities without the least Benefit: As
 “ for my own particular, (*says he*) I am so
 “ far from believing that any Consump-
 “ tive, to whom at any time I have ad-
 “ vis'd it, upon the Credit of Authors, have
 “ receiv'd any Advantage, that they ra-
 “ ther were render'd much worse by it.

And speaking further of sweet Medicines,
 he tells us, “ Scarce any thing is more un-
 “ wholesome than Sugar—— It cannot
 “ be denied (*says he*), but that eating much
 “ Sugar destroys the Appetite, by raising
 “ Fermentations and Ebullitions, which
 “ extremely annoy Digestion; sometimes
 “ causes Loosenesses, Fevers, ill Habits of
 “ Body, &c. and is no ways Pectoral.

Balsam of Sulphur is highly esteem'd by
 many, and is valued above all other Re-
 medies in this Disease by *Sylvius*, who tells
 us “ The Corruption of the Blood into
 “ Pus or Matter, must be prevented by
 “ all means, and especially by *Balsamum*
 “ *Sulphuris Anisatum*, seeing that by the
 “ help of this, not only the turning into
 “ Pus

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“ Pus or Corruption, and further hurt of
“ the ulcerated Part is prevented, but
“ moreover the total Cure of it is pro-
“ moted.

And again he says, “ Amongst Abstersives
“ or Mundifiers of an Ulcer, I have hitherto
“ found no Medicine, which being used
“ either Outwardly or Inwardly, has so
“ safely and quickly, not only cleansed,
“ but also closed up fresh Ulcers, as the Bal-
“ sam of Sulphur, when the Patients could
“ and would make use of it—— The
“ Toughness of the Matter which hinders
“ Respiration, is loosened by inciding Me-
“ dicines, and so is more easily cough d up;
“ for this Purpose (*adds he*) I do in like man-
“ ner commend the Balsam of Sulphur pre-
“ pared with Oil of Aniseeds, as being
“ not only good for cleansing and closing
“ up the Ulcer, but also makes the Pus it
“ self more thin and fluid, and so pro-
“ motes its Excretion.

Notwithstanding this Encomium, there are others, as the learned *F. Hoffman*, and the experienced *Walschimid*, who disapprove of the use of Balsam of Sulphur, and testify that it rather increases than extirpates a *Phthisis*.

“ We shall certainly have no good Suc-
“ cess, (*says Hoffman*) if we undertake to
“ cure a *Phthisis* or Ulceration of the Lungs
“ with Balsam of Sulphur, or other Oleous

“ Balsamicks, made of the Flowers of Sul-
 “ phur with distill'd Oils. For it is well
 “ known that in a *Phthisis* or Ulcer of the
 “ Lungs, or other internal *Viscera*, there is
 “ always either a previous or a present In-
 “ flammation, and that not without an in-
 “ flaming and painful Acid: 'Tis also well
 “ known to all, that the distill'd Oils and
 “ other things of which the said Balsam-
 “ icks are made, are also hot, inflamable
 “ and resinous, tho' few perceive that this
 “ is to be imputed to their Acid Particles.
 “ Distill'd Oils and other fat things do harm
 “ in Distempers of the Scull and Bones, (be-
 “ ing anointed therewith) and in Erysipela-
 “ tous Distempers, they bring on a Gan-
 “ grene by reason of their occult Acid:
 “ With what sound Reason therefore (*says*
 “ *he*) can these Things be given in a *Phthi-*
 “ *sis* or Ulceration of the Lungs?

Deckers also, in his Notes on *Barbette*,
 says, “ And what is to be well observed,
 “ Practitioners do testify that very many
 “ have fallen into a *Phthisis* by the Use of
 “ Balsam of Sulphur.

So likewise, “ The skillful Dr *Michael*
 “ (*says Doleus*) has observed, that upon u-
 “ sing *Balsamum Sulphuris Anisatum*, *Terebin-*
 “ *thinatum* or *Succinatum* too much, People
 “ have fallen into Consumptions and
 “ Hectick Fevers.

Sulphur or Brimstone, is commonly stil'd the Balsam of the Lungs, and the Flowers and Milk of Sulphur, have been much praised in this Disease; yet *Sylvius* declares, " He never found any laudable Effect from
" them, tho' he had often given them to
" his Patients, and also seen them given
" by others.

And *G. Harvey* says, that " Sulphur tho'
" indued with an extraordinary Virtue a-
" gainst all internal and external Ulcers, is
" not to be understood as such, being ex-
" hibited in Substance, whether in Flowers
" or otherwise.

" *Sennertus* also, admonishes us to be cauti-
" ous in giving *Lac Sulphuris*, and *Deckers*
" likewise approves of his Admonition.

Decoctions of Guaiacum, China, San-
ders, &c. have been wonderfully cele-
brated by *Philipus Ingrassia*, *Arcæus*, *Erastus*,
Fracastorius, *Rodoricus a Fonsica*, *Schenchius*,
Liacuna, and a great many others.

Salius says, " I have principally made
" use of this (*i. e. a Decoction of Sanders*)
" as a most singular and powerful Medi-
" cine, by the help of which I have per-
" form'd wonderful and almost incredible
" things.

And *Lotichius* tells us, " Nothing better
" can be devised to digest, attenuate and
" evacuate successively Matter settled in
" the Lungs, by sweat, than a Decoction

“ of Guaiacum Wood, which others as
 “ well as I (*says he*) have used with singu-
 “ lar Succels, as the *Bezoardick* of this
 “ Disease.

So likewise *Sennertus* assures us, ‘ That the
 “ Decoction of Guaiacum Wood, has a no-
 “ table Vertue to cure the Ulcers of Phthi-
 “ sical Persons, and is commended by
 “ several very learned Physicians. The
 “ Decoction of the Root of China is also
 “ profitable; for tho’ those Decoctions
 “ seem to dry the Body, yet the Benefit
 “ (*says he*) that accrues from healing up the
 “ Ulcer in the Lungs, is much greater; for
 “ seeing the Leanness of the Body has its
 “ Rise from an Ulcer of the Lungs, such
 “ Decoctions, by taking away the Cause of
 “ the Extenuation of the Body, by con-
 “ suming the vicious Humour, and curing
 “ the Ulcer, make the extenuated Bodies
 “ to be well nourished and grow fat, as Ex-
 “ perience (*adds he*) has often taught.

Yet several are against their Use, and
Harvey ridicules *Erastus*, *Fracastorius*, &c.
 for the Accounts they have left upon Re-
 cord of Persons Cured thereby.

The *Pulvis Haly*, so much commended
 by *Valescus de Tarenta*, *Forestus* and several
 others, who say it answers all Intentions
 of Cure, is likewise very much despised by
Harvey, who calls it, “ A meer Heap of
 “ Rubbish, notwithstanding which *says*
 “ (*he*)

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“ he) this Pouder is still in great Esteem
“ among many Physicians, who never yet
“ observ’d their Patients receive any great
“ Benefit by it.

Snails, Earth Worms and Lobsters Claws,
have been held of great Account by many,
and *Cardanus* tells us, “ He has Cured
“ several desperate Consumptions with
“ them.

But *Harvey* says, “ I can never be-
“ lieve Earth Worms, Snails, Claws
“ of Lobsters, &c. ever Cured the least
“ Ulcer in the Lungs, but may cause
“ one.

And *Salius* writes, that “ Modern
“ Physicians do recommend Snails to Phthi-
“ sical and Hectick Persons, induced no
“ doubt by the Authority of *Galen*, who
“ affirms that the Flesh of Snails doth
“ nourish much. But seeing (*says he*)
“ that the same Person, and the Matter
“ it self, teaches, that they are of difficult
“ Concoction, and do not afford a good
“ Juice, it is hence apparent that they are
“ not good. For seeing the Phthysical labour
“ under a lingering putrid Fever, and more
“ over the natural Faculty in the Stomach
“ and Liver, yea in the whole Body is
“ weak, it will not be able to conquer
“ Meat of difficult Concoction, whereby
“ many Excrements will redound both in
“ the

“ the whole Body and also in the Lungs
“ themselves.

The *Cortex*, or Peruvian Bark, has of late Years been very much used in Consumptions, and is mightily commended by Dr. Morton; on the other Hand, some think it exceeding pernicious: Thus a certain Gentleman says, “ The *Cortex*,
“ which is now so universally used in Con-
“ sumptions without the least Shew of
“ Reason, I believe to be the most pernicious
“ Medicine in Hectical Distempers
“ that ever was given. I have enquir’d
“ (says he) of several Physicians and Apothecaries,
“ whether they ever yet saw a
“ Hectick Cured by the *Cortex*, who have
“ unanimously declared they never did;
“ and that all that have taken it have
“ died.

Nothing is more generally commended by Authors for the Cure of a *Phthisis*, than a Milk Dyet, concerning which, *Doleus*, consonant to many others before him, says,
“ When the Disease is confirm’d and the
“ Patient very lean, Milk (let some People
“ say what they please) is the last Refuge;
“ for by the serous Part, it is not only
“ Absterfive but corrects the Acrimony of
“ the Blood; by the Caseous Part, it con-
“ solidates; and by the Butyrous Part, it
“ heals and smoothes. Womens Milk
“ (says he) above all others, as it is most
“ agree-

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“ agreeable to Human Bodies, does most
“ conduce to the Recovery of the Patient;
“ for it is more subtile, penetrates sooner,
“ and nourishes better than any other.
“ Next to this (*adds he*) Asses Milk is most
“ proper for a Consumption.

Yet some accuse Milk of breeding Flegm,
and causing Obstructions, &c. and one
Gentleman thinks it of little more use
than for Physicians, by advising it, to get
handsomely rid of their Patients when they
find them past Cure.

“ As for Asses Milk, (*says Harvey*) it is
“ rather a Medicinal Diet, than a proper
“ Remedy, and is helpful in Saline ematia-
“ ted Bodies, and to ulcerous Consumptives
“ also, tho’ if it ever singly Cured one
“ such, it hath fail’d a thousand times in
“ others.

In another Place he says, “ Know, that
“ a Milk Diet in many Cases proves hurt-
“ ful, particularly first, when the Body is
“ affected with a putrid, slow, eratick
“ (discernable or sometimes latent) Fever,
“ as generally it is. 2dly, Consumptives
“ are very subject to Evaporations and
“ Fumes flying to the Brain, Obstructions
“ of the Bowels, and a Disposition to in-
“ gender, hot, cholerick and saline Hu-
“ mours; all which Evils, Milk is very
“ apt to increase, nothing being more
“ Vaporous than it, nothing more Fe-
“ verish

“ verish, nothing more Obstructive, by
 “ reason of its Cheesy Parts, and nothing
 “ more convertible into hot cholerick
 “ Humours than its Buttery Parts, as ap-
 “ pears in Children, whom it doth so ex-
 “ tremely fill with green and yellow Gall
 “ and Flegm, and disposes them to Catarrhs,
 “ Consumptions, Fevers, Looseness, &c.
 “ 3dly, Most Physicians (*adds he*) forbid
 “ Milk to those who are troubled with
 “ weak Stomachs, sour Belchings, Grum-
 “ blings of the Guts and Loosenesses, all
 “ which Consumptives are seldom free
 “ from.

Morton also tells us, “ A Milk Diet is
 “ not good in a scorbutick Consumption of
 “ the Lungs, a scrophulous Consumption,
 “ an Asthmatick Consumption, a Con-
 “ sumption from Melancholly, a Con-
 “ sumption from Stones bred in the
 “ Lungs, nor in a Consumption from a
 “ Dropsy:

Juice and Syrup of Turnips are deem'd
 of wonderful Efficacy in this Distemper:
 “ How profitable a Decoction of Turnips
 “ is in Pectoral Diseases, loosening the
 “ Matter collected in the Breast, I have
 “ found by Experience, (*says Crato*) and
 “ therefore I heartily recommend it.

And *Weikardus* assures us, “ There is
 “ nothing better for a Cough than Juice
 “ of Turnips boil'd and clarified, especi-
 “ cially

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“ cially if fresh Butter and Sugar Candy be
“ added.

Yet *Harvey*, speaking of Syrup of Turnips, treats it with Contempt, looks upon it to be a foolish, vain Medicine, and tells us, “ That after it had been
“ used by many in proportionable
“ Quantities, at seasonable times, for three
“ Months successively, they have not-
“ withstanding all its Praises, gone off
“ without the least Abatement of their
“ Cough, or improvement in their Habit
“ of Body.

Concerning Sun-dew, which has also been highly valued, *Dodonaus* writes thus :
“ Modern Physicians have thought that
“ *Ros-solis* or Sun-dew, especially the di-
“ still'd Water of it, is singularly good for
“ all Phthical and Tabid Persons. For
“ as the Herb seems most tenacious of
“ Moisture and Dew, so that even the
“ most fervent Heat of the Sun cannot
“ consume it; so it has been believed that
“ the natural and genital Moisture in the
“ Bodies of Men, is preserved and cherished
“ by it. But the use of it teaches other-
“ wise, and Reason dictates another thing.
“ For seeing it is a very acrimonious Herb,
“ and its distill'd Water is not wholly
“ destitute of this very Acrimony, it cannot
“ be taken without Offence and Preju-
“ dice; for those (*says he*) who have made
“ Use

“ Use of its distill’d Water, have died sooner
“ than they would have done, if they had
“ abstain’d from it.

“ St. John’s-wort, in its Flowers, (*says*
“ *the so often mentioned G. Harvey*) under
“ the Notion that its one of the chiefest
“ Traumaticks, having by Infusion in Wa-
“ ter, Mead or small Ale, and a little
“ boiling towards the latter End, impreg-
“ nated either of these Liquors with its
“ Virtues, and, with Sugar, or rather
“ Honey, reduced into a Syrup, is by ma-
“ ny approv’d very Sovereign to Con-
“ sumptives; the Truth whereof can be
“ best attested by several, that have used
“ it several Weeks to no purpose.

“ Ground-Ivy (*says the same Author*)
“ is the *Catholicon* of the Vulgar, and of
“ many Physicians also, who appropriate
“ it to the Eyes, Kidneys, Bladder, Lungs,
“ and to the Cure of internal and external
“ Ulcers, proclaiming it the chief of all
“ Vulneraries. These singular Commen-
“ dations do incourage many to use it in
“ all their ordinary Drink; some to cure
“ and preserve their Eye-sight, others a-
“ gainst the Stone, Gravel and Hypo-
“ chondriack Vapours; and in Con-
“ sumptions, supposed to be caused by an
“ Ulcer in the Lungs, its entertain’d for
“ a None-such. I have fundry times ad-
“ vised it to Consumptives, (*says he*) to be
“ used

“ used sometimes singly in a Syrup, other
 “ times join’d to Bugle, Speedwell, Sanicle,
 “ St. John’s-wort-Flowers, China Roots,
 “ and sometimes Sarsaparilla, Dates and
 “ Liquorice, boil’d to a good strong De-
 “ coction, to be sweetned with Sugar of
 “ Roses, and taken *Horis Medicis*; be-
 “ sides a smaller Decoction, made with
 “ the Addition of a few fresh Ingredients,
 “ to be drank at other times. This,
 “ (*adds he*) tho’ used for ten or twelve
 “ Weeks successively, with a good Barley
 “ Broth and Milk Porridge Diet, I have
 “ observ’d to be as ineffectual and unsuc-
 “ cessful, as all the other celebrated Re-
 “ medies I shall hereafter mention.

“ That a Million of Consumptives,
 “ (*says he*) labouring of an Ulcerous Dis-
 “ position of the Lungs, have been fru-
 “ strated by a very long use of Ground-
 “ Ivy, Maidenhair, Hyssop, Scabious, Lung-
 “ wort, Coltsfoot, Sanicle, Golden-Rod,
 “ Ladies-Mantle, Bugle and forty more;
 “ tho’ used in all the Forms and Shapes,
 “ is sufficiently recorded in most of the
 “ Church-yards of this Island.

It would be almost endless to take No-
 tice of every Remedy commended for this
 Distemper, that Authors have differed
 about; I shall therefore conclude this
 Head with observing, that several of
 them warn us against the Use Aloeticks
 in

in a *Phthisis*, and all Medicines in which they bear a Part, as being very Prejudicial by reason of their manifestly hot and inflamable Nature, whilst many other very eminent Physicians, much commend *Pilula Rufi*, *Tinctura Sacra*, *Elixir Proprietatis*, and other Remedies, in which Aloes have a great Share.





C H A P IV.

*Of the Possibility of Curing a Phthisis, or
Ulceration of the Lungs; and a diffe-
rent and more probable Method of
Cure advanc'd, than commonly practis'd:
With Directions about Exercise, Diet,
and manner of Living in General, pro-
per for Consumptive Persons.*



TH E Disagreement of Au-
thors concerning the Me-
thods that have been ta-
ken, and the most cele-
brated Remedies that have
been used, for the Cure of
this Distemper, and the
little success that attended them, as well
as the Medicines that are vulgarly esteem'd,
might perhaps occasion even some amongst
the Learned to give their Opinion, that a
true *Phthisis* or Consumption of the Lungs
cannot be Cured.

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But

But some who are of that Opinion, do not think a *Phthisis* incurable because of an Ulcer of the Lungs, which simply consider'd, they account of no difficult Cure, but reckon the Distemper, of which the Ulceration is only a Consequence, impossible to be cured: Thus *Harvey* (as I have already quoted in the second Chapter, Page 46. foregoing) says, " Were it only an
 " Ulcer, the Difficulty would not be very
 " extraordinary, &c. But he thinks the Distemper incurable, because he apprehends that in Consumptive Persons, " All the
 " Humours in their Vessels are corrupted
 " and stink, as do all their Breathing out
 " of their Lungs and Pores of the Ambient
 " Skin, and that all their Bowels are tainted;
 " so that the *French* have no other
 " Word to denominate a Consumptive,
 " than *Pourie*, which signifies Rotten.
 " Is it not a daily Observation (*says he*)
 " that many Persons of the best Quality,
 " labouring under a Consumption, whose
 " Fortunes do enable them to be assisted
 " by a *Chorus* of Physicians, performing
 " their utmost Endeavours, by prescribing
 " all the noted Pectorals, maugre all their
 " useless Efforts, are forced to yield to the
 " Fury of their Distemper?
 " He again says, " To pretend to Cure
 " a confirm'd Consumptive, is equal to make
 " a new Man, new Bowels, and new Humours.

Yet

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Yet most Physicians who deem a Consumption incurable, think it to be so, by reason of the Ulceration of the Lungs, which they look upon as impossible to be healed. Could the Ulcer be cured, they think the Distemper pre-disposing to it might be easily overcome; and therefore blame People for not applying for Cure in time, and before that Mortal Symptom, as they account the Ulceration, happens.

“ In all my Practice, and I have pra-
“ ctised above Seven and thirty Years
“ (*Says Timæus é Guldenkleë*) I never could
“ restore any one who had an Ulcer in his
“ Lungs to perfect Health, tho’ I have
“ left nothing unattempted that could any
“ ways conduce to the Cure of this Dis-
“ ease.

And indeed the present Practice seems to evince, that the generality of Physicians look upon a *Phthisis* as incurable, there being little more attempted than *pro Formâ*, and for mitigating the Symptoms; for what more can be expected from Anodyne Draughts, Testaceous Pouders, Oleaginous and Lubricating Ecleigma’s, and sometimes attenuating, sometimes incrassating Electuaries, Balsamick Syrups, Juleps and Pectoral Apozems, with which only Consumptives are for the most part treated, as in a Circle?

And when these, tending only to give Ease and Relief as the present Exigence may require, are found ineffectual to eradicate the Disease, the miserable Patients are most commonly dismiss'd by their Physicians, with advising them to retire into the Country, and have recourse to a Milk Diet, under which they usually linger on but for a short time more, before they make their *Exit*, as if Milk, design'd by kind Providence for our first Food, was also destined to be their last.

The grand Objection that some modern Physicians make against the Possibility of Curing an Ulcer of the Lungs, is, that the Lungs consisting of Nothing but innumerable membranous Vesicles, Aereal and sanguine Vessels, all making up a Substance very spongy, are utterly incapable of admitting any Cure when ulcerated; and that also by their being inflated every second of a Minute by the Air, and in continual Motion by means of the Inspiration and Expiration of that Essential to Life, the Ulcer is kept always open and gaping, so as certainly to prevent an Union of the Parts, tho' it were otherwise never so much dispos'd to heal.

But this Objection, in my Opinion, may with full as much Reason, if not more, be urg'd against the Possibility of healing the ruptur'd Blood-Vessels of the Lungs, in the
Case

Case of spitting of Blood, which nevertheless we find are very often and indisputably Cured; this Objection therefore against the Possibility of healing an Ulcer in the Lungs carries no great weight with it, and the latter Part of the Objection less still, if we consider that for the most part Ulcerations of the Lungs have their Seat in the Glandules of the *Bronchia*, and not in the Air Vesicles of the Lungs, and consequently not altogether so liable to be strain'd and widened in Breathing, Coughing, &c. as otherwise they would be.

We have lately had some extraordinary and undeniable Instances published to the World, of even Wounds of the Brain that have been perfectly Cured; now if Wounds of that Part, notwithstanding the exceeding Tenderness of its Substance, inconceivable Minuteness of its wonderful and most innumerable Vessels, and also notwithstanding its continual Oscillatory Motion or Pulsation, are possible to be Cured, why not Ulcerations of the Lungs?

Another great Objection, is, That Medicines cannot be immediately and directly convey'd to the Lungs; it being alledg'd, that nothing but meer Air can be admitted into the *Aspera Arteria*, without grievous Offence and almost strangling, as the great Trouble the least Drop of any

Liquid, even fair Water, occasions, when it happens to slip into the *Trachea* by Accident, seems to shew; in which Case, there can be no Ease or Rest till by the continual Efforts of the Lungs, violent Coughing and Struggling, it is thrown out of the Wind-pipe again.

Now tho' tis certain, that no Liquid, even ever so insipid to the Taste, can in the Quantity and Form of a Drop at a time, be suffer'd to pass into the Wind-pipe without occasioning very great Disorder, as abovementioned, yet it is also as certainly found, that some Linctus's, Lozenges and sublingual Medicaments, do many times give immediate and very sensible Relief in some tickling and fruitless Coughs, as almost all Persons at one time or other must have perceived.

But this Ease, is too Instantaneous to be brought about by any part of the Medicines being convey'd into the Blood, and so to the Lungs in the Ordinary way, viz. by passing into the Stomach, from thence to the Guts, and so through the Lacteal Vessels into the *Receptaculum Chyli*, and from thence carried up the *Thoracick Duct*, which empties its self into the subclavian Vein, and with the reflux Blood, undergoing the well known Laws of Circulation, be carried to the Lungs; I say, it cannot be imagined that such sudden Benefit can be
receiv'd

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receiv'd this way, we must therefore seek for some other, by which the Virtue of such Remedies can so instantly be convey'd to the Lungs.

If it be urg'd that the Advantage so suddenly receiv'd, is from the different Sensation such Remedies give to the Nervous Fibres of the *Larynx*, and so by Consent of Parts, as we usually say, seemingly allay the Irritation of the Nervous Membrane of the *Trachea*, we shall not contend about it, believing it in a great Measure to be really so; but I'm of Opinion we ought not to conclude from thence, that such immediate Relief can be obtain'd no other way.

It is unquestionably true, that when the Air we breathe is very thick, heavy and moist, a great many Aqueous Particles with which it is loaded, amounting in the whole to much more than a Drop of Water, were they condens'd, are then convey'd to the Lungs by every Inspiration or drawing in of our Breath; but by Reason of their being infinitely smaller than what we usually understand by the least Drop of Water, they do not affect the *Aspera Arteria* in such a manner, or irritate its Nervous Fibres so, as to occasion the trouble that a Drop of Water does.

It therefore appears to me reasonable, that some Proportion of such Remedies as

we have been speaking of, may in the same manner be convey'd immediately and directly to the Lungs, *viz.* by some of their finer Parts or small Particles, being subtiliz'd and rais'd from the Rest, whilst they are retain'd in the Mouth and about the Throat, (the Heat of those Parts much contributing) and joining with the Air, as it passes through the Mouth or Nostrils, every time we draw it in, be carried with it to the affected Part, without causing any troublesome Sensation to the *Aspera Arteria*.

If any Person chews and holds any of the common Carminatives in his Mouth, such as *Sem. Carui, Anisi, Bacca Juniperi, &c.* and keeping his Mouth close, breathes only through his Nostrils, that Breath will be plainly loaded with the *Effluvia* or small Particles of such Carminatives, as the Smell of it to other Persons, even at some Distance, evinces; now as such Particles, arising from the Mouth and Throat, are join'd with the Breath and sent out by the Nostrils at every Expiration, it is plain that they also mix with the Air we draw in, and so are convey'd immediately and directly to the Lungs by every Inspiration.

By this it evidently appears, that some Remedies, or certain Proportions of them, may directly and immediately be convey'd

to ulcerated Lungs; but if we should suppose they could not possibly be so convey'd, I am of Opinion the Inference drawn from thence, *viz.* That therefore such Ulcers are absolutely incurable, is not very just, as will better appear by the Examination of the Objection following.

Another Objection against the Possibility of curing an Ulcer in the Lungs, is, that Balsamicks and other Internal Remedies, from which the Cure should be expected, undergo so many Changes and Alterations in the Stomach and other Parts, through which they must necessarily pass, that their Virtue is lost, or at least much diminished before they can arrive at the Lungs, the Seat of the Distemper.

Yet *Willis* and, since him, another learned Gentleman, assert that some true Pulmonick Medicines may be carried to the Lungs in their full Force and Virtue, notwithstanding the digestive Faculty of the Stomach, &c. and the length of way they have to pass; and they suppose the manner to be thus, that these Remedies consisting of such Particles as being brought into the Blood, cannot be digested, subdued, and assimilated by it, but being immiscible, are, as soon as Circulation brings them to the Place, thrown out of the Pneumonick Arteries, and so penetrating into the Tracheal

cheal Ducts, do there display their Efficacy according to their respective Properties.

But not to dwell upon this Opinion, and altho' it be granted that internal Medicines, passing through several Digestions, undergo various Mutations before they can arrive at the affected Part, yet it does not follow from thence, that their Virtue must be lost, or be render'd less by means of the Alteration they undergo; on the contrary, the very Alteration some Remedies meet with, may perhaps heighten their Efficacy, and fit them more for the intended Purpose, than if they were convey'd to the Lungs in the same Condition they are taken in at the Mouth.

That the Lungs may receive Benefit by Medicines taken into the Stomach, notwithstanding the length of way they must traverse before they arrive at them, may be easily conceiv'd, if we consider the manifest good Effects some internal Remedies have, even in external Ulcers, and those also of the most extreme Parts, to which, I presume 'twill be allow'd, they have a much longer Passage than they have to the Lungs; it being frequently seen, that some Outward Ulcers which cannot be healed by all the external Medicines that can be contriv'd, tho' directly apply'd to them, do nevertheless submit to proper Internals, and heal up without any Assistance

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sistance of outward Remedies, otherwise than barely keeping them clean, and from the Injuries of the Air.

It is well known also, that Ulcerations in some membranous Parts, that undergo frequent Dilatation and Contraction, and which are also at a greater Distance than the Lungs, (as small Ulcers in the *Urethra*, &c. occasioned by the Venereal Disease) are very often, without any topical Medicines, perfectly cured by Remedies taken in at the Mouth.

If therefore the Virtue of Internal Remedies can be communicated to Parts at a farther Distance from the Stomach than the Lungs, as to Ulcers in the *Urethra*, and also in the Legs and other external Parts, who can deny but their Virtue may reach the Lungs, to which they have not by much so long a Journey?

From all which it appears plain, that Ulcers of the Lungs are curable; but more or less so, according to the Largeness and Inveteracy of them: And besides the Authority of many learned Physicians and very eminent Authors, who assure us of the Possibility we have contended for, Experience which never errs, puts that Matter out of Dispute.

However, that a *Phthisis* or Consumption of the Lungs has been hitherto found very difficult to cure, all Authors allow, and the admirable Dr *Sydenham*, the Eng-
lish

liff Hippocrates and most accurate Observer of Distempers that ever *Europe* produc'd, in his *Processus Integri* (published after his Decease) tells us, that "This Disease
" when it has once taken Root and is con-
" firm'd, despises for the most part all Re-
" medies.

Notwithstanding which, before I finish this Chapter, I hope to make it evidently appear, that by a regular Method and rational Practice, a Consumption of the Lungs may be as effectually, and with as little Difficulty cured, as most other Distempers.

But before I proceed to describe such Method, it may be necessary to premise, that nothing is more common than for those Gentlemen who advance new *Hypotheses* in Physick, to be so very fond of them, as not only to strain every Argument to the highest Pitch possible in their behalf, but also to form a conclusionary Method of Cure to them, not always warranted by Experience, but as one would think, design'd more to support their darling Opinions, than really to benefit the Practice of Physick, or bring Relief to the unhappy Patients.

Thus the Patrons of Acids, have endeavoured to frighten People from the Use of all Alkalies, which they treat as so many Poisons, and assert they are the Cause

of all Diseases; and the Sticklers for Alkalies, accuse Acids in like manner, tho' those very Gentlemen on both sides, cannot but know that there are many Noble and very salubrious Remedies of each kind, that are of great Use in Physick, and by which Patients are often cured of many Indispositions.

So likewise some of those who, as before mentioned, have endeavoured mathematically to account for a Consumption, alledge, that because a *Plethora* occasions a Relaxation of the Vessels and a Thickness of the Fluids, &c. therefore such Remedies must be given as contract the former and attenuate the latter; whilst others of them tell us, that because a *Plethora* causes the Positions of the Vessels to be more direct, the Fibres more tense, and the Juices more thin, &c. therefore such Medicines as relax the Solids and thicken the Fluids, must of Consequence be given.

Every one will see that both these *Hypotheses* and consequential Methods, cannot be right, and if they should chance to be both wrong, what a Condition must the poor Patients, who are treated according to them, be in?

Now if concerning the Cure of a *Phthisis* or Consumption of the Lungs, my Readers expect, that without any other Regard, I should proceed to draw Conclusions from the Theory I have in the Second

cond Chapter advanced, they will find themselves mistaken.

In such weighty Concerns as those of Life and Health, nothing, in my Opinion, short of absolute Demonstration, can warrant our Reasoning so far *à priori*, as to cause us to form an unexperienced Method of Cure for any Disease whatever, only because it seems most eligible, according to the Notions we have of the Original Cause, but such Notions how probable soever, not very easily admitting of absolute Demonstration, it follows that we ought only to make use of our Reason in respect to the Cure, *à posteriori*, which is alone commendable: For certain it is, and all wise and good Men of the Profession must assent to it, that it is much safer to adapt a rational Theory to a well warranted Practice, than an hazardous and unexperienced Practice, tho' it seems ever so rational, to the best Theory in the World.

If therefore those who have read the second Chapter should imagine, that having advanced as most reasonable to believe, that *Animalcula* or very minute Animals, inimicable to our Nature, are the Original and Essential Cause of a *Phthisis*, I should directly, without any other Consideration, propose from thence, only the destroying such *Animalcula*, and so (according to the well known Axiom of removing
the

the Cause, and the Effects will cease) pretend to fix the Method of Cure upon that single Point, they will be deceived.

For suppose it was absolutely demonstrable, that inimicable *Animalcula* are the prime Cause of this Disease, and we also knew as absolutely how immediately to destroy them, without any Difficulty or Inconvenience to the Patient, yet their pernicious Effects could not be suppos'd to be thereby so immediately cured, any more than the destroying a Dog that had bit a Man, could be suppos'd to cure the Wound he had made with his Teeth.

Tho' indeed the Original Cause being once intirely destroy'd, and thereby prevented from continually propagating mischievous Effects, there will then little more remain to be done, besides assisting Nature (who is always very kind and laborious for the Good of the Machine) in healing the Breaches and repairing the Damages she has before sustained.

But as the Theory I have advanc'd, tho' the most probable in the World, may not perhaps strictly admit of absolute Demonstration, so when we are about to establish a certain and safe Method of Cure for this Distemper, we must besides having regard to what we conjecture to be its essential Cause, always have this Consideration equally in Mind, *viz.* What the Consequence of the

the Method we propose will be, in Case our Conjectures concerning the Cause, should happen to be wrong? Without having this Consideration always in View, we may indeed "Contrast with imaginary Evils, whilst real Ones gain ground upon our Patients, to their utter Ruin.

Now altho' I'm against forming a conclusive Method of Practice, from a meer Speculative Theory, however reasonable that Theory may seem, yet I flatter myself the Method I am about to recommend, will be found on Examination, exceedingly to confirm the Theory I have advanc'd, and highly evince the Probability of it; at the same time also, I believe it will appear by much the most rational for curing a *Phthisis*, altho' we should admit the original Cause of the Disease to be what many others have conjectur'd, and not what I have supposed.

And thus as the Method I'm about to offer, will be found agreeable to almost every *Hypothesis*, so it in some measure shews that it was not drawn from meer Speculation, but is the Result of Practical Observations, and unerring Experience, and upon which only, I am well satisfied, Consumptive Persons may depend, for a certain Cure.

What this Method in general is, comes next to be consider'd: It is allow'd by almost
all

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all Physicians that an Ulceration of the Lungs, whatever the prime and essential Cause of a *Phthisis* may be, is preceded by, and commonly accompanied with an Inflammation of the Part; now if we consider what Method is generally, and with the greatest Success taken, by the most celebrated Physicians and Surgeons, when Inflammations, Tumours, or Ulcerations happen to other particular Parts of the Human Frame, it may perhaps lead us to the most eligible one in the Case before us.

In an *Ophthalmia* or Inflammation of the Eyes, in Inflammations of the Privities occasioned by impure Embraces, in Inflammations that sometimes happen on the Legs, Arms, or any other external Part, besides proper topical Applications, we immediately endeavour to revulse the Humours, and lessen the Quantity of the Fluids in general, by which their Weight on the containing Vessels will be diminished, those Vessels become less turgid, and the stagnating Humours have room to re-circulate; and this is done by several ways of Evacuation, as Bleeding, Purging, Vomiting, &c. sometimes one, sometimes another, and sometimes all of them *pro re nata*, without which those Inflammations and Ulcerations their Attendants, will very seldom give way to other internal, and ex-

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ternal

ternal Remedies proper for their Cure, but on the contrary, when Evacuation is neglected, are often attended with very pernicious Consequences.

Now if diminishing the Humours of the Body in general in these Cases, and consequently drawing them proportionably off from the affected Parts, that are less noble than the Lungs, is so very necessary for their Cure, how much more requisite is it to draw them off from the affected Lungs, the good State of which, is so very essential to the Welfare of the whole Human Machine?

In the Case of an Ulcer, whilst the small Tubes or Vessels that open into it, and supply the Humour that afterwards becomes Pus or Matter, are very full and turgid, the Sides of those Tubes or containing Vessels at their Extremities, are not suffered to meet or come together, which is an Absolute Requisite for their Uniting; so that tho' the Juices separated there, are ever so benign, or the Ulcer ever so much inclin'd to heal, the Fullness of the Vessels and Plenty of Humours brought to the Parts, will prevent its Cure.

And from hence we may readily conceive, how it happens that Balsamick Remedies, generally prove so ineffectual in a Phthisis; for without first correcting the

essential

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essential Cause of the Disease, and also drawing off the Humours from the affected Lungs, which is seldom or never to any purpose attempted, all the Balsamicks in the World will prove of no Service.

But when the Quantity of Humours are in general much lessened, and proportionably diminish'd in the Vessels of the affected Part, by a proper Method of Evacuation, so that those Vessels become less turgid, and their Sides at the Extremities are suffer'd to subside or fall together, then, if no other Cause (such as what we or others have suppos'd to be the Original of a *Phthisis*) intervenes, a firm closing of them, and perfect Cure of the Ulcer, with a little Assistance of Balsamicks, will ensue.

Whilst the Original Cause of the Consumption subsists, (whether it be tartarous, acrid or sharp Humours, Acids or Alkalies, poignant Salts either volatile or fix'd, or inimicable *Animalcula*, &c.) we must suppose the ulcerated Part is perpetually stimulated, the Consequence of which, is a more than ordinary Afflux of Humours and great Turgescency of the small Vessels; now till that *Stimulus* is removed or destroyed, and the Turgescency of the Vessels abated, the best Balsamicks, meerly as such, must be look'd upon as useless, or rather

ther detrimental, as they very often prove in another Disease, under such like Circumstances, *viz.* the First Degree of the Venereal Distemper, in which Case, if it be any thing severe, to exhibit Balsamicks before the Cause of the Disease is mortified, by other appropriate Remedies, and the Flux of Humours to the affected Parts abated, by evacuating Medicaments, is commonly attended with very ill and too well known Consequences, to need particularizing.

We may therefore venture to assert, that whenever the Lungs are affected with a violent Flux of Humours, in the Manner of a Catarrh, or with a dry Cough occasioned by crude Tubercles, or with an Inflammation or Ulceration, Evacuation, under proper Restrictions hereafter to be mentioned, is certainly requisite, in order to diminish the Fluids in general, and by that means to draw them proportionably off from the affected Parts, so as to give them Opportunity of recovering their former Tone.

And indeed almost all Physicians agree, that Evacuations are proper in this Disease, when the Patients apply in time for Cure, that is in the very first Approaches of it, and would be so afterwards also, were it not for the Inconveniencies that are found to attend the usual Method of Bleeding, Purging,

Purging, Vomiting, &c. such as exceedingly weak'ning the Patient, whose Strength is already much wasted, and the causing a further Colliquation of the Humours, for which reason the Cure of an advanc'd *Phthisis*, is seldom or never attempted by those Methods; but the Opportunity of evacuating the Humours, being as they imagine lost, the entire Cure of the Distemper is also despair'd of.

“ It often happens to Consumptive Persons, (*says Morton*) that either from Want, Covetousness, or else an Aversion to Physick, taking the Beginning of a Consumption for an Ordinary Cold, that will go away of its own Accord, they very seldom ask the Advice of Physicians in the first Degree of the Distemper, when it may be easily cured by Evacuations, &c. But contenting themselves with I know not what Receipts of old Women and Empericks, they squander away their precious Time, scarcely desiring the Assistance of a Physician, untill by reason of the Increase of the Hectick Fever, and the Loss of their Strength, they are plainly incapable of Evacuations, which yet are very necessary to the just and regular Cure of this Distemper.

From what has been said, I think it evidently appears, that Evacuations are necessary

cessary for the absolute Cure of Consumptions; but the greatest Difficulty is to find out such a Method of Evacuation, as can be born by the Patients even in an advanced *Phthisis*, regard being had to the weak State we commonly find them in, and that will not be attended with the Inconveniencies that have been taken Notice of.

Bleeding in this Distemper, is very often found to diminish the Patient's Strength exceedingly, and is therefore never to be attempted, unless in a small Quantity, just upon entering into a proper Course of Remedies, or in the Case of a manifest Inflammation of the Blood or some particular Part, as in Pleuretick, or Peripneumonick Fevers, *Angina* or Quinsy, &c. in which Cases, Bleeding is so far from weak'ning Consumptive Patients, that I have observed they have apparently become stronger after it, and bore the Repetition in pretty large Proportions to very great Advantage, tho' before, and after such Inflammatory Disposition of the Juices, the very same Patients could by no means bear once Bleeding, tho' in a small Quantity, without very great Prostration of Strength, and manifest Disadvantage.

We must therefore direct to Bleeding with the utmost Caution and Circumspection, not promiscuously to all Patients, or

at all times, but *pro re natâ*, or as the present Circumstances of the Case may require

As to Vomiting in a *Phthisis*, it sometimes certainly proves very serviceable, because besides cleansing the Stomach, and evacuating its Contents, it promotes Expectoration, by the Shock it gives to the Breast and all it contains; but as the Patients can scarcely bear a frequent Repetition of such a rough Method of Evacuation, as Vomiting for the most part proves, and as sometimes the violent straining of the Patient under that Operation, is of ill Consequence to the Lungs, I do not much approve of it, unless in some particular Cases, where the Stomach is very foul, and in the very Beginning of the Distemper, and when Bleeding has been premised.

In respect to purging by Stool, we constantly find that even one Dose of the commonly prescrib'd Catharticks, causes present Sickness, Disorder and great Weakness, when given to Persons who are in full Strength, and therefore must be suppos'd exceedingly to exhaust the Spirits and waste the Strength, of Patients who are in advanc'd Consumptions, and thereby certainly do more harm, than the Evacuation would do good.

Sweating, by Diaphoretick Medicaments, in this Disease, tho' of admirable Use to

absolve the Fits of the putrid Intermitting Fever, yet can never be esteem'd proper as a general evacuating Method of Cure for a *Phthisis*, because it exceedingly wastes the Spirits and diminishes the Strength, makes the Patient very susceptible of Cold, and is apt to heat and fuse the Blood too much; besides, we find Persons in Consumptions too liable to nocturnal and profuse Sweating of their own Accord, to need any Medicines to be given for that purpose, unless as above-mentioned to take off Fits of the Fever.

Purging by Urine, is undoubtedly of very great Service, but must never be wholly rely'd upon, as a sufficient Method of Evacuation in this Distemper; for tho' we find some Medicines cause a much greater Discharge of Urine than others, (whence they receive the Name of Diureticks) yet they cannot always be depended upon, to cause such a certain *Diuresis*; and it is well known to those who are skill'd in Medicine, that the surest Diureticks are plentiful Quantities of small Liquors: Purging by Urine therefore, tho' very serviceable as an Auxiliary, must not be insisted upon as a Principal Method of Evacuation, lest we deceive our selves and injure our Patients.

Blisters, and Issues, may be of great use in a *Phthisis*, but as the former many times inflame the Blood very much, and by that means

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means do more harm, than the Discharge of Humours by them do good, and the latter occasion so small a Discharge, and that out of the small Vessels only, that I believe all the Judicious will allow, we must not rely upon either of 'em as a sufficient Method of Evacuation, no more than we can upon the Evacuation of Humours through the Nostrils, by the help of *Sternutatory* or sneezing Medicines, which I look upon rather hurtful than beneficial in this Disease.

The general Method of Evacuation in a *Phthisis*, ought in my Opinion to be considerable, constant, or at least very frequent, yet gentle, neither weak'ning the Patient, causing a further Colliquation of the Juices, or occasioning Confinement or any other Inconvenience.

Now tho' I have mentioned the Disadvantages, that commonly attend *Cathartick* or Purging Medicines as usually administered, and which even of the milder kind, if frequently repeated, can scarcely be born by healthful Persons without manifestly weak'ning their Constitution, yet I think gently drawing off, and daily evacuating the Humours by Stool, *per Ipicrasin*, and by such Remedies as prove rather Stomachick Laxatives, than rough Catharticks, may come up to the general Method of Evacuation I have been speaking of, and which
I look

I look upon to be better than any other that can be contrived: There is no one well skill'd in Pharmacy who does not know, that even some of the strongest Cathartick or Purging Medicines that the *Materia Medica* affords, under proper Management, become little more than barely Alterative, and the Benefits that result from them in that Condition, often greatly exceed what could be expected from other alterative Medicines, or from themselves were they administered as strongly Purgative.

This is the gentle and easy Method of Evacuation I would recommend, and which may be so order'd, as not to require more than ordinary Observance of an exact Regimen, or occasion the least Disorder at Stomach, Uneasiness or griping in the Bowels, but give about two or at most three Motions in a Day, and thus gently drain off the colligated Fluids and relieve the affected Parts, without disordering or weak'ning the Body in the least; but by freeing it from its oppressive Load of Humours, rather enable every Part of the Machine, to perform its proper Function, with greater Ease and more seeming Alacrity.

And here we have an Opportunity of making Choice of such Catharticks, as we may conceive have a tendency to correct, mortify,

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mortify, or extirpate, whatever we may suppose to be the Essential Cause of a *Phthisis*, and by that means alone, in some degree, answer more than one Intention at once; and whilst we are thus Evacuating the Offending Humours, we may also give Anodynes with the greater freedom, to relieve the pressing Symptoms, and may even blend them together as the Case may require, as also such other Remedies, as tend to strengthen the Stomach, (to which we ought to have very great regard) establish a good Texture of the Blood, and prevent the further Colliquation of the Fluids.

By this Method we shall obtain many Advantages, such as cleansing the Stomach and Bowels, and evacuating what is fit to be exonerated, without any Inconvenience, increasing the Appetite to Food, (which all will allow to be of mighty service) relieving the Lungs from their oppressive Flux of Humours, and certainly preventing Nocturnal and Emaciating Sweats, as also a Colliquative *Diarrhæa* or Looseness, so much and so justly dreaded in Consumptions.

And here likewise we have an Opportunity of administering Balsamick and healing Remedies, even whilst we are evacuating the Humours, as well as afterwards, and that to much better Purpose, and so
as

as to take place sooner, and more certainly than as usually exhibited, without first diminishing the Juices, and lessening the Turgescency of the Vessels, by a proper Method of Evacuation.

Anti-hectick Medicines, Stomachicks, Pectorals, and also such Remedies as we judge most proper to encounter with, and extirpate the Essential Cause of the Disease, may likewise at the same time be prescribed.

And during the time of carrying on this general Method of Evacuation, without Disorder or Confinement of the Patient, we have not only room and opportunity to Bridle and Curb any severe Symptom, or threatening Disturbance, but also by proper Medicines, of various kinds, correct the original Cause of the Disease, heal the Ulcer in the Lungs, and remove every Symptom, so as finally to Cure the Distemper.

This Method of gently evacuating the Humours by Stool, however, it may startle some People, will yet be found much more serviceable, and less inconvenient, generally speaking, than any other Method whatever, provided it be managed with Discretion, and with such due Precaution as is requisite.

Neither am I alone in my Sentiments concerning this Matter; for *Dr Sydenham*, who

who never recommended any thing, but what he had sufficiently experienced, approved also of a Method of Evacuation, very near the same of what I have been speaking of, as appears in his *Processus Integri* before quoted, where treating of a Cough and *Phthisis*, and after prescribing Pectoral Remedies, he says,

“ But if the Cough submits not to these
“ Medicines, (more especially if it is at-
“ tended with a Fever, or comes after
“ a Pleurisy or Peripneumony) in these
“ Cases, it will be to no Purpose to trust to
“ Pectoral Medicines, for as much as the
“ Cure must be perform'd by Bleeding and
“ Purging.

And under the Head of a *Tubercle* or Consumption, after describing the Method and Medicines usually advised, he again says,

“ The Cure of this Disease in my Judg-
“ ment, will be best and most happily ef-
“ fected by this Method; first let Blood be
“ drawn from the Arm, then let the Belly
“ be purged continually for three Days—
“ and intermitting the Space of two or
“ three Days, (as the Nature of the Case
“ may require) let the Purgation be re-
“ peated again, and that as often as shall
“ be needful until the Symptoms are ei-
“ ther wholly vanished or very much di-
“ minished.

Thus

Thus we see *Sydenham*, whose Candour and Faithfulness no one I believe will distrust, declar'd for gentle and frequent Purgings in Consumptions, as the best and most effectual Method of Evacuation: And indeed, drawing off the Humours by Stool in a somewhat more gentle manner than he has advised, and with all the Regards and Restrictions I have mentioned, is what I have amply experienced to be exceedingly successful in this Disease; which Experience, is to me much more confirming, than all the Reasoning in the World would be without it.

And I do aver, that several of my Patients, from being extremely lean, and very much emaciated, have plainly gather'd Strength, and become very plump and fleshy, even whilst they were under such an Evacuating Course of Medicine as I have advised.

Yet every one must not attempt to pursue this Method, there being a great deal of Nicety in it, many Observations to be first made, and a world of Care and Precaution to be taken; for should Persons, but indifferently skill'd in Diseases and Medicine, immediately put Consumptive Patients into this Evacuating Course, without having such a thorough Knowledge of, and strict Regard to, all the Degrees and Symptoms of a *Phtisis*, as to be perfectly apprised

apprised of whatever may contra-indicate its Use, such as a severe intermitting Fever, or where the Consumption is very Acute, in its last State, or where there is a Colliquative *Diarrhea*, &c. which require other Methods to be first taken, they will manifestly do much Mischief, and endanger the Lives of their Patients.

This general Method of Evacuation therefore, that I have recommended in Consumptions, must be prescribed and directed with abundance of Circumspection, and must be understood to be proper only in such as are Chronick, or at least not very Acute, where nothing contra-indicates, and where the Patient's Strength will admit of its use; tho' indeed there are abundantly more Consumptive Persons able to bear this gentle Evacuating Method, than most People, or the Patients themselves, are apt to believe, and of this my Experience also convinces me.

And truly there is little Hopes of restoring Consumptive Persons to Health, whose Distemper is so very Acute, or who are so very far gone, as to be unable to admit of this Method, or at least cannot by other proper means, be quickly brought to be able to bear it, which many more of them may, than is imagined.

Besides

Besides this general Method of Evacuation that I have advanced, Diureticks, and also an Alterative Course must be prescribed, as before-mentioned; and Endeavours must be used to mortify, what we may conjecture to be the Original Cause of the Disease, whether it consists in the Viscidity of the Fluids, or their being too Acid or Alkalious, or loaded with poignant, acrid Salts, fix'd or Volatile, inimicable *Animalcula*, &c. And for this purpose I esteem fix'd Antimonial Medicaments, and some other Minerals; Stomachick Bitters also, may prove of great Service, as likewise some Chymical Salts.

And whilst we are doing this, Regard must also be had to the Attendant Symptoms; those that are most urgent must be alleviated, and here, besides contemperating and febrifuge Remedies, &c. as the Case may require, we are obliged sometimes to call in Opiates to our Assistance, which, how much soever some exclaim against them, are of exceeding Benefit when used with Discretion and Judgment, tho' like other great Medicines, as Steel, the Peruvian Bark, Antimoniates, and Mercurials, when given improperly and unskilfully, are very pernicious.

Pectoral Medicines likewise, of various kinds, tho' not to be singly rely'd on for Cure, (the too common Error of the Great

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as well as little Vulgar) are yet of great use as Auxiliaries in a *Phthisis*: Those of them that are Incrassating, are Serviceable when the Defluxion on the Lungs is crude and thin, and those that are Attenuating, where the Matter to be spit up, is thick and Viscous; so Detergents, and Expectorating Remedies are sometimes very useful; as at other times are those that are lubricating and smoothing; absorbents, testaceous Pouders, fix'd Alkalies, and also mild Acids; are likewise sometimes very requisite.

As to Balsamicks, whatever some may say to the contrary, they are of noble Efficacy when properly Exhibited, and being given after or even during the time of Evacuation, (as the skilful Physician may judge necessary) will prove ten times more Beneficial and Effectual for the Cure of an Ulcer in the Lungs, than otherwise they possibly can, and that for the Reasons mentioned in Page 147 foregoing.

But throughout the whole Course of Cure, we must always take especial Care to keep the Head and Stomach of the Patient in good Order; which in my Opinion we have much better Opportunity of doing whilst we are pursuing the Evacuating Method I have advanced, than any other whatever.

Another thing that we must have a principal Regard to, is not to load our Patients with too many Medicines; for to speak the Truth, that Method has often done great Mischief to Consumptive Persons: We must also, as much as conveniently we can, contrive our Remedies so, as not to be irksome to the Patient, but as pleasant, or at least as little disagreeable to the Palate as possible.

Whilst I am speaking of the general Method of Cure for Consumptions, it may not be improper to give my Opinion concerning sweet or sugar'd Medicines; which as on one Hand I do not, according to some, so very much esteem, as to expect any great Advantage from them, as such, so on the other hand, I think they deserve not to be so exceedingly decry'd, as by many they have been; their exorbitant use may hurt the Stomach, pall the Appetite, foul the Glands, &c when a more moderate Use of them may prove Beneficial; but as we find that with some Persons they agree very well, and with others very ill, so particular Regard must be had to their Agreement or Disagreement with every individual Patient, as indeed is requisite in respect to almost every Medicine that is prescribed.

This general Method of Cure that I have advis'd, must be varied from time to
time,

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time, as occasion may require, and the E-
vacuating Part of it, be either increased or
diminished, be continued or wholly omitted,
according to the Condition of the Patient,
and as the prudent Physician shall judge
proper.

The Medicines also, must be frequently
altered as we see necessary, and great Care
must be taken that each particular Remedy
is good in its kind; this is the more requi-
site, because it is certain there is full as
much difference in Medicines, bearing the
same Name, as well in real Goodness as in
Price, as there is in any one Commodity
bought and sold.

I lay so much stress upon this last par-
ticular, that it is one great Reason of my
always giving my own Medicines in this
Distemper, which however it may give
Distaste to some, and leave room for others
to pass ill-natur'd Reflections, concerns me
not, since by that means I can be the more
sure of their Goodness, and the better de-
pend upon their Efficacy.

During this Course of Remedies, proper
Exercise must also be used, and that more
or less, according to the Strength of the Pa-
tient, State of the Disease, &c. And here
it may not be amiss to observe, that Con-
sumptive Persons for the most part are able
to use a great deal more Exercise, than them-
selves many times think possible, and that

to much more Advantage, than they are commonly aware of; and perhaps it would not be wrong to assert, that there is such a Thing as running away from some Chronick Diseases, and from this I am treating of, more especially.

Where People labouring under this Distemper, are continually sitting still, musing on, and lamenting their own sickly Condition, and constantly confine themselves to their Houses and Chambers, (unless absolutely obliged to it, as sometimes they are, when an Inflammatory Fever invades, or the putrid Intermitting One is severe, or when they draw near to the last State of the Disease) they take the ready Way to promote the Distemper, instead of their own Health, as the Consequence too generally evinces.

Whereas those who exert themselves, and make use of what remaining Strength they have, in proper Exercise, and at the same time steadily pursue the Method I have proposed, which requires not Confinement, and are regular in their Diet and way of Living, cannot, humanly speaking, fail of recovering their Pristine Health and Strength.

So much has been said by the Ingenious *F. Fuller*, (in his Treatise, intituled, *Medicina Gymnastica*) concerning the great Advantage and Efficacy of Bodily Exercise, that

that I am satisfied whoever reads him, will with Pleasure be thoroughly convinced of the Utility of it.

And of all others, that of riding on Horseback, in the manner of Travellers and not too furiously, is certainly the most excellent; for constant Experience teaches, that when by that Exercise the Body shall seem tired, the Spirits at the same time will be plainly invigorated; the Strength, instead of being diminished, be increased, and the Mind be easy, tranquil and pleasant; which Advantages cannot be said equally to occur from walking, tho' of great Service too, where the other cannot be comply'd with, for whoever becomes weary by that Exercise, finds his Spirits dissipated and wasted also in Proportion; the Reason of which is plain, for every time we voluntarily extend and contract our Muscles, as we necessarily do, when we exercise our Limbs in Walking, it is at the Expence of the Spirits, more or less, or of that Power or Strength by which they are so alternately extended and contracted: Whereas the Exercise of the Body on Horseback, requires very little, or no voluntary Motion of our Muscles, wherefore the Spirits are not dissipated or diminished, but indeed refreshed, and the Nerves strengthened, as we always find,

Before I quit this Head, it may be proper to take Notice of what I look upon, as a great Misfortune, and that is, that even those who esteem this Exercise, do not often make use of it to Advantage, especially those who reside in *London*, and the Reason is, that they neither ride constantly or regularly, as they ought to do.

When they first begin the Exercise, they are commonly fond enough of it; but if they ride out without Company, then after having once visited the adjacent Places to the Town, they become indifferent, do not much care to go to the same again, and for want of new Places at a convenient distance, are very easily put by their Intention of Riding, and are rather pleas'd with any thing that happens to prevent them, than glad to take hold of every Opportunity of getting on Horseback; and thus the Exercise is neglected, or at least much seldomer used than is requisite.

On the other hand, if they ride out in Company, they too frequently either ride too long together, or too violently by Fits and Starts, or perhaps are tempted to drink, &c. and thereby frustrate themselves of the Good, they would otherwise receive.

That these are the Inconveniencies attending a great many Persons of this Town
 Before M 3 who

who Ride, I believe all Gentlemen who keep Saddle Horses, very well know.

Riding out a few Miles only, once or twice a Week, which some content themselves with, cannot be expected to answer the End, any more than Riding too hard, that is too violently, or too many Miles in a Day, so as to be exceedingly fatigued, or quite tired, and then omit the Exercise for a Week or Fortnight afterwards, can be suppos'd to be serviceable.

Some way therefore should be found out, for Persons who are indispos'd, to avoid all the Inconveniencies above mentioned, and to make the Exercise of Riding pleasant, tho' without Company, constant, by a kind of Necessity, and always Regular.

And the best Method that I know of, and which even People who have continual Business in Town, may comply with, is to keep their Families in the Country, at about Eight, Ten, or Twelve Miles Distance from *London*, and constantly go thither every Evening, and return to Town early every Morning, and that as long as any Indisposition attends them.

Thus they will in a manner quickly Cheat themselves into a regular use of the most Beneficial Exercise in the World, and, which is of more Service than many imagine, have their Thoughts more intent

upon taking Horse for the sake of getting to their Families in the Evenings, and to their Affairs in Town in the Mornings, than upon Riding for their Health's sake, tho' they are all the time, in that very respect, reaping the great Advantage of it. Their Minds also, will be much better entertain'd whilst they are on Horseback this way, which is a kind of Business, than if they were only riding out to take the Air, and perhaps be so very indifferent, as scarcely to know or care to what Place they are going.

This noble Exercise of the Horse will be attended with exceeding Advantage, and all the desired Success, if it be constantly and for a great while continued, and will occasion little or no loss of Time; for whatever Difficulty of that kind, or of the Trouble of it, that some People may be apt to form to themselves, there is really little or nothing in it; for after three or four Days that it becomes familiar to them, they'll assuredly find the Trouble of getting on Horseback, and the loss of Time in Riding so very trifling, as not to be worth mentioning.

I am the more earnest in pressing Consumptive People to this Exercise, and in the manner I have propos'd, because I know the Benefit of it to be exceeding great: By it, and a few well adapted Remedies, as the
Case

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Case may require, and in the Method before mentioned, I am confident many Persons now look'd upon as incurable, may be restor'd to Health and Strength, and as I may say to a new Life.

But such as are determined to enter upon this habitual Course of Riding, and who have not been used to that Exercise, ought either for a few Days before they begin their Evening and Morning short Journeys, to ride out two or three Miles and back again very gently, so as to enure themselves to Riding by Degrees: Or else, when they begin their small Journeys, they must be very Careful to Ride more than ordinarily Gentle, and even to rest now and then by the way, till by a few Days use the Exercise is become familiar to them: And by this Means they will escape being stiff and fatigued, as is common to most Persons on their beginning any kind of Exercise, to which they have not been accustomed.

Those whose Affairs happen to be so Circumstanc'd, as not to admit of their complying with the Method of Riding I have advised, by reason of the Expence of it, would do well to form themselves if possible, into some Business that will require their being much on Horseback, that so they may reap the great Advantage the daily moderate use of this most beneficial
Exercise

Exercise affords, in respect to their Health, and at the same time make it contribute towards increasing their Fortune.

Sydenham, had such a wonderful Esteem for Riding on Horseback in this Distemper, that he tells us, "Of all the Remedies that have been found out, the most excellent and efficacious, is for the Patient to take long and far Journeys on Horseback. It is also to be observed, that such as have already past their Juvenile Age, must spend more time in this Exercise, than if they were Boys or young Men. And truly (*adds he*) the Peruvian Bark is not a much more certain Remedy for Agues, than, in this Age, Riding is for a *Phthisis* or Consumption of the Lungs.

And again he says, "But that which bears away the Palm in the Cure of this Disease, is, that the Sick every Day Rides on Horseback.

By this most excellent Exercise in the manner I have advised, which cannot enough be praised, the Patient will enjoy the Benefit of the Country Air to Perfection; insensible Perspiration also, will be admirably promoted; for all the Fibres composing the Capillary Vessels, undergoing innumerable Shocks, are thereby brought into strong and very frequent Vibrations, by which means, whatever obstructs them

is

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is made fluxile and perspirable, and those slender and minute Canals are render'd free and clear, and become passable by the Fluids proper for Secretion, so that great Part of the Morbifick Matter, (whether so, meerly by its Viscosity, peculiar fermenting Nature, inflaming Particles, Acrid Salts, or inimicable *Animalcula*) is that way eliminated.

And as this Exercise of Riding, frees those fine Pipes and minute Passages from all Infarctions, so also it brings them to good Order, if they happen to be too lax, wide or open; and that by strengthening the Tone of the Fibres of which those Vessels are compos'd, and restoring their elastick or springy Force, before much weak'ned and diminish'd, by which means they are enabled sufficiently to contract themselves, and thereby straiten those Canals, so as to recover the Condition requisite in a State of Health.

Besides this Exercise of the Horse, a proper Diet is to be enjoin'd the Patient; but here I would not be understood to confine him only to this or that kind of Eatables and Drinkables, and to refrain all other sorts; for that would be to make a Medical Diet, occasion a miserable Life: Whilst People are obliged to one kind of Food, and in but just such a Quantity, and at certain Hours, without the least Variation,

Variation, be that Food, Quantity, and stated Times what they will, the Thoughts of the Indispos'd Persons will be intensely and too much kept upon their Illness, than which nothing scarcely is more detrimental, because it constantly makes them Melancholly and Uneasy, which in Consumptions, is always attended with a Train of ill Consequences.

But what I mean by a proper Diet, is only this, that the Patient in general should observe to eat Food of easy Digestion, and such as he has found to be agreeable to his Stomach, and to forbear such as is difficult of Digestion, as salted, hard and high season'd Meats: As to the Quantity, his Appetite must be the Regulator, with this Caution only, that he should rather eat little and often, than too much at a time; those who abstain from Food too long, commonly eat too eagerly, and swallow their Meat without sufficient Mastication or Chewing, whereas those who eat as soon as their Appetite inclines them, and before it is very keen, are more moderate in every respect, and are not inclin'd to eat too fast, any more than they are to eat too much, whence the Food is not only much better comminuted or divided, before it is swallowed, but also a much larger Quantity of the Salival Juice is mix'd with it, than otherwise would be, both which
con-

contribute very much to a good Digestion.

It is also to be observed, that the most simple Diet is by much the most Advantageous, and that it is best to eat but of one Dish at a Meal; also that solid Food, of very easy Digestion, is most proper in the Evenings, as Food of a Liquid kind, such as Tea, Coffee, (very moderately drank, and never without eating a little Bread and Butter at the same time) Chocolate, Broth, and other Spoon Meat, is in the Mornings.

Most Shell-Fish, particularly Oysters, Lobsters, and Cray-Fish, are very much commended, and are indeed exceeding good for Consumptive Persons, provided they are agreeable to the Palate, and set well upon the Stomach; for to that we must always have a particular Regard, as before noted.

A learned and ingenious Gentleman of the Profession, has lately very much praised Oysters in Diseases of the Lungs, and Consumptions, in the following Words.

“ There is in Oysters what will answer several Indications in this Distemper, as cooling, promoting Spittle and Urine: This the Ancients knew, and therefore always recommended the Liquor of ’em boyl’d up to Consumptive People, and such as
“ were

“ were in the Case here before us,
 “ *Tulpius* both a famous Physician and a
 “ Burgomaster of *Amsterdam*, in his noble
 “ and elegant Book of Observations,
 “ *lib. 2. cap. 8.* tells us the History of a
 “ Woman, who was entirely emaciated
 “ and despair’d of, and was recovered
 “ by the sole eating of Oysters, which she
 “ happen’d to have a sudden Longing for.
 “ And I my own self (*says he*) upon
 “ reading of this Cure, try’d it in a young
 “ Man in *Deptford* about five Years ago
 “ in the same Case, and succeeded. And
 “ Nature seems to shew us the way, for
 “ she hath provided a Plenty of Oysters
 “ in *Essex*, which by a Common Obser-
 “ vation, is the most invaded with Di-
 “ stempers of the Lungs of all others
 “ in *England*, and perhaps in the whole
 “ World.

Gellies of Hartshorn, Calves Feet, &c.
 are also greatly esteem’d, and are sometimes
 of Service; but to build much upon these,
 and other highly nourishing and strength-
 ning Things, as they are deem’d, is cer-
 tainly wrong: If the Body is dispos’d to
 thrive, as it will upon removing the Di-
 stemper, or even gaining Ground of it,
 any Food almost, of easy Digestion, that
 is agreeable to the Stomach, will afford
 sufficient Nourishment; but if it is not so
 dispos’d, or if there is not an Appetite to
 Food,

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Food and a good Digestion, the most nourishing Gellies, Soops and strengthening Eatables that can be contrived, avail nothing, but rather burden the Stomach, and prove more injurious, than Food that is much more simple in its Nature.

We must therefore first strike at the Distemper in good Earnest, abate its Fury, strengthen the Stomach, increase the Appetite to Food, and procure a good Digestion by proper Medicines, in the manner I have already advised, before we can expect the Food the Patients eat, will nourish them so, as to increase their Flesh.

As to Drinkables, all strong and inflaming Liquors, more especially Drams, must be carefully avoided; however those who have been used to Wine, may sometimes be allow'd a Glass or two upon Occasion; for constant Drink at Meals, if a medicated One be not thought proper, or the Patients cannot like it, a sufficiently hop'd, and well boil'd, homebrew'd, good small Beer, fresh, and neither too new or stale, (notwithstanding some People's Invectives against all Malt Liquors) is very proper, provided they guard against drinking it in too large Quantities, as some Persons are apt to do.

Before

Before I quit this Subject, it may not be improper to give my Thoughts on a Milk Diet, so very much approv'd, by many in this and former Ages, for Consumptive Persons; concerning which, to speak truly, tho' I do not deny but it may prove serviceable to some few Particulars, yet I have not been able to discern such good Effects from it, in a true *Phthisis*, as to merit its being rely'd on for Cure.

I shall close this Discourse on Diet and the Patient's manner of living, with advising all Consumptive Persons not to accustom themselves to late or very large Suppers, but to eat moderately, at least an hour and a half, or two Hours before they go to Bed, and also to go to Bed early.

Sydenham, has long since and very justly observed, that one hour's Sleep to weak and indispos'd People before twelve a Clock at Night, is much more beneficial than two after; and that in general, a few Hours Sleep, when Persons go to Bed early, will strengthen the Body and refresh them much better, than many Hours Sleep will do, when they go to Bed late.

By retiring early to Bed in the Evenings, the Patients receive also this further Benefit, *viz.* That they are the more inclin'd to rise early in the Mornings, than which nothing in their manner of Living is of more real Service.

By

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By early rising, after about seven or eight Hours Rest in Bed, the Nerves are much strengthen'd and the Spirits refreshed; all the Fibres are as it were new braced, invigorated and made more fit for tonick Motion; whilst lying many Hours in Bed, and especially late in the Morning, weakens the Nerves, relaxes the Fibres, and enervates the whole Man: Sleeping in the Day time and quickly after Meals, is also certainly injurious.

I am very sensible how hard it is for People who have been accustomed to long and late lying in Bed, to break themselves of that pernicious Habit; but were they once absolutely convinc'd of the certain ill Consequences that attend it, they would surely quit their Beds betimes in a Morning, with as much Resolution as a Man would fly from the greatest known Evil.

The common Excuse that those make, who indulge themselves in that bad Custom, is, that having little or no Rest or Sleep in the Night time, should they deprive themselves of their Morning's Naps, by rising early, they should have little or no Sleep at all, and so suffer for want of that inestimable Blessing; not considering all the while, that it is their dozing so long in the Morning, that is the very Cause of their not sleeping at Night, as those who can prevail with themselves so far, as to

N

forego

forego that ill Habit, but for three or four Mornings together, will assuredly find.

For suppose that those who delight so much in their Beds, should indeed have little or no Sleep all Night, (as they commonly assert, tho' they are often mistaken) yet, even then, it is best for them to rise betimes in the Morning, by which Means they may almost insure to themselves sound and good Sleep the following Night, and so possibly every Night for the future, by resolutely continuing to rise early every Morning.

But some are so very much inflav'd to their Morning or rather Forenoon Slumbers, that notwithstanding they are sensible of the Injury lying in Bed so long does them, and are apprised of all the Advantages of early rising, and altho' they often positively resolve not to indulge themselves any more in the former pernicious Custom, yet they cannot break themselves of it; their Morning Thoughts, in spite of all their Resolutions, being widely different from their Evening Intentions, altho' as soon as they are up, they every Day blame themselves for being so infatuated, and as it were chain'd to their Beds, to their own Prejudice.

'Tis a well known, and well attested Story of a certain Nobleman, to whom hard Drinking

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Drinking was more than ordinarily injurious, that he gave his Gentleman, whom he always kept near his Person for that Purpose, Liberty absolutely to force him from his Bottle and Company, notwithstanding all he should himself say or do to prevent it, whenever he perceived by certain Tokens that he had drank a sufficient Quantity; and that because he knew, when he had drank to such a certain Pitch, he had no command over his own Inclinations to drink more, tho' it always proved of very ill Consequence to him, which this Liberty given to his Gentleman effectually secur'd him from.

If those, who, contrary to their own Reason and Judgment, are so much inflav'd to their Beds in a Morning as not to be able to break themselves of it, would in like manner give some one Person in their Families absolute Power to oblige them to rise early, it might likewise be a good and very happy Expedient.

However, Extremes with respect to rising early, as well as to eating and drinking, must be avoided, and in this, as in all other Things, Allowance must be made to some Patients. Women especially, according to their present Condition, and the particular Circumstances of their Case,

But in general as to Diet and Rest, the most regular Method is certainly for Peo-

ple to rise from Bed about Six or Seven in the Morning, to Breakfast about Eight or Nine, Dine between Twelve and One, Sup about Seven or Eight in the Evening, and to go to Bed about Ten; this, with proper Regard to what kind of Food they eat, &c. as before advised, and due Exercise in the Intervals, will be found of great Service to all Persons who are of weak Habits, and of tender and Consumptive Constitutions, and will go a great way towards strength'ning, and making them more healthful and robust.

Lying too hot in Bed, and with too great a Weight of Bed-Cloaths, as also wearing too many Cloaths, and Flannel next the Skin (whatever some may think to the contrary) are likewise very detrimental to Consumptive People; however those who have been much used to them, must be very cautious in leaving them off, or altering their wonted Custom, and not attempt to do it all at once, but by Degrees, and in the most favourable or Summer Season.

By the punctual Observation of these few easy Rules, in relation to Exercise, Eating, Drinking, and Sleeping, not only Consumptive Patients, but also those Persons who are afflicted with Hypochondriack Melancholly, great Anxiety or Uneasiness of Mind, Hysterick Fits or Vapours, &c. may

with

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with very little Medical Assistance be restored to perfect Health.

Hitherto I have been treating of the Method of Cure, Exercise, Diet and manner of Living in general, proper for People labouring under Chronick or Slow Consumptions of the Lungs: As to the particular Method of Cure requisite in every distinct Degree of a *Phthisis*, or from its very first Approaches to its last State; the peculiar manner of treating the Fever when it is only a simple Hectick, and when it is compounded; what must be done in the continual *Peripneumonick* or Inflammatory Fever, and in the Putrid Intermitting One; also the direct Management proper in spitting of Blood, and Acute Consumptions, and likewise how the Method I have advised must be varied in some of the particular Symptomick Ones, may be expected in another Tract, design'd quickly for the Press, wherein I shall also consider whether there is any such thing as a real Specifick for this Distemper, which without Regard to the Method before advised, will cure it, as the Peruvian Bark does Agues.

In the mean time it may be necessary to add something to what I have in the first Chapter taken Notice of, and which is really to be very much regretted, and that is, the great Neglect many Consumptive Persons are guilty of in not applying

for a regular Cure of the Distemper before they are come almost to the very last Degree of it; for it too often happens, as *Morton* says, that “ By Neglect this Disease
 “ for the most part proves fatal, Consumptive People seldom imploring *Æsculapius’s*
 “ Aid before the Distemper has run on so
 “ far as to be a fatal Case, and then they
 “ in vain expect Miracles from the Art of
 “ Physick, when it is more convenient for
 “ them to have the good Counsel of a Divine, about the future Salvation of their
 “ Souls, and the Advice of a Lawyer, about making their last Wills.

Now altho’ I am not of the Opinion, that Consumptions are incurable at the time or near so soon, as many others think them, yet certain it is, that the sooner the Patients are put into a regular Course for Cure, the sooner and more certainly will the Distemper be effectually overcome.

One great Reason why Consumptive Persons delay to apply to a Physician for a regular Cure, is, that almost every Friend they meet with, especially of the Female Sex, are persuading them to try this or that particular Cough Remedy, that they are peculiarly fond of, and which they assert has done Wonders in Consumptions; by which Means the unfortunate Patients are many times drill’d on from the Use of one trifling Cough Medicine to another,

till

till the Distemper continually gaining Ground on them, is come to the last State, and the best Opportunity for Curing it, is apparently lost.

How People come to be so mistaken in the Efficacy of the Remedies they advise to (since it cannot be supposed they would knowingly abuse their Friends, by recommending what they have no Opinion of themselves) may very probably happen thus: That some of their Family or near Acquaintance, upon catching a severe Cold, having been troubled with a violent Catarrhus Cough, which for want of Judgment, the Patient being much indisposed with it, they mistook for a real Consumptive One, and which upon taking such a particular Remedy became better, and the Patient quickly after well, the Medicine from that time is cry'd up for a never-failing One in Consumptions of the Lungs, is hugg'd as a mighty Family Secret, and recommended to their real Consumptive Friends, as what may be absolutely rely'd on for Cure, which, the poor Patients being willing to believe, take it for some time, and after that, it may be, another, and then another, recommended in the like manner, till by Experience, dearly bought by the Loss of so much precious Time, they too late find the Insignificancy

nificancy of such Remedies, if not worse Effects.

Another Reason why many Consumptive Persons omit to apply for Cure, in time, is, that they mistake their own Case, and not being able to distinguish the Difference between a Consumptive and a Catarrhus Cough, often think a true *Phthisis*, that they are actually afflicted with, to be only a great Cold, and their Cough no other than an ordinary one, which will soon go away of it self, and so neglect to seek for a regular Cure, till they are plainly brought to Death's Door.

Hence it appears how very necessary it is for People afflicted with any Disorder of the Breast and Lungs, to advise quickly with a skilful Physician, since it requires more distinguishing Judgment, to know whether the Cough they are troubled with, is truly Consumptive, or only barely Catarrhus, than it can be reasonably suppos'd themselves are Masters of; and indeed should it be only the latter, they have not much less Reason to apply for good Advice, and to enter into a proper Method of Cure, since Catarrhus Coughs, ill managed, often turn to real Consumptive Ones, and the Patients by that means are precipitated into an Acute and very dangerous *Phthisis* before they are aware.

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To these Reasons we may add another very common one, and that is, the Fear of Expence, which deters many from advising with a Physician, till thy are almost past hopes of Recovery; this *Morton* has also well observed, where he tells us, " The Patient (who commonly sets a lower Price on himself than any thing else) for fear of Charges, comes to desire the Physician's Advice too late.

Those therefore who are wise, and are apprised of the fatal Consequences of this worst and most miserable of Diseases, a *Phthisis*, or Consumption of the Lungs, ought surely to apply for a regular Cure in time, and rather long before there is any apparent Danger, than tarry one Moment too late; it being much better to err on the right side, than on the wrong, in all Things, but more especially in a Case of such Moment, and so very deplorable, as that of a Consumption really is.

I shall conclude these Papers with observing, that the Method of Cure I have advanced, if directed by one who knows how to manage it in every Respect to the Advantage of the Patient, to vary the Medicines as there may be occasion, and to quicken or restrain the evacuating Course as may be necessary, will not only assuredly cure many Persons languishing under a
confirm'd

confirm'd *Phthisis*, or Consumption of the Lungs, that are look'd upon as incurable, but will also be certainly found effectual for the Cure of those who are drooping under an *Atrophy*, or Universal Consumption, describ'd in the latter part of the first Chapter, which commonly baffles all other Methods whatever.

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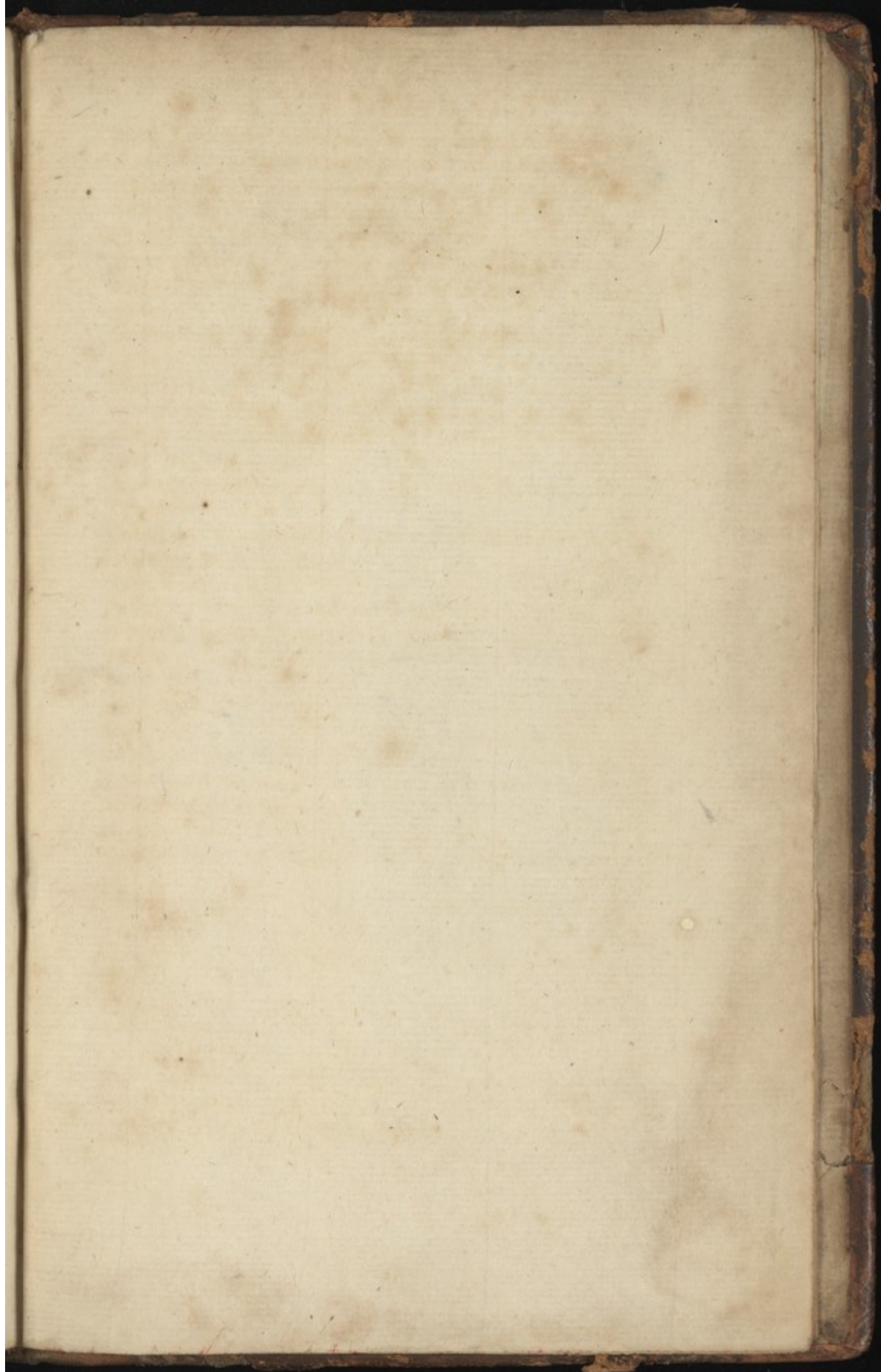
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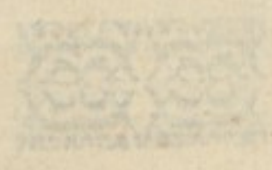
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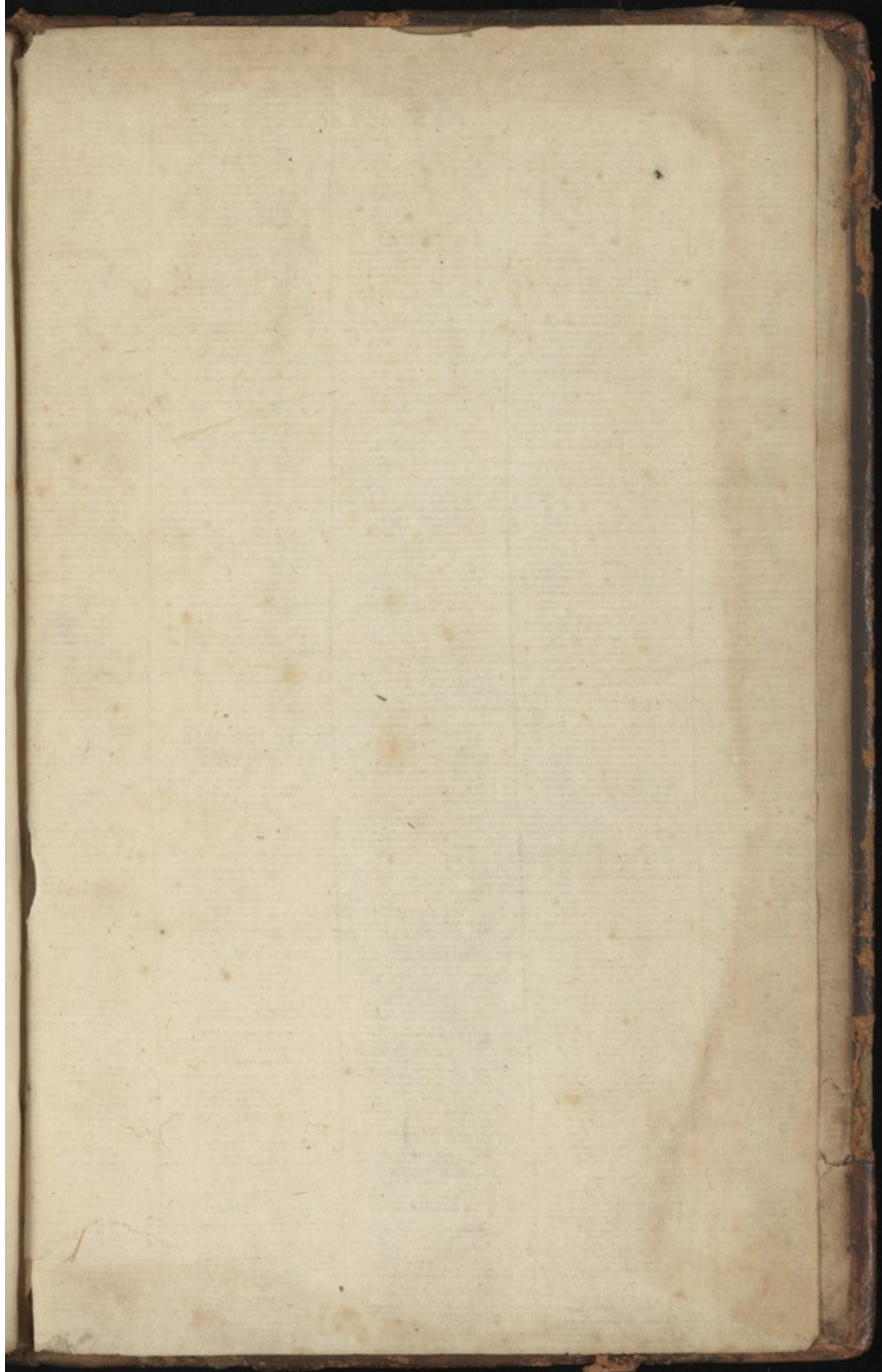
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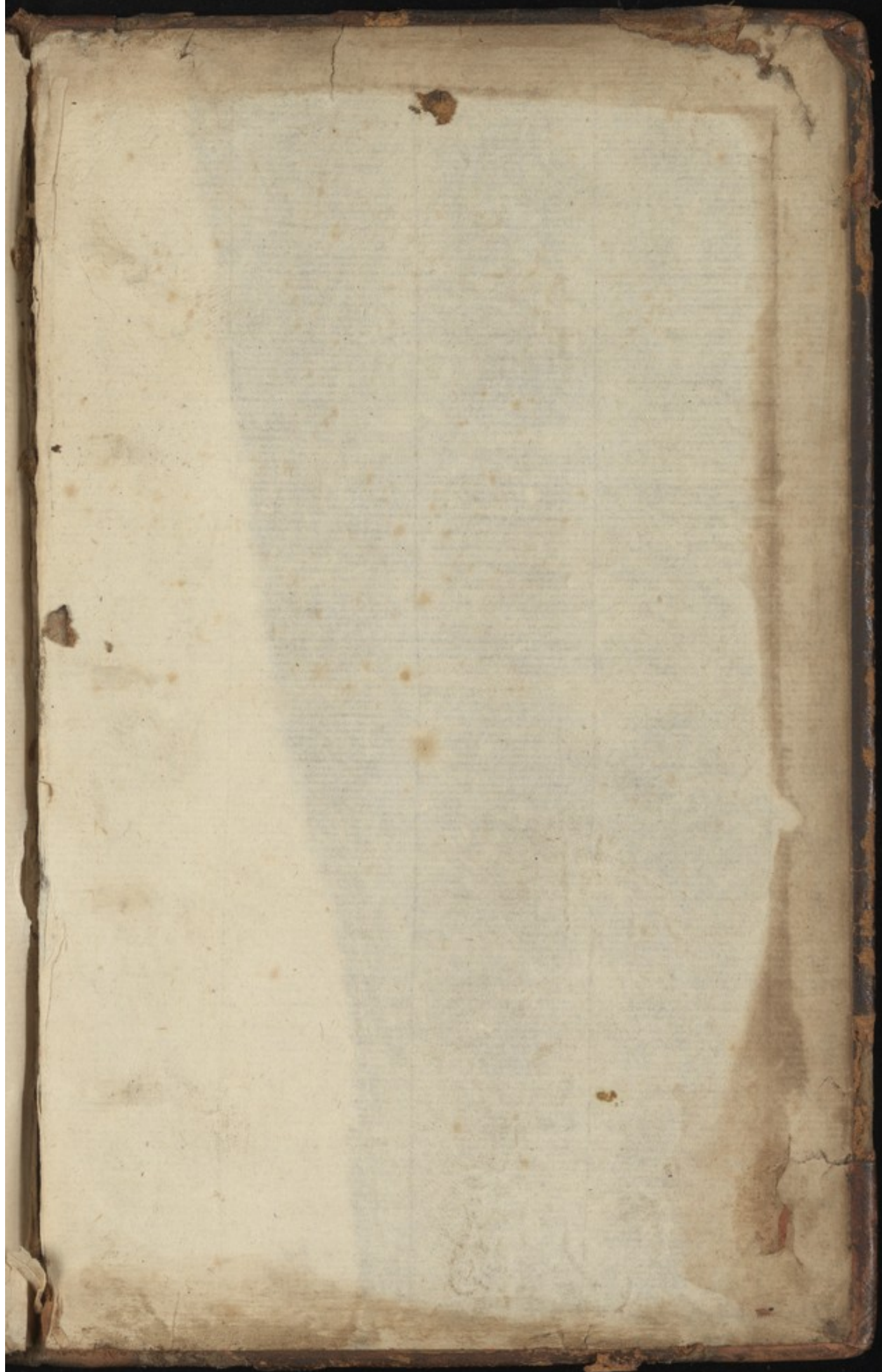
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A New Theory Chap. II.

ave in this an Instance (*adds he*)
y strange *Amphibious* Creature,
biting the Air does yet produce
re, that for some time lives in
er as a Fish, tho' afterwards
s as strange) is becomes an In-
of the Air, like its Sire, in the
a Fly.

hat has been said, I think we
re to assert, that some certain
ionous minute Animals, which



ation, and in all likelihood in-
crease therein, notwithstanding
stant *Peristaltick* or *Vermicular*
the Guts, and their being so fre-
quently

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quently charged with the Aliments we take
in, and discharg'd of their Fæces; now if
Worms can subsist and increase in the In-
testines, which are always in Motion, as
they certainly do, why may we not rea-
sonably suppose that *Animalcula* or Animals
minutely small, may likewise subsist and
increase in all other Parts of the Body,
and injure us in the manner before con-
jectured?

I have in the foregoing Chapter observed,
that sometimes Coughs which seem to
threaten an immediate Consumption, cease
almost of their own Accord without that
Consequence, and leave the Patient in
perfect Health, when other Coughs less
troublesome, and to the Patients thinking
less dangerous, quickly terminate in a de-
plorable *Phthisis* or Consumption of the
Lungs: Now if what I have advanced
may be allow'd, the reason of this is very
plain, because if the Body be not pre-
dispos'd to a Consumption, as Dr. *Morton*
mentions, that is, according to my Theory,

to be entirely free from such Species of
Animalcula or very minute Animals, or their
Ova or Eggs, that I imagine to be the
Essential Cause of a *Phthisis*, that Disease,
tho' the Cough is very violent or severe,
will not happen; but if on the contrary,
the Blood and Juices be charged with such
noxious *Animalcula*, or their *Ova* or Eggs
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