

The planter's and mariner's medical companion : treating, according to the most successful practice, I. The diseases common to warm climates and on ship board. II. Common cases in surgery, as fractures, dislocations, &c.; &c.; III. The complaints peculiar to women and children. To which are subjoined, a dispensatory, shewing how to prepare and administer family medicines, and a glossary, giving an explanation of technical terms / by James Ewell.

Contributors

Ewell, James, 1773-1832.

Ewell, James, 1773-1832. Medical companion.

Mauro, P.

Prudential Insurance Company of America

National Library of Medicine (U.S.)

Publication/Creation

Baltimore : Printed by P. Mauro ..., 1813.

Persistent URL

<https://wellcomecollection.org/works/zuvjv456>

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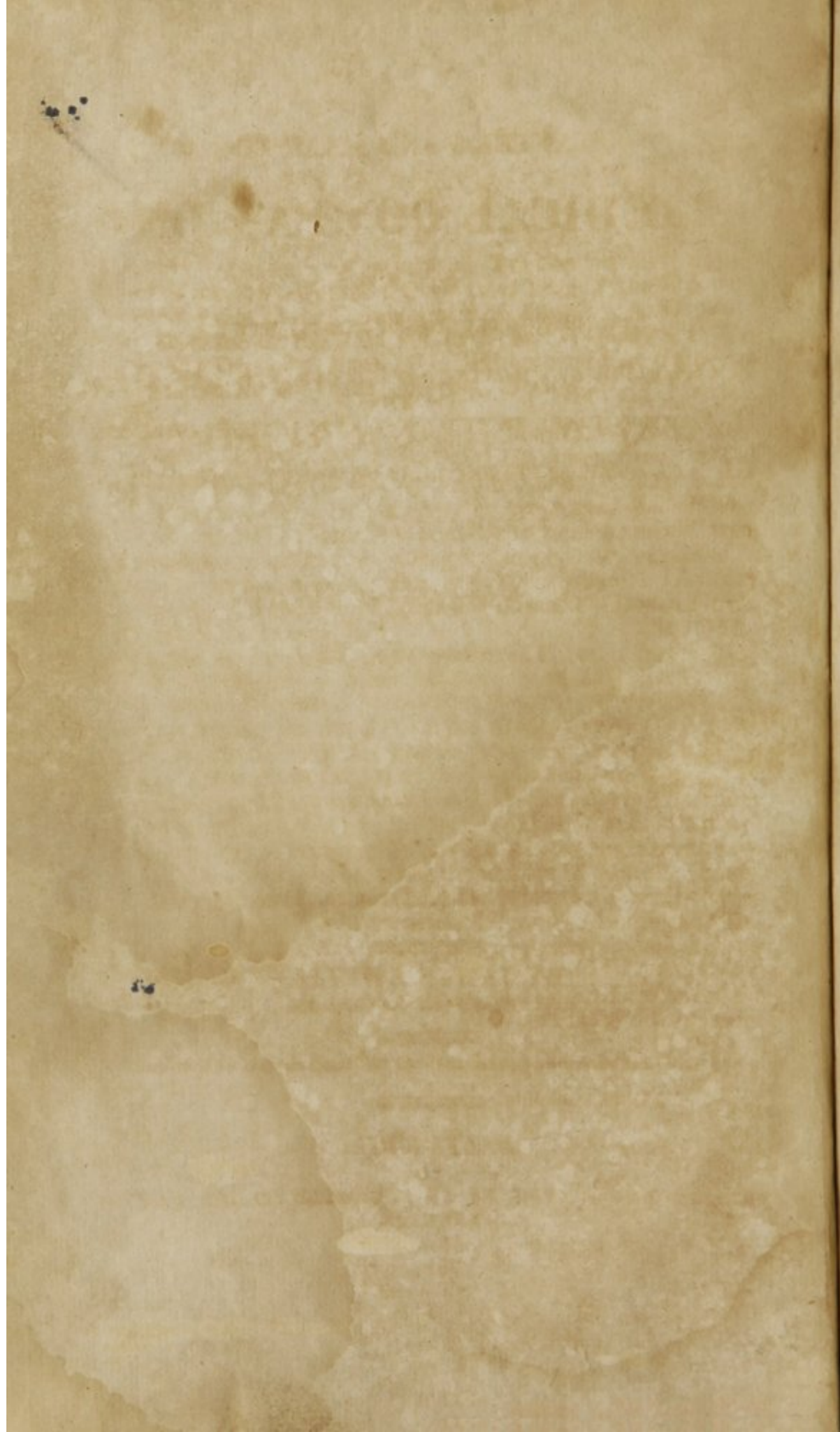
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**Statistical Division, Surgeon-General's
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1873



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THE

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PLANTER'S AND MARINER'S

MEDICAL COMPANION:

TREATING,

According to the most successful practice,

- I. THE DISEASES COMMON TO WARM CLIMATES AND ON SHIP BOARD.
- II. COMMON CASES IN SURGERY, AS FRACTURES, DISLOCATIONS, &c. &c.
- III. THE COMPLAINTS PECULIAR TO WOMEN AND CHILDREN.

TO WHICH ARE SUBJOINED,

A Dispensatory,

SHEWING

How to prepare and administer Family Medicines,

AND

A GLOSSARY,

GIVING

An explanation of Technical Terms.

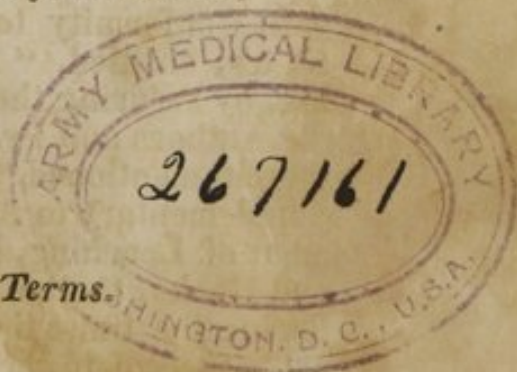
BY JAMES EWELL,
PHYSICIAN IN SAVANNAH.

"Of the hundred blessings conferred on man in this life, Health makes a good ninety-nine."

BALTIMORE:

PRINTED BY P. MAURO, NO. 10 N. HOWARD STREET, SIGN OF
FRANKLIN.

.....
1813.



DISTRICT OF PENNSYLVANIA, to wit:

***** BE IT REMEMBERED, That on the *ninth* day of
* L. S. * *December*, in the *thirty-second* Year of the Indepen-
***** dence of the United States of America, A. D. 1807,
JOHN BIOREN of the said District, hath deposited in this
Office, the Title of a **BOOK**, the Right whereof he claims as
PROPRIETOR in the Words following, to wit:

“The Planter’s and Mariner’s MEDICAL COMPANION,
“treating according to the most successful practice, 1st The
“diseases common to warm climates, and on ship board,
“2d, Common cases in surgery, as fractures, dislocations,
“&c. &c. 3d, The complaints peculiar to women and children.
“To which are subjoined, a Dispensatory, shewing how to
“prepare and administer family medicines, and a Glossary
“giving an explanation of technical terms, By James Ewell,
“Physician in Savannah.”

“Of the hundred blessings conferred on man in this life,
Health makes a good ninety-nine.”

In Conformity to the Act of the Congress of the United
States, entitled, “An Act for the Encouragement of Learn-
ing, by securing the Copies of Maps, Charts, and Books, to
the Authors and Proprietors of such Copies, during the times
therein mentioned,” And also to the Act, entitled, “An Act
Supplementary to Act, entitled, “An Act for the Encourage-
ment of Learning, by securing the Copies of Maps, Charts,
and Books, to the Authors and Proprietors of such Copies
during the times therein mentioned,” and extending the Be-
nefits thereof to the Arts of designing, engraving, and etching
historical and other Prints.”

D. CALDWELL, *Clerk of the
District of Pennsylvania.*

LMH
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CH

TO
HIS EXCELLENCY THOMAS JEFFERSON,
PRESIDENT
OF THE
UNITED STATES.

I beg leave to present this book to Mr. *Jefferson*, not because he is President of 1807, but because he was the patriot of 1776 ; and still more, because, through the whole of a long and glorious life, he has been the philosopher and friend of his country ; with all the ingenuity of the former, exposing the misrepresentations of illiberal foreigners ; and with all the ardor of the latter, fanning the fire of American science, and watering

the roots of that sacred olive, which sheds her peaceful blessings over our land.

To whom then with equal propriety, could I dedicate a book, designed at least to promote health and longevity?—And to whom am I so bound by the tenderest ties of affection and gratitude as to Mr. Jefferson? The early classmate and constant friend of my deceased Father, and instrumentally the author of my acquaintance with the first characters in the state of Georgia; among whom, with peculiar pleasure, I would mention the honored names of Milledge, Troup, Bulloch and Flournoy.

That you may long direct the councils of an united and

wise people, steadily pursuing
health, peace and competence,
the main pillars of individual and
national happiness, is the fervent
prayer of your Excellency's

Most obliged, and very

Grateful servant,

JAMES EWELL.

I HAVE always thought it a greater happiness to discover a certain method of curing, even the slightest disease, than to accumulate the largest fortune; and whoever compasses the former, I esteem not only happier, but wiser and better too.

SYDENHAM.

PREFACE.

ON the important subject of domestic medicine, many books have been written, which though excellent in other respects, have greatly failed of usefulness to AMERICANS, because they treat of diseases, which existing in very *foreign climates and constitutions*, must widely differ from ours. The book now offered to the public has, therefore, the great advantage of having been written by a native American of long and successful practice in these southern states, and who for years past, has turned much of his attention to the composition of it.

THE professed object of his book is to treat in the most clear and concise manner, almost every disease to which the human body is subject—to give their common names and surest symptoms—to point out the causes whence they originate, with the most approved method of treatment—and

lastly to prescribe the suitable regimen and means of prevention.

A PUBLICATION, like this, cannot but be exceeding useful to all, and especially to those who live in the country, or who go to sea, where regular and timely assistance cannot always be obtained.

AMONG the many and great services, which may be rendered by such a book, we may fairly state its tendency to prevent that dangerous officiousness of ignorant persons, as also, that equally pernicious neglect of the patient, at the onset of the disease, whereby so many lives are lost. These with many other evils resulting from the want of such a work, constituted the motives which first led the author to offer this publication to his countrymen. It is not for him to determine, whether it be happily executed or not. But whatever may be the general opinion as to its merit, he has the high satisfaction to know, that it not only flows from the purest motives, but also contains a faithful relation of facts, founded principally on his own experience, and what is not his own has been selected from authors of the greatest celebrity.

As to language, he has not, he confesses, been over studious of ornament. Having made it his prime object to convey instruction, he has employed the style which to him ap-

peared the most familiar and intelligible ; so that in all cases of disease, the patient might be directed in the plainest manner possible to the appropriate remedies.

THE reader will find in the latter part of the work, a table of such medicines as are almost constantly called for in families, with an adaption of the doses, according to the age of the patient ; together with directions how to prepare and administer them.

To have those articles always in readiness, would not only save a great deal of time and expence of sending on every trivial occasion, to a distant physician, but must also afford to a tender parent or master, an infinite satisfaction, because of the very great advantage it gives him over a disease which he can meet with a suitable remedy at the first moment of its attack. For there can be no doubt, that thousands have perished, not because there were no remedies, but because these remedies were at such a distance, that the patient was lost, before they could be brought to him.

It is a well known fact, that the hero of Stony Point, the brave General Wayne, after his defeat of the Indians, on the Miami, was suddenly taken off by a gouty spasm in the stomach, which might easily have been cured, could a single

pint of French brandy have been procured. What numbers have died miserably of lock-jaw, and cholera morbus, for lack of a vial of laudanum, with proper directions to use it! How many fond mothers have hung distracted over their children, strangling under the *croup* or swollen with the poison of *serpents*, when the former might so easily have been cured by an emetic, and the latter by caustic volatile alkali. But it were an endless task to enumerate all the heart breaking tragedies, that have taken place in families, merely for the want of the appropriate remedies, of sudden and alarming disease. It were therefore a god-like act in all persons, in tolerable circumstances, to keep a medicine chest, not only for the benefit of their own families, but also of their sick and indigent neighbours, who often suffer, and sometimes perish, for want of proper medicines seasonably administered.

As it is impossible entirely to banish technical phrases, when writing on medicine, the reader is presented with a *glossary* explaining the medical and scientific terms, which have been unavoidably employed in this work.

ON the whole, the author flatters himself that the
“ PLANTER’S AND MARINER’S MEDICAL COMPANION ”

will prove highly useful to his fellow citizens, and under this pleasing impression, he submits it to their perusal and patronage.

PREFACE

It is not likely that any one will be able to read this book without being struck by the fact that it is a book of facts, and not of theories. The facts are so arranged that they will speak for themselves, and the reader will be able to draw his own conclusions.

Recommendations.

IN TESTIMONY of the merits of this work the following certificates presented by some of the most distinguished medical characters of the United States, are inserted.

PHILADELPHIA, *December 31, 1807.*

SIR,

I have read your book entitled "*The Planter's and Mariner's Medical Companion*" with pleasure, and think it worthy the attention of the citizens of the United States.

W. SHIPPEN, M. D.

Professor of Anatomy.

DR. JAMES EWELL.

PHILADELPHIA, *December 26, 1807.*

DEAR SIR,

I have looked over *The Medical Companion*, with great pleasure. Being better adapted to the general circumstances of the people of the United States, than any other production of the kind hitherto published, it cannot fail to prove an invaluable 'Companion' to those remote from Medical aid.

Your friend and obedient servant,

CHARLES CALDWELL, M. D.

December 28, 1807.

I have read *The Medical Companion*, by Dr. James Ewell, with satisfaction. It is a book containing a variety of matter in a small compass.—The practice which he recommends in diseases, is modern and judicious, and the work cannot fail of being useful, in all families in the United States.

JAMES WOODHOUSE, M. D.

Professor of Chemistry in the University of Pennsylvania.

PHILADELPHIA, *Dec. 29, 1807.*

DEAR SIR,

The Medical Companion I have read very attentively, and consider it the most useful popular treatise on medicine ever published.

The writings of Tissot, Buchan, and Reece on this subject, have deservedly acquired reputation, but their practice is adapted rather to the diseases of the countries in which they lived than to those of our own.

A well digested work, inculcating a practice suited to the diseases of the United States has been long required. You have now supplied the want. I trust that your very valuable book may be widely circulated.

With great esteem, I am, sir, &c.

N. CHAPMAN, M. D.

*Lecturer on Midwifery, and the diseases of
Women and Children.*

PHILADELPHIA, *Dec. 31, 1807.*

SIR,

I have carefully perused your work, The Medical Companion, and take much pleasure in expressing my entire approbation of the plan, and of the utility with which you have conducted your enquiries. Your book cannot fail to be a very acceptable present to the public in general, and especially to our own countrymen. I really am of opinion, that you are entitled to much praise for the pains which you have taken in furnishing us with a work, the want of which has long been experienced among us.

Your friend, &c.

B. S. BARTON, M. D.

*Professor of Materia Medica. Natural History
and Botany.*

DEAR SIR,

I have looked over your Medical Companion with pleasure. The arrangements of the various parts is judicious,

RECOMMENDATIONS.

xv

the language plain and perspicuous, and the sentiments happily condensed; the modes of treatment grow out of the most improved state of our science, and may serve as a safe and useful guide to every family, cut off from the services of able physicians.

Accept the homage of my regard.

JOHN B. DAVIDGE, M. D.

*Professor of Anatomy, Surgery, &c. in the College of
Medicine of Maryland.*

Baltimore, Feb. 19, 1808.

DEAR SIR,

We have perused your Medical Companion, with much satisfaction, and strongly recommend it to the attention of those families who cannot with convenience procure medical aid. We think it the best publication we have ever read, on the domestic treatment of diseases, more especially as it regards those of our climate.

We are, very respectfully, sir, your most ob't servants,

BROWN & MACKENZIE.

Baltimore, March 4, 1808.

SIR,

I have read your book on Domestic Medicine, with pleasure. The practice recommended in it is judicious, and being from the pen of a native physician, has great advantage over the publications of Buchan and Tissot.

JOHN SHAW, M. D.

*Professor of Chemistry in the College of
Medicine of Maryland.*

CHARLESTON, May 7th, 1808.

DEAR SIR,

Your Medical Companion contains much useful knowledge in a small compass, and is particularly adapted to these states. Families remote from medical aid, will find their

account in possessing a book, which describes diseases so plainly, and prescribes for them so judiciously, as bid fair, to save valuable lives, which otherwise might be lost.

Your most obedient servant,

DAVID RAMSAY, M. D.

CHARLESTON, *South-Carolina*, May 12, 1808.

DEAR SIR,

The perusal of your Medical Companion, has given me the greatest satisfaction. Such a publication has been much wanted, and I think the plan and execution of your work, must answer the most valuable purposes.

Yours very truly,

ALEX. BARRON, M. D.

CHARLESTON, *May 14th*, 1808.

DEAR SIR,

I have with great pleasure perused your Family Physician. I find it to be a well digested compend of the most modern and approved modes of treating diseases, especially those to which our country is the most exposed.—You have subjoined a dispensatory, judiciously calculated to obviate those errors which too frequently ensue from the exhibition of medicine, where the aid of the practitioner cannot be obtained.

Yours, &c.

PHILIP G. PRIOLEAU.

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Preliminary Observations.

CONTEMPLATING the numberless diseases to which man is liable, and which may cause him to drag out a protracted life of distress, or suddenly to cut him off in the bloom of his existence and amidst his usefulness, we must adore that divine excellence which has *in medicine* given to us the means of counteracting those dreadful evils, which otherwise would have severely molested our temporal condition.

As might have been expected, the attention paid to this most important art, which is "fairly worth the seven," has ever kept pace with the general progress of intellectual improvement, and that it has received the respect and encouragement of every enlightened people.

WITH the Greeks especially, the wisest and most polished of all the ancient nations, medicine was held in the highest estimation. Its votaries were cherished and revered by them while living, and in some instances they carried their enthusiasm so far as to deify them after death. It is not indeed easy to conceive a more noble character, than a great and amiable practitioner of our profession, one, who has expanded his mind to the utmost verge by the brilliant attainments of science, and mellowed the dispositions of his heart by the habitual exercise of benevolence towards the afflicted objects of his care. How exemplary are Physicians of this description? Such was Hipocrates, the father of medicine. Such was the pious,—the enlightened Sydenham: Such was the benevolent Jones of Savannah: Such is that "brilliant star" the enlightened

Rush, and such are many others who have emulated their virtues and rivalled their fame, among whom, I have the high satisfaction to enumerate my particular friends, Craik of Alexandria, Weems of Georgetown, Stevenson of Baltimore and Chapman of Philadelphia.

BUT, unhappily, all those who profess our art do not resemble those bright examples. Medicine more than any other good thing, is subject to abuse and debasement, by the sordid and mischievous "tricks and devices" of empiricism. Like noxious weeds *these impostors* rise up at first, from the rank soil of their effrontery; but they owe much of their subsequent growth to the protection which they derive from the want of that sort of information widely diffused, which would at once detect, and "laugh into scorn" their idle claims, and arraign to conviction their dangerous tendencies.—They live but by tolerance. The slightest examinations of their pretensions would drive the herd into the holes and hiding places of obscurity, and consign their *widely spread fame* to "the tomb of all the Capulets."

It is strange, "it is passing strange," that so little popular curiosity prevails with regard to medicine, particularly in this country, where the public mind is actively alive to subjects certainly of less moment. Talk to the generality of mankind about property, and you would suppose they were all *lawyers*, they reason so sensibly on the various points of *meum et tuum*. But touch them about that which is of more worth than all property, I mean health, and they are as silent as mutes. Did not experience evince the facts we should think it impossible that in things of such high concern, men should be so preposterously

deceived ! so careful of the dross, and yet so negligent of the gold.

WHAT can be more sublimely or deeply interesting than the investigation of that beautiful organization which has emphatically been pronounced to be God's master work ? What more pleasant and useful than the knowledge of relieving those painful maladies to which we are all and perpetually exposed ?

HALF the time and attention which is devoted to the minor politics arising out of our party dissensions, assisted by very little of that over boiling zeal that is given to the acquisition of property, and the "gain of pelf," would, if appropriated to medical studies, enable any person of tolerable capacity to practise with safety and advantage in those cases of simple disease, which are most incident to our climate, and to determine between the "arrant Quack" and the modest, well-educated and judicious Physician.

ASSUREDLY, some care might be profitably directed to Medicine. Why will not the intelligent citizens who are scattered throughout the country, dedicate a part of their "liberal leisure to it ?" Of all the sciences it is the most inviting and that which opens the largest treasures to its cultivators. No one can lend his mind to it without receiving "usurious interest." Medicine is the digest of human knowledge. It is the great reservoir into which

every stream of science pours its tribute, which in return spreads its fertilizing water over every field that brings forth its "ripe and abundant harvest."

THE want of a popular medical education, we have remarked, promotes the success of Empirics. To what else can the amazing increase of these creatures be ascribed. Would they dare to quit the shades of their native insignificance, if they thought they were to encounter the blaze of criticism, or to be inspected by the torch of truth? No: the terrors of such a process, were it practised, would exterminate the race or leave to them only a "beggarly account of empty boxes."

WE repeat it, that Empirics are nurtured and sustained exclusively by the prejudices of Mankind in their favor, arising from their inability to judge rightly of their merits. For can it be presumed that any one who is at all acquainted with the subject, would repose the slightest confidence in the *nostrums* of the most stupid, illiterate, and dishonest vagrant of society, who are confessedly destitute of even the elements, the mere alphabet of medicine.

WHO can believe—that these *nostrums*, as is generally asserted by their proprietors, are applicable equally to a variety of diseases, as opposite to each other as the poles, and that too, under every difference of age, constitution, temperament habit, season, climate, &c.?

Is it to be credited that skill can be possessed in a profession the most complex and technical without any preparatory devotion to it? Reason and experience combine to assert the impossibility.

THE powers of eloquence, or poetry, may be an inheritance: but, medicine is not intuitive. Whoever acquires it, that is, *that thorough knowledge of it*, which confers "surpassing skill," must undergo a slow, toilsome and arduous probation.

Its temple is raised on the summit of the loftiest eminence, and the path which leads to it, winds in tedious tortuosity, narrow, intricate and perplexed; but strewed at its different stages with flowers to tempt, and hung at its termination with fruits to reward. Few, very few have ever reached it. The majority of those who set out on the enterprize become soon discouraged and either linger by the way, or are lost in its mazes.

THE energies of genius, assisted by unwearied diligence, can only hope to surmount the difficulties and to gain the prize.

BUT candour must still allow that the Empiric strengthens in some degree his credit with the public by sometimes performing great and imposing cures: Such instances, however, of occasional success, bring with them no solid claims to confidence. They are indeed calculated rather to excite distrust when properly viewed. Their cures which

are admitted to be few, are alone registered and promulgated. Nothing is ever said of the failures or the *deaths produced*. No regular and *impartial* account is kept or, any striking adjustment of balances. But, what must really be the fatality of a practice conducted in a way so rash and indiscriminate, without the guide of either principle or experience? The nostrums employed are uniformly composed of ingredients of the greatest activity, principally, of the *mineral poisons*, as *arsenic*, *corrosive sublimate*, *calomel*, &c. &c. and which can never be neutral in their operations. Whenever administered they assume a side in the pending contest and exert all their might either for the patient or the disease, till one or the other yields.

THE preceding is a faithful picture of Empericism—of the swaggering pretensions; of its danger, and its uncertainties; “a plain and unvarnished tale, in which nought is extenuated or set down in malice.”

BUT with the too prevalent an inclination for nostrums, we have equally to regret the strange aversion that exists and which proceeds from the same neglect of medicine, to some of the most efficacious remedies. *Tartar* is denounced as a certain *destroyer of the stomach*; *mercury* because it *lodges in the bones*. *Arsenic* as rancorously poisonous, &c. &c. Thus are those powerful and salutary agents, when in the hands of a judicious Physician, stigmatized by the false views of rude and vulgar prejudice. It has been wisely and tru-

ly declared by high authority, "that all medicines in *large doses* are *poisons*, and that *poisons* in *small doses* are the best medicines." This is no paradox. The efficacy of a remedy must be proportioned to its force, provided, it be administered with discretion, and its operation properly restrained. On the contrary, the weakest medicine becomes poisonous when given in an undue quantity.

IN the use of medicines we should be careful to adapt them to the nature of the disease, and the condition of the patient's system at the time. For the salutary properties of a remedy are not positive, but entirely relative to the peculiar circumstances of the case.

A remedy, therefore, may do harm, or prove beneficial according to the degree of judgment exercised in its employment. This position might easily be illustrated and enforced by a variety of examples. We shall mention, however, only a few that are most pertinent.

WHAT then is more sanative in its effects than the Peruvian bark in the treatment of intermittent fever or gangrene ; or more deleterious if given in an excited system ? Where is there a readier *cleanser* of a foul stomach than Emetics, yet, in inflammations of that organ, nothing would prove so pernicious ? The same remark applies to Cathartics, "natures scavengers of a gorged alimentary canal."

with regard to the lancet. What could we do without it? How quell those dreadful insurrections of acute disease which every where ravage our country? But indispensable as it is in such cases, yet, there is perhaps, no remedy, which is more mischievous when wrongly applied.

Who has not experienced the soothing restorative operation of opium, that divine medicine, which has not with too much force, been called the "magnum dei donum;" and who has not known its demoniacal influence when imprudently employed?

In this way we might proceed through every class of the materia medica, deriving proofs to fortify our reasoning, and to warn us of the danger of abusing remedies. Enough, however, has been said: we trust the admonition will not be neglected.

To adapt and to accommodate, as we have indicated, the various medicines of which we are possessed, is the secret of successful practice, and constitutes the wide difference between the discriminating physician and the empiric.

The practice of the one is governed by principles slowly and cautiously deduced from the contributions of long experience and diversified observations; and that of the other is the result of daring experiment, sanctioned only by the chances and calculations of the

lottery. In the revolutions of the wheel, and amidst a thousand *blanks*, a prize will come out ! Thus, an important cure by an empiric, like an enormous prize, seizes public attention, and is sounded abroad by the "clarion of fame," while the evidence of the *murderous* practice, like the blanks of the lottery, are hushed in silence or buried in forgetfulness.

It may be proper to observe here, that in using all active medicines, we should begin with the smallest doses, increasing them gradually, until the quantity suited to the strength of the constitution is discovered. For there are instances of constitutions on whom one fourth, and even one tenth, of what would not effect others, will act powerfully.

As the system speedily accommodates itself to the action of medicines we should never continue one medicine too long at a time. When we find it is losing its efficacy, it should be changed for some other of the same class, and after a short interval the patient may, if he chuse, return to his first medicine. By thus varying the remedies, as the system becomes accustomed to their action, we shall be enabled to cure diseases which otherwise would not have yielded ; as in obstinate intermittents, where I have frequently employed the bark without effect : but on changing it for either the solution of arsenic, or vitriolic pills,* a cure has generally taken place, and when it did not, by exciting a

* Vid. Dispensatory.

slight mercurial action in the system and immediately following it with one or other of the above medicines, I have pretty constantly succeeded. On this account medicines should never be made too free with, as preventives of disease, unless there be evidently a morbid predisposition lurking in the system; for by thus wantonly familiarizing ourselves to medicine when there exists no necessity for it, we shall stand a very good chance to be disappointed of its proper effects, in the season of our need.

BITTERS, those especially that are made with spirits, like other Cordials, have no doubt their use at times, as in damp weather which hangs heavily on the springs of life. But to use *them*, or *mint slings*, or *drams* as some do, every morning, even the *brightest*, when dumb nature herself is smiling and every bird and beast is uttering its artless joy, is a *savage, suicidal practice*. It is a most wicked attempt to substitute artificial and false joys in place of those that are most pure and natural. But such an impious fighting against God and Nature, generally turns out as might be expected. These wretched self destroyers seldom live out half their days. For the same delightful exhilaration which one *antifogmatic* produced last year, requires two this year, and in that increase, till the habit of intemperate drinking is confirmed. Such quantities of *liquid fire* not only inflame the cheeks with grog *blossoms*, but soon destroy the tone of the stomach and with that, the whole of the system; manifested by a sense of weak-

ness, shortness of breath, on the least exercise—loss of appetite—indigestion—throwing up of the aliment—diarrhœa, pining, dropsies—and death. How melancholy it is that rational beings should act so madly, and that the all bountiful Creator cannot intrust us with his good things, without our shameful abuse of them ! Thus it is, that, men turn into poisons those pleasant beverages that were given for cordials to raise their depressed spirits, to invigorate their flaccid nerves, and to enable nature to repel the various attacks of a humid or infected atmosphere.

AMONG the many remedies of disease, there is none perhaps, that holds a higher place than the bath, in its different forms. The *cold bath*, by its sudden shock, is peculiarly fitted to invigorate the system and to reanimate its circulations and secretions : Hence its acknowledged reputation in all cases of weak and relaxed habits, particularly those of the studious and sedentary.

It ought however to be remembered, that like every other remedy, it belongs but to one set of diseases. In affections of the viscera, obstructions, and inflammations, it is hurtful. If after leaving the bath, the patient do not feel a kindly glow on the surface, he has good cause to fear that the angel of health was not there before him "*to move the waters.*" On going into the plunging bath, as it is called, it were better to dash in at once head foremost. The shock in this way is more

instantaneous and the distribution of the blood more salutary than when it is driven, as by wetting the feet first, from the extremities to the head. It is on this principle that the *shower bath* possesses advantages superior to the *plunging*. Immediately on coming out of the bath the body should be rubbed dry with flannel or coarse clothes, and moderate exercise taken.

BESIDES the advantages of general cold bathing, its partial use is no less salutary in all cases of local action. In periodical head-ach, and indeed in most complaints of the head, the effusion of cold water, though a simple, is a very effectual remedy.

IF persons subject to the quinsey and sore throat, instead of muffling their necks, would bathe them two or three times a day in cold water, they would find their account in it. When the healthy resort to the cold bath, on account of its purifying and pleasant effects, they may continue in it for some time. But to strengthen and give elasticity to the solids, every thing depends upon the sudden shock. The time of day for bathing is a matter of indifference, provided it be not immediately after a full stomach, and when the body is warm and in a state of free perspiration.

THE *warm bath*, which is about the temperature of the blood, has nearly all the advantages of the cold bath, without being liable to so many objections. Some indeed tell us, that it weakens the body, but so far is it

from doing so, it may justly be considered as one of the most powerful and universal restoratives with which we are acquainted. Instead of heating, it cools the body, diminishes the pulse, and takes off its unnatural quickness, according to the length of time the bath is continued. Hence tepid baths are of great service, when the body has been over heated, from whatever cause, whether by severe bodily or mental exercise. In all these cases, its happily composing and recuperative virtues, seem to be owing to its tendency to promote perspiration, and to relax spasm.

WARM bathing, hardly can be sufficiently commended for its sovereign effects in promoting cleanliness, and consequently for curing all diseases of obstructive perspiration from foul skin.

IT is much to be lamented that so many poor children should be made the innocent victims of their parents' laziness, and neglect of this most sweet and healthful virtue, *cleanliness*. For would they devote a little of their mispent time and money, to the more decent clothing and frequent washing of their children, there could be no doubt that those little *innocents* would enjoy ten thousand times more comfort than they can possibly expect while covered with filth, and tortured with scald heads, blotches, itch, and vermin. In fine, having seen the fatal termination of so many diseases, in our opinion, easily curable by the bath, I cannot dismiss this important subject without earnest-

ly recommending it to every gentleman to provide, for his family the convenience of bathing, as being not only one of the greatest luxuries, but best preservatives of health in these warm climates.

Not only is it essential to health, thus luxuriously to refresh the person by bathing and washing off the impurities of the skin, but an equal solicitude should exist to remove all filth out of the chambers of the sick, and frequently to change their linen and bed clothes, which when saturated with foetid perspirable matter, must prove extremely unpleasant and hurtful to the patient.

And here I cannot but breathe the most fervent wish that my numerous friends, the *Planters*, for whose service chiefly this book is intended, would be persuaded to insist more rigorously on cleanliness in the persons of their *slaves*. That the constitution of the African is more firm than ours, and better fitted to sustain the toils of warm climates, is very certain, but it is equally true that his daily labours, with the sudden changes of weather, often put his constitution, good as it may be, to trials, which loudly call for every aid that humanity can possibly afford him. Of these aids, next to plenty of wholesome food, cleanliness is one of the greatest. It is indeed a medicine both of body and mind. The poorest slave however degraded his condition may be, has still left a portion of *MIND*, which can never be totally insensible to his outward

appearance. Cover him with rags and filth, and you not only injure his body by obstructing perspiration and corrupting the fluids, but you attack him in his *mind*: knowing that he appears vile and loathsome to others, he becomes much more so to himself. This idea corrodes reflection, depresses his spirits, and in conjunction with other causes, often brings on diseases which press him to an untimely grave. Whereas by ordering him frequently to bathe, and by affording him three changes of apparel, of which he could always have *one* clean, you would greatly refresh and comfort him both in mind and body. Thinking that he makes a decent appearance in the eyes of others, he becomes well pleased with himself, and looking on his *new habit*, however *cheap* and *simple*, as an evidence of his master's affection and value for him, he feels at once the touch of an honest pride in himself, and of friendship for his master, which lightens his task and sweetens all his toils.

BUT, if cleanliness be of such importance to the healthful, how much more so to the sick slave. When sinking under the heat and burden of his labours, can it be good policy to suffer him to be put like a mere animal into a narrow dirty cabin; there left, with scarcely a child to hand him "*a cup of cold water*," with no food but dry bread, and breathing the fœtid atmosphere of a sultry, filthy habitation! In such circumstances, what but a miracle can save him from destruction?

HAVING been frequently an eye witness of such scenes, (of which the owner himself was, perhaps, ignorant,) I feel it my duty to advise him not only for humanity but interest sake, to erect for his slaves, especially if he have many, a cheap, coarse kind of building as a hospital. This building should be fixed on some spot, enjoying in the highest degree, the double advantage of good water and air. It ought to consist of but one large room quite open to the top, well aired by doors and windows, and with a plank floor, that it may be frequently washed and kept perfectly clean. Some good tempered notable old woman of the family should be appointed to attend the sick and supply the proper nourishment. In this cheap and simple way, many a valuable slave might, we are certain, be saved to his owner, which alone were an ample reward without counting the present comfort of such humanity, or the future blessings of Him, who has promised, that "every act of love, even to the poorest slave, shall be remembered as if done to himsel."*

* To the truly wonderful effects of this regimen, embracing cleanliness, fresh air, good nursing and diet, I, myself, can bear the most public and unequivocal testimony.

In the year 1805, when our Summer and Autumnal fever raged with uncommon violence and mortality in Savannah, having considerable practice among the shipping, I was induced, chiefly from motives of humanity, to open a private hospital for Seamen. And though I had usually from twenty to thirty patients during the sickly season, I lost but one of all who had been taken into the hospital at an early stage of the disease. This extraordinary success, I ascribe in a great measure to the virtues of the regimen above recommended. And in support of this reasoning, I will venture to assert,

UNDER the head of regimen, there is hardly a more important consideration than diet, nor one requiring less complex regulations. Experience is indeed our chief guide upon this subject. For such is the peculiarity of constitution, that the same article which would nourish, and perfectly agree with one person, would prove highly pernicious to another. Let, therefore, in the selection of our food, adopt that, which long and careful observation has confirmed to be salutary, and to avoid those things, however tempting to the palate, which we know to be injurious.

THERE are, however, articles of diet obviously improper to every one, which though they may not manifest their ill effects immediately, yet, nevertheless, undermine and break down by gradual operation, the vigour of our systems, and entail upon us, with certainty, a train of Chronic disorders, of all others, the most troublesome and difficult to cure. The articles of this description, are all high seasoned dishes, and those which are composed of a great variety of ingredients.

that hardly an instance can be quoted of the recovery of seamen when left neglected, or badly attended in the confined boarding-rooms, or steerages of the ships where they were attacked.

THE very happy result of the little hospital system above stated, cannot but excite the most earnest wish for a similar establishment in Savannah, but on a much larger scale. Such an institution could not fail to prove a great blessing to the state, but more so to Savannah, where such numbers of useful citizens, especially seamen, are annually swept off.

Of the diet of the sick, it is still more difficult to prescribe here any plan of general application, so various are diseases, and states of the body exacting a different dietetic treatment.*

IN one class of complaints, and especially when occurring in individuals naturally of great feebleness and laxity of habit, we should employ nourishment the most generous.

THERE are cases, indeed, in the lower stages of disease, where it would be proper to administer aliment, cordial and excitant, in co-operation with the highly stimulating medicines. But on the contrary, in the whole of the acute inflammatory complaints, accompanied with fever or other indications of too much action, we cannot pursue a course too low and abstemious. Under these circumstances, light, bland and diluent preparations are those only, which with prudence can be used.

ON the whole, it will be found to be safest both in health and sickness to regulate our diet with simplicity, ever bearing in mind that a preference is to be given to such articles, as our personal knowledge has demonstrated to be the most congenial to our constitutions and habits.

* We have therefore, in the practical part of the work pointed out with more minuteness, than common, the diet applicable to each disease.

Of Fevers in General.

UNDER this head are comprehended all Fevers, whatever, by which the human frame is affected ; but as they arise from a great variety of causes and affect persons of very dissimilar constitutions, they must of course differ in their nature, and require a very distinct treatment.

Two very opposite states of the human body are supposed to give rise to fevers, and to form their great and fundamental distinctions. The one is called phlogistic diathesis, or inflammatory disposition ; wherein the heart is excited to rapid and strenuous exertions, manifested by great strength in the action of the vessels, while the blood itself exhibits a more florid hue and denser texture than usual.

IN the other, the brain and nervous system are more directly affected, their energy seems impaired, the force of the heart and vessels is diminished, the blood is of a looser texture, and the fluids tend to dissolution.

IN the first state, when the inflammation originates from external causes as wounds, contusions, or burns, the fever follows the local affection, and is in proportion to the degree of inflammation, in the part affected.

THIS is also the case in certain disorders of the

lungs, and other viscera, which arise, not from external injuries, but from some vice in the part, which gradually brings on inflammation and fever. If the local inflammation is removed, the fever is removed also; if it cannot be subdued, but increases gradually, destroying the organization of the part, the patient dies sometimes by the violence of the fever, and sometimes merely because an organ essential to life is destroyed.

COLD is found by universal experience, to give a disposition to inflammatory disorders; and heat to those called putrid.* During the winter and early in the spring pleurisies, peripneumonies, quinsys, rheumatisms, and inflammatory fevers prevail. Towards the end of summer, and particularly in autumn, fevers of a different nature, with dysenteries and putrid ulcerous sore throats, make their appearance.

ALTHOUGH it is true in general, that cold occasions a disposition to diseases of an inflammatory nature, and heat to those supposed putrescent, yet, persons who take violent exercise in sultry weather, or who accidentally fall asleep on the ground, exposed to the

* We continue this term in obedience to custom, only. For it conveys a false view of what really happens in those fevers. Recent experiment and more accurate observation, have demonstrated that putrefaction never takes place in a living body.

The process which sometimes goes on in these malignant fevers, has some of the appearance of putrefaction; but is in fact, totally distinct.

beams of the mid-day Sun, are sometimes seized with fevers of a highly inflammatory and dangerous quality; the inflammation directly affecting the brain itself or its membranes.

THE time in which intermittents, and remittents are most prevalent, is the end of summer and beginning of autumn, when heat and moisture combine to hasten the corruption of animal and vegetable substances, and fill the atmosphere with miasmata. These considerations render it next to a certainty, that something essentially connected with a marshy soil produces fever, and we can suppose nothing with so much probability, as the effluvia of stagnated water and corrupting animal and vegetable substances.

AND if a sudden stoppage of perspiration, from the cold of autumn, after the body is relaxed by the heat of summer, is sufficient of itself to produce fever in dry and well ventilated countries, where there is no reason to think that marsh miasmata prevail, we cannot be surprized to find them far more universal and more obstinate in low and marshy soils, where the first cause concurs with the second.

A still more active source of fevers is the effluvia from the living human body, which, when long confined, becomes in the highest degree acrimonious, and gives rise to diseases the most contagious and malignant. Whenever numbers of people are crowded to-

gether, the air must soon be deprived of its vital ingredient, * by repeated respiration, hence this infectious matter will be formed, but with most rapidity in goals, in hospitals, in the holds of ships, and in dirty dwellings, where its virulent tendency is hastened by nastiness, by unwholesome food, by desponding thoughts, or by the effluvia coming from bodies in a diseased state. It communicates its contagion not only to those who approach the places in which it is generated, and the human body from which it flows, but also will remain long entangled in beds, blankets, and other articles, which have been in contact with the patient's body, retaining its activity, and capable of infecting others at a considerable distance of time and place, if, unhappily, those contaminated materials are carried abroad. In this manner, one person who is not himself infected, may infect another : the first person, in such cases, being less predisposed to the disease than the second.

ALTHOUGH the contagion arising from the living human body, is not perceived to act at a great distance from its direct source ; yet it seems most probable that it does not immediately loose its virulency ; but after it is diffused in the atmosphere, continues in some de-

* Our atmosphere is composed of a combination of two airs of very different properties. The one called by the Chymists Oxygen, and the other Azote. The first is commonly known by the term vital or pure dephlogisticated air and is consumed by respiration, combustion, &c. Hence the oppression, and difficulty of breathing which soon follow from being in a room crowded by persons, or illuminated by an excess of candles.

gree to act in conjunction with the miasmata of marshes, with heat, obstructed perspiration, and the other causes of fever, and according to the various proportions of those causes combined with the circumstances of season, climate and constitution of the patient, the nature of the fever is determined.

INTERMITTENT, OR AGUE AND FEVER.

SYMPTOMS. Is that fever which has periodically, a clear intermission and return of its paroxysms. From the length of time between the fits, the species of the fever is distinguished and named. Thus, if the fit returns every day, it is termed a *quotidian*; if every third, a *tertian*; if every fourth a *quartan*. The ague commences with weakness, frequent stretching, and yawnings, succeeded by sensations of cold in the back and extremities, which encreases, untill the limbs as well as the body become agitated with frequent and violent shivering. This continues some time, during which a violent pain of the head and back, and a sensation resembling a stricture across the stomach, frequently distress the patient; and the sense of coldness is so great that no endeavours to obtain warmth are of the least avail. These symptoms, subsiding by degrees, give way finally to warm flushings which increase, until redness and heat, much greater than natural, are extended over the whole body; the patient at

length burning with such extreme heat as to be *now* as solicitous for the refreshing sensation of cold, as he was before anxious to mitigate its violence. After these symptoms have existed for some time, they gradually decline; the thirst goes off, the skin is relaxed, and a moisture breaks out on the head, which soon becomes general, and profuse; then it slowly abates, till it entirely ceases.

THIS is the general progress of a regular paroxysm of well formed intermittents; and the patient is often left, apparently, free of disease until the next attack.

CAUSES. THE remote causes of Ague or Autumnal fever are first, the effluvia which arise from marshes or moist grounds acted on by heat. Secondly, *cold*, especially when accompanied by moisture, which will necessarily act with more certainty, if a predisposition to the disease exists. This predisposition may be induced by living too sparingly or on trashy food; excessive fatigue, impeded perspiration, preceding disease; indulgence in spirituous liquors, and in fine, by whatever tends to weaken the system and impoverish the blood.—

HENCE the poor are more subject to the disease than the rich;

“ For health consists of spirits and of blood,

“ And these proceed from generous wine and food.

POPE.

TREATMENT. IN the cure of an ague whether quotidian, tertian or quartan, much the same plan may be followed, which is, as far as possible to prevent the disease from being habitual; for the longer it continues, the more it weakens the constitution and disposes the glandular viscera, as the liver, spleen, &c. to obstructions, and often prepares the habit for dropsies and other chronic diseases. So that although this disease is not very alarming in its appearance, yet if injudiciously treated, or neglected, it often draws after it the most serious consequences; and hence merits particular attention.

THE cure of the disease therefore calls for an emetic, or a dose of calomel and jalap, or salts, senna and manna, to free the bowels of their offending contents; and if the patient be of a full habit, with head ache and flushed countenance, the pulse hard and quick, shewing an inflammatory disposition, blood letting will be highly necessary.

HAVING by these means prepared the system, strengthening remedies should next be employed. Of these, the Peruvian bark is most celebrated and may be used with safety in the time of intermission, provided there exists no swelling or hardness of the viscera. In that event the bark must be withheld, untill these symptoms are rendered milder by the exhibition of gentle laxatives and diaphoretic medicines, as the ca-

tharic and saline mixtures,* whose good effects will be greatly aided by diluent drinks and abstinence from solid food.

As soon as the system is properly prepared for the use of the bark, it may then be exhibited in such doses as the stomach will bear, and at such intervals, that four or five doses may be taken during the intermission. Should it disagree with the patient in substance, give it in some other form, as the cold infusion, decoction, vinous infusion, or tincture.*

IN the mean time, strict attention must be paid to the habit of body; for in vain shall we expect to cure intermittents, if the bowels be not kept open and the skin moist.

WHEN, therefore, the Peruvian bark produces costiveness, five or six grains of rhubarb, or some mild purgative should be added to each dose; and in case of cold phlematic habits, with a dry skin, the addition of eight or ten grains of snake-root is peculiarly proper

IN some constitutions the bark produces severe and copious purging. This debilitating effect may be prevented by adding five or six drops of laudanum to each dose. And when the patient is troubled with

* Vid. Dispensatory.

sourness on the stomach, flatulance and pain, take the bark in lime water, or conjoin with each dose, eight or ten grains of salt of tartar, or magnesia.

SOME patients are subject to profuse sweats, from debility, In such cases the bark should be united with a few grains of the rust of steel, or ten or fifteen drops of elixir vitriol, and taken in wine. But when these evacuations proceed, as they often do, from an imperfect cure; accompanied with great and intense heat, during their prevalence, we must immediately resort to the preparatory remedies, as blood letting, cathartics, and diaphoretics.

It sometimes occurs, that the fever will not yield to the bark, even, when all the usual preparatory medicines have been employed. In such cases we may justly suspect the liver to be diseased, particularly if the countenance be either livid, or pale, or of a yellowish cast, and in that event, the use of the bark should be suspended, until those obstructions are removed.

For this purpose, one of the mercurial* pills should be given night and morning, until ptyalism, that is a soreness of the mouth with increased spitting is produced, which will generally succeed; and when it fails, the nitric acid diluted, and given in its usual doses*

* Vid. Dispensatory.

may be depended on. After a ptyalism is effected, recourse must be had to one or other of the strengthening remedies, to give tone to the system.

FROM the tenor of these observations it follows, that the Peruvian bark is not a remedy to be employed in every case of intermittent fevers, but that much caution is necessary in the exhibition of it, lest, the use of so valuable a medicine be turned into *abuse*. For unless the system is properly prepared by suitable remedies, the administration of bark, or any other tonic, is an error fraught with the most serious mischief.

THE Peruvian bark being so costly, and not always to be had pure, it must afford much pleasure to the benevolent, to learn that the *black oak* bark of America, possesses the same virtues of the Peruvian, as has been verified by repeated experiments, not only in the cure of Intermittents, but other diseases hitherto treated with the Peruvian bark alone. It may be exhibited in the same manner, only in rather larger doses: In substance it is most efficacious, and if well pulverized, it will be found more palatable than the Peruvian bark, and not so apt to excite vomiting.

ANOTHER mode in which this remedy may be employed to great advantage, from its abundance in our country, is by bathing twice or thrice a day in a strong decoction of it; which, to children and patients, whose

stomachs will not retain medicine, will prove exceedingly beneficial. When the black oak bark is not convenient, the red oak bark, though less efficacious should be substituted, as I have often witnessed the happiest effects accruing to debilitated persons, bathing in a strong decoction of it about luke warm, particularly in the last stage of fevers. Hence this remedy well deserves the attention of the planter.

I am happy to be able to add, that my own repeated experience of the virtues of the oak barks, is confirmed by the editor of that valuable work, entitled the Philadelphia Medical Museum:

PROFESSOR Barton, the celebrated Botanist of America, assures us that he has employed the bark of the Spanish oak in gangrene, with the happiest effect, and that he considered it in powder, equal to the best Peruvian bark.

THE common dog wood bark of our country, is also an excellent substitute for this costly medicine, particularly in the cure of intermittents; so is the bark of the wild cherry tree, both of which may be given in the same forms and doses, as the Peruvian bark.

THE Columbo root, as an admirable corrector of bile is a most useful medicine in this complaint, and will often be retained by the stomach, when, the bark in every form has been rejected. It is likewise an ex-

cellent remedy, conjoined with steel, as in the form of the Tonic powders or pills* for patients disposed to be dropsical, or who have a swelling and hardness of the spleen called, *ague cake*; especially, if a purge or two have been previously employed, and some mercurial action excited in the system, by one or two grains of calomel, taken every night and morning for a few weeks.

ANOTHER valuable medicine in the cure of agues, and which, has frequently succeeded when the bark failed, is white vitriol. But like other tonic medicines, it requires that the stomach and bowels should be freed of their morbid contents, before any good effects can result from its use. Therefore, some evacuating medicine is always necessary; after which, one of the vitriolic pills* may be given every three or four hours during the intermission of fever, gradually repeating the dose or increasing it, as the system becomes habituated to its action.

BUT among the remedies of intermittents none is more infallible, than the solution of arsenic, which, may be given with perfect safety, to persons of every age, beginning with the smaller doses, and proportioning them to the age of the patient.*

STIMULANTS administered before the fit, by induc.

* Vid. Dispensatory.

ing a salutary change in the system, has frequently overcome the disease. It is in this way, that emetics are considered useful in the coming on of the fit, so is active exercise and other stimulants.

I HAVE frequently, in obstinate intermittents, prevented the recurrence of the fit, by exhibiting a large dose of laudanum or aether about an hour before the expected paroxysm.

As agues are liable to recur, one excellent mean of prevention, as well as cure, is to wear flannel next to the skin, and to exchange the situation where the disease was contracted, for another, even though not of healthier air. This alone has often effected a cure. In like manner a change of medicines, is as necessary as a change of air, that the body may not become habituated to any one mode of treatment. Therefore, it ought to be remembered, that, neither bark nor any other tonic medicine, should be continued longer than a fortnight at a time, but should be changed for another article, whose virtues are nearly the same. After a week or two, the former may be resumed, in case the disease should prove obstinate ; and to bring about the necessary changes in the constitution, larger doses should be given.

REGIMEN: As to regimen in the cold fit, very little more is necessary than warm camomile tea. In

the hot fit the drink may be barely water, mint or balm tea, lemonade, toast and water, or cold spring water, taken often, but in small quantities at a time. When the sweating begins, the drinks just enumerated may be enlivened with wine, and if the patient be able to take it he may be allowed a little nourishment. During the intermission the diet should be as nutritious, as the patient's appetite and digestion will allow. Every thing that tends to keep up a gentle perspiration and to give tone to the vessels, is useful ; hence moderate exercise is singularly proper, since nothing more conduces to these beneficial effects. The exercise should be of that kind to which the patient has been most accustomed ; and taken in the open air, unless wet weather, or a damp situation forbid. But the utmost care should be taken, that exercise be not pushed to fatigue, which, by inducing debility, carries thousands, particularly foreigners, to untimely graves.

REMITTENT, OR BILIOUS FEVER.

SYMPTOMS. In this fever there is a remission or abatement of its violence, but not a total cessation. Like other fevers, it commences with a sense of coldness and shivering, accompanied by violent pains in the head and back, great dejection of spirits, sickness at the stomach, giddiness, loss of strength and difficulty of breathing. The cold stage is succeeded by a

considerable degree of heat, the pulse, which in the cold fit was small and quick, becomes full but abates not of its quickness. The pain of the head and back increases, and the nausea is augmented, frequently terminating in copious vomitings of bile. These symptoms continuing, the skin which had hitherto been hot and dry, becomes moist. Soon after this the symptoms abate, and sometimes cease entirely. The patient flatters himself with the hopes of health speedily returning, but, alas! these pleasing illusions are soon dissipated, by another attack, which comes on with increased violence. And if the fever, be not opposed by means early employed and sufficiently powerful, a constant delirium and restlessness take place; the discharges become very offensive, succeeded by twitching of the tendons, profuse clammy sweats, and convulsions, which soon terminate in death.

CAUSES. REMITTENTS are produced from the same causes, which induce intermittents, but acting here in a more powerful manner. Like these, they are most prevalent in the months of August, September and October, when heat and moisture combine to hasten the corruption of animal and vegetable substances, and impregnate the air with noxious exhalations.

TREATMENT. IN the cure of this fever, all our efforts should be made to bring the *remission* to a complete *intermission*, and this is to be effected by

bleeding, cathartics, emetics and diluents, with such medicines as have a tendency to solicit the circulation of the fluids to the surface. Hence on the commencement of the disease, bleeding will generally be found necessary, and should be often repeated, when there exists much pain in the head, with a hard and quick pulse. But to evacuate the first passages of their impure contents, is always necessary, and this is best done with calomel and jalap, or salts, senna and manna ;* and when circumstances do not prohibit the use of emetics, they may also be employed. The extent to which these means are to be carried can only be directed by the symptoms present, the habit of body, and other considerations. It will in many cases be proper to exhibit an emetic at the very first attack, but this may sometimes be forbidden, by great irritability of the stomach or the appearance of inflammation. For frequently in diseases of the same origin and in persons very nearly similar, with respect to age, sex and temperament, one will frequently be accompanied with an inflammatory diathesis, whilst another will be more of the low irritable species, and consequently the treatment must be varied, in proportion to the nature and violence of the disease. For among fevers, we see all the intermediate degrees and varieties, from common agues to those of the most violent and infectious kind.

* Vid. Dispensatory.

If the patient is of a strong plethoric constitution, with a hard and quick pulse, a deep seated pain in the eyes, a burning heat at the stomach, and flushed countenance, indicative of a strong inflammatory disposition, bleeding is absolutely necessary, and should be repeated every ten or twelve hours, or oftener, until the inflammatory symptoms subside.

THE necessity of diligently evacuating the intestinal canal, must be obvious to every person. And it is not always by one or two brisk cathartics that this complaint is to be cured; but the operation must be continued until the whole of the bilious matter is evacuated, which may be known by the *fœces* changing their colour and putting on a natural appearance. When the irritating matter is thoroughly evacuated, mild laxatives, as the cathartic mixture,* or castor oil, answer very well in the course of the disease to keep the body gently open; but in desperate cases calomel is most to be depended on. And if a ptyalism, or a slight salivation be excited by the calomel, the patient has no cause of alarm, but rather of joy, as this is a certain indication of recovery. How desirable then must it be in high stages of bilious fever, to have this effect produced as early as possible, by giving calomel and rubbing in mercurial ointment, and dressing the blisters with the same.

* Vid. Dispensatory.

BESIDES the aforesaid evacuants, glysters of warm soap-suds, or of molasses and water, to which may be added a little vinegar, should be employed; as they are not only useful in removing from the larger intestines any offending matter present, but also produce the good effects of fomentations.

ATTENTION having been paid to the state of the bowels, which is always necessary, because of the constant disposition to accumulate bile, such medicines as tend to determine the fluids to the surface, are next to be regarded. Of this class the saline mixture, mindererus's spirit, febrifuge and antimonial powders belong. Either of these may be exhibited in their usual doses, every two or three hours, but in desperate cases the antimonial powders or calomel alone in small doses are most valuable.

THE warm bath also admirably promotes insensible perspiration, by relaxing the skin, and taking off the stricture of the vessels; consequently should always, when practicable, be used, and if a bathing vessel cannot be procured, the extremities should be immersed in warm water at least once a day. The temperature of the bath, should be regulated by the feelings of the patient, and that, which effects these most agreeably, should be preferred.

* Vid. Dispensatory.

AFTER the inflammatory disposition has ceased, bark will add considerably to the cure; but if incautiously used at the outset, as it frequently is, will render every symptom more violent. However, if the patient suddenly becomes giddy, feeble and languid, the bark and wine must be had recourse to, and given freely on the remission, otherwise, it will degenerate into a true nervous fever. But you must not mistake the debility which arises from oppression, requiring evacuants, for an exhausted state of the system; as in that case the use of tonics, would be but little better than butchery.

ANOTHER medicine of great importance in this disease, is the columbo root, which readily checks the vomiting, so readily an attendant, and supports the patient's strength, during the use of such medicines as are requisite to abate the febrile heat, and to carry off the bile.

AFTER unloading the stomach and intestines, by two or three brisk purges, and diminishing the arterial action, by bleeding, if requisite, a wine glass full of the infusion of Columbo or ten or fifteen grains of the powder* may be given in a cup of mint tea, every two or three hours, either conjointly or alternately, with some gentle opening medicine, as rhubarb, mag-

*Vid. Dispensatory.

nesia, cream of tartar or salts, to remove the redundant bile by keeping the bowels open.

SALTS, though a nauseous medicine, may be rendered much less so by adding a little sugar, acidulated with lemon juice or sharp vinegar, as in the form of the cathartic mixture; and this is an excellent aperient, to be exhibited in small doses, after the vitiated bile has been removed by calomel.

DURING this general treatment, particular symptoms will require attention. The headach for example, which so frequently accompanies this fever, is to be treated by applying to the head, cloths wrung out of cold water, or vinegar and water often repeated, until the malady is removed; besides which a blister should be applied between the shoulders.

As to the vomiting, that depending on the peculiarities of habit, is to be variously treated. In some I have found the saline mixture or infusion of Columbo, answer very well; in others a spoonful or two of new milk, or equal parts of milk and lime water, given every hour, have had the happiest effects. A spoonful of sweet oil and molasses has proved equally beneficial when vomiting is accompanied with a burning sensation at the pit of the stomach. To others, porter and water have afforded immediate relief. And when all

these have failed, the warm bath and camphorated julep* have succeeded.

LOCAL applications, such as mint leaves stewed in spirits, or equal parts of sweet oil and laudanum rubbed on the stomach, have done much good, and when these fail, a large blister ought instantly to be applied.

WAKEFULNESS, or inability to sleep, will often yield to the warm bath and blisters; and when they fail, a glass or two of porter or the camphorated julep may be given; which also failing, a small dose of laudanum is proper at bed time, provided there exists no considerable inflammatory diathesis.

THE pain in the bowels is mostly relieved by the warm bath, or a moderate bleeding and emollient injections, to which occasionally, may be added twenty or thirty drops of laudanum; if these produce not the desired effect and the fundament is scalded from the evacuations, give glysters of milk and lime water, composed of half a pint of each; these failing, inject every hour with cold water, and apply cloths wrung out of it, to the belly.

IF a delirium comes on in the first stage of the disease, it is to be treated by bleeding, purging, and the

* Vid. Dispensatory.

means prescribed above for violent head ach; but should it occur at a later period, the pulse, weak and irregular, with great propensity to sleep; the head should immediately be shaved and blistered, and either *sinapisms* or *blisters* applied to the extremities; besides which, cordial drinks must be allowed; and if there be a cold sweat, or coldness of the extremities, flannels wrung out of hot spirits, or spirits of camphor, ought to be applied often around the arms, legs and thighs.

ON the decline of this fever, patients are sometimes troubled with night sweats, to relieve which, gentle exercise, in fresh air, and the tonic powders or pills, or bark and elixer vitriol* will be proper.

REGIMEN. WITH respect to regimen, the food and drink should be varied, and adapted to the taste of the patient. Nature perhaps, generally takes care, that no error shall be committed in that way, during the continuance of this disease. The patient is seldom persuaded to swallow any thing but liquids, during the prevalence of the fever; and if by accident, he should have an inclination for something more solid; arrow root, sago, corn, or rice gruel, mush, panado, custards, roasted apples, oranges, grapes or other mild ripe fruits, are all that should be allowed. To allay the thirst, barley, or rice water, apple water, tamarind water, molasses and water, toast and water, or cold spring water,

* Vid. Dispensatory.

lemonade, imperial drink, * raspberry or current jelly, dissolved in water, mint or balm tea, acidulated with lemon juice, or other pleasant acids, may be given with great benefit, in frequent but small quantities. These cooling drinks not only quench thirst, but also tend to excite perspiration.

WASHING the face and hands of the patient from time to time with vinegar and water, is always refreshing. The room should be somewhat darkened, and kept moderately cool, by a constant succession of fresh air, taking care however, that the current of wind is not immediately directed on the patient. The covering of the bed ought to be such as is found most comfortable, and the body kept as nearly as possible, at rest. When the fever subsides, and the patient regains a desire for food, it will be best, in addition to the mild articles of diet already mentioned, to begin with puddings of various kinds, new laid eggs boiled soft, soups with vegetables, raw oysters, &c. resuming his usual diet gradually, as he finds his health return.

To keep up the tone of the system, a moderate use of genuine wine, or porter diluted, or brandy, or rum and water made weak, will be proper; at the same time paying due attention to air, cleanliness and exercise.

THUS have I detailed, in the clearest manner, accord-

* Vid. Dispensatory.

ing to my experience, the best curative means of this, the most prevalent and dangerous of all our Southern maladies. It is however much easier to prevent than cure diseases, and in order to the first, I will point out the general means which have been found conducive to this great end, and which constant experience has sanctioned.

PREVENTION. To obviate the attack of summer and autumnal fevers, we should intercept their causes, or guard the habit as much as possible against their influence.

THEREFORE, on visiting a warm climate where any epidemic prevails, the first step is to prepare the system as much as possible, for the unavoidable change it is about to undergo : and this preparation consists in living temperately, and taking *every other night, or oftener*, one or two grains of calomel, or chewing rhubarb, or drinking molasses and water, or using sulphur in such doses as to increase the discharge by the bowels, without debilitating the system. If there prevail a fullness of habit, the loss of ten or twelve ounces of blood, will also be a useful precaution. Next to this, an imprudent exposure to the heat of the Sun or night air, should be strictly avoided.

HARD drinking is another cause of disease which should be carefully guarded against, in warm climates,

particularly by seamen, who of all others, are perhaps, the most inattentive to health. The same admonition applies to their sleeping on deck during the night, and cold bathing when over heated, or in a state of intoxication which by suddenly checking the copious perspiration, seldom fails to bring on disease.

COLD moist air is a frequent cause of disease in warm climates : hence, too much attention cannot be paid to comfortable fires, and suiting the dress, to the changes of the weather.

FLANNEL next to the skin, is one of the chief preservatives of health. Many people indeed, clamor against it as tending to debilitate, because, it creates perspiration. But this is altogether a silly prejudice, as mild perspiration, or a soft skin, so far from being hurtful, is the very habit of health. It preserves a proper medium of temperature, by absorbing the excessive moisture from the body, during the day, and by preventing the effects of the cold damp air at night.

CLEANLINESS both in our persons and apartments, is so essential to health, as to form a leading consideration, in all our views to that first of blessings. The neglect of this, not only renders a man loathsome and offensive to himself, but gives rise to many of our most inveterate and fatal diseases.

AMONG the various means used for the prevention of diseases, and for the preservation of health in general, none is perhaps more beneficial in warm climates, than good wine prudently used. It increases the circulation of the fluids, promotes both the secretions and excretions, and invigorates all the functions of the body. How much is it then to be lamented, that so valuable a cordial, cannot always be got pure; from the avarice of selfish men, who, at a low price purchase tart or half spoiled wines, and to render them saleable, adulterate them with the most poisonous ingredients; so that they become the most insidious foes to health.

THE common red wines are most commonly adulterated, and artificially colored, as manifested by a red sediment in the glass, as well as in the bottle. But the most pernicious of all adulterations of wine; is that of sugar of lead, or lead itself, which gives it a sweet taste; and therefore it ought to be remembered, that every wine of a sweetish taste, accompanied with astringent qualities, may justly be suspected, to be adulterated with that noxious mineral.*

* To detect wine adulterated with lead; take two drachms of cream of tartar, and one drachm of dry liver of sulphur, which must be put in a two ounce vial, filled with distilled or soft water. The vial must be kept well corked and occasionally shaken for about ten minutes, when the powder has subsided, decant the clear liquor, and preserve it in a well-stopped bottle for use.

FROM sixteen to twenty drops of this liquid, are to be dropped in a small glass, filled with the wine suspected to have been adulterated; and if the

WHEN genuine wine cannot be procured, good old spirits are of considerable service, especially, when taken in small quantities and much diluted. These pleasant preventatives whether under the name of grog or toddy, must in consequence of their stimulant qualities, be peculiarly beneficial to persons whose lot is cast in lower situations and moist air. But they should never forget, that no where, is the great virtue of self government, more necessary, than in their use. For if indulged to excess, they seldom fail whenever a predisposition to any particular disease lurks in the system, to rouse it to action.

IN like manner, we must have regard to a proper regulation of diet, which consists in preserving the happy mean between the long fasting on the one hand, and immoderate eating on the other. Vegetables are peculiarly adapted to warm climates, and consequently should constitute the better part of our diet. Sweet oil when pure, is perfectly wholesome, but rancid oil, butter, fat, or meat the least tainted, must be wholly rejected.

To those of weak habit and bad digestion, much benefit will result from a glass of the infusion of Columbo, or camomile, or cold water, every morning on an empty stomach.

wine turns blackish or muddy, and deposits a dark coloured sediment, we may be certain it is impregnated with sugar of lead, or some other preparation of that metal, equally destructive.

SUCH are the general means for preserving health, and preventing diseases in a Southern climate. The chief point is to avoid the exciting causes, and keep the bowels always moderately lax.

NERVOUS FEVER.

THE fevers already described, and indeed all diseases attended with considerable degree of morbid heat, affect in some measure the nervous system ; but in this particular species, the nervous system is more immediately and more violently affected, than in any other. When a fever is once produced, from whatever cause ; it seldom fails by long continuance to occasion all the symptoms, which appear in the nervous or malignant fever.

THIS fever, has been described by different authors under various names ; the nervous fever, the slow fever, the goal fever, the hospital fever, the ship fever, the petechial fever, the putrid fever, and the malignant fever.

THE first appellation it receives, from its attacking the brain and nerves more directly, and more violently, than other fevers. The second, from the slow and gradual manner in which it sometimes attacks. The third, fourth and fifth, from their being apt to arise in

goals, hospitals and ships ; when numbers of men are crowded together, and when sufficient care is not taken to have such places, well ventilated and cleansed. The sixth, from certain spots which sometimes appear on the skin of the patients, labouring under this disease ; the seventh, from a putrid state, or tendency *supposed to take place in the fluids* ; and the last, from the dangerous nature and malignity of the fever : but they are all one, and the same disease ; variously modified according to the violence of the symptoms, and the different constitutions of the patients.

SYMPTOMS. THE symptoms are commonly more various in this than in any other fever. It sometimes creeps on in such a slow and insidious manner, that the patient will have suffered the disease to make considerable progress, before he thinks it necessary to use any remedies. On other occasions it comes on with a great degree of rapidity, and with many of the symptoms common to all fevers.

THUS, it commences with alternate sensations of heat and cold, a want of appetite, nausea and occasionally vomiting. These, are followed by some confusion of the head, a sense of weakness, dejection of spirits, tremor of the hands, and frequently sighing without knowing the cause. At this stage, the pulse is irregular, sometimes a little quicker, at other times about the natural standard. A dull and heavy pain with a

sense of coldness, possesses the back part of the head in some, and in others, a pain in the orbit of one eye.

THESE symptoms gradually increasing, the pulse becomes smaller and at the same time quicker, while the arteries of the temples and neck beat with additional force. The patient is generally more restless towards night, the breathing is somewhat difficult, and very little refreshment is obtained, from his short and disturbed slumbers. During these symptoms, the patient often utters vague and unconnected sentences, and not unfrequently deafness supervenes.

As the disease advances, the hands tremble so as to prevent his guiding them to his mouth ; the fingers are in constant motion ; the tongue becomes dry, of a dark colour, and trembles when attempted to be put out ; and sometimes, the gums and lips are covered with a dark viscid substance. To these succeed stupor, cold clammy sweats with a foetid smell, hiccup and twitching of the tendons, together with an involuntary discharge of the excrements.

CAUSES. THIS fever is occasioned by impure air, and putrid animal and vegetable effluvia. We are therefore not surprised to find it often originate in goals, ships, and dirty dwellings ; where numbers are crowded together, and where it is not possible to have sufficient ventilation.

THOUGH, human contagion and the effluvia arising from putrid animal and vegetable substances, are the most frequent and active causes of this disease, yet they cannot be considered as the only ones ; for we sometimes meet with instances in a country neighborhood, of persons being seized with the disease in all its malignity ; where it is not epidemic, nor can it be traced to any place, where the human effluvia could be supposed to be confined to any uncommon degree.

HENCE nastiness ; a moist atmosphere ; much fatigue ; cold depressing passions ; low scanty diet ; excessive study ; too free an use of mercury ; immoderate venery ; profuse hæmorrhage, or whatever weakness the nervous system, may be enumerated among the causes.

TREATMENT. WITH regard to the cure, where the inflammatory symptoms appear to run very high, bleeding may be cautiously used. But it will be generally safest, to resort to a pretty active evacuation of the alimentary canal.

THEREFORE, on the first appearance of the symptoms, five or six grains of tartar emetic, may be dissolved in a pint or more of weak camomile tea ; of which the patient may drink a gill every fifteen or twenty minutes, until it excites vomiting ; which ought to be assisted by drinking freely of warm water. If this

medicine proves only emetic, the intestines should be evacuated the following day, by a dose of cream of tartar or rhubarb.*

THE saline mixture† given in a state of effervescence every two hours, readily abates thirst, and removes the increased irritability of the system. In like manner, a table spoonful of yeast, given every three or four hours, affords much relief, and has alone, often proved an effectual remedy.

As the danger of this fever is in proportion to the debility, the great point is to keep up the strength by a liberal use of bark with wine, which should be given on the remission, in such forms as might best agree with the patient: a nourishing diet at the same time should be used, suited to the taste of the patient; taking care to produce an evacuation daily by glysters; and when these are not effectual, a small dose of rhubarb, cream of tartar, or some gentle purge may occasionally be given.

By this general plan, a cure will for the most part be effected; but in the progress of the disease, particu-

* Dr. Hamilton of Edinburgh, a writer of the highest authority, has recently recommended in a treatise on this disease the most active and repeated purging. We doubt whether this practice in our warm climate is applicable in the full extent.

† Vid. Dispensatory.

larly morbid symptoms will require especial treatment. Thus, affections of the head with stupor and delirium, will sometimes, be relieved by shaving the head and frequently applying cloths wrung out of cold vinegar and water, to it. But if these affections, notwithstanding should continue, a blister to the head, and sinapisms to the feet, will be required.

WHEN a diarrhæa or looseness occurs, three or four drops of laudanum, or double the quantity of the anodyne sudorific drops,* should be given in a little mulled wine, and repeated as may be found necessary.

IN case of watchfulness, the camphorated julep or porter and water will generally succeed. When, however these means fail, and there is great prostration of strength followed by stupor and a train of the most distressing symptoms, wine should be exhibited in large quantities ; and it will be found, that the patient will shew a relish for this valuable cordial, after refusing medicines and every kind of nourishment in a solid form. At first it is better relished mulled ; but afterwards, the patient will take it freely in its pure state, and in the quantity of one or two quarts a day without intoxication.

THE proper rule to be observed in the use of wine, is to give it until the pulse fills, the delirium abates, and

* Vid. Dispensatory.

a greater degree of warmth returns to the extremities. And upon the smallest appearance of the stupor returning, the pulse quickening, and sinking, for they usually go together, the wine must be resumed and persevered in that quantity ; which, is found sufficient to keep up the pulse, and ward off the other bad symptoms.

WHEN wine cannot be had, rum or brandy diluted with milk or water sweetened, will answer, and with some patients are better relished. The friends of the sick should never be disheartened too soon, for here, if any where, we may say “while there is life, there is hopes.” And I can truly aver that I have often seen the patient raised, as it were from the dead, by a determined use of generous wine alone, old Madeira especially.

As soon as the patient is able to take nourishment, such as panado, arrow root, &c. the quantity of wine must be gradually diminished. For although it be absolutely necessary to take it so liberally, during the continuance of this fever, yet, as soon as that shall have left the patient, much caution becomes necessary in the use of it. Since the third part of what formerly had proved a salutary cordial and restorative, would in this state of convalescence, occasion a dangerous intoxication.

- WHEN the patient is able to resume the bark, it may be given in such doses as the stomach will bear, and in case of aversion to it, an infusion of camomile flowers, columbo or pomegranate bark, may be submitted.

BLISTERS are serviceable by their stimulating effects; but in this disease, when a blister is raised, the sore should be frequently washed with an infusion of bark; and nothing ought to be applied to the part which may tend to increase the discharge; for that, by debilitating the system, would prove injurious. In the course of the disease, if the lips and teeth are covered with a dark crust, attended with ulcers in the mouth and throat, the detergent gargle* should be frequently used.

IN very malignant cases, this fever ends fatally on or before the seventh day; but more frequently those who die are carried off about the middle or towards the end of the second week. When the patient survives the twentieth day, it rarely happens that he does not recover. When the fever terminates favourably before, or at the end of the second week, the crisis is generally obvious; but when that happens at a later period, particularly if after the third week, the favorable turn is less evident, and sometimes several days pass, during which the disease goes off so gradually,

* Vid. Dispensatory.

that the most experienced are in doubt whether it abates or not. At length however it becomes evident by a warm moisture on the skin, by the dark coloured gluey substance, which adheres to the gums and lips, growing less tenacious, and being more easily removed; by the stools regaining a natural colour; by the urine being made in greater quantity, and depositing a sediment; by a return of appetite, and by the pulse becoming slower than it was before the commencement of the disease.

REGIMEN. IN addition to the mild articles of diet, enumerated in the bilious fever, bread and milk with a little water, sugar, and the pulp of a roasted apple, form a most greatful and nutritious food; and for the sake of variety, cyder, perry, porter or any other drink which the patient covets, should always be allowed.

It has been observed, that this fever often originates from corrupted air, and of course must be aggravated by it; great care should therefore be taken, to prevent the air from stagnating in the patient's chamber. When it is small and cannot be well ventilated, the patient should be carried into the open air, and allowed to sit there two or three hours every day in mild weather. When this cannot be conveniently done, every means in our power to ventilate the room should be employed. Strong scented herbs ought every day to be strewed about the room, and vinegar frequently

sprinkled about the bed clothes, and some evaporated, by pouring it on a hot iron. The bed clothes ought to be in no greater quantity than is agreeable to his feelings, and when he can sit up, with his clothes loosely put on, it is often a refreshing change of posture and situation. The patient should have his linen and bedding changed often, and the stools removed as early as possible; for nothing refreshes the sick more than cool air and cleanliness.

IN the early stage of this disease, when there is much preternatural heat, washing the face and hands often in cold vinegar and water, and wiping the body with wet cloths will be highly refreshing: and in the more advanced stage of the disease, where there is less febrile heat, bathing daily in a strong decoction of black or red oak bark about milk warm, cannot fail to produce the happiest effects. In all cases where the fever is unusually protracted and leaves the patient in excessive weakness, the recovery is slow and precarious; and the greatest care is required to prevent any error in diet, during the convalescence, as a very small degree of excess at this time will produce very troublesome consequences. Food of easy digestion, taken in small quantities and often repeated; gentle exercise when the weather is favourable; attention to prevent costiveness, by some mild laxative, and the use of bitters to assist digestion, or the rust of steel, when there is any prevailing acid on the stomach, are the most certain means of reinstating health.

HAVING in the preceeding chapter, enumerated the different means for the prevention of disease, I shall now point out such, as are most suitable to arrest the progress of contagion, when commenced.

WHEN a contagious fever makes its appearance, the first precaution is to separate the sick from the healthy, and thus, to cut off as much as possible the intercourse between them. The next step should be, to purify both beds and clothes from every particle of filth. The chambers must be often fumigated, by burning good sharp vinegar or tar, and the floor washed daily with ley or the solution of pot-ashes, or strong soap-suds. A cloth wetted in lime water and hung up in the room, and replaced as often as it becomes dry, is also a great mean of purifying infected air.

WHEN a contagious disease originates on ship board, quick lime should always be added to the water which is used for common drink, in proportion of one pound of quick lime, to a hogshead of water; but if the water is impure, a larger quantity of lime will be necessary, and some of it, should be put also in the ship's Well, to prevent the putrid and foul air arising from thence.

WHEN these means are ineffectual to stop the progress of any contagious disorder, fumigation with the

nitrous vapour, will undoubtedly succeed: and the method of preparing it, is to put half an ounce of vitriolic acid into a cup; warm it over a shovel of coals, adding to it, by little and little, about the same quantity of powdered salt petre, and stirring it occasionally with a slip of glass, as long as the vapour arises. The vessel is then to be carried about the room, (the doors and windows being close shut) and put in every corner and place where it can be suspected, there is any foul air; the fumigation to be continued for one or two hours every day, or oftner, untill the contagion is destroyed.

If the vapour should irritate the lungs, so as to excite much cough; fresh air should be admitted by opening the door or windows of the room. However, after a little familiarity with it, this vapour will not offend the lungs, but on the contrary will prove highly agreeable and refreshing.

WHERE any one is apprehensive of having caught infection, which may be suspected by a bad taste of the mouth, and want of appetite; an emetic should be given towards the evening, and on the patient's going to bed, he may be allowed a little mulled cyder or wine whey, with a small dose of the anodyne sudorific drops.*

* Vid. Dispensatory.

THE warm bath, if such a luxury can be commanded, would here be found exceedingly refreshing and beneficial.

Phrensy or Inflammation of the Brain.

SYMPTOMS. A DEEP seated headach, redness of the eyes and face—considerable throbbing or pulsation in the arteries of the neck and temples,—incapability of bearing the light or noise—a constant watching or delirium, with picking the bed clothes. The pulse is generally languid, but sometimes hard and contracted.—The mind chiefly runs upon such subjects, as have before made a deep impression upon it, and sometimes from a sullen silence, the patient becomes all of a sudden delirious and quite outrageous.

CAUSES. EXPOSURE of the head to the scorching rays of the sun ; too deep and long continued thinking ; excessive drinking ; suppression of usual evacuations ; concussion of the brain, and whatever may increase the afflux of blood to the head.

TREATMENT. BLOOD letting is the "*anchor of hope*" in this disease, which should be employed copiously on its first attack, and repeated as the symptoms

and strength of the patient will permit. Immediately after bleeding, a large dose of salts, or some cooling purge must be given. Folds of cloth wet with vinegar or cold water, should constantly be applied to the head,* and if the symptoms prove obstinate, it ought instantly to be shaved, and the whole of the scalp covered with a blister.

BATHING the feet and legs in warm water, or wrapping them up in flannel wrung out of hot water, is also of great service, by producing a revulsion of blood from the head. With the same view, sinapisms should be employed.

ONE of the camphorated powders† given every two hours, or large portions of nitre dissolved in the patient's drink, will be useful.

IF the disease be occasioned by a sudden stoppage of evacuations, every mean to restore them must be tried. In all cases the bowels ought to be kept open by cooling cathartics or glysters.

REGIMEN: THE diet should be of the lightest kind, as ripe fruits with diluent drinks, such as cold

* Ice pounded, and put into a bladder is a very convenient mode of applying cold to the head.

† Vid. Dispensatory.

water, tamarinds and water, &c. freely used. The patient to be kept in a dark room, with his head elevated ; avoiding all irritating causes, and breathing a current of fresh air.*

Cold

Is a disease of the inflammatory kind, which occurs more frequently on sudden changes of the weather, and attacks persons of all constitutions, but especially those of consumptive habits.

It is also at times epidemic, when it is known by the name of influenza, and has been considered as depending upon a specific contagion for its cause.

SYMPTOMS. Its first symptoms are a stoppage of the nose ; dull pain, with a sense of weight in the

* IT WAS OF this disease, generally termed *a stroke of the sun*, that the brave GEN. GREENE, an officer second only to WASHINGTON, died at Mulberry Grove, his country seat near Savannah. As a *true Republican*, he delighted in exercise, particularly that of gardening : of which he was so fond as sometimes to continue it under the meridian blaze. It was in this garden, that the last summons found him. His Honourable friend, E. TELFAIR, Esq. had often cautioned him against imprudent exposure to the Georgia suns : but believing that he possessed the same nerves, as in the hot field of Monmouth, he still pursued his favourite exercise. But while busily adorning the soil which his own valour had so gloriously defended, a sun beam pierced his brain, and in a short time translated to Heaven, as *noble a spirit*, as ever fought under the *standard of Liberty*.

forehead ; stiffness in the motion of the eyes, and soon after cough, hoarseness, and increased secretion of mucous from the nose, and tears from the eyes ; attended with more or less fever, and sometimes sore throat.

CAUSE. THIS disease is generally the effect of cold, which by obstructing the perspiration, throws the redundant humours upon the nose, fauces and lungs; or perhaps, sometimes of specific contagion, or of those great physical changes which give rise to epidemics.

TREATMENT. THE treatment of this disease, as of all others of an inflammatory nature, consists of the antiphlogistic, or cooling remedies. Where it is slight, little else will be necessary than to live abstemiously ; avoid cold, and whatever may increase the feverish habit. Bathe the feet and legs, before going to bed in luke warm water, and drink freely of diluting liquors, as flaxseed, balm or groundivy teas, weak wine whey, barley water, &c. thereby exciting perspiration; and taking care afterwards to avoid a sudden exposure to cold or damp air. Attention must at the same time be paid to keeping the bowels open, by the occasional use of castor oil, or some cooling cathartic.

WHEN the disease is more violent ; blood letting in a large or smaller quantity, should be employed ; and repeated as the symptoms may require, in conjunction

with the preceding remedies. And in case of pain, apply a blister as near as possible to the affected part.

If the cough which is often troublesome, be not removed, by diluent drinks, or flaxseed syrup,* or by chewing liquorice ball, or by taking now and then a spoonful of sweet oil and honey; opiates, after the inflammatory symptoms have abated, may be given at bed time with success. Sixty drops of paregoric for example—or thirty of laudanum, or the anodyne sudorific draught or bolus, in warm tea.* The steam of hot water or vinegar and water, inhaled, also greatly alleviates this symptom as well as the hoarseness, so commonly prevalent. When the cough is very frequent, the fever considerable, and the breathing intercepted by transient pains, or tightness of the chest; the cooling course above recommended, such as bleeding, purging, blistering, with diluting drinks, must be early employed; otherwise inflammation of the lungs will succeed, which, if not speedily removed, may terminate in consumption.

THE frequency of this disease, from the sudden changes of weather to which our climate is subject, and the slight degree of alarm generally excited by what is called "*only catching a cold*," too often occasions that neglect, which gives rise to the most distress-

* Vid. Dispensatory.

sing maladies, such as quinsy, pleurisy, inflammation of the lungs, rheumatism, &c.

FULLY satisfied that numbers fall victims to the supposed insignificance of this insidious enemy, I have thought it my duty thus to warn the inattentive.

PREVENTION. To guard against this disease, the utmost attention should be paid to a due regulation of the clothing : which ought to be neither too thin, nor so irregularly disposed, as to leave one part of the body *naked*, whilst the rest is burthened and too warmly clad ; an error frequently committed among children and young persons. Warm rooms and impure air, may weaken the body, but warm clothing can never be injurious in cold weather. The use of flannel cannot be too highly recommended as a preventive of this disease ; and if an objection should be made to wearing it next to the skin, on account of the irritation it occasions, it may be worn over the linen.

PUTTING on wet clothes, or lying in damp sheets, or sitting in wetted rooms, is so well known to be injurious, that it can be hardly necessary to admonish people against such obvious improprieties. The common prudence of shunning, when heated, a torrent of cold air from the crevice of a door or window ; or throwing off the clothing immediately after taking exercise, are so obvious, as not to be required to be enlarged on.

Equal danger arises from too suddenly passing out of an atmosphere of a very cold temperature, to one of a much warmer.

THUS, when any part of the body has been exposed to cold, it is liable to be much more affected by heat and other stimuli, than before the exposure. Of this, the method of treating frozen limbs in cold countries, affords a beautiful and decisive proof. Were a frozen limb to be brought before the fire, or immersed in warm water, a violent inflammation would come on, and speedily terminate in mortification. They therefore rub the parts benumbed with snow, and then, very gradually expose them to a warm temperament.

HENCE it will evidently appear, that strong drinks, both before and after exposure to severe cold, must be highly dangerous ; and it should always be remembered, that when the body has been either chilled or much heated, it must be brought back to its natural state by degrees ; and again, after being exposed to wet weather in summer, the clothes should be changed as soon as possible, and the body kept quiet and cool, for some time.

By attention to these precautions, those inflammatory diseases, for which cold only prepares the system, may be easily avoided.

Quinsy, or Inflammatory Sore Throat.

SYMPTOMS. Is distinguished by a sense of heat, pain and tightness in the fauces and throat, accompanied by a difficulty of swallowing, particularly fluids. In general, the inflammation begins in one tonsil, (a gland on each side of the palate); then spreads across the palate, and seizes the other tonsil. When the inflammation possesses both sides, the pain becomes very severe, and swallowing is performed with extreme difficulty; but if it attack the upper part of the wind pipe, it creates great danger of suffocation.

CAUSES. COLD—wet feet—throwing off the neck cloth—or drinking cold water when overheated.

TREATMENT. THE same rules are to be observed, as in all cases of disease highly inflammatory, such as bleeding, purging, and other cooling means. The extent to which these are to be used, can only be ascertained by the violence of the disease, and the constitution of the patient; but from the danger of this complaint, they should be early employed, particularly if there exist any fever.

LOCAL applications have also their good effects, and in slight cases, are often sufficient to remove the inflam-

mation. Receiving the steams of warm water, or vinegar and water, through a funnel or spout of a tea-pot, will give great relief. Much benefit may be derived from the use of gargles, commencing with the *common*, and after the inflammation is considerably abated, using the *astringent* gargle.* At this stage of the disease, gargles of port wine, or brandy and water, answer every purpose, to restore the tone of the fibres, relaxed from over distention.

EXTERNAL applications are, likewise, of great use, as the volatile or camphorated liniment,* or blisters applied to the neck, which by exciting external inflammation, will lessen the internal.

IN addition to those remedies, antimonial mixture or decoction of rattle snake root* given in such doses as will excite perspiration, is much to be depended on, when the inflammatory symptoms run high.

SHOULD these means prove ineffectual, and there appears a tendency to suppuration; it ought to be promoted by frequent taking into the fauces the steams of warm water, or applying warm poultices to the neck. As soon as a whitish tumor with fluctuation of matter is discovered, it should be opened by the lancet and then the *detergent* gargle* should be used.

* Vid. Dispensatory.

If in consequence of the largeness of the tumour the patient cannot swallow, he must be supported by nourishing glysters of broth, gruel or milk.

IF persons soon as they discover any uneasiness in the throat, were to use nitre as already recommended—bathe their feet in warm water—apply flannels moistened with one of the above liniments, and keep comfortably warm, this disease would seldom proceed to a great height.

REGIMEN. WITH respect to the regimen it must be of the cooling kind, except, the application of cold. Barley or rice water, flaxseed tea, and such like, rendered agreeable to the palate by the addition of jelly or honey, should be often taken, although difficult to swallow: for the pain consequent on swallowing, is more owing to the action of the inflamed parts, by which deglutition is performed, than by the passage of the liquid which is swallowed.

PREVENTION. FOR the prevention of this disease, the directions should be adverted to, which have been given under the head of *cold*. Where it becomes habitual, an issue behind the neck, does often succeed in preventing its recurrence.*

* WELL knowing, how deep an interest the world always takes in great men, I trust it will not prove unacceptable to my countrymen to learn, that the above malady, the *Quinsy*, was the messenger, whereby God was plea-

Putrid Sore Throat.

THIS is a contagious disease, and appears more generally in Autumn after a hot summer. It oftener attacks children, and persons of relaxed habits, than those of vigorous health.

sed to introduce into his own presence, the soul of that purest of human beings GEORGE WASHINGTON.

ON the afternoon of the 13th Decembër, 1799, riding out to one of his farms, he was caught in a driving rain, which soon turning into a snow storm, deposited a considerable quantity of snow betwixt his cravat and neck. Long accustomed to brave the inclemencies of weather, he paid no regard to this circumstance; but having brushed off the snow on his return, he supped and went to bed as usual. Some time before day, he was awaked with the sore throat, and difficult breathing, which constitute *quinsy*. A faithful domestic, who always carried a lancet, was called up and bled him, but without affording any relief. About day break my dear *relative* and *honoured preceptor*, Doctor James Craik, of Alexandria, the inseparable *friend* and *physician* of WASHINGTON, was sent for, who reached Mount Vernon about ten o'clock. Alarmed at the general's symptoms, he communicated his fears to MRS. WASHINGTON, who immediately dispatched servants for Doctors Dick and Brown. Nothing was omitted that human ingenuity and skill could do for a life so dear, but all in vain. It appeared in the result, as the *illustrious sufferer* previously declared, that *his hour was come*.

To oblige Mrs. Washington, he continued to take the medicines that were offered him, till the inflammation and swelling obstructed the power of swallowing; when he undressed himself and went to bed, as he said "*to die*" About half an hour before he died, he desired his friends to leave him that he might spend his last moments with God. Thus, after filling up life with glorious toils, he went to rest "*in a good old age, laden with virtue and honour*."

"Let the poor witling argue all he can,
'Tis religion still that makes the man."

SYMPTOMS. It generally comes on with a sense of giddiness ; such as precedes fainting, and a chilliness or shivering like that of an ague fit. This is soon followed by a great heat, and these interchangeably succeed each other during some hours, till at length the heat becomes constant and intense. The patient then complains of an acute pain in the head, of heat and soreness in the throat, stiffness of the neck, anxiety, nausea, with vomiting and delirium. On examining the mouth and throat, the uvula and tonsils appear swelled, and are of a deep red, or shining crimson colour. Soon after, they are covered with white or ashed coloured spots, which, in a short time become ulcerated. This appearance of the fauces seldom affects deglutition, or gives pain, as might have been expected. They are generally attended either with a fœtid diarrhœa or acrid discharge from the nose. The patient often complains of an offensive putrid smell affecting the throat and nostrils, sometimes occasioning nausea, before any ulcerations appear. On the third day or thereabouts a scarlet eruption is thrown out on the skin ; first on the face and neck, and then over the whole body and extremities.

CAUSES. The same which give rise to the nervous or putrid fever, as bad air, damaged provisions, &c. &c.

TREATMENT. The indications of cure are si-
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milar to those of the nervous or malignant fever, as it is analogous in some essential circumstances to that disease, to which we must add the healing of the ulcers.

THEREFORE, on the first attack of a putrid sore throat, an emetic may be given, which may be repeated on the next day, and followed by a mild cathartic. Afterwards it will be necessary to recruit the patient with bark and wine or milk toddy.

THE ulcers in the throat, demand our early and constant attention, as a loss of substance here cannot but threaten much danger to life, or injury to the parts, if the patient should survive : hence the use of gargles must be obvious to every one. When the disease is of a mild aspect, the *common* and *astringent* gargles* frequently used, are often sufficient : but when the symptoms are urgent, the tendency to putrefaction great, the sloughs large and the breath offensive, the *detergent* gargle must immediately be resorted to. Independently of gargling the throat, it is essential that some of the same liquid be injected into the fauces with a small syringe.

In young subjects, this method is the more necessary, as they do not always know how to manage a gargle to any purpose, did the soreness of the parts permit them to do it.

*Vid. Dispensatory.

REGIMEN. MEDICINE will prove of little efficacy, if the animal powers are not supported by proper nourishment : the attendants must therefore, constantly supply the patient with arrow root, sago, panado, gruel, &c. to which may be added such wine as is most agreeable to the palate.

RIPE fruits are peculiarly proper ; and fermented liquors, as cyder, perry, &c. should constitute chief part of the patient's drink. But previous to taking any nourishment, gargles and injections should be very carefully employed, for clearing away the sharp, acrid humours from the mouth and throat, to prevent as much as possible its being swallowed. The patient should be so placed in his bed, that the discharge may freely run out at the corners of the mouth ; and great attention must also be paid to cleanliness.

THE feelings of a tender parent who views the process of the disease on a beloved child, cannot but excite our tenderest sympathy. For too often from an ill judged tenderness to the child, the parent will not suffer this dreadful disease to be checked, by medicines.

BUT it should be remembered that although the pain is for a moment increased by these harsh, but necessary means ; yet the quantity of pain, must on the whole be thereby much lessened, and besides (which is the sweetest consideration of all) a precious life ultimately saved.

PREVENTION. THE same means as advised in the nervous fever, to restore infectious air, must strictly be attended to here, and especially with a view, to prevent the progress of this disease.

Falling of the Palate.

THE falling down, or elongation of the palate, is attended with a sense of tickling in the fauces, and soreness at the root of the tongue.

TREATMENT. AVOID speaking, and gargle the throat with the astringent gargle* or apply salt and pepper by means of the handle of a spoon. Pulling up a middle lock of hair of the head, so as to raise the scalp, is generally a certain remedy.

Mumps.

A CONTAGIOUS disease, affecting the glands and muscles of the neck externally.

SYMPTOMS. SLIGHT fever, which subsides upon the appearance of a tumor under the jaw, near its extremities; sometimes only on one side, but more frequently on both. It increases till the fourth day, and then declines gradually.

* Vid. Dispensatory.

TREATMENT. THIS disorder is often so slight as to require very little more, than to keep the head and neck warm, with spare diet, and a laxative state of the bowels. If, however, there be much fever and pain in the head, it will be necessary in addition to the above, to bleed, blister behind the neck, and take freely of diluting drinks, as flaxseed tea, barley or rice water.

THERE is a singular peculiarity now and then attending this complaint ; for sometimes as the swelling of the neck subsides, the testicles of the male, and breasts of the female, are affected with hard and painful tumors ; and frequently when one or other of these tumors has suddenly been repressed, a delirium of the milder sort occurs. In this event, bleed moderately, apply a blister between the shoulders, give a dose of calomel, and foment the head with warm water for an hour together, every three or four hours.

Sore Eyes.

A DISEASE so well known, as to render all description of it unnecessary.

CAUSES. EXTERNAL violence done to the eyelids or to the eye itself—extraneous bodies under the eyelids, as particles of dust and sand—acrid fluids or va-

pours,—exposure of the eyes to a strong light, and night watching, especially, sewing, reading or writing, by candle light.

INFLAMMATION of the eyes may also be the consequence of bad humours in the system, or may accompany other diseases of the eyes and of the neighbouring parts; such as the turning inward of the eyelids, or styes growing on them.

TREATMENT. WHEN the disease is moderate and the exciting cause no longer exists, the cure is perfectly easy, requiring little more than external applications, such as washing the eyes frequently with warm milk and water, mixed with a little brandy, or using for a lotion, simple rose water, or about eight grains of white vitriol dissolved in a gill of spring water.

BUT in more severe affections, bleeding, blistering behind the ears, or nape of the neck, with gentle purgatives, and the cooling regimen, will be found eminently useful. The greatest benefit will also result from soft linen bandages wet with cold water, applied to the eyes, and frequently renewed until the heat and inflammation have subsided. Soon as this is effected, use the anodyne eye water,* or two or three drops of laudanum dropt into the eye, or bathe the eyes in cold

* Vid. Dispensatory.

water or brandy and water, to restore the tone of the parts.

IN all inflammation of the eyes, from common causes, the remedies above specified will generally succeed; only we should be careful not to use any of the more stimulant applications, till the inflammation begins to abate of its violence, otherwise they will rather increase than subdue the malady.

WHEN this disease is occasioned by morbid humours in the habit, as the scrophulous or venereal, we must use the remedies pointed out in the treatment of those complaints. If dirt or foreign matter be lodged in the eye, it may soon be removed by passing a small hair pencil between the eye lids, and the ball of the eye.

THE defending of the eyes from the light by confinement in a dark room, or wearing a piece of green silk over them, is a caution which though too obvious to be pointed out, is too important to be omitted.

PREVENTION. To persons liable to this complaint, the following instructions may be useful. When the eyes are weak, all painful and fatiguing exertions of them, should be carefully avoided, such as looking at the sun, sewing or reading by candle-light, or sitting in a smoky room.

IF there be well grounded suspicion, that the inflammation of the eyes, originates from the suppression of any of the customary evacuations ; those evacuations should, as soon as possible, be restored, and until then an issue or blister on the neck should be kept running, as a necessary substitute.

Pleurisy.

SYMPTOMS. AN acute pain of the side, which reaches to the throat, in some to the back, and in others to the shoulders ; but in general is seated near the fleshy part of the breast, with a high fever, hard and quick pulse ; difficulty of breathing, and a teasing dry cough. The seat of the inflammation and consequently of the pain, may vary in different cases, but this is not of much importance, as the same mode of treatment is required in inflammations of the viscera contained in the cavity of the chest, as the membrane which invests them.

CAUSES. THE pleurisy, like other inflammatory diseases, proceeds from whatever obstructs the perspiration ; as exposing the body to the cold air when overheated. It may likewise be occasioned by whatever increases the circulation of the blood, as violent exercise, or an imprudent use of ardent spirits.

TREATMENT. IN the cure of pleurisy, or inflammation of the viscera, our success depends on subduing the violent action of the vessels, by bleeding, blistering, and employing such remedies as are calculated to keep the bowels open, and to determine the fluids to the surface.

HENCE, at the onset of this disease, a large bleeding is always necessary, succeeded by a dose of castor oil or some cooling purge, and so long as the violence of the symptoms continue, the lancet should be used once or twice a day.

A BLISTER over the pained part after bleeding, is by no means to be omitted; and if the pain is obstinate, when the blister on one side ceases to discharge freely, apply another on the other side. When blisters cannot immediately be obtained, warm cabbage leaves, or a bladder nearly filled with warm water, applied to the affected side and repeated as often as it becomes cold, will sometimes afford relief.

DURING this treatment, the patient should take freely of warm diluted drinks, as flaxseed, balm, or groundivy teas, barley or rice water, to which may be added, a little of the juice of lemons.

THE decoction of Seneka or rattle snake root, exhibited in doses of one or two table spoonfuls every two or three hours, abates the febrile heat, and produces

expectoration. The camphorated powders * also produce these beneficial effects. When these medicines are not at hand, portions of nitre dissolved in the patient's common drink, and the antimonial mixture,* exhibited in such doses, as will keep up a nausea at the stomach, without vomiting, will answer every purpose.

INHALING the steam of hot water, from the spout of a tea-pot, or applying a large sponge dipped in warm vinegar, to the mouth and nostrils, will be highly beneficial. Flaxseed syrup is a valuable medicine in this complaint, in allaying the cough, a symptom exceedingly distressing. In the advanced stage of the disease, when the inflammatory symptoms are almost wholly abated, and the cough proves the chief cause of pain and loss of sleep, then opiates may be given, with the greatest advantage.

It should be observed in the exhibition of opiates, that if they are administered in the commencement of inflammatory disease, before the necessary evacuations are made, they increase the inflammation and consequently destroy the patient; but if given near the close of such maladies they are of the greatest service and complete the cure. When perspiration is obstructed, they should be coupled with some emetic drug, as in the form of the anodyne sudorific draught or bolus,*

† Vid. Dispensatory.

but when this is not the case, opium or laudanum alone, should be administered, and that in small doses, when the patient is much debilitated from previous evacuations. A quarter of a grain of opium, or ten drops of laudanum given about an hour before the evening exacerbation, alleviates the symptoms, and if repeated for a few evenings, gradually increasing the dose, insures the cure.

If the pulse sink and become languid, blister the extremities, and give six or eight grains of volatile salts every three hours with mulled wine. The bowels in the course of the disease, must be kept moderately open by emollient injections or mild laxatives, as castor oil or the cathartic mixture.

REGIMEN. IN no disease is a strict abstinence more necessary than in this, since in proportion to the nourishment taken, will be the increase of the blood and consequently of fever. Nothing but diluent drinks, as toast and water, barley water, or flaxseed tea ought to be allowed, until the violence of the disease is subdued, and these liquids should be taken often, but in small quantities at a time, and never cold. When nourishment is required, the lighter kinds only should be used as arrow root, sago, panado &c. After recovery, great care must be taken to prevent a relapse: the sparest diet should therefore be used; the inclemencies of the weather carefully guarded against: moderate exercise employed, and the chest

protected from the action of cold, by wearing flannel next to the skin. In this state of convalescency, a prudent use of wine with bark or Columbo will assist digestion, and give tone to the system generally.

Peripneumony, or Inflammation of the Lungs.

SYMPTOMS. FEBRILE affections, succeeded by difficulty of breathing—cough, and an obtuse pain under the breast bone, or betwixt the shoulders, increased on inspiration. A sense of fulness and tightness across the chest—great anxiety about the heart, restlessness, loss of appetite and sleep,—the pulse quick, sometimes hard and seldom strong, or regularly full—the breath hot, the tongue covered with a yellowish mucus, and the urine turbid. From the obstruction to the free passage of blood through the lungs, the veins of the neck are distended, the face swollen, with a dark red colour about the eyes and cheeks. The pain in the chest, is generally aggravated by the patient lying on the side most affected, and very often he can lie only on his back.

CAUSES. COLD—obstructing perspiration, and thus producing a morbid determination to the lungs, or violent efforts by over distension.

TREATMENT. SUCH is the delicate structure of the lungs, that they will not sustain inflammatory attacks many hours, before their important functions are destroyed, or so much mischief produced, as to lay the foundation of consumption.

THE antiphlogistic plan, therefore, as advised in the pleurisy, for the *resolution* of the disease, the only salutary termination, should be put into immediate operation; and not by degrees, as is often the case, by which many lives are lost; but should be carried to the utmost extent, particularly the taking away of blood in considerable quantities from the arm, without attention to the state of the pulse, if the respiration is not relieved.

Inflammation of the Liver.

Is of two kinds, the acute, and chronic, and consequently will require variation in the mode of treatment.

SYMPTOMS. THE acute is marked by a pungent pain of the right side, rising to the top of the shoulder, something like that of the pleurisy; attended with considerable fever, difficulty of breathing, dry cough, and often bilious vomiting.

CAUSES. VIOLENT and repeated shocks from vomits—sudden changes in the weather, but especially cold nights, after very hot weather—sitting in a stream of air when overheated—drinking strong spirituous liquors, and using hot spicy aliment.

TREATMENT. IN this, as in all other cases of visceral inflammation, the same means to take off inflammation, as advised in the pleurisy should be carefully observed. And as it is an object of the first importance to prevent the formation of matter, we should adopt these means as early as possible to produce resolution, the only salutary termination. After the acute stage is over, we may consider the affection of a chronic nature, and the mode of treatment must be regulated accordingly.

THE symptoms of chronic affection of the liver, are sometimes very obscure, and confined rather to the common marks of stomach complaints, as flatulence, and frequent eructations. The appetite in consequence fails, and occasional uneasiness or pain is felt in the region of the liver extending to the right shoulder, the characteristic of the disease. An obscure fever prevails, which is generally worse at night, inducing languor, want of sleep, and much oppression. In the progress of the malady, the countenance seems livid and sunk, and the eyes appear of a dull white or yellowish hue. Under these symptoms, the body becomes gradually emaciated; while in the region of the

liver, is felt a sense of fulness with a slight swelling and difficult breathing, attended with a hoarse, dry cough, which is particularly aggravated, when the patient lies on the left side.

As the disease advances, dropsical symptoms accompanied with jaundice supervene ; and under these complicated maladies the sufferer sinks. Sometimes an abcess opens externally, which if it do not cure, at least prolongs the life of the patient.

TREATMENT. IN this species of the disease, the stimulant purgative pills* may be employed with advantage.

THE cure however depends principally upon mercury, or the nitric acid exhibited in small doses. The mercury may be introduced in the system, either by taking one or two of the mercurial pills night and morning,* or by rubbing as frequently on the part affected, the ointment about the size of a nutmeg ; continuing the one or the other, until a ptyalism is produced, or the disease subdued.

DURING this course, the use of the tonic powders, or pills* or bark and snake root, when the febrile symptoms have abated, will greatly hasten the cure.

* Vid. Dispensatory.

THE nitric acid, with patients who are scorbutic, or much debilitated, is far preferable to the calomel on account of its antiscorbutic and tonic powers. It should be given to the extent of one or two drachms daily, diluted with water, in proportion of one drachm of the acid to a quart of water. At first it ought to be given in small doses and frequently repeated, and the dose gradually increased as circumstances require. This medicine, like calomel, must be continued until the mouth becomes affected, the salivary glands enlarged, and their secretion increased; and when this takes place, the disagreeable symptoms will be removed, and the patient from being debilitated, becomes healthy, vigorous, and cheerful.

OBSTRUCTIONS and indurations of the spleen, bear some resemblance to a diseased liver, and are very prevalent in low, marshy and aguish situations. Their treatment consists in the use of the same means as recommended for the cure of this disease.

REGIMEN. THE food should be easy of digestion, such as veal, lamb, fowls, or fresh beef. Water cresses, garlic, and other pungent vegetables are efficacious. A change of climate, and moderate exercise in the open air of the country, is both agreeable to the patient and very salutary.

Inflammation of the Stomach.

SYMPTOMS. ACUTE pain in the stomach, always increased upon swallowing, even the mildest drinks. Inexpressible anxiety—great internal heat; something like heart-burn—constant retching to vomit—frequent hiccups—the pulse small, quick and intermitting.

CAUSES. ACRID or hard and indigestible substances—strong emetics, or corrosive poisons taken into the stomach;—drinking extreme cold liquors while the body is in a heated state. It may also be occasioned by external injury.

TREATMENT. UNLESS the inflammation can be resolved in the very beginning; it rapidly terminates in a mortification.

THEREFORE, a violent pain in the region of the stomach, with sickness and fever, should always be very seriously attended to. Copious bleeding is absolutely necessary, and is almost the only thing that can be depended on. In no inflammation is the immediate use of the warm bath so necessary as in this, which attacks at once the “*throne*” of life. If a better bathing vessel cannot be had, a barrel or half hogshead filled with warm water, about blood-heat,

will do. Let the patient be instantly put in it, covering the top with a blanket. Keep him in as long as he can bear it; and when taken out, and wiped dry with warm cloths, he should immediately have a large blister over the stomach.

THE bowels must be kept open by the mildest glysters, as water gruel, or weak broth, with the addition of a little salt petre, and sweet oil or sugar. These injections answer the purpose of internal fomentations, and also nourish the patient: who, is often unable to retain any food, or even drink upon his stomach.

REGIMEN. WHEN the stomach will admit of nourishment, only that of the lightest kind should be allowed, barley water, mucilage of gum arabic moderately warm, are the most suitable drinks. Every thing of a heating and irritating nature must be carefully avoided for some time after the attack.

Inflammation of the Intestines.

SYMPTOMS. TENSION of the belly—obstinate costiveness—great internal pain—external soreness, especially about the navel, and so severe as scarcely to bear the slightest touch—great debility—hard, small, and quick pulse.

CAUSES. THE same generally, that induce the preceding disease. It may also be the sequel of other diseases, as rupture, colic, dysentery, worms, &c.

TREATMENT. WHATEVER may be the cause, we must endeavour to bring about as quick as possible, resolution, lest mortification be the consequence. The treatment of inflammation of the stomach, will also be proper here, as copious bleedings, emolient glysters frequently repeated; the warm bath, and immediately afterwards a blister on the belly.

SUCH is the nature of this complaint that we cannot be too cautious in the administration of *medicines* or *diluents* by the mouth. But the frequent use of emollient injections will in great measure supersede their necessity, and at the same time act as fomentations to the parts. Fresh olive oil, in the dose of a table spoonful, is perhaps the only medicine that can be admitted with safety. When the violence of the disease shall have somewhat abated, laudanum may be employed with great advantage, particularly by way of injections.

REGIMEN. AFTER the disease is subdued, the diet should be for some time, of the lightest kind and not flatulent. The patient must be kept quiet, avoiding cold severe exercise, and all irritating causes.

Inflammation of the Kidnies.

ACUTE pain and heat in the small of the back—great numbness along the thigh, and not unfrequently a retraction of one of the testicles—retching to vomit—voiding the urine in small quantities, sometimes very pale and other times of high red colour, attended with febrile affections.

CAUSES. EXCESSIVE exertions,—external injuries, violent strains,—exposure to cold when heated, and calculous concretions in the kidneys.

TREATMENT. BLEED copiously, keep the bowels open with castor oil, and emollient glysters, use the warm bath, or foment the part with a hot decoction of camomile or bitter herbs, or hot water alone; give mucilaginous and diluting liquors; as flaxseed tea, &c. with the camphorated powders,* or small portions of nitre. Flannel wetted with spirits, with the addition of a little spirits of hartshorn, may be applied to the small of the back, for the purpose of exciting some degree of inflammation of the external parts. After the inflammation has somewhat abated, the exhibition of laudanum in its usual quantities, either by mouth or glysters, will add considerably to the cure.

* Vid. Dispensatory.

If the disease has been treated improperly, or neglected at the onset, and a suppuration takes place, which is known by discharge of matter with the urine, use the balsam capivi, twice or thrice a day, for a week or two, and afterwards take bark or steel.

REGIMEN. THE diet should consist of the most mucilaginous substances, as arrow root, sago, milk butter-milk, custards, flaxseed tea, barley or rice water, &c. In the convalescent state, moderate exercise in the open air, is of great service.

Inflammation of the Bladder.

SYMPTOMS. ACUTE pain at the bottom of the belly, which is much increased by pressure—a frequent desire and difficulty in making water, and frequent efforts to go to stool, attended with febrile affections.

CAUSES. CALCULOUS concretions—suppression of urine from obstruction in the urethra—Spanish flies taken internally, or applied to the skin—wounds, bruises, &c.

TREATMENT. IT must be treated consistently with the plan laid down in the preceeding disease, excepting that where there is an entire retention of urine,

the patient should drink no more than is absolutely necessary.

THE lovers of wine and cyder, should remember that those beverages, however pleasant and exhilarating, have a tendency to aggravate all diseases of the kidneys and bladder, especially when they originate from an acrid state of the fluids.

Headach.

IF a foul stomach be the cause, give an emetic, after which take columbo three times a day. If from a phlethoric habit, which is known by a heaviness of the head, and flushed face, bleed and give opening medicines. If from rheumatism, apply a blister to the back part of the neck or between the shoulders, and at bed time, bath the feet in warm water, and take the anodyne sudorific draught. * If from a weak habit, and where the pain returns at stated periods, (as in cases of intermittents) and confined on one side of the head, as over an eye; the cure will generally depend upon the free use of bark and snake-root, or the solution of arsenic twice or thrice a day, * which seldom fails, especially if preceeded by a brisk purge. In this as well as other periodical pains, laudanum exhibited in a pretty

* Vid. Dispensatory.

large dose an hour or two before the expected fit, will often prevent its coming on. Æther externally applied over the pain on a piece of linen, with a warm hand to confine it, will afford immediate relief in headachs attended with a cold skin. Cayenne peper mixed with snuff, by irritating the membranes of the nostrils, has also given much relief in cold or nervous headachs.

It is not unfrequent that the partial or nervous headach (as it is termed) is produced from a decayed tooth, which on such suspicion, should instantly be extracted.

THOSE who are subject to this complaint, should bathe their head every morning in cold water; avoid full meals; lie with their heads high in bed; and always keep their feet warm, and the bowels in a regular state.

Earach.

FREQUENTLY produced from living insects getting into the ear. The most effectual way to destroy them, is to blow in the smoke of tobacco, or pour in warm sweet oil. If occasioned by cold, inject warm milk and water in the ear, or drop in a little laudanum or volatile liniment. If this produce not the desired effect,

foment the ear with steams of warm water, and apply a bag of camomile flowers, infused in boiling water and laid on often, as warm as can be borne.

WHEN the inflammation cannot be discussed, a poultice of bread and milk or roasted onions may be applied to the ear, and frequently renewed till the abcess breaks; after which it must be syringed twice or thrice a day, with Castile soap and water.

Toothach.

Is best removed by extracting the tooth; when this cannot be effected, fill the cavity with a little cotton or lint dipt in Turlingtons balsam, or laudanum, or any of the essential oils, or with pills of camphor and opium.

THIS unpitied, though often excruciating pain is in most cases, no more than the just punishment of our neglect of the teeth; surely then we ought to take some care of them, though it were but for the pleasure of having them sound. But this care would be redoubled were we but daily to consider the advantage of good and clean teeth and sweet breath. Some women indeed are blest with faces so nearly angelic, that not the blackest teeth can entirely defeat their charms, nor the vilest breath drive away their

lovers. But how different would be the effect of both, if, through their ruby lips opened with a smile, we were to see teeth of ivory, white as snow, pure as the *fair owner's frame*, and accompanied with breath sweet as that of infancy.

PREVENTION. To prevent the toothach, and to preserve the teeth and breath perfectly sound and sweet, the tooth brush dipped in warm water, and then in charcoal toothpowder,* should be used constantly every morning. The charcoal powder, an invention of the celebrated Darwin, is good at whitening the teeth, and admirable in correcting bad breath. The tooth pick and tumbler of pure water, should never be forgotten after every meal.

IF the calcarious crust or tartar upon the teeth adheres firmly, a fine powder of pumice stone may be used occasionally. When the gums are spongy, they should be frequently pricked with a lancet, and gently rubbed with a powder composed of equal parts of Peruvian bark and charcoal.

YOUNG persons who wish to carry fine teeth with them through life, must take care never to sip their tea scalding hot, nor to drink water freezing cold. Such extremes not only injure the tender

* Vid. Dispensatory.

coats of the stomach, but often ruin the teeth, and have caused many imprudent persons to pass a sleepless night, distracted with pains of the teeth and jaws.

Rheumatism.

SYMPTOMS. WANDERING pains in the larger joints, and in the course of the muscles connected with them, increased on motion, and generally worse towards night. When with fever, it is called acute or inflammatory rheumatism, and chronic without.

CAUSES. SUDDEN changes of weather—application of cold to the body when overheated—wearing of wet clothes.

TREATMENT. IN the inflammatory rheumatism, large and repeated bleedings are necessary, as indicated by the fulness of the pulse, especially on the first days, and when there is much pain. With this should be combined a free use of diluent drinks, as flaxseed or balm tea, barley or rice water, with a little nitre dissolved in each draught, or the antimonial mixture* in small doses, to excite slight perspiration which should be kept up with great care;

* Vid. Dispensatory.

as in this relaxed state of the skin, the disease is liable to recur upon the least application of cold.

BLEEDING and blistering over the part affected, when the pain and inflammation continue violent, have also their good effects.

AFTER the inflammatory symptoms have in great measure subsided the anodyne sudorific draught or bolus,* or laudanum alone may be administered at bed time with great advantage.

DURING this general treatment, attention must be paid to the state of the bowels, which should be kept open by emollient glysters or cooling medicines, as the cathartic mixture, or castor oil, exhibited in small and repeated doses.

WHEN the disease has fully attained its chronic state, it then forms a local affection, distinguished merely by stiffness, distension, and considerable immobility in the joint.

IN this species of the disease, a different plan of cure must be followed. Large evacuations are to be avoided and external stimulants of the warmest kind should be applied, as the oil of sassafras, spirits of turpentine, opodeldoc or the volatile liniment; *and

* Vid. Dispensatory.

along with this, friction with a flesh brush or flannel over the afflicted joint is not to be omitted. If these means prove ineffectual to rouse the energy of the part, add to an ounce or two of either of the above articles, one or two dracms of the tincture of spanish flies. In addition to those remedies, the internal use of the anti-rheumatic tincture,* in doses of a table spoonful twice or thrice a day in a cup of tea, is much to be depended on.

WHEN these remedies prove ineffectual, we may suspect there exists in the habit some peculiar fault which must be corrected before a cure can be expected.

IF the patient be much debilitated, of a scorbutic habit, give him bark freely. And if the disease is in consequence of a venereal taint, or taking cold from the use of mercury, let him take calomel in small doses, until a ptyalism is produced. A strong decoction of sarsaparilla* used freely, is also a good remedy.

IN some cases of obstinate rheumatism, I have witnessed the happiest effects from taking for some time, a tea-spoonful of flour of sulphur night and morning. In others again, I found nothing equal to

* Vid. Dispensatory.

the poke berry bounce† in doses of a wine glassful, morning, noon, and night.

Two other forms of rheumatism ought here to be mentioned, namely, the lumbago, and the sciatic. The first attacks the loins or lumbar region, with a most acute pain shooting to the joints of the thigh. This affection is nearly related to the inflammatory rheumatism, and must be treated in the same manner, only instead of applying blisters over the affected part, they should be applied on the inside of the thighs, and kept running for some time.

THE second, sciatic, is a violent and fixed pain, attacking the hip joint, and as partaking of the nature of the chronic rheumatism, is most successfully to be treated like that disease.

PREVENTION. COLD bathing, and the use of flannel next to the skin, are the most effectual means of preventing the recurrence of both acute and chronic rheumatism.

Vaccine disease, or Cow-Pox.

THE vaccine discovery, may be justly considered as one of the most extraordinary blessings bestowed on man; since it is a fact, incontestible, that it is a

† Poke berry bounce is made like cherry bounce.

certain security against the small-pox, a disease distressing in its symptoms, formidable in its appearance, doubtful in event, and to which mankind are so generally exposed.

THE comparative advantages which the kine-pox has over the small-pox are very great and striking. *First*, it is neither contagious nor communicable by effluvia; *secondly*, it excites no disposition to other complaints; *thirdly*, it can be communicated with safety to children at the earliest age, and almost in every situation; and *fourthly*, it is never fatal. What more can be required to produce a general conviction of its superior utility.

THE method of performing the inoculation, is to hold the lancet nearly at a right angle with the skin, in order that the infectuous fluid may gravitate to the point of the instrument, which should be made to scratch the skin repeatedly until it becomes slightly tinged with blood. The operator must be cautious not to make the wound deeper than necessary, as the inoculated part will be more liable to inflammation, which may destroy the specific action of the virus.

THE most certain method of securing the infection, is to inoculate with fresh fluid from the pustule; but as this is often impracticable, it is advisable to hold the infected lancet over the steam of boiling water to soften

the hardened matter. Where the virus has been procured upon thread, make a small longitudinal incision in the arm, and insert in it, the infected thread, and detain it there by court plaister, until the disease is communicated.*

THE first indication of the success of the operation, is a small inflamed spot at the part where the puncture is made; which is very distinguishable about the third, fourth or fifth day. This continues to increase in size, becomes hard, and a small circular tumor is formed, rising a little above the level of the skin. About the sixth or seventh day the centre of the tumor shews a discoloured speck, owing to the formation of a small quantity of fluid, and this continues to increase and the pustule to fill, until about the tenth day.

AT this time it shews in perfection the characteristic features, which distinguish it from variolous pustule. Its shape is circular or somewhat a little oval, but the margin is always well defined and never rough and jagged, the edges rise above the level of the skin, but the centre is depressed and has not that plumpness which marks the small-pox pustule. As soon as

* Matter may also be procured from the scab. The mode of inoculating from it, is the same as from the fluid, taking care, however, previously to moisten it with tepid water, and to use the matter of the inner side of the scab. The scab will frequently retain its virus for months, provided, especially, it be kept in a close box.

the pustule contains any fluid, it may be opened for future inoculation. About two days before, and two after the eighth day, making a period of four days, is the season when the matter is found in its greatest activity.

At the eighth day, when the pustule is fully formed, the effects on the constitution begin to appear. The general indisposition is commonly preceded by pain at the pustule and in the armpit, followed by headach, some shivering, loss of appetite, pain in the limbs, and a feverish increase of pulse. These continue with more or less violence for one or two days, and always subside spontaneously without leaving any unpleasant consequences. During the general indisposition, the pustule in the arm, which had been advancing to maturation in a regular uniform manner, becomes surrounded with a circular inflamed margin, about an inch or an inch and a half broad, and this blush is an indication that the whole system is affected; for the general indisposition (if it occurs at all) always appears, on or before the time when the efflorescence becomes visible. After this period, the fluid in the pustule gradually dries up, the surrounding blush becomes fainter, and in a day or two dies away imperceptibly; so that it is seldom to be distinguished after the thirteenth day from inoculation. The pustule now no longer increases in extent, but on its surface a hard thick scab of a brown or mahogany colour is formed, which if not removed, remains for nearly a

fortnight, until it spontaneously falls, leaving the skin beneath perfectly sound and uninjured.

THE above is the progress of the vaccine inoculation in the greater number of cases, from the time of insertion to that of the drying up of the pustule, with only the variation of a day or two in the periods of the different changes. The successive alterations that take place in the local affection, appear to be more constant and more necessary to the success of the inoculation, than the general indisposition. With respect to this latter, the degree is very various—infants often pass through the disease without any perceptible illness—with children it is extremely moderate—and even with adults its severity is but for a few hours, and then never dangerous.

VERY little medical care is necessary to conduct the patient through this disease with perfect safety; especially when children are the patients. Adults may take a dose of salts on the eighth day, which will be particularly useful in plethoric habits. In general no application to the inoculated part will be required, unless the inflammation increases, and the pustule becomes painful; then the part should be kept moist with cold vinegar and water or lead water, till the pustule is dried up.

To conclude, much attention and discrimination are necessary in the vaccine inoculation, to ascertain whe-

ther the infection has fully taken, and whether or not, the disorder is complete and genuine. The regularity with which the local disease at the place of inoculation, runs through its several stages, seems to be the principal point to be attended to; for the presence of fever is certainly not necessary to constitute the disease, since the greater number of infants have no apparent indisposition.

THEREFORE, when the vaccine inoculation is followed by no local disorder, or only a slight redness at the punctured part, for a day or two, we can have no doubt that the operation has failed. When the pustule advances in very hasty and irregular progress, when the inoculated puncture on the second or third day after insertion, swells considerably, and is surrounded with an extensive redness: this premature inflammation very certainly indicates a failure in the operation. Even when the inoculation has advanced for the first few days in a regular manner, but, when about the sixth day, instead of exhibiting a well formed pustule and vesicle of fluid, the part runs into an irregular festering sore, the purpose of inoculation is equally defeated; and these varieties require it to be watched with an attentive and experienced eye, since they might readily lead to a false and perhaps fatal idea of security against any subsequent exposure to the small pox. The circumstance however, which most strikingly distinguishes the genuine from the spurious disease is the appearance of the pustule. In the

genuine, the pustule has a well *defined elevated margin*, with an *indentation* in its centre, resembling a button mould. The spurious is either pointed like a small common abcess, or is rugged and irregularly formed, like an ordinary sore. Every other symptom almost occurs in each disease.

Small Pox.

IT would seem unnecessary to take any notice of the small pox, after having treated so largely of its mild and merciful substitute, the cow pox; but as that dreadful disease does sometimes find its way on board of ships and into country neighbourhoods, sweeping (as lately here in Georgia) whole families in its progress, it may be very proper to subjoin the following history of its symptoms and treatment.

THE small pox appears under two very different forms the distinct and confluent. In the first, which is by far the mildest, the pustules fill and assume a conical form. In the last and most dangerous, the pustules run together and remain flat,

SYMPTOMS. A FEW days prior to the attack, the patient complains of langour and weariness, succeeded by cold shiverings and transient glows of heat, immediately before the fever; which is accompanied

by violent pain of the head and loins, and frequently with a severe oppressive pain at the pit of the stomach. The patient is very drowsy, and sometimes delirious. About the third day the eruption appears like flea bites, first on the face and limbs, and afterwards on the body. From this period the pustules gradually increase, and on the fifth or sixth day, will begin to turn white on their tops. The throat at this period, often becomes painful and inflamed; and sometimes on the seventh, day the face is considerably swelled-

IN the confluent, the spots assume a crimson colour, and instead of rising, like the distinct kind, they remain flat and run into clusters; and during the first days of the eruption, much resembling the measles, but of a purple colour. The flow of saliva is constant in this form of the disease, and becomes so viscid as to be discharged with the greatest difficulty.

TREATMENT. THE cure of small pox depends on the general principle of the antiphlogistic plan, especially in a free admission of cold air, which may be carried much further in this, than in any other disease. Bleeding in the first stage of the disease, or when the pulse is full, may be allowed, but the use of cooling purgatives with acid and diluent drinks are indispensable.

WHEN the eruption makes its appearance in clusters of a dark red colour, the disease is more of a putrid

nature, and consequently instead of bleeding, requires a liberal use of bark and wine to invigorate the constitution, as directed in the nervous fever.

BUT besides this general treatment, there are some symptoms, which require particular attention. Thus when convulsions or great restlessness prevail, exposure to cold air and a dose of laudanum are enjoined. Where the respiration is much impeded or deglutition difficult, blisters may be applied to the breast and neck, and gargles, such as are recommended for sore throats, frequently employed. If the perspiration be obstructed the antimonial mixture may be used.

WHEN this disease finds its way a board of a vessel, or into a family, all those who have not had it, should immediately be inoculated with the variolous matter, if the vaccine fluid, cannot be procured.

THE benefits which result from inoculation are great, as we have an opportunity to prepare the system by abstinence from animal food, and by taking one or two purges of calomel and jalap before the eruption takes place. But if the subject be of a weak delicate habit, a restorative diet alone, will be more proper.

IN every stage of the small pox, the bowels should be kept open either by mild purgatives or glysters.

REGIMEN. THE diet is to consist of vegetable substances, as arrow root, panado, milk, rice, &c. and when the eruption is completed, a more nourishing diet may be allowed. If the disease is of the putrid kind, wine, cyder, perry, porter or milk toddy, may be given freely.

IN this as in all diseases connected with putrescency, the advantages arising from cleanliness as well as from frequent ventilation of the chambers are so obvious, that to insist on them, is unnecessary.*

Measles.

THIS disease is the effect of a specific contagion, and attacks persons only once in life.

SYMPTOMS. ALTERNATE heats and chills with the usual symptoms of cold. On the fourth day from the attack, eruptions like flea bites, arise on the face and body, and in about four days more, those eruptions disappear with the fever.

TREATMENT. WHEN the disease is very slight, little more is necessary, than to keep the patient's body open with the cathartic mixture or castor

* Vid. Nervous fever.

oil. But should the febrile symptoms run high, with difficulty of breathing, bleed, blister the breast, and inhale through the spout of a tea pot, the steam of hot water. After the eruption is completed, the anodyne sudorific draught, pæregoric, or laudanum, will be serviceable at bed time, to allay the cough. If the spots suddenly disappear, immerse the body in warm water, or bathe the legs and feet, and give freely of warm wine whey, until the eruptions return.

REGIMEN. THE diet should be low and proportioned to the degree of fever. Barley or rice water, flaxseed tea, or other cooling mucilaginous drinks, with jellies, as arrow root, gruel, sago, &c. will, in general be all that is necessary until the feverish symptoms are evidently on the decline. Much caution is necessary that the patient be not suddenly exposed to cold air, lest an inflammation of the lungs should be produced, which generally proves fatal.

Chicken, or Swine-Pox.

IN this disease an eruption much resembling that of a very favorable small-pox, appears after a very slight fever. This eruption soon proceeds to suppuration, in which state it remains but a little time, before the disease terminates by the drying up of the pustules, which seldom leave scars behind.

As to the treatment, medicine is very seldom necessary, it being generally sufficient that the patient be kept moderately cool, and supplied with diluent drinks and light food.

Saint Anthony's Fire.

SYMPTOMS. AN inflammation on some part of the skin, attended with pain and heat, and when extensive, with considerable fever.

CAUSES. IMPRUDENT exposure to cold when the body is heated—hard drinking—and sudden stoppage of any natural evacuation.

TREATMENT. WHEN slight, it requires only that the bowels be kept gently open, by small doses of cream of tartar and sulphur, or the cathartic mixture, with small portions of nitre in the patient's common drink : but when the attack is violent, and the head affected, then, in addition to the above, bleed, bathe the feet in warm water, apply sinapisms to the extremities, and give the saline or antimonial mixture* with diluent drinks.

THE best external applications are flour or starch,

* Vid. Dispensatory.

gently sprinkled by a puff on the part, or in case of dryness and much heat, cabbage leaves, stripped of their stems and softened in boiling water, and renewed every two or three hours.

IF, in spite of these means, ulceration should take place, apply bark poultices, frequently renewed, or cloths dipped in the camphorated spirits,* with the usual means of preventing mortification. Should the swelling suddenly subside, attended with internal oppression, anxiety and weak pulse, apply blisters or sinapisms to the extremities, and give wine or warm toddy freely to throw out the eruptions to the skin.

REGIMEN. THE diet should be low, and the drink chiefly of rice or barley water, acidulated with tamarinds or the juice of lemons.

PREVENTION. AVOID the extremes of heat or cold, abstain from spirituous liquors, and keep the bowels regularly open.

Bleeding at the Nose.

IN febrile diseases accompanied with pain in the head, flushed countenance, and redness of the eyes,

* Vid. Dispensatory.

bleeding from the nose in general, is salutary, and ought not to be checked unless the patient is likely to be too much exhausted by it ; however, when this discharge is too profuse, the patient should have his head raised and exposed to cool air. Beside which, cold acidulated drinks should be used, and cloths dipped in cold vinegar and water, frequently applied to the face and back of the neck. A piece of metal, as a key for example, applied cold to the naked back, is a familiar remedy and often succeeds. If these should not prove sufficient, a pledget of lint dipt in strong alum water, or a powder composed of flour and alum of equal quantity should be introduced into the nostrils, with sufficient force to compress the orifice of the ruptured vessels.

Spitting of Blood.

WHEN there is a discharge from the mouth of blood of a florid colour, brought up with more or less coughing, preceded by a sense of tightness, weight, and anxiety in the chest, and attended with a saltish taste of the spittle, it is in consequence of a ruptured vessel of the lungs.

CAUSES. PLETHORA—violent exercise of the lungs—and frequently a faulty conformation of the chest.

TREATMENT. Give immediately from a tea to a table spoon full of common salt, which must be repeated every two hours or oftener, in large doses until it is checked. And to prevent a return of the disease, a small table spoonful of the salt must be taken daily two or three days. PROFESSOR RUSH has employed the common salt with success, in hæmorrhages from the stomach, accompanied with vomiting, and others have tried it with equal success in discharges of blood from the nose and uterus.

If the patient be of a plethoric habit or feverish, bleeding is absolutely necessary, in proportion to the state of the pulse. When ever there is fixed pain of the chest, a blister applied to the breast or back will do much service. After the pain, cough, and afflux of blood ceases, ten or fifteen drops of balsam capivi, thrice a day, and an infusion of bark will be proper to restore the tone of the ruptured vessels.

SOMETIMES a spitting of blood is produced in consequence of suppressed evacuation ; in this case it is not dangerous and only requires remedies to restore the vicarious discharge.

REGIMEN. A low diet must be strictly observed and the body kept quiet as possible. Nothing should be taken warm : flaxseed tea, barley or rice water acidulated, with the juice of lemons or elixir vitriol, ought

to be used as common drinks and taken cold as possible.

PREVENTION. CAREFULLY avoid all exertions which detain or which hurry the blood in its passage through the lungs, as singing, loud speaking, running or lifting great weights. Obviate costiveness by the occasional use of mild aperients, and use a spare diet. On experiencing any pain in the chest, blister, bleed, and constantly wear flannel next to the skin.

Consumption.

SYMPTOMS. THOSE which mark its first stage, are a slight fever increased by the least exercise—a burning and dryness in the palms of the hands, more especially towards evening—rheumy eyes upon waking from sleep—increase of urine—dryness of the skin, as also of the feet in the morning—occasional flushing in one, and sometimes both cheeks—hoarseness—slight or acute pain in the breast—fixed pain in one side, or shooting pains in both sides—headach—occasional sick and fainty fits—a deficiency of appetite—and a general indisposition to exercise, or motion of every kind.

THE first appearance of this disease will vary in

different cases, but the most constant symptoms which characterise it, are a cough and spitting of phlegm resembling matter, of which at length it becomes entirely composed.

CAUSES. OBSTRUCTIONS and inflammation of the lungs, depending most frequently on the existence of small tubercles in their substance which coming to suppuration, burst and discharge a purulent matter. Sometimes it is induced by a general affection of the system, and sometimes it is a consequence of other diseases, as cold, measles, small-pox, pleurisy, &c. &c.

TREATMENT. It must be varied and adapted to each stage and case of the disease. In the first, or inflammatory stage, moderate bleedings twice or thrice a week, according to the force of the pulse, and habit of the patient are essential, aided by blisters to the breast and back ; and employing at the same time a cooling regimen.

NITRE in doses of ten or fifteen grains, three or four times a day, and the antimonial mixture in nauseating doses, are serviceable in lessening the arterial action, but greater benefit will result from the use of the fox glove, which may be given with safety even to consumptive children ; but like all powerful medicines, it should be used with much caution in such tender subjects. The most eligible method of using the fox

glove, is in a tincture, beginning with the dose of twenty drops, and gradually increasing it to forty, fifty, or sixty to an adult, morning, noon and night. In giving this medicine, it should be so managed as not to induce vomiting or violent sickness. But if either happen, the patient must for a day or two omit the medicine, and afterwards resume the use of it in smaller doses.

AFTER the inflammatory symptoms have somewhat subsided, laudanum in doses of five or six drops twice or thrice a day and a larger dose at bed time, may be given with the greatest advantage. DOCTOR RUSH has often succeeded in curing this disease, by giving small doses of calomel until a slight salivation is excited, but it should not precede the antiphlogistic plan.

ICELAND liverwort or moss, has been highly extolled of late in this complaint as a remedy, that readily allays cough, facilitates expectoration, abates hectic fever, and quiets the system without constipating the bowels. It is likewise said to strengthen the organs of digestion without increasing the action of the heart and arteries. Indeed the physicians of both Europe and America have spoken so loudly in its praise, that every patient ought certainly to give it a trial. The most approved method of using it, is in the form of decoction; one ounce of the herb to a quart of water boiled for fifteen minutes over a slow

fire, to which two drachms of sliced liquorice root may be added about five minutes before it is taken off. A teacup full of this decoction should be taken four times a day. Another form is by boiling two drachms of the herb in a pint of milk for ten minutes, and taking it for breakfast and supper. If chocolate be preferred, it may be blended with it, by making the chocolate with a decoction of the moss (without the liquorice) as above directed.

REGIMEN. THE diet in the inflammatory state of consumption should be light, and composed of articles that tend to correct acrimony and diminish inflammation, as milk, butter milk, rice milk, arrow root, sago, fruits of every kind and vegetable. In the advanced stage of the disease, and when the pulse is weak a more cordial and stimulating diet, and strengthening remedies are necessary. To prevent weakness, and other ill effects of an empty stomach, patients should take frequently of meat, with wine or toddy; raw oysters are thought to be peculiarly proper. With this cordial diet, small doses of balsam capivi or laudanum, or an infusion of the inner bark of the wild cherry tree, or horehound and bitters of all kinds, have been found exceedingly useful, in this state of consumption. Exercise when not carried to fatigue, in a dry country air, often does more good than medicine, and consequently should always be taken.

LONG journies on horseback, are the most effectual

modes of exercise, carefully avoiding night air, and the extreme heat of the day in summer. That exercise be not carried to fatigue, patients should travel only a few miles in a day at first, and gradually increase the distance as they increase their strength. When exercise on horseback cannot be supported, sailing and swinging should be substituted, and no effort to cheer the spirits, or innocently to amuse the mind, should be neglected.

GREAT care must be taken to regulate the dress according to the changes of the weather. The chest in particular should be defended from the cold, and the feet from the damp. In the various stages of this disorder, the bowels ought to be kept moderately open by emollient glysters, or the mildest laxatives.

Incontinence of Urine.

SYMPTOMS. AN involuntary evacuation of urine.

CAUSES. A RELAXATION of the sphincter of the bladder—injuries received about the neck of the bladder—pressure of the womb in a state of pregnancy, &c.

TREATMENT. WHEN the disease proceeds from a relaxation of the sphincter of the bladder, a

blister to the *os sacrum* or lowermost part of the backbone will be found highly beneficial, and often effects a cure. The cold bath and tonic medicines, as bark, steel and columbo, are peculiarly proper in obstinate cases of this kind. The tincture of cantharides in doses of ten or twelve drops every three or four hours, is also a good remedy. When it is produced by an impregnated womb, little more can be done, than observing a horizontal position as much as possible. The occasional use of rhubarb in small doses, to keep the bowels easy, tends to alleviate the affection.

Suppression and Difficulty of Urine.

ARISES from a variety of causes, as calculous concretions—obstructions in the urethra—blisters, or the tincture of cantharides, taken internally too freely—wounds, bruises, &c.

TREATMENT. IF the pulse be full and feverish, bleed and procure stools by emollient glysters and cooling laxatives, such as castor oil, or the cathartic mixture.* Much dependence is to be placed in the free use of demulcent drinks, as barley water, flaxseed tea, mucilage of gum arabic, decoction of marsh

* Vid. Dispensatory.

mallows, of parsly roots, or of water mellon seeds, especially if the affection be owing to the cantharides, or any injury of the bladder. One of the camphorated powders given every three or four hours, in the patient's common drink will also prove an auxiliary. Great relief will be obtained from the warm bath, used oftener or seldomer as the case may require, or from the frequent applications to the belly of cloths wrung out of hot water, or bladders half filled with it. Opiates are serviceable but should never be used in the height of fever.

WHEN this complaint is in consequence of calculous concretions or gravel, obstructing the urinary passages, which may be known by pain in the loins, sickness at the stomach, and sometimes a discharge of bloody urine, an infusion of wild carrot seed sweetened with honey is very beneficial. A more powerful medicine, however for gravel complaints is the caustic alkali or soap-lees,* but being of an acrid nature, it ought always to be given in mucilagenous drinks, and commenced with small doses ; which, should be gradually increased as far as the stomach can bear, and continued for a long time, particularly if there should be an abatement of the symptoms. When the application of blisters cause a difficulty of urine, wash the blistered part frequently with warm milk and water, or apply sweet oil. In children, a suppression of urine is

* Vid. Dispensatory.

often relieved by a poultice of raw onions or radishes applied to the bottom of the belly.

REGIMEN. DURING the violence of this complaint the lightest diet only should be used, and mucilaginous drinks taken freely. Those who are often afflicted with it, ought carefully to avoid aliment, hard of digestion, flatulent, or of a heating nature.

Piles.

SYMPTOMS. PAINFUL tumors about the fundament or a flow of blood from it.

CAUSES. COSTIVENESS—strong aloetic purges—much riding—or sedentary habits.

TREATMENT. IF the patient be of a full habit, bleed and live abstemiously, keep the body gently open with molasses and water, or equal parts of flour of sulphur and cream of tartar, in doses of a teaspoonful two or three times a day. When the tumors are painful, set over a steam of hot water and anoint the part with sweet oil, or wash frequently with lead water, to a half pint of which may be added one or two table spoonfuls of laudanum: If the tumours will not yield to one or other of these applications, anoint them night and morning, with mercurial ointment, to which may

be added opium. If the disease arise from debility, give ten grains of steel thrice a day.

WHEN the piles are of the bleeding sort, apply cloths dipped in cold vinegar and water, or a strong solution of white vitriol or alum, frequently to the fundament, or anoint the part with the hæmorrhoidal ointment,* and endeavour to restore the tone of the vessels by the use of bark, columbo, or steel.

Dysentery, or Bloody Flux.

SYMPTOMS. A DISCHARGE of mucus by stool often bloody—violent gripings—pain in the loins—a constant inclination to go to stool, without being able to void any thing ; and sometimes fever.

CAUSES. PUTRID air and aliment—green fruit—strong cathartics—obstructed perspiration, and whatever increases the natural irritability of the intestines.

TREATMENT. To conduct the patient safely through this disease, the bowels should be evacuated by calomel, castor oil or the cathartic mixture ; and if the patient be of an inflammatory disposition, or there be febrile symptoms, blood letting will also be required.

* Vid. Dispensatory.

After the acrid contents of the stomach and intestines have been evacuated, the anodyne sudorific bolus or draught may be given at bed time : and on the following day, if there be no evacuation of a natural appearance, one or other of the above aperient medicines must be exhibited in small doses, until the desired effect is obtained.

To produce a natural evacuation daily, is a circumstance of the greatest importance in this disease, and should at all times be kept in view. to neglect this, as my good old friend Doctor Henry Stevenson of Baltimore, used often to say, would be like "*locking the thief within the house to do all the mischief he could.*" It is sometimes proper instead of bleeding, to give an emetic in the beginning of this disease, to persons of weak habits; but where there is a great degree of irritability of the stomach or obstructions of the liver, vomiting will do more harm than good.

When the disease is epidemic, after having premised the necessary evacuations, calomel is most to be depended on, in doses of four or five grains, combined with anodyne sudorific bolus, or with one or two grains of opium alone, exhibited every night. And when the calomel does not produce a natural evacuation, it is always proper to give a small dose of castor oil, or one or two wine glasses of the cathar

tic mixture,* every morning, until the disease begins to yield.

If acidity prevails in the stomach and intestines (as marked by oppression, heat, sour belching and vomiting, and excoriations about the fundament,) besides a liberal use of mucilaginous and sheathing drings, a wine glass full of the obsorbent mixture,* or a spoonful or two of new milk and lime water, should be given every two or three hours. Frequent injuctions of flaxseed tea or barley water with a tablespoonful of starch and a teaspoonful of Laudanum are of infinite service when the pain in the bowels and tenesmus are distressing.

IN obstinate cases, or when there is the least apprehension of an inflammation of the bowels, the warm bath or local fomentations to the belly, and afterwards a blister, are indispensable. At the close of the disease or when it indicates symptoms of a putrid nature, the infusion of bark, or columbo is particularly useful, with wine; and rhubarb may be administered as a purge.

DOCTOR MOSELEY of Jamaica, states, that in chronic dysentery, unattended with fever, there is not a more efficacious medicine than the vitriolic solution,* in

* Vid. Dispensatory.

doses of a table spoonful every morning with an opiate at bed time.

IN preparing this solution, the proportion of either the vitriol or alum may be increased or diminished according to circumstances; that is when evacuations are required, the quantity of alum may be diminished, or even entirely omitted, and when great astringency is required, the quantity of alum is to be increased and the vitriol diminished.

ANOTHER simple, though efficacious remedy in this disease, is a solution of common salt, in vinegar or lemon juice, termed antidysenteric mixture.* This medicine has also been strongly recommended in bilious fever or putrid sore throat, when the bowels are in an irritable state.

REGIMEN. IN the violence of this disease, the diet should consist only of arrow root, sago, panado or gruel and the drinks of a cooling and sheathing nature, as barley or rice water, flaxseed tea, or mucilage of gum Arabic. But when the disease has existed sometime, the diet should be more nourishing, particularly if the patient has been weakened by preceding diseases, or is either of a tender or an advanced age. Oranges, and whatever ripe fruit the season affords, may be allowed.

* Vid. Dispensatory.

THE room should be constantly fumigated with vinegar, and well ventilated. The clothing as well as the bedding ought to be often renewed, and all offensive odours (particularly the fæces) should be removed as speedily as possible.

PREVENTION. THE same means of prevention, are here to be used, as under the head of bilious fever, and as this disease becomes infectious like autumnal fevers do, by neglect of cleanliness; its further progress through the medium of bad air, may be checked by attending to the mode of purifying that element, prescribed under the head of nervous fever.

Apoplectic-Fits.

SYMPTOMS. SUDDEN falling to the ground, with a deprivation of sense and motion, attended by deep sleep and noisy breathing; the circulation remaining unimpaired.

CAUSES. PLETHORA—hard drinking—too large doses of opium—blows—tight neck cloths, or whatever interrupts the return of the blood from the head.

TREATMENT. IN the cure of a disease, threatening such sudden fatality, remedies must be speedily employed. The patient's head should instantly be

raised and supported ; and he be placed in a situation where he can respire a cool air. He is to be bled most copiously to the amount of a quart or more, and to be repeated after a short time if not relieved, especially if the disease occur in a person of robust and plethoric habit. Brisk purges are next to be administered, and when these cannot be swallowed, the most stimulating injections should be thrown up.

WHERE the disease depends rather on a depletion of the blood vessels than on too great fulness, which may be known by its attacking old people of debilitated habits ; bleeding is sparingly to be resorted to, particularly if the countenance appears to be sunk and palid. In these cases the patient ought to be laid on a bed, with his head elevated and turned every hour ; glysters are then to be given, and as soon as liquids can be swallowed, the contents of the stomach and bowels should be evacuated by a brisk purge.

SINAPISMS and blisters to the extremities should not be neglected. But searing the soles of the feet with a hot iron, will more certainly and suddenly rouse the torpid system.

REGIMEN. THE diet should be of the lowest kind, consisting, principally for several days after the attack, of diluent drinks ; such as rice or barley water, tamarind water, flaxseed tea, &c.

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PREVENTION. IN full habits, let the diet be light and sparing and the bowels kept open. In debilitated habits, the diet should be more nourishing and the strengthening medicines, as bark, steel, &c. employed to give tone to the vessels.

Epileptic-Fits.

SYMPTOMS. THE patient falls suddenly with a deprivation of sense; while the muscles of the face and every part of the body are violently convulsed.

CAUSES. EXCESSIVE drinking—sudden stoppage of the courses—severe fright—injuries of the head—teething—and irritation from worms in the stomach and intestines.

TREATMENT. To prevent the patient from injuring himself by the violence of his struggles, he ought immediately to be placed on a bed. The clothing should be every where loosened, and the head moderately elevated. A slip of wood should be placed between the jaws to prevent their closing on the tongue, and nothing is to be administered in a glass vessel. Should it appear that the patient has been drinking too freely of spirituous liquors, or has loaded his stomach with indigestible matter, a strong emetic should be immediately given, which by cleansing the stomach, will often terminate the paroxysm.

IF suppressed evacuations are the cause, they must be re-excited by such means as are calculated to restore the course of nature. If the patient complain of pain in the head, a seton in the nape of the neck should not be omitted. If worms be the fault, which may be known by an offensive breath and irregular appetite, they must be removed before a radical cure can be effected.

SOMETIMES an epilepsy is preceded by an uneasy sensation in some of the limbs or trunk of the body, creeping upwards to the head. In this case, the fit will be prevented by applying a ligature above the part so affected.

Many cases have occurred, in which this disease has been cured with the sugar of lead, particularly under the age of maturity. It should be commenced in small doses, beginning with one fourth of a grain, for a half grown person, and gradually increased to two grains or more, thrice a day, made into pills with the crumbs of bread. If from using this medicine the bowels are disordered, it should be laid aside, until relief is obtained by the use of the warm bath, mild laxatives and opium in more than usual doses. A small portion of opium combined with the lead will generally obviate or correct its unpleasant operation.

THE good effects of nitre of silver, commonly cal-

led lunar caustic, have also been attested by eminent physicians, in doses from one fourth, (very gradually increased) to a grain, twice a day, made into pills with bread. The flowers of zinc have likewise been highly spoken of, and are said to have performed permanent cures, in doses of six or eight grains morning and night.

THE herb cardamine or ladies smock, has been prescribed with advantage, and may be taken to the extent of a drachm, three or four times a day.

As there is incontrovertible evidence, that these medicines have succeeded in certain cases, they are all deserving of a fair trial, particularly in the treatment of a disease in which no plausible remedy should be left untried.

Fainting-Fits.

SYMPTOMS. THE pulse and respiration suddenly becomes exceedingly feeble, in so much at times, as to create a fear of the total extinction of life.

CAUSES. FRIGHT—long fasting—large evacuations—debility, &c.

TREATMENT. THE patient should be placed

in a reclining posture, and every part of the clothing which by its tightness is likely to interrupt the free circulation of blood, must be immediately loosened. The doors and windows of the room, especially if the weather be warm, should be kept open, and no more persons admitted than are necessary to give assistance; and these should not prevent the free access of the air to the patient.

SPRINKLE the face with cold water or vinegar, and apply volatiles, burnt linen or feathers to the nostrils; and that the stimulus may with more certainty be inhaled, the patient should be kept from breathing through the mouth, by holding a handkerchief forcibly against it, taking care however to leave the nostrils perfectly free.

Hysteric-Fits.

THIS disease more frequently occurs in the unmarried or barren women, and those who lead a sedentary life. It very seldom appears before the age of puberty, or after the age of thirty-five years. The time at which it most readily occurs, is that of the menstrual period.

It generally commences with universal languor and coldness of the extremities. The colour of the face

is variable, being sometimes flushed and sometimes pale. The pulse becomes unequal and obscure. The stomach is sometimes affected with vomitings, the lungs with difficulty of breathing, and the heart with palpitations. A painful sensation is often felt, like that of a globe or a ball in the left side of the belly, advancing upwards, and producing the same uneasiness in the stomach, from which it rises in the throat, occasioning by its pressure, a sense of suffocation; when a degree of fainting comes on, and certain convulsive motions take place, agitating the trunk of the body and limbs in various ways; after which, alternate, fits of laughter and crying occur, and a remission then ensues. In some patients, a violent beating pain takes place in some part of the head, as if a nail was driven into it. Sharp pains, likewise, attack the loins, back and bladder, and the patient makes an unusual quantity of urine as limpid as water; which is one of the most characteristic signs of the disease.

THE appearances which take place in this affection, are considerably varied in different persons, and even in the same persons at different times. It differs, by having more or fewer of those circumstances above mentioned; by these circumstances being more or less violent; and by the different duration of the whole fit.

IF the patient be young and of a plethoric habit,

blood letting will be required during the fit; but in delicate constitutions, this operation is not adviseable. Volatiles, singed feathers and the like should be applied to the nostrils, and if the patient can swallow, a tea spoonful of æther, or thirty or forty drops of laudanum may be given in a glass of cold water, and repeated in a couple of hours or sooner if necessary. Glysters of gruel, to which have been added a tea spoonful or two of laudanum, will also have a good effect. The feet and legs should as soon as possible be put into warm water and well rubbed with the hand. Cold water sprinkled on the face, and the admission of cool air in the room are likewise proper auxiliaries.

DURING the intermission of the fit, the nervous system should be strengthened to prevent a recurrence, by the tonic powders, pills, or drops* in their usual doses, after having administered some purgative medicine. Upon the approach of any langour, the patient should instantly take a glass of wine, or a tea spoonful of lavender or ten or twelve drops of laudanum in a glass of cold water.

REGIMEN. AN attention to diet is highly proper for the removal of this disease. A milk and vegetable diet duly persisted in, will have the most salutary effect, especially in sanguine constitutions. The best

* Vid. Dispensatory.

drink after dinner is water with the addition of a little good wine, or a smaller quantity of old spirits.

TEA should be prohibited altogether or used sparingly. Moderate exercise, particularly riding on horseback, is of the greatest service, as are likewise, amusements and cheerful company.

Palsy.

Is a disease consisting in a loss of the power of voluntary motion, but affecting certain parts of the body only, and by this it is distinguished from apoplexy. In the most violent degrees of palsy, the patient loses both the power of motion, and sense of feeling, either of one side, or the lower half of the body. The first is termed *hemiplegia*, the latter *paraplegia*. When it affects any particular parts only, as the tongue, the lip, eyelid, &c. it is termed a local palsy.

SYMPTOMS. IF this disease, be not the effect of apoplexy, it is often preceded by universal torpor, giddiness, a sense of weight or uneasiness in the head, dullness of comprehension, loss of memory, and a sense of coldness in the part about to be affected; there is also, sometimes tremor, creeping, and pain in the part.

CAUSES. COMPRESSION of the brain from any of the causes inducing apoplexy—certain poisons received into the body, as lead, arsenic, &c.—injuries done to the spinal marrow. It is also produced, in consequence of extreme debility, and old age.

TREATMENT. IF palsy arises from the causes producing apoplexy, it must necessarily be treated in the manner as recommended for the cure of that disease, by bleeding copiously in full habits, and keeping the bowels in a laxative state for many days.

WHEN it arises from diminished energy of the nervous system, both internal and external stimulants are required. In this state, a table spoonful of horse radish scraped, or the same quantity of mustard seed swallowed three or four times a day, will have a good effect. The volatile alkali is also of infinite service in large doses. At the same time external stimulants must be duly attended to, such as dry frictions over the part affected, with a flesh brush or rough cloths and the flour of mustard, or flannels impregnated with the oil of turpentine, volatile liniment, or oil of sassafras, to which should be added some of the tincture of cantharides. Stimulating the parts with nettles has produced good effects, as well as electricity, particularly in local palsies. A seton in the neck, particularly if the patient is affected with giddiness, will afford considerable relief and should not be neglected.

IF the disease is in consequence of a curvature in the back bone, compressing the spinal marrow, a perpetual blister or issue over the part affected, or on each side of the diseased portion of the bone, is the only remedy. A local palsy, particularly when it is confined to one muscle, will generally yield to the application of a blister, as near to the part affected as possible.

REGIMEN. IN plethoric habits the diet should be of the lightest kind ; but quite the contrary in debilitated habits : In such cases the diet should be warm and strengthening ; seasoned with spices and aromatic ingredients ; and the drink must be generous wine, mustard whey, ginger tea or brandy and water. Flannel worn next the skin is peculiarly proper, so is regular exercise, when not carried to fatigue or used in a cold damp air.

Hypochondriac Disease,

(COMMONLY CALLED VAPOURS, OR LOW SPIRITS.)

THIS complaint chiefly occurs in the male, and that at advanced life ; and it is confined, for the most part, to persons of a sedentary or studious disposition ; especially such as have indulged grief or anxiety.

SYMPTOMS. LANGOUR, listlessness, or want of resolution and activity, with respect to all undertak.

ings—a disposition to seriousness, sadness, and timidity as to all future events—an apprehension of the worst or most unhappy state of them, and therefore often, on slight ground, a dread of great evil. Such persons are particularly attentive to the state of their own health, and to the smallest change of feeling in their bodies; from any unusual sensation, perhaps, of the slightest kind, they apprehend great danger, and even death itself; and, in respect to all their feelings and apprehensions, there is, for the most part, unfortunately, the most obstinate belief and persuasion.

THIS diseased state of mind, is sometimes attended with symptoms of indigestion, hysterical affections, and sometimes with melancholy; but these are merely effects.

CAUSES. INDOLENCE—violent passions of the mind—the suppression of customary evacuations—obstructions of some of the viscera, &c. But its immediate cause appears to be a loss of energy in the brain, or torpid state of the nervous system.

TREATMENT. THE cure of this disease seems to depend on exciting the nervous energy, which is depressed, and that particularly by attending to the state of mind.

A CONSTANT state of motion should therefore be advised, especially by riding on horseback, and mak-

ing long journies, which presents new objects to his view.

Nothing is more pernicious in this disease, than idleness; but in avoiding it, all application to former studies, are to be prevented. The present emotions must be favored and indulged: and though an attempt should be made to withdraw the attention of such patients from themselves, yet their confidence ought first be gained; and since the persuasion in their own opinion is strong, and the infallibility of their own fears and sensations rooted, however absurd these may be, they require a very nice management. Raillery must never be attempted. From this supposed bodily affection, the mind should be diverted by employments suitable to the circumstances and situation in life, and unattended with much emotion, anxiety, or fatigue. Company which engages attention, and is at the same time of a cheerful kind, will always be found of great service. The occasional reading of entertaining books, or playing at any game, in which some skill is required, and where the stake is not an object of much anxiety, if not too long protracted, will further assist in diverting the mind from itself.

The symptoms of indigestion, and hysteric complaints, that so frequently attend this state of mind, although the effect, rather than the cause are objects of practice, inasmuch as they tend to aggravate and real-

ize the false apprehensions of the patient. These secondary affections require the same mode of treatment as recommended for indigestion and the hysteric disease. The warm bath is peculiarly beneficial in this complaint, and when the system becomes somewhat invigorated, the cold bath may be employed with advantage ; provided, there exist no obstructions in the bowels. From an acid acrimony generally prevailing in the stomach, the rust of steel or filings of iron in doses of ten grains thrice a day, is the most salutary medicine, of all the tonics.

REGIMEN. A PROPER diet constitutes an essential part, in the treatment of this malady. In general light animal food is what alone agrees with such patients ; for there are few, if any vegetables which do not prove flatulent in their bowels. Acids are particularly injurious. All malt liquors, except porter, are apt to excite too high a fermentation in the stomach ; and wines, for the most part, are liable to the same objections. If an exception can be made in favour of any, it is good old Madeira, if it can be obtained, which not only promotes digestion, and invigorates the concoctive powers, but acts, immediately, as a generous and wholesome cordial. The use of spirituous liquors is not to be recommended as a habitual resource, though they may be taken occasionally, in a moderate quantity, diluted with water. Tea and coffee though hurtful to people with bad digestion, are often useful, however

to the hypochondriac. Moderate exercise we have already observed, is indispensable in the cure of this complaint ; and it cannot be taken any way with so much advantage, as in long journies when convenient, accompanied with such circumstances, as may convert them into an agreeable amusement.

Cramp.

A PAINFUL spasm of the calf of the leg or muscles of the toes, and sometimes of the stomach.

CAUSES. SUDDEN stretching of the limbs—advanced pregnancy—acidity—indigestion, &c.

TREATMENT. A CRAMP of the calf of the leg is best relieved by standing up, which simple act, by throwing the weight of the body on the toes, forcibly extends the muscles, and thus takes off the spasm. If the cramp arises from acidity or indigestion, give every night a pill composed of half a grain of opium, with six grains each, of rhubarb and prepared chalk, and take ten grains of the rust of steel, morning and noon.

A CRAMP of the stomach is best treated by a large dose of æther or laudanum, accompanied with friction on the part, either by a flesh brush or flannel. When these fail, a very copious bleeding will sometimes re-

move the spasm, after which the patient must be purged.

PERSONS subject to the cramp in the leg, may prevent it by wearing stockings in bed, and occasionally rubbing the part with camphorated oil. According to vulgar authority, sulphur grasped in the hand, is good to cure, and carried in the pocket, to prevent, cramp.

Tetany, or Locked Jaw.

SYMPTOMS. A RIGID and painful contraction of all or several of the muscles. Its first symptoms is a stiffness in the back of the neck, increasing to pain, extending next to the root of the tongue, then shoots into the breast and lastly seizes the back.

CAUSES. WOUNDS of the head, or extremities—and punctures of the slightest kind, as running a splinter under the nail, or into the toe or finger.

It is equally induced from cold or moisture, particularly when sudden vicissitudes prevail, or sleeping on the damp ground.

TREATMENT. GIVE on the first appearance of this disease, two or three tea spoonfuls of laudanum or three or four grains of opium, to be repeated every

two hours or oftener with a half pint or more of wine or strong spirits and water, between the doses. These remedies should be increased and carried to the utmost extent, as the symptoms may indicate.

IF these should fail to relieve the spasm; give from twenty to thirty drops of the tincture of Cantharides every hour, until it produces strangury or a difficulty of urine. As soon as this occurs, it must be discontinued, and flaxseed or marsh mallow tea, or barley water drank freely, and some of it injected by way of glysters, to which may be occasionally added, a tea spoonful or two of laudanum.

COLD water poured suddenly on the shoulders, has sometimes done admirable service, and which may always be looked for, if the patient after being wiped dry and put to bed, feel a kindly glow over the system. Otherwise the cold bath should be laid aside; and the warm bath in its place, accompanied with diaphoretic medicines, as the anodyne sudorific drops, in larger doses than usual for promoting perspiration. On the decline of the spasm, bark with wine and opiates at bed time should be given until the patient's health is reinstated.

IN every stage of the disease, it is of importance to keep the bowels open, by the usual stimulating purgatives or glysters.

WHEN local injuries have been the cause of this disorder, the wound should be dilated and filled with common salt, spanish flies or turpentine, and afterwards dressed with warm poultices until the wound be brought to a state of digestion. If a wounded finger or toe be the cause of this horrible malady, it ought instantly to be cut off.

Palpitation of the Heart.

SYMPTOMS. IN this disease, the motion of the heart is performed with more rapidity and generally with greater force than usual; which may not only be felt by the hand, but often be perceived by the eye and even heard, there is frequently a difficulty of breathing, a purplish hue of the cheeks and lips, and a variety of anxious and painful sensations; it sometimes terminates in sudden death.

CAUSES. A MORBID enlargement of the heart itself and of the large vessels—organic affections—an hereditary disposition—plethora—debility or mobility of the system—mal-conformation of the chest, and many of the causes inducing fainting.

TREATMENT. THE exciting causes must be avoided or removed, if they are within our power,

WHEN the disease arises from plethora, and the action of the heart is violent, bleeding is indispensable which should be followed by a cooling cathartic; and afterwards the tincture of digitalis in doses from ten to twenty drops thrice a day, by lessening the action of the arterial system, will effect a cure.

WHEN there is reason to believe this affection is in consequence of debility, the solution of arsenic in its usual doses, taken for some time, is a certain remedy. When the nervous system is affected, small doses of æther or laudanum, will be found very serviceable.

THOSE who are subject to palpitation of the heart should carefully avoid violent exercise, irregular passions, and all circumstances that may tend to increase the action of the sanguiferous system.

Hiccup.

Is a spasmodic affection of the diaphragm, and sometimes of the stomach; from the irritation of acidity, poisons, &c.

TREATMENT. WHEN acidity is pointed out to be the cause, give the absorbent mixture* or twenty

* Vid. Dispensatory.

drops of hartshorn with a teaspoonful of magnesia in a cup of mint tea, or a spoonful or two of milk and lime water; and to prevent its recurrence, take ten grains of the rust of steel thrice a day. When occasioned by poisons or improper food, an emetic will be proper.

IF the spasm continue violent, resort to small doses of æther or laudanum or the camphorated julep.* Preserved damsons have been found of excellent use in this complaint, in the quantity of a teaspoonful every hour or oftener.

IN weak stomachs oppressed with indigestible food, a glass of good wine or spirit and water often relieves. Æther applied externally to the stomach on a soft linen rag with a warm hand to confine it, is a good remedy; so is the application of a blister in obstinate cases. A sudden alarm has often succeeded in curing this affection, after every other means had failed.

Night Mare.

SYMPTOMS. AN alarming oppression or weight about the breast, with dread of suffocation.

CAUSES. LATE and excessive suppers—great fatigue—drunkenness, or sleeping on the back.

* Vid. Dispensatory.

TREATMENT. If the patient be of a plethoric habit, bleed, purge, and use a spare diet. And when the disease is the consequence of debility and weak nerves, the tonic medicines, as steel, bark or columbo, in their usual doses are proper.

PREVENTION. The patient should sleep on a hard bed, which invites to frequent changes of sides, eat light suppers, which with due exercise, and cheerfulness during the day form the best preventive remedies.

Asthma.

Is often hereditary. When attended with an expectoration of phlegm, it is termed *moist or humoral*; and when with little or none, *dry or nervous asthma*.

SYMPTOMS. It generally attacks at night with a sense of tightness across the breast, and impeded respiration. The person thus taken, if in a horizontal situation, is obliged immediately to get into an erect posture, and solicits a free and cool air. In violent paroxysms, speaking is difficult and uneasy.

TREATMENT. ON the *first attack* of asthma, bleeding is serviceable, if the pain in the chest, and difficulty of breathing be considerable; but less so after

wards, since the disease has a natural tendency to take off the plethoric state of the system.

WHEN the fit comes on in consequence of a loaded stomach, an emetic will be found serviceable. A cup of strong coffee has oftentimes afforded great relief; and when the disease proceeds from the irritation of muscus, a spoonful or two of vinegar in a glass of cold water is a good remedy.

As in other spasmodic affections, the most powerful antispasmodics as laudanum and æther, should be resorted to. These may be given conjointly or separately, but, in large doses to allay the violence of the fit or to prevent its accession. Thus half a tea spoonful of laudanum, or one of æther, (to be repeated in an hour if necessary,) in a glass of cold water, has frequently relieved the symptoms, or when taken at the approach of the fit, have suppressed it altogether. In every stage of this disease, the greatest attention must be paid to keep the bowels open by mild laxatives or glysters.

REGIMEN. A LIGHT diet, easy digestable and not flatulent, is always proper for asthmatic persons; and during the fit, cold drinks and fresh air are proper. It will always be found serviceable to wear a flannel shirt and to keep the feet warm.

PREVENTION. DURING the absence of the paroxysm, tonic medicines and the cold bathe, together with moderate exercise, will be most efficacious in obviating its recurrence.

Heart Burn.

SYMPTOMS. A BURNING sensation about the pit of the stomach, with acid eructations, flatulence, and sometimes retching to vomit.

CAUSES. A RELAXED state of the stomach, generally various acidities and acrimonies from food too long detained. As it is often a symptom of indigestion, the cause may be found under the head of the following chapter.

TREATMENT. THE first indication is to remove the unpleasant sensations existing, which may be done by taking either a small teaspoonful of salt of tartar, or a table spoonful of magnesia in a glass of mint water or tea, or a wine glass full each, of lime water and new milk; or a tumbler of mucilage of gum arabic or flaxseed tea taken cold, with a small piece of liquorice ball dissolved in it. But to cure the disease effectually, after an emetic, give ten grains of the rust of steel thrice a day for some time, and keep the bowels moderately open with magnesia or the root of rhubarb

chewed occasionally, or the tincture of it, taken in small doses. If acrid bile be the cause of heartburn, a teaspoonful of the spirits of nitre in a glass of the infusion of columbo gives ease, and combined with elixir vitriol, in their usual doses, insures the cure.

REGIMEN. THE diet of those who are subject to this complaint, should consist chiefly of animal food; and all fermented or acid liquors and greasy aliment, must be strictly avoided. A glass of brandy, or gin and water after dinner is the best beverage. Moderate exercise is peculiarly beneficial.

Indigestion, or Weakness of the Stomach.

SYMPTOMS. WANT of appetite—nausea—sometimes vomiting—heartburn—costiveness—distensions of the stomach, particularly upon taking a small quantity of food—frequent risings into the throat of a sharp acid liquor, and eructations of imperfectly digested matter.

CAUSES. ERRORS and irregularities in the mode of living—cold and moisture—intense study—depressing passions—and abuse of tobacco, opium or spirits.

TREATMENT. IF the patient complain of oppressed stomach, with nausea, give a vomit of ipecacuanha; and afterwards the columbo in substance or tincture in a glass of strong mint water, three or four times a day, now and then interposing a dose of the tincture of rhubarb, to prevent costiveness. A mixture of mustard seed, with the columbo is of great utility, particularly when acidity and flatulence prevail.

IF the disease, as is too often the case, has been brought on by hard drinking, its only radical cure is to be found in temperance, cordial nourishment, exercise and the use of the elixir vitriol with bark, or the tonic powders or pills.*

WHEN the patient complains of a pain in the stomach, resort to the remedies for heart-burn, and use friction with a flesh brush or flannel over the part. Should this fail, give a dose of æther or laudanum; and in case of costiveness, administer an injection. This treatment will generally palliate the pain, after which endeavour to restore the tone of the stomach by tonic medicines, as bark, columbo, steel, &c.

THE costiveness peculiar to persons in this complaint, must be removed by medicines which gently

* Vid. Dispensatory.

solicit the intestines to a more regular discharge of their contents; and this effect is best obtained, by flour of sulphur, magnesia, or rhubarb chewed every day, and only the saliva swallowed. Strong purgatives are unfit to correct habits of costiveness, as they weaken the action of the intestines, and thereby increase the complaint when the evacuation is over.

BUT nothing can so effectually obviate this affection, as a constant custom most sacredly observed, of going every morning to the temple whether you have, or have not an inclination.

SHOULD indigestion arise from a deficiency of bile, give morning and noon about twenty grains of ox gall, or the same quantity of columbo, when the former cannot be obtained.

IN some cases, particularly of old age, the digestion is injured by putrid matter, from decayed teeth, constantly mixed with the saliva; and thence affecting the organs of taste, and destroying the appetite. To correct this, wash the mouth frequently with a solution of alum or lime water, or which is preferable with fine charcoal powder,* diffused in warm water.

REGIMEN. THE diet should consist chiefly of animal food well chewed, and taken in small quantities,

* Vid. Dispensatory.

followed with a glass of brandy and water or good wine. Frequent friction with a flesh brush or flannel over the region of the stomach and belly will be found exceedingly beneficial.

EARLY rising and moderate exercise in the morning air can hardly be enough recommended, in as much as they contribute so happily to restore the tone of the stomach as also of the whole system.

It is impossible to furnish a plan of regimen adapted to every constitution and habit, but if the patient will but pay due attention to what benefits, and what injures him, wisely regulating his mode of living by the information thus obtained, his present maladies will soon disappear and their future recurrence be forever inhibited.

Colic.

SYMPTOM. A VIOLENT pain in the bowels originating from constriction, attended with costiveness and sometimes vomiting. The pain is commonly seated about the naval, and resembles various sensations, as of burning, twisting, boring, or a ligature drawn very tight across the intestines.

It comes on without fever, but which soon follows,

especially if inflammation take place in the intestine affected, and then all the symptoms become greatly aggravated.

CAUSES. FLATULENCE—indigestible aliment taken into the stomach—acid bile—hardened fœces—costiveness—worms—drinking too freely of acids—intermittents improperly cured—sudden check of perspiration—and the applications of poisons, such as lead, &c. &c.

TREATMENT. WHEN the disease evidently arises from wind (as may be known by a rumbling in the bowels, by pressure on the belly, or by the ease experienced from a discharge of it, or by the patient's lying on his belly) a glass of brandy, gin, strong mint water, or tea made of ginger or calamus, will generally relieve. But it is only in colic from wind that these hot spirituous and carminative substances are to be used, for in all other cases they do great harm, and often destroy the patient.

WHERE the pain is fixed and acute, bleeding is advisable, particularly in full habits, to prevent inflammation. Next the action of the intestines must be excited by brisk purgatives, such as castor oil, calomel and jalap, or salts, senna and manna, aided by stimulating glysters. If these means prove inefficacious, immediate recourse must be had to the warm bath, in

which the patient should remain as long as he can bear it. Where a bathing vessel cannot be procured, flannels wrung out of hot water should be frequently applied over the belly, as warm as can be endured. Tobacco glysters, (two drachms of the leaves in a decoction) may also be administered; and when the pain continues obstinate, a large blister ought to be applied over the belly.

If the above remedies prove ineffectual, opium and calomel in large doses, should be employed. To their exceeding utility in obstinate colic, I can subscribe, from numberless successful experiments, made by myself.*

EMINENT modern physicians advise, that when all other means are despaired of, the patient should be placed erect on the floor, and a pail of cold water thrown on his feet and legs! this, though apparently a

* How I came in possession of this admirable secret, both justice and gratitude require that I should explain.

In the year 1801, I spent several weeks in Georgetown Columbia district. While there I was requested to visit a Mr. James Turner, who had long been indisposed with the ague and fever; but then suffering under a severe attack of the colic, accompanied with most obstinate costiveness. For three or four days the best aperients, as calomel, castor oil, salts senna and manna, and injections, with the warm bath, and blisters were used but without effect. Being much alarmed about his situation, I stated the case to my very excellent friend, the ingenious and learned DOCTOR JOHN WEEMS, who advised the immediate use of six grains of opium with twenty of calomel in a bolus and, one third of that dose every two hours after-

droll remedy, yet certainly deserves to be tried in desperate cases, especially as we are assured from the best authority, that it has often succeeded : it acts, as is said, by occasioning an immediate evacuation of the bowels.

FOR the vomiting which often occurs in this disease, common garden mint, peppermint, lavender, or any other spices boiled in wine or spirits, and flannels wrung out of it, and laid hot on the pit of the stomach, are excellent, especially if a little laudanum be added. If acrid bile be thrown up, the saline mixture, or infusion of columbo should be given ; and when vomiting is attended with cold extremities, a blister to the back often relieves this symptom.

REGIMEN. EVACUATIONS being once produced, mucilagenous drinks and light diet should be strictly adhered to ; and the bowels kept moderately open by mild purgatives, giving opiates at bed time if necessary, until the soreness and distention of the

wards, if the first failed to operate. I expressed my fears that so large a dose of opium might do harm ; *"no sir,"* replied he, *"'tis small doses that do harm, give large doses, large enough to take off spasm, and you save the patient."*

I STILL retained my repugnance ; however recollecting his great medical attainments and the desperate case of my patient, I acceded to his advice, and scarcely was the second dose swallowed, before it began to operate like a charm—The spasm was taken off the intestines—copious forced evacuations succeeded, and our patient was presently restored.

belly go off; and no hardened fœces appear in the stool.

WHEN recovered, the patient should cautiously avoid whatever may lead to a relapse, especially acid and flatulent food, costiveness, and taking cold.

Cholera Morbus, or Vomiting and Purging.

CAUSES. It is generally occasioned by a redundancy and acrimony of the bile—indigestible food or such as become rancid or acid on the stomach—poisons—strong acrid purges or vomits—passions of the mind, or a sudden check of perspiration.

TREATMENT. ENDEAVOUR as early as possible to expel the acrimonious matter which affects the alimentary canal, by large and repeated draughts of chicken water, beef tea, barley or rice water, or thin gruel, &c. which should also be given freely in glysters. After having cleansed the stomach and intestines, give a teaspoonfull of æther or thirty or forty drops of laudanum, in mint water or tea, and repeat the dose every hour or oftener, as the frequency of the evacuations or the urgency of the pain may require.

IN general, this mode of treatment is sufficient; but

if the patient be of a plethoric habit, he ought to loose blood immediately ; and in case the pain continues violent, be placed in the warm bath. Should a bathing vessel not be at hand, cloths wrung out of hot spirits or decoctions of mint, lavender, &c. ought to be applied to the stomach and belly, and often renewed.

IF acrid bile be the cause of this complaint, the infusion of the powder of columbo must be given every half hour or oftener, in large doses ; and in case of great heat, a small quantity of nitre in the patient's drink will be proper.

WHEN the disease originates from food, either very acid or putrid, besides plentiful dilution with the above drinks, give castor oil, salts, or reubarb ; and if from poisons swallowed, the patient should drink largely of pure sweet oil, melted butter, or mucilagenous drinks, with small portions of salt of tartar.

REGIMEN. As no disease more suddenly weakens the patient, he should take freely of a light but cordial and nourishing diet, occasionally assisting his appetite, if deficient, with elixer vitriol, tincture of bark, or infusion of columbo. If he cannot sleep well, an opiate at bed time may be taken, until his strength and spirits return.

Diarrhoea, or Looseness.

SYMPTOMS. A PURGING without sickness or pain, succeeded by loss of appetite.

CAUSES. ACID or putrid aliment—obstructed perspiration—acrid bile—drinking bad water—worms—violent passions, or a translation of morbid matter of other diseases to the bowels.

TREATMENT. If offending matter be lodged in the stomach give an emetic, and an opiate at bed time ; and on the succeeding day, if the disease is not removed, a dose of rhubarb or castor oil, followed by forty drops of laudanum at night.

If the disease be in consequence of cold, and the skin be dry, the antimonial mixture* exhibited in small doses during the day, and the anodyne sudorific bolus or draught repeated at bed time, with a flannel shirt, will generally effect a cure.

WHEN bile is indicated to be the cause, the columbo in decoction or powder, will be found admirable; and if accompanied with sour and debilitated stomach, the tonic powder or pills,* with exercise, are the best

* Vid. Dispensatory.

remedies. Where bad water is in fault, it should instantly be changed or corrected by wine, brandy, or porter, remembering that in all cases of continued evacuation, laudanum may be given at night, after the stomach and bowels have been cleared.

WHEN worms induce this disease, which may be known from the sliminess of the stools, and bad breath, such medicines as are calculated to destroy them must be employed. Afterwards a wine glass full of lime water, with an equal quantity of new milk will be proper.

IN obstinate cases, no medicine is superior to the continued use of the Vitriolic solution,* with an opiate at bed time. The nausea which this medicine produces is very disgusting, but from that circumstance much of its efficacy is derived. Should a common dose fail to nauseate, it should be increased until that symptom is affected.

REGIMEN. THE diet should consist of arrow root, sago, rice milk, and the white meats. The drinks may be of the diluting kind, as already enumerated—genuine wine may also be allowed, if it does not turn sour on the stomach. Moderate exercise is peculiarly useful, and nothing facilitates the cure more, than flannel next the skin.

* Vid. Dispensatory.

Dropsy.

A COLLECTION of water, in some part of the body.

SYMPTOMS. IN common dropsies, the legs usually swell, and a pit remains for some time after pressing the flesh—the appetite abates—the face is bloated—urine little—thirst great; with slow fever, shortness of breath, and lassitude.

CAUSES. EXCESSIVE drinking—poor diet—immoderate bleedings and salivations—schirrous tumours of the abdominal viscera; but particularly of the liver; and in fine, whatever may occasion too free a secretion of the serous fluids into the cellular membrane or any cavity of the body, and at the same time diminish the action of the absorbent vessels.

TREATMENT. LIKE other diseases, the treatment must vary according to circumstances. In every form of dropsy if there be a hard, full and quick pulse, blood letting constitutes one of the principal remedies, and must be repeated once or twice a week until the action of the arterial system is considerably diminished.

BRISK purges, as calomel and jalap in full doses are indispensable, and ought always to succeed bleeding,

and be given as often as the patient's strength will admit, followed by the anodyne sudorific bolus or draught at bed time.* While feverish symptoms continue, nitre is extremely useful in this disease, in doses of ten grains four or five times a day, or in such quantities as the stomach may bear; but should never be continued longer than two weeks, if no good effects result from its use. Another valuable medicine for lessening the action of the pulse, and thereby increasing absorption is the fox glove, which may be given in powder, decoction or tincture. The latter is the most convenient form; and in doses of twenty or thirty drops in a wine glass of mint water may be taken twice or thrice a day, until the water is removed or the inflammatory disposition taken off. If this quantity do not induce sickness, or produce any evident good effect, the dose must be gradually increased to forty or sixty drops or farther.

CREAM of tartar from half an ounce to an ounce dissolved in a pint or more of water, is a pleasant and useful drink, and this taken early in the morning has frequently succeeded in evacuating the water.

As soon as the action of the pulse becomes lessened, it is necessary to strengthen the system and increase the digestive powers, by the exhibition of steel alone, or the tonic powders, pills, or drops* thrice a day during the intervals of purging. In weak habits accompanied

* Vid. Dispensatory.

with obstruction of the viscera and feeble pulse, stimulating medicines, as calomel in small doses to excite ptyalism; and afterwards tonic medicines, with a generous diet, form the most valuable remedy. The juice of leeks in doses of a table spoonful twice a day is said to have performed surprising cures; at any rate in this state of the disease, the patient can hardly make too free an use of the acrid stimulating vegetables, as garlic, onions, &c.

TIGHT bandages applied in the morning round the belly and limbs, have their good effects in preventing the increase or return of dropsical swelling. Friction with a flesh brush or flannel every morning from the extremities upwards, is of the greatest service; particularly if the skin be previously moistened with the volatile liniment or camphorated oil, or a liniment composed of equal parts of soap, spirit and vinegar.

REGIMEN. DURING the inflammatory disposition, or when there is a preternatural heat on the skin, or much action in the pulse, the diet should be light and easy of digestion. In the other state, when the patient is weak and feeble, it should be of the most nourishing kind, with a liberal use of wine. Exercise is of the greatest importance when not carried to fatigue. In the lowest stage of the disease, swinging or riding in a carriage are most proper; but as soon as the patient's strength will admit of it, riding on horseback will be found most beneficial.

Gout.

Is often hereditary, but generally indolence and luxury are the hated parents of this disease, which righteous heaven has marked with such severity, that like the leprosy of Naama, it is hardly ever curable.*

BUT though art has not often succeeded to cure the gout, yet it has discovered a variety of means to shorten the fits, and render them much more tolerable.

SYMPTOMS. THE gout mostly affects the joints, but the viscera are not exempt from its ravages. It sometimes comes on suddenly, passing from one part of the body to the other, in the twinkling of an eye; but generally is preceded by indigestion, flatulency, loss of appetite, unusual coldness of the feet and legs, with frequent numbness, sense of pricking, and cramp.

* AN English Nobleman after twenty years of riotous living, awoke one morning in the torments of the gout. As he lay writhing with pain, his servant ran up stairs to him with great joy in his countenance; O! sir, good news! good news! there is a famous gout Doctor below, who says he will venture his ears, he can cure your honor in a week. Aye! that is good news indeed Tom; well run my good boy and put up his carriage and horses, and treat the Doctor like a Prince. O sir, the gentleman has no carriage and horses, I believe he walked a foot; walk a foot! what! cure the gout and walk a foot! go down Tom, go down, and instantly drive the rascal out of the house, set all the dogs upon him, do you hear? the lying varlet! why if he could cure the gout he might ride in a richer carriage than his majesty.

These symptoms take place several days before the paroxysm comes on, but commonly the day preceding it, the appetite becomes greater than usual. The next morning the patient is roused from his sleep by an excruciating pain in the great toe, or ball of the foot, resembling the gnawing of a little dog.

TREATMENT. No matter what part of the body this disease first seizes, the lancet will be required in every case where there is an increased action of the pulse to take off the inflammatory disposition. The extent to which blood-letting must be carried, can only be ascertained by the violence of the disease, and the sex and constitution of the patient. In this, as in all inflammatory fevers, the bowels ought to be kept open by laxative medicines, as castor oil, sulphur, cream of tartar, rhubarb, senna, jalap, or calomel.

NITRE with diluting liquors, given in such quantities as to excite a gentle perspiration, are of great utility in the inflammatory stage of the disease. After the action of the pulse is somewhat reduced by evacuations, blisters over the pained parts are greatly to be relied on.

As soon as the inflammatory state of the gout has subsided, stimulants and tonic medicines, as bark and steel, are the best remedies. Laudanum, æther, good French brandy and aromatics, as ginger, Virginia snake

root, cloves and mace in the form of teas, are all exceedingly useful in this feeble state of the disease, especially when it affects the stomach or bowels. Besides these internal remedies, frictions on the stomach and bowels with brandy and volatile liniment should be employed, with blisters to the pained parts, and sinapisms, to the feet, whenever the gout attacks the head, lungs, bowels or stomach.

GENTLEMEN long in the habits of intimacy with this disease should remember that it is of immense rudeness, and ready on the slightest provocation to quit the toes and knuckles, and seize on the very stomach and bowels of its best friends. They should therefore be constantly on their guard, and keep always by them a vial of æther, or laudanum, or a case of good old French brandy ;* the latter of which, is admirable, for chasing the gout from the stomach.

* For lack of this ammunition, the gallant Wayne was cut off long before "*his eye was dim, or his natural heat abated.*" Late in December of 1796, he embarked at Detroit for Presque Isle, but not without his usual supply of brandy, which, however, was all lost, through his servant's carelessness in upsetting his case. On the passage he caught cold which brought on a violent attack of the gout in the stomach ; and, for want of his usual remedy, he suffered the most excruciating torture until he reached Presque Isle, where he died early in January 1797. His body was deposited in the centre of the fort, to show the children of future days, the grave of *him*, who so bravely defended their liberties.

I AM happy to acknowledge that for this anecdote, I am indebted to the politeness of my worthy friend Captain Hugh M'Call, of Savannah.

REGIMEN. THE diet should be regulated according to the state of the patient. If feverish, and of a plethoric habit, the lightest diet ought to be used. If debilitated and of a relaxed habit, a generous diet should be allowed. Exercise although painful at first, must be freely taken.

PREVENTION. If the person be plethoric, and has been accustomed to drink freely of wine, and eat heartily, he should gradually diminish the quantity of the aliment ; particularly every spring and fall, as the disease is more liable to recur at those seasons than at any other time. But in debilitated habits predisposed to the gout, a stimulating diet is most proper, assisted with the use of the rust of steel, bitters, or bark. In every case, costiveness should be avoided ; and flannel worn next to the skin is peculiarly proper. Nothing however prevents the disease, more than temperance and exercise.*

THE story of the wealthy Mr. Palmer in the reign of George I. though well known to many, is yet so apropos to our subject, that I cannot deny myself a wish to relate it. Young Mr. Palmer received from his father, what the London merchants call a plumb, (i. e.) a round 100,000l. of which he contrived to make such "*good use*" that by the time he was forty years of age, he was torn to pieces by the gout. His physician advised him to try the virtues of a sea voyage with the soft balmy air of Montpellier. He set out, but on his passage up the Mediteranean, was captured by an Algerine corsair, who took him to morocco, and sold him for a slave. He was bought by a farmer, who carried him into the country, and set him to hard labour, allowing him nothing better than brown bread and dates, and even of that hardly enough to support him. His only drink was water; and his only bed a plank. In a few weeks every gouty symptom

Venereal Disease.

THE Venereal disease is of two species ; the one, a local affection of the genital organs, termed GONORRHOEA, or CLAP ; and the other, a general or constitutional complaint, termed SYPHILIS, or Pox.

THE GONORRHOEA,

OF which we shall first treat, is an inflammation of the mucous membrane, lining the urethra in men, and the vagina in women ; seated in the male about the frænum of the penis, and in the female a small distance up the vagina ; but in its progress communicating to all the surrounding parts, and producing a variety of painful sensations.

SYMPTOMS. A discharge of mucus, at first white, but soon turning of a yellow or greenish ap-

disappeared, and he recovered his health, with an uncommon portion of activity.

THESE first of blessings continued with him all the time he was in captivity, (two years) at the expiration of which, he was ransomed by his friends. On his return to England, he was hardly known by his acquaintances, so great was the change which temperance, and exercise had wrought on him. But alas ! for lack of fortitude, he soon relapsed into his old passion for the rich dishes, flowing glasses and soft couches of epecurism. His system soon became bloated and relaxed ; and his ancient foe the gout returned, and killed him in a short time.

pearance—an acute or scalding pain in making water, with most *indecent* erections of the penis, termed Chordee, very painful, and sometimes followed by a discharge of blood. At times the inflammation spreads to the contiguous parts, occasioning stranguary, swelled testicles, swelling in the groins similar to buboes, or a contraction and thickening of the foreskin ; which when drawn over the head or nut of the yard, is termed phymosis, and paraphymosis when retracted behind it.

WHEN these symptoms *dance* their attendance to the catastrophe, the clap may be said to *flourish* in its full bloom, and the patient finds himself fairly seated on the stool of repentance.

THE appearance of a clap in the female, is pretty much the same as in the male, allowing for the difference of the parts. The disease in them is always milder, insomuch, that at times there is no other symptom, but the discharge, which is often mistaken for the flour albus. They are however more subject to excoriations of the parts, than the men ; and indeed, when the inflammation is considerable, it often extends to the urethra, and occasions great pain.

TREATMENT. As the disease is local, topical applications in the form of injections become necessary. The patient should therefore without delay em-

ploy the injection, No. 1, 2, or 3,* which in irritable habits, may be a little weakened, and the strength gradually increased as the inflammation abates. Indeed, when the inflammation is very considerable, it is better at first, to inject with sweet oil; and in such cases, the testicles ought to be suspended by a bandage, and the antiphlogistic regimen strictly adhered to, particularly in taking freely of mucilaginous drinks; as flaxseed tea, barley water, or the mucilage of gum arabic, and obviating costiveness, by small and repeated doses of cream of tartar. Whichsoever of the injections is used, it must be thrown up the uretra six or eight times a day, immediately after making water, and with a syringe that works easily, that it may not hurt or inflame the parts.

For the chordee, which occurs mostly in the night, give a dose of laudanum at bed time, and rub the *guilty* member well night and morning, with mercurial ointment, or the camphorated liniment. Should a hemorrhage supervene, it will be removed by rest, and immersing the part often in cold vinegar and water, or lead water of the ordinary strength, of which the patient may throw a little up.

When the inflammatory symptoms of gonorrhœa increase to a violent degree, a swelling or inflammation of one or both testicles sometimes supervene. The same consequence is often produced by astringent in-

* Vid. Dispensatory.

jections imprudently exhibited. In such cases the general remedies for allaying inflammation, as blood letting, cooling cathartics, diluent drinks with small portions of nitre dissolved in them, become necessary. Besides which, the testicles must be suspended by a bandage, and kept constantly moistened with cloths wrung out of lead water, or cold vinegar and water, often renewed. The swelling of the glands in the groins, and of the spermatic chord itself, require a similar treatment; which will also succeed in reducing the contraction or thickening of the fore skin, should that symptom occur.

In addition to this general treatment, when the penis is affected, it must be soaked every hour in warm milk and water or soap suds, which should often be injected between the skin and the glands, to prevent the stagnation of matter, whose extreme acrimony might otherwise produce a mortification of the parts. In these affections, a horizontal posture, and spare diet, are particularly enjoined.

In case of much pain with little or no fever, an opiate may be given at bed time. And if hardness remain after the pain, the patient should have mercurial ointment rubbed on the part, night and morning, and take freely of a strong decoction of sarsaparilla. But if a swelling without hardness, follow, one or two vomits, succeeded by tonic medicines, with the use of the cold bath, will generally cure.

SUCH are the principal symptoms, which attend gonorrhœa. Its consequences which induce a new state of disease, after the original affection is removed, are no less important.

GLEET.

THIS is known by a constant discharge of mucous matter, after the inflammatory symptoms have subsided; occasioned by the relaxation of the mucous glands, or stricture in the urethra. A discharge of this kind may also be occasioned by hard drinking; violent exercise, or straining.

TREATMENT. THE cure of this affection depends on the use of balsam capivi, in the dose of fifteen or twenty drops, thrice a day; or tonic medicines, as bark, steel, or columbo, with the cold bath, and a nutritious diet. Besides which, an astringent injection, prepared by dissolving twenty or thirty grains of alum, in half a pint of water, may be injected up the urethra, twice or thrice a day. If a stricture be the cause, the introduction of a bougie, is the only remedy.

SEMINAL WEAKNESS,

Is another consequence of clap, (when there have been frequent returns of it,) and is known by an involuntary discharge of the semen. At the beginning of

the disease there is great inclination to erections, and the emission of the semen is attended with pleasure; but gradually the penis becomes lame, the testicles hang lower than usual, and unless they are otherwise suspended, become almost a burden to the possessor.

ALTHOUGH *veterans* in the wars of Venus, are most liable to be complimented with this kind of gleet, yet it may originate from other causes, as self pollution, a sudden lift or strain, hot glysters, straining to stool, or the imprudent use of strong diuretics. Let the cause however be what it will, there is no drain, which steals away the quintessence of life and strength more rapidly.

TREATMENT. IF the emission takes place on the slightest irritation, as heat, wine, &c. and is attended with some degree of spasm, it is a sign the patient is in a very *rampant* state, and can hardly get him a wife too soon. But if it oozes away insensibly, cold bathing, and tonic medicines, as bark, steel, or balsam capivi in the usual doses, with a generous diet, are the best remedies. Costiveness should be carefully avoided.

OBSTRUCTION OF URINE,

Is another formidable symptom, which sometimes succeeds gonorrhœa. It is produced by certain chang-

es of the passage, from tumors, seated high up in the urethra, or contraction of the urinary canal.

TREATMENT. WHEN this affection arises from tumors, a cure may be attempted, by the use of the mercurial pills, night and morning, and a decoction of sarsaparilla, or mezeron ; but it is often incurable.

WHEN spasmodic constriction of the passage, is the cause, it will be removed by the warm bath or fomentations. The penis may also be rubbed with the camphorated oil, or equal parts of æther and laudanum. If this fail to take off the spasm, bleed, and give laudanum in large doses.

POX,

Is the venereal disease in its confirmed state, manifested by chancres, buboes, or warts, about the genitals.....To these succeed ulcers in the throat, nose and tongue, blotches on various parts of the body, with nocturnal pains, especially in the skin, bones, and shoulders.

THE system is now filled with the horrid poison, which, unless mercifully arrested, will soon ulcerate the eyes, consume the nose, contract the body and convert the loveliest form, into such a mass of corruption, such a dunghill of stench, such a picture of ghastli-

ness, as is sufficient to strike the guilty person with terror.

TREATMENT. HAPPILY for mankind, the Governor of the world, is "*a father who pitieth his children,*" and afflicts them, not to kill, but to cure. In mercy he has appointed a medicine for this dreadful malady. A medicine, which, when taken in sufficient quantity, quickly flies to all parts of the system, attacks the disease at every post, drives it from gland to gland, and with a fidelity and courage truly admirable, never gives it rest until it has completely expelled it from the body and restored the patient to former health and vigour. This wonderful medicine is mercury, which requires only to be so managed as to obtain full possession of the system ; not exceeding it by salivation, nor falling short of it by untimely purging. To hit this desirable point, let one of the mercurial pills* be given night and morning, until the system is fully charged with the medicine, which may be known by a slight soreness of the mouth and gums, and foetid breath. This fortunate state of things carefully supported a few weeks, will remove the disease.

IF the mercury affects the bowels, lessen the dose, or give it at longer intervals, or use the mercurial ointment ; and if there is an increased secretion of the sa-

* Vid. Dispensatory.

linary glands, we should omit the mercury for a few days, and take a teaspoonful of flour of sulphur, in a glass of milk or flaxseed tea, night and morning.

IN this way the disease may generally be cured in a short time. It will always be prudent, to continue the mercury in smaller doses for ten or twelve days, after the total disappearance of all the symptoms.

THERE are cases however, where mercury will not answer; as in scrofulous habits, and when the blood is vitiated. In these, the nitric acid should be preferred, and from one to two drachms of it, diluted, may be taken in the day.* This medicine seems especially adapted to cases where the habit of body is much debilitated, from the long continuance of the disease, or where it has acquired great irritability from an incautious use of mercury. It is also a sovereign cure of spongy gums, eruptions, ulcers, nocturnal pains, and all the train of consequences, usually attendant on this disease, when long standing and imperfectly cured.

IN the treatment therefore, of venereal patients, too much attention cannot be paid to mark the peculiarities of habit, and we should always remember, that, when unfavourable appearances supervene from the use of

* Vid. Dispensatory.

mercury, other medicines, as the nitric acid, or decoctions of sarsaparilla or mezeron, or tar water,* should be employed.

IN this disease, there are certain symptoms which require local treatment. Thus, a chancre, which is a small red pimple, terminating in ulcer, with hard edges, and generally situated on some part of the prepuce or fore-skin of the penis, is best removed by the application of caustic; or if recent, washing with spirits or brandy, or a solution of kali,* and applying dry lint to the sore, with cleanliness, will generally prove sufficient.

WHEN a bubo supervenes, which is known by pain and swelling in the groin, every attempt should be made to disperse it by rubbing in mercurial ointment on the inside of the thigh or calf of the leg; and the application of cloths wrung out of lead water to the swelling, renewed, as often as they become warm.

BESIDES which, the patient should be kept still, the bowels open, and the pain alleviated by the use of opiates at bed time.

WHEN a tendency to suppuration is discovered, instead of the former plan, warm poultices of flaxseed,

* Vid. Dispensatory.

milk and bread, or mush and fat, must be applied and renewed three or four times a day, until the tumor breaks. After which, one or two poultices may be continued, to accelerate the discharge of matter, for a day or two, when the sore must be kept clean with soap-suds, and dressed night and morning with basilicon, spread on lint, until the matter is mostly discharged. The sore then should be dressed with lint dipt in a solution of kali, once or twice in twenty-four hours, as may be indicated by the discharge of matter; and lastly, when there is no appearance of proud flesh, it may be healed with Turner's cerate.

WARTS are a frequent affection of the penis, and sometimes remain after the venereal virus is expelled. In which case they may be removed by ligatures, or the application of caustic.

REGIMEN. THERE is hardly any thing of more importance in the cure of this disease, than a proper regimen. Inattention to this, not only procrastinates the cure, but often endangers the patient's life. In full habits, the diet should always be light and cooling. Exercise should never be carried to excess, and the patient should wear flannel on using any preparation of mercury. Cleanliness is of too much importance ever to be neglected. As soon as the disease makes its appearance, the infected part should be frequently washed in milk and water, or soap-suds; and

if from a neglect of cleanliness, venereal ulcers appear, the sores must be well cleansed and dressed with dry lint, night and morning. In obstinate cases the lint should be dipt in the solution of kali.*

WHEN the patient is in delicate health, or much reduced, a nourishing diet, with wine, bark, and other tonic medicines are proper, with pure country air.

PREVENTION. AFTER a suspicious connection, it becomes a prudent man do discharge his urine as soon as possible, and to wash well his *polluted* member, by drawing forward the fore-skin, and closing the end with his finger, that it may be distended ; and retain for a few seconds the urine. The glans penis should then be well washed with strong soap-suds or grog.

IN women, besides cleansing the external parts, some portion of the wash should be injected up the vagina, by means of a female syringe.

Scurvy.

SYMPTOMS. AN unusually weakened state of the body—pale and bloated countenance—the breath-

* Vid. Dispensatory.

ing affected on the slightest exertion—the gums soft, swollen, and inclined to bleed on being rubbed, and sometimes putrid ulcers are formed—the teeth become loose—the breath fœtid—and the urine high coloured. The heart is subject to palpitation—the lower extremities to dropsical swellings—the body to pains of a pleuritic or rheumatic kind—besides which, blotches and ulcers break out in different parts of the skin, and often terminate in mortification.

CAUSES. COLD moist air—vitiating or scanty diet—an indolent life, with luxurious indulgencies—corrupted water or provisions—and whatever may weaken the body, or vitiate the humours.

TREATMENT. RAW and fresh vegetables of every description, particularly those of the acid kind ; and fruits, such as lemons, limes, oranges, apples, &c. furnish the most effectual remedies. But as these are not at all times to be obtained, common vinegar, or nitrous vinegar, used freely, will completely answer the end. The nitrous vinegar is prepared by dissolving three or four ounces of nitre or salt petre, in one quart of good vinegar ; and of this solution, one to two spoonfuls may be taken three or four times a day, according to the advanced stage of the disease ; and as frequently some of it may be used in bathing the limbs, where they are either stiffened, swelled, blotched, or ulcerated.

THE belly most frequently will be kept open by this medicine, and when it is not, the exhibition of cream of tartar, or tamarinds, will be highly beneficial. When the gums are enlarged, ulcerated and fœtid, the mouth should be frequently washed with a decoction of bark, in which a little alum is dissolved, and the gums rubbed with a powder composed of equal parts of finely pulverized charcoal and bark, and with which the scorbutic ulcers may be dressed morning and night. These ulcers may be known by their soft and spongy edges.

REGIMEN. So uncommonly salutary are vegetables in this disease, that whenever they can be had fresh, they should, with ripe fruits and milk, constitute the better part of diet for scorbutic patients. When these articles cannot be procured, a mild, nourishing diet, with wine, cyder and porter, is most proper. As nothing is of more importance to the scorbutic, than breathing pure fresh air, it should at all times be well supplied. Seamen therefore, affected with it, ought constantly to keep on deck in fair weather.

Eruptions of the Skin.

THERE subsists so intimate a relation between the internal and external parts of our body, that no disorder scarcely takes place within, that does not shew itself ultimately on the surface.

DISEASES of the skin, are therefore very numerous, and as they most commonly arise from a constitutional cause, should be treated by general remedies.

LOCAL applications, particularly *quack* remedies, which are composed of mineral poisons, by repelling the vitiated humours to the brain, lungs or bowels, have often produced fatal consequences.

PERSONS of relaxed habits, (especially females,) are subject to an eruption, attended with redness and soreness of the skin, forming large spots on the face and neck. This is certainly the mark of a constitutional debility and can only be removed by tonics, as the bark, bitters, solution of arsenic, exercise &c. Attention should also be paid to a frequent change of linen, and the skin occasionally dusted with starch.

THERE are eruptions in the face of persons of apparent health, called *grog blossoms*, which are the consequences of an inflamed liver, from a too free use of wine and spirits, and high living.

AN attempt to remove these pimples by external means would not only be fruitless, but highly dangerous. Their cure can only be effected by gradually correcting the habit of intemperance both in eating and drinking.

THE primary affection must be first relieved. This

is to be done by taking every night from half a grain to one grain of opium, combined with two grains of calomel. After using this medicine for some time, or until the mouth is affected by salivation, the solution of arsenic in the usual dose, twice a day, for a week or two, will complete a cure.

SCALY affections of the skin, or clusters of small pimples over the body, usually occur in some habits, spring and fall, which will generally yield to sassafras tea, or cream of tartar and sulphur, in doses of a tea spoonful, night and morning. Should this fail, the decoction of sarsaparilla and one of the mercurial pills night and morning, for a week or two, and afterwards the solution of arsenic will always succeed.

THE *Prickly Heat*, is an eruption which is sometimes very troublesome; but commonly disappears on keeping moderately cool and avoiding warm drinks. When this is not sufficient, and the itching is severe, the cathartic mixture taken two or three times a week, and the external application of elixer vitriol, dilluted in water, will prove a good remedy.

THE *Nettle Rash*, so called from its resemblance to eruptions made by the stinging of nettles, is sometimes attended with intolerable itching. When many of the eruptions run together, the part seems swelled, forming tumours, such as appear after being struck with the lash of a whip, and betwixt them, the skin is inflamed

and very red. The elevations appear suddenly, but seldom continue long, and are apt to disappear from one part of the body and appear again in another.

THE itching is the greatest inconvenience, as it sometimes prevents the patient from sleeping, but the disease is not dangerous.

WITH respect to the cure, observing a cooling regimen and a laxative state of the bowels, is generally sufficient; but if fever supervenes, it will be proper to bleed and give the antimonial solution in small doses, to determine the fluids to the surface. When the disease is of a chronic nature, and often returns, twenty drops of elixer vitriol taken thrice a day, in a cup of camomile or centaury tea, or infusion of columbo, should be directed.

Itch.

THE itch consists of small watery pimples of a contagious nature, which first appear between the fingers, and on the wrists; but in process of time spreading over the whole body, except the face; attended with a great degree of itchiness, especially after being heated by exercise, or when warm in bed.

IN the cure of this disease, sulphur used internally

and externally, is considered as a certain specific. A teaspoonful of the flour of sulphur taken in milk or spirit and water thrice a day, and some of it rubbed on the inside of the arms and legs at bed time, either dry or in the form of unction will soon effect a cure. Where the sulphur is disliked, the mercurial ointment, may be rubbed in every night, about the size of a nutmeg, until the eruption entirely disappears. The itch lotion* will also be found an effectual remedy for this complaint, by washing the parts affected with it two or three times a day. The internal exhibition of sulphur alone, or combined with cream of tartar, should always precede or accompany the external application.

Tetter, or Ring-Worm.

Is an eruption that attacks various parts of the skin, in a circle, with an inflamed basis, which gradually spreads, forming an extensive excoriation sometimes moist, at other times dry; and is attended with smarting and itching, succeeded by scurfy scales.

TREATMENT. If the habit of body be not faulty, external applications alone, are often sufficient to remove this affection.

*Vid. Dispensatory.

THE saturated solution of borax with vinegar or lemon juice, one drachm to two ounces, is an excellent remedy without producing the least pain on its application. The itch lotion when prepared with double its strength, is also equally good. Covering the eruption daily with ink, has often effected a cure.

WHERE the disease is inveterate, internal medicines must be exhibited and continued for some time; such as lime water, flour of sulphur, the mercurial pills or which is preferable to all of them in obstinate cases, the solution of arsenic.

Tinea, or Scald Head.

SYMPTOMS. THIS disease consists of little ulcers at the roots of the hair, which discharge a humor that dries into a white scab, or thick scales, and has an offensive smell. It is not only a very troublesome complaint, but contagious, and when united with a scrofulous constitution, found extremely difficult to be cured.

TREATMENT. WHEN it is merely a complaint of the skin, it may be successfully treated with topical applications. In the beginning of the affection, washing the sores well night and morning with strong soap-

suds, or a decoction of tobacco, will frequently effect a cure. But if the disorder prove obstinate, the head ought to be shaved, and after being well washed with soapsuds, covered with tar and suit, spread on a bladder. My very ingenious friend DOCTOR CHAPMAN, has assured me when every other application failed in removing this disease, he has always succeeded, by having the affected parts washed with this lotion* twice a day.

BUT in cases where topical applications are resisted, medicine should be given internally, as lime water, flour of sulphur, or calomel according to circumstances; and to hasten the cure, the course of the fluids may, in the mean time be in part diverted from the head, by blisters or sinapisms.

Scrofula, or King's Evil.

THIS disease is most frequent among the children of the poor and negroes, who are ill fed, ill lodged and ill clothed; it is also hereditary but never contagious. It most commonly occurs in children from the third, to the seventh year, frequently however, it discovers itself at a later period, in habits peculiarly disposed to it.

SYMPTOMS. Is known by indolent hard tumors

* TAKE Liver of sulphur, three drachms—Spanish soap, one drachm—lime water, eight ounces—Rectified spirits of wine, two drachms, mix.

of the limphatic glands, particularly those of the neck, behind the ears, or under the chin. The upper lip, and division of the nostrils are swelled with a smooth skin, and hard belly. In the progress of the disease, these tumors degenerate into ulcers of bad digestion; the discharge of which consists of a white curdled matter, resembling somewhat the coagulum of milk; and previous to their breaking, they acquire a sort of purple redness, and a softness to the touch.

TREATMENT. As soon as those tumors are first discovered, endeavour to disperse them by sea bathing, or bathing in salt and water, one pound to three gallons of water, or cold water alone, or by the frequent application of lead water. Warm fomentations and poultices of every kind do harm, as they seem only to hurry on a suppuration, which, if possible should be prevented. A large draught of sea water every morning will be found a useful drink. Peruvian bark and steel used alternately every two weeks, will be of infinite service, by giving tone to the system. The remedy however most to be depended upon in this disease, is the muriat of lime,* given in doses of ten to eighty drops, gradually increased three or four times a day, diluted with water or tea. When a suppuration takes place, the solution of arsenic should be given twice or thrice a day. The best application to scrofulous ulcers, is a powder composed of one pound finely powdered bark, and one ounce of white lead in fine powder, mixed well

* Vid. Dispensatory.

together ; or a fine powder of calamine stone alone, and the ulcers covered with it daily, keeping it on by brown paper and a bandage. Where these are not to be obtained, the constant application of linen rags moistened with a solution of one ounce of sugar of lead in a pint of water, may answer every purpose.

WITH respect to the diet, it should be nourishing and easily digestible, avoiding all viscid food. Moderate exercise in a dry warm air is exceedingly beneficial.

Jaundice.

SYMPTOMS. YELLOWNESS of the skin, but chiefly of the white of the eyes—the urine also yellow—inactivity—anxiety and uneasiness at the pit of the stomach.

CAUSES. WHATEVER obstructs the passage of the bile, through its natural channel.

TREATMENT. THE indications of cure are, to remove the obstructions, which, as it originates from different causes, will require different modes of treatment.

As vici'd bile, is the most common cause of this

complaint, in full habits, and where there are any feverish symptoms, begin the cure with bleeding, afterwards give an emetic, and then a day after, a dose of calomel and jalap, which should be often repeated if necessary. Common soap in large quantities has been exhibited with much success in this case, but as this is disagreeable to take, the salt of tartar, which has the same advantage, or soda, may be taken in doses of twenty or thirty grains, three or four times a day, dissolved in the infusion of columbo.

If there be any acute pain in the region of the liver, with a quickness of the pulse, bleed more freely, give one of the mercurial pills night and morning until a ptyalism is produced, use the warm bath, and apply a blister over the pained part. In cases of much pain, three or four table spoonfuls of olive oil should be swallowed, and if it do not succeed in quieting the pain, one or two teaspoonfuls of æther, or thirty or forty drops of laudanum must be given, and repeated as often as circumstances may indicate. The warm bath, or bags of hot salt applied to the right side, are likewise beneficial. After the obstruction is removed, the tonic powders or pills,* are necessary to restore the tone of the system.

REGIMEN. THE diet ought to be regulated ac-

* Vid. Dispensatory.

according to the constitution of the patient. In plethoric or feverish habits, the diet should be low, and in cases of excessive debility it should be of the most nourishing kind. Vegetables, by creating flatulency and acidity, are to be avoided. Mucilagenous drinks are peculiarly proper ; and in many instances, sucking a new laid egg every morning on an empty stomach, has succeeded in curing this disease when all other means failed.

White Swelling,

Is distinguished by an acute pain, without any external inflammation, of a joint, attended with a gradual increase of its size. Though all the joints are occasionally subject to it, yet, its most usual seat is in the knee.

WHITE swellings are generally of a scrofulous nature, but sometimes they are produced by rheumatic affections, and sometimes follow strains that have been neglected, or badly treated.

TREATMENT. As soon as an affection of this kind is discovered, the patient should remain in bed, and the limb kept perfectly at rest ; without which, remedies cannot produce any good effect.

THE great object, is to prevent the formation of matter, by the immediate application of leeches, or scarifications to the part affected, and by which, eight or ten ounces of blood may be taken away, every other day, or oftener, according to circumstances. The whole joint should then be kept continually wet and cold with the solution of crude sal amoniac,* by means of four or five folds of old linen. After the local affection is somewhat abated, frictions with the volatile liniment, or a mixture of soft soap and spirits of camphor ; to which may be added some tincture of cantharides, will have a good effect. With one or other of these liniments, the joint is to be rubbed well twice a day, and afterwards covered with a piece of flannel that has been soaked in the same. If this should not produce good effects, the part must be rubbed night and morning with mercurial ointment, in the quantity of two drachms at a time, and continued until the mouth is gently effected. The cure may then be completed by small blisters on each side of the joint, which should be kept running for a length of time.

IF the disease in spite of those remedies continue to advance, emollient poultices must be applied often, until various abscesses appear, and these should be opened as soon as they seem to point, and afterwards to be treated as ulcers.

* Vid. Dispensatory.

IN cases where the white swelling is evidently sero-fulous, tonic medicines, as bark, steel, &c. and a nourishing diet, to correct the constitutional affection, with stimulating applications to the joint, form the best remedies.

Sea Sickness.

SYMPTOMS. A most unpleasant giddiness, with great nausea and vomiting, occasioned by the motion of the vessel. The duration of this complaint is very uncertain. Generally it lasts but a day or two, but in some cases it will continue the whole voyage.

TREATMENT. *THOUGH* time, perhaps, is the only cure, yet it will be greatly alleviated by keeping the bowels open. A teaspoonful of æther in a glass of water, relieves the convulsive affection of the stomach. High seasoned food and acidulated drinks are peculiarly proper. But nothing will be found more serviceable than exercise, cheerfulness, and fresh air. Persons should therefore, never go below ; but romp on the decks, cut capers in the shrouds, and divert their minds and move their bodies, as much as possible.

Intoxication.

SYMPTOMS. LIKE every other kind of phrensy, it comes on with a burning redness of the cheeks—a swelling of the jugular veins—and a fiery wildness of the eyes. The tongue considerably affected, but very differently in different stages of the disease. At first, only glib and voluble—then *loud* and *louder* still—at length *noisy* and excessively disagreeable. The patient now is quite on his top ropes and nothing goes down with him, but the most ranting songs—roaring laughs—ripping oaths and bluntest contradictions, accompanied with loud thumping of the fist on the table, especially if politics be the topic of conversation. There is no complaint that affects patient's so differently—some it makes so ridiculously loving, as to hug and kiss one another—others it kindles into such rage and fury, that they will frequently throw the bottles and glasses at the heads of their best friends. And indeed, so wonderful is its influence, that it is no uncommon thing with it, to inspire cowards with courage, to teach truth to liars—and to make persons naturally reserved, loquacious and even boisterous.

THE memory now partakes of the general infirmity, being hardly able to connect the parts of a story begun—The tongue at length, as if about to lose its powers, begins to trip—then to stammer—and at last

the utterance dies away generally in some idle half finished threat or oath. Hiccups now ensue with a silly grin of the mouth, which continues half open from the falling of the lower jaw. The face puts on an air of great stupidity—the eyes turn heavy and sleepy, and the patient begins to nod with his head bending forward: until becoming too heavy, he sinks under the table, and not unfrequently, after a filthy vomiting, falls asleep among the dogs and cats.

TREATMENT. IN a fit of drunkenness, the patient should instantly be placed in an airy situation, the head and shoulders kept erect, and the neck cloth and collar of the shirt unbound, and copiously bled, if his situation seems alarming. The next step is to provoke vomiting, by the most expeditious means, such as tickling the throat with a feather or the finger. Cold applications to the head, as cloths wrung out of cold water or vinegar and water, often renewed, will have the happiest effect; so will plunging the whole body into cold water; for many instances have occurred of persons having fallen over board in a drunken fit, and having been picked up sober.

THEREFORE, it will be found an admirable mode of sobering those vagabonds, who as a nuisance, infest the streets of every city; to take them to the nearest pump, and there deluge them with cold water. This will not only bring them to their senses, but sends

them off, under that sense of shame, which ever follows the commission of a crime so truly ignominious.

To Recover Persons Apparently Drowned.

As soon as the body is taken out of the water it should instantly be rubbed dry, and wrapped in warm blankets; unless the cooling process should be first necessary, in consequence of the patient being in a half frozen state. For, in that case, the body ought to be rubbed with snow, or flannels wrung out of cold water or vinegar, before any degree of artificial warmth is applied. After which the patient is to be placed on a bed or mattress, with the head elevated, and is then instantly to be blown into the lungs, by inserting the pipe of a pair of bellows into one nostril, or for want of that article, a tobacco pipe, a quill, or even a card folded in the form of a tube; while the mouth and opposite nostril are closed by an assistant, or covered with some wet paper. Then by forcing air into the lungs, and alternately expelling it by pressing the chest, respiration may happily be restored. Volatile salts, or vinegar should also frequently be applied to the nostrils.

NEXT the intestines are to be stimulated by injections of warm spirits and water, or mulled wine.

While using the internal stimulants, a bladder of warm water should be applied to the region of the stomach, and the legs and arms briskly rubbed with a warm hand or with flannel, extending the friction gradually to the thighs, belly, and chest.

At that critical period when sneezing, slight twitchings or gasping, mark the first dawn of returning life, it will be prudent to moderate the stimulating powers. When respiration and the power of swallowing are restored, the patient should be kept moderately warm, and gentle perspiration encouraged by warm drinks.

Should feverish symptoms ensue, moderate bleeding, together with mild laxatives and cooling regimen, will complete the cure.

To recover persons apparently killed by lightning or nox- ious vapours.

TREATMENT. INSTANTLY throw cold water with some force in large quantities on the face and head, which, should be often repeated for some time, and if convenient the whole body may be plunged into cold water, and afterwards wiped dry and warmth gradually applied. If the body and extremities feel

cold, instead of the application of cold water, the warm bath about the temperature of the blood, should be prepared as soon as possible, and the patient immersed in it for twenty or thirty minutes, using frictions at the same time with the hand. As soon as the patient is taken out of the bath, his skin must be wiped dry and wrapped up in warm flannel, and gentle stimulants employed to produce a reaction.

WHEN by these means, the circulation of the blood is increased, and the extremities become warm, bleeding will be proper, and must be often repeated, if the patient have fever, or complain of pain. Besides which, evacuations must be procured by purgative medicines and glysters, and the antiphlogistic plan in every respect strictly pursued, until the febrile symptoms abate. After which, tonic medicines with wine, in case of debility, are of infinite service.

Poisons.

TREATMENT. THE cure of poisons swallowed, whether vegetable or mineral, requires either an immediate evacuation, or a counteraction of their effects. Therefore as soon as possible, throw in an emetic, quick in its operation, as blue or white vitriol in a dose from ten to thirty grains, repeated in fifteen minutes, if necessary, and assisted by copious draughts of warm water.

To remove the stupefaction which generally ensues after an imprudent dose of opium, acids of the vegetable class, as lime juice, or vinegar diluted with water, ought to be exhibited freely. But if the patient lay in a deadly stupor, with cold extremities, the warm stimulating plan must first be adopted. Sinapisms or blisters ought instantly to be applied to the extremities, or as a more effectual remedy to produce reaction in the system, the legs and arms should be whipped well with rods, and the soles of the feet seared with a red hot iron.

WHEN mineral poisons are taken, if a vomiting does not follow, attempt the expulsion by a quick emetic as above described, and let it be worked off with warm water, adding to each draught, twenty or thirty grains of salt of tartar ; which medicine should be continued until the cure is completed. The exhibition of sweet oil, milk, and mucilagenous drinks, in large quantities, do good by obtunding the acrimony of the poison, and must not be omitted. The same method should be pursued, whether arsenic, corrosive sublimate, sugar of lead, tartar emetic, or any metallic salt has been taken ; and unless the remedies are quickly resorted to, death inevitably will take place.

If in consequence of the effects of poison, fever supervenes ; the antiphlogistic treatment as recommended in inflammatory complaints, must be pursued.

Bites of Musquitoes.

MUSQUITO bites are often degenerated into painful acrid ulcers, particularly in the legs, in consequence of scratching them. It is therefore proper where these insects are troublesome, to wear loose linen buskins to guard the legs in the evening ; and when this has been neglected, apply oil, vinegar, lime juice, or camphorated spirits to the part, to allay the itching and tingling occasioned by their bites.

Bites of Venomous Animals.

TREATMENT. THE bites of all venomous animals are cured by the same means, which are very simple, if the remedies were always at hand. The caustic volatile alkali or eau de luce, is a certain antidote against the bites or stings of the most venomous serpents or spiders. Lint wetted with either of these should instantly be applied to the injured part, and renewed as often as it becomes dry. A teaspoonful of the same medicine must also be given to the patient in a little water, every hour or oftener as may be indicated by the symptoms.

LUNAR caustic possesses the same admirable

virtue, and should always be employed, when the other medicines are not at hand. The best mode of using it, is to dissolve five or six grains of the caustic in two or three ounces of water, and keep the affected parts moistened with it, as above directed. Some of the same ought also to be given internally, only in a more diluted state. When these remedies can not be procured, a cataplasm made of quick lime and soap, should be applied to the bitten part, and as much cayenne or red pepper swallowed every hour or two, as the stomach can possibly bear, mixed up in spirits.

THE juice of plantain and hore-hound, in doses of a table spoonful every hour or two, is also a good remedy against the bites of venemous serpents.

As soon as a person is bitten by a poisonous animal, a tight ligature should be made above the injured part, until suitable remedies can be employed. When the toe or finger is bitten, cutting it off immediately will prevent mischief from the poison.

It is also a fact that sucking the wound immediately after being bitten, will arrest the progress of the poison. This was lately verified in the neighbourhood of Augusta, in the case of a youth who was bitten by a rattle snake, and the wound being instantly sucked by a man present, prevented its mischievous effects; nor did any injury result to the operator.

WHEN this remedy is resorted to, it may be prudent for the operator to guard his mouth with sweet oil or milk, and not swallow the saliva. It should never be attempted by a person with a sore mouth or very bad teeth.

Hydrophobia,

OR, THE BITE OF A MAD-DOG.

THIS disease is so dreadfully alarming at all times, that we ought as the best means of security, endeavour to prevent it.

THEREFORE, as the infection of a rabid animal, is conveyed by his teeth into the wound, the sooner it is removed, the less chance is there for absorption. Consequently, the bitten part should immediately be washed, and where it can, be cut out, or burnt with a hot iron deeper and more extensive, than the wound itself. After which, the wound should be filled with mercurial ointment, and kept open for some time.

IN addition to this treatment we should dilligently employ mercury both internally and externally, to excite a salivation.

WHEN the disease is once begun, large bleedings with purgative medicines, must be resorted to, and

frequently repeated. Sweet oil has been highly recommended for this malady, in very large quantities. Opium in such doses as are given in tetany, has also been said to produce beneficial effects.

It is probable, the caustic volatile alkali, might prove as certain an antidote against the poison of a rabid animal, as that of the most venomous serpents.

Guinea Worm.

THIS disease is frequent among the *new* negros, and is pretty uniform in its appearance.

THE patient is at first sensible of an itching; and, on examining the part, a small blister is generally to be traced. Frequently two or three of these blisters manifest themselves; and at times the part has the appearance of being stung with nettles. Beneath these blisters, or other affections, on raising the skin, there appears a small piece of mucus, on removing which, the head of a worm is to be seen. It is generally firmly fixed, and requires force to detatch it from the parts beneath. When once separated with the forceps, it can be twisted round a ligature, or a piece of lint, and by this means a portion of it, a foot or two in length, may be extracted in the course of one day.

IN its appearance, it resembles what is called bobbin, or small tape, and is of the same size. It is transparent and moist, and appears to contain something like a white liquid. As much of it as will come away without pulling, is daily to be extracted. It is always dangerous to use force, on account of the risk of breaking the worm. When this accident happens, it occasions the most accute pain, accompanied with swelling and inflammation of the neighbouring parts; and these symptoms will often continue for two or three weeks. In this case the worm also takes a different course, and soon shows itself in another part.

Swallowing of Pins.

PINS and other hard and sharp pointed substances, sometimes pass into the gullet, and even into the stomach. It is too prevalent a practice, when any substance of this kind has passed into the stomach, to endeavour to hasten its passage through the bowels, by giving some opening medicine.

MILK alone, or mixed with raw eggs should be immediately taken, as by the coagulation which takes place, the substance may become so involved, as to prevent its doing injury to the stomach; and on the same principle should opening medicines, which render the fæces thin, be avoided; as by allowing the

fæces to obtain some firmness, there will be the greater probability of the pointed parts of the substance being so sheathed, as to prevent them injuring the intestines.

Chilblains.

SYMPTOMS. ARE inflammatory swellings, chiefly affecting the heels, feet, and toes, and sometimes the arms and hands, attended with great pain and degree of itching.

CAUSES. THIS disease is owing to a weaker action of the small vessels most remote from the heart, occasioned by cold or dampness, and occurs most frequently among children and people of delicate constitutions.

TREATMENT. WHERE the parts are frost bitten by long exposure to the cold, they should be plunged into the coldest water, and afterwards rubbed with salt.... When they are only benumbed, they may be rubbed with spirit of wine and camphor, or opodeldoc, to which a little laudanum may be added, if the pain, or itching be very troublesome; but when they crack and discharge an acrid matter, poultices should be applied, but not for any length of time, as their continuance is apt to produce fungous excrescences. The applica-

tion of diachylon plaster to the part, if the exciting cause be avoided, will afterwards effect a cure.

Scalds and Burns.

THE leading indication in affections of this kind, is to abate the pain ; and this is effected by whatever induces insensibility of the part ; as plunging it suddenly into cold water, covering it with ice or snow, or applying soft soap, brandy, laudanum, æther, or spirits of turpentine. Of these remedies, the spirits of turpentine deserves the preference, especially where the skin is detached. A liniment prepared of basilicon ointment and spirits of turpentine, and applied twice a day to burns, when there is a loss of substance, alleviates the pain like a charm, and brings the sore to suppuration in a few days, which may afterwards be healed, by a liniment composed of equal parts of linseed oil and lime water, or by the application of the simple, the saturine, or Turner's cerate.*

BLISTERS which occur from burns, should be opened as soon as the irritation induced has subsided ; and in order to prevent any bad effects from the admission of air, small punctures ought to be made in preference to incisions.

* Vid. Dispensatory.

THE constitutional treatment of burns must be regulated by the degree of inflammation and pain. When the former is considerable and affects the system at large, bleeding, mild laxatives, and other remedies suited to inflammation in general, becomes necessary ; and in the latter where the pain is violent, laudanum ought to be given in pretty large doses.

WHEN the patient is of a debilitated habit, wine and bark will be of infinite service ; and when the sores do not heal kindly, astringent washes are necessary, as recommended for indolent ulcers.

Herniae, or Ruptures.

THE term rupture was adopted when it was supposed, that the disease was always the consequence of a rupture of some of the parts which form the cavity of the abdomen or belly. But anatomical examination has shewn, that this disease, as it most commonly appears, takes place in consequence of the protrusion of some of the contents of the abdomen, through openings, which are natural to the human body ; and without any violent separation of the parts. It will not be necessary to describe particularly, the several kinds of ruptures which may occur. It will be sufficient to observe, that ruptures will generally appear in the groin, in the upper and fore part of the thigh, and at

the navel. Those which appear, at first, just above the groin, will, in general, if neglected, soon descend into the *scrotum*, in men, and into the *labia pudendi*, of women. The tumor, in this disease, is most commonly formed by a part of the intestinal canal, or of the omentum or caul, or of both.

IN those ruptures which are capable of easy reduction, as soon as a pressure is properly made, the protruded intestine generally slips up, all at once, with a kind of guggling noise, and the tumor immediately subsides; where the tumor has chiefly been formed by *omentum*, that passes up more slowly, and without that particular noise which accompanies the return of the intestine.

IN those cases of rupture, where stricture has taken place on the protruded parts, and the reduction is thereby rendered difficult, the belly becomes tense and painful, the pain of the belly, as well as of the tumor itself, being much increased on the least exertion; a total stoppage of discharge by stool takes place, and the patient is distressed by a sickness at the stomach, which increases, until there is almost constant retching and vomiting.

To prevent these evils, it is only necessary, that such a pressure be kept on the opening, through which the part protruded, as may prevent its again falling out:

the pressure of the fingers shews how effectually this may be done, and if, at the time this pressure is made, the patient but gently coughs, he will discover how forcibly the protruding parts are driven outwards, and how necessary it is to guard against their future propulsion. The ingenuity of artists has devised a mode, by spring trusses, of applying a constant and properly adapted pressure, requiring little or no exertion, or even attention of the patient himself....No person, therefore, in the situation just described, should suffer a day, more than is absolutely unavoidable, to pass, without obtaining the comfort and security which will follow the application of a truss; since, if it be adopted at the first appearance of the disease, not only will the malady be stopt in its progress; but, if employed with constancy and steadiness, a radical cure may be gained.

IF it be discovered that the return of the rupture is become difficult, and that a stricture on the protruded part has perhaps taken place, the person should place himself on his back, inclining to the side opposite to that diseased with the head low, and the breech raised high, the knees being drawn upwards, and a little outwards. Whilst laying in this posture, he should endeavour, by such pressure as he has been accustomed to employ for its reduction, to return the protruded part. Should he not succeed in this attempt, he may lay on the part a piece of folded linen dipped in cold water,

and repeat his attempts. If these be also unsuccessful, he may then be assured that a stricture has taken place, and as his life depends on its speedy removal, no time should be lost, in obtaining the best surgical assistance that can be had.

THE *Umbilical Hernia*, or rupture of the navel is most common to childhood, and is easily cured if early attended to.

THE means to be adopted, are simply these—The protruded parts are to be returned, which may be easily done by slight pressure with the finger; and retained in their proper situation, by a conical piece of very soft sponge, thoroughly cleared, by rubbing between the thumb and finger, of sand and minute shells, which may be lodged in its cavities. This being kept to the part, by the point of one finger, is to be secured by several slips of strongly adhesive plaster, three inches in length, crossing each other in a stellated form.

Prolapsus Ani, or Falling of the Fundament.

It is occasioned by weakness of the part, which is aggravated by costiveness, hæmorrhoidal swellings, diarrhœas, and particularly a tenesmus.

TREATMENT. THE cure is to be effected by reduction of the part as soon as possible, and retaining it in its natural position, by a compress, secured with a bandage.* To effect its reduction, the patient should be laid on his face in bed, with his buttocks raised above the rest of his body, and while supporting the tumor with the palm of one hand, the part of the gut least protruded is to be first introduced, with the forefinger of the other. As soon as the bowels are returned, the bandage is to be applied. When the precluded parts become inflamed, from being exposed to the air, before attempting a reduction, the inflammation is to be alleviated by blood-letting, and fomenting the part with a warm decoction of oak bark.

SUCH remedies as tend to recover the tone of the parts most readily, are to be used, as cold bathing partially applied, and injections of the decoction of bark, with the addition of a little laudanum, or starch, if there be an acrid discharge. With the same view, tonic medicines, as steel, columbo or bark, should be taken thrice a day.

Warts and Corns.

WHEN *warts* are attended with inconvenience, they may be removed either by ligature or caustic, accord-

* Vid. Bandages.

ing to the extent of their base. The caustics commonly used for this purpose are crude sal amoniack, blue vitriol, lunar caustic or tincture of steel, applied every day.

As *corns* are formed entirely from pressure, we must carefully avoid the occasional cause, by wearing wide shoes; and for their removal, they should be bathed for some time in warm water, and then pared off as much as possible, without giving pain; after which apply over them a wafer or diachylon plaster, to defend them from the cold air. Another method is to allow them to grow to some length, through a piece of perforated leather, properly secured by plaster, or any other means, and afterwards to pick them out, or to cut round their root by which they may for the most part be easily turned out.

Whitlow.

Is an inflammatory swelling of the fingers, confined generally to the last joint, particularly under the nail, attended with a sense of most burning heat.

CAUSES. It is often induced by external violence, as the puncture of a pin, or contusion of the nail; but it most frequently takes place without any obvious cause.

TREATMENT. THE moment that a sense of any preternatural heat, or pain is felt, in order to effect resolution, the finger should be bathed, several times a day, in a mixture composed of four ounces of spirits of camphor, half an ounce of laudanum, and two drachms of extract of lead. When these articles are not at hand, holding the finger in brandy, or sharp vinegar, or very hot water often repeated, and continued for some time, will often prevent suppuration.

SHOULD however, these means fail to produce resolution, the best method is to make an early opening down to the bone, which will occasion the patient much less pain, than allowing the matter gradually to make its own way to the surface ; which likewise, from the length of time required, is attended with more mischief to the parts. The wound is then to be brought to suppuration by emollient poultices, and afterwards treated as an ulcer.

Tumors or Boils.

EVERY tumor terminates in one of the following ways. By an absorption of the substance into the circulation ; by a conversion into *pus*, or degeneration into scirrhus or cancer.

THERE are two plans for the treatment of tumors.

Either by resolution or maturation. In the first, there is a dispersion of the swelling; and in the second, it is brought to maturity, and of course, a discharge takes place by spontaneous rupture, or by incision.

TREATMENT. IN the treatment of tumors, we must be regulated by the nature and condition of them.

IF for example, they should appear on any part of the body, with only a slight degree of pain, tension, and inflammation, and no preceding indisposition, that may induce us to believe it to be the effort of nature, to get rid of some noxious matter; we should then endeavour to disperse the inflammation by strictly observing a cooling regimen, by bleeding, by mild cathartics, and by topical remedies, as cloths wrung out of lead water, or saturnine poultices,* often renewed.

BUT when they arise from bad habits of body, their suppuration in all cases should be promoted as soon as possible, by warm emollient poultices, as milk and bread, flaxseed, or mush and fat, renewed every three or four hours.

WHEN the suppuration is complete, if the matter does not make its own way, the tumor is to be opened with a lancet or caustic, and after applying one or two

*Vid. Dispensatory.

poultices, it should be dressed with basilicon spread very thin on lint, night and morning, until it ceases to discharge : after which, heal with Turner's cerate. If fungous or proud flesh appear, it must be destroyed by sprinkling red præcipitate, burnt alum or rhubarb over it, or touch the protuberant part with blue vitriol or caustic.

ATTENTION must also be paid to the general state of the system, since if that particular state on which tumors depend, is not changed, the patient may be harrassed for a considerable time, by their recurrence.

HENCE, in debilitated constitutions, the tonic and strengthening remedies, such as bark, sea bathing, &c. should be employed, and in robust and gross habits, sulphur and cream of tartar, ought to be taken in doses of a teaspoonful thrice a day.

A TUMOR on the gums is to be brought to suppuration by applying roasted figs internally to the part, as warm as can be borne ; and afterwards the mouth is to be frequently washed, either with the astringent or detergent gargle.* But when it arises from a carious tooth, a removal of it becomes necessary, in order to effect a cure.

* Vid. Dispensatory.

Scirrhus or Cancer.

A **CANCER** is a spreading sore preceded by a hard or scirrhus swelling of the part, attended with pain, and, for the most part, a thin fœtid discharge. Any part of the body may be the seat of this disorder, though it is mostly confined to the glands.

A **SCIRRHUS** in the breast commences with a small hard and moveable kernel like a pea, without discolouration and without pain. This generally increases in size and in hardness. The neighbouring parts become affected with a sense of pain and uncommon heat, as if touched with fire, or pierced with sharp needles. Inflammation now succeeds, which ending in an ulcer or open sore, the cancerous state begins. When the surface of the skin is attacked by cancer, it generally begins with a small excrescence of the watery kind, which becomes a cancerous ulcer, on suffering even the slightest irritation.

TREATMENT. IF the unfortunate subject of this malady is a young person, and of a good constitution, and the complaint in its worst state; the best advice to be given is to apply to some experienced surgeon, and have the part extirpated immediately. When extirpation cannot be accomplished, every attempt should be made to stop the progress of the complaint, by

general and topical blood letting, by a cooling diet consisting principally of milk and vegetables, and to keep the bowels open by the occasional use of mild cathartics.

IN the incipient scirrhus state, wearing a hare or rabbit skin over the part affected is extremely useful, and when this cannot be procured a mercurial plaster will be found serviceable. Lead water in this state has likewise been employed with some success, by arresting the progress of the complaint. Every thing that tends to irritate, such as rubbing, picking, or handling the affected part, should be avoided. The clothing should be so regulated as not to press too hard on the tumor, nor to keep it disagreeably warm, nor leave it painfully cold.

WHEN the cancer becomes ulcerated, various have been the applications, but those which give the least pain are the most eligible. The narrow leaved dock-root has proved an effectual cure of this malady, in many instances. The manner of applying it, is by boiling the root till it is quite soft, then bath the part affected with the decoction three times a day as hot as can be borne, using the soft root in form of poultice.

ANOTHER remedy for this disease, is the solution of arsenic. It is to be taken inwardly thrice a day in

its usual doses,* and to be applied externally in a diluted state. A drachm of the solution is first to be diluted with a quart of rain water, and made gradually stronger, till it be double of that strength. This mixture may be either applied on lint, or made into a poultice with the crumb of bread.

THE solution of kali on lint, has also been employed with some success in cancerous ulcers; beginning with it weak and gradually increasing its strength.

The charcoal powder* is an excellent application to cancerous sores, particularly when they have an offensive smell. It may be daily applied in powder on lint; carefully observing not to expose the ulcer to the air, on changing the dressings.

Common Ulcers.

No disease occurs more frequently among the poor and negros, than ulcers of the legs; for this obvious reason, they are more exposed to accidents, and when they meet with a wound or contusion in the leg, the injured part inflames, and becomes an ulcer for want of proper care.... Women with obstructed menses are also subject to this disorder.

* Vid. Dispensatory.

ULCERS receive various appellations, and require different modes of treatment, according to their appearances, or the causes, and peculiarities of the constitution of the patient. Where the disease is local, topical remedies only are necessary, but, when it is connected with any disorder of the constitution, medicines that affect the whole system, are absolutely necessary. When ulcers appear to have had any effect, either in carrying off, or preventing disorders to which the constitution may have been liable, a cure should not be attempted, until an issue is made in some more convenient part, which should be made to discharge nearly as much as the ulcer.*

AN ulcer not attended by any considerable degree of pain and inflammation, and which affords a discharge of mild matter, of whitish consistence, the granulations firm, red, and of healthy appearance, is called the simple purulent ulcer, and is entirely a topical affection. This ulcer is the most simple that can occur, both in its symptoms and method of cure; and it is to the state of such a sore, that every other species must be reduced, before a permanent cure can be effected.

THE causes of purulent ulcers, are, all wounds that do not unite without the formation of matter and every external accident that terminates in suppuration, with an opening, as a consequence of it.

* Vid. Issues.

In the cure of this species of ulcers, first remove any inflammation which may attend it, by emollient poultices, as bread and milk renewed every three hours. As soon as the inflammation subsides, omit the poultices, lest the granulations are rendered lax and flabby, but keep the sore clean, and dress with some mild ointment, such as Turner's or the simple cerate* spread very thin on soft lint, or apply dry lint, and upon that a piece of linnen spread with the ointment. The frequency of dressing ulcers, must depend on the quantity of matter discharged; but in general they should be dressed once in twenty-four hours in winter, and twice in summer, and the greatest care should be taken, in renewing the dressings, not to expose the sore for any time to the air. When the ulcer is filled up with sound flesh, the remaining part of the cure consists in the formation of a cicatrix. This is frequently the work of nature; but, in many cases, when every deficiency appears to be supplied, still a cure is tedious; the surface of the sores remaining raw, and discharging freely. In such cases, the sores should be washed twice a day with simple lime water, or with some of the astringent washes.*

ULCERS of the irritable kind, which yield a thin ichorus discharge, sometimes bloody, and give pain on being touched, are brought to a good state by warm fomentations, as decoctions of marsh mallows, of the

* Vid. Dispensatory.

tops of worm wood, of hops or camomile flowers, and by poultices of the same ingredients, to which may be added bruised flaxseed or oatmeal. But so soon as the irritability of the ulcer is removed, these applications should be discontinued, and the common remedies for ulcers employed.

HOWEVER, there are cases of irritable ulcers being rendered more painful by the application of any thing warm, and when this happens, such fomentations are not to be employed. There, the sweet oil or saturnine poultices applied cold, will be found most beneficial

INDOLENT ulcers which are marked by a backwardness in forming granulations, and in those, that are formed, a want of sufficient strength to bring about a complete cure, require stimulating applications, as lime water, solution of kali, or any of the astringent washes.* Lint dipped in either of those solutions that may be found to agree best with the patient, should be applied twice in twenty four hours to the sore, after being carefully cleansed with castile soap and water. The strength of the solution should be gradually increased every two or three days ; for what at first gives considerable pain, will soon loose that effect. Tincture of myrrh, pure or diluted, according to the state of the ulcer, is in many instances a good application, and a

* Vid. Dispensatory.

decoction of walnut tree leaves is exceedingly useful in disposing foul ulcers to heal.

IN some superficial ulcers, attended with a thickening of the skin ; and when there is an unusual coldness of the limbs, without any tendency to mortification, warm salt water has been used with the greatest advantage.

THERE is nothing of more importance, both in facilitating and insuring a permanent cure of ulcers on the legs, than compression ; which, however, should never be employed until the inflammation has subsided. Soon as this desirable event shall have taken place, and the usual dressings are applied ; then the affected part should be covered with several foldings of soft linen rags, and the whole secured upon the part with a calico or flannel bandage, three inches in breadth, and four or five yards in length, or rather, as much as will support the limb from the foot to the knee.

THIS bandage should be applied with as much firmness as can be borne by the patient, and as much evenness as possible, by passing it first round the leg at the ankle joint, then once or twice round the foot, and afterwards up the limb in a spiral manner, until it reaches the knee, observing that each turn of the bandage, should have its lower edge about an inch above the lower edge of the fold next below. If the compres-

sion should give pain and produce inflammation, the part that is affected should be moistened with cold water, poured from a tea-kettle or tea-pot, and repeated as often as the above symptoms may indicate the necessity.

SHOULD any disease prevail, its removal must first be effected. If the patient be weak, the diet should be nutritious and tonic medicines, as bark or the nitric acid, given in their usual doses. But if, on the contrary, of a plethoric habit, he should observe a spare and cooling regimen, and take a teaspoonful of cream of tartar and flour of sulphur, thrice a day. In obstinate cases, small doses of calomel until the system is affected with it, or the use of poke berry bounce, will assist the cure.

Wounds.

THE cure of all wounds is effected in two ways, either by adhesion or suppuration; and previous to attempting either of these modes, the hæmorrhage or farther effusion of blood should be restrained and any extraneous substance removed.

HÆMORRHAGES are to be restrained by the application of dossils of lint, or by the tournequet, or pres-

sure with the hand, above the wounded part, until a ligature can be applied.

WHEN ligatures are necessary in consequence of large arteries being wounded, the following rules are to be observed in applying them. If you have no tourniquet, take a garter or a cord, make a small linen cushion about four or five inches long, three broad, and about two thick, or roll up a handkerchief hard, in a similar form and lay it on the trunk of the artery above the wounded part; pass the garter or cord, over the handkerchief round the limb; tie a knot leaving a proper space; and then twist the ligature by a piece of stick, until the hæmorrhage is completely restrained; you are then to prepare a ligature, formed of two or three white waxed threads proportioned to the size of the vessel; after which, slacken the bandage, in order by its hæmorrhage, to discover exactly the situation of the artery, and with a *tenaculum* or a crooked needle, stick its point into the coat of the artery, and draw out the latter for an eighth of an inch, when a ligature, previously placed over the instrument in the manner of a ring, by one of the ends being put twice through the other, termed the surgeon's knot, is to be pulled over the point of the needle by an assistant; and when upon the vessel, its two ends should be drawn gently, until the sides of the latter are compressed. A second knot, if the artery is large, may be then made, after

which the instrument is to be removed, and the ends of the thread or ligature cut off, at such a distance, that they may hang at least one or two inches without the edge of the wound.

WHEN a small artery is wounded, if it be divided it retracts, and the hæmorrhage presently ceases. If it is punctured, the wound should be enlarged, and then the artery may be tied, if proper pressure proves ineffectual. Sand, dust, or small pieces of glass, &c. are best removed by washing the parts in warm water, either by means of a sponge, or of a syringe.

IN the third place as the principal object, proceed to the employment of these means, which will probably heal the wound in the most easy and expeditious manner; for the longer this is neglected, the less is the part disposed to heal. Whenever the nature of the injury will admit of it, the divided parts should be immediately brought into contact, the irritation excited by the wound itself, will then generally be productive of certain degree of inflammation, which will accomplish a union in the course of a few days; however in relaxed habits, with symptoms of debility, the application of some stimulants, as Turlington's balsam, spirit, or balsam of apple will be required to produce that effect. The wound is then said to be healed by the first intention, and this mode of cure should always, when practicable, be attempted. The

means of drawing and preserving divided parts in contact, are bandages, adhesive plasters, and sutures. With respect to the two first, those should always be preferred to the latter, in wounds that do not penetrate to any considerable depth.

THE mode of applying adhesive plasters is by straps; one half of which is fastened on one side of the wound, and the other on the skin, on the other side of the wound, drawing it tight, and holding it firm until the warmth of the part secures it; but if the wound is deep, this contact of the sides must be made by sutures.

IN forming sutures, it should be observed, that one stitch, or suture, is sufficient for every inch of wound, and that the ligature or stitch should always be carried near the bottom of the wound, and the threads passed from within outwards. Thus, a needle being put upon each end of the same thread, well waxed, and each of the needles inserted at the bottom of the sore, when pushed outwardly, about half an inch to an inch from the edge of the wound, according to its depth will form one stitch, and the needle being withdrawn, the same thing is to be repeated, according to the extent of the wound. When all the stitches are completed, the lips of the wound are to be pressed together, and supported in that position, until the ligatures are tied in the manner as already directed for making a surgeon's knot.

It is of consequence to observe, that where the use of sutures or adhesive plasters has been neglected at first, they may be employed with advantage during any stage of the sore, as the parts will unite at any time very readily; and it will expedite the cure very much, to bring the edges of the ulcer into contact, whenever it can be done. When the parts are brought together, in the manner directed, in order to prevent the access of the air, it will be proper to cover them with lint spread either with a thick mucilage of some mild gum, or some bland ointment as the saturnine or simple;* or in debilitated or relaxed habits apply Turlington's balsam.

THE first dressings of wounds should never be removed, until the cure be completed, or until they appear to be covered with matter, unless the pain in the wound becomes severe, and is productive of much inflammation, and then the dressings should immediately be removed, and the parts gently rubbed with some olive oil, and a plaster of saturnine cerate, spread on soft lint applied. If this prove insufficient, and the inflammation is observed to rise still higher, a separation of the lips, the stitches tense, and the points where the stitches pass, particularly inflamed, cut the ligatures and take away every thing that is like stricture upon the wound. All hopes of procuring adhesion must now be abandoned, and the wound

*Vid. Dispensatory,

should be brought to a speedy and plentiful suppuration, by flaxseed, or milk and bread poultices, often renewed; and as soon as there is a full appearance of pus, with relief of the more violent symptoms of inflammation, the poultices should be laid aside, and the sore then treated as a simple ulcer.

WHEN sutures or plasters have been applied, and the symptoms of pain and inflammation continue moderate, they may generally be removed about the fifth or sixth day, as a union will by that time be produced.

GUN shot, or lacerated and contused wounds, as marked by their ragged and unequal edges are the most dangerous of all others, from their disposition to gangrene. Hence it is obvious that in these wounds, the means to guard against mortification should be early employed. In the treatment of wounds of this description, three stages are to be observed in its progress, which may be termed the inflammatory, suppurant, and the incarnating. In the management of the first or inflammatory stage, especially if the patient complain of much pain, blood-letting should be had recourse to, and repeated according to the violence of inflammation and strength of the patient, and if possible to procure leeches; these should be applied near to the edges of the sore. Emollients are then to be used, as pledgets of mild ointments on the wound, with poultices of bread and milk, or flaxseed, laid

above, and renewed every three or four hours in order to promote a speedy suppuration, which are the best means of preventing gangrene. When pus is freely formed, a separation of the most injured parts, takes place, and as soon as they have come away, the edges of the wound may be brought together by plasters or bandages, but no kind of suture should be employed; and the sore will then come, to be treated as a simple ulcer.

IN the second or suppurant stage, the chief point is to check the excess of suppuration, and dispose the wound to heal. This depends on a light nourishing diet, with wine, and the plentiful exhibition of bark, and elixer vitriol.

THE third or incarnating stage is promoted, by placing the member in a proper position, to give a free discharge of matter, assisted by pressure at the same time and by opening every collection which appears; by removing splinters, bones or whatever causes irritation....and by healing with astringent dressings of lint dipt in the solution of kali, lime water, or any of the astringent washes* when the discharge is excessive.

IN the progress of wounds, certain constitutional symptoms arise, that demand particular attention; these are pain, inflammation and convulsive affections. The

* Vid. Dispensatory.

first of these, usually goes off in a short time, by attending to the posture and ease of the wounded part, and removing any extraneous irritation; but when it continues very violent and for a longer time than usual, it will be necessary in the first place to try the effects of laudanum, in doses of eight or ten drops every two or four hours; and when the inflammation is violent, to unload the vessel by topical bleedings; which may be farther aided by fomentations and emollient poultices. If these are not sufficient, and the pain still continues acute, it probably depends on a partial separation of nerves, to relieve which, a complete division of them should be made. The latter complaints are spasmodic, which vary in degree from the slightest convulsive twitching, to the highest state of spasm in the attack of the lock jaw. They are frequently the effects of trifling injuries, a small scratch for instance, which does not penetrate to a greater depth than the skin will sometimes induce them; and when they happen as the consequences of large wounds, they do not make their appearance until the sore seems nearly healed.

UPON the first symptoms of these affections the patient should be emersed in a bath of warm water, soapsuds or a ley made with wood ashes as long as he can bear it, and opium should be exhibited in pretty large doses every two or three hours as the symptoms may indicate. When this fails, the malady is to be treated by remedies prescribed for tetany.

The constitutional treatment of wounds requires, during the inflammatory stage, the strictest attention to the cooling regimen, a low spare diet, an occasional use of laxatives, and the wounded part kept in such a situation as affords most relief. When suppuration is formed, a fuller diet will then be necessary; and if the discharge of matter is excessive, bark and elixir vitriol must be employed.

Mortification.

THE word mortification, in its present acceptation, or meaning, is generally supposed to have place where the circulation is no longer performed through the diseased part, which generally turns blackish, and becomes putrid, producing a separation of the diseased surface from the sound flesh, like an *eschar*, in consequence of a caustic having been applied. In the incipient stage of this disease, which is termed gangrene, there is generally a very high degree of inflammation, and a swelling of the parts affected, with some vesications like those from scalds, but of different colours, according to the extravasated fluid, with which they are replete; sometimes pellucid or yellow, at other times black or brownish.

WHILE things are in this state, attempts should be made to prevent a sudden change to a mortification:

but, in order to effect this it must be observed, that a tendency to mortify may be owing to very opposite causes; it must therefore be extremely obvious to every man of consideration, that there cannot be any thing properly a specific for a disease, where a *plethora* or fulness is the cause in one subject, and inanition in another.

WE know very well that all inflammations may terminate in mortifications. It is also of importance to know that where there is a languid circulation, as in old age, or in cases of excessive debility from protracted fevers, the extremities not only threaten soon to become gangrenous, but the progress to mortification is often very rapid under such circumstances: for, not only the vital heat is deficient, but the vessels themselves are frequently diseased, and, though duly distended with blood, are incapable of reacting on the contained fluid, which consequently in time must stagnate in the small vessels.

HENCE it is obvious, that a mortification may proceed from a circulation that is too rapid, or too languid; and consequently the treatment must vary according to circumstances, and the cause of the disease.

IN the first case, general bloodletting, diluent drinks, with nitre dissolved in them, and the cooling regimen in every respect are indispensable for its cure.

And in the second, a liberal use of cordials and invigorating medicines, as wine and bark, to raise and maintain the vital heat, and to check the progress of putrefaction can alone be depended upon.

WHEN the mortification proceeds from a too languid circulation, or when there is much pain, opium or laudanum is one of the greatest cordials, and should be taken freely every three or four hours, but not in such doses as to produce its narcotic effects.

THE best external application to arrest the course of gangrene or mortification, is to apply a blister over the gangrenous part, sufficiently large to cover one or two inches of the sound flesh, and afterwards to dress the part with cataplasms made of bark or charcoal powder,* and yeast, to be renewed every three or four hours, or as often as they acquire a putrid smell.

WHEN the mortified part begins to separate, remove no more at each dressing than comes away without pain or loss of blood, and as soon as the gangrene stops, and granulations of good flesh appear, it is to be treated as a simple ulcer.

* Vid. Dispensatory.

Sprains and Bruises.

IN the treatment of sprains and bruises, the chief point is to give an instantaneous vigor to the solids, so as to prevent the increase of effusion. Hence the part should be instantly plunged into cold water. After this, cloths wetted with vinegar or lead water, to which laudanum should be added, should be applied, and renewed as fast as they grow warm, until the pain and inflammation have somewhat subsided. The sprained part may then be dressed two or three times a day, with a bandage of brown paper dipt in warm vinegar and spirits, or embrocated with opodeldoc or volatile liniment;* always observing to preserve the part in the easiest and most relaxed posture.

IN addition to this local treatment, if the patient be of a plethoric habit, or the injury very severe, blood-letting, cooling cathartics, and a light diet are particularly enjoined. When bruises have been neglected at the onset, or become painful, warm fomentations of bitter herbs are extremely useful; and their good effects will be considerably aided, by applying the ingredients themselves as a poultice to the part as warm as can be borne, and sprinkled with a little finely powdered camphor.

* Vid. Dispensatory.

AFTER serious sprains, the patient often complains of weakness and uneasiness in the injured parts. In such cases a stream of cold water poured on the part at a considerable height, from the spout of a tea kettle or pitcher, two or three times a day, completes the cure, especially if a flesh brush or flannel be vigorously used immediately before and after the application. Some assistance will likewise be obtained, by the use of a bandage or roller to confine the swelling when that symptom occurs.

Dislocations.

WHAT is termed a dislocation, is the removal of an articulated bone from its natural situation, which is easily known by a degree of protuberance on one side, equalled by a corresponding hollow on the other ; by comparing the joint of one member injured with its fellow ; by inability to move the injured limb, and by pain and tension in the part affected. In whatever part a dislocation happens, it is of great importance to have it reduced as soon as possible ; because by delay the operation becomes extremely difficult, and very frequently rendered impracticable, after the inflammation and swelling have come on.

THEREFORE, whenever this accident happens in the country, if medical assistance cannot immediately be ob-

tained, the most intelligent person present should reduce the bone.

IN the replacing of dislocated limbs, the principal object to be attended to, is the mode in which the extension is made ; for the success of the operation depends more on this, than the force with which it may be applied....Therefore gradually extending from one side to the other, and gently moving it, upwards and downwards, is more likely to succeed, than strong extension in a right line : the force should be begun very gradually, and increased slowly at each trial, in case it resists the first. In case of a luxation being obstinate to reduce, bleeding so as to cause faintness, may often be used advantageously, and whilst the patient is in a weak state, there is a greater probability of success, from extension well directed ; the operator at the same time, endeavouring with his hands to replace the dislocated end of the bone.

AFTER the bone is replaced, compresses made by two or three folds of old linen, wetted with vinegar or lead water, should be constantly applied to the part, in order to obviate inflammation ; and the limb should be retained in its natural situation by bandages which should neither be applied over tight, nor over loose ; as in one case they would compress too much ; and in the other they would be of no use to the parts.

WHERE inflammation has taken place, before the

reduction is accomplished, it cannot be performed until that is overcome. For this purpose we must adopt the antiphlogistic plan, such as bleeding, keeping the bowels in a laxative state by the occasional use of the cathartic mixture, and using warm drinks, together with the camphorated powders and antimonial solution in their usual doses, in order to promote perspiration.

Dislocation of the Jaw.

THE lower jaw may be luxated by yawning, blows, falls, chewing hard substances, or the like. This accident may be known to have taken place, from the patient's being unable to shut his mouth, or to eat any thing. The chin, likewise, either hangs down, or is wrested to one side; and the patient is neither able to speak distinctly, nor to swallow without considerable difficulty.

THE common method of reducing a dislocated jaw is to place the patient upon a low stool, in such a manner that an assistant may hold the head firm by pressing it against his breast. The operator is then to push his two thumbs, protected with linen cloths that they may not be bitten when the jaw slips into its place, as far back into the patient's mouth as he can, and then, with his fingers applied to the outside of the

angle of the jaw, endeavour to bring it forward till it moves a little from its situation. He should then press it forceably downwards and backwards, by which means elapsed heads of the jaw will immediately slip into their place.

Dislocation of the Shoulder.

THE humerus or upper bone of the arm is the most subject to dislocation of any in the body, and may be luxated in various directions: the accident, however, happens most frequently downwards, but very seldom directly upwards. This dislocation may be discovered by the patient's inability to raise his arm, as well as by violent pain in attempting it, and by a depression or cavity on the top of the shoulder. When the dislocation is downward or forward, the arm is lengthened, and a ball or lump is perceived under the arm-pit; but when it is backward, there appears a protuberance behind the shoulder, and the arm is thrown forward towards the breast.

THE usual method of reducing a dislocation of the shoulder is to set the patient upon a low stool, and to cause an assistant to hold his body firm, while another lays hold of his arm a little above the elbow, and gradually extends it. The operator then puts a napkin under the patient's arm, and causes it to be tied

behind his own neck. By this, while a sufficient extension is made, he lifts up the head of the bone, and with his hands directs it into its proper place. In young and delicate persons, an operator may generally reduce this dislocation by extending the arm with one hand, and thrusting in the head of the bone with the other. In making the extension, the elbow ought always to be a little bent.

Dislocation of the Elbow.

THE bones of the fore-arm may be dislocated in any direction, but most commonly upwards and backwards. In this luxation, a protuberance may be observed on that side of the arm towards which the bone is pushed; from which circumstance, joined to the patient's inability to bend his arm, a luxation at the elbow may be known.

FOR reducing a dislocation at the elbow, two assistants are for the most part necessary: one of them must lay hold of the arm above, and the other below the joint, and make a pretty strong extension, while the operator returns the bones into their proper place. The arm must afterwards be bent, and suspended for some time with a sling about the neck.

DISLOCATIONS of the wrist and fingers are to be

reduced in the same manner as those of the elbow, viz. by making an extension in different directions, and thrusting the head of the bone into its place.

Dislocation of the Thigh.

WHEN the thigh-bone is dislocated forward and downward, the knee and foot are turned out, and the leg is longer than the other; but when it is displaced backward, it is usually pushed upward at the same time, by which means the limb is shortened, and the foot is turned inward.

WHEN the thigh-bone is displaced forward and downward, the patient, in order to its reduction, must be laid upon his back, and made fast by bandages, or held by assistants, while by others an extension is made by means of slings fixed about the bottom of the thigh a little above the knee. While the extension is made, the operator must push the head of the bone outward till it gets into the socket. If the dislocation be outward, the patient must be laid upon his face, and, during the extension, the head of the bone must be pushed inward.

DISLOCATIONS of the knees, ankles, and toes, are reduced much in the same manner as those of the upper extremities, viz. by making an extension in op-

posite directions, while the operator replaces the bones. In many cases however, the extension alone is sufficient, and the bone will slip into its place merely by pulling the limb with sufficient force. It is not hereby meant that force alone is sufficient for the reduction of dislocations. Skill and dexterity will often succeed better than force; and one man who possesses them has been able to perform what the united force of many was found inadequate to accomplish.

Injuries of the head, and fractures of the limbs.

IF in consequence of a bad fall or blow, a considerable injury appears to have been received, the sufferer being unable, in consequence of the loss of his senses, to point out the injured part; some consideration is necessary before any attempts are made, even to raise him from the ground. Because should a fracture of one of the bones have happened, and not suspected by his assistants, their exertions to raise him, and to place him on his feet, might force the ends of the fractured bone through the soft parts, and convert a simple fracture into a very dangerous compound one. The limbs, therefore, should be carefully examined; but even if they seem to have sustained no material injury, yet should the patient not be precipitately raised, until something be provided, on which he may be

placed; as thereby unnecessary, and perhaps injurious exertions are avoided.

As it will be fair to conclude, from the deprivation of the senses, that the brain may have sustained some injury, great care should be taken, to convey the patient to his apartment with as little injury as possible, and whilst laying in bed the head should be somewhat raised. If the patient be of a plethoric habit, a moderate bleeding will be required, as soon as possible after the accident; after which the bowels should be evacuated either by purgative medicines or glysters. One or two stools being procured, and if possible the warm bath used; the anodyne sudorific drops,* should next be exhibited, to produce perspiration, and to excite absorption of the extravasated blood; and this mixture should be continued in doses of ten or twelve drops every four or six hours, until the patient is out of danger, observing to keep the bowels open.

DURING convalescence, the bark, columbo, or steel with wine, may be employed. If there is a laceration of the scalp, every attempt should be made to induce suppuration of the part, by the application of warm fomentations or poultices, and this taking place, a relief of all the symptoms will occur, when it is to be treated as a simple wound.

* Vid. Dispensatory.

BUT should it be discovered that a leg or thigh is broken, the patient is not to be stirred until a proper vehicle, as a door, or two or three boards well secured together, is procured, on which he can be placed. To place him on this, two persons may raise him by means of a sheet slid under his hips, whilst one raises him by the shoulders, one person raising the sound leg, and one carefully conducting the fractured limb, which should be placed on a pillow, with the knee a little bent. The best mode of conveyance is undoubtedly by two or four men, and a carriage should never be employed, when this mode can be adopted. As the patient will be under the necessity of laying some time without getting up, much subsequent pain and exertion will be prevented, by preparing the bed in the following manner.

IN place of the laced canvas, bottom boards are to be laid across the bed frame, which makes the bed hard and keeps it perfectly level and smooth during the cure. In place of a feather bed, a mattress only is to be laid above those boards; over this another, cut into four parts with a piece of a sheet sewed round each portion, is to be placed, that these may be shifted under the patient from time to time. On the bed thus prepared, a pillow, like a mattress, flat and firm, is to be laid for receiving the limb.

IN setting a broken bone, very little extension is required, nor should tight and firm bandages be used,

which gives considerable pain to the patient, without the least benefit. In a simple fracture of the thigh or leg, with patients not unruly, very little more is necessary than to restore the foot to a right direction with regard to the leg, and then stretch out the limb on a well made pillow, observing to extend, straighten, and lay it anew, when it is disordered or shortened, without fear of hurting the callus. And when you have placed the limb between two splints, or troughs, made of untanned leather or pasteboard, which have been previously soaked and softened, the whole braced down with ribbons or tapes which may preserve it steady, you have done every thing.

HAVING prepared two long troughs, or pieces of untanned leather, or paste board bent in a hollow form, lined, or rather cushioned with two or three folds of flannel, with tapes or ribbons, four or five in number, attached to the outside of one of the splints, by which both splints may, after all is over, be gently tied together, with bow knots to be slackened or tightened, according to the swelling of the limb. You are then to place these by the side of the fractured leg, and direct one of the assistants to apply his hands broad around the upper part of the limb, and grasp it gently and steadily; take the foot and ankle in the same manner in your own hand: slip your left hand under the broken part of the limb, slide it gently along, and then lay it upon the splints, to which the ribbons are attached.

IF the bone cannot be reduced by this extension, endeavour to force it in with your thumbs. Begin then to lay the limb smooth; let your assistant again grasp it, by spreading his hands upon the thigh, or below the knee, with the design of extending, along with you, not by lifting the leg from the pillow, but rather by keeping it down, and steadying it by pressure, while you, with both hands, lift the foot and ankle; grasp them gently, but firmly; raise them a little from the pillow, and draw gently, steadily, and smoothly. When you have thus extended and smoothed the broken leg, in a manner which you almost suppose agreeable, rather than painful, to the patient, press it down gently and steadily upon the lower splint; the upper is then to be laid above it; and by grasping the soft and moistened splints, you must model them a little to the shape of the limb. When the whole has taken a form, tie several tapes, one after another; and after having tied them in a general way, go over them again, one by one, and tie them a little closer, so as to keep the limb agreeably firm.

THE process is either slower or more imperfect in children and old people: their bones, therefore, more apt to be broken again; hence with them the splints should be kept longer applied. On particular occasions also, particular precaution must be taken. Thus, with delirious patients, and those who are liable to sudden motion, as when at sea, the limb after being set, must be laid between two pillows and the pillows

fastened to the bed. It is also sometimes necessary to make the splints more secure, and this may be done by soaking a roller or bandage in whites of eggs, mixed with a little flour; or by stewing a little powdered rosin on the bandage and afterwards soaking it with spirits of wine; or finally by soaking the bandage with fine glue, which makes a firm case, and is far from being offensive.

LASTLY, though splints and bandages in general are unnecessary during the cure; yet, when a patient rises from bed, rests the weight of his body on the fractured bone, and begins to be exposed to accidents, the splints laid along the limb, should be made firm by a bandage or roller as above described, to prevent those accidents which may be incurred by precipitation and rashness.

IN fractures of the arm, the part hangs naturally in the best posture, and requires but two splints of thin pasteboard, rolled gently with a linen roller: and in fractures of the fore-arm, the limb preserves its natural length or form; it requires merely to be laid upon a long splint of pasteboard, with a small splint laid above, the two splints being secured with slight ribbons or tapes, and the arm from the elbow to the fingers ends supported by a sling or handkerchief round the neck, raising the palm of the hand to the breast, with the fingers moderately bent.

WHEN the arm is fractured between the elbow and shoulder, the fore-arm may be placed in the same position, as already described; but the sling, instead of supporting the whole length of the arm, should only support the hand, which should be raised higher than in the former case, the elbow being allowed to sink; its motion however, being prevented by a handkerchief passed moderately tight round the trunk, including the fractured arm.

WHEN the small bones happen to be fractured, they must be replaced and retained in their situations, by splints and bandages fitted to the part. In using splints of pasteboard or untanned leather, it is always necessary they should be applied in the first instance wet, so as to assume the form of the fractured part. After the first fortnight, the dressings should be occasionally removed to allow some motion of the joints; and then replaced, and daily removed for the same purpose,

ALMOST all fractures are attended with contusion and consequently swelling; the abating of which is the first step that should be taken towards the cure, and is to be effected by bleeding, if the patient is of a plethoric habit, by mild purges, a cooling regimen, and by the exhibition of the anodyne sudorific drops, as already described: the application to the parts affected should be vinegar or lead water, with crumbs of bread, or poultices made of stale beer or vinegar and

oatmeal, with a little oil to prevent their growing dry or stiff.

THE swelling of the limb being subsided, and the callus formed, cold water may be poured through the spout of a teakettle over the fractured limb every morning to restore the tone of the injured parts.

Blood-letting.

THE art of opening a vein, and the necessary cautions respecting the operation should be learned by every one; since cases of emergency may happen, when the necessity of its being performed is evident, and where life may be lost before medical assistance can be obtained. Another qualification necessary to be possessed is, that of being able to stop the flow of blood from a vein thus opened.

To bleed, you are to apply a ribbon or ligature with some degree of tightness, an inch or two above the elbow joint; and as soon as a vein is conspicuous, place the thumb of your left hand, about an inch below the place of your puncture, and then with your right hand, holding the lancet firm betwixt your thumb and fore finger, make an incision obliquely into the vein, without changing its direction or raising the handle, lest the point, being lowered in proportion, should cut the

under part of the vein, or perhaps even wound an artery.*

WHEN the quantity of blood you wish, is drawn, untie the ligature and close the orifice. To accomplish this, let the thumb be slid on the orifice, so as to bring its sides together, and to press it with a moderate force. The flow of blood will now be stopped, and the operator with the hand, must introduce a compress, made by twice doubling a piece of linen about two inches square, between the orifice and his thumb; over this place another compress three or four inches square, of a thickness sufficient to fill up the hollow of the bend of the arm, confining the whole with a ribbon or tape passing over the compress, and above and below the elbow, in the form of a figure of eight, finishing with a knot over the compress.

IF the bleeding should continue obstinate the sleeve of the gown or coat above the orifice, ought to be ripped or loosened—and if this do not succeed, the lips of the incision should be brought nicely together, and while they are compressed firmly by the thumb of the

* To discriminate between an artery and vein is a matter of the utmost importance. This is readily done if proper attention be paid. The chief mark of distinction is, that the *artery* has a pulsation which the *vein* has not.

BUT frequently it happens, that an artery lies so immediately under a vein, that its pulsations may be felt through the vein. In such cases it will be prudent not to open the vein unless the operator is skilful; for it must be attended with danger.

operator, the coldest water should be poured on the arm, or the orifice washed with sharp vinegar.

To bleed in the foot, a ligature must be applied above the ankle joint, and after opening the most conspicuous vein, if the flow or blood is not copious, it may be increased by immersion of the part in warm water. On removing the ligature, the blood will readily cease to discharge, and a piece of court plaster is the best bandage.

TOPICAL blood-letting is executed by the application of leeches, as near as possible to the part affected, or by a scarificator, or an instrument with a number of lancets acted upon by a spring.

WHEN leeches are employed they must be previously prepared by drying them, or allowing them to creep over a dry cloth; the part also to attract them, should be moistened with cream, sugar or blood, and they confined on it by applying a wine glass over them.

WHEN the scarificator is used, as soon as a wound is made, a cup exhausted of its atmospheric air, by burning over it for a few seconds, a bit of soft paper dipt in the spirit of wine, and on the flame of which being nearly extinguished, must instantly be applied over the scarified part; when full it is easily removed by raising one side of it to admit the air. When you

have taken away in this manner a sufficient quantity of blood, the wounds are to be covered with some cream or mild ointment.

IN the operation of blood-letting, certain morbid consequences at times arise, which demand a special treatment.

THE most common of these, are a swelling of the part termed *eccymosis*, and when it occurs, shifting the position of the arm, so as to induce a free discharge, will lessen the tumor, if not entirely remove it. Should this fail, compresses dipped in the solution of sal ammoniac or brandy, are to be applied. These also failing, and the swelling still continuing without any diminution, the tumor must be opened, and after removing the coagulated blood, the sore is to be treated as a common wound.

ANOTHER consequence which sometimes follows blood-letting, is an acute pain, immediately felt on the introduction of the lancet, and communicated from the part to the extremity of the member. The treatment of this complaint consists in the early use of cloths, wrung out of lead water applied to the part, and adopting in every respect the antiphlogistic plan, as blood-letting, cooling cathartics and a low diet, to obviate inflammation.

THIS treatment not succeeding, laudanum must be given in large doses, which also failing, a free division of the nerve or tendon, which was pricked with the lancet is the only remedy left.

THE last accident requires to be noticed, is the wounding of an artery, which is known immediately after the operation, by strong compression of the vein, above and below the orifice, by the tremulous motion in which the blood flows, and by not being able to stop the discharge as usual. The cure of this affection may be attempted in the early stage, by compression and observing the antiphlogistic regimen. On their failing, the tumor must be extirpated, and then the ends of the vessel secured by means of a ligature, until a reunion of the parts is effected; when the circulation is made to pursue a different channel.

Issues.

THESE are a kind of artificial ulcers, formed in different parts of the body, for the purpose of procuring a discharge of purulent matter, which is frequently of advantage in various disorders. Practitioners were formerly of opinion that issues served as drains to carry off noxious humours from the blood; and therefore they placed them as near the affected part as possible. But as it is now known that they prove useful merely by the quantity of matter which they produce, they are

generally placed where they will occasion the least inconvenience. The most proper parts for them are, the nape of the neck; the middle, outer, and fore part of the shoulder; the hollow above the inner side of the knee; or either side of the back-bone; or between two of the ribs; or where ever there is a sufficiency of cellular substance for the protection of the parts beneath. They ought never to be placed over the belly of a muscle; nor over a tendon, or thinly covered bone; nor near any large blood-vessel. The issues commonly used are, the blister-issue, the pea-issue, and the seton or cord.

WHEN a blister-issue is to be used, after the blister is removed, a discharge of matter may be kept up by dressing the part daily with an ointment mixed with a little of the powder of cantharides, or Spanish flies. If the discharge be too little, more of the powder may be used; if too great, or if the part be much inflamed, the issue-ointment may be laid aside, and the part dressed with basilicon, or with common cerate, till the discharge be diminished, and the inflammation abated.

It is sometimes most proper to use the issue-ointment and a mild one alternately.

A PEA-ISSUE is formed either by making an incision with a lancet, or by caustic, large enough to admit one or more peas; though sometimes, instead of peas, kidney-beans, gention-root, or orange-peas

are used. When the opening is made by an incision, the skin should be pinched up and cut through, of a size sufficient to receive the substance to be put into it. But when it is to be done by caustic, the common caustic, or lapis infernalis of the shops, answers best. It ought to be reduced to a paste with a little water or soft soap, to prevent it from spreading; and an adhesive plaster, with a small hole cut in the centre of it, should be previously placed, and the caustic paste spread upon the hole. Over the whole an adhesive plaster should be placed, to prevent any caustic from escaping. In ten or twelve hours the whole may be removed, and in three or four days the eschar will separate, when the opening may be filled with peas, or any of the other substances above mentioned.

THE seton is used when a large quantity of matter is wanted, and especially from deep seated parts. It is frequently used in the back of the neck for diseases of the head or eyes, or between two of the ribs in affections of the breast.

WHEN the cord, which ought to be made of threads of cotton or silk, is to be introduced, the parts at which it is to enter and pass out should be previously marked with ink; and a small part of the cord being besmeared with some mild ointment, and passed through the eye of the seton-needle, the part is to be supported by an assistant, and the needle passed fairly through, leaving a few inches of the cord hanging out.

The needle is then to be removed, and the part dressed. By this method matter is produced in quantity proportioned to the degree of irritation applied; and this can be increased or diminished by covering the cord daily, before it is drawn, with an irritating or mild ointment.

Admonitory Hints to Ladies.

IF we consider but for a moment, the wonderful power which superior beauty exerts over the human breast; how instantly at sight of a lovely woman, the hearts of the young are thrown into the most delightful palpitations; and the looks of the aged are brightened with admiration and pleasure; we can no longer wonder that it should be so highly prized by the other sex. But it is to be lamented that such preposterous means should be employed to gain an end so desirable, and that real beauty should be so often mistaken.

THUS, some girls fancy that beauty can only exist in forms slender and delicate. At the very thought of being corpulent they are alarmed, and to obviate grossness, as they call it, they drink such quantities of vinegar as not only destroy the tone of the stomach, but introduce a withered ghastly paleness. For the same purpose they continue the absurd practice of wearing oppressive jackets, or corselets; which by compressing the ribs prevent the expansion of the lungs.

ANOTHER imprudence, and still more detrimental, is that of appearing at assemblies, in winter, in light dresses, exposed to the baneful effects of *cold*, with the aggravating addition of extraordinary warmth, by the fatigue of dancing: hence consumptions and a train of maladies too long to be here particularly described, are produced.

THERE are others who reading of the fair skinned belles of Europe, foolishly conclude that the *rose* and the *lily* are the only colours of *beauty*.

CATCHING at this female passion for fair and unfreckled faces, the quacks have prepared a number of *nostrums*, called cosmetics or beautifiers. These, they vauntingly profess are to heal the chaps on the lips—to remove pimples and freckles—and to give the countenance such a fair, smooth, and charming appearance, as to render it impossible for any one to contemplate it without being enamoured. But unfortunately these boasted *cosmetics* instead of heightening the polish and charm of beauty, too often contribute to tarnish and destroy it.* The truth is, *beauty* is not the creature of a quack, but the gift of

* To such of my readers as are partial to the use of cosmetics, they will find an infusion of horse-radish in milk one of the best and safest. Another innocent preparation for clearing the skin of pimples and recent eruptions, is the expressed juice of house-leek, mixed with an equal quantity of sweet milk or cream. When these fail, blistering the face all over the eruptions, will often succeed in removing them.

nature ; and to bring it to perfection, nothing more is necessary than exercise, cleanliness, temperance, and cheerfulness. These are the hand-maids of health : and *health* to persons of certain symmetries and expression, is *beauty*.

How much then is it to be deplored that so many of our young females should think so meanly of exercise, which alone, brings the female frame to perfection—paints it in the loveliest colours—and by giving richness to the blood, and vigor to the nerves, disposes to habitual cheerfulness, and alike qualifies the mind for thought, and the heart for love.

ON the contrary how different is the female who leads an inactive and sedentary life, (too generally looked on as proofs of a fine modern lady,) which seldom fail to relax the system—retard the circulation—vitiate the blood, and obstruct the secretions. Hence that chalky paleness of the face—that faintness of the eyes—indigestion—flatulence—weak nerves—low spirits—irregularities of nature—and constant complainings.

YES, many a girl by constant muffling and housing herself ; by dreading that the sun should ever kiss her cheeks, or the wind ruffle her tuckers ; by much indulgence in bed, and other imprudences, renders herself so exceedingly pale, delicate, and puny, that her appearance is better fitted to damp love than to excite it.

Menstruation.

ONE of the principal constitutional characteristics of the female, is menstruation, or the monthly evacuations peculiar to the sex.

THIS important operation generally takes place about the age of twelve or thirteen, but varies through the world either in degree or frequency, both from constitution and climate. Its return is generally once a month, and in robust constitutions, it continues for a shorter period, than in the more weakly.

It is of importance for women to know that occasional irregularities are not always the consequence of this disease. Constitutions vary as much in respect to the regular returns of this discharge, as they do with regard to its first appearance or its final cessation. Those in whom the change occurs very early from vigor of constitution, require little to be done for them; but in weaker, and less plethoric young women the non-appearance of this evacuation is too often considered as the cause, whereas it ought to be viewed as the effect of the state of the habit unpropitious to its taking place. And according to family practice, under this false impression, warm teas and forcing medicines are employed at the approach of this disease, which have often done much harm.

NATURE is not so defective in her own judgment as to require such auxiliaries. Care should be taken so to manage the habits of their lives, as to improve the general state of their health, by attention to diet, moderate exercise, change of air, and cheerfulness, which will be found to have the happiest influence on the body and mind, and gives a salutary impulse to the circulation of the blood.

WHEN the habit of a young woman is full, and the complexion fair and florid, a low diet, cooling cathartics, and bleeding will be proper to relieve some occasional indisposition; but the same complaint must be treated differently, if the constitution be backward, the frame delicate, and the person of a melancholic temperament. In such cases a nourishing diet, change of air, gentle exercise, particularly riding on horseback, with strengthening medicines, as the rust or tincture of steel, or the tonic powders in their usual doses, together with the occasional use of the stimulating purgative pills,* to keep the bowels in a regular state, are best calculated to assist nature.

FOR the spasmodic pains of impeded menstruation, when the above means have failed of affording sufficient relief, a foot bath about the temperature of the blood, may be used with advantage on the eve of menstruating. Sitting over the steam of warm water may

* Vid. Dispensatory.

also assist, and when these are insufficient, a grain of opium combined with six grains of camphor, should be given at bed time.

WITH respect to the immoderate flow of the menses, all women know what is its ordinary quantity and duration; but they should also remember, that what is to one woman a just and due proportion, would be to another, from the difference of constitution and temperament an immoderate flow; and before they attempt to restrain it, let them carefully consider, what may have been the exciting or occasional cause. They are too frequently told that such a situation arises from mere debility; and under that belief will take cordials and stimulating medicines....In general this is not the case, and by such improper treatment, the flow is increased, and the habit rendered feverish.

IN every case where there are febrile symptoms, an amendment cannot take place until the antiphlogistic plan, such as bleeding, nitrous medicines, cooling cathartics and a low diet, with rest are adopted.

WHEN the hæmorrhage is sudden and profuse, the clothing which may occasion the least interruption to the free circulation of the blood should instantly be removed and the patient placed in a recumbent posture, enjoying cool air. Every thing which is drank should be as cold as possible, and cloths dipped in cold vinegar and water, should be frequently applied to the

loins and abdomen. Preparations of sugar of lead and of ipecacuanha, are highly important in this complaint where the hæmorrhage is profuse.*

WHEN flooding has induced much debility in the system, it will be proper during the interval of menstruation to employ cold bathing and tonic medicines. The occasional cause should in all cases be particularly ovoided, as by these means only the disease is to be prevented.

A FEW observations in this place on the fluor albus, or whites, may with propriety be introduced. This troublesome complaint in like manner, as the preceding condition is too often considered by the sex, as the effect of general weakness in their habit. They are therefore, again led to the indiscriminate use of heating and tonic medicines, as wine, bark, &c. without regarding the habit of body or cause of the disease.

LOCAL complaints of the chronic kind are commonly unconnected with constitutional causes; but by the mismanagement of them, women either infect the constitution with them, or they increase them, through having injured the general condition of the habit.

It is under chronic local complaints of all kinds,

* Vid. Dispensatory.

even in both sexes, that so much more good may be done, by doing but little cautiously, and trusting much to time, under the secret and salutary agency of nature. A sick person should not therefore deem the physician's prescription trifling, as to the end desired, because it may appear in itself of little importance.

A MILK diet, change of air, and the partial cold bath, as sponging the loins and thighs with cold water every morning, with attention to cleanliness and proper exercise, and avoiding the occasional causes, are often sufficient to effect a permanent cure. However in addition to this plan of treatment, when the disease arises from debility, or laxity of the vessels of the parts, the balsam copaiva, and the tonic powders or pills, or the rust of steel alone, in their usual doses, may be employed with the greatest advantage.

IF the discharge should continue after the employment of these means, a strong infusion of green tea or oak bark, to which a little alum may be added, should be thrown into the vagina several times a day, and the tincture of cantharides taken in some mucilaginous drink, in doses of twenty or thirty drops, thrice a day.

IN respect to the final cessation of the menses, it is brought about by a particular change in the condition of the womb itself, and not through any material altera-

tion in the constitution. How absurd is it therefore to set up any power to act in opposition to this established law of the animal economy. With these important changes the constitution may sympathize, and be discomposed, if improperly treated; but by the laws of nature, the general health, both before and after these local alterations, may be better, than when under the influence of menstruation, which was solely ordained for one most important function of the woman's life. It is true at that critical period, when the discharge is about to cease, which occurs between the 40th and 50th year of a woman's age, the cessation is sometimes succeeded, by a determination of blood to the head, lungs or bowels; but this is owing to their general temperament, and may be easily obviated by moderate exercise, a spare diet, and the occasional use of aperient medicines, to keep the bowels in a laxative state, and in case she complains of violent head-ach or giddiness, by blood-letting.

Pregnancy.

THE great varieties of the female constitution occasion pregnancy to be to some of the sex, of no trouble or distress, through the whole period of child-bearing; but it is to others often a continual disease, they being, perhaps, from the very first week to the last of their pregnancy, more or less disturbed in their frame from

the peculiar irritability of their habits. The usual period however, that its troublesome sympathies and antipathies prevail, is during the first month, until the time of quickening is past.

IN the young and healthy constitution, one of the most early symptoms of the incipient stage of pregnancy, is an uneasiness in the breasts, somewhat differing from what she may have been accustomed to on the eve of menstruation, and soon attended with some sensible addition to their natural fullness and weight, as well as with a particular change in the appearance on the areola, or dark circle round each nipple. The nipples also soon become more prominent, some bulbous, or glandular, eminences around them enlarge, and a milky fluid will stain the linen, which had not been at all, or so much observed before. These occurrences may justly excite in the mind, the first apprehension of pregnancy, after which, the interrupted course of menstruation generally establishes the certainty of the situation.

NATURE would seem, by these, early notices, to put the mother immediately upon her guard, that she may not by imprudencies, and too much freedom disturb the tender embryo.

THE most important circumstances to be attended to, in the incipient months of pregnancy, is the costive habit of the bowels. This will more or less accom-

pany the whole period of pregnancy. Its prevention, will subdue, if not wholly keep off, some of the troublesome complaints of the stomach; and will often guard, most securely, against some of the exciting causes of early abortion.

THE complaints which occur in the early months of pregnancy require a variety of treatment, in different circumstances.

WHEN symptoms of fulness appear in young women, formerly healthy, and accustomed to live well, indicated by pain or giddiness of the head, and flushings in the face, or when the sickness is constant or excessive, moderate bleedings will be exceedingly useful. But in opposite circumstances, where there is appearance of nervous delicacy, along with symptoms of indigestion and consequently debility, bleeding must be carefully avoided. In such cases, a nourishing diet, good air, cheerful society, and easy exercise, are most proper.

BLEEDING cautiously used, either to reduce a too plethoric state of the general habit, or to alleviate some morbid affection is a salutary agent; but it is in general more frequently had recourse to in pregnancy, than it should be, upon very erroneous principles. Because a pregnant woman, though by one of the established laws of nature, is now obstructed, they conceive it proper to draw blood that the constitution may be freed

of an imaginary redundancy, not recollecting that the process of pregnancy is going on, to employ the interrupted menstrual fluid, to the now essential purpose of affording growth, and support to the increasing womb itself, as well as to its contents. All the temporary benefits to be derived from blood-letting, may be most safely and permanently attained, by a due attention to the diet, and to the state of the bowels. Vegetables well boiled and ripe fruits are exceedingly proper for the pregnant women, subject to a costive habit.

WHEN the stomach appears affected, along with constant loathing, or frequent retchings, the offensive matter should be discharged by gentle vomits of ipecacuanah, and the cold infusion of camomile flowers, or columbo root, drank daily. If this affection is accompanied with a plethoric habit or feverish disposition, small bleedings will generally give temporary relief, and when it occurs in a constitution of the nervous irritable kind, laudanum in its usual doses may be depended upon.

THE floodings to which women are liable, at any time of pregnancy, occurs most frequently in the first months, and vary much in their character and tendency. They are, more or less attended with danger, according to their frequency, and the time of pregnancy. If, at the full time, they are the least dangerous; and when accompanied with proper uterine pains, there is comparatively speaking, little or no cause for alarm.

In the early months they will sometimes put on the appearance of a copious flow of the menses, and render the sex sometimes doubtful of their situation. This will happen most frequently in the first and second months, and may be connected with the monthly paroxysm of the womb, aggravated by the existing state of pregnancy. When such hæmorrhage has occurred, some injury has most likely been done to the embryo, whereby it is blighted; and about the third month of pregnancy, the patient will miscarry, if she does not at the time that the flooding first happens.

HOWEVER, by prudent management on the first alarm, such as keeping quiet and cool, by giving internally cold acidulated drinks, and by the application of a bladder with cold water, in which some crude sal ammoniac is dissolved, or cloths wrung out of vinegar and water, to the organ affected, the hæmorrhage may be restrained and abortion prevented. If the discharge should be attended with pain in the back, a dose of laudanum will put a speedy stop to the threatened danger. Bleeding will be found of great service in plethoric habits to prevent miscarriage, but when the symptoms which threaten it have already come on, it is improper.

IN these cases, women should also be cautioned against adopting the idea, that this symptom arises from debility. Many, from this mistaken notion,

have occasioned themselves to miscarry, by having recourse to the use of port wine and bark, by which they have also generally impaired their constitution, and have brought on a disposition to flooding which has continued many months.

IN relaxed habits, the hazard of relapse must be guarded against, by the use of tonic medicines, a nourishing diet, moderate exercise, and the cold bath, but not in its extreme. Sea bathing or bathing in a vessel in the patient's room, with the water a little warm, three or four times a week is not only an excellent method to prevent miscarriages, but other disorders which are incident to pregnant women, and generally attendant upon a weak lax fibre. In full habits, or when there is an evident disposition to plethora, gentle evacuations, a cooling regimen, and an abstemious spare diet, are the best prophylactics.

THE irritable as well as the plethoric, woman, should take heed in time, and guard herself against disturbing the process of conception in its early stage, by avoiding the occasions of either sudden alarm, fatigue, fever, or whatever might derange the equable state of her health, and by attending to those means for its preservation, which are best suited to her particular constitution.

WOMEN advanced in their pregnancy, are frequently liable to pains in their backs and loins, and

cramps on the sides of their belly and legs and thighs. When they are violent and the habit is full, small bleedings, gentle laxatives, a light spare diet, and occasional opiates, are the best palliatives. By caution and good management, these occurrences seldom prove any bar to a safe delivery, or a favourable getting up.

NOTHING can be of greater importance to a pregnant woman, than cheerfulness. They should therefore not be depressed, by the relation of any unpleasant intelligence. Some women are often greatly disturbed by the account of misfortunes which have happened to others in the same situation.

THE impression made on a timid mind, may remain during the whole state of pregnancy. The general health may be thus impaired, and the approach of labour too much dreaded, so that both body and mind are in a less favourable state, than they would otherwise have been. It should be considered, that though difficult, and dangerous cases now and then occur, they most commonly terminate well, if properly treated, and their numbers exceeding small, when compared to the multitude of women, who are delivered, and it is probable, that it would be still smaller if the cautions above laid down were properly observed.

WE would further caution women against having recourse to cordials, to raise their spirits when low.

Their good effects are, at best, but temporary, while they are ultimately baneful to the constitution ; and the use of a small quantity, too frequently produces the necessity for a larger, until both the mother, and the unborn infant, are injured by this pernicious practice. The best cordials for lowness of the spirits in pregnancy are, pure air, moderate exercise, and a light and cautious diet.

THERE is another affection of the mind of a different character, from which lowness, and hysterical indispositions often arise ; namely, the force of a pregnant woman's imagination. This is often supposed to reach the infant in the womb, and to occasion marks and other deformities. But every mother may feel confident, that providence has better guarded the unborn innocent, than to have exposed it to injury, from every variation in the feelings of a parent. Even admitting the possibility of such an influence, it could only take place at a very early period after conception, while the embryo is in its most tender state ; and even then, it seems, in a manner, secured by nature, against the above accidents, by the peculiar provisions, made for its defence in the womb. But it soon attains a sufficient degree of firmness, to overcome any sudden, or irregular, impulse of the blood, from which alone such deformities or other blemishes could happen.

THE mother should as much as possible, avoid every occasion of terror, on her own account, when

any thing alarming occurs; but, let her not fear, that her child will be marked from thence, or, still less, from some hidden operation of a disappointed longing, which most generally does not take place, until the above mentioned period is passed.

NUMBERLESS examples could be produced to convince women that the notion which most of them have, that figures of animals, or other extraordinary marks, are stamped on the face or body of the fœtus in the womb, by the mere force of the woman's imagination, is a gross error. In every instance it will be found, where a child is marked, the supposed cause of it, has never been mentioned by the mother until after its birth; and when a woman has really been alarmed during her pregnancy, and ventured to foretell that her child would be marked, she has as uniformly been delivered of her fears and her child together, for no mark was ever to be seen.*

* DR. MOORE in his Medical Sketches, relates a case so strongly in point, attended with such singular circumstances, that it is worth mentioning here.

" A LADY who had a great aversion to monkeys, happened unfortunately, during the course of her pregnancy, to visit in a family where one of those animals was the chief favorite; on being shewed into a room, she seated herself on a chair which stood before a table, upon which this favorite was already placed;—he, not naturally of a reserved disposition, and rendered more petulant and wanton by long indulgence, suddenly jumped on the lady's shoulders:—She screamed, and was terrified, but on perceiving who had treated her with such indecent familiarity, she actually fainted; and through the remaining course of her pregnancy, she had the

Progress of Labour.

WHEN a woman, after a preceding day of ease, and unusual activity, about the full period of her reckoning, begins to feel some restlessness about her, with occasional pains in her loins, and sides; if she further perceives, that the bulk of the belly has fallen, that the motion of the child has not been, for some time, so sensibly and frequently felt, and that she has a nervous hurry of the spirits upon her, with a feverish glow of heat, she may then conclude, that nature feels an inclination, to prepare her for the termination of her pregnancy.

SOME persons are disposed, at this time, to a laxity of the bowels, which is by no means an unfavorable

most painful conviction that her child would be deformed by some shocking feature, or perhaps the whole countenance of this odious monkey."

"THE pangs of labor did not overcome this impression, for in the midst of her pains, she often lamented the fate of her unfortunate child, who was doomed through life to carry about a human soul in the body of an ape. When the child was born, she called to the midwife with a lamentable voice for a sight of her unfortunate offspring, and was equally pleased and surprized when she received a fine boy into her arms. After having enjoyed for a few minutes, all the rapture of this change, to ease and happiness from pain and misery, her pains returned, and the midwife informed her that there was still another child—Another! exclaimed she, then it is as I have dreaded, and this must be the monkey after all. She was, however, once more happily undeceived; the second was as fine a boy as the first."

symptom ; and, in very costive habits, if nature should not relieve herself, it will be adviseable to take some gentle aperient medicine, to bring about that, which is unquestionably favourable, on the eve of every, but particularly the first labour.

PREMATURE labour is sometimes threatened by pains, which produce, for a while, some real change in the womb, sufficient even to give the practitioner just reason to expect, that they will terminate in delivery. But things again recover their pristine state ; the alarm of nature subsides, and the woman proceeds in her pregnancy, for several days longer, and sometimes for several weeks.

As the change in the womb, above mentioned, does certainly occur, even on a false alarm, it should put young and female practitioners on their guard, lest they promote labour too hastily, either by general treatment, or any manual operation ; for these would only fruitlessly tease the patient, when the judicious exhibition of an anodyne would do every thing, that can be wished for.

WHEN, in consequence of irregular, or premature pains, the membranes containing the waters with which the child is surrounded, have been broken, before labour has really commenced, it must be expected soon to take place ; though, if the pains should have entirely ceased, on the discharge of the waters, it may be

delayed for some days ; but it most frequently happens within twenty-four hours. There is nothing in this circumstance alarming. It may occasion the first part of labour to be more slow, but not in any degree less safe in the end. It arises wholly from the fineness of the membranes, which contain the waters, and which must rupture in every labour, at some period or other; and hence the waters are sometimes unexpectedly discharged, in a sudden manner, without the least preceding pain.

IN a slow labour, especially if it be the first, part of the time, commonly spent in the lying in apartment, might with more propriety be passed, in the usual domestic habits. It would serve to lessen the too anxious expectation of a speedy delivery, as well as to prevent the impatience of the attendants, both of which are often improperly indulged. In the mean while, the apartment may be properly prepared, and the patient had better not go into it, until that necessary bustle is over. Some attention is also requisite, as to the manner of preparing the bed. The mattress should always be placed uppermost, especially in summer, and the necessary *apparatus*, and covering, so arranged, that the patient may not require to be taken off the bed, after her delivery, which is often exceedingly improper, and, indeed, sometimes impracticable ; not to mention the fatigue it always occasions, even when it may be done safely, as to other particulars. Little

things are often of great importance, and are sometimes found to be so, when it is too late.

WOMEN should so prepare their dress, against the time of labour, that it may not be necessary to disturb them, soon after delivery by a change of apparel. When this is properly managed, they avoid an unseasonable fatigue, and the hazard arising from linen, which may not have been cautiously aired.

A SENSIBLE woman should always consider, that, in a slow labour, she may be afflicted with many distressing, and what have been called false, or spurious pains ; but there are very few by which nature does not mean some good in the end. She must therefore give her mind to patience, as all unnecessary interference would rather retard than assist the labour, and will only be employed by the designing and unskilful.

LABOURS vary considerably in respect to duration. The first, if at the full period of gestation, is generally much the slowest, for very evident reasons, which occur on that occasion only. But any subsequent labour may be tedious, from circumstances of a peculiar nature, but equally safe with respect to the conclusion, as those of ordinary rapidity, provided no interference be used, and nature left to the secure though slow accomplishment of her object.

WHEN a woman, in her first labour, is within an

hour or two of her delivery, she ought, on no account, to be restless, or violent in her exertions, which many are very apt to be, when the conclusion of the labour draws near. It is then, that the practitioner is to guard against the serious consequences, which have sometimes attended the violence and hurry of a patient. More good will be derived from prudently delaying, than from hastening the birth of the child, especially if it be the first, and this, even though the powers of nature herself may seem more than equal to the delivery. For this, and other reasons, which will presently be mentioned, it is also proper that such means should be used, as will prevent any part of the child being born into the world, in too sudden a manner.

WE will now suppose the woman is just safely delivered of her child, and that a complete cessation of the regular pains has followed. She must now endeavour to calm that disturbance of the whole frame, which, added to her anxiety of mind, before delivery, had excited a great degree of heat, and perspiration, especially if it should have been her first labour, or one attended with some unusual difficulty. In this state, she must not let herself chill or cool too fast. It may, perhaps, have been necessary to throw off the bed cloathes, during the last hour or two : if so, they should immediately on the birth of the child, be lightly placed over her again. She may now moisten her mouth, with a cup of tea, grit gruel, or barley water, for either of which she will feel desirous, if she has not been taking

frequently of one or the other, during the latter part of her labour: but they must be given her without wine or brandy. If she feels herself disposed to sleep, she should indulge it: at all events, she should keep herself quiet, and not encourage conversation. For it may be observed, that in general, the mind of a woman newly delivered of her first child, is so occupied with the novelty, as well as the anxiety, of her situation, that her attention is too long kept alive, and therefore she can scarcely sleep, though exhausted by the fatigue of her labour.

THE midwife must now carefully attend to the degree, and force, of contraction, which the womb is disposed to take on, immediately, or soon after the birth of the infant. The experienced practitioner will indeed have a presentiment even while it is coming into the world, of what is likely to take place afterwards, from the manner in which the expulsion of the infant is completed. This should be effected slowly, even after the head is born, because such a practice favours that kind action of the womb, necessary to detach the placenta, which a contrary method will interrupt, and, we have no doubt, has often been the cause of its being with difficulty, brought away. Premature, or active endeavours to loosen it, must however be avoided, if its separation should not readily take place, by the seasonable contraction of the womb. Let the operations of nature be watched, and she will prove the surest guide, though in

this part of the delivery, she ought never to be wholly depended on.

THE loss of blood, naturally consequent to the birth of a child, varies exceedingly in different women, and even in the same woman in different labours. On some occasions it is very trifling, and on others, considerable ; and the variation may either depend upon constitutional predisposition, or be occasioned by the peculiar attachment of the placenta to the womb. In some it will partly precede the descent of it, and in others will wholly take place after it, though not immediately. It cannot happen to excess, before the delivery of the after-burthen, but from some peculiarity of circumstances, provided proper attention be paid in time, to favour the first endeavours of nature to throw it off. The skilful practitioner, however, may know that it is safe, and yet not think it proper to bring it away immediately. A woman should therefore avoid expressing any impatience about it, as this might induce some practitioners to use that dispatch which is not altogether consistent with their opinion ; as many, for want of firmness in their own judgment, have done, that the patient, or her friends, might not have it afterwards to observe, that they were a long while in bringing away the after-burthen.

THIS kind of censure is, too frequently, passed upon the just conduct of the midwife, from the im-

proper prejudice, so often indulged, in favour of a speedy delivery of the placenta. Women are too apt to deem that practitioner most skilful, who is the shortest time in finishing that part of a labour. Fatal, therefore, have sometimes been the consequences of this ill-judged management, particularly among female practitioners. The placenta, when it is at the command of the mid-wife, is sometimes a mean of preventing that flooding, which always excites a considerable degree of alarm in the lying-in room, and is certainly increased by the terror of the patient.

IT is a mistaken idea, that in general, some *external* mechanical force is necessary, in order to expel the placenta. We cannot, therefore, approve of the modes, occasionally recommended, of coughing, sneezing, blowing on the back of the hand, or making general pressure over the belly, with a view of help its descent, by any kind of tight bandage applied to the abdomen, immediately after the birth of the child. The tender uterus may suffer by this pressure; nor is it of moment, as to the effect it might have, either of disposing it to contract, or of supporting the viscera, which are not, as some suppose, relaxed, but only the parts of the abdomen containing them. We generally find, that the womb has of itself contracted in a favourable manner, when there has not been any very sudden, or hurried delivery of the infant. Neither can pressure be necessary, as some

have lately asserted, to prevent the immoderate expansion of an elastic vapour in the intestines, from the sudden change in the bulk of the womb diminishing the volume of the contents of the abdomen. The position, to which a woman generally inclines, soon after her delivery, of itself supports the belly. If any thing further is wanted, a pillow placed before her will be sufficient, against which the patient may rest with that degree of pressure, which will feel agreeable to her.

THERE is also a gentle action of the hand on the abdomen, which the patient herself may perform, and by which the uterus is tenderly excited to contract, and the placenta of course detached, in the most favourable manner, that will be found more useful, than a bandage, or any extraordinary exertions of the patient for this purpose. But as this may not be necessary in every case, it must be left to the judgment of the practitioner to direct, with the proper cautions to be observed in the application.

WE would farther observe, that there can hardly ever be occasion for a woman to bear down, during the delivery of the placenta. Indeed, on many occasions, it must carefully be avoided, lest it should produce, or increase, a disposition to the *prolapsus uteri*. The throes which take place naturally, are caused by the contractions of the womb, and with them alone the practitioner can generally, in due season, safely

bring it away. They are most seasonable, when they quickly follow the birth of the child.

WE do not approve of a free and indiscriminate use of greasy applications in the progress of a tedious labour. They are wholly unnecessary in the first stage of it, and in the latter part they interfere with the changes, which then take place naturally, and produce that mucuous secretion, by which the parts are most favourably lubricated, for the easy termination of the labour. But after the complete removal of the placenta, it will be proper to apply a small quantity of mild pomatum, or fresh lard, to defend the parts from the acrimony of the ensuing discharges.

WOMEN will sometimes be liable, from peculiar irritability of habit to some degree of faintness after delivery, most commonly after the coming away of the placenta; but they may comfort themselves with knowing, that it is not always caused by too great a loss of blood. It is generally occasioned by uterine pains, and though the patient may be faint, and even pale, the pulse will continue to be felt the whole time. On recovering from the swoon, they are able to recollect that some degree of after-pain had immediately preceded the faintness. Under these circumstances, it would be proper to take a cup of milk-warm gruel, with a little wine and nutmeg, unless they have taken a sufficient quantity of proper nourishment, since the birth of the child; for they should avoid overloading

the stomach, as a nausea from fullness will sometimes occasion faintness.

WHEN this circumstance has occurred, and has been removed by the above treatment, it will be still prudent to indulge themselves longer than usual, before they undergo the bustle of being settled in bed: and if they really have had rather a free discharge of blood, it would be advisable, that they be as little as possible disturbed, for several hours, and not raised to an erect position of the body, until they feel sensible they are quite revived.

If hæmorrhage alone should cause the faintness, then cloths, wetted with cold vinegar and water, must be frequently applied over the surface of the belly.

A MORE effectual remedy, where the hæmorrhage is alarmingly profuse, is to pour cold water out of a pitcher from a height on the abdomen. This scarcely ever fails to check the effusion. Cloths wrung out of cold vinegar may also be applied to the vagina.

AIR should be admitted freely into the chamber, if the syncope is very great; some cool light nourishment should be given, and great quiet observed for a length of time: but it will be proper not to take cordials, or warm liquids at first. The occasional return of uterine pains, under these distressing ap-

pearances may afford consolation to the practitioner, and to the alarmed friends of the patient.

IF these general rules are observed, especially if a medical gentleman is not in attendance, they will probably prevent immediate danger, and in time recover the patient. The restoration of the circulation will be denoted by the return of the pulsations at the wrist. But it will always be proper to call in medical assistance immediately, when the above alarming circumstances occur.

Management of Child-bed.

A CHILD-BED woman, as soon as all the circumstances of her labour have been adjusted, may with propriety consider herself, as still in a state of health, and as requiring little more than the common cautions, and good management on all occasions necessary to preserve it.

THE first hours after delivery, provided some light nourishment has been taken, should be dedicated to quiet and sleep, and no persons should be allowed to enter the patient's chamber, except such as are absolutely necessary.

A NUMBER of people, besides preventing repose,

foul the air, and render a frequent supply necessary. The chamber door and even the windows, if the weather be warm, should be opened every day, and the room in every respect kept as clean, and as free from any disagreeable smell, as any other part of the house.

THE patient should often be supplied with clean linen, well aired; for cleanliness, and free, pure air, are essential in this situation; and upon the strictest examination it appears that there never was a miliary eruption produced without a sweat, nor a puerperal fever without either foul air, an accumulation of excrements in the intestines, or confinement of the patient to a horizontal position, thereby occasioning a stagnation and absorption of acrid matter, except in cases where violence had been used in the delivery of the child or the placenta. The heat of the room ought to be so tempered, that the patient may neither be chilled with cold, nor yet suffer from sweat or burning.

THE strictest attention should be observed to have an evacuation daily by the use, if necessary, of mild laxatives, or by the exhibition of glysters composed of milk, oil and sugar, or of soap suds. It is a security against fever and inflammation; and even forms one principal mode of relief, when they are already affected, with either the one or the other. An equal regard should also be paid to get out of the bed as soon

as they can with propriety, and to sit up as long as possible, without fatiguing themselves.

IF the lochia do not flow so plentifully as may be expected, or if they entirely stop, no irritating or forcing medicines should be used. They never do any good, and are often productive of much mischief. If the patient be otherwise as well as can be wished, no regard need to be paid to this circumstance. We not only find this evacuation, very different in different women, but even in the same woman in different lyings-in, from which she recovers equally well.

MUCH mischief is often done by binding the belly too tight. If there be any occasion for support, a thin napkin pinned very slightly round the waist, is all that is absolutely necessary, and the sooner this is disused the better.

BUT little change takes place in the breasts, after the first months of pregnancy, until about the second day after delivery. Then it is usual to feel a greater sensation of fulness in them, accompanied with a febrile irritation, which varies in different women, according to constitution and management, but in all is favoured by temperance, a cool regimen, and composure of mind.

THE child should always be put to the breasts early, before the milk can have stagnated in them, or they can have acquired any great degree of hardness. It will be

beneficial both to the mother and child, if this be done in a few hours after delivery ; and this is most consistent with the operations of nature.

IF the patient have not nursed any former child, the infant will probably meet with difficulties in fastening on the nipples. In this case some older infant should be applied, or it will be proper to have them drawn by some other means, without giving pain.

IF the breasts grow knotty, they should be gently rubbed twice or thrice a day with a soft hand, moistened with sweet oil or the volatile liniment. If they become inflamed and hard, a poultice made with the crumb of bread and lead water, and applied nearly cold upon the part affected, and renewed every four or five hours, will generally remove the complaint in a short time. Should this treatment not succeed in twenty-four hours, the application of leeches and the exhibition of the cathartic mixture, will probably be attended with advantage.

IF, notwithstanding these, suppuration should advance, warm bread and milk, or flax-seed poultices must be frequently applied over the part, until the abscess breaks, after which they may be employed twice a day, observing at each dressing, to carefully press the matter from the wound. As soon as the matter ceases to discharge, the sore may be healed with Turner's cerate, or some mild ointment spread thin on soft lint.

DURING the inflammatory state of the breast, the child must suckle entirely at the other breast, by which the blood will be diverted to it in greater quantity, and the impulse of the circulation, at the inflamed part, will be in consequence diminished.

THE practice of covering the breasts with flannel or too many clothes, is a frequent cause of their becoming inflamed, as from the heat and perspiration they are thereby kept in, they are much more liable to receive cold, from the exposure of the chest in putting the child to suck, whatever precaution may be taken to avoid it.

To prevent the nipples from becoming sore, they should be washed daily during the last month of pregnancy with brandy or port wine, to harden their tender surface ; but when they become inflamed, or chapt, the use of those astringent applications must be discontinued.

THE best application to them, when ulcerations are formed, and attended with a sharp acrimonious humor is a strong mucilage of gum arabic, or they should be often washed with quince, or flax-seeds.

THICK rings made of bees wax, and fitted very exactly to the nipples, are often preventative of sores, by keeping the nipples elongated. They should be applied immediately after the child has finished its suction, and be put on so that the end of the nipples, may

protrude themselves through them. These rings, however, ought not to be used, when the milk runs out in too great quantities.

IF the woman do not suckle her child, no method should be used either to repel the milk, or invite it into the breast. Nature will be certain to do her part. She is soon made sensible, that the blood determined to them is not wanted, and there will therefore be very little further effort made on her part, to continue it, and it will in the course of a short time cease of itself. A cooling cathartic, with a suitable regimen, will entirely supersede the necessity of any local treatment, and is all that can be required, even when a mother has suckled before.

No degree of fever in child-bed should be passed over unattended to, or be thought lightly of. Even the most serious are often slight at their beginning. Neither should any local pain, or tenderness, or fullness of the bowels be neglected, lest they should arise from the incipient state of some inflammation, which if not checked at first, by proper medicines, and suitable regimen, might in a short time, put on some alarming appearance. Let it be remembered, that it is much easier to prevent diseases, than to cure them.

It will however be proper, to prevent unnecessary alarm, to notice that the milk fever which comes on about the second or third day is not dangerous, and

that it will not return a second time, if the cathartic mixture,* be administered to open the bowels, and a cooling regimen observed.

It may also be very necessary here, to point out the difference between the pains, which sometimes happen to women under puerperal confinement.

THOSE which take place, soon after labour, unattended with fever, and affect principally the back and loins, are not dangerous, and will readily give way to a dose of laudanum. But the pains confined to the belly, attended with tenderness or pressure, and are more or less accompanied with fever, indicate that some local inflammation has taken place, and the suitable remedies to subdue it, cannot be too early employed.

WE have already observed in this chapter that a warm regimen, and foul stagnated air, are the causes of miliary, puerperal fevers. It is therefore obvious, in order to their cure, that cleanliness, cold acidulated drinks, and a free and even cold air be strictly enjoined.

IN the beginning of these fevers, blood-letting is seldom advisable, as they soon put on the form of putridity, and require the same mode of treatment as

* Vid. Dispensatory.

recommended for the cure of the nervous or putrid fever, unless the pulse is much excited, accompanied with other symptoms of violent action, in which case, the depleting system should be pursued.

Management of Infants.

As soon as a child is born, it is proper to moisten the head and chest with a little brandy, which is all that is necessary, until the naval string is tied.

IN general, there is more impatience shewn by the attendants, than is prudent, in respect to tying the navel string, and removing the infant from the bed. It is always proper to let the pulsation in the cord entirely cease, before this is done, unless the child has previously cried.

IN order to tie the cord as it ought to be, two ligatures will be necessary, which should be formed of such a number of threads, knotted together at each end, that in tying firmly with them, there may be no danger of dividing the navel string. And as soon as the circulation in the umbilical cord is stopped, one of them is to be applied about three or four fingers breadth from the naval, and the other about two inches from the first, on that side next the placenta, and then divide the cord between them.

IN respect to the first washing of the infant, nurses are sometimes at a loss how to proceed. It is most frequently born so clean, that much washing is not necessary. A little soap is recommended to be used with the first water, to which it is proper to add a spoonful or two of brandy or rum. The water need not be more than milk warm, and the head of the child, should be washed first.

THE infant is sometimes born with a *cheesy* mucus on its skin, which is most in quantity at the bendings of the limbs and back. It will be more readily removed with the assistance of a little soft pomatum or sweet lard. It is advisable not to remove the whole of it, at the first washing. The remainder will be more easily taken off the next day, when the child may again be washed all over with some warm water and spirit. But this is only to be used a second time, when this *cheesy* mucus has been in so great a quantity, that it requires more time to get it off, than can with propriety be employed at the first washing.

FOR the regular daily washing, only cold water should be used, with which the child should be washed all over, beginning with the head. It should be finished as expeditiously as possible. The infant should be afterwards well dried, and particularly at the bendings of all the extremities, and the whole body and limbs should be gently rubbed with dry soft linen or flannel, until a glow of warmth appears

upon the skin. It is the manner of washing a child that secures it from suffering, from the application of cold water. The more delicate and weakly an infant is born, the more will cold water strengthen it, if well applied; and beside its bracing qualities, it will by cleanliness, prevent exorciations, and keep off that troublesome complaint, termed the *scalded head*.

WHEN the application of cold water has been omitted for some days, it will be better to begin with the addition of some brandy to the water, lessening the quantity of it gradually, so as to leave it off entirely in a few days.

WHEN children are a few months old, cold bathing may be substituted in the room of washing with cold water: it may be proper here to add some directions respecting the mode of dipping a child in cold water. Of these, the principal is, carefully to watch for that moment, when it has taken in a full breath, and then to plunge it into the water; and take it out again instantly, so that no part of the action of respiration may be necessary during the time of submersion. The child will then breathe freely on being taken out of the water, and suffer little or none of that agitation, which often defeats the intention of the practice, and produces a terror when it is to be repeated.

THE next article to be noticed, in the management

of the newly-born infant, is its dress. Very improper methods are often taken, even from the birth, to strengthen the apparent weakness of a young child, such as the practice of tight rolling, by which means the circulation of the blood is impeded, and the action of the abdominal muscles hindered from properly performing their offices.

IF it is wished to have them strong upon their limbs, and properly active early in life, as by nature they are intended to be, they should have the perfect freedom of their limbs and their bodies easy from the first day of their birth. Their clothes should therefore be reasonably loose upon them, and not too great in quantity, although properly proportioned to the nature, and variableness of the weather.

THE quantity of an infant's bed covering should also be appropriate to the season of the year. Children should not be used to too much. If this article is not judiciously managed as they grow up, they will be apt to perspire in bed, the consequences of which is, that they take cold, by throwing off the clothes, or they are weakened in spite of cold bathing, by the relaxing effects of heat and moisture.

WITH respect to the proper manner of purging the new born infant, the first thing commonly given by nurses, is butter and sugar mixt, which has often been detrimental by promoting acidity in the bowels.

IF the infant, after being completely dressed is apparently quite easy, it should be laid down to sleep, without taking any thing. And after a few hours, it may be applied to the mother's breast, whose milk is not only opening, but has the effect of promoting the natural action of the intestinal canal. However, if the infant appears to be loaded with phlegm, a little well made plain grit gruel should be given immediately, and when this or its natural food, the milk, is not found sufficient to expel the *meconium* or first black stools, and the child appears to be indisposed, a teaspoonful of good castor oil may with propriety be given.

As most of the infantile indispositions arise from overloading their stomachs, it is of great importance to pay due attention to the feeding of them. Nature has pointed out that the mother's milk is the most suitable nourishment for the child; but even of this, their stomachs may be gorged.

THE mother would do justice to herself and child, if she would not accustom it to suck in the night after going to rest. Good habits are early and easily acquired with infants.

WHEN the child is to be brought up by the hand, considerable judgment is necessary, to proportion the quantity of food to its age and strength. Weakly children will always require less food, than those who are stronger, for they are less able to digest it. They

are frequently attacked with alarming and even fatal convulsions, from their bowels being over-loaded. Under all circumstances, if the food is too thick, or given in too great a quantity, the perfect digestion of it is prevented.

WHEN the infant cannot obtain the milk of the mother, or that of a healthy woman who laid in about the same time, the best food, for several months, at least, is goat's milk, ass's milk, or cow's milk alone, or mixed with an equal quantity of well boiled grit gruel or arrow root. If the child's bowels be in a laxative state, the milk may be boiled, but otherwise, it had better be given freshly drawn from the animal, or slightly warmed.

It is not necessary to feed a child oftener than five or six times in twenty-four hours, and the less it is fed in the night the better. It is a most ridiculous error to suppose, that whenever a child cries, it wants victuals, and thus to be constantly feeding it both day and night. If the child's wants and motions be judiciously attended to, it will be found, that it seldom cries, but from pain; and if it be properly nursed and quite easy in its dress, it will rarely cry at all. Nurses should be particularly cautioned not to lay a child on its back when fed. In the posture of sitting, it swallows its food more easily, and more readily feels when it has enough.

As the child advances in age, and its strength increases, weak broths with a little barley, rice, or hard biscuit, boiled in them may be allowed.

WITHOUT a proper degree of exercise in the pure air, our attention in clothing and feeding infants, will not succeed to our wishes. It is therefore of great importance, both to the population of the country, as well as, the health of the inhabitants, that parents should attentively consider, that the more children are exposed to the open air, within prudent bounds, the hardier they grow, and the less they are subject to take cold.

IN the first period of infancy, the exercise should be very gentle, and afterwards increased, as the strength of the infant increases, and that will always be best, which at the same time it gives motion to the body, appears to divert and entertain the mind.

INDEPENDENT of those means already described, to insure the health of children, and preserve the human species, we must have an equal regard to the dispositions of children. It must be remembered that on the treatment the child receives from his parents during this stage, will perhaps depend much of his misery or happiness, not only in his passage through this, but through the other stages of his existence.

IF on the one hand, every little sally of passion and impatience is immediately controuled ; if that which is

admissable is regularly permitted, and that which is improper, as regularly withheld, the little creature will soon learn to distinguish that which is allowed, from that which is prohibited. He will indeed urge his claim, for that which he has been taught, he has a right to; but will not harass himself and his attendants, with ceaseless whinings, or raving to obtain that which uniform prohibition has placed beyond expectance.

BUT a melancholy reverse appears, if on the one hand no consistency is observed in his management: if at one time the slightest indulgence is refused, and at another the most extravagant, and even injurious cravings are gratified; the child becomes more and more fretful, till at length he manifests such ill nature as to render him odious to all around him, and sooner or later the poor little sufferer pays with his life the purchase of his early indulgences.

Diseases of Infants, requiring external treatment.

IN this chapter we will make a few observations on those diseases to which the newly born infant is liable, from the circumstances incidental to its birth, and which require principally external treatment.

THE head and face of a child after a difficult labour,

or from an unfavourable presentation of the face, will sometimes be very much swelled. It will commonly subside in a short time. But when a tumor remains on any part of the head, it must be bathed several times a day with brandy alone or mixed with vinegar, which will soon disperse it.

THE *scrotum* will also sometimes, be remarkably tumid, and even discoloured, particularly when a child has been born by the breech presentation. In this case it will be proper to suspend it by a cloth, after first covering it with a piece of linen, wetted with brandy, which should be frequently renewed.

WHEN an infant is born, with no other sign of animation, than a weak pulsation of the heart, and the arteries of the navel string; we must endeavour to rouse the circulation by frequent applications of warm cloths and by rubbing the nostrils, temples, and extremities, with spirits or volatiles. A table spoonful of brandy must be poured on the child's breast, and if possible a little of it should be swallowed. Stools should also be procured by glisters, or by giving a dose of castor oil.

INFANTS are born with a thin membrane under their tongue, called the *frænum*, which is sometimes so broad as to require dividing, in order to give freedom to the tip, and to allow the child to take proper hold of the nipples in sucking. It is easily divided by a sharp pair

of scissors, and the operation can never be attended with any inconvenience, or hæmorrhage, if it be done with proper caution.

THE infant generally has an evacuation from the bowels, soon after birth. If however, any length of time should have elapsed, without one, it will be proper to examine the fundament, which is sometimes imperforated, so that the *meconium* cannot be avoided. This case can only be relieved by a surgical operation, by which the natural passage is opened, and afterwards secured from closing again by the introduction of the bougee.

THE *vagina* of the female is also sometimes imperforated. Parents, should therefore carefully examine the infant, that it may not grow up with a defect, which at a certain period of life, must inevitably prove troublesome, and which, at last, will require an operation to relieve.

WHEN a child suffers from a retention of urine, it should be immediately enquired into, whether the orifice of the *urethra* be pervious. This obstruction is more rarely met with in the female than the male. If it be found closed, the skill of the surgeon is required. Sometimes an infant will be very long, perhaps a day or two, before it voids the urine, where no defect or obstruction is to be seen. It will then be proper to rub the belly with some warm brandy, mixt with a little

oil. Some have recommended it to be rubbed with an onion. Which ever be used, it is adviseable immediately afterwards to apply to the belly a bladder half filled with scalded bran, or camomile flowers, or hot water; and lest, by some accident it should burst, it will be proper to enclose it in a second bladder. A glyster of thin gruel, with a little oil, should be given, and if necessary a teaspoonful of castor oil may be swallowed. If the child is in considerable pain a few drops of laudanum may with propriety be added to the glyster.

THE breasts of infants will often enlarge considerably, within two or three days after they are born. The vulgar notion of nurses, respecting the cause of this appearance, is the occasion of much bad management. They become tumid, and appear to contain something like milk: and they have therefore often been rubbed and squeezed, with a roughness amounting to cruelty. If the pressure of the clothes is avoided by their being put on loosely, it will go off gradually without any application; but in case of much inflammation, equal parts of brandy and vinegar must be applied cold by means of soft linen, or poultices of the crumb of bread and lead water, or milk should be employed for its resolution.

MANY mothers will make themselves uneasy about the falling off of the navel string. This generally happens about the fourth or fifth day, but often

earlier, and sometimes much later. When it separates, the nurse need only apply a piece of linen rag, scorched. If there should be more than usual tenderness, it may be proper also, to sprinkle it with a little prepared chalk or starch. In some instances there is a discharge, and the part continues raw, and then it will be proper to apply three or four pieces of a soft cabbage leaf, laid one over another, that they may be preserved moist and cool, and continued as long as the discharge may be considerable.... The bleedings which sometimes happen at the navel, is of such little consequence, that a light compress, with some gentle styptic, and secured by a sticking plaster or bandage, soon removes it. The soreness, when considerable, may require a milk and bread poultice, and the exhibition of some mild laxative medicine.

INFANTS are sometimes very early troubled with hernial affections, and when they happen in the groin, all that can be done, is to bathe the part occasionally with brandy, keep the body open, use the cold bath, and prevent the child from crying as much as possible. Rupture of the navel has already been treated of in the preceding part of this work, under the head of ruptures.

THERE will often appear in the *scrotum* of infants, at birth, a turgescence, which has been called the *watery rupture*. Of this it is proper, that parents and nurses should be aware, that it may not be mistaken

for the true rupture. From this it will be readily distinguished, by its transparency and by its not becoming larger when the infant cries. It will generally be cured by compresses moistened with vinegar and water, with the addition of as much brandy as the skin is able to bear.

BUT the best method is to puncture the bottom of the tumor with the point of a lancet, which is attended with very little pain, and soon effects a cure.

ANOTHER little complaint like the watery rupture, is the tumefaction of prepuce, which also arises from extravasated water, and is a partial dropsy of the skin... The complaint will be removed in a few days, by washing the part frequently with lead water, or by applying a poultice made with it and the crumb of bread, and by keeping the bowels open.

AN *inflammation* will sometimes attack the eyes of children, soon after birth, which has been usually attributed to cold; however, that is not the cause. A slight case will do well by keeping the eyes clean, and washing very frequently with cold water. If the eyelids should stick together when the infant sleeps, it will be prudent to apply a very small quantity of sweet oil, fresh butter or lard, to their edges. When the inflammation is considerable, a blister to the nape of the neck, and the occasional use of the cathartic

mixture in doses of a teaspoonful every hour or two, to keep the bowels in a laxative state are proper.

THE inflammation termed *galling*, which so frequently occurs in the groin, between the legs and neck of an infant, evidently arises from inattention to cleanliness, and from the use of coarse or new *pilches*.*

THE cure will easily be effected by washing the parts often in cold water, and after being wiped dry, dusting them with prepared chalk, or starch. If the excoriations are situated about the genitals, it may also be proper to apply a thick mucilage of gum arabic, or cover the part with a little fresh saturnine or simple cerate, to defend it from the action of the urine.

SLIGHT *ulcerations* behind the ears of infants, are also very common, and only require to be washed daily with cold water, and covered with a singed rag to keep the cap from sticking to them. They are sometimes beneficial, especially during bowel complaints, or teething; and will get well and break out again into very foul sores several times, without any cause for alarm.

* If children were attentively held over a pan from the month, it would be found that they are more cleanly than many people suppose, and would supersede altogether the use of cloths, either by night or day.

HOWEVER, when these sores become extensive and painful, it will be proper to apply a blister on the nape of the neck, to draw off the heated serum, and to give now and then, a few grains of magnesia and rhubarb, or the absorbent and aperient mixture. The sores should also be well washed with castile soap and water, and dressed with an ointment composed of one drachm of calomel and one ounce of the simple cerate, mixed well together, and spread on each side of a double linen cloth ; which must be applied twice a day.

Diseases of children, requiring medical treatment.

BEFORE we proceed to the consideration of those disorders requiring medical treatment, it may be proper to give a hint in regard to the doses of medicine. In prescribing for children the chief difficulty lies in fixing the appropriate dose; and hence medicines more frequently fail with them, or are over dosed, than with the adult. As a direction therefore, it is proper to examine in a general manner, the proportions fit for this early period of life.

THUS seven years require half the dose of an adult.

THREE years.....the fourth.

ONE year.....the sixth.

ONE month.....the tenth.

WITH these proportions in view, where no peculiarity of constitution exists, the doses stated will generally succeed.

Infantile Jaundice.

THAT yellow colour of the skin, which is observed in some infants a day or two after birth, arises from viscid matter affecting the gall-ducts; and is readily removed by the exhibition of three or four grains of ipecacuanha, or a few drops of antimonial wine, to excite vomiting, and by keeping the bowels open, by the occasional use of the absorbent and aperient mixture,* or a watery infusion of rhubarb. Should the symptoms continue, the emetic ought to be repeated after two or three days, and the above mixture or rhubarb given every other day.

Snuffles.

THIS term is given to a disease, which generally affects children, within the month and most commonly

* Vid. Dispensatory.

in the first or second week, on account of the noise made in respiration. The discharge is much more abundant than that which attends in common cold. It is from the first, purulent and thick ; and afterwards turns thin.

CHILDREN afflicted with this malady are always of a weakly, unhealthy habit; and though having apparently no particular complaint, they seem incommoded from a stoppage of the head, which is particularly perceptible in sleep, when their breathing is difficult. A purple streak is observable on the verge of the eyelids, as an attendant on this disorder with a general fulness externally, about the throat and neck. Its duration extends to several weeks, and when it departs, it is usually succeeded by a disorder of the bowels and other complaints.

THIS disease appears with various degrees of violence. The chief symptom that gives uneasiness here is the difficulty of breathing through the nose, which arises from an inflammation of the membrane, that lines the posterior nostrils and throat. By this inflammation extending, every part comes to be affected, even to the stomach and bowels, and hence the great and increasing debility it quickly occasions. The stools are thick and pasty, and of a peculiar green or blue colour.

FROM this account of the disorder, the state of the

bowels is a circumstance which must be more attended to, than in almost any other disease. To this end, one or two tea spoonfuls of castor oil should be given every day, so as to procure four or five motions daily. The bark should be given in a decoction or glyster, joined with cordials, to support the strength of the child. The same remedies should be exhibited to the wet nurse.

THE acrimony of the discharge on the adjacent surfaces of the nose and throat, should be prevented, by washing the parts frequently with warm camomile, or elder flower tea, and afterwards applying a little sweet oil.... Where convulsions are threatened or occur, laudanum is very proper, after the operation of laxative medicines; and in many cases, the anodyne should be given two or three times a day. In this disease, blisters are improper, as tending to produce gangrene of the part.

Red Gum.

Is an efflorescence of spots, varying in their size and appearance, confined to the superior parts of the body. In general it is necessary only to keep the bowels open with the absorbent and aperient mixture, or magnesia, and to keep the child moderately warm, otherwise the rash striking in, may fall upon

the bowels and produce fever. Infants are liable to various kinds of rash, both in the month, and on the body till the period of teething is over.

THESE cutaneous affections will be found owing either to some ill quality in the breast milk, a heating regimen, or errors in diet. It is only necessary to avoid the occasional causes, and the infant will not be troubled with them.

Thrush.

Is an eruption of white spots, generally appearing within the month, on the lips and inside of the mouth, and sometimes affects the whole alimentary canal. Like the preceding disease, it owes its origin to some affection of the first passages, and consequently will require a similar treatment.

As a local application, borax and honey in proportion of one drachm of the former (finely powdered) to an ounce of the latter, and well mixed together, will have an excellent effect in cleansing the mouth, and healing the ulcers, especially when the milk adheres much to its surfaces. A little of this paste may be put on the child's tongue, as often as may be necessary to keep the parts clean, which will be licked to every part of the mouth and will effectually

do, without putting the infant to pain, by forcibly rubbing it on. But the cure is not permanent, unless the occasional causes are avoided, and the absorbent and aperient mixture or magnesia be given to subdue the feverish state of the system.

Costiveness, and Wind.

COSTIVENESS may be either constitutional or acquired. When constitutional it is better to do but little, particularly if the child appears in tolerable health, in every other respect. In case of acquired costiveness, the prevention as well as cure, will only be permanently found by avoiding improper treatment and diet.

FLATULENCE generally accompanies costiveness, and is sometimes attended with pains of the stomach and bowels, which are indicated by the drawing up of the infant's limbs, and by its agonizing manner of crying. Under such circumstances, it will be proper to apply warmth to the belly, by bran or camomile flowers heated with hot water, and put into a bladder, which is only to be half filled with it, and then tied and wrapped up in a flannel. At the same time it will be proper to give a teaspoonful or two of castor oil. If this should not operate speedily or the child remain in much

pain, a plain glyster of thin gruel should be administered.

THE *suppository* will sometimes answer very well. The best in common use is prepared by scraping a candle until it is rendered sufficiently small, and tapering to introduce it into the anus about an inch, or two inches at most. It will be better to dip it in oil before it is used. A slip of paper or linen cloth twisted up, and well moistened with oil, are easily introduced, and forms also a good *suppository*, or *dry glyster*.

It is a very common practice to give carminative medicines to infants in order to remove flatulence, such as grated ginger and spices of different kinds. They ought never to be employed, when the infant is the least feverish, or when the bowels are in a costive state. If any flatulence remain after costiveness has been removed, and there are no febrile symptoms, a drop or two of laudanum, or double the quantity of paregoric, fennel tea, and a little of the absorbent and aperient mixture, or magnesia, may be given with advantage.

It is the bad manner of feeding, as well as over feeding children, in general, even at the breast, that is the cause of almost all they suffer, from costiveness, flatulence and acidity.

Looseness, or Cholera Infantum.

A PURGING is one of the most frequent complaints of infancy ; however, it should be remembered that it is not always a disease ; but on the contrary, it often proves a remedy. By it, nature most commonly throws off an offending cause. Its causes, therefore, and treatment, require very particular attention.

BOTH vomiting and purging very often arise from unwholesome milk or other food, from teething, from a moist cold air, as well as from the sudden disappearance of some eruption on the skin. The purging is not then hastily to be stopped, until the offending cause be removed.

THE treatment, therefore, of this complaint, must consist first in removing as far as possible, the irritating matter, and then checking the particular symptoms. If the offending cause appears lodged in the stomach, the cure should begin by giving an emetic, and afterwards small doses of rhubarb, or the absorbent and aperient mixture.*

THE nature of this disease is to be often drawn from the appearance of the stools, and the treatment ought, in a great measure, to be regulated from that

* Vid. Dispensatory.

circumstance....Thus when the stools are sour and curdled, after the necessary evacuations have been premised, the absorbent mixture,* or a few grains of prepared chalk or magnesia, combined with grated nutmeg or some aromatic is strongly pointed out, in addition to opening medicines. When again the stools are slimy, and of a clayey colour, in addition to the former plan, injections of soap-suds, are not to be omitted, and castile soap dissolved in milk will be found a useful drink. When the stools are watery and bloody, or fœtid, castor oil and calomel are the best purgatives, and if attended with much griping, glysters of milk and soap-suds should be often repeated.

THE extent and continuance of this plan, must depend on the obstinacy of the complaint. To these medicines, opiates according to the age of the child, may be given with the greatest advantage at bed time, provided there exists no febrile symptoms.

WHEN the child is cold and languid, the purgative medicines, ought to be joined with some aromatics, as grated ginger, and given less frequently; and during the intermediate days, as well as the evening after the physic has operated, a cordial diet, such as the addition of wine in gruel or arrow root, with a plenty of nutmeg, should be allowed.

* Vid. Dispensatory.

BESIDES this internal treatment, external applications, are of the greatest service, as cloths moistened with the camphorated spirits, or wrung out of brandy stewed with spices and applied warm to the belly and extremities. Blisters to the legs and arms, have also their good effects, and ought to be repeated in obstinate cases. Wearing flannel next the skin, or a bark jacket, will also prove an auxiliary.

IN the treatment of all abdominal complaints, much attention is necessary to the nature and kind of food or nourishment taken. The food of children, with this view, should be deprived of acid as much as possible; hence, instead of milk, animal food, in the form of beef tea, or mutton broth, is preferable. When there is an habitual disposition to purging, there is no diet superior to arrow root,* and when this is not at hand, flour baked in an oven till it breaks into a powder, and afterwards made up with boiled milk, is a good substitute. Tapioca and sago, are also a nutritive diet. Indeed it is proper to alternate the food occasionally from one kind to another, and frequently to exhibit the animal food in a solid form, when the stomach rejects fluid nourishment. The change of the wet nurse, sometimes makes a necessary part of the treatment, and when a child has been weaned, resuming the breast, has often had the happiest effect.

* Vid. Dispensatory.

IN many instances a change of air alone, has proved an effectual remedy, after every other means had failed.

Discharge from the Vagina.

INFANTS have sometimes a discharge from the vagina, a few days after birth, resembling matter, but it is of no consequence, as it goes off of itself in a short time.

CHILDREN of five or six years old, are subject to a mucous discharge, resembling the genuine whites of adults, which will in some instances be in an excessive quantity, so as to run through their clothes. The disease readily yields to a little cooling physic, as the cathartic or absorbent and aperient mixture, and keeping the parts perfectly clean, with soap-suds or lead-water. When it is obstinate, balsam capivi may be given thrice a day, and if the child is puny, the tincture of steel is a suitable remedy.

Worms.

THE symptoms enumerated, as most commonly distinguishing worms, are, pain and acid eructation of the stomach, variable appetite, foul tongue, fœtid breath; the belly full, hard and tense, with occasion-

al gripings or pains in different parts of it, particularly about the navel: Irregular state of the belly, heat and itchiness of the fundament, urine white and limpid, and often discharged with difficulty. With these symptoms are joined, a dull appearance of the eyes, often dilation of the pupil, itchiness of the nostrils, short dry cough, slow fever, with evening exacerbations, and irregular pulse, grinding of the teeth in sleep, &c.

HOWEVER, many of the above symptoms occur in other diseases, and I believe, as was suggested to me by the learned *Doctor Caldwell*, of Philadelphia, that worms are much oftener suspected to be the cause of children's complaints, than what they really are.

FOR the cure of worms, two indications arise; first, to expel them, and secondly, to prevent their generation. The first may be effected by giving a dose of calomel at bed time, and rhubarb the next morning to work it off. The pink-root, has long been in high estimation as a vermifuge. It may be given in the form of tea, with milk, sweetened, for breakfast, observing not to continue the use of it, if it is found to affect the child's eyes. The bark of the pride of China, is much extolled of late, as a remedy for worms. My friend, *Doctor Grimes*, of Savannah, says, that he considers it one of the best vermitfuges, we are acquainted with. He directs a tea to be made of the bark of this tree, and as much

of it taken during the day, as the child can bear without producing vomiting, purging, or considerable weakness of the limbs.

EXTERNAL applications have also been found useful for the removal of this complaint. These consist of a liniment made with equal parts of beef's gall, aloes and sweet oil or fresh butter, rubbed on the belly every night; or gall mixed up with a little turpentine and lard, applied over the region of the belly, taking care to cover the navel with a piece of cotton.

THE future generations of worms will be prevented by avoiding greasy food, and by taking the rust or tincture of steel, thrice a day, joined with bitters, to give tone to the bowels.

Convulsive Fits.

THE convulsions of children, are generally preceded by slight symptoms of distortion of the face, as, involuntary laughter when asleep or awake, squinting of the eyes towards the nose, or turning them upwards, the child, at the same time, changing to a bluish colour. The fit itself is distinguished by distortions, more or less general, according to the violence of the attack. They are attended with the usual symptoms of froth, or frothy discharge from the mouth, and they are

terminated by profound sleep, from which the child awakes unconscious of its former state.

THE treatment depends on the particular cause of irritation, Thus when it is expected to arise from retention of the *meconium*, or undigested matter received into the stomach, laxatives as castor oil should be given, as early as possible. When from *teething*, the protusion should be hastened by lancing the gums. When from retropeled *eruption*, the warm bath, and blisters are to be had recourse to. And when from *worms*, the remedies detailed in that disease are to be employed.

WHEN the cause of convulsions is unknown, throwing up a glyster, bathing the extremities in warm water, and blood-letting, if the child seems able to bear it, are the safest means, during the uncertainty. The symptoms still continuing, sinapisms should be applied to the extremities, and blisters behind the ears.

Teething.

THE symptoms that mark dentition, are heat, and swelling of the gum, and a tendency to drivel or slaver much; with starting and thrusting the fingers into the mouth.

DIFFICULT teething as a species of inflammatory disease, is to be treated as such. Bleeding with a leech or two behind the ears, or applying blisters there, or to the nape of the neck, will be found beneficial. But nothing is so effectual, as scarifying the gum with a lancet, which should be occasionally repeated, according to the urgency of the symptoms ; for, by thus removing the cause of the irritation, the effect cannot fail to cease.

A MODERATE looseness, being beneficial in teething should rather be encouraged than checked. If costiveness prevails, it must be removed, by the occasional use of the cathartic, or absorbent and aperient mixture ;* and when there is much fever, the antimonial solution* in very small doses, to produce perspiration, should also be employed.

Watery Head.

THIS disease is distinguished by pain of the head, accompanied with nausea, sickness, and other disorders of the animal functions, without any evident cause, and sudden in their attack ; variable state of pulse ; constant slow fever ; and in the advanced stage of the disease, dilation of the pupil of the eye, with a tendency to a comatose state.

* Vid. Dispensatory.

It most frequently takes place between the age of two and ten years, and with children of a scrofulous habit. It may however, arise from falls and blows on the head.

THE first stage of the disease is marked by loss of appetite, and a degree of melancholy and uneasiness, without the child being able to fix on any particular cause. Pain in the head is next felt, especially above the eyes, and in a direction betwixt the temples. In very young subjects the pain of the head is indicated by the child putting his hand often to his head, and waving it about. This pain gradually extends, and is at last felt more particularly in the arm and leg of one side. The affections of stomach next commence, and alternate with the pain and uneasiness of the head. The febrile symptoms though pretty constant, are milder in the morning, but suffer always an evening exacerbation. Vomiting occasionally occurs, but costiveness is a leading symptom, the tongue is a little affected, except towards the end when it assumes a scarlet colour, and sometimes becomes apthous. As the disease advances, all the symptoms of hectic are conspicuous, and during the whole disease, the child shows a strong propensity to the bed, or a desire to avoid being moved.

THIS disease is truly inflammatory in its commencement, and can only be treated with success by the early employment of those means, which are best cal-

culated to subdue inflammation; such as copious and repeated bleedings, blisters to the head and temples, and an issue behind the neck.

BESIDES these external remedies, active purges, as calomel and jalap must be frequently administered, and if possible a ptyalism should be produced by the use of mercury, either in the form of calomel in small doses, or by rubbing in the unction.

IF acid prevails, the absorbent mixture must occasionally be given, and during the continuance of fever, the tincture of digitalis will be found an auxiliary.

AFTER subduing the inflammatory action of the system opium or laudanum may be employed with advantage, to relieve the spasm, or pain of the head when it is considerable. In the last stage of the disease, cold bathing and the use of tonic medicines, may be required to invigorate the system.

Croup, or Hives.

THIS disease which is peculiar to children, is a species of asthma, with violent catarrhal symptoms. It is most common in low marshy countries, or on the sea coast, and in wet and cold seasons. Indeed it is readily occasioned by any thing wet or damp, or which obstructs the perspiration.

THERE are two species of croup, the acute or inflammatory, and the chronical or lingering.

THE former is attended with a very quick pulse, cough, hoarseness and difficulty of breathing, soon after, and sometimes even before the occurrence of the croaking noise, which is the characteristic of this disorder. As the disease increases, the pulse quickens, the heat augments, and an excessive restlessness takes place. The breathing becomes more and more difficult and laborious, and the peculiar wheezing sound which accompanies it, so increases, as to be heard at a considerable distance.

THE symptoms continue to increase in violence, until a spasm of the muscles of the parts taking place, the patient is suffocated; the disease often completing its course in the space of three or four days and nights.

THE exquisite degree of danger, which always accompanies this disease, and the rapidity with which its symptoms proceed, shews that immediate remedies are requisite to arrest its progress. Therefore, on its first appearance, blood-letting, both general and topical, should be employed, and repeated two or three times a day, according to the violence of the symptoms and habit of the patient. Immediately after bleeding, an emetic should be administered, and the sickness kept

up for several hours, or even days, by small doses of the antimonial solution.*

INHALING the steams of hot vinegar and water, and embrocating the throat with the volatile liniment, have also their good effects. Besides which, the application of blisters to the nape of the neck and throat are not to be neglected, if the symptoms are the least alarming.

THE decoction of seneka or rattle snake root,* is a sovereign remedy for this dreadful complaint. It should be given at first in such doses, as to excite vomiting, and afterwards in smaller doses, to keep up a nausea at the stomach and to produce perspiration.

IN some instances, a free use of calomel has had a very beneficial effect. The tincture of digitalis or fox glove is also a good remedy, if employed in the early stage of the disease. Attention should always be paid to keep the bowels open, and no aperients will be found more salutary in this complaint, than calomel and castor oil.

THE flax-seed sirup is peculiarly beneficial in all diseases attended with cough, and therefore, should not be omitted in this. To prevent a relapse, and to restore the strength of the patient, it will be proper, at the

* Vid. Dispensatory.

close of this complaint to give bark in any form which is most agreeable and convenient.

THE latter or chronical croup, is produced by spasm and unaccompanied with fever. A most important remedy in this species, if early used, is the warm bath, immediately followed by a glyster, to which some of the juice of raw onions may be added. A teaspoonful or two of the juice may also be given by the mouth. If the symptoms do not yield to this treatment, an emetic should be administered, and after its operation a dose of laudanum will be proper.

SOME children are troubled with this complaint for several years, and then seem to outgrow it. A flannel shirt, light diet, cold bath, change of air, gentle exercise and whatever strengthens the body, are the best preventives.

Hooping-cough,

Is a contagious disease, attacking in paroxysms of a convulsive suffocating cough, with a loud noise or hoop at each respiration, and generally terminating by vomiting. It is clearly the effect of a specific contagion of a peculiar nature, and highly active, affecting like the small pox and measles, but once in life.

THE treatment of this disease must be regulated by the degree of fever and spasm. When the fever is considerable, bleeding becomes clearly indicated, as well as blisters over the breast, and the use of laxative medicines, together with such as may determine to the surface ; of which class, the decoction of rattle-snake root, or the antimonial solution are to be preferred.

WHEN the spasmodic state is most predominant, and the symptoms of fever mild, emetics will be highly useful followed by a dose of the anodyne sudorific drops, at bed time. If a free use of the flax seed syrup is not sufficient to allay the cough, laudanum or paregoric when fever does not forbid, may be given with the greatest advantage.

IN this tiresome disease, I have found no remedy. When there is little or no fever, superior to this mixture* given three or four times a day, in syrup or tea ; commencing with small doses, and gradually increasing them, until a slight stranguary is excited. The stranguary usually comes on about the third day, and the hooping-cough seldom continues longer than a few days afterwards.

WHEN the disease is recurrent, and returns some time after its apparent departure, as it frequently

* Take of tincture of bark, one ounce and a half—paregoric half an ounce—tincture cantharides, one drachm—mix.

does upon taking cold, an emetic, a dose or two of castor oil, and the anodyne sudorific drops, laudanum, or paregoric, at bed time, as the symptoms may indicate, will quickly remove it. A milk and vegetable diet is peculiarly proper in this complaint, and when the patient is debilitated, a change of air and tonic medicines, as the bark and columbo, will be found salutary.

Rickets.

CONSIST in an enlargement of the head, belly, and joints; flattened ribs; and general emaciation, with a bloated or florid countenance. This disorder generally takes place from six months to two years of age, and arises either from unhealthy parents, or from the children being improperly nursed, kept wet, dirty, in a close damp air, and without due exercise.


WEAKNESS and relaxation being the cause of this complaint, its remedy must of course, be, to promote digestion, and to brace and strengthen the solids. Hence a nutritious and cordial diet, with exercise in the country air, is indispensable. Along with this the cold bath, and tonic medicines, as bark, columbo, and steel, to warm and invigorate the constitution, are peculiarly proper; but they should not be entered

upon, without previous purging with calomel and jalap. The tincture of rhubarb, should also be occasionally employed, to keep the bowels in a regular state. However nothing will be found more effectual in recovering the patient, than a generous diet and cold bathing, particularly in salt water.

Fevers.

THE fevers of children most commonly arise from slight accidental causes, either connected with the first passages, or the state of the skin.

IN their treatment, these causes are always to be had in view, and the clearing the first passages, and producing a free determination to the skin, are the chief objects to be regarded.

 *The treatment of the other diseases of children, as cold, measles, scalded head, &c. &c. will be found in the first part of this work*

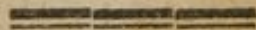
Dispensatory.

HAVING now finished as far as the limits of this work will permit, a general detail of the practice of domestic medicine, adapted to the climate of our country, it now only remains to notice the medicines requisite for family use, and to point out the best forms of prescribing them, in the treatment of the different diseases, described in the preceding part of this work.

THE following table of medicines will be found sufficient to answer every purpose of domestic practice, and the expence will be found nothing, compared to the great advantages which must result from being constantly supplied with them. To render the work still more complete, I have, in this table, annexed to the medicines their doses, according to the age of the patient: observing however, that whatever general rule may be given, it can only be applied with reference to the habit and state of

the patient. The judgement of the person who administers the medicine must, therefore be exercised in this respect. It will be found that the constitution is often attended with certain peculiarities, both in relation to medicine in general, and also to certain substances particularly, which knowledge, is only to be obtained by experience.

A TABLE OF MEDICINES
FOR
FAMILY USE,
WITH THEIR
DOSES AND QUALITIES ANNEXED.



*** These doses must be increased, or diminished, according
to the strength and habit of the patient.

MEDICINES.		Adult.	From 19 to 15	From 15 to 10	From 10 to 6
1	Arsen, solu. of (A)*	5 to 12 drops	5 to 10 dps	4 to 8 dps	3 to 6 dps
2	Antimonial wine	3 to 4 drms	3 to 3½ dms	2½ to 3 dms	2 to 2½ dms
3	— as a diaphoretic	26 to 60 dorps	20 to 50 dps	15 to 40 dps	12 to 30 dps
4	Alum	5 to 15 grs.	4 to 12 grs	3 to 10 grs	2 to 7 grs
5	Aloes	5 to 20 grs.	4 to 18 grs	3½ to 15 grs	3 to 12 grs
6	Arrow root (B)	- - -	- - -	- - -	- - -
7	Balsam capivi	20 to 80 drops	17 to 60 dps	15 to 40 dps	12 to 30 dps
8	Balsam Turlington	do. do.	ditto	ditto	ditto
9	Barley	- - -	- - -	- - -	- - -
10	Bitters	2 to 4 dms	1 to 3 dms	1 to 2 dms	- - -
11	Borax	- - -	- - -	- - -	- - -
12	Bark Peruv, (C)	30 grs to 2 drs	30 to 1½ dm	25 to 1½ dms	20 to 1 drms
13	Calomel	6 to 20 grs	5 to 15 grs	4 to 10 grs	3 to 8 grs
14	Camphor	4 to 20 grs	3 to 15 grs	2 to 10 grs	2 to 6 grs
15	Cream of tartar	4 to 12 drms	4 to 8 dms	3 to 8 dms	2 to 5 dms
16	Caustic vol. alk. liq	½ to 2 drms	½ to 1½ dm	½ to 1 dm	25 to 50 dps
17	Corrosive sublimate	- - -	- - -	- - -	- - -
18	Columbo	10 to 60 grs	10 to 50 grs	8 to 40 grs	7 to 35 grs
19	Chalk, prepared	25 to 50 grs	20 to 45 grs	16 to 40 grs	15 to 35 grs
20	Camomile flowers	- - -	- - -	- - -	- - -
21	Castile soap	20 to 80 grs	20 to 60 grs	20 to 50 grs	15 to 40 grs
22	Castor oil	4 to 12 dms	3 to 10 dms	3 to 8 dms	2½ to 6 dms
23	Ess. Pepper mint	10 to 50 dps	10 to 40 dps	8 to 30 dps	6 to 20 dps
24	Elixer Vitriol	15 to 40 dps	12 to 35 dps	10 to 30 dps	8 to 20 dps
25	Æther vitriolic (D)	½ dm to 2 dm	½ dm to 1½ dm	30 dps to 1 dm	18 dps to 1 dm
26	Flax seed	- - -	- - -	- - -	- - -
27	Ginger	5 to 25 grs	5 to 20 grs	4 to 18 grs	3 to 15 grs
28	Gamboge	6 to 12 grs	5 to 10 grs	4 to 8 grs	3 to 6 grs
29	Gum Arabic	- - -	- - -	- - -	- - -
30	Harts horn, spirit	½ to 1½ dms	½ to 1 dm	20 to 50 dps	15 to 30 dps
1	Honey	- - -	- - -	- - -	- - -
2	Ipecacuanha	15 to 30 grs	12 to 25 grs	10 to 20 grs	8 to 15 grs
3	Jalap	15 to 40 grs	10 to 30 grs	8 to 25 grs	6 to 20 grs
4	Lunar Caustic	⅙ to 3 grs	⅙ to 2½ grs	⅙ to 2 grs	⅙ to 1½ grs
5	Laudanum	20 to 60 dps	15 to 50 dps	12 to 40 dps	10 to 25 dps
6	Magnesia	⅙ to 2 dms	½ to 1½ dm	20 grs to 1 dm	15 to 50 grs
7	Manna	1 to 2 oz.	1 to 1½ oz.	½ to 1½ ounce	½ to 1 ounce
8	Nitre	10 to 30 grs	10 to 25 grs	8 to 20 grs	5 to 12 grs
9	Nitric Acid (E)	- - -	- - -	- - -	- - -
40	Oil of Olive	- - -	- - -	- - -	- - -
1	Opium (F)	½ to 3 grs	½ to 2 grs	¼ to 1 grain	- - -
2	Ointment simple	- - -	- - -	- - -	- - -
3	— Saturnine	- - -	- - -	- - -	- - -
4	— Mercurial	- - -	- - -	- - -	- - -
5	— Basilicon	- - -	- - -	- - -	- - -
6	Paregoric Elixer	1 to 4 dms	1 to 3 dms	1 to 2 dms	50 dps 1½ drms
7	Pink root, Carolina	- - -	- - -	- - -	- - -
8	Rhubarb powered	15 to 50 grs	12 to 45 grs	10 to 40 grs	8 to 30 grs
9	Rattle snake root,	- - -	- - -	- - -	- - -

From 6 to 4	From 4 to 2	From 2 to 1	Under one	QUALITIES	
2 to 5 dps	1 to 4 drops	$\frac{1}{2}$ to 3 dps	$\frac{1}{2}$ to 2 dps	Tonic	1
$\frac{1}{2}$ to 2 $\frac{1}{2}$ dms	1 to 2 dms	1 to 1 $\frac{1}{2}$ dms	$\frac{1}{2}$ to 1 dm	Emetic	2
10 to 20 dps	8 to 15 dps	6 to 10 dps	4 to 8 dps	Diaphoretic	3
1 $\frac{1}{2}$ to 5 grs	1 to 3 grs	- - -	- - -	Astringent	4
2 to 10 grs	1 $\frac{1}{4}$ to 8 grs	1 to 6 grs	$\frac{1}{2}$ to 5 grs	Cathartic	5
- - -	- - -	- - -	- - -	Nutritious food . .	6
10 to 20 dps	8 to 15 dps	5 to 10 dps	3 to 8 dps	Corroborant	7
ditto	ditto	ditto	ditto	Corroborant	8
- - -	- - -	- - -	- - -	Nutritive	9
- - -	- - -	- - -	- - -	Stomachic	10
- - -	- - -	- - -	- - -	Deterg. externally .	11
15 to 40 grs	12 to 30 grs	10 to 25 grs	6 to 16 grs	Tom. & antiseptic .	12
2 to 6 grs	2 to 5 grs	2 to 4 grs	1 to 3 grs	Active purgative . .	13
2 to 4 grs	1 to 3 grs	1 to 2 grs	$\frac{1}{2}$ to 1 grain	Stimulant	14
2 to 4 dms	1 to 3 dms	$\frac{1}{2}$ to 2 dms	$\frac{1}{2}$ to 1 dm	Cooling aperient . .	15
20 to 40 dps	15 to 30 dps	10 to 20 dps	5 to 10 dps	Stimulant	16
- - -	- - -	- - -	- - -	Antivenereal	17
6 to 25 grs	5 to 20 grs	4 to 15 grs	2 to 10 grs	Stomachic & tonic .	18
12 to 30 grs	10 to 25 grs	7 to 20 grs	5 to 12 grs	Absorbent	19
- - -	- - -	- - -	- - -	Stomach. & antisept.	20
12 to 30 grs	10 to 25 grs	8 to 20 grs	5 to 10 grs	Attenuant & deter. .	1
2 to 5 dms	1 $\frac{1}{2}$ to 4 dms	1 to 3 dms	1 to 2 dms	Purgative	2
4 to 15 dps	3 to 12 dps	2 to 10 dps	1 to 6 dps	Carminative	3
6 to 15 dps	4 to 10 dps	2 to 6 dps	1 to 4 dps	Tonic	4
15 to 50 dps	12 to 40 dps	8 to 30 dps	5 to 10 dps	Stimulant	5
- - -	- - -	- - -	- - -	Pectoral & obtunding	6
3 to 12 grs	2 to 10 grs	2 to 8 grs	1 to 6 grs	Aromatic	7
- - -	- - -	- - -	- - -	Purgative	8
- - -	- - -	- - -	- - -	Obtunding	9
10 to 15 dps	5 to 10 dps	3 to 8 dps	2 to 6 dps	Stimulant	20
- - -	- - -	- - -	- - -	Pectoral	1
6 to 12 grs	5 to 10 grs	4 to 8 grs	1 to 5 grs	Emetic	2
5 to 15 grs	4 to 12 grs	3 to 8 grs	2 to 5 grs	Purgative	3
$\frac{1}{10}$ to 1 grain	$\frac{1}{12}$ to $\frac{1}{2}$ grain	- - -	- - -	Stimulant	4
8 to 20 dps	5 to 15 dps	3 to 8 dps	2 to 6 dps	Anodyne	5
10 to 40 grs	8 to 30 grs	6 to 20 grs	4 to 10 grs	Absorbent	6
3 to 6 dms	2 to 4 dms	1 to 3 dms	$\frac{1}{2}$ to 2 dms	Mild aperient	7
2 to 10 grs	2 to 8 grs	1 to 6 grs	1 to 4 grs	Diuretic & febril. .	8
- - -	- - -	- - -	- - -	Tonic & antiscor. .	9
- - -	- - -	1 to 3 dms	1 to 2 dms	Obtunding & open .	10
- - -	- - -	- - -	- - -	Anodyne & antis. .	1
- - -	- - -	- - -	- - -	Cooling & Healing .	2
- - -	- - -	- - -	- - -	ditto ditto	3
- - -	- - -	- - -	- - -	Discutient	4
- - -	- - -	- - -	- - -	Digestive	5
30 dps to 1 dm	20 to 50 dps	15 to 60 dps	3 to 20 dps	Anodyne & pectoral	6
- - -	- - -	- - -	- - -	Vermifuge	7
6 to 25 grs	5 to 20 grs	4 to 12 grs	2 to 10 grs	Mild cathartic . . .	8
- - -	- - -	- - -	- - -	Diaphoretic	9

	MEDICINES	Adult.	From 19 to 15	From 15 to 10	From 10 to 6
50	Rust of steel	5 to 25 grs	4 to 20 grs	3 to 15 grs	2½ to 3 grs
1	Red precipitate
2	Sugar of lead	1 to 6 grs	1 to 5 grs	½ to 4 grs	½ to 3 grs
3	Spanish flies
4	Salts	4 to 16 dms	4 to 14 dms	3 to 12 dms	2 to 8 dms
5	Salt of Tartar	10 to 30 grs	10 to 25 grs	8 to 20 grs	6 to 12 grs
6	Sps. of turpin. (G)
7	Sal Ammo. vola.	5 to 20 grs	5 to 15 grs	4 to 12 grs	4 to 10 grs
8	—, crude
9	Senna
60	Spirits of lavender	30 dps to 2 dr.	25 dps to 1½ dr	20 dps to 1 dm	15 to 50 dps
1	Sulphur flour	2 to 8 dms	2 to 6 dms	1 to 4 dms	1 to 3 dms
2	Tamarinds
3	Tartar emetic (H)	2 to 6 grs	2 to 5 grs	2 to 4 grs	1½ to 3 grs
4	Turner's cerate
5	Tincture of steel	8 to 18 dps	6 to 15 dps	5 to 12 dps	4 to 10 dps
6	—rheumatic	½ to 1 oz	4 to 6 dms	2 to 4 dms	1 to 3 dms
7	—bark	2 to 6 dms	2 to 5 dms	1½ to 4 dms	1 to 3½ dms
8	—rhubarb	4 dms to 2 oz	4 dr to 1½ oz	3 to 8 dms	2 to 6 dms
9	—foxglove	10 to 60 dps	10 to 50 dps	8 to 40 dps	6 to 30 dps
70	—cantharides	10 to 50 dps	10 to 45 dps	10 to 40 dps	8 to 30 dps
1	—columbo	1 to 4 dms	1 to 3½ dms	1 to 3 dms	40 dps to 2½ dr
2	Tincture Myrrh
3	Vitriol white,	20 to 60 grs	18 to 50 grs	14 to 30 grs	6 to 15 grs
4	—, as a tonic	2 to 5 grs	1½ to 4 grs	1 to 3½ grs	½ to 2 grs
5	—, blue,
6	Vir. snake root	10 to 20 grs	10 to 18 grs	8 to 15 grs	6 to 10 grs

A TABLE OF MEDICINAL COMPOSITIONS,

1	Antimonial powders	8 to 15 grs	8 to 13 grs	7 to 12 grs	6 to 8 grs
2	Antimo. solu vel m.	3 to 6 dms	3 to 5 dms	2 to 4 dms	1½ to 3 dms
3	Anodyne Sudrific dp	60 to 100 dps	60 to 90 dps	50 to 80 dps	40 to 70 dps
4	Absorbent mixture	4 to 8 dms	4 to 6 dms	3 to 5 dms	3 to 4 dms
5	Anti-dysenteric mix	6 to 12 dms	6 to 10 dms	5 to 8 dms	4 to 6 dms
6	Absor. & aper. mix.
7	Cothartic mixture	6 to 12 dms	6 to 10 dms	5 to 8 dms	4 to 6 dms
8	Comphorated pow.	10 to 15 grs	10 to 12 grs	8 to 12 grs	6 to 10 grs
9	Cam. julep. vel. mix	6 to 8 dms	5 to 8 dms	4 to 6 dms	3 to 4 dms
10	Decoc. or infu. of bark	2 to 6 oz.	2 to 5 oz.	1½ to 4 oz.	1¼ to 3½ oz.
11	Decoction of seneka	6 to 12 dms	6 to 10 dms	5 to 8 dms	4 to 6 dms
12	Febrifuge powders	8 to 15 grs	8 to 13 grs	7 to 10 grs	6 to 8 grs
13	Febrifuge mixture	6 to 12 dms	6 to 10 dms	5 to 8 dms	4 to 8 dms
14	Infusion of Columbo	1 to 3 oz.	1 to 3 oz.	1 to 2 oz.	1 to 2 oz.
15	Lime water	1 to 4 oz.	1 to 3 oz.	1 to 3 oz.	1 to 2 oz.
16	Saline mixture	6 to 8 dms	5 to 8 dms	4 to 7 dms	4 to 6 dms
17	Spirit of Mindererus	6 to 8 dms	5 to 8 dms	4 to 7 dms	4 to 6 dms
18	Sirup af flax-seed	6 to 8 dms	5 to 8 dms	4 to 7 dms	4 to 6 dms
19	Tonic powders	15 to 50 grs	12 to 40 grs	10 to 30 grs	8 to 25 grs
20	Vitriolic solution	4 to 6 dms	3 to 5 dms	2 to 4 dms	2 to 3 dms

From 6 to 4	From 4 to 2	From 2 to 1	Under one	QUALITIES	
2 to 10 grs	1 to 6 grs	$\frac{1}{4}$ to 2 grs	. . .	Tonic	50
.	Escharotic . . .	1
$\frac{1}{4}$ to 3 grs	$\frac{1}{6}$ to 2 grs	$\frac{1}{8}$ to 1 grain	. . .	Astringent & tonic . . .	2
.	Blistering . . .	3
2 to 6 dms	$1\frac{1}{2}$ to 4 dms	1 to 3 dms	$\frac{1}{2}$ to 2 dms	Cathartic . . .	4
4 to 8 grs	3 to 6 grs	2 to 4 grs	1 to 3 grs	Absorbent & feбри.	5
.	Stimulant . . .	6
3 to 8 grs	2 to 6 grs	$1\frac{1}{2}$ to 4 grs	1 to 3 grs	Stimulant . . .	7
.	Discutient . . .	8
.	Purgative . . .	9
12 to 40 dps	10 to 30 dps	6 to 20 dps	2 to 10 dps	Cordial . . .	60
$\frac{1}{2}$ to 2 dms	20 grs to 1 dm	10 to 40 grs	5 to 20 grs	Aperient . . .	1
.	Cooling, laxative . . .	2
1 to 2 grs	$\frac{1}{2}$ to 1 grain	$\frac{1}{2}$ to 1 grain	$\frac{1}{4}$ to 1 grain	Emetic . . .	3
.	Healing . . .	4
3 to 8 dps	2 to 6 dps	1 to 5 dps	2 to 3 dps	Tonic . . .	5
$\frac{1}{2}$ to 2 dms	20 to 60 dps	Anti-rheumatic . . .	6
1 to 3 dms	$\frac{3}{4}$ to 2 dms	$\frac{1}{2}$ to $1\frac{1}{2}$ dm	20 to 40 dps	Tonic . . .	7
2 to 5 dms	$1\frac{1}{2}$ to 3 dms	1 to 2 dms	20 to 40 dps	Mild cath. & sto.	8
5 to 20 dps	4 to 15 dps	2 to 12 dps	1 to 8 dps	Diuretic . . .	9
6 to 20 dps	4 to 15 dps	2 to 5 dps	1 to 5 dps	Stimulant . . .	70
30 dps to 2 dms	20 dps to $1\frac{1}{2}$ dr	15 dps to 1 dm	10 to 40 dps	Tonic . . .	1
.	Detergent . . .	2
4 to 10 grs	2 to 5 grs	1 to 3 grs	. . .	Emetic . . .	3
$\frac{1}{2}$ to 1 grain	Tonic . . .	4
.	Escharotic . . .	5
3 to 6 grs	1 to 4 grs	1 to 3 grs	. . .	Stimulant and sto.	6

WITH THEIR DOSES AND PROPERTIES.

4 to 6 grs	3 to 5 grs	2 to 4 grs	1 to 3 grs	Diaphoretic . . .	1
1 to 2 dms	$\frac{1}{2}$ to 2 dms	$\frac{1}{2}$ to 1 dm	$\frac{1}{4}$ to 1 dm	Ditto . . .	2
30 to 60 dps	20 to 50 dps	10 to 30 dps	5 to 20 dps	Anodyne & Sudorific . . .	3
2 to 3 dms	$1\frac{1}{2}$ to $2\frac{1}{2}$ dms	1 to 2 dms	$\frac{1}{2}$ to 1 dm	Absorbent . . .	4
3 to 5 dms	$2\frac{1}{2}$ to 4 dms	2 to 3 dms	1 to 2 dm	Anti-dysenteric . . .	5
3 to 4 dms	2 to 4 dms	1 to 3 dms	$\frac{1}{2}$ to 2 dms	Absorbent & aperient . . .	6
3 to 5 dms	$2\frac{1}{2}$ to 4 dms	2 to 3 dms	1 to 2 dms	Cooling Cathartic . . .	7
5 to 8 grs	4 to 6 grs	3 to 5 grs	2 to 4 grs	Stimu. & Diaphoretic . . .	8
2 to 4 dms	1 to 3 dms	1 to 2 dms	$\frac{1}{2}$ to 1 dm	Stimulant . . .	9
1 to 3 oz.	1 to 2 oz.	6 to 12 dms	4 to 8 dms	Tonic . . .	10
3 to 5 dms	$2\frac{1}{2}$ to $4\frac{1}{2}$ dms	2 to 4 dms	1 to 3 dms	Diaphoretic . . .	11
4 to 6 grs	3 to 5 grs	2 to 4 grs	1 to 3 grs	Febrifuge . . .	12
4 to 6 dms	3 to 5 dms	2 to 4 dms	1 to 4 dms	Febrifuge . . .	13
$\frac{1}{2}$ to 2 oz.	$\frac{1}{2}$ to 1 oz.	2 to 6 dms	1 to 4 dms	Tonic . . .	14
$\frac{1}{2}$ to 2 oz.	$\frac{1}{2}$ to 1 oz.	2 to 6 dms	1 to 2 dms	Absorbent & Tonic . . .	15
3 to 5 dms	3 to 4 dms	2 to 3 dms	1 to 4 dms	Diaphoretic . . .	16
3 to 5 dms	3 to 4 dms	2 to 3 dms	1 to 2 dms	Diaphoretic . . .	17
3 to 5 dms	3 to 4 dms	2 to 3 dms	1 to 2 dms	Pectoral & obtunding . . .	18
6 to 20 grs	4 to 12 grs	1 to 6 grs	1 to 3 grs	Tonic . . .	19
$1\frac{1}{2}$ to $2\frac{1}{2}$ dms	1 to 2 dms	1 to 2 dms	$\frac{1}{2}$ to 1 dm	Astringent . . .	20

NOTES ON THE PRECEDING TABLE.

(A) THESE drops should not be taken oftener than three times a day and like all powerful medicines, it is proper to commence with the smaller doses, and gradually to increase them.

(B) THIS food is preferable to sago, or any of the farinaceous substances, for convalescent patients, and children. The jelly is made in the following manner: To a tablespoonful of the powdered root, add as much cold water as will make it into a soft paste, then pour on boiling water, thro' the spout of a kettle, stirring it at the same time briskly, until it becomes a clear jelly; after which, season it with sugar and nutmeg; and to render it still more palatable, a little wine, vinegar, or lime juice may be added. Blending it with milk is best for children, and when it is found to ferment in the stomach, the addition of a little animal jelly will obviate this effect.

(C) IT is often difficult, for children to swallow this medicine, and in that case employ it externally in the following manner: Take a piece of Holland cut in form of a waistcoat, and for the lining, get humhums of an open texture. Between these cloths from three to six ounces of bark must be closely quilted, and then the waistcoat applied on the naked skin. Every two or three days, it will be necessary to rub the jacket between the hands. It is sometimes proper to unite snake root with the bark. (Vid. ague and fever.)

(D) THIS medicine should be swallowed immediately when poured out of the vial, on account of its instantaneous evaporation.

(E) As this acid is not always to be got of equal strength, it would be best to make a quart of water as sour with it as it can be drank, which quantity may be taken daily by an adult, in small and repeated doses; and to prevent its injuring the teeth, it should be sucked through a quill.

(F) IN cases of tetany or obstinate colic, this medicine may be given in much larger doses.

(G) THIS, with one fourth quantity of Basilicon ointment, forms an excellent liniment for scalds and burns; but, when these are extensive, and require to be often dressed, the liniment should be applied by candle light with extreme caution, as it is so highly inflammable, that the smallest spark coming in contact with it, would produce an immediate combustion.

(H) WHEN this medicine is employed as an emetic, it is safest to dissolve the full dose in a given quantity of warm water, and take one fourth of the mixture every ten or fifteen minutes until vomiting ensue, which should be encouraged by drinking freely of warm water, and afterwards turned downwards by taking a bowl of thin gruel made very salt.

EXPLANATION OF WEIGHTS AND MEASURES.

20 grains	make	one scruple,
3 scruples		one drachm,
8 drachms		one ounce,
16 ounces		one pint.

A teaspoonful is equal to 60 drops or one drachm

A tablespoonful is the measure of half an ounce.

A large wineglass-ful is equal to two ounces.

DISPENSATORY.

ANTIMONIAL POWDERS.

Take of Tartar Emetic, three grains; Nitre, two drachms. Mix and after unting them well together in a mortar, divide into doses, according to the age of the patient. One powder or dose to be taken every two or three hours.

In obstinate fevers the addition of ten grains of calomel to the above recipe, will render the medicine more salutary.

CAMPHORATED POWDERS.

Take of Camphor, two scruples; Nitre powdered, two drachms. Moisten the camphor with spirits; and after reducing it to a fine powder, add the nitre. A dose to be taken every two or three hours in sirup.

FEBRIFUGE POWDERS.

Take of Ipecacuanha one scruple; Nitre, two drachms. Mix. A dose to be taken every two or three hours.

TONIC POWDERS.

Take of Columbo in powder and rust of Steel, each one ounce. Unite them well together in a mortar, and then divide into doses according to the age of the patient. A dose to be taken thrice a day.

CHARCOAL POWDER.

Put lumps of Charcoal a second time into the fire,

until they are red hot; then take them out, and as soon as they become cool, blow off the external ashes, and immediately reduce them to a fine powder, which must be kept in a corked bottle.

This powder is admirable for correcting bad breath, as well as arresting the progress of mortification.

ANTIMONIAL SOLUTION, Vel Mixture.

Take of Tartar Emetic, three grains; Spirits of Lavender sixty drops; Sugar, two drachms; Water, half a pint. Mix. A dose to be taken every two or three hours.

VITRIOLIC SOLUTION.

Take of white vitriol, three drachms; alum, two drachms; spirits of lavender half an ounce; Boiling water, one pint. Mix.

A dose to be taken every morning on an empty stomach, without diluting it, and in some cases to be repeated every six hours. When evacuations are required, the quantity of alum may be diminished or even entirely omitted, and when great astringency is required, the quantity of alum is to be increased and the vitriol to be diminished.

ABSORBENT MIXTURE.

Take of Chalk, prepared, Gum Arabic, powdered, White Sugar, each two drachms; Water, four ounces Mix.

ABSORBENT and APERIENT MIXTURE.

Is made by adding one drachm of rhubarb to the above recipe.

ANTI-DYSENTERIC MIXTURE.

Take of Lemon juice or best vinegar, two ounces; Common Salt, as much as the acid will dissolve; Strong Mint Tea, half a pint; White Sugar sufficient to sweeten it. Mix. A dose to be taken every two or four hours.

CATHARTIC MIXTURE.

Take of Glauber Salts, one ounce and a half; Lemon juice or sharp vinegar, one ounce; Water, half a pint; Sugar, a sufficient quantity to sweeten it. Mix. Or, Take of Cream of Tartar finely powdered, and Manna, each one ounce; Water, half a pint. Mix. A dose to be taken every hour untill it operates.

CAMPHORATED MIXTURE, Vel Julep.

Take of Camphor, one drachm; Gum Arabic, two drachms, White Sugar, half an ounce; Water, half a pint. Moisten the camphor with spirits, and after reducing it to a powder, add the gum arabic and sugar, and then by degrees pour on the water, while triturating them together in a mortar. A dose to be taken every two or three hours.

FEBRIFUGE MIXTURE.

Take of Nitre, two drachms; Lemon juice or vinegar, one ounce, Water, half a pint. Sugar, a sufficient quantity to sweeten it. Mix. A dose to be taken every two hours.

SALINE MIXTURE.

Take of Salt of Tartar, two drachms; Lemon juice or vinegar, one ounce and a half; Water, half a pint. Mix. A dose to be taken every two hours.

SPIRIT OF MINDERERUS.

Take of Volatile Sal Ammoniac, two drachms; Lemon juice or vinegar, half a pint, or as much as may be sufficient to saturate the volatile alkali.

A dose to be taken every two hours.

ANODYNE SUDORIFIC DROPS

Take of Laudanum, one part, Antimonial Wine, two parts. Mix.

ANODYNE SUDORIFIC DRAUGHT.

Is prepared by adding a dose of the above drops to a cup of sweetened tea.

TONIC DROPS, Vid. Tincture of Steel

A dose to be taken thrice a day.

ANODYNE SUDORIFIC BOLUS.

Take of Opium, one grain; Ipecacuanha, ten grains; Syrup sufficient to form a bolus.

Or, Take of Opium and Tartar Emetic, each one grain; Mucilage of Gum Arabic sufficient to form a pill,

STIMULANT PURGATIVE PILLS.

Take of Calomel and Gamboge, each one drachm; Soap ten grains, Syrup sufficient to form a mass. Beat them together, and then make twenty-four pills. Dose for an adult, from three to six.

Or, take of Calomel, Aloes and Soap, each one drachm, Syrup sufficient to form a mass. To be divided into thirty-six pills. Dose for an adult from four to eight.

Or, take of Calomel one darchm; Jalap two drachms; Soap ten grains; Syrup sufficient to form a mass.

To be divided into thirty-six pills. Dose for an adult from six to eight.

PILLS OF SUGAR OF LEAD & IPECACUANHA.

Take of Sugar of Lead and Ipecacuanha, each six grains; Opium one grain; Syrup sufficient to form a mass. Divide into four parts; one pill to be taken every three hours, until the hæmorrhage ceases.

TONIC PILLS.

Add a sufficient quantity of Syrup to the Tonic powders, as will form a mass, and make pills of an ordinary size. The number constituting a dose to be taken thrice a day.

VITRIOLIC PILLS.

Add a little crumb of bread to any given quantity of White Vitriol, and Syrup sufficient to form a mass; then divide the mass into as many parts as there are doses of White Vitriol, according to the age of the patient. One pill to be taken thrice a day.

MERCURIAL PILLS.

Take of Calomel, one drachm; Opium and Tartar Emetic; each ten grains; Crumb of Bread and Syrup, or Mucilage of Gum Arabic, sufficient to form a mass. Divide into forty parts. One pill to be taken night and morning by an adult.

MERCURIAL SOLUTION.

Take of Corosive Sublimate, twenty-four grains; Laudanum, half an ounce; Spirits, one pint and an half. Mix. Dose for an adult, from three to six drachms, twice or thrice a day.

SATURATED SOLUTION OF ARSENIC.

Take of Arsenic in powder, about one drachm ; Water, half a pint ; boil it for half an hour in a Florence flask, or in a tin sauce pan ; let it stand to subside, and when cold, filter it through paper. To two ounces of this solution add half an ounce of spirit of lavender. A dose to be taken twice or thrice a day.

SOLUTION OF CRUDE SAL AMMONIAC.

Dissolve half an ounce of Crude Sal Ammoniac in one pint and an half of cold water, and then add half a pint of Vinegar.

ASTRINGENT WASHES.

Take of Lime water, half a pint ; Brandy four ounces, Mix.

Or, take of Lime water, half a pint ; Corrosive sublimate, fifteen grains. Mix.

Or, take of Lime water, half a pint ; Tincture of Myrrh, one ounce. Mix.

Or, Make a solution either of Lunar Caustic, or Blue Vitriol in water, of sufficient strength to produce a little smarting. To be applied on lint to the sore.

SOLUTION OF KALI.

Dissolve from one to two drachms of Salt of Tartar, in half a pint of water, to be applied as the above.

LIME WATER.

Pour two gallons of Water gradually, upon a pound of fresh burnt quick-lime ; and when the ebullition ceases, stir them well together ; then suffer the whole to stand at rest till the lime has settled ; after

which strain off the clear liquor and keep it in vessels closely stopt.

Calcined Oyster-shells may be used instead of quick-lime.

TAR WATER.

Pour a gallon of water on two pounds of Tar, and stir them strongly together with a wooden rod. When they have stood to settle two days, pour off the water for use.

CAUSTIC ALKALI, or Soap lees.

Mix two parts of Quick-lime, with one of Pot-ashes, and suffer them to stand till the lixivium be formed, which must be carefully filtrated through paper, before it be used. If the solution does not happen readily, a small quantity of Water may be added to the mixture.

ANODYNE WATER.

Take of Rose or common Water, two ounces; Laudanum, two drachms. Mix.

SATURNINE, or LEAD WATER.

Take of Sugar of Lead, two drachms; Water, one pint and a half.

Or, Take of Extract of Lead, two drachms; Spirits, half an ounce; Water, one pint and a half. Mix the Extract and Spirits, and then add the Water.

SYRUP OR FLAXSEED.

Take of mucilage of Flax Seed, two pints; honey, one pint. Let them simmer away by a gentle heat to a syrup, observing to take off the scum as it rises.

DECOCTION OF MEZERON,

Take of the bark of Mezeron root, two drachms ; Liquorice root, half an ounce ; Water, three pints ; boil it with a gentle heat down to two pints and strain. From a gill to half a pint, to be taken three or four times a day.

DECOCTION OF SARSAPARILLA.

Take of Sarsaparilla cut and bruised, four ounces ; Water, three quarts ; boil it down to two quarts and strain. To be taken as the above.

DECOCTION OF SENEKA, or Rattle-snake Root.

Take of Rattle-snake root bruised, half an ounce ; Water, one pint ; boil for half an hour and strain. A dose to be taken every hour or two.

DECOCTION OF BARK.

Take of Bark, one ounce, Boiling water, one pint. Simmer them together for ten minutes, and strain off the liquor.

COLD INFUSION OF BARK.

Mix one ounce and a half of Bark in powder, in a quart of water ; let it stand twenty-four hours, occasionally shaking the bottle, and then strain off the liquor. This preparation is superior to the decoction. A dose to be taken every hour or two.

PURGATIVE INFUSION.

Take of Senna, two drachms ; Salts and Manna, each half an ounce, Boiling water, three gills. A large wine glassful of the infusion to be taken every hour by an adult, until it operates.

INFUSION OF CUMBO.

Take of Cumbo bruised, three drachms ; boiling water, half a pint. Mix. After steeping for one hour, pour off the infusion.

COMMON GARGLE.

Take of Barley water or Flax-seed tea, half a pint ; Crude Sal Ammoniac, one drachm. Mix.

Or, take of Sage tea, half a pint ; Vinegar, half an ounce ; Nitre, one drachm ; Honey, one ounce. Mix.

ASTRINGENT GARGLE.

Take of Sage tea, or Infusion of Roses, half a pint ; Vinegar, and Honey, each two ounces ; Alum, half a drachm. Mix.

Or, take of Infusion of Oak or Peruvian bark, half a pint ; Honey, one ounce ; Alum, half a drachm. Mix.

DETERGENT GARGLE.

Take of the Astringent Gargle, half a pint ; Tincture of Myrrh, from half an ounce to one ounce. Mix.

ITCH LOTION.

Take of Corrosive sublimate, one drachm ; Crude Sal Ammoniac, two drachms ; Water, one pint and a half. Mix.

INJECTION, No. I.

Take of White Vitriol and Sugar of Lead, each one scruple ; Mucilage of Gum Arabac, or common water, half a pint. Mix, and after standing ten or fifteen minutes, strain off the clear liquor. An or.

dinary syringe full, to be thrown up the urethra six or eight times a day, after making water.

INJECTION, No. II.

Dissolve thirty grains of White Vitriol, in half a pint of Mucilage of Gum Arabac or Water. To be used as the above.

INJECTION, No. III.

Dissolve one grain and a half of Corrosive Sublimate Mercury in half a pint of water. To be used as the above.

Those injections may be made weaker or stronger, according to circumstances,

EMMOLIENT GLYSTER.

Take of Flax-seed tea and Milk, each six ounces. Mix.

Or, take of warm Water, half a pint; Molasses, four ounces, or, Sweet Oil and brown Sugar, each two ounces. Mix.

If one drachm of Laudanum be added to either of the above formula, it forms the Anodyne Glyster.

STIMULATING GLYSTER.

Take of common Salt and brown Sugar, each one ounce; Olive or Castor Oil, two ounces; Water, half a pint. Mix.

ANTIMONIAL WINE.

Take of Glass of Antimony powdered, two ounces; Madeira Wine, two pints. Digest for twelve days, now and then shaking the bottle, and then strain through paper.

LAUDANUM, now called Thebiac Tincture.

Take of purified Opium, two ounces; Brandy two pints. Digest for eight or ten days, frequently shaking the bottle, and then strain off the Tincture.

TINCTURE OF RHUBARB.

Take of Rhubarb, three ounces; Lesser Cardamon Seeds, or Ginger bruised, half an ounce; Brandy or Rum, two pints. Digest for eight or ten days, and then strain.

TINCTURE OF BARK.

Take of Peruvian Bark powdered, two ounces; Orange Peel, and Virginia Snake Root, each half an ounce; Brandy or Rum, two pints. Digest for eight or ten days and strain.

TINCTURE OF COLUMBO.

Take of Columbo Root bruised, three ounces; Brandy two pints. Digest for several days and strain.

TINCTURE OF FOX GLOVE.

Take of the Dried leaves of Foxglove, one ounce; Brandy, half a pint. Digest for a week and strain through paper.

TINCTURE OF CANTHARIDES.

Take of Cantharides bruised, two drachms; Brandy, one pint. Digest for seven or eight days and then strain.

TINCTURE OF MYRRH.

Take of Myrrh in powder, one ounce and a half; spirits one pint. Digest for seven days and strain.

PAREGORIC ELIXIR, now called Camphorated
Tincture of Opium.

Take of Purified Opium, Flowers of Benzion, Camphor, and Essential Oil of Aniseed, each two drachms; Brandy, two pints. Digest for eight or ten days, frequently shaking the bottle, and then strain the Elixer.

TURLINGTON'S BALSAM, now called Compound
Tinture of Benzion.

Take of Benzion, three ounces; Balsam of Tolu, one ounce; Aloes, half an ounce; Brandy, two pints. Digest for seven days and strain.

RHEUMATIC TINCTURE.

Take of Gum Guaiac, Vitriolated Tartar in powder, each three ounces; Spirits two pints. Digest for Eight or ten days and strain. A dose to be taken twice or thrice a day.

BITTERS.

Take of Gentian Root two ounces; Orange Peel, and white Canella, each one ounce; Brandy two pints. Digest for several days, and then strain.

COMPHORATED SPIRITS, now called
Tincture of Camphor.

Take of Camphor two ounces; Brandy one pint. Mix them together, that the camphor may be dissolved.

OPODELDOC, now called Soap Liniment.

Take of Castile Soap powdered, three ounces; Camphor one ounce; Brandy one pint. Digest the

soap in the Spirit by the fire until it is dissolved, and then add the camphor.

VOLATILE LINIMENT, now called
Ammoniated Oil.

Take of Olive oil two ounces; hartshorn one ounce.
Mix.

CAMPHORATED OIL.

Take of Camphor half an ounce; Olive Oil two ounces; Moisten the Camphor with a little spirit, and then rub it in a mortar with the oil, until dissolved.

HÆMORRHOIDAL OINTMENT.

Take of Galls levigated, two parts; Hog's lard eight parts. Mix,

SIMPLE OINTMENT.

Take of Olive oil, five parts; white wax, two parts; mix them together by a slow fire, and stir until it is cold.

SATURNINE OINTMENT.

Take of Sugar of Lead, two drachms; White Wax two ounces; Olive oil, half a pint. Rub the Sugar of Lead previously powdered, with some part of the Olive oil; then add it to the wax melted with the remaining Oil, and stir the mixture until it be cold.

MERCURIAL OINTMENT.

Take of Quick-silver, and Hog's-lard, each one pound; Tallow, one ounce; Spirits Turpentine, half an ounce. First triturate the Quicksilver with the Tallow and Spirits of Turpentine, until the

globules entirely disappear; then add the lard, and form it into an ointment.

BASILICON OINTMENT.

Take of Rosin, Bees-wax, of each one pound; Hog's lard, one pound and a half. Melt them together by a slow fire and strain the mixture while hot.

TURNER'S CERATE.

Take of Calamine prepared, Yellow Wax, each half a pound; Hog's lard, one pound. Melt the wax with the lard, and as soon as the mixture, exposed to the air, begins to thicken, Mix with it the Calamine, and stir the Cerate until it be cold.

BLISTERING PLASTER.

Take of Wax, Rosin, Tallow, and Cantharides, each equal parts. Having melted the three first ingredients together, sprinkle and mix in the flies powdered, a little before they become firm.

When the blistering plaster is not at hand, its place may be supplied by sprinkling the flies over any ointment or paste, spread thin on leather or cloth.

SINAPISMS

Take of good Mustard, and Flour or crumbs of Bread, each equal parts; sharp Vinegar, as much is sufficient to form a poultice. It may be rendered more stimulating if necessary, by the addition of a little garlic or horse-radish.

GLOSSARY,

OR

EXPLANATION OF TECHNICAL TERMS.

A

- Abdomen*, the belly.
- Acute*, this term is applied to a disease which is violent, and tends to a speedy termination.
- Antiscorbutic*, good against the scurvy.
- Antispasmodic*, whatever tends to prevent or remove spasm.
- Aperient*, opening.
- Abortion*, miscarriage.
- Absorbents*, medicines to correct acidity, and absorb or dry up superfluous moisture.
- Acidulated*, impregnated with acids.
- Acrid*, sharp and corrosive.
- Acescent*, having a tendency to acidity.
- Adult*, of full age, beyond puberty.
- After-birth*, or *Placenta cake*, is the substance by which the child is connected with the mother in the womb.
- Antiseptics*, medicines to correct putridity or rottenness.
- After-pains*, see grinding pains.
- Alkali*, any substance which, mingled with acid, produces fermentation.
- Anodyne*, composing medicines, and such as mitigate pain.
- Antispasmodics*, medicines for curing spasms, as laudanum and æther.
- Astringents*, medicines to correct looseness and debility.
- Attenuants*, medicines for reducing the body.
- Abcess*, a tumor containing matter.
- Antiphlogistic*, counteracting inflammation.
- Apthous*, resembling the thrush.
- Accelerate*, to quicken.
- Affusion*, pouring one thing on another.
- Alcohol*, rectified spirits of wine.
- Alimentary canal*, or *tube*, the stomach and intestines.
- Antidote*, a medicine to destroy poisons.
- Anus*, the fundament.
- Acme*, full height.
- Affinity*, likeness, resemblance.
- Alternate*, changed by turns.
- Aliment*, nourishment.
- Abstemious*, low living.
- Aromatic*, spicy, pungent.
- Atmosphere*, surrounding air.
- Analogous*, one like another.
- Antifogmatic*, drams.
- Antipathy*, an aversion to particular things.
- Areola*, the circle which surrounds the nipple on the breast.
- Artery*, a conic canal, conveying the blood from the heart to all parts of the body.
- Ague cake*, enlargement of the spleen.

B

- Bile*, or *gall*, a fluid secreted by the liver into the gall-bladder, and thence discharged, into the intestines, for the purpose of promoting digestion.
- Bougee*, a taper body, introduced into a passage or sinus, to keep it open, or to enlarge it.
- Bolus*, a form of medicine in a mass, larger than pills.
- Cutaneous*, of, or belonging to the skin.
- Capillary*, fine, hairlike.
- Charcoal*, a coal made by burning wood under turf.
- Catarrh*, a discharge from the head or throat.
- Cathartic*, a purge.
- Catheter*, a pipe to draw off urine.
- Coagulum*, a curd.

C

- Carious*, rotten, applied principally to the bones and teeth.
- Carminatives*, medicines for dispelling wind.
- Caustics*, burning applications.
- Cantery*, the act of burning with a hot iron or caustic.
- Chronic*, lingering disease, in opposition to acute.
- Callous*, hard or firm.
- Chyle*, a milky fluid, separated from the aliment in the intestines, mixing with, and forming the blood.
- Cleansings*, see *lochial discharge*.
- Confluent*, running together.
- Corroborants*, tonics, or strengthening medicines.
- Corrosive*, substances that consume or eat away.
- Cantharides*, the Spanish flies, used in blisters.
- Calculous*, stony or gravelly.
- Circulation*, the motion of the blood, which is propelled by the heart through the arteries, and returned by the veins.
- Comatose*, inclined to sleep.
- Contagion*, infectious matter.
- Crisis*, a certain period in a disease at which there happens a decisive alteration, either for the better or worse.
- Critical*, decisive or important.
- Constipation*, obstruction, costiveness.
- Convalescence*, recovery from sickness.
- Crudity*, rawness, indigestion.
- Cataplasm*, a poultice or soft plaster.
- Contusion*, a bruise.
- Cosmetic*, beautifying.
- Compress*, several folds of linen rags, a bandage.
- Convulsions*, violent motions, fits.
- Characteristic*, a mark, sign, token.
- Clammy sweats*, cold, glutinous.

D

- Debility*, weakness.
- Decoction*, a preparation by boiling.
- Demulcent*, softening, sheathing.
- Diarrhæa*, a looseness.
- Diluents*, substances to dilute or make thin.
- Drastics*, active, or strong purges.
- Detergent*, cleansing.
- Diaphoretic*, promoting perspiration.
- Diuretic*, whatever promotes the secretion of urine.
- Dyspeptic*, belonging to bad digestion.
- Dislocation*, a joint put out of place.

- Deleterious*, poisonous, deadly.
Delirium, light headedness.
Dentition, teething.
Diathesis, disposition or habit of body.
Dietetic, relating to diet, or regimen.
Demoniacal, baneful, hurtful.
Deglutition, the act of swallowing.
Disposition, tendency.
- E
- Efflorescence*, eruption, or the redness round it.
Effluvia, Exhalation.
Empiric, a quack.
Endemic, a disease peculiar to a certain district.
Epidemic, contagious.
Eruption, breaking out in pustules.
Excoriation, the loss of skin.
Exhibit, to administer.
Expectoration, a discharge from the breast.
Extremities, arms and legs.
Exacerbation, the increase of any disease.
Emaciation, wasting of flesh.
Enamel, the outside covering of the teeth.
Enervate, to weaken.
Equilibrium, equal weight.
Eructation, a belch.
Excretion, discharge of animal fluids or matter.
Eccymosis, a tumor, the effect of blood-letting.
- F
- Farinaceous*, mealy.
Febrifuge, removing fever.
Fæces, excrements.
Flatulent, producing wind.
Fetid, of an offensive smell.
First passages, stomach and bowels.
- Flooding*, an overflow of menses.
Fœtus, the child in the womb.
Fomentation, partial bathing, by the application of flannels dipped in liquids.
Fracture, a broken bone.
Fungus, proud flesh.
Febrile, feverish.
Fumigation, a vapour raised by burning.
Friction, the act of rubbing.
- G
- Gland*, a secretory organ.
Gangrene, a feeble circulation, followed by mortification.
Glutinous, gluey, sticky.
Grinding, or *after-pains*, pains that occur after labour.
Gargle, a wash for the mouth and throat.
Grog-blossoms, pimples on the face produced by drinking.
- H
- Hectic fever*, a slow consuming fever generally attending the absorption of purulent, or other acrid matter into the blood.
Hæmorrhage, a discharge of blood.
Hæmorrhoidal, relating to the piles.
Hypochondriacal, melancholy, very dejected, low in spirits.
Hepatic, relating to the liver.
- I
- Inflammation*, an increased action in the part.
Imposthume, a collection of purulent matter.
Ichor, a thin watery humor.
Induration, hardening.
Infusion, steeping any thing in liquor without boiling, as tea is made.

- Inhale*, to draw in by breath.
Intestines, the internal parts of the body.
Juleps, mixtures of simple and compound mixtures.
Imbecility, debility, weakness.
Immersion, plunging under water.
Inanition, emptiness.
Incrassate, to thicken.
Indigestible, difficult of digestion.
Inebriety, drunkenness.
Infection, contagion.
Inspissate, to thicken.
Intestinal, belonging to the intestines or guts.
Irrespirable, unfit to be breathed.
Irritability, a disposition to contract from a stimulus.
Incarnating, healing.
Indisposition, a disorder of health.
- L
- Ligature*, a bandage, any thing tied round another.
Lochial discharge, or *cleansings*, a discharge from the womb.
Lotion, a wash.
Loctals, vessels conveying chyle.
Languor, want of strength or spirits.
Laxatives, relieving costiveness.
Levigated, reduced to a fine powder.
Liniment, a composition of the consistence of oil.
- M
- Membrane*, a web of fibres, interwoven for covering certain parts.
Miliary eruption, an eruption of pustules resembling the seeds of millet.
Morbid, diseased, corrupt.
- Morbific*, causing disease.
Mucus, resembling the matter discharged from the nose, lungs, &c.
Meconium, the infant's first or black stools.
Menses, } The monthly
Menstruation, } courses.
Mastication, act of chewing.
Mephitic, suffocating, noxious.
Miasmata, } morbid exhalations, or vapours.
Miasma, }
Mucilage, a glutinous, slimy substance.
Meum et tuum, mine and thine.
Magnum Dei domum, the great gift of God.
Maturity, of full years.
- N
- Nausea*, an inclination to vomit.
Nervous, irritable.
Narcotics, medicines producing torpor and sleep.
Nostrums, a patent, or other medicine, the composition of which is kept secret by the proprietor.
- O
- Obtund*, to blunt.
Opiates, medicines which promote sleep; as opium.
Ophthalmia, a disease of the eyes.
Edematous, swelled, as in a dropsical state of skin.
- P
- Paroxysm*, a periodical fit or attack.
Pelvis, the bones at the lower part of the trunk of the body.
Prolapsus, the falling down, or out.

- Puerperal*, of, or belonging to child-bed.
Placenta-cake, see *after-birth*.
Plethoric, of a full habit.
Primary, original.
Pustule, a purple or small swelling.
Putrescence, rottenness.
Pectoral, medicines adapted to cure diseases of the breast.
Phlegmatic, relaxed and abounding with phlegm.
Phthisical, consumptive.
Pulmonary, belonging to the lungs.
Puss, matter.
Premature, too hasty, too early.
Preternatural, unusual, not natural.
Pilch, napkin, clout.
Precarious, doubtful, uncertain.
Purulent, matter of good quality.
Predisposition, susceptibility of disease.
Phlogistic, inflammatory.
Pancreas, the sweet bread.
Paralytic, relating to palsy.
Pestilential, infectious.
Plenitude, fulness of blood.
Proximate cause, the immediate cause of disease.
Ptyalism, a copious flow of spittle.
- Q**
- Quartan*, returning every fourth day.
Quickening, the motion of the child felt by the mother in the womb.
- R**
- Regimen*, regulation of food, air, exercise, &c.
Repletion, the act of filling the body with food.
Resolvents, dissolving medicines.
Respiration, the act of breathing.
- Retum*, the straight gut, in which the fœces are contained.
Red Gum, an eruption so called.
Refrigeration, a chill, coldness.
Remote cause, the inducing cause of disease.
Resuscitation, reviving, bringing to life.
Retention, the retaining some natural discharge.
Rheumy, an acrid discharge.
Resolution, a termination without suppuration.
- S**
- Sanguiferous*, carrying blood.
Saturnine Lotion, lead water.
Scorbutic, of, or belonging to scurvy.
Scophulous, of, or belonging to the king's evil.
Secundines, the placenta, and membranes.
Stamina, the constitution or habit of body.
Suppository, a candle, or any other substance or composition, introduced into the rectum to procure stool.
Syncope, a fainting, or swooning.
Saline, consisting of salt.
Saliva, spittle.
Saponaceous, soapy.
Secondary, not primary; a secondary fever is that which occurs after a crisis.
Sedatives, composing medicines.
Secretion, the separation of fluids from the body.
Slough, the parts that separate from a sore.
Specific, an infallible remedy.
Stimulants, irritative medicines.
Stomachics, medicines for the stomach.
Stranguary, a difficulty of making water.

- Stupor*, a suspension of sensibility.
- Sudorifics*, medicines to promote sweating.
- Symptomatic*, a disease not primary, but arising from another in contradiction to idiopathic.
- Spine*, the back bone.
- Styptic*, a medicine stopping the discharge of blood.
- Spasm*, cramp, convulsion.
- Semen*, the seed.
- Serous*, thin, watery.
- Soluble*, loose, laxative.
- Swooning*, fainting.
- Sinapisms*, a poultice made of flour, mustard and vinegar.
- Sanative*, healing.
- T
- Tonic*, bracing, strengthening.
- Tumor*, a swelling.
- Type*, a mark.
- Topical*, local, confined to the diseased part.
- Technical*, belonging to arts.
- Temperature*, state of the air.
- Tertian*, returning every third day.
- Tetany*, the lock jaw.
- Turgescence*, an over fullness.
- Typhus*, a genus of fever comprehending those called nervous, yellow and putrid.
- Temperament*, a peculiar habit of body.
- V
- Vaccine*, vaccinous, belonging to, or matter of the cow-pox.
- Variolus*, matter of the small-pox.
- Vermifuge*, worm dispelling medicines.
- Viscid*, glutinous, tenacious.
- Virous*, poisonous matter.
- Vital*, the seat of life.
- Vertigo*, giddiness.
- Vagina*, the passage to the womb.
- Vesicating*, blistering.
- Viscera*, the entrails.
- Valitudinarian*, a weak, sickly person.
- Vascular*, belonging to the vessels.
- Vehicle*, a liquor to take medicines in.
- Veinous*, belonging to the veins.
- Ventilation*, a free admission or motion of air.
- Venomous*, } poisonous.
- Virulent*, }
- U
- Ulcer*, a sore, generally ill-conditioned.
- Urethra*, the canal which conveys the urine.
- Uterine*, belonging to the womb.
- Umbilical cord*, the navel string.
- Uterus*, the womb.
- Uvula*, the palate.
- W
- Whites*, the discharge from the womb.

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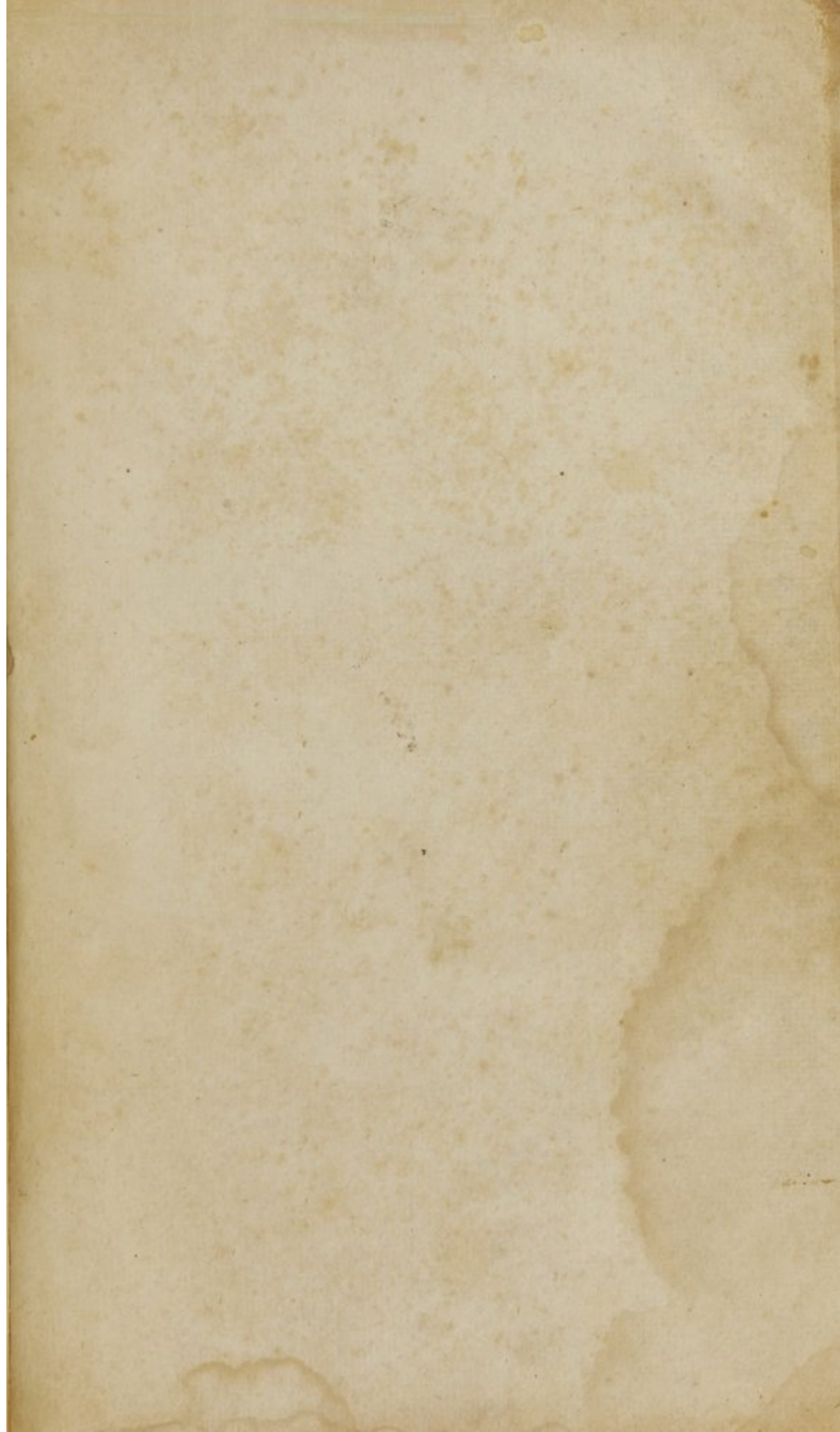
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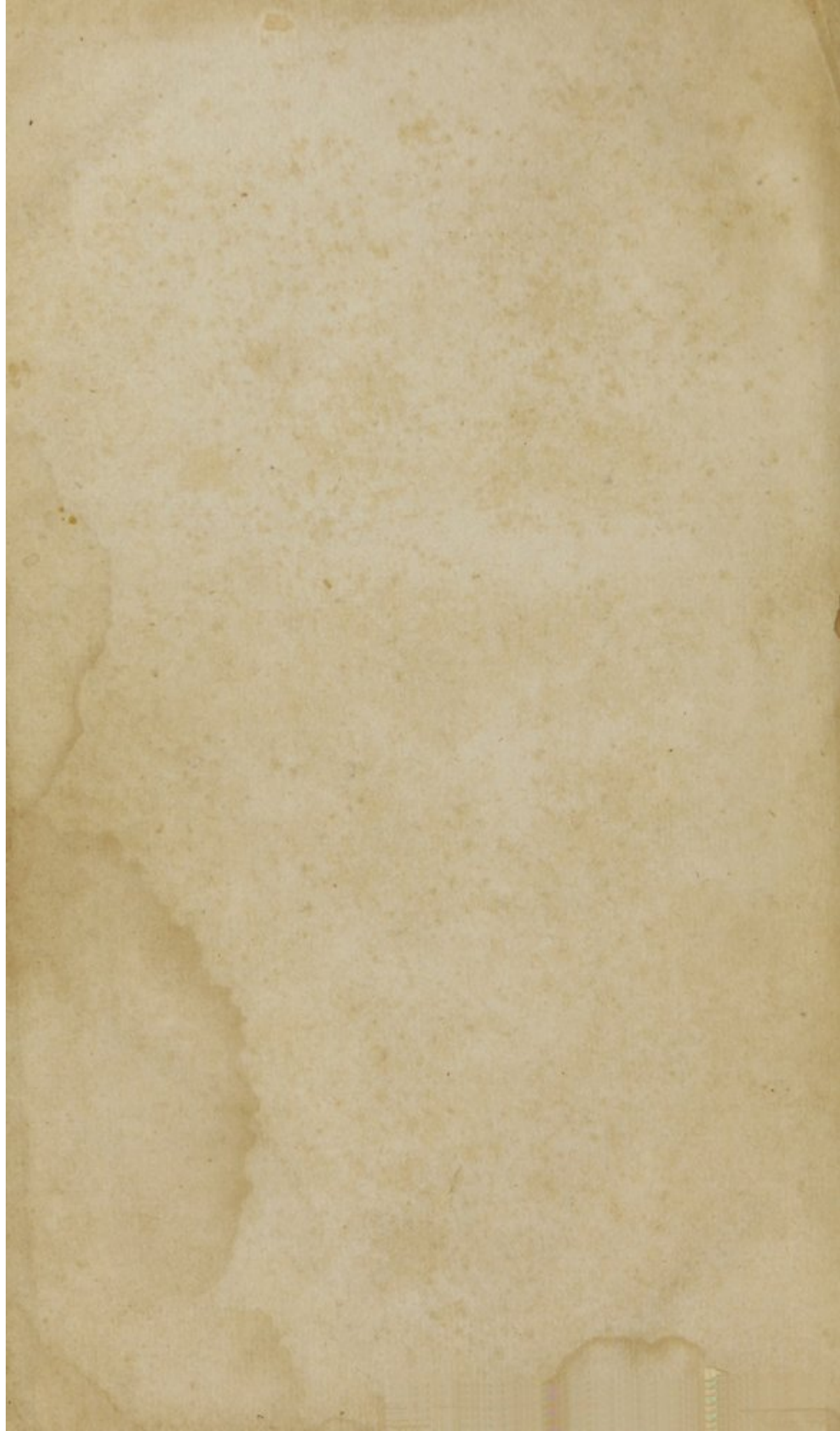
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From the N.E. Advocate of Dec 8 / 48

The Asiatic Cholera proves by dissection to be the inflammation & ulceration of the various membranes of the bowels. The contents of the stomach & bowels ferment & putrify, vomiting & swelling of the abdomen ensue & the patient sinks. Dr. Maxwell of Calcutta, says he cured himself by copious draughts of effervescent soda powders in cold water. That he afterwards saved many a life by the same treatment. He says that no remedy will avail except relieving the bowels of the fermenting contents, & if this be not done gently, it will be fatal.

Caution. One paper recommends a tea spoonful of Hartshorn. Now this is a great blunder, ten or 12 drops is as much as can be taken with safety at one time.

The following valuable prescription for the effective cure of the Cholera has been received from J. Booker Esq, Vice Consul at Cronstadt Russia. The principal point is to attack the disease the instant it is suspected. Take a stimulating decoction of peppermint, & a few drops of Laudanum cover up as warm as possible, to promote perspiration, apply hot substances, such as water, bran, salt &c and, to the limbs

put a mustard poultice over the whole stomach. As soon as the perspiration breaks out, and the beating of the pulse is restored, the complaint may be looked upon as conquered.

Calomel 60 grs } These to be rubbed to
Camphor 25 to 30 } an impalpable powder
Opium 6 grs } and divided into 6 doses
One dose to be given, in honey or syrup, every $\frac{1}{2}$ hour, for 3 times, then the balance at intervals of one hour.

Previous to giving the powders, give 60 drops of Laudanum, and if the powders should not correct the watery discharges in an hour, repeat the Laudanum and continue the powders. Apply mustard over the stomach & bowels with flannel. The patient should neither eat or drink any thing for 36 or 48 hours, should lie on bed constantly.

The preparation for children from 1 to 3 years, thus Calomel 32 grs camphor 8 grs, opium 1 gr, divided into 8 powders, given at intervals of half an hour, until the watery discharges cease.

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