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of their rooms, chambers, and stables, in order to expel all vapours, and fill them with fresh air. When it draws nearer, the windows are to be shut, and the doors left open, that fresh air may be admitted, avoiding carefully a free stream of air. They are, further, to keep at a proper distance from walls, chimneys, and ovens, and from all iron and metal, in particular from long iron rods or wires; remaining, as to any thing else, composed and without fear.

XIX. *Of Over-heating Ourselves, and catching Cold.*

Q. 246. **I**F, thro' violent bodily exercise, labour, running, or dancing, we have over-heated ourselves, what ought we not to do?

A. We ought not immediately to sit down or rest ourselves.

2. Drinking immediately after such violent





A. We are to take off the wet stockings or clothes, lest they should cause a catarrh, the palsy or rheumatism.

Q. 251. But what else ought to be done?

A. As soon as a person under such circumstances returns home, he ought not only to take off the wet clothes, but wash and dry his skin well, and put on warm clothes.

Q. 252. How do people by slow degrees get catarrhs, palsy, rheumatism, and other maladies?

A. By the obstruction of the perspiration of the whole, or a part, of the body, occasioned by want of exercise, by wet or damp rooms or beds, wet clothes, and exposure to cold air.

Q. 253. Tell me how a person may catch cold?

A. When a person, for instance, leans with his arm against a damp wall, or, what is still worse, falls asleep in that position, or that the part is exposed to a stream of air, that part will be attacked by rheumatism or palsy, or catarrh will be produced.

Q. 254. How may catarrhs and rheumatisms be prevented?

A.

















dusted, else, in spinning, the dust or woody particles will be drawn by the breath into the lungs, and occasion coughing, stuffing, and perhaps a consumption.

XXI. *Of the Beauty and Perfection of the Human Body.*

Q. 275. **W**HAT is the basis of beauty?

A. Health, and the perfect conformation of the body.

OBSERVATION.

“Health,” says Bertuch (see *Journal of Luxes and Fashion*,) March 1793, page, 189, “is the only and infallible source of beauty; all other modes of attaining it, such as folly, imposture, and ignorance have devised, may be compared to a plaster, which soon falls off, leaving mournful traces of disease behind. The beautiful

“ beautiful bloom of youth, the fresh
 “ colour, the perfection of the whole
 “ bodily structure, the free and easy
 “ play of the muscles, the fulness of
 “ the veins, the clear, delicately-spread,
 “ transparent skin, the glance of the
 “ eye so expressive of life and of the
 “ condition of the soul, great cheer-
 “ fulness ; all announce an inexpressi-
 “ ble sensation of contentment and
 “ delight, which dispenses health and
 “ happiness both of soul and body,
 “ makes the husband, the wife, the
 “ youth, the virgin, and the infant
 “ happy, and bestows on every mem-
 “ ber of society charms and attractive
 “ powers which no art in the world
 “ can afford.”

Q. 276. By what particular means may health be attained ?

A. By free and easy exercise of the body during infancy.

Q. 277. What is besides requisite and necessary ?

A. Free, pure air ; washing and bathing ;











Q. 290. Is it possible to learn the nature of a disease from the urine?

A. No. The urine by itself cannot determine the nature of a malady. Those, therefore, that set up as *water-doctors*, are generally impostors; by whom many lose not only their money, but their health and lives.

Q. 291. Can maladies originate in supernatural causes, such as witchcraft or forcery?

A. No; it were nonsensical and foolish to believe it. Nature operates universally; and all diseases spring from natural causes.

Q. 292. What opinion may we form of travelling, advertizing operators, that pretend to cure ruptures by cutting; and what are we to think of itinerant dentists and oculists?

A. They are mostly impostors, who have no other view than to defraud the credulous of their money.

Q. 293. Is it reasonable to buy medicines for man or beast of those medicine-hawkers who travel about the country?

A. No; for by the stuff which those vagabonds sell, life and health may be lost;
their





authorised to sell medicines, and who are noted for order and cleanliness, as well as for the ability with which they conduct business.

Q. 299. Is the art of an apothecary easily learnt?

A. No ; it is very difficult ; many years are required to become acquainted with all the medicines, to know their properties, and how to prepare them judiciously.

Q. 300. At what period of a disease is it most proper to apply to a physician ?

A. Immediately on the first attack.

Q. 301. What knowledge and information doth a physician require that he may be able to cure a disease.

A. He must know the nature and the cause of the disease ; it is therefore indispensably necessary to acquaint him with all the circumstances and symptoms of the disease, and to lay before him the whole state of the patient from the beginning of it, with the greatest exactness ; he must know the constitution, and the manner of living, of the patient, and likewise every circumstance which might have operated in producing the disease.

Q. 302. What is therefore proper ?

A.

A. That the physician see and speak to the patient himself, and investigate the nature and cause of the disease?

Q. 303. Suppose certain circumstances prevent this, what must then be done?

A. An exact and circumstantial statement of the case of the patient must be drawn by some intelligent person and sent to the doctor.

OBSERVATION.

In order to do this properly, every house-keeper, or, at least, every parish, in the country, in or near which there is no physician, ought to be in possession of certain rules, according to which, such a statement may be drawn properly. I therefore apprise the public, that a book, much read in Germany, containing such rules, and much other useful matter, is now translating, and will soon be published.

Q. 304. What is required of a patient under the care of a physician?

A. That he take the medicines which
the









fever worse. They should lie on matresses stuffed with horse hair, or on straw, covered with a light quilt.

Q. 318. May two sick persons, or one sick person and a person in good health, lie together in one bed?

A. No; every sick person ought to have a bed to himself, and, if particular circumstances do not intervene, a room also—with respect to healthy persons, they ought not to sleep in the bed, or in the room, of one that is sick.

Q. 319. May the curtains of the bed be drawn in which a sick person lies?

A. No; because it deprives him of the fresh air.

Q. 320. Ought not the bed of a sick person to be shaken and made daily?

A. Yes; a sick person ought to be taken every day out of bed, when he can bear it, that the bed may be made.

Q. 321. How ought a sick person to be dressed?

A. His dress ought to be clean and comfortable.

Q. 322. Ought not the sheets of the bed,
and















A. It is a very bad custom ; and medicines sold by pedlars and such vagabonds are commonly very pernicious.

Q. 347. Ought children in good health to be purged often ?

A. No ; it tends to nothing good ; and in general the health of children should be preserved by proper attention to diet and cleanliness, and by much exercise in the open air, for it cannot be done by medicines.

Q. 348. Is it good to make use of plasters and salves in cases of wounds, contusions, or ulcers ?

A. No ; plasters and salves seldom do good ; in most cases they do more harm than good.

OBSERVATION.

In cases of ulcers on the feet, or St. Anthony's fire, in particular, plasters and salves are carefully to be avoided, as very bad, and productive often of obstinate sores.

Q. 349. What must be done with wounds
that







ourselves to danger by visiting patients, nurses, or hospitals.

Q. 357. When certain diseases, for instance the ague, are endemial, and stagnant waters or marshes in the neighbourhood are the cause of such fevers, what should the inhabitants do?

A. They ought to drain off the waters, and dry the marshes, and the fever will cease; for with the cause the effect naturally ceases.

Q. 358. If mechanics or artisans be often attacked by diseases peculiar to them, a stone-mason, for instance, by consumption, painters by colic, what ought they to do?

A. They ought, as sensible men, who wish to be healthy and live long, to investigate the true cause of their frequent disease, and strive to find out how they can diminish or avoid it.

OBSERVATION.

Those who are to lead a sedentary life, females, mechanics, artists, the studious, ought, from their infancy till the complete shedding of the teeth in the twelfth year, to be exhorted or obliged to take a great deal of bodily exercise









children so infected would soon be found out.

Q. 370. Is it dangerous in cases of itch, scurf, or leprosy, to use mercurial ointment?

A. Yes ; it is very dangerous.



XXVI. *Of the Small-Pox.*

Q. 371. **F**ROM what can the degree of danger in small-pox be conjectured?

A. Chiefly from their number. If the pustules be few, there is little danger ; but where they are many, and confluent, the danger is great.

Q. 372. What is therefore lucky?

A. To have but few pustules.

Q. 373. At what period of the disease may we apprehend danger?

A.

















A. The stopping of the flux by any means but especially by opium or laudanum, which is very dangerous.

Q. 391. What is further to be observed, as the bloody-flux is often infectious?

A. The greatest cleanliness; filling the patient's chamber with fresh air, and taking great care that any excrements, as soon as voided, be carried out of the room, and buried under much earth.

XXX. *Of Treatment, after Diseases are removed.*

Q. 392. **W**HAT ought to be observed after severe diseases are removed?

A. Regularity and temperance in eating and drinking, taking only light nourishing food,

food, and observing not to expose ourselves too soon to the weather.

Q. 393. May a person just restored to health set to work immediately?

A. No; a person just risen from the bed of sickness ought first completely to recruit his natural strength before he begins to work again.

THE END.



