

**The mother's book of hygeian midwifery : being a familiar treatise on the security of health to females, during that most interesting period of their lives, the state of pregnancy : with remarks on the management of infants : founded on the doctrines of the British College of Health / by H. Shepheard Moat.**

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THE  
MOTHER'S BOOK  
OF  
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BEING  
A FAMILIAR TREATISE  
ON THE  
SECURITY OF HEALTH TO FEMALES,  
*During that most interesting period of their lives, the state of Pregnancy;*  
WITH  
Remarks on the Management of Infants:  
FOUNDED ON THE  
DOCTRINES OF THE BRITISH COLLEGE OF HEALTH.

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BY  
H. SHEPHEARD MOAT,  
HYGEIST.

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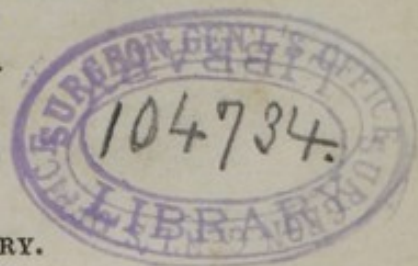
"In the Hygeian theory you have HOPE; in its practice you will find SECURITY."

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New-York :

D. MITCHELL, PRINTER, 265 BOWERY.

1837.



1800



HYGIAN MIDWIFERY;

A PRACTICAL TREATISE

OF THE

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SECURITY OF MATERNITY TO FEMALES,  
During that most interesting and delicate period of their lives, the state of Pregnancy;

Attention on the Management of Parturition;

AND ON THE

DOCTRINES OF THE BRITISH COLLEGE OF PHYSICIANS.

BY  
W. SHEPHERD M.D.

PHYSICIAN.



Printed by

G. MORTIMER, Printer, 225 BOWEN ST.

1837.

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## TO THE LADIES.

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LADIES :

I dedicate to you, who are most interested in the investigation, this attempt to induce a knowledge of the means of ameliorating the trials apportioned to the most important periods of your lives.

I take this opportunity of addressing myself exclusively to you, First, That I may apologize for my familiar manner of handling the subject I have endeavoured to illustrate;—that apology must rest on the difficulty of making myself understood by any more refined mode of expression, and the conscious purity of my intentions; Secondly, That I may invoke your aid in carrying out the great principles I advocate, namely, of ensuring your greater safety at the hour of trial, and the future health and happiness of yourselves and little ones; and Thirdly, The banishment from your bedsides of that anomaly so offensive to the refined delicacy of your natures, the *Man-Midwife*, and the substitution of a qualified female in his place. I speak to you as a husband and a father, and well assured am I from a long intercourse with my fellow-men, that if you will but allow your own feelings of self-respect to exercise their due influence, and induce you to proclaim your reluctance (rather your abhorrence) to have the privacy of such sacred moments invaded by the disgusting presence of a *strange man*, your husbands will be foremost to second you in your resolutions and in securing your welfare, and will not fail to appreciate by their increased regard for you, the aspirations of such true delicacy.

If it should not be permitted you to reap the full harvest of enjoyment, confidently held to be attainable, by following the rules here laid down, that you may at any rate reap some portion of the advantages here sown, is the sincere prayer of

Your most devoted servant,

THE AUTHOR.





## PREFACE.

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IN offering this little work for the perusal and consideration of the friends of the Hygeian Theory and Practice, I trust that in its way it may be found useful. I have waited some time in expectation that something of this kind would, ere now, have been before the public from the experienced minds and prolific pens of Mr. C. Moat and Dr. Greer, the Scottish champions of Hygeianism. But as it was with the first periodical devoted to the cause, so with this Manual of Midwifery, it was reserved to the friends of the Hygeian Cause, on this side of the Atlantic, to be the first publishers. In the early part of this year, I wrote two essays for the Hygeian Record and Family Adviser, in which I treated the subject generally; but as many friends expressed a wish for a further explanation of the subject, and the matter entered into in detail, I felt that a small work devoted exclusively to the subject would best meet the views of the well wishers of the great cause.

This work is the result of some experience and research, and the materials have been collected from a great variety of sources. Ancient and modern authors have been referred to and analyzed, and every thing valuable retained. I have examined most of the late works on the subject, from the press of this country and Europe, but have been able to glean but little from them. Their authors never knew the practical application of the theory, that the "Blood is the Life," and have been wandering in consequence in erroneous theories and practical absurdities. The veil of mystery, which formerly hid from general scrutiny the science of medicine, has been fearlessly rent by Messrs. Morison and Moat, and exposed to public view in all its complicated forms and deformity, and a just and rational system, and a

sure and certain method of treating disease, laid before the eyes of an enlightened community. The public have appreciated their works, and an extended sale of their publications, and an unprecedented demand for the Universal Medicines are the best test of their efficacy. Laws, in almost every country, have been obtained by the medical profession to secure to those who follow the old formulæ and established system, exclusive rights, and peculiar privileges. This has been the great bar to the advancement of medical knowledge; as an art founded on observation, can never arrive any high degree of improvement, while it is confined to the few who make a trade of it. It is well known that most of the alterations and improvements in the science of medicine, came from men not brought up to the profession, and the united observations of all the ingenious and sensible part of mankind will best confirm the truth of any theory. Any man can tell when a medicine gives him ease as well as a physician, and if he knows where to obtain the medicine and the quantity required, he can, after use, give his testimony of its efficacy in his particular case.

It is upon a volume of recorded and innumerable unrecorded testimonies, that the Hygeian Theory is based and confirmed; and, by the way, I would observe, that the man or woman who adduces a single fact to the stock, does more real service to society than he who writes a volume in support of the theory.

Secrecy is one of the strongholds of the medical profession; they cannot bear the public should know these things. Even their prescriptions are written in Latin, and this mysterious practice is not only ridiculous, but dangerous. However capable physicians may be of writing Latin, I am certain many apothecaries are not in the condition to read it, and that dangerous mistakes in consequence of this frequently occur. Often this is left to the apothecary's apprentice, and when a person employs a first-rate physician, in reality, *often* trusts his life in the hands of a careless boy, and *frequently* withal very ignorant. This great evil is obviated by the use of the Universal Medicines.



I trust that this work will be particularly acceptable to the female friends of the Hygeian cause, and I hope, confirm them in this important truth, "that a female only is eligible for a midwife."

With respect to the publication of a work of this kind, I would remark, no reasonable man ought to withhold from his sister, daughter, or wife, any ascertained fact. It should be to them a duty and pleasure to instruct and improve; and it is an insult to their understandings and their hearts to imagine, that their virtue would diminish as their knowledge increased. Vice is never the offspring of just knowledge; and they who say it is, slander their own nature. The virtue of ignorance is a sickly plant, ever exposed to the caterpillar of corruption, liable to be scorched even by the free light of heaven; of precarious growth; and even if at last artificially matured, of little or no real value.

I know that parents often think it right and proper to withhold from their children, especially from their daughters, facts, the most influential on their future lives, and the knowledge of which is essential to every man and woman's well-being. Such a course it must be obvious, is ill judged and productive of very injurious effects. A girl is surely no better for believing, until her marriage, that children are found among the cabbage leaves in the garden. The imagination is excited, the curiosity kept continually on the stretch, and that which if simply explained, would have been recollected only as any other physiological phenomenon, assumes all the rank and importance, and engrossing interest of a mystery.

In the arrangement, perhaps, the order is not so methodical as may by some be deemed advisable, yet I think in so small a work, it is sufficient to render any part easily found. Many things are necessary for a female in this delicate period, besides medicine, and I have enumerated some of those little attentions which may sometimes escape the memory of the most considerate.

I trust I shall meet the indulgence of the judicious and experienced friends of the Hygeian Theory in this first edition. I feel confident that

there is no material errors to mislead the reader. Friends may flatter, and enemies may detract: but the advocates and friends of the cause of truth, as promulgated by Messrs. Morison and Moat, will do justice to this humble endeavour. In conclusion I would say, that this work was written with but little assistance from others, and without the patronage of the powerful. It was produced in the hours snatched from business, and in the haste attendant on other occupations.

**THE AUTHOR.**



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[The text in this section is extremely faint and illegible due to the age and condition of the document. It appears to be a list of names or a dedication, but the individual words cannot be discerned.]

# INTRODUCTION

TO THE

## STUDY OF MIDWIFERY.

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EVERY intelligent observer must have remarked the slavery in which custom and fashion bind the human race, and the mass of restrictions which surround those in advanced stations in civilized life. We hear of one class spoken of as the necessitous class; but there is no class more necessitous than the highest; no people on the face of the earth so much under the dominion of the word *must* as the fashionable world. They *must* regulate every movement by what the professional men choose to fix as law, or they may and will be pointed at as singular characters. In matters of the greatest importance how is this exemplified, and particularly in the practice of midwifery.

I am fully aware of the difficulty of finding language sufficiently explicit to convey the necessary information to enable a person to attempt this practice, without some previous personal experience. To unlearn more than to learn is, however, one of the requisites to become a useful assistant to a female at this important period. Midwifery appears at this time to be altogether a matter of speculation with the medical faculty, as if their assistance was absolutely necessary; and that it is a matter of profit to them is evidenced by their exorbitant charges for attendance. This tax falls extremely heavy on the industrious classes, and it often is not the greatest grievance they have to bear; they are often, alas! deprived of their wives and offspring, by the ignorant and unnatural, falsely called scientific practices resorted to by male practitioners.



Formerly the practice of midwifery was in the hands of experienced females, who, by attending to the personal wants of their patients, and leaving nature to perform her own work, considered they did all really required. Scarcely was an instance known in those days of a woman dying in childbed, and the loss of a child was a rare circumstance; but in the present time it is no unusual occurrence. There must be some cause for this difference, and I cannot account for it in any other way than the unskilful treatment females experience from the Doctors, who have monopolized the practice. In many sections of this country, until this few years, families were brought into the world without the consultation of the *Doctor*. A midwife was all that was thought necessary, and the instances were very rare, where they were not successful. They used but little art, and afforded only such assistance as nature required;—gave herb tea to excite perspiration and to allay nervous irritation;—and were content with a moderate compensation for their services. I believe in this country the price was about a dollar. But when the Doctors commenced the practice of midwifery, they began at three dollars, and soon increased the charge to five. Many of them charge from twelve to twenty dollars, and there is still the same charge for the female attendant. If they go on at this ratio in charges, it will soon take all the money a poor man can earn (if he is blessed with a prolific wife) to pay for the children. But as the science of medicine is developed by the Hygeian theory and practice, this subject cannot long remain unnoticed, and I trust this may be the means of awakening reflection in the minds of the fair sex, on this to them the most important circumstance in life, their management in pregnancy and child-bearing. It is preposterous that females in that most delicate and critical period, cannot rely on the assistance of their own sex. A woman, on the ground of experience in such matters, must be far superior, as she must have personal experience, such as a man never can or will acquire. It is a practice of late invention for men to assist nature in parturition; and the plea used for their employment was, that in difficult and monstrous births, they had greater nerve, that is, less feeling for the sufferings of those in travail, than women, and that consequently they were more useful where manual assistance was required. This was the plausible reason assigned for their first employment, but it is contrary to common observation, and an erroneous opinion, that females are ineligible. Medical men tell you in their works, and it is well known that it is a difficult task for a man to assist at a labour with decency, and if that is the case, it is obvious a female must be the proper assistant at this period. No one can read the awfully numerous cases of deliveries by instruments



used by the man-midwife, without feeling a wish at least to correct the barbarous practice of such mock-professional science, and substituting in lieu a rational practice.

I have witnessed numerous instances, and many others upon record have satisfied me, that the Universal Medicines are all the medicines required during pregnancy, whether a fulness or determination of blood in the early stages, accompanied with nausea, or costiveness, or as is some times the case, relaxedness in the later stages. Experience teaches, that gentle cleansing medicines are the natural and reasonable method to keep the blood in healthy action, and the mind temperate and calm. A contented mind is a prelude to a safe delivery.

Reason, analogy, and common observation, will convince any one who fairly considers the subject, that monstrous births and unnatural labours proceed from an impure state of the blood. Ancient medical writers have ascribed them to the imagination of the female being depraved, and modern writers have re-echoed their opinions; but it was left to Messrs. Morison and Moat to show that an impure state of the blood was the cause of a distempered imagination. All bodily and mental derangements may be traced to the impurity of the blood, and to those mineral poisons that have been used by the doctors to extirpate it, or the narcotics that have been used to deaden the feelings when in pain. In females, an impure state of blood produces a disordered imagination, that occasions the monstrous birth, which is the only time a man-midwife is required according to the doctor's own showing, and that they are not then requisite is evident.

Formerly it would have been considered a violation of decency for a man to be consulted on the occasion. The company of an experienced matron was all that was required to assist a female at this period, as nature, never deficient, or rarely so, has made ample provision for the birth of the child. Dr. Buchan, a member of the Royal College of Physicians in Edinburgh, and who, in fifty years' practice, endeavoured to extirpate some of the craft and mystery from medical subjects, especially in midwifery, makes this assertion: "Nature, if left to herself, will seldom fail to expel the fetus;"—so that, according to the doctor, it is to *not* leaving nature to herself she fails to expel the child from the womb.

The attendance of one female on another is all that is required in many nations at the present day; and even in one of the most difficult of cases, one that has been shown about as a wonder, I mean the Siamese twins, the phenomena were brought into the world by female aid only, without instruments. Ancient historians only mention the assistance of females,



and I will just call to remembrance the Old Testament account, that when Pharoah ordered the nurses to destroy the Israelitish infants, it was to female kindness they owed their lives, and it was female ingenuity prompted them to excuse themselves from the anger of the king, by referring to the well known quick and easy delivery the Hebrew females were favoured with. So that a saving of life, and an easy delivery were the accompaniments of employing females. The custom of employing females was not confined to Egypt or Palestine; THERE IS NOT ON RECORD IN HISTORY, ANY ACCOUNT OF MALES BEING EMPLOYED AS MIDWIVES. The consequence of their employment has been a number of deformed beings, who are disfigured by the indecent and unnatural means used to bring them into the world; and the mother, if she escapes with life, suffers a long and protracted weakness by their improper treatment.

It is very important to keep up the strength of the female as she advances in pregnancy, so that at the time of labour she may be in possession of all her powers. To effect this, she should use the Universal Medicines from time to time, as they will carry off the humours which weaken the system; they will also open the pores and keep the body in a good state of perspiration during labour, and prevent severe afterpains, which arise from an improper state of the stomach. The doctors give opium to stupify, and by bleeding weaken the frame and deaden the feelings, instead of such medicines as invigorate the faculties of body and mind, to increase the efforts nature is called upon to perform. I will relate a case to show this point: "A woman was taken in travail, and a doctor was sent for: when he came, the prospect was she would be delivered in *two hours*; he gave her some medicine which caused vomiting and turned the pains to the stomach; she continued in this situation for *twelve hours*. When her strength was nearly gone, he then bled her, and gave her so much opium as to cause such a stupor, that it required all the exertions of the women to keep the breath of life in her throughout the night; in the morning she remained weak, and so continued till the afternoon, when she was delivered with instruments. The child was dead, and the woman continued weak for six months." Many instances might be given of the bad success of the bleeding and opium treatment, instead of strengthening the system by cleansing and purifying the blood by the Universal Medicines. If married men were to persuade their wives to pursue the course laid down in this work; they would find it more proper and safe, than to trust them in the hands of the doctors. Often they are young and inexperienced, and their cruel and harsh



treatment would induce the husband to forcibly expel them, were they permitted to be present; but this is not allowed for that reason.

So long as there is no obstruction or hindrance to the operations of nature, she performs her work with unerring precision. In case of any obstruction, a female may require assistance, but never more than females can give. Obstructions will be very rare where the practice now recommended is pursued. I will not here describe the cases where a man-midwife was supposed to be required, as these will be detailed in a further part of the work, and sufficient will be shown to satisfy the most sceptical that men are inefficient as midwives. It is not by a familiarity with rules alone, that a knowledge of the practice of midwifery is to be obtained. It is not sufficient to have a knowledge of, and exact acquaintance with the structure, situation, and functions of the different organs which constitute the living body. It is not sufficient to have surmounted the disgust, difficulty, and fatigue, which must necessarily be endured by such as investigate the cold remains of mortality, and with a view to learn from the dead body the structure of the living. It is not this that makes a successful assistant in labour. This study on the dead has often led to scientific operations on the living, to the prejudice of both mother and child. This scientific parade, and useless number of attendants, have been more injurious than no attention at all. This was the case of the Princess Charlotte of England, wife of Prince Leopold, now king of the Belgians. It was in measure the indecent presence of the ministers of state, who, with the royal physicians, are obliged by law to be present at the accouchement of a Royal Princess, that brought on that anxiety of mind and excessive fatigue, followed by hæmorrhage and convulsions, and which terminated in a fatal syncope, which all their united skill, it appears, could neither prevent nor cure. I quote this case, because the rank of the sufferer made it a matter of public notoriety, although far from a solitary instance of females who have died from the excitement and distress occasioned by the unseemly presence of too many attendants.

The employment of men as midwives, in addition to the reasons previously stated, is tolerated on the ground that it is difficult to find females who have studied the subject sufficiently to acquit themselves with propriety. This may be an evil, but it is not without a remedy. When females have a sufficient inducement in the shape of remuneration, it will cause many intelligent females better qualified to follow midwifery as a profession, who are now deterred by the fact, that the male practitioner receives the greater part of the emolument, while indifferent wages, and the drudgery part only, are the lot of the female.

The essential requisites in a female practitioner are, patience, cleanli-



ness, attention, and watchfulness, accompanied with experience, and that presence of mind, which are peculiar to a well-regulated female. The work must be left to nature. Labour is a natural act. It does not require the interference of art for its promotion or accomplishment, especially when the female is previously prepared by a proper course of the Universal Medicines. We have been told of the improvements made in this branch of medical science; but it is notorious, that as the science of anatomy advanced to what is called its present splendid development, labours were taught by the professors to be more difficult, and needed mechanical assistance to perfect. But this is easily refuted by fact, by referring the reader to the quick and very easy deliveries which the Indians in this country are well known to have; and that when the pangs of parturition come on them, they fly to solitude and retirement, and refuse the assistance of either male or female; and a speedy labour, and a quick return to convalescence, are the result of leaving nature to her own unassisted operation. This is also the course pursued by the females at the South, and, indeed, in every part of the globe, where what the doctors call great ignorance prevails. But they are also in happy ignorance of the separation of the bones of the pelvis, the inversion of the uterus, and the numerous excruciating tortures and fatal results which have followed the unnecessary deliveries by instruments, and the hasty efforts of male practitioners. The Cæsarian operation is unknown to them, and those useless and cruel experiments which have been brought into practice; because the powers of nature were not understood, and the powers of art too much relied upon.

One of the great difficulties in labour appears to be a contracted or deformed pelvis; but this rarely occurs in this country; and I will take the liberty to quote a highly respectable authority on the subject, I mean W. P. Dewees, M. D. In his "System of Midwifery," he says, page 31, "I believe that the united experience of all the American practitioners, would not have led to a correct conclusion on the subject; as the occurrence of deformity of the pelvis in this country is so very rare, as never to have been encountered by some practitioners of pretty extensive experience. As far as regards my own, I must declare, I have not met with extreme deformity in American women three times in my life." So that this is a case of so rare occurrence, as seldom to have come under the notice of men of extensive practice. Had this doctrine been understood by practitioners, we should not have heard of the numerous instances of instruments being applied to separate the bones of the pelvis, which is followed by a melancholy train of evils.

And now, reader, if I have succeeded in awakening your attention and enlisting your feelings on a subject important to you, to me, to all our fellow-creatures. Reader! if you be a woman, forget that I am a man; if a man, listen to me as you would to a brother. Let us converse, not as men, not as women, but as human beings, with common interests, instincts, wants, weaknesses. Let us converse without prejudice, and without passion; let the poet's exhortation be applied to the investigation.

"Retire! the world shut out; thy thoughts call home;

"Imagination's airy wing repress.

"Lock up thy senses; let no passion stir;

"Wake all to reason: let her reign alone,"





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QUALIFICATIONS OF,

AND

ADVICE TO NURSES.

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THE character and qualifications of the female midwife, or nurse, require some attention. *Relying on her at the critical period of labour*, the life of both the mother and the frail little being she is about to give birth to, depend greatly on her character and conduct at the critical period of labour. First and foremost, she should be firmly convinced of the theory of health and cause of disease, as pointed out by the British College of Health, and from *actual experience* on herself and others, be convinced of the efficacy of the Universal Medicines; and that they are *all* the medicine required to cure any disease incident to the human frame. She should not be addicted to quackery, that is, prescribing different remedies, according to the varied forms disease assumes in mother and child. The Universal Medicines are all the medicine that in any complaint at this or any other period can be required, and of this she ought to be fully convinced, as it is improper for other medicines to be used with the Hygeian Medicines. She should be sober, temperate and honest, cleanly in every habit, quiet in her movements, no gossip, and not addicted to finery. It is to be lamented, that in this country, as well as in Europe, that nurses are often deficient in these, as well as other essential qualifications.

Often when they commence their career, they are utterly ignorant: a nurse, before she takes this office, ought to obtain experience from others. In France, young females are selected in each of the departments, to be educated for this service. They are sent to Paris, where in the establishment, "L'Hospital de la Maternité," they receive every instruction requisite to prepare them for their vocation, at least so far as relates to the



theoretical and manual part of the profession. It is to be hoped the friends of the Hygeian system will imitate the French medics, as it is truly necessary to assist in the full development of the Hygeian theory and practice. At present, the most we can hope for in the female attendants is, a willingness to follow conscientiously the instruction here directed, a practical acquaintance with the operations of nature in labour, and a personal experience of the use of the Universal Medicines.

A nurse should not exceed sixty years of age; but it is still better if she be between thirty and fifty years of age. She should possess bodily strength to enable her to assist her charge, and to lift her and the child with ease. She should require but little sleep, and this is incompatible with habits of intemperance, towards which she ought not to have any inclination. She should be tender, kind and gentle in her manners, and withal cheerful, and should have complete self-possession and command over her own temper, under any circumstances, even the most alarming that can occur. She should be able to maintain a cool and collected manner, and a perfect confidence in her own ability to render what assistance may be required by her charge in the pangs of labour.

She should be careful to have the lying-in-room well ventilated, and kept neat and clean; and she should always be prepared to anticipate those little wants of the mother in nursing, &c. &c. She should be duly impressed with the conviction that an infant is the creature of habit, and that great care should be used to practise early habits of regularity and cleanliness. Some nurses have been so expert in this, that the infant from the first, has been laid awake in its crib, and has quietly composed itself to sleep in obedience to this tacit word of command. By this means, a housekeeper will get rid of those worse than useless articles, a cradle and a rocking-chair, as it is only use that induces the habit which prevents it closing its eyes, unless lulled in this manner. There are also habits connected with cleanliness, which the nurse has greatly in her power to form.

A nurse should understand the emptying the mother's breast by suction, when the supply of milk is greater than the infant requires, as it must be obvious it is better to have the breasts drawn by the human mouth, than by any of the contrivances invented for that purpose. By the use of the Universal Medicines previous to the birth, this will not be a common complaint, nor will sore nipples, which are so painful and disappointing to the young mother, who is anxious to fulfil every part of the maternal duty, if the corrupt humours, which are the cause of the inflammatory tendency in the breast, be expelled by a sufficient use of the Universal Medicines.



A nurse need not, or will excuse being reminded, that as the time of confinement approaches, every thing should be in readiness, so that no hurry or bustle occur at that period. A friend who possesses some considerable degree of fortitude, can be with the nurse during the labour, and whatever conversation is permitted, should be of a cheerful and encouraging description; a due consideration of the ability of nature to perfect her own work is desirable. A want of confidence in the nurse, and alarm of any description, are to be avoided, as they weaken the powers of the animal economy, and protract the time and sufferings of labour. Whatever tends to irritate the mind should be carefully avoided, as it interrupts the natural steps of the process, and causes difficulties which would not otherwise occur. It cannot too often be considered by the nurse, and impressed on the mind of the pregnant female, that unless some unforeseen difficulty present itself, the child of a well-formed woman may be born without assistance, and, therefore, the less interference the better. Where malformation, or other causes present obstacles to the natural progress, then unquestionably manual assistance is necessary, but no more than a competent female can render. When the child is born, it is advisable to restrain from violent expressions of joy; for though it is right and natural to feel gratitude for the deliverance, yet the expression of joy would be injurious to her at a time when so much of her strength is exhausted. Many ill effects have arisen from want of precaution in this matter in child-bed. Rest, and if possible sleep, should be obtained for two or three hours before the mother be laid comfortably in bed after delivery. After this, the child should be brought to her, and should be applied to the fountain of its natural and only proper food. Should there be any necessity for medicine under symptoms of fever or otherwise, as will afterwards be more fully explained, the nurse will give to either mother or infant, or both, the Hygeian Medicine. There can be no fear of, and ought to be no hesitation in, administering them to the infant at this early period.

It is a very erroneous practice resorted to by some nurses, to keep an infant from its mother's milk. Some nurses are foolish enough to do so for three or four days, but this is injurious to parent and child. The first milk of the mother acts as a purgative to the child, whilst suckling keeps the parent's breast soft and pliable, and brings the milk in the proper channel; except in a very strong inflammatory disposition in the breast of the mother, and the child is not sufficient to reduce the milk, assistance ought to be rendered by the nurse. In some cases it will be advisable to keep the child from the breast till the milk and breast are cooled by the



use of the *Universal Medicines*, but this will rarely occur when the blood is previously purified by their use ; indeed never will.

In washing the infant, the water should be tepid, for water too hot or too cold is equally injurious. The whole body of the infant should be immersed in the water; and to remove the white mucous matter which occasionally adheres to the body of a new-born infant, first loosen it by rubbing the part over with lard or fresh butter, after which a little soap will remove the whole.

Care should be taken that the bowels of the infant are cleansed in less than twelve hours after birth; and not knowing a better remedy, nurses have been in the habit of giving sugar and butter, some molasses and water, to purge off the meconium, or black matter, which is found in the bowels. Half a No. 1 pill, dissolved in water, is the best aid, and is usually sufficient; but if not, let it be repeated at intervals till the required evacuation occurs.

There are many minor matters, which it is advisable for nurses to attend to, but which do not come under regular rules; such as the time a female should keep her lying-in-room: this must depend on her personal feelings and the state of the weather. In this state, a female is susceptible of cold, and some caution is required in removing to a different temperature; still change of air will assist the recovery, provided the period has proceeded without any serious drawback. In twenty days, and in some instances less, gentle exercise is beneficial, because whatever gives her strength will render the female better able to perform the duty of suckling her baby. Violent exercise would be injurious, as it would inflame the milk, or diminish its quantity.

But some mothers, and I am sorry to write it, consider the office of suckling as troublesome and irksome: unless a mother can give up some portion of her time to the performance of this duty with something like regularity, so as to be beneficial to her baby and herself, she had better let the infant be supplied by a hired nurse; for late hours, much dancing, violent exercise, frequent and long absence from the child, will render it puny and delicate. But I am persuaded that few mothers would not willingly yield up these gratifications, if they were sufficiently aware of the comfort they might procure themselves and offspring, by discharging this duty instead of delegating it to some other female.

It is also desirable, that a young married female should in some degree be previously acquainted with the circumstances connected with childbirth, which, the first time it occurs, forms an epoch in the life of a woman, and must necessarily engage much of her attention, both in respect of the event itself and the requisite preparations. It is natural and proper she



should view this event with considerable anxiety, as soon as she becomes aware of its probable occurrence, and the best feelings of human nature induce us often to consider domestic happiness as incomplete, if children, the objects of our best affections, are wanting.

At the same time it is very natural for a young woman to look forward to the approach of her first confinement with anxiety, because she is ignorant of the degree of suffering she has to surmount before her moment of rejoicing can arrive, and this suffering when left to the imagination to pourtray, will never picture the real truth, whether it describes her pleasures or her pains. It requires some nerve to divest the mind at this period of the idea of the peril she must encounter on becoming a parent; but reasoning justly on her situation will carry conviction to her mind, that there is more cause to indulge hope, than fear. What she has to undergo is no disease, but a natural event, for which her frame is formed; and she will better endure the pains which attend it, if she discipline her mind by thus considering the necessity of her situation to support it. Indeed, there is no event the result of which is so dependent on the state of mind with which it is met as this; and this being the case, it is doubly wise in every female in this situation to take a proper view of the subject, which will give her fortitude and composure at the time of her greatest sufferings, and when her feelings are peculiarly excited.

The doctors generally say that the child should sleep apart from the nurse; as they run off with the foolish idea that it is prejudicial to its health to sleep within the reach of the breath of a grown up person, or to be within the influence of that degree of bodily heat which might occasion it to perspire. Some talk of the danger of overlaying the child—that is, of the nurse lying on the child and causing its suffocation. Analogy would teach that infants thrive faster, and sleep sounder, who have warmth imparted to them. We can instance, as examples, our domestic animals, who shelter and strengthen their young by the warmth of their own bodies, when their feeble state requires such care. Warmth seems desirable and consonant with the habits and situation of an infant in its previous state of existence before its birth.

There is one thing with the use of which I must find fault, I mean a cradle, which I consider prejudicial to a child, often lulling it into a state of torpor, when nature would indicate its having a sufficient portion of sleep, thus enabling a nurse to indulge herself at the expense of her nurseling's welfare. Another objection is, that a rocking motion has a tendency to injure the head. If the nurse would be persuaded to begin the



habit of laying the infant awake in the bed, it would be productive of much convenience to herself, and save much future trouble to the parent.

The cry of an infant ought never to be disregarded, as it is nature's voice which speaks some pain or suffering. Their various cries may soon be known by a little observation ; for example, hunger, a sort of wrangling cry ; but when it is a continued cry, and the legs are drawn up, it must be in pain, generally in the intestines : whatever part may be affected, it is from acrimonious humours, which can only be removed by the **Universal Medicines**.

One opinion seems to be general respecting the food of infants, that immediately after weaning it should be of a light and vegetable nature : but prudence will naturally suggest this to both nurse and mother.

I will again suggest to your attention, a summary of the rules laid down in this work. Let a due attention be paid to the use of the medicines up to the time of delivery, when required upon this principle, that if the intestines are cleansed and strengthened by the vegetable medicines, more freedom and power of delivery must be obtained. The sickness, and attempt to vomit, which is one of the inconveniences and early signs attending the state of pregnancy, as well as the pains in the bones of the head, are best counteracted by using frequent doses of the **No. 2 Pills**. In all cases of costiveness, or relaxedness, before quickening or after, resort to the box, **No. 2**, regulating the number of the **Pills** according to your feelings, remembering you cannot take them to excess, and you may place implicit confidence in their good effects.

Indeed, it must be gratifying to the female followers of the **Hygeian** theory and practice, to be able in this interesting period to be their own doctor, and to have with them a safe and certain remedy for those peculiar unpleasant feelings incident to a female in the prospect of becoming a mother.

After accouchement, it will contribute to recovery and benefit the babe, to continue the **Pills**, as they will purify the milk and make it more rich and nourishing ; and the rest and comfort experienced, the growing strength and activity of the child, will be the reward of the confidence and attention to the **Hygeian Medicines**. They will prevent that scourge of the human race, the **Small Pox**, ever attacking any child, whose parents use the medicines, and cleanse the blood of the child with them, without having occasion to resort to those absurdities, inoculation or vaccination, which will not mitigate or prevent disease.



## CONCEPTION.

In every healthful female there is a periodical discharge, called *catamenæa*, or *menses*, which ceases on conception taking place. The commencement of this secretion is termed puberty, and it occurs at various ages, according to the constitution and climate. Thus, as far as climate is concerned, it commences in some latitudes at eight or ten, and in others not until fifteen or sixteen years: earlier in warm climates, later in cold. They constantly keep pace with the development of the body; when this is rapid, they will appear proportionably earlier; where this process is slower, they will appear later: but whenever the menses appear, they mark the period of puberty. In hot climates, where females commence to menstruate at eight or nine years of age, they are not unfrequently mothers at ten. In the more northern, as in Lapland, this evacuation is sometimes delayed until the female has attained her nineteenth year. In the temperate latitudes, the average period will be found from the thirteenth to the fifteenth year. A difference may be accounted for by constitutional circumstances, or a city or country residence in any portion of the globe. As soon as conception or pregnancy commences, this discharge changes its course, and goes to the support of the fœtus or forming child.

The first intimation of conception, by cessation of the menses, may be determined or confirmed by a few doses of four to six No. 1, and No. 2 taken alternately, when, should they not appear, it may be presumed impregnation has taken place.

When a woman begins to breed at any early period, as at fifteen, and has her children fast, she seldom breeds longer than thirty, or thirty-five; if older, she is liable to impregnate to forty-four or fifty.

We are told by respectable authority that impregnation has taken place before the eruption of the menses, as well as after their cessation, and that some have borne children who have never menstruated. W. P. Dewees, M.D., has mentioned a case of a woman having twelve, and another eighteen children, who have never menstruated; but these are exceptions to the general rules of nature. I remember a case where a female of forty-six, who had borne nine children, and whose *catamenæa* had ceased, (at least she supposed so,) afterwards delivered of a child, but it was puny and sickly, and soon died. That a healthy menstrual action is an essential to impregnation as a general rule, no one can question, as it is indispensable to this end, where impregnation takes place in the great majority; and I cannot but think that it has been preceded, though slightly, with this action in all cases.



There is one fact established by Mr. Morison, and confirmed by Scripture\* and experience, that is, "the blood is the life," and from the instant conception has taken place, a communication is established between the embryo in uterus and the blood of the mother; which blood formerly evacuated as useless, or not required in the womb, now goes to perfect the child. The seed of the male, as well as of the female, is the purest of the blood; and this purest or vital part of the blood, by the operations of nature in the womb, forms the child. This goes on progressively during the nine months of pregnancy, the blood of the mother perfecting and carrying on the work, strengthening and sustaining the infant for the future life it is in due time to enter.

At the expiration of about forty weeks, nature, or to speak more properly, the blood of the mother, has formed the child, and its time is come to change its dependant situation, (something resembling a vegetable life,) and it needs air and a change of food. It has lungs, but it does not breathe; a mouth and stomach, but it neither eats or digests. But after birth, when it is detached from the support it received by the umbilical cord from the blood of the mother, and its lungs are set in motion by the air—the heart beats—the stomach craves a different food, and digests—and the bowels evacuate;—it is furnished with the first power to make its own blood to support its new existence, and every faculty of body and mind.

Conception is first evidenced by a suspension of the menses, and various other symptoms; but this is not always the case. In a few persons of a plethoric habit of body, the menses continue to flow periodically during pregnancy, especially in young females, with their first and second child; but this is an exception to the general rule.

The time of pregnancy is liable to variations, and it cannot be precisely determined even when the woman is placed under the most favourable circumstances for ascertaining it. It seems, however, from the best calculations that can be made, that forty weeks, or nine calendar months, approaches the truth so nearly, that we scarcely need require more accuracy could it be obtained. Many circumstances may provoke or procrastinate the period. The frequency of abortion proves the first, and the numerous and well-authenticated instances of prolonged gestation evidence the latter. With some it habitually occurs at the seventh month; and in numerous instances, when circumstances and calculation rendered it nearly certain, that the children were carried even ten months. I know

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\* Deut. 12, 23.



I am differing in this from the opinion of many on this point; but I must leave it to the charitable conclusion, that ten months is not impossible for a female to carry her child. Often the uncertainty of the moment at which conception takes place, will with many embarrass calculation, and when accurately ascertained the time of pregnancy is known so to vary, as to put to flight the ingenious speculations of many theorists. Be the exact period what it may, sufficient has been ascertained to fix the common one at about *nine months*; and in making calculations, it is always best to allow a little latitude beyond the time which the mere stopping of the menses would indicate, for as a general rule it will be found, that more women are impregnated a few days after the evacuation of the menses than at any other period.

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### PREGNANCY.

VARIOUS new symptoms denote to the female, that some change has taken place in her system, such as sickness at the stomach, heartburn, peculiar longings, indigestion, head-ache, tooth-ache, giddiness, &c. &c.

The breasts become enlarged, shooting pains extend through them, and the circle of the nipple alters to a dark brown colour; and where the health, previous to conception has been indifferent, and the evil humours have not been expelled by the previous use of the Universal Medicines, there is a feverish disposition, irritability, and a peevish temper. When females are in good health, these latter named symptoms do not accompany them in pregnancy, and they experience but little inconvenience; while those whose systems are deranged for the want of proper purgative medicines, are incapable of retaining their food on their stomach, and are consequently reduced to extreme weakness. With such, the vomiting will sometimes continue during the whole state of pregnancy, or nearly so. Partial suppression of urine, with a frequent inclination to void it, without the ability to do so, irritation about the external parts of generation, costiveness and the piles, are the complaints that incommode such during that period. But these symptoms are not entirely to be relied on as proof of pregnancy, however strongly they may be marked, or however numerous they may be combined. Till the fourth month, i. e. in the early advancement of this process, the difficulty of arriving at an entire certainty, is acknowledged by all who have any experience on this subject. When the time of quickening arrives, which is about sixteen weeks after conception, no one can mistake the motions of the child in the womb; therefore, after that time, there can be little difficulty in dis-



tinguishing the pregnant condition of the womb; but up to that time it may, and will be involved in doubt with some females of irregular habits of body.

According to the common received opinion, *quickenings*, so termed, has been generally understood to mean the particular sensations which are perceived by the mother, occasioned by the apparent first motion of the child. I do not mean that the embryo did not, previous to this motion, possess life, or exist; or to explain the form of quickening, by saying, as some of the doctors do, "that it was owing to life suddenly imparted to the embryo;" this would in itself be absurd, and contrary to the Hygeian theory to say so. The Hygeian theory is, "the blood is the life," or living principle, and it is erroneous to suppose that the embryo did not possess life from the instant it obeyed the stimulus of the male semen for development; and for this plain and simple reason, that if it were not alive, it must be dead, and if dead, it must be cast from the womb as an extraneous substance. There is a period when the embryo is not sufficiently developed to move; another, when this can be but feebly and imperfectly performed; and another, when it can move with sufficient force to give evidence of this increase of power. This moment is recognized by the mother, who then says she has quickened. I wish to be understood by the term quickening, that moment at which the embryo gave the first physical *proof* of life, and not the moment it received it.

The usual time this sensation is first felt, is about sixteen weeks after conception, and this by some is a confirmation that they have not erred in their reckoning, or fixes it with something like certainty when there is previous doubt on the subject. This is what is usually termed the second state of pregnancy, and the last three months the third state. As this is written for, and may be read by some in a pregnant state, who have not prepared themselves by the use of the Universal Medicines, perhaps it will be well to speak of the diseases which accompany a state of pregnancy in such, but which those whose systems are purified by the previous use of the Universal Medicines, rarely experience, and those who do experience, will find relief by their using the No. 2 medicines in larger or smaller doses as circumstances point out.

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### SICKNESS AND NAUSEA.

SOME females are incessantly harassed by sickness of the stomach in the early stages, and some during the whole period of pregnancy. For this, take doses of four to six No. 1 and No. 2, alternately for four nights,



to fix the certainty of conception as previously stated, and if confirmed, then continued doses of No. 2, till these unpleasant symptoms cease. These medicines are of a brisk purgative nature, and will in this case carry immediate conviction of their utility. On no account listen to those foolish advisers, who recommend salts, or any saline mixture, as they cannot give adequate relief. Some practitioners recommend emetics, but these are dangerous, and may cause abortions in weak and feeble frames.

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### HEARTBURN.

WHEN a pregnant female is incommoded by heartburn, which arises from the acidity of the stomach, let her take four of the Pills, No. 2, each night at bedtime, and a tea-spoonful of the Powders, in water, in the early part of the succeeding day, continuing this for several days, until this unpleasant sensation is abated.

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### HEAD-ACHE.

THE head-ache is often accompanied with an apparent fulness of blood, and a determination to the head, but this is not the fact. No person ever has too much blood; and it is some obstruction in the blood vessels, by corrupt humours, which creates this appearance and sensation. Begin with four Pills, No. 2, for a dose, and increase the dose a pill per day till relief is obtained.

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### COSTIVENESS, AND PILES.

THESE usually attend the second stage of pregnancy, and prove a source of pain and uneasiness in this state. To obviate this, (for they proceed from the same cause, although they may not always accompany each other,) the laxative and cooling qualities of the Universal Pills will effect this, in doses of five to seven Pills, No. 2, till the bowels are brought to a healthy action; and a dose of four pills, every twenty-four hours, for a few days afterwards. Use the cleansing Powders—a tea-spoonful in a glass of water, twice a day, in a constipated state of the bowels.

The hæmorrhoids, or piles, sometimes proceed from the use of improper medicine; but these medicines, especially the No. 2, which are most expedient in this case, will soon remove the cause.

### TOOTH-ACHE.

THE tooth-ache, when not arising from a carious tooth, is a nervous affection, and is to be cured by the quieting and soothing effects of the No. 2 Universal Pills, in small doses, a few nights at bedtime, till the pain is removed.

When decayed, the best remedy is to fill the cavity with white wax, or resort to some skilful dentist, and if necessary, have it extracted.

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### LONGINGS.

IT is considered desirable by some, to gratify the peculiar longings of pregnant females, when it can be consistently complied with, as disappointment occasions them considerable mental irritation. But that the child in the womb can be marked by any restrictions to the wishes of the mother, is an old wife's fable. This will never occur in a healthy state of the bowels. To prevent a repetition, take a few doses, say six or seven, No. 2 Universal Pills, and occasionally the Aperient Powder.

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### DIARRHŒA.

DIARRHŒA, in pregnancy, should be treated with the same remedy as in any other state. It arises from an effort of nature to relieve herself. In this she should be assisted by doses of four to six, No. 2 Universal Pills, till relief is obtained, and the intestines resume their natural tone.

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### CRAMPS.

FOR cramps of the legs and thighs, which sometimes occur, use doses of six or seven, No. 2 Pills, and where convenient, a warm bath will, in this case, assist the Pills in their beneficial effects; but the warm bath is of no use without the medicines.

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### SWELLINGS.

IN ill-regulated systems, there will arise swellings in the breast, legs, and other parts of the body, occasioned by an impure state of the blood and fluids; but a few doses of No. 2, say 5 or 6 Pills for a dose, will carry off this unnecessary increase of the fluids in a short time.



### FITS, OR CONVULSIONS.

SOMETIMES, in advanced stages of pregnancy, hysteric and other fits occur, but they are not peculiar to this state alone. They arise from the action of the heart being impeded and accompanied by a contraction of the muscles, and are sometimes similar, and not to be distinguished from fainting. The doctors have used local applications to the chest, shoulders and feet; such as mustard plaster, and lotions, spirits and vinegar to the head, to give relief: but it is only by cleansing the stomach, and purifying the blood, that a proper action to the heart can be restored. Sometimes they arise from proper hæmorrhage; but as previously stated, they rarely affect those who have used the Universal Medicines; indeed, we may say never. But to those who are thus afflicted, I would recommend a free use of the medicines, say eight or nine pills for a dose in twenty-four hours, and the warm bath would not be an improper auxiliary in restoring the system to a proper tone; but the medicines will give relief by their own powers alone.

Some medical writers, puzzled what to do, recommend injecting cold alum water, the solution of acetate of lead, the introduction of ice into the vagina; but the merits of such applications need no refutation here, nor should I be tempted to mention them, were it not to show on what ridiculous means medical men are taught to rely in very pressing cases.

I have now mentioned some of the principal forms of disease in pregnancy, and I would anxiously impress on the reader, the importance of keeping in mind the theory of health and disease, as promulgated by the British College of Health. That disease is one and the same, whatever form it assumes, and that it originates in the impurity of the blood; and that as the Hygeian Medicines purify the blood they cannot injure, but must benefit the system. They are beneficial, and peculiarly so, in pregnancy. They have, to my knowledge, been used in numerous cases, with unvarying success, and give by their cleansing and strengthening powers, an assurance of strength to support the female in the pangs of parturition.

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### ABORTION.

MISCARRIAGE, or the expulsion of the fœtus from the womb before the seventh month, is called abortion—after which, premature labour. It most commonly occurs at the early period of pregnancy, and in some females it will take place *repeatedly* at a particular period of gestation,



perhaps, till it gets confirmed like all other bad habits. In an early stage, the ovum sometimes comes off entire, sometimes the fœtus is expelled first, and the placenta afterwards. It is preceded by floodings, pains in the back, loins, lower parts of the abdomen, evacuation of the water, shivering, palpitation of the heart, syncope, subsiding of the breasts, &c. &c. The doctors say that abortion happens sometimes without a cause, but this is a gross error; although it is not obvious, still there must be a cause. One of the causes, and, indeed, the principal cause of abortion is to be found in the impurity of the blood, and derangement of the stomach; and I will quote a sentence of W. P. Dewees, M. D., in his remarks on the general condition of the system during pregnancy, confirming this opinion: he says, "We know a lady that is easily provoked to abortion, who can tell soon after the stopping of her catamenea, or menses, whether she will carry her child or not, *by the state of her stomach.*" Now I am quite satisfied, that it is to this state of the stomach being impure, many cases of abortion are to be ascribed. It is essential for the nourishment of the fœtus, that a regular supply of pure and wholesome blood should be conveyed to the womb, and this is imperfectly performed when the stomach is clogged with gross and acrimonious humours, and, as a consequence, the supply of blood is imperfect as to quantity, and impure in quality. May we not, to this impure and improper state of the blood, trace the mischievous effects of fevers, and inflammations of the womb, or in those local determinations which precede abortion? Have not ignorant nurses recommended females to eat and drink to excess, on the plea that she has *two* to maintain, instead of one; and this is sometimes done until the system is loaded to fever, and abortion, or premature delivery, has been the consequence?

I remember an instance lately, where a female was reprehended for living so abstemiously by her adviser, as she was told by doing so, she would weaken herself and expected child; she obeyed the advice of her ill-judging adviser; the consequence was, convulsions, from which she escaped from death with difficulty—but her child perished.

So, to those who are liable to abortion, it is particularly desirable that the bowels be kept in proper action by occasional doses of the Universal Medicines, No. 2, as I am satisfied, that in numerous instances of abortion, it is caused by the impurity of the blood. I have known females so regardless of consequences, as to allow this constipated state of the bowels to continue for ten or twelve days, and have with reason attributed their miscarriage to costiveness. Some have concealed this condition from their friends, from an aversion to take medicine at this period; but this is



a mistaken notion, as far as the Universal Medicines are concerned, in a confined state of the bowels, or indeed at any period of pregnancy.

The prevailing outward causes of miscarriage, are falls and blows, great exertion or fatigue, sudden frights, and other violent emotions of the mind, excessive use of spirituous liquors, bleeding, and immoderate venery, the use of lobelia, and such medicines as produce vomiting, as well as violent purges, which ought to be avoided. When a female has suffered abortion, a repetition at the same period in a subsequent pregnancy is not improbable. Nothing, however, will be so successful in preventing a similar misfortune, as a well-regulated habit of body, which, in cases of outward causes, may be the means of preventing inflammation.

In cases of inflammation of the uterus, as well as fluor albus, which often follow in the wake of abortion, commence with doses of six universal pills, No. 1 and 2 alternately, increasing the dose till the inflammation has subsided with doses of the aperient powders during the day: in some cases, two or three doses of No. 1 in succession are advantageous.

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### LABOUR.

I remember an old nurse, but a very experienced woman, describing the time when labour would occur, by saying, "when the fruit is ripe, it falls," and this is the appointed time by nature. I have heard many opinions on the point, but none that threw much greater light on it than this view: speculation has followed speculation on this subject, and one theory has been displaced to give room to another. I need not detail the numerous opinions which have been entertained on this point. We know that the child is formed by the blood of the mother, and we may naturally conclude, when the child is ripened for its new state, it is expelled by the action of the blood, causing that exertion of the uterus necessary to expel the child. The various other changes of the fœtus in the womb are effected by the blood, and the blood is the active power in labour. This will also account for the pains in labour; for it is the blood that feels. This will account for a healthy person, or one whose blood is pure, having a better time than one who is unhealthy, or whose blood is impure. But whatever uncertainty may exist as to the efficient cause of labor, we are taught by the united experience of all ages, that at about the fortieth week of gestation, there is, for the most part, a painful effort made by the uterus to expel its contents, and this effort is called labour.

This event is preceded by symptoms, which may be considered as part



of the process ; such as nervous symptoms, and affections of the uterine system, a violent trembling, and, in some, inclination to hysterical affections, are the premonitory symptoms of approaching labour ; but all of which are almost sure to disappear, as soon as the labour is advanced, and the pains succeed each other quickly. Under such circumstances, the nurse is fully justified in giving the patient a reasonable assurance of a happy termination of her pangs, and that there is nothing uncommon in her situation.

There is, in many females, an erroneous opinion, that labour is more completed by art than nature. Hence they have been induced to apply to men as accoucheurs, and as their interest is concerned, professional men have no inclination to undeceive them. There is not one case in a thousand in which any one is of any use but as a select spectator. The mischief and injury that is done by the untimely interference of art, is incalculable. The doctors first recommend bleeding till the female has not strength for the delivery, and then the forceps must be used, which often prove fatal to mother or child, or both.

The secretion and discharge of the mucus always take place before any other symptoms declare labour to be at hand. It is frequently tinged with blood ; but when not, resembles the white of an egg. This fluid answers two important purposes: it lubricates the vagina, which permits the fœtus to pass more easily, and it acts as a topical application to the parts, and facilitates their relaxation, and for which no artificial means are adequate. Such being the case, beware and not interrupt its formation by uncalled for handling and irritating, which will cause it to cease, and inflammation to ensue.

The next sign of labour is the opening the os uteri, i. e., that the womb may expel its contents, its body and fundus must contract, while its neck must dilate. To manage labours with propriety, much judgment and caution only are required. Ill-directed measures will always have penalties attached to them ; and it is only by viewing labour as a natural act, that the little assistance required, can, with judgment, be properly rendered. There is nothing so ill-judged, or which contributes more to divert nature from her proper course, as the ill-directed manœuvres of an ignorant accoucheur, or midwife, acting under the mock scientific persuasion, that art can always benefit nature. Unfortunately for the interests of humanity, a feeling has been instilled into the minds of many, that great and constant benefit can be derived from the presence and assistance of others ; and this feeling is too often encouraged by the ignorant and designing to the injury of the female. It requires some



discipline, accompanied with knowledge, to abstain from useless interference. To conduct a labour with safety, a person should be acquainted with its phenomena, and this can only be acquired by previous observation. The female, who is qualifying for a practitioner of midwifery, should well consider this. Confidence in her own talents and experience, will enable her to give such assurances to her patient as will free her from much anxiety, which a vacillating and doubtful mode of reasoning and proceeding would increase.

In all the assistance requisite, as well as such examinations as are required, it is needless, I trust, to recommend decency to a female; but as it may be a useful hint, I would recommend the well-meaning practitioner to recommend this.

No man should be permitted to enter the apartment of a female in labour, except the husband; and in any consultation with the Hygeian agent, it ought to be by the nurse in another place.

The patient should not be allowed wine, or any exciting drink, or any thing that will stimulate the system.

She should be kept as quiet as possible, and the preposterous custom of obliging her to walk the floor, and other motions, with a view to increase the pains when tardy, should not be allowed. In those who have previously used the Universal Medicines, a costive state of the bowels is not to be expected; but should it be so, give a dose of No. 2, or an injection, as previously recommended, 6 Pills, No. 2, and a half pint of warm water.

Her dress should be so arranged as to require no alteration after delivery, and placed so that there is no chance of becoming wet from the discharges. The bed should be so made as to preserve it from the discharges; for this purpose, a blanket should be folded several times, and placed beneath the under sheet, at that part of the bed on which the woman will permanently lie; a sheet as often folded, should be placed over the under sheet so as to correspond with the blanket below; on this the woman will be placed after delivery. A dressed skin is sometimes used, or an oiled cloth, for the female to lie on previous to delivery. The female will be most conveniently placed for labour if put on her left side, at the foot of the bed, in such a manner as will enable her to fix her feet firmly against the bed post, her hips within ten or twelve inches of the edge of the bed, her knees bent, her body well forward upon the thighs. This position will bring the head and shoulders near the centre of the bed; and pillows may be placed to raise them to a comfortable height. The part of the bed on which the patient is now laid, must, like the part on



which she is permanently to rest, be secured by the dressed skin, oil cloth, or folded blankets placed over the under sheet. Perhaps it is unnecessary to enter further into the minute details of the arrangements which experience will best dictate to enhance the comfort of the patient.

Should the os uteri dilate, the pains and contractions of the uterus increase considerably, the patient should by all means be encouraged to favor them: her pulse becomes stronger and more frequent, her face is animated, her eyes shine, her whole body is in extreme agitation, perspiration flows in abundance, and the head of the child is engaged in the pelvis.

After some short apparent quietness, the pains and expulsive contractions resume all their activity, the head presents itself, and passes, as soon as there is a pang and contraction sufficiently strong to produce this effect. The head being disengaged, the remaining parts of the body easily follow, on account of their smaller volume.

When the head is in this situation, it should not be meddled with, or at least no effort should be made to withdraw the child; its delivery should be trusted to subsequent contractions of the uterus, that this organ be not too suddenly emptied, and by this means give rise to flooding.

This is the completion of what is termed a natural labour, with the exception of twins, or two or more children in the womb, and this a little observation will soon enable a nurse to ascertain by the renewal of labour pains, and a second presentation a short time after the first birth. Should manual assistance be required, through both presenting at once, remember to ascertain the situation of and distinct parts of one only: thus, if both present the feet, in order to be convinced that they are both the feet of the same child, carry the fingers up as high as the hips. If both heads present themselves at the same time, press one back a little; and if one presents the head and the other the feet, perhaps, if the head has not so far descended as to render it convenient, it is best to assist the presentation of the feet first.

When manual assistance is required, which is the case when the presentation is not natural, such as the feet, arms, shoulders, or back presenting, in this case the nurse should after using some fresh butter, oil, or lard on her hand, endeavour to bring the child in the womb to a natural presentation by turning it; and this, in many cases, is readily performed. If the feet present, and to turn the child is found to be difficult, it is best to assist, but let the assistance be gentle. When the head presents, and but one hand, it is best, if possible, to bring the other hand to a proper position by manual assistance, but this a little experience will enable a



female practitioner to perform with as much certainty and more feeling than by a male practitioner. Immediately after delivery, a moderate dose of No. 1 Pills is advisable in all cases.

The placenta, or afterbirth, must be detached or removed, if nature does not accomplish it in a short period. Generally after about ten to twenty minutes, or half an hour, a pain is felt, which is in healthy persons sufficient to expel it; should there be no pain, gentle manual attempts may be made to remove it. Perhaps it is as well immediately after delivery before the womb contracts, for the nurse to pass her hand, and gently detach the afterbirth with the immediately succeeding pain. If there is any difficulty in removal, it must be left a few hours, when the natural contractions of the uterus will, with moderate assistance expel it, using doses of four to five No. 1 Pills, every three hours till the placenta is discharged.

I have affixed two plates to this work to assist the memory of a female practitioner; one a skeleton form of the pelvis and adjacent bones, the other a natural presentation of a child at the rim of the pelvis. Perhaps this is unnecessary, but my object was to assist the young practitioner with some idea of the form of the part, where the difficulty, if any exists in delivery, or generally so. This can only be the case in what are termed preternatural labours—I mean such labours in which some other part than the head presents. No certain reason can be assigned for such occurrences, nor can the female by any sensation previous to, or at the time, be assured that the presentation is unusual.

Apprehensions of this kind should neither be encouraged or indulged in. If the feet or breech present, the delivery is to be accomplished by properly accommodating the uterus and the child to the capacity of the pelvis, but no force should be employed. There is some slight risk in this case to the life of the infant, but none to the mother.

If the arm, shoulder, or side of the child present, the delivery is almost impossible until it be turned, and the feet brought down into the passage; this, as before stated, is an operation which may be done with comparative ease and safety, if the position of the infant be discovered before the waters are discharged, and which an attentive nurse will well look to. If the waters are all discharged previous to birth, there is considerable danger to both mother and child. In this case, let considerable doses of the No. 2 Pills, dissolved, be administered, which will increase the circulation of the blood, cause an increased action of the uterus, assist in bringing to a proper position, expel the child, and prevent inflammation.

It may here not be amiss to notice the weight of infants. This differs



according to the conformation and habits of the parent, and sex of the child. Healthy females generally have the finest children. Male children generally weigh more than females. In Germany, Roederer found the weight in one hundred and thirteen children, to vary from seven to eight pounds; and he lays it down as a rule, that it is rarely less than six pounds. Dr. Macauley examined the bodies of several thousand new-born and perfect children at the British lying-in-hospital, and found the weight of the smallest was about four pounds, and the largest eleven pounds two ounces; but by far the greater number was from five to eight pounds, and numerous inquiries furnish similar results. Dr. Merriman mentions in his lectures, one that he delivered that weighed fourteen pounds; and Dr. Croft mentions one that weighed eighteen pounds. Dr. W. P. Dewees says, "I have met with two cases *ascertained* to weigh fifteen pounds, and several I believed to be of equal weight." As a general rule, seven or eight pounds may be taken as the average weight. The length of the infant, perhaps, varies less than the weight; it is ordinarily from nineteen to twenty-two inches, and seventeen and twenty-six inches will exclude the two extremes, while the length of a female is from seventeen to twenty-one, and nineteen inches about the average.

After the labour is completed, and the female has taken the requisite rest, let the bed be properly prepared for her reception, as previously directed, and a suitable piece of cloth, or muslin, be laid to the parts to absorb the discharges. A bandage may be made moderately tight round the abdomen, or belly, but not so as to render her uncomfortable. A tub previously well dried, may be placed by the side of the bed, and when the female is lifted up, her feet may be placed in it, and every thing that is around her that is wet may be passed into it. It prevents the necessity of afterwards washing the floor and carpet, which causes trouble, and perhaps may be injurious by causing perspiration. The labour being accomplished, it will be necessary to guard against any subsequent symptoms which may occur.

With respect to cutting the navel, or umbilical cord, which by some is looked upon as a material matter, and which I ought to have noticed before, the nurse will pass a narrow piece of tape around the cord, or navel string, about an inch or two from the body, and tied as tight as it can be drawn to prevent bleeding, and another must be tied a little distance from it above, and be separated betwixt the ligatures with a pair of scissors. This is all that is required in this affair, upon which so much has been written and superstitious observances employed by many authors.

Let it be remembered, a dose of No. 1 Pills as soon as convenient after



delivery, will induce rest and quietness from their well-known soothing effects.

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## MANAGEMENT AFTER DELIVERY.

YOUNG women, or healthy women of more advanced age, are rarely troubled with severe afterpains, because, when the blood is in a healthy state, it causes the uterus to contract with the same facility as it does the parts to dilate previous to labour. Women with their first child are seldom much troubled with afterpains; but the uterus is thought to contract less readily after each future labour, so they are more liable to occur in any succeeding delivery than in the first.

When afterpains occur, so as to deprive the female of her rest, it will be advisable to resort to the Universal Medicines, in doses of five or six Pills, taking alternately doses of No. 1 and No. 2 till relief is obtained, and which they will not fail to give. A sufficient pressure on the stomach by means of a broad bandage will be a useful assistant.

*Costiveness* is apt to prevail after delivery, and should always be removed by small doses of the No. 2 Universal Medicines; if severe, an injection will assist, as previously recommended.

*Flooding, Flow of the Lochia, &c.*—A certain degree of hæmorrhage usually takes place after delivery. This is caused by the removal of the placenta, which thereby lays bare the mouth of the blood-vessels in the inside of the uterus, and this commonly continues until the womb contracts to such a size as to close them up again. This discharge, for four or five days, consists chiefly of florid blood, after which it assumes a mucus appearance, and gradually ceases. In weak and relaxed habits this discharge is sometimes violent; it is not, however, to be expected by those who have strengthened their systems by the Universal Medicines; but when it does occur, I should recommend doses of No. 1 and 2 alternately, using seven or eight pills for a dose. Some have applied cold fomentations to the parts, and a solution of alum, but these are best avoided.

*The Milk Fever*, as it is commonly called, is too large a secretion of milk in the breasts, and they become hard and swelled, accompanied by febrile appearances, such as restlessness, pains in the head and back, and considerable thirst.



To remedy this, take five to seven pills or thereabout, No. 2 twice, and then a dose of the same quantity of No. 1, repeating the dose till the fever is abated, and the breasts restored to a natural state.

*Inflammation and Tumours in the Breast.*—This is treated on in another part of the work, and is not peculiar to the child-bed state; I would refer the reader to the remarks there made on the subject.

*The Swelled Leg.*—This disease follows tedious and difficult labours, and improper treatment after delivery; and when not properly treated, seldom returns to its original size, but remains enlarged through life.—When this occurs, doses of the No. 2 Pills are the best beginning to effect a cure; afterwards take moderate doses of No. 1 and No. 2 alternately, with the Aperient Powders, several times during the day.

*Prolapsus, or falling of the Womb.*—This complaint is frequently met with among women who have had many children, or frequent miscarriages, particularly those of delicate constitutions, and loose fibres. Sometimes it has occurred through rising too soon after childbirth, before the parts have regained their usual tone and strength, and the fibres relaxed for want of the strengthening powers of the Universal Medicines. In some cases the womb only falls lower than it ought to do; but in others, it protrudes beyond the external parts. It is accompanied by a mucus discharge resembling the fluor albus, or whites. This is called by the doctors a local complaint, and treated by them as such: but it arises from a neglected state of the body, and it will be found on inquiry, that this never occurs but when the functions of the stomach and bowels are impaired, and there is generally a costive habit of body with it, or at least irregularity of the bowels.

The remedy for this complaint is to be found by taking the Universal Medicines, in doses of five pills to begin with, increasing the dose a pill a day till they arrive at doses of fifteen to twenty pills per day, using two doses of the No. 2 to one dose of No. 1, and plentiful drinks of the mixture made by the Aperient Powders.

A recumbent posture is the best to be kept in, and injections of tepid water to assist the outward cleansing. When the womb protrudes, it ought to be replaced by placing the woman in a lying position, applying the fingers and thumb to the lower part of the protuberance, and then by a gradual and gentle pressure, carried to its natural place. This being effected, a proper sized sponge is to be introduced as high up as the vagina as can be borne easily, and it can occasionally be removed, and one somewhat of a smaller size substituted. A bandage must be worn as



in female complaints. Let her not be in too much of a hurry to quit a recumbent posture, and avoid all active exertion, or much exercise.

*Inflammation of the Womb* is a dangerous, and not unfrequent complaint after delivery. It is known by the pains in the region about the womb, and a fœtid discharge. Doses of No. 2 Pills for two nights successively, and one dose of No. 1 the following night, repeating the doses in this proportion will remove the cause; begin with six pills, and increase a pill every dose.

*Sore Nipples.*—These occur from an impure state of the blood, and do not require any outward application, except washing a few times in the day with cold water. Purify the blood by the Universal Medicines, and the soreness will soon be removed.

These are the principal forms of sickness attendant on a child-bed woman; but should any thing occur, not here specified, remember the theory of disease as pointed out by Mr. Morison and the British College of Health: fix this in memory, and you can rarely err. Recollect that disease is one and the same whatever form it assumes; and the remedy is to be found by cleansing the system by the free use of the Universal Medicines.

## TREATMENT OF INFANTS.

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INFANTS are born sometimes without showing any appearances of life ; but this is often only suspended, and the apparent cessation of the action of the heart and lungs may be owing to various causes, such as a collection of glairy matter in the windpipe, or the neck of the infant being tightly encircled by the navel string, or the mouth of the womb, so as to stop circulation.

When the infant shows no signs of life after birth, it is well not to apply a ligature to the navel string soon, or to detach the after-birth too soon from its connexion with the womb. Endeavours should be made to inflate the lungs by breathing in the mouth, or blowing with a small tube, imitating natural respiration. Besides these, the infant may be immersed in a warm bath, in order that a proper degree of heat may restore it to animation.

The bowels of infants at the time of their birth, are filled with a blackish coloured matter. The efforts of nature are, in general, sufficient to carry this from the intestines, and the first mother's milk, which is of a laxative quality, assists this necessary discharge. Should it be retained, or not sufficiently carried off, half a No. 1 pill, dissolved in a small quantity of warm water, will carry it off; if not, repeat it.

Most of the complaints of children, are flatulency, acidity, griping pains, and evacuations of a green colour; and fasting is one remedy that nature points to as the means of clearing the system; but the Universal Medicines are better. I will, with permission, quote a few of Mr. Morison's remarks on the treatment of infants as peculiarly applicable in this case: he says, in *Morisoniana*, page 62, "The new-born infant either sleeps or cries; if he sleeps, and which he should do, for a great length of time, his attendants become uneasy, and think he is going to pass away for want of nourishment, and seize the earliest opportunity of forcing it upon him. If the child cries, the manner in which we treat him is ten times worse: he cries only because he has pains, and suffers. This suffering and pains can only proceed from acrimonious humours in his stomach and bowels.



“Reason with yourself if it can be any thing else at this stage of life ; if, when in this state, those about him reconciled themselves to let him fast, the action of the stomach and bowels would soon work off the slight acrimonious humours that were giving him pain, when he would soon fall asleep, and awoken in a proper state to take food.”

If they are costive, a few doses of one dissolved pill, No. 1 and No. 2 alternately, will remove this and all the other previously mentioned complaints.

*Teething, or Dentition.*—Children of a sickly habit of body suffer most in teething. The action of cutting the teeth, causes an irritation of the tender nervous parts of the jaws, and when the blood is in an impure state, creates inflammation, convulsions, gangrenes, and death.

Several things have been used as outward applications, but to no real benefit: rubbing the gums with a polished ivory ring is the best outward application. But doses of two or three Pills, No. 1 and No. 2 alternately, are the best, and indeed only efficient remedy, to soothe the irritation and allay the inflammation attendant on teething.

*Convulsions.*—Children, when their stomachs are out of order, are subject to convulsions; but this will rarely occur when the Universal Medicines are given upon the first manifestations of disease. When this is neglected and convulsions occur, administer doses of three or four No. 2 Pills, till a copious evacuation has given immediate relief, and then continue daily doses of No. 1 and No. 2 alternately for some days after.

*Tongue tied.*—In almost every case this is an imaginary complaint, and requires no notice; although the doctors charge half a dollar to a dollar, to draw the blunt part of the lancet near the tongue of the infant to satisfy the clamorous nurse.

*Imperforated Vagina.*—Sometimes a thin membrane forms across the mouth of the vagina, which partially or wholly closes it. This is easily divided by a pair of scissors.

In the management of children, the foundation of a good or bad constitution is generally laid. If mothers and nurses would attend to this one simple point, that is, the cleansing and purifying the blood by the Universal Medicines, we should not have to deplore the deaths of so many infants, or witness so many, who, from improper treatment when young, drag on a wearied existence till a premature grave receives them. I will now call the attention of the reader to the subject of vaccination and inoculation. For ages the small-pox was considered an irremediable disease, and the grim harbinger of death was ir resisted in his devastations on the most lovely and innocent of the human family. But there is

nothing in the small-pox that should surprise more than any other form disease assumes: it is only one of its varieties springing from bodies kept in a neglected state. At length the scheme of inoculation was introduced, coupled with the judicious plan of preparing the body by the use of purgative medicines. Purgings with proper medicines would have been sufficient to have rendered children invulnerable to the disease; but the doctors, who love slow and outward applications, resorted to the forcing the humour of one child into the body of another by incision, as a remedy. Inoculation, as a preventive, or remedy, unless the system is prepared by cleansing of the intestines, is injurious, and when this is done, inoculation is not required. Next came vaccination as the height of discovery. This wild fallacy, this scraping up the scabs of the beasts of the field, (to use the words of Mr. T. Moat, senr., of England, in his celebrated letter to Mr. Morison, on the small-pox virus,) and extracting from thence the previous juice that should counteract the virulence of those viscous humours of the juvenile frame which the frail inoculating system had failed to effect, and thus seeking to mingle the scabby juices of the beast with those of our children, with a view of forcing a modified small-pox into the body.

The preventive to the small-pox humour is to be found in the mother's cleansing and purifying her blood by the Universal Medicines. Should this have been neglected, then let the child take frequent doses till the blood is properly purified, and there is no fear from its attacks.

When it occurs, let the person afflicted take doses of the medicines according to the age and habit of body: beginning with five or six pills, and increasing a pill every dose till relief is obtained. Do not use any remedies to check the appearance, as no marks will remain on the face permanently, where the medicines are used copiously; proper light diet administered, and the light excluded as much as possible, even by covering the face, as well as all other parts, as long as a due current of fresh air is admitted into the room.



## REMARKS

*On the peculiarity of, and Diseases incident to, Females, and particularly  
on Obstructed Menstruation and Cancer.*

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HOWEVER marked the distinctive characters and peculiarities of the female frame, still the same theory and practice is available in her peculiar complaints, as well as those she has in common with the other sex. Woman has a great share in reproducing her species, and the intentions of nature cannot be fulfilled by one sex alone; both must concur in this great object; and where physical defects exist in either, confusion must ensue. Participation is essential to the end in view, and to each is allotted respective duties, and where there is a defect, or want of due exercise in the functions of one agent, barrenness must ensue, or at least a diseased offspring follow.

Mr. Morison has pointed out, and clearly so, that disease in its varied form is to be traced to the female; and with a view to follow more effectually in the labyrinth of human economy, it appears necessary to study that of the female. Moreover, the degeneracy of the species always begins in nature with the female. To study the diseases of them, is to arrive at the source of many that visit the human race.

I would wish to say a few words on the peculiarities of the female, which distinguish her from the male—peculiarities which impose on her functions, and visit her with diseases altogether her own. Her temperament and particular organization are made subservient to her destined part: upon her devolves conception, gestation, delivery, suckling, and all the contingencies connected with these processes. From mere structure, she is obnoxious to painful and sometimes fatal diseases.

To her, for want of proper medicines to regulate the system, the period of puberty is oftentimes replete with evils; she is constantly liable to irregularity in her monthly courses, and to suffer severely by such irregularity; she may be debilitated by their quantity or frequency, or they may be withheld so long as to involve her health in ruin. She may, by the uncertain mode of treating disease by the medical men, be obliged by



their representations to submit, if not to dangerous, perhaps, to indelicate operations, to compensate for the one or the removal of the other.— Besides these, she is liable to most of the diseases of the male, that do not depend on the sexual distinction, and thus is visited on her the evils of the two sexes.

Anatomists have clearly defined the difference of structure in the female frame ; but we will only notice the formation of the chest, by the angular disposition of the ribs, and the difference in the formation of the pelvis, are the most peculiar to the sex. The pelvis is that bone which gives a steady bearing to the trunk, and to connect it with the lower extremities by a sure and firm joining, to form the centre of all the great motions of the body. In the male, the pelvis is large and strong, with a small cavity, narrow openings, and bones of greater strength. The female pelvis is very shallow and wide, with a large cavity and slender bones, and every peculiarity which may facilitate the easy passage of the child from the womb. (Vide plate, pelvis.)

In bodies and skeletons found, the marks of the sex have been sought for in the skull ; but the most evident marks are those which are to be found in that great function by which chiefly the sexes are distinguished, and this is no where so plain as in the form of the pelvis.

A distinguishing peculiarity of the living female sex, is the menstrual discharge, which takes place in different climates from ten to fifteen years of age, and ceases at from forty to fifty years. At the first appearance of this discharge, the constitution undergoes a change when the person is healthy, for the better ; but when the system is clogged by impure humours, for the worse. A due attention to the use of the Universal Medicines is at this period peculiarly necessary, as the future health and happiness of the female depend in a great measure upon her conduct at this time. Mothers and those intrusted with the education of girls, ought to instruct them early in the management of themselves at this period.

I have previously stated in some remarks on menstruation, that it takes place at puberty, or that period at which the female is first capable of propagating the species. This period is varied by previously stated circumstances.

Before they make their appearance, they announce themselves in the altered appearance of the female ; the voice undergoes a change, the pubes, or external parts of the membranes are covered with hair, and the best proportions the individual is susceptible of, are now suddenly and successfully developed. The mind is also replete with changes, puerile amusements now yield to maturer enjoyments and rational enquiry—in a



word, a new creature seems suddenly to be formed. The menstruous period is usually from three to six days, and during this time from four to six ounces of fluid are discharged: in this it must be obvious, there is some variety depending on constitution and habits.

After it ceases, the woman is exempt from a repetition for twenty-eight days, or a lunar month, including the time it is flowing; at which time, in a healthy female, it returns with marked regularity. After conception it ceases. The moon was formerly supposed to influence this habit of body, and this opinion is not entirely exploded at the present time; but the fact that there are women menstruating every day of the year, and every hour of the day, is quite sufficient to destroy this hypothesis.

False modesty, inattention, and ignorance of the proper mode of relieving the system at this period, are the sources of many diseases in after life, and have been the means of rendering the female ever after incapable of procreation. After a female has arrived at that period of life when the menses usually flow, her health and spirits sometimes decline; and I would advise, instead of shutting her up in the house, and dosing her with steel and asafœtida, and other noxious drugs, to place her, as well as circumstances will permit, where she can have the benefit of free air and exercise, and occasional doses of the Universal Medicine, No. 1 and No. 2 alternately. I speak to those who have never used the medicines previously: when this is the case, we have no reason to fear but that nature will bring a proper and healthy flow of the menses in due season.

When the discharge is of an immoderate quantity, or returns more frequently than is natural, the treatment of this state must be the same, as it arises from a corrupt state of the blood, and which nothing will purify so well as the Universal Medicines. Restore the blood to a healthy state, and the action of the system will be healthy. The same applies to the fluor albus, for which the doctors give astringent medicines and poisonous washes; but in this case I have never known the Universal Medicines to fail, and in a recent instance, where this was distressing, and accompanied by pregnancy, they were eminently successful.

They are equally beneficial at the period of life when the menses cease to flow, and promote a vigorous and healthy change, and lay the foundation for strength and vigour, and a green old age.

There is another complaint, which, though not peculiar to the female, still attacks with greater virulence—I mean cancer. Cancer is generally met with in persons of the middle age in life, and particularly women at that critical period usually called the turn of life. Many females at this time, not having any family, have been found subject to cancer; it has



been thought by some, that celibacy predisposes to the complaint. Women who have had no children, and those who have had them and not suckled them, are frequently affected with cancer. Some medical writers, from the circumstance of several of a family having been afflicted with the complaint, have supposed there was a hereditary predisposition thereto, arising from some peculiarity of structure. Others have supposed it to arise from some external injury, such as a blow. But the doctors have been unable to cure them, although they have tried many experiments: cutting them out—burning them out with caustics—alterations and restrictions in diet—depression—topical applications to loosen the fibres, and then to pluck them out as a root.

The knife is held by some as a sure remedy; yet Dr. Beach says in his late work, the *American Practice of Medicine*, "I have never seen a solitary instance cured by it;" and if we consider the state, the system of the patient, and the true nature of disease, it must be clear that cutting out a portion of the diseased mass is no service; but on the contrary, must irritate and augment the diseased part. Dr. Beach says, "I have seen a cancer grow more in a month, after an operation, than it did in three previously;" and as long as the system retains the cancerous matter, or humour, cutting out a portion can only aggravate the diseased part, by causing increased inflammation. The blood and the whole mass of fluids are contaminated, and it must either betray consummate ignorance, or the love of the unfeeling, though scientific display of the knife, to resort to this method to remove the disease. The blood and fluids, indeed the whole system is polluted, and there is no prospect of success when such means are resorted to. I know well that tumours, or the cancer, have been removed in their early stage; and after removal, I have seen many instances, when in a short time a number of small cancers formed in the adjacent parts, accompanied with all the pain of the first, and who have afterwards been cured by the use of the *Universal Medicines*.

Cancer is found on various parts of the body, sometimes in the lower lip, in the angle of the eyes, the nose, the tongue, &c. &c. At its commencement, it usually appears in the form of an enlargement or elevation of the skin. Sometimes it is hard to the touch, almost like horn; on other occasions it will resemble a common wart; in others, like a discoloured pimple. But under whatever form it may appear, it will be found to spring, as all disease does, from the impurity of the fluids. It is not till it has arrived at a state of ulceration some time, that it puts on those characters of malignity sufficient for it to be classed as a decided case of cancer. But the Hygeist, who looks to the cause of disease, and not to



the various shapes and form it may assume, to alter his remedy as disease appears to change, goes at once to the root which produces it, which is the blood, and you can only purify the blood by cleansing the stomach and bowels. This disease has, through the improper treatment of the medical profession, been thought incurable; and they have told their patients, amongst other causes, it was hereditary, and that no care or attention on the part of parents would prevent their transmitting it to their children. The Hygeian theory and practice will emancipate many families from this unpleasant predicament. Many family alliances have been rejected where this disease has visited one of the family. It must be afflicting to parents to fancy their offspring may be the victims of such an evil; it has caused bitter reflections through the promulgation of the absurd idea of hereditary cancer. But this is entirely obviated by the invaluable discovery of the theory of disease, and its remedy by Mr. Morison. Now the Hygeian mode of treating cancer is, that the patient should begin with small doses of five pills, increasing one pill a day up to fifteen or sixteen pills, using two doses of No. 2 to one dose of No. 1 in daily rotation, and by perseverance in this course, the disease will be eradicated. A small plaister of yellow wax and oil, is useful to protect the cancerated part from the air. The warm bath is a useful assistant, where it can be conveniently resorted to, but perseverance in the use of the Universal Medicines will extirpate the obnoxious humour which is the cause of cancer.

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#### ON MOLES, FALSE CONCEPTIONS, POLYPUS, AND HYDATIDES OF THE UTERUS, &c. &c.

THESE forms of disease are found to exist in the uterus of females who have been mothers, and those who are virgins, and have led to unpleasant surmises where they have occurred in unmarried females, as the symptoms of disease (whatever various names may be given by the doctors) resemble very much those of incipient pregnancy. Various causes have been assigned for these diseases, and still unsatisfactory, until we come to the Hygeian theory, which points, and justly too, to the one source of disease, the impurity of the blood.

In cases of hydatides of the uterus, they are a sort of globular bodies of various sizes attached to the internal face of the uterus, resembling a bunch of grapes; they have been found in the uterus in a state of pregnancy.

Polypus of the uterus in some cases arises from some accident to the uterus by the improper use of instruments; but in general it is spontaneous, proceeding from a depraved state of the blood, and exists in the womb of those who never have been pregnant, and even in virgins.

The medical men in these cases talk about a morbid action of the uterus, and one thing or other, but there can be no hesitation in ascribing these productions to an impure state of the blood, and by purifying the blood by the Universal Medicines, you will enable it to throw out of the system these unnatural occupants. I should advise the female to use doses of No. 1 and 2 Pills alternately, in doses of ten to fifteen pills every day, and increasing the doses should this not effect a removal. A spare diet and forbearance from sexual intercourse is obviously required in these cases.

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#### NOTE.

I have been compelled to use some Latin terms, and I would have avoided these, but the employment of the customary names will, in this instance, perhaps, be excusable. I would observe, that by Pelvis is meant the lower bone, described by plate 1—it is taken from the Greek word, signifying a basin, because it is shaped like a basin used in former times. By Uterus, is meant the womb. By Vagina, the canal which leads from the external orifice to the uterus. The child in the womb is called a fetus, from the fifth month after pregnancy till birth; previously to that time the ovum. But I have used the term fetus indiscriminately, as I wish not to confuse by a multiplicity of terms.



## TESTIMONIALS.

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I DO not deem it necessary to apologize for the introduction in this place of the following Certificates of Cure, in cases analogous to the forms of disease heretofore treated of. Indeed, as I have the ability, from possessing ample stores of such certificates, I feel it only due to my readers to lay before them testimony amply confirmatory of the truths advanced—fully demonstrating the beautiful harmony subsisting between the Hygeian Theory and its Practice.

The cases which follow have been mostly taken from the publications of the British College of Health, and should further testimony be needed, the inquirer is referred to those publications, which will be found well worthy the time bestowed in their perusal.

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### *Cure of the Fatal Effects of a Mismanaged Accouchement.*

TO MR. MORISON,

SIR,—Having heard of some of the effects produced by your valuable Vegetable Pills, I was anxious that my wife, who had kept her bed nearly five years out of seven that we had been married, should try them; but, Sir, I must acknowledge that I had but very little faith with regard to the effect they might produce on her constitution. I beg to state that I have every reason to believe that her severe afflictions sprang from the neglect and ignorance of the medical man who had been recommended to my wife to attend her in the hour of nature's sorrow and severe trial. Very quickly there appeared reasons for supposing that nature was completely organized, which evidently was the case; and were I now to write to the faculty, I could state the case as it is, which I think would cause surprise, even in their minds, to know that so many disorders reckoned by them to be fatal, should concentrate in the body of a human being who still lives, and who has a hope ere long, to enjoy her wonted health. But, Sir, I think it will not be improper to mention some of those disorders referred to, as there are many persons, like as I was



myself opposed to that medicine which is said to cure all diseases ; but, Sir, I am now convinced that my opposition sprang from my ignorance and the want of a fair trial of your valuable pills. The doctor who attended her first, declared that she had an ulcer upon her liver, two inches in circumference, and that it had grown to her side, consequently, almost motionless. I also had occasion to take her in a spring cart to an institution in the Poultry, for what purpose I leave you, Sir, to judge. She was subject to fainting fits, loss of appetite, very great embarrassment in her respiration ; if she attempted to walk across her bed-room, was compelled to do so with her body bent double, and her hands having hold of the chairs, or whatever might become subservient. I took her to several of the most noted among the physicians and surgeons, but to no avail ; she made up her mind and went to the hospital, but came out apparently worse than when she went in. None of them gave her any hope of living long, or even should this be the case, she must make up her mind never to be free from pain. These, Sir, were cheerless words for a young woman to hear, who was just in the prime of life, only twenty-three years of age. About seven months ago she had another severe attack ; the doctor gave but very little hopes of her recovery. He attended her seventeen weeks, out of which time she had been in bed fifteen. He applied leeches, made incisions one after the other ; some of the most powerful emetics and purgatives were also given ; and with regard to the poison which was administered, she really took more than would destroy life in another. This I suppose was on account of her having taken so much in the course of her severe afflictions, as you are aware, Sir, that the Turks, for instance, will take as much poison as would kill two or three persons, and the only effect it would produce at the time is giddiness, or something similar to intoxication from the use of ardent spirits ; but, Sir, although nature can be used to the taking of these things, yet this is no proof of its being beneficial, as the effects are felt at a future period, and in many cases premature death is the result. Three months ago, your agent, Mr. Haydon, of Wheeler-street, Spitalfields, heard of my wife ; he came to my house with the Pills, also a book published by you, and read some interesting accounts therefrom. My wife was persuaded to take them—and to bring my letter to a close, Sir, I send you my address, so that any person may come and see for themselves ; but, Sir, I must tell a little of their effects. It is true that Mr. Haydon had a deal to do in persuading me of their efficacy ; but now there is no need for him to speak, as the Pills speak for themselves ; although my wife has not taken them more than ten or twelve weeks, yet she is better now than



she has been since she became the partner of my life : she now walks upright, has got a good appetite, and what is very astonishing, can now attend to her domestic concerns herself. It is true she is not free from pain ; but a vast change has been effected, and I now possess such faith as to believe that in a few weeks she will be free from those disorders which made life so unpleasant. I assure you that life now appears like what it is in the possession of health. She does not say now, “ Oh ! that it were morning,” or in other words, “ when shall I be released from this body of suffering ? when will the end come ?” and, Sir, judge what are my feelings under such a happy change. No more 2s. 6d. bottles, no more reasons to fear the approach of Christmas, with its customary bills ; as a matter of course, I make it my business to recommend them when an opportunity presents itself. I am aware, Sir, nature produces nature, and that means are used in order to gain certain ends ; yet, although this be the case, vain are the efforts of mortal man. To produce such a change as that effected on the constitution of my wife, without the blessing of Him who alone can bless and build up when all the skill and efforts of man fail, and when the human body has been pulled down by lingering diseases to the margin of the grave. Oh, Sir, what shall I say to express my gratitude to God for his blessing on the means. I, with my dear wife, feel more than ever determined to devote our lives to his honour and glory, and give proof of our gratitude by our deportment and demeanour of life, our love to his house, his people and his ways. And with regard to yourself, Sir, I will pray the blessing of God may dwell upon you and your’s in life and in death, for evermore. Should it meet your approbation to publish any part of this my letter, you are at liberty so to do, as perhaps it may come under the notice of some who, like my wife, have thought, and may be thinking their case a hopeless one, and who, like her, may providentially be led to buy your valuable pills, and may be spared a little longer to comfort their partners, and to act a mother’s part to their offspring.

I am, Sir, your’s very truly,

WILLIAM HENRY SANSOM.

20, Brunswick-row, Brunswick-street,  
Hackney-road, Jan. 12, 1832.



*Male Accoucheuring Decried.*

119, Causeyside, Paisley.

TO DR. GREER, Agent for Morison's Medicines :

SIR,—I never knew what the word Hygeist meant, till you told me it was the name of Esculapius's daughter, who, in contradistinction to her father and brothers, wandered through the woods for herbs to cure and prevent disease, while they cut up the human body in search of disease. That your system is a system of prevention as well as of cure, the case of my wife fully illustrates. After she had been in labour two days, without any appearance of relief, the midwife, (which you admit is very sensible and prudent) recommended me to call a Surgeon, as she thought it impossible she could be delivered without the child being turned. The right clavicle (shoulder) first presented—this was the case once before—and the Surgeon who officiated, with another similar case, got the praise of all who heard of what he did to save her life. When you came to see her, the midwife thought the sooner assistance was afforded, the more chance she would have of recovery; you remarked that the time was when you would agree with her, but now you were quite of a different opinion, for you did not like to interfere with the work of Nature, while she was able to do her own business. The midwife said that Dr. Burns, and the late Surgeon Armour, of Glasgow, under whom she was taught, would have immediately ordered the child to be turned and delivered, as the woman's life was in imminent danger. Your reply, Sir, I never will forget, which was, that Dr. Burns and the whole Accoucheuring Faculty knew better how to do than what not to do, in such cases; and that Dr. Burns' Midwifery, though the best in print, still it interfered too much with the Laws of Nature,—and you would show them, for once, that the Accoucheuring art, in nine cases out of ten, was an insult on common-sense; and that no department of the medical profession stood in so much need of reform as that of Midwifery. On leaving my wife in her distress, with instructions to let her alone, without any annoyance, save the midwife, who was to remain, to give a drink if required, &c. we were all very much offended; and had it not been for the great esteem in which you, and the medicines you sold, were held in, I would certainly have gone directly for a surgeon to do, as I and every neighbour thought it an imperative duty; but now I have the pleasure to state, that Nature did her own work, in her own time; and how, or in what manner the child was turned, I know not; but this I know, that by the use of Morison's



Pills, and your directions, my wife is recovering better than ever she did before, for which I am very thankful, and beg to inform you that I now and again peruse your pamphlet with great delight; and so soon as you give a lecture, and take down names, to relieve Scotland of the enormous tax, 100,000*l.* annually, which the anatomy bill will cost us to keep the dissecting tables in subjects, which blindfolds all dissectors regarding either the cause or cure of disease, you shall have my name, and those of all my acquaintances, to your petition.

I am, Sir,

Your indebted servant for ever.

*Broomland Street, Paisley,*

10th January, 1832.

(My name is at your disposal.)

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**N. B.** It is hoped the very great necessity there is for reform in this department of medical science, to prevent surgical interference, which, in nine cases out of ten, violates the laws of true physiology, will be a sufficient apology for unmantling this spurious delicacy, to the preservation of many lives, which the untaught in the laws of nature, physiology, reason, and religion, deem necessary to be sacrificed, to establish the honour of an antiquated universal dream, and which the power of the Universal Medicine only can rouse from the slumber. **J. G.**

I am the midwife who attended the above case, and believe this extraordinary report to be correct, and I sincerely recommend all females of families to make use of Morison's Pills.

**MRS. KERR.**

41 *Broomland-street, Paisley.*

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*A Secure Birth, from the Universal Medicines.*

**TO MR. GRAY.**

**SIR,**—Your invaluable advice and medicine, introduced to Scotland by the providence of God, through the instrumentality of Mr. C. W. Moat, and found out by you under his directions, has been the means of my sending to the public the following statement:—Ist, Child-birth. I am now the mother of five children; two of them had to be delivered by surgical instruments, and death ensued; the other two with severe pain

for weeks before the birth. The approaching time filled me with grief; and upon real chance, not with any belief in the medicine, I tried it; and now comes the truth. I am safely delivered of a fine child—I had almost said prodigy—for now without surgical aid, I have been safely delivered.

The poor old woman who attended me in my fourth child refused to attend me this time, unless a surgeon was to be in readiness. Having told her of this medicine, she reluctantly consented; and the fact is, one hour's illness, forth came the consummation of all my worldly happiness; and as I am now a living witness of the efficacy of Morison's Universal Medicine, I trust, I hope, I pray, that all women may, in such cases, live, and with me, proclaim love to God for your medicine.

Mr. C. W. Moat will excuse this scrawl, and make your own use of this letter; and if any person wishes either to get information, or to contradict this, they may call at Mathieson's-lane, Monteith-row.

I remain your's,

AGNES YOUNG.

*Glasgow, April 13, 1832.*

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*Cure of the Fatal Effects of a Mismanaged Accouchement.*

TO JAMES MORISON, Esq.

SIR,—In gratitude for the great and miraculous cure performed on my wife, by Morison's Pills only, I beg you will make this case as public as possible, as I think it a duty I owe to you, for the invention of this invaluable medicine, and the blessing of God on the means for performing this wonderful cure. In January last, I resided at a village about ten miles from York, when my wife, being taken in labour, had occasion to call in a medical man, who had not been long a resident there, to attend her. She began to be ill on the Monday, and on Tuesday morning he was called in to attend her; she was from that time until the Thursday following in extremity, when, after trying every means in his power, and had recourse to instruments, but without effect, an aunt of her's who was there, begged he would give up, and call in further advice; he then owned he could do no more, and he sent for a surgeon from a market town four miles from there, who came, and brought with him his assistant; as for himself, he was a little the worse for liquor; but they came in to lend their assistance; they first gave her a teacupful or two of some dark-coloured stuff, she supposed it to be laudanum, which entirely stupefied her; he then ordered her to be walked about the room as long as she



could bear it, till at last, poor soul, she cried out that the use of her legs was gone, and she was again put to bed where they endeavoured, by every means, to deliver her, but could not, and they left her in that distressing situation, with the child dead in the womb. You may judge, Sir, the state of her feelings, when she heard one of the medical men tell the other to take it from her side ; but they did not, but left her, and she was in that wretched state until the Sunday morning following, when I was forced to go to the surgeon again who came to her at the first, to come and deliver her, which he did at last of the dead child. She was in a very weak state for a month after, as you may suppose, and, had it not been for a good constitution, she could not have borne up with it, being in such a weak state ; a violent hæmorrhage came on for two days, when she thought all was over ; indeed, the doctor said she would die in half an hour, and the clergyman was called out of bed, at three o'clock in the morning, to administer the Sacrament to her ; but she again revived, by the goodness she received from some kind friends, who gave her good support, for which she feels particularly grateful. A short time after we removed to the present situation I hold near York ; she was laid on a bed, and brought in a cart. I then had to get a medical man from York, as she could not do without some one, as nature could not perform her office without assistance, from the cruel treatment she had received before ; and the torture she went under for seven weeks, from the means used to relieve her, she says is beyond the power of describing : it was dreadful in the extreme, and only partially relieved after all. She was then left without any one to attend her, and was left in a complete hopeless state. The lady I live with, and by the recommendation of some other kind friends, wished her to go to the York County Hospital, that she might receive the best medical advice ; she was taken in a chaise, and I carried her in my arms to the ward-bed. She was questioned by all the first medical gentlemen who attend there, and they all were shocked at the treatment she had received, and said it was not in their power to do her any good, and said her case was a hopeless one, as she never could get well again. She stopped two days, when I removed her back again on a bed, as she thought it was no use to stop there, as she was deemed incurable. It was a terrible stroke to a young woman only twenty-four years of age, and to live in that misery, she could not enjoy comfort any more. Another medical man, who kindly called in to see her, having heard of her unfortunate situation, told her if she gave the cap off her head, she would never get better again ; but thanks to a kind Providence, it was ordered otherwise ; as on the 4th of July, 1832, after she had laid altogether 23



weeks, your worthy and attentive Agent, Mr. J. Webb, of York, whom she says she shall always have reason to pray for, happened to come by to a field which she has near my house, when my wife, whom I had placed in an arm chair at the door, for a little air, challenged him, and asked him if he did not remember her living with him as servant some years ago, when a girl, which induced him to ask if she was lame : having told him her situation, he said he would lend her some books that you wrote, and if she could find a case that was like her own, she had better try your Pills, as he said, if any thing on earth would do her good, they would, as he had a case similar to her's under his care, and who had received great benefit. The next day, in reading one of the books, she found a case that was nearly like her own ; it was the cure of Mrs. Sansom, of Brunswick-square, Hackney-road London, in January, 1832. When he called for the book, she told him she would place her entire confidence on that case, and put herself entirely under his direction, and got a packet of No. 1 and 2, at 5s. 6d., and began by taking two at night and morning alternately, increasing until she got to six pills. Before she had taken them three days, she found herself relieved by natural evacuations, which had not taken place for twenty-three weeks before ; from that time she every day got better. My wife wished me to mention, that the first motion she got from the use of the Pills, gave her great pain, as she had no doubt it had laid in her bowels a great length of time, as she got ease instantly ; she had very little medicine given her that even opened her bowels at all during the whole time she had lain in bed. In nine days her bed was taken away that she laid in below in the daytime, as she felt no more occasion for it, and walked from it to the fireside by the help of the table and chairs. Your agent, who constantly gave me a call, was astonished, as were my neighbours, and every one who knew her ; he begged of her to persevere, and she has up to this time. I made her two sticks to assist her to walk with, and before she had taken them a month, she washed a whole week's washing, without feeling the least tired from standing. She has now thrown by her sticks, and is walking about the garden, and all over the neighbourhood, to the astonishment of all who knew of her misfortunes. Nature is now performing her own natural functions, which she never expected even herself, and will continue to take them a short time longer : having had a costiveness for such a length of time, she wishes to keep a right state of body, and feels to gain strength every day, and can eat every thing with such a good appetite, which before only increased her pain. If this unhappy case should meet the eye of any unfortunate female who may have fallen under the same



treatment as herself, it may induce them to try the same means as she has been so fortunate to do, and prove a blessing to her husband, as is the case with me, and for the small price of 11s., which is the whole of the money paid for the medicines. I am afraid I have trespassed too long on your time, but wished to state every particular of so extraordinary a case. My wife joins with me, Sir, in wishing every blessing may attend you through life, and remain your grateful debtor,

JOHN FARROW.

*Gardener to Miss Chomley, Fulford road, York.*

*August 24th, 1832.*

P.S. Any personal applications will be attended to, or by letter, post paid, or by application to Mr. J. Webb, sole Agent for the city.

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*New-York, August 22, 1832.*

DR. H. SHEPHEARD MOAT :

DEAR SIR,—Understanding that you are about committing to the press, a fourth edition of the “*Practical Proofs*,” I am desirous to make known through its means, the great benefits myself and family have received from the use of the Hygeian Medicines of the British College of Health, London.

I had been for many years afflicted with nervous debility, constant headaches, irritability, and melancholy.

My wife had been afflicted about seven years, with dropsy through her whole system, and the same length of time with a catarrh of the worst kind, a gathering in the morning of matter or humour near the brain, which would discharge the same night into the stomach whilst asleep. This continued for weeks without intermission, when it would cease for a time and return again. It impaired her faculties; her head became so tender that she could not bear the least pressure on it, and she thought she should soon become deranged by its effects on the brain. About twelve months ago, the dropsy became chronic, or fixed in her chest, which created an abscess or unnatural hollow space, from the swallow to the pit of the stomach, with a burning heat, pain, and difficulty of breathing.

Myself and wife commenced taking the Pills about the first of January last, four of No. 1 at bedtime, and the two following nights the same amount of No. 2, increasing one pill each night, we took No. 1. We



continued to take them every night, going up regularly myself as high as twelve, and my wife to eighteen or twenty pills a night. In six weeks, to our astonishment, we found all our disorders gone, all loosened and drained off by this constant purgation. We then reduced the doses in the same proportion as we had increased them, and left off at the lowest. This appears to regulate the system so as not to leave it costive.

So far from being weakened under this constant operation as we expected, (judging from other purgatives,) we grew stronger, with increasing appetite; and during the same time it did not hinder us from one hour's work. My wife says, she has not felt so well, or as able to work, in twenty years. It is now five months since we have been restored, and have had no relapse. At times we take a few of the pills as physic; for our system may be compared to a vessel that is used, it wants to be occasionally washed out, to keep the body healthful.

My three daughters have also experienced great relief from the use of the Hygeian Medicines.

The eldest daughter had been afflicted for some years with weak and inflamed eyes, arising from the effects of ill-cured measles. She took the pills, from four to sixteen a night. In two months her eyes were well.

My two other daughters,—one was very greatly afflicted with indigestion and violent headaches,—the other suffered much pain from a catarrh in the head, arising from a fall when a child.

Each of them took the pills, from six to twelve a night, and in four weeks were restored to perfect health. It is now four months since, and they have had no relapse whatever. I have constantly used the pills in my family for all disorders, and have never found them to fail in removing all their diseases.

I am therefore convinced, Sir, Mr. Morison's theory of purifying the blood from all its acrid humours, loosening and detaching them from every part of the system where they were fixed, and carrying them off by these purgative medicines, is the only true and correct practice of physic, and must finally triumph over all the false theories now in the world.

I remain, Sir, your obedient servant,

B. S. HENDRICKSON,

No. 15 Sullivan-street

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*Lowville, June 20, 1833.*

This is to certify that I have made use of Morison's Pills for a pain that I have had in my side for a number of years, and could only lay on



one side in bed, and by the use of the Hygeian Medicine, I think I have obtained permanent relief, and can rest on either side as well as ever I could. I have also given it to a little girl, four years old, that is living with me, for a bad humour, and breaking out about her face and neck; it is only two weeks since I commenced giving the pills to her, and she has got well and hearty. I am oftentimes called upon to officiate as Doctress in the neighbourhood with vegetable Medicines, which I have been accustomed to use. I have given the pills to a number of persons, young and old, in different complaints, such as Colics, Fevers, Inflammations:—I here recommend them in all cases, and they have proved to have a good effect in all complaints. I can recommend to the public this Medicine to be the best I am acquainted with, and consider it one of the greatest discoveries made known to the human family. The greatest difficulty I have found, is to convince people to take the medicine according to the directions: some take a few doses and give it up, but I would say to all those who wish to regain their health, persevere in taking the Medicine.

ALICE ROGERS.

MR. BRINDLEY:

SIR,—It would be a considerable gratification to me, should I be enabled through my giving the case of my wife, who was so speedily cured by the use of Morison's Universal Medicines, to induce other sufferers, in a like condition, to take so great a benefit to themselves; for this purpose I have recommended very many to apply to you for the medicine. In June last, she was suffering extremely, and almost constantly, by a fixed pain in the stomach, and had been so for eight months, during which time I used all means that came within my compass, to alleviate her suffering, which was attended with a considerable expense. The doctors did every thing for her that they conceived to be necessary. It was supposed her malady arose from an affection of the spine, but it proved otherwise, as will be shown by the sequel. At this time I accidentally heard of the astonishing cures Morison's Pills had effected; and after consulting you on the subject, I purchased a dollar packet, which she began to take, and after two or three doses, the pain that had been fixed so long was removed to another part of the stomach, which you remarked was a very favourable symptom; however, she persevered in taking the medicine, to the amount of only two one dollar packets, and in three weeks she was completely restored to ease and health, and is now better than she has been for twelve years past.

I remain, Sir, yours, &c.

*Lombard-street, Philadelphia.*

P. B.



Newport, R. I., May 10, 1834.

*Case of Croup.*

FRIEND MELVILLE,—As the blind spirit of prejudice still opposes itself to the already well-attested and superior efficacy of the Hygeian Pills, I deem it my duty, in addition to the certificate of my own case and cure, as published in the Providence Journal about two years since, to record one which fell under my immediate observation in a case of the Croup, in which a niece of mine, about three years old, was the subject. On the first symptoms of the disease, the mother commenced giving apothecary's stuff agreeably to medical prescription; notwithstanding, the child grew rapidly worse. On ascertaining the fact, I hastened to the house of the child; she was breathing with much difficulty, and presented a dark and livid appearance. I took the responsibility into my own hands—ordered double doses of pills, after very short periods of time, so that in the short space of twelve hours, seventeen pills of Nos. 1 and 2 had been administered, and the relief and recovery of the child were as rapid as was the coming on of the malady. While this case of cure was being effected by the Hygeian Pills, five children lay dead in the neighbourhood, two had died within forty-eight hours of each other of the same inveterate disease, and under the best *medical* treatment that could be procured.

The child has since been similarly attacked, and relief sought and found from the same means.

For my own part, since I took from seven to eight hundred pills in rapid succession, for a disease of the head and eyes, of long and extremely painful standing, I have had not much cause to use them since, though I fail not to do so when any necessary cause presents itself.

Your friend,

CHAS. B. PECKHAM.

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*Cure of the Small-Pox.*

Albany, May 24, 1834.

TO MR. H. S. MOAT:

SIR,—I beg leave to lay before you a statement, the facts of which will, I think, indisputably confirm the high character attained by Morison's Hygeian Universal Medicines

The circumstances of the case having occurred under my own eye, and in my own family, contribute in no small degree to heighten the estimate I had previously formed of the medicines, and will authorize me in the



most unequivocal and earnest terms to recommend them for public use in repelling that dreadful scourge of human life and human beauty, the Small-Pox.

On Sunday, the 11th of this month, my eldest son complained that he felt very unwell, and at my request took eight pills ; on the day following (Monday) he took ten more, and the next morning the small-pox had made its appearance. By Wednesday his face was completely covered with pustules ; and two medical friends of mine having called to see him, pronounced the case to be a bad one, strongly advised me to discontinue administering the pills. I however, neglected this advice, and gave him from ten to twenty daily, which, under God's blessing, had so beneficial an effect as to enable my son, in eight days from the appearance of the disease, to resume his attention to my business.

In the face of such evidence, what can be said, but that the Medicines are every thing they profess to be ? They are, indeed, Universal Medicines, and, by general use, would become universal blessings.

I am, Sir, respectfully yours,

EBENEZER MURDOCK.

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MR. N. FELCH :

DEAR SIR,—Gratitude to my Maker glows within my heart, and moves me to offer a public tribute of praise to Him, for his infinite goodness manifested to me and all his creatures. From the *brink of the grave*, from the very *gates of death* I am raised up, and am a *monument and witness* of the health-restoring power of Morison's Vegetable Hygeian Universal Medicines. I present my sincere thanks to you, to Dr. H. Shephard Moat, General Agent for the United States of America, to Mr. James Morison, Thomas Moat, and all the Members, Active and Honorary, of the British College of Health, London. Wisdom, usefulness, health, long life, and all blessings attend and crown you and them. It is not only a duty, but is a pleasure, and I glory in bearing a public testimony in favour of the New Hygeian School of Medicine. For many years I have been one of the most wretched sufferers with disease ; my mind suffering equally with my body. I have taken pounds of solid and gallons of liquid *poison*, while under the treatment and advice of the medical faculty. Hundreds of dollars have their attendance, advice, and drugs cost, and have done me thousands of dollars' harm. My medical advisers, no doubt, endeavoured to do me good, while they were doing me hurt. How can men see who are surrounded with darkness ? What



a poor guide is ignorance. Can error lead to truth? What can false and idle theories do, but produce mischief and misery? So I found it by actual and woful experience. I deem it as important a duty to expose and cry down error, as to maintain truth and advocate utility. I no more look upon medical men as the *saviours of men, but as their fell destroyers*. They are armed with *lancet and poisons*, the most *dangerous and destructive* of all *weapons*; the law protects them in using them; they are, therefore, the most dangerous of all *butchers, assassins and murderers*. Would to God, that I could think and speak better things of them, but I cannot—conscientious conviction forbids it—stern matter-of-fact forbids it—all-powerful truth forbids it—love to mankind forbids it—all that is good forbids it. I must, therefore, beg all men to think and know for themselves, and to shun their most dangerous and fatal enemies; let them be worshipped no more as infallible medical gods, since they cannot save us from disease!

My condition was as follows:—from my infancy I never enjoyed perfect health, owing to corrupt, bad and stagnant humours in my blood; almost any little excess in exercise or eating, brought the bad matter into action and caused pain, sometimes through my whole system. At other times, the noxious materials in my blood settled in some part, affecting that part more sensibly. The medicines which were administered to me, instead of carrying those *poisonous corruptions* out of my system, only added to them. My blood and other fluids, humours, and juices, became more and more corrupted; these corrupted all my solids too. “A little leaven leavens the whole lump.” I at length became almost an entire mass of corruption; the whole system was defiled; nature was overloaded, burdened, weakened, and almost totally deranged; life remained in me, but was almost exhausted; my physical powers were so destroyed that I was next to one dead, or dying; “my head was sick, my heart was faint;” neither food, drink, or medicine did me any good; I was at the point of death, nature was so far exhausted; I was nearly devoid of hope or fear. O, that I had language to paint to you my condition and my sufferings! I was racked with pain in every part; my blood would at times become almost stagnant; my whole frame would become cold; it was only by *severe* rubbing, pinching, and even beating, that my corrupt and stagnant blood could be again forced to circulate and give me a little warmth and energy. About the region of my heart was the seat of my pain; my heart palpitated, throbbed, fluttered, and the most dreadful burning pain of my heart and stomach was continually felt. My medical attendants failed me; my friends and neighbours gave me up as hopeless; nay,



often for hours in succession, thought me dying. While in this, I may say, dying condition, Mrs. Felch and you advised me, yes, begged of me, to try the Universal Medicines, declaring you had not yet given up all hope. My mother, who had used those medicines, and had received astonishing benefit from them, gave me five pills, No. 2; in one hour five more; and in another five more, making fifteen. This was the first that I took of the medicines; they operated, and I was relieved. The same day my brother went to your house, and procured me a package of the medicines: in less than a week, I took fifty Pills in twenty-four hours; I passed the most astonishing quantities of *corrupt and putrid matter*. I have often thought it next to impossible, that any one should believe the fact unless they were witnesses of it, or their experience had proved it. On this subject, I shall make a few explanatory observations. Suppose my actual weight to have been at the time of taking the first dose of the medicines, 125lb.; if four-fifths of our weight be fluids, then my fluids must have weighed 100lb. If I suppose one-half only of those fluids were only corrupt matter, then I should have had 50lb. of bad and corrupt matter to pass off. This supposition is by no means correct. Another nearer the truth would be, that only one twenty-fifth part of my fluids were pure; and in that case, 96lb. would be the weight for such discharges. I doubt not, that I had a very little pure blood and other fluids in my system; yet I doubt having as much as last supposed. In addition to what has been supposed, I conclude my solids were sadly corrupted by the impurities lodged in them from the fluids. In this manner I have satisfied myself on this subject, though the quantities seemed to exceed all these calculations. Every dose of the medicine carried off some, and in proportion to its discharge, I became relieved. So enormous was the load that nature groaned under it; so universal was the corruption and so deeply fixed, that a constant and persevering course was necessary to carry this cause of all my trouble out of my system. After three months' use of the medicine, I found myself wonderfully relieved; yet I feared that I had so long been taking bad medicines, before I procured and used the universal ones, that I was past being cured.

Some may be anxious to enquire what was my disease? As a Hygeist, I have told you in my own way. If you ask for the opinions of my medical advisers and have them, I fear you will be no wiser as to my distressful situation. Their opinions differed. One said I was troubled with nervous affection; another that I was in a decline. Some said I was hysterical; some that I had the consumption fully seated: some that I had the liver complaint; that I had the asthma, that my complaint was



dropsy, &c. they declared they could not cure me. If any of them did know my complaint and the cause of it, they knew not how to cure me; of course their knowledge did me no good, but a great deal of harm.

I am not sensible now of any disease afflicting me; my pain is gone, body and mind are at ease, my appetite is good, my food digests well, I eat of any kind of food in moderation, nothing hurts me, my sleep is sweet, I expose myself without fear of colds. If I have not regained my natural strength, it is daily increasing. In one year and four months the medicines which have done me all this good, have cost only the trifling sum of forty dollars, when a thousand dollars would be a sacrifice only trifling to procure it. One dollar's worth, in many cases, restore to health. But in my case more was required. Excuse the length of this communication; long as it is, I have not written one-half of what I wish all the world knew. Before I close, I wish to offer a few more observations. 1. Small light doses, where the system is much corrupted, disturb and bring into action the corrupt matter, in which case, they cause extreme nausea, sickness and pain; for this plain reason, because they are not powerful enough to carry off those corruptions of the system. Twice or three times the quantity would have done the work, and the person felt pleasantly. 2. Small doses are not sufficient to cure obstinate, deep-rooted disease. The stronger the enemy, the stronger power is necessary to overcome it. When I took fifty pills per day, soon after commencing with the medicines, their operation was more pleasant, gave me less pain, and did not make me so sick as when I only took five. Had I not then resorted to brisk doses, I should long before this have been in my grave. It was those doses that removed the corrupt matter that was destroying all the powers of nature; they threw off the load that struggling nature could not, without powerful help. 3. Though my stomach digested the medicines better than anything else; yet my power of digestion was so dreadfully deranged, that for some time I could not but partially digest the pills, and sometimes passed a part of them as when swallowed. To me, this does not seem strange, since the stomach may be in such a state as not to digest at all. There is one lady of my acquaintance, whose experience was the same as mine in this respect, who will soon lay her case before the public. Should any poor sufferers be so far gone as to be in the same condition, I pray let them not to despair. 4. Three or four pills will, (now the enemy is expelled,) operate on me more briskly than twenty, thirty, or even forty did, when my system was so filled with corrupt and stagnant humours. This disproves the assertion, that the more we use them, the more through habit will be



necessary to operate. 5. I would not advise those who are going through a course of the medicines of any great length, to take them fasting or on an empty stomach. Take them, say about one hour after eating; their operation will be more pleasant and do more good. My own experience has taught me this. In cases of dyspepsia, a light dose after every meal has been found very beneficial, regulating nature by degrees. 6. As to eating, I have followed this rule, to eat moderately of anything my appetite craved, even green cucumbers cut and used with vinegar. If anything disagreed with me, I abstained from eating it. 7. I would advise the sick to exercise very moderately, never to fatigue, to keep the mind calm and serene, if they wish to recover their health quick, or at all. 8. I think highly of friction, rubbing with the hand, flesh brush, a rough cloth, even pinching and beating the parts affected; this promotes the circulation of the blood, and helps the medicines to detach and remove the impure and stagnant matter. Let no one forget this, as they wish for a cure. 9. None are too weak to have the cause of weakness removed. When I could not sit up a moment without fainting, I took my largest doses and gained strength. 10. Let none be frightened by any symptoms or feelings while the medicine are searching, detaching, drawing out, and evacuating the impure and noxious matter from the system. When their operation is felt the most, they do the most good. Would any one expect to have a thorn or splinter extracted from their flesh and not feel it? What gives great pain often does great good. Brisk doses will soon remove those bad feelings, and they will then learn what I have learned, that it is the bad humours, and not the medicines, that cause the pain and uneasiness. 11. After more than a year's use of the medicines, I passed several pipes or tubes, as to form, composed of tough elastic matter, and of a whitish color, which the medicines had detached from some of my inward parts; the removal of which afforded me uncommon relief. These were, no doubt, formed from the corrupt humours accumulating, and were a source of much of my dreadful sufferings. Thus have I endeavoured honestly to discharge a duty which I owe to the British College of Health, to all mankind, and to my Maker. May I be the instrument of leading some of my fellow-sufferers out of the evils of disease into the blessings of health.

I remain yours, most gratefully,

*Mary M. Griffin* MARY M. GRIFFIN.

Mamakating, Sullivan County, N.Y.

13th Sept., 1834.

*Pell Sept 59*



A FEW  
CHAPTERS FOR MOTHERS  
ON THE  
MANAGEMENT OF CHILDREN.

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ON NURSING INFANTS.

It may be supposed that nothing remains to be said on the subject of nursing; but it is otherwise; many of the bad moral habits of children are produced by the present mode of nursing, and consequently, if that mode be changed or modified, it is reasonable to hope that the formation of such habits will also be prevented.

The accustoming children to be so much on the arm, is so general in this country, as to be almost universal, except in the lower order of society. Whence has it arisen, and what are the advantages to be gained by it? It is useful, and in the world's opinion essential, on three accounts; it facilitates the preservation of a due degree of warmth in the child; it affords an excellent opportunity for the nurse to give her charge exercise, and it secures a proper degree of attention to the infant in other respects. But the first of these objects may be gained by additional clothing, and by the warmth of a fire, the child being ordinarily placed, when awake, in a basket, which may stand on a chair, or on a table at the nurse's elbow; the second will be better done by the child's own exertions than by the nurse's interference, especially when old enough to be on the carpet; and the third is one which a nurse would not dare to name.

What are the disadvantages of the practice? The child is always placed in an uncomfortable position, and often in a hurtful one—he is constantly irritated by the arbitrary and sudden, and probably unwished for changes of position, which the necessities or the caprices of the nurse occasion; if the nurse's temper be bad, he is thus too made to feel the effects of her ill-humour; and the due exercise of his limbs is improperly interfered with. It will be necessary, however, to discuss the subject more in detail.

The only proper position for a mere infant, is the horizontal one. His body is made of the most yielding materials. What are afterwards to become bones, are still composed, in a great part, of gristle; and the back



especially, which bears the principal stress of the body when erect, is perhaps, less ossified, comparatively speaking, than the other bones are. Hence then, the bones of an infant are not calculated for bearing the erect position; and as if to show beyond all doubt, that that position is improper, nature has made his muscles so feeble, and indeed so inactive, that he has no power of sustaining the weight even of an arm or a leg; much less, then, can he support the body and head when held upright.—Moreover, if the experiment be tried, what happens? the back is bent, and the head falls.

After thus proving that nature objects to an infant being placed in an erect position, it is not an unfair assumption that this position is improper and hurtful: but this point will be mentioned again. The horizontal position then, is decidedly the only proper one for an infant. But it may be said, that infants lie on the nurse's knee as well as on a bed. They do lie there because they are taught and obliged to do so, but not so comfortably. The unevenness and hardness of the surface sufficiently distinguish it from that of a bed or a mattress; but after all, the great objections to the practice are, that it subjects the child to all the caprices of the nurse, and interferes with his proper growth.

It may, perhaps, be accounted ridiculous, to allude to the reasoning powers of an infant; but as its mind is in a state of formation or improvement from the time of birth, it must be occupied in some way or other while awake. It is, at least, using its eyes; it is observing the surrounding objects, and making itself acquainted with them. But it cannot do this with any effect, if it be constantly interrupted by the attentions of the nurse. How often must it happen, that when the child has formed an acquaintance with some object, the whole train of its new associations is destroyed by a violent and unlooked for change of position on the part of the nurse, though it may be accompanied by "God bless its little heart, it shall go and look out of the window," or by some other expressions of endearment, equally unintelligible to the child, and equally detrimental in its effect.

Let it not be said, this is a ridiculous mode of putting the question. It is a true picture of what happens in the best regulated nurseries every day, and it loudly calls out both for reprehension and alteration. But the evil of rendering a child dependent on a nurse, does not rest here. Nurses are not always the most philosophical persons in the world; they may be ill-tempered; and if so, their ill-temper may, by chance, be visited on the infant. At all events, the capriciousness of the infant treatment, to which this custom gives rise, must have some effect in forming the child's temper; and, doubtless, the passions of infants are



much fomented by the inconveniences which arise from such a mode of nursing.

This, then, is one great reason why infants should be allowed to lie on a bed or mattrass, and not on the nurse's arm or knee. Good temper, as has been said before, is formed by the child's being constantly kept in an agreeable state ; bad temper by the opposite circumstances being allowed to exist.

A few words may be said here on a collateral branch of the subject. Good nurses are in the habit of talking to infants ; and no one can attend to an infant of only a few days old, without being assured that this attention is very agreeable to it. The practice, is, therefore, a useful one ; especially as much instruction is doubtless given in that way, or, at least, the connexion between the mother or nurse, and the child, thus becomes closer and more endearing ; but it is not necessary that an infant should lie on the knee to be thus attended to. If the basket or tray in which it lies be placed on a table, the nurse can speak to her infant just as conveniently as if it lie on her knee. Again, the exercise which an infant takes when lying horizontally, and with an opportunity of freely extending his limbs, is much more beneficial than when he is confined in the uncomfortable hollows of a nurse's knee. It will be seen below how true this is, and how much stronger children, who have been differently brought up, are, than under the present system.

It only remains to consider whether the existing practice be necessary. It cannot be necessary for the infant to lie always on the knee, even though they do cry when laid on a bed ; because they may be taught to do otherwise, just as easily as they were tutored into their present habits. The bed and the nurse's knee have equal attractions to a new-born infant ; and children only prefer the latter because they are taught to do so, and are thus led to acquire one of the worst and most inconvenient habits which belong to them : for nothing is so difficult as to put a child, when he gets older, out of the arms of his attendant.

The children of the poor, however, learn that from necessity, which those of the rich are seldom taught at all. An ignorant nurse said to an infant the other day, " you little thing, you will never lie down for a moment ; if you were a poor man's child, you would do so fast enough : " and yet she could not draw the conclusion, that it was she herself who had created the difficulty ; as the child did not, of course, differ in its nature from the infant of the poor person.

The children of the poor, then, are taught better habits in this respect, than those of the rich.

The Hindoo nurses manage admirably in this respect. They let their



children roll constantly on the floor, or on a mat, and they have very little trouble with them. When quite young the infants lie on their backs as quietly as turtles, and this, merely because they have been taught to do so. Children, under such nursing, are said to be the finest in the world; and it is likewise said, that when European children leave their Hindoo nurses, which they constantly do when about two years of age, they become sickly. It is true that this ill health is attributed to the influence of the climate; but as their mode of life is then changed, it is, perhaps, more reasonable to suppose that it arises from that as a cause, rather than from the climate, which ought to have acted on them as universally before, as after that period.

A lady who had been in India, corroborated the above statement, and bore ample testimony to the advantage which arises from the good practice here alluded to. It seems that the children are placed on the ground with a quilt about a yard square under them. This quilt is called a Goodray; at least the sound suggested that mode of spelling the word. They are seldom, if ever, in the arms; and, when carried into a room to company, they are laid on a tray, often quite naked, and with only a piece of muslin thrown over their bodies. This lady said, that children, when so nursed, *acquire the use of their limbs* much earlier than such as are brought up in a different manner; and in corroborating the fact, as well as the more interesting circumstance, that the plan is equally applicable to the education of European children when in their own country, the lady entered into some details of the manner in which she had treated her own children.

They were scarcely ever permitted to be on the knee, but were laid on the floor, or on a crib, during almost the whole day, and they were all of the most healthy description. The eldest child raised himself from the horizontal position and sat upright, before he was four months old: at between nine and ten months, he had taught himself to get up by the help of a chair, and to travel round the room from chair to chair. The three other children were equally forward.

The Italian mode of nursing is less philosophical, though it is not less explanatory of the ease children may be taught to submit almost to anything. It is the custom in Italy, and many parts of France and Germany, to swathe the children with bandage after bandage, until they have the appearance of a large doll, and are equally incapable of bending their limbs. When thus confined, and converted into mummies, their nurses, it is said, stick them between their arm and body, and leave them there unnoticed during almost the whole day. If children can be taught to submit to treatment like this without repining, there can be no doubt



of their being easily led to perform the more agreeable office of lying at their ease on a bed, or rolling about their carpet.

“In Canada, Virginia, the Brazils, and other American Provinces,” says Dr. Willich, “children are generally laid naked on raw cotton, in hammocks or cradles covered with fur.” In Peru, children are placed with a few clothes round them, in shallow pits dug in the earth. “In some parts of North America, infants are generally laid on couches filled with the dust of worm-eaten timber; this simple contrivance answers the useful purpose of keeping them dry and cleanly; as the powdered wood absorbs all moisture.”

“When they are able to move, the solicitous mother incites them to meet her, by presenting the food appointed by nature. Thus, it is almost inconceivable, that little savages at the tender age of a few months, especially in Africa, should possess such strength and agility as to embrace the waist of the mother with their arms and legs, without the least fear, and imbibe the maternal gift, while she is engaged in fatiguing pursuits. In that country, it is truly astonishing to see infants, two months old, creeping about, and others, somewhat older, walking upon their hands and knees almost as speedily as adults.” “On the contrary,” says Dr. Willich, “in our quarter of the globe, it is not uncommon to see boys, several years old, nursed either by the breasts of an ill-advised mother, or with spoon-meat on the lap of an effeminate nurse.”

It seems to be unnecessary for a child to be nursed at all, at least, as the expression is commonly understood. Of course, the nurse is sometimes obliged to take the children on her knee, for the purposes of cleanliness and of the toilet, but for all other purposes it is evident that a bed on the floor, or basket with a mattress or pillow in it, is the best situation in which it can be placed.

When the child is dressed, then, for the first time, it should be placed either in bed, or what is better, in a warm cot, and be only taken out of it for the purpose of being fed, or dressed, or made clean. It will soon become as much attached to this domicile, as it would have been to the knee of its nurse. At convenient periods, however, and especially after a few weeks have passed away, it may be placed on a pillow or mattress, on a low basket or high tray, and then the nurse may pay the necessary attention to it when awake, by placing the basket on the table, or on a chair by her side. In this way the child will get air; and, if opportunities be taken of uncovering it, exercise in abundance, and of the very best kind, may be taken. In like manner, if the weather be cold, by placing the basket on the rug before the fire, the child may be sufficiently warmed without difficulty.



All the other little difficulties, which nurses will assuredly raise against this plan, may be considered in a similar way. It would seem as if nurses were fond of trouble ; for it is almost impossible to make them alter old customs, however inconvenient those customs may be to themselves. It might be supposed that a nurse would be glad to escape from the trouble of having a child constantly in the arms ; but no, it is generally in vain to show them how they may remedy the inconvenience.

#### NURSES.

NURSES are of three kinds, monthly nurses, wet nurses, and common nurses.

The present system of *monthly nursing* is far from being a good one : and this partly arises from a fault for which the ladies themselves are a little responsible. Monthly nurses have too much influence ; they are made too much of. It is the fashion to give more importance to the business of lying-in than belongs to it. It certainly happens, that sometimes a lying-in room is a scene of great distress and of danger, but in the majority of cases, to bring a child into the world is an action of health rather than a process of disease. Women in such a situation require abundance of care indeed ; because the constitution is then very susceptible of receiving impressions of every kind ; but, it is a species of care, which may be administered by any ordinary female of good sense, who is willing to receive instruction. In like manner, the care of an infant is a very simple matter, which requires no particular abilities for its proper administration. And yet, both with regard to mother and child, a great mystery is made of the business, and a degree of importance is given to nurses which by no means belong to them.

It is certainly convenient to have females about at such times, who understand what is commonly required, and can fulfil certain necessary but really humble duties, promptly and without any particular directions being given at the time. There are certain peculiar details as relating both to mother and child, which require, in the same way, to be known before they can be conveniently performed ; and hence, it is almost necessary to have a person at such times in attendance, who has acquired the customary knowledge by practice and experience. It is proper also, as the attendance on a lying-in woman is often a part of great fatigue as well as anxiety, that a monthly nurse should be well paid for her trouble ; but none of these circumstances form a reason why she should be magnified into a person of great importance ; into one, against whose dicta there is no appeal.



It is true, indeed, that cases do exist where it would be advantageous if she were made thus important; as where inattention to directions on the part of the patient is likely to be attended by inconvenience or danger; but then it must be under a very different order of things than the present. Nurses must be better qualified to give advice before they can act the part which they at present assume. Ignorant, as almost all of them are, of the principles which ought to guide practice in such cases, or rather, when we find them thoroughly imbued by the prejudices and vulgar errors of former times, it is not wonderful that they exert a deleterious influence wherever they put themselves forward beyond their sphere; and that the great majority of them, by dint of mysticism and delusion, have succeeded in making themselves very important personages in a lying-in room. It is incredible the evil they often do, not to mention the ridiculous restraints which they lay on their patients.

It appears to be almost absurd to mention some of these follies. A practitioner the other day found his patient and her monthly nurse in high dispute, whether her gruel should be sweetened with brown sugar or white. The lady, with natural good sense as well as a Highgate-like preference for white sugar, was not able to understand how it was of so much consequence for her to take brown—but the nurse would have carried her point, if the practitioner had not sided with the lady, and put the whole matter in a point of view too ridiculous to be discussed. Indeed it would be highly amusing to hear the extreme absurdity of the reasons which nurses often give for their opinions; but when the influence that these opinions exert is hurtful, as it is in very many ways, it becomes necessary to discuss the matter with becoming gravity.

Perhaps the only curious part of it is, that well-informed women should thus suffer themselves to be the dupes of opinions and dicta, the fallacy of which they would certainly perceive were they hazarded on any other occasion; but the fact is, they are spell-bound by the operations of their own fears. Let them consider their situation in its right light, let them only take the bringing a child into the world for as much as it really is worth, and they will cease to be the victims of such follies as these.

But how does it happen that nurses set themselves against improvement, and give themselves so much unnecessary trouble?—The fact itself forms the reason—for if they did not give an undue importance to the performance of trifles, if they permitted the subject to be looked on as a plain matter of common sense, their reign would be at an end. Hence, they make a great point of performing for their patient the most silly offices, and hence the process of nursing, and dressing, and taking care of an



infant, becomes mysterious in the highest degree, and much evil ensues therefrom.

With regard to the mother, as the whole of the evil is perhaps resident in the inconvenience to which she subjects herself unnecessarily, it is not of great consequence to remedy it, unless she likes ; but with regard to the child the case is very different.

In penning this anathema against nurses, it would be very unjust to many individual monthly nurses, if the good sense they carry into a lying-in room, the intelligence which they display in cases of emergency, and their readiness to receive and act on the directions which are given to them, were not mentioned and acknowledged with gratitude. A really good nurse is a very valuable person, one indeed who cannot be too highly prized.

Monthly nurses do indeed exert much influence over the infants with whom they are connected. Infants will be lively and quiet under one nurse, whilst under another the same infant would probably be dull, and would constantly cry. But if the processes of dressing and nursing were simplified in the way which has been recommended, and especially if ladies would teach themselves how simple and easy to be understood all these matters are, the influence of nurses would soon cease to be deleterious, and the comfort of both mistress and child, yes, and even of the nurse, would be greatly increased.

With respect to wet nurses, some remarks will be made in another chapter ; and with regard to common nursery servants, it will be unnecessary to say much. If mothers superintend their own nurseries, and have only resolution enough to see that a rational system be acted on in the care of their children, almost every nurse-maid may be made a good servant, if she be good-tempered, and the nursery will become a sort of comfort to the household, instead of being, as it usually is, a scene of contention and confusion, and the cause of great discomfort to all parts of the general establishment.

As it is, the management of nurseries is left too much in the hands of the head nurse, as she is called ; a person who is chosen as the superintendant, from the supposed advantages of her having had much experience in the care of children. When a person is experienced in the ways that are good, the more extended her experience may be, the better person she is ; but the converse of this proposition holds equally true ; and, therefore, as the generality of nurses are unskilled in the proper mode of managing children, extent of experience must be an evil, instead of an advantage.

Observe minutely the affairs of any nursery ; take notice why the children are fractious, and see the mode in which they are treated when



thus obstinate and self-willed; mark, also, the language which is held to them; the food which is placed before them, and the general habits which are, hour by hour, inculcated, and then it will be no mystery why children should be as faulty beings as we generally find them, and that their health should be so almost universally deranged. But as the practices of the world are improving in this respect, many nurseries now exist in which the business is carried on in a very different way, and the alteration which may be perceived in the tempers and health of the children is very great. In several instances the early branches of a family have been unhealthy, and the medical man has been in almost constant attendance on the children. Two striking instances of this kind occur to the writer's recollection. In both these, the first children were unhealthy, and difficult to be managed, and almost constant medical attendance was required. Gradually, however, a better system was introduced, and now month after month passes away without the medical man's attendance being desired, and this although the number of children has been proportionably increased; the children, indeed, are the picture of health, and, as an almost corollary, their dispositions and tempers have undergone a corresponding improvement.

But, in both these cases, the female head of the family has been the superintendent of the nursery; and whilst her good sense has led her to the improvements which have taken place, the nursery servants have unconsciously become very good servants. They are really good servants, without being aware of it: they are not, in their own opinions, experienced nurses although they are so in reality.

It is easy, then, to deduce from these details how infants ought to be nursed. As has been said, they should never be on the knee, except when they are dressed or fed; they should be constantly in the horizontal position, at least till their own feelings of strength prompt them to roll over and stand upright: they should be treated like rational beings, be spoken the truth to, and be never deceived nor permitted to find that they can avoid the necessary evils by which they are surrounded. On the other hand, they should be put to as little convenience as possible, and be talked to and amused as much as can be conveniently done; but still they should be allowed, as it were, time for reflection: objects should be placed before them, and within their reach, and time should be given them that they may observe and contemplate them at their leisure; when carried about, it should be rather on a tray than in the arms; and thus, as far as can be done, they should be made independent and rational beings.

Were children nursed in this way, it would be an easy thing for one experienced person to take excellent care of many infants. She would



have each in its separate cot or basket, and as near to her as possible ; she would perform the necessary offices for each in succession, and still abundance of time would remain for amusing them, and giving to each such mental instruction as its slender powers would fit it for receiving.

Even the whole party might be duly exercised in the open air, under this arrangement ; for if all the trays were carried out of doors, and a sufficient increase of covering made to provide against the cold, the infants would receive all the advantages of the free air as well when their tray was motionless, as if they were carried about in the arms of a nurse.

Children, nursed in this way, would very seldom or ever cry ; their health would be perfect, at least, if they were fed properly, and not exposed to cold or other causes of disease ; and their bodily as well as their mental powers would be developed much earlier than if educated in the old principles. By the time the teething commenced, at seven or eight months old, they would have become little sturdy active creatures, able to roll about the floor, and move themselves from place to place, and before the expiration of the first year they would walk alone, and be in other respects very intelligent little beings.

#### ON THE FOOD OF INFANTS.

THIS is a part of the subject which requires the most attentive consideration, when it is seen daily and hourly, that the stomach is the grand route by which disease enters into the human constitution ; when they observe that a healthy action of the digestive organs secures health throughout the constitution, and, on the contrary, that derangement of these parts predisposes the body to receive morbid impressions, and thus forms the *avaunt-courier* to numberless diseases, and to states of permanent ill health, they will feel anxious to acquire accurate notions of what the proper food for infants may be.

If man, meddling man, would have humility enough to feel and believe that the Almighty power, which created the world, knows better what is right than he can do, it would be evident to him, that the only proper food for an infant is its mother's milk.

Animals give nothing else to their young, for a certain time after birth ; this period being quite as long in comparison, as that which nature has pointed out for the human infant. An animal never takes solid food until it has got teeth—why should a child do more ? In fact, no other food than the mother's milk is required. Dr. Clarke, in his *Commentaries on the Diseases of Children*, (page 47) says, "The practice of giving solid food to a toothless child, is not less absurd than to expect corn to be ground



where there is no apparatus for grinding it. That which would be considered as an evidence of idiotism or insanity, in the last instance, is defended and practised in the former. If, on the other hand, to obviate this evil, the solid matter, whether animal or vegetable, be previously broken into small masses, the infant will instantly swallow it; but it will be unmixed with saliva. Yet, in every day's observation it will be seen, that children are so fed in the most tender age; and it is not wonderful that present evils are, by this means, produced, and the foundation laid for future disease.

“The power of digestion is very weak, and the food designed for them, in the earliest period of their existence, by the Author of Nature, contains but a very minute quantity of nutritious matter, diffused through a large quantity of water, yet quite sufficient for all the purposes of life. It is taken very slowly into the stomach, being procured by the act of sucking, in which a great quantity of saliva is secreted and swallowed with it.

“To give an infant the best chance of health, it should live exclusively upon the milk of a healthy woman, and that woman should be its mother, if she be healthy and capable of nursing it. Scarcely any thing will compensate for the want of this natural support. Multitudes of children die, literally starved, under the eye of parents who would shudder at infanticide and the exposure of children as it is practised in China; as if a speedy death were not preferable to a life cruelly protracted, in distress, pain, disease, and agony, and at last miserably terminated.

“Such truths are very unwelcome, but they should be told and felt. The occurrence of the facts is not rare; but it is an evil of great magnitude and extensive operation, and every measure should be taken to discourage it. It is a lamentable reflection that civilized society is inferior to that of barbarians, and even brutes, in that respect, who look generally to the preservation of their young; and the lower order of animals will even endanger their own to protect the lives of their helpless offspring.”

Happily, it is now unnecessary to use the strong terms, respecting this point, which Dr. Clarke found himself obliged to employ in his lectures. It seems now to be generally understood, that its mother's milk is the most proper food for a child. And yet it is not generally acknowledged, how necessary it is that the principle should be acted on to its full extent, during the early months of the lives of children brought up in cities. Medical men are still in the habit of recommending that infants should be FED, in part, even from the birth; on the principle, at least, as so stated to mothers, of initiating the children early to take food, and thus to obviate the supposed difficulty or danger of a child's beginning it at a



more advanced age: as if it were not as dangerous to begin it at one age as another, and even more dangerous, the earlier the period after birth.

“From an authentic calculation made in France,” says Dr. Sturve, “it appears that more than one half of those infants who were entrusted to the care of nurses, died previous to the third year of their age. Fourcroy, on the other hand, assures us, that of one hundred children reared at the maternal breast, not one lost its life during infancy.”

Immediately after the child is born, it is customary to give it food.

The argument for feeding an infant is, that as the secretion of the mother's milk does not take place until the second or third day after birth, the child's constitution requires support during that period. This argument is probably fallacious. It cannot but be, that, if food were really required during that interval, it would be provided by the Author of Nature. No artificial proceeding of this kind is perceived in the case of any of the other animals which suckle their young; the secretion of milk is late in some, and early in others; but in none of them is that impatience displayed, which leads the human subject to anticipate nature, and thus interfere with an order which is doubtless the proper one. Neither is it an argument that an infant will swallow the food which is put into its mouth. It has no power of selection, and would swallow poison as readily as food.

Eruptive disorders scarcely ever rise in children, except when the stomach is deranged, and therefore it is probable that the red-gum is occasioned by the indiscreet feeding of the infant.

The most reasonable course, then, to pursue with a new-born infant is, to give it nothing; but to wait patiently until the secretion of the milk takes place in the mother's breast. This generally commences on the second day, and becomes more perfect on the third; but it will be proper to put the child to the breast soon after birth. It will generally get something; but were it only to excite the breast to a due performance of the natural actions, it will always be advisable to let the child suck at an early period.

An infant requires food very frequently during the day, and it is difficult to determine how often it may be allowed to suck; but, as doing things in a certain order is not only the way to do them well, but to discover if any fault exist in the adopted plan, and whether every possible good be derived from it, so it will be proper to suckle the infant at stated periods. For instance, if it awake, it may be put to the breast once in every two hours during the day, and that the mother may be regular in so doing, she should always recollect the hour at which the child is suckled. By so doing, it will be soon discovered whether the child requires the breast



oftener or seldomer than this, and the process will become precise as well as perfect, because it will be founded on experiment.

It is neither necessary nor proper to suckle an infant so frequently during the night. An infant will soon learn to sleep during the whole night, if it be properly managed; and not only will much fatigue be thus saved to the mother, but a necessary period of rest will be given to the child's stomach; and what is better, the formation of many bad habits will be prevented.

A very great evil results from allowing an infant to sleep in the same bed with the nurse. The latter is not so decidedly awake to the calls of the child as she ought to be; hence the child is put to the breast; when it cries, the nurse goes to sleep, or is half asleep at the time, the child sucks itself also to sleep, and thus it lies all night suckling and wetting itself until in the morning it is in a deplorable state. A habit like this is bad enough in itself; but when it is considered that delicacy of bodily feelings may be taught to an infant as easily as anything else, and that delicacy of mind is but as a corollary to proper corporeal habits, the evil will be sufficiently apparent.

However frequently, then, an infant may be suckled during the day, let him be fed for the evening, about 7 o'clock, after having been previously washed and dressed in his night-clothes. Let him then be put to bed, and he will sleep till eleven o'clock. If he do not wake, he should be taken up and suckled, he being disturbed as little as possible. He should then be laid down again, and it will not be necessary to take him up again until he wakes of his own accord. This will probably occur before morning, but not oftener; and indeed, if the infant wake oftener than this, he should be left to go to sleep again unnoticed, unless some obvious reason of cleanliness exist for his wakefulness, but even then he should be laid down again, and made to go to sleep without being suckled, otherwise he will expect it again on other similar occasions, and thus a bad habit will be easily taught.

It appears that infants swallow a certain quantity of air with their food; and therefore, after sucking, they should be induced to throw it up, which they will generally do if they be rubbed or patted on the back immediately after suckling, especially, too, if a little pressure be made on the stomach, by making the child lean forward on the nurse's hand. At all events this should be done after an infant has suckled in every instance.

It is hoped that many readers of these pages will be convinced, by the facts and arguments which have been adduced, that it is better to make an infant lie down constantly than be nursed on the lap; but those who may not be so convinced, will do well to adopt the practice of laying an



infant down in all cases immediately after it have sucked and broken wind. An infant at such a moment is satisfied, and he will be more certainly induced not only to allow his nurse to take a little rest, which the said nurse will be very glad to do, although she may quarrel with the idea of making her nursing duties still more easy, but the child's digestion will go on more perfectly if he be at rest for a short time after feeding, than if he be moved about on the nurse's knee.

#### ON AIR AND EXERCISE IN INFANCY.

INFANTS require much sleep. A healthy and well-taught infant sleeps almost entirely during the first month of its existence; but even then, if care be not taken, it will acquire bad habits. A mother complained that her infant of ten days would not sleep at night, and would not be laid down for a moment; and yet this child had been properly fed, and it lay down contentedly enough on the day of its birth. The cause of the difficulty was pointed out, and the remedy suggested.

An infant, two months old, ought to sleep several times in the day, but still he should be kept awake long enough to oblige him to sleep at night. No child should be allowed to be awake and troublesome during the night; for by proper management it may always be prevented.

It is remarkable, moreover, how soon an infant may be taught to sleep at regular intervals during the day. Indeed, many persons teach their children habits of this kind, without being aware that they have done so; and then all the credit is given to the child. "Oh, sir!" one said, "it always goes to sleep at this hour; it is a very good child for that,"—which means, in that particular.

With regard to air and exercise, a mere infant, although it requires plenty of the one, much more than it is generally allowed to enjoy, is not so dependent for health on the other as is commonly supposed. Infants are almost always kept in the house too much. In large cities, they are very seldom sent into the open air during the first month, even in summer. This is an injurious custom. A lady, who lived in the country, and who had reared eight or nine children, invariably sent them out on the day of their birth, the nurse being even directed to take them to a certain place, which was at least a mile and a half off. City ladies would not approve of this, and yet all these children lived and were healthy, although, of course, some of them were born in the winter. During the fine weather of summer, all infants should be taken into the open air during the first week, and on every day afterwards. Fresh air is the child's dearest cordial; and it has been before shown, that the unhealthiness of childre<sup>n</sup>



in large cities is, in a considerable degree, produced by their being kept too much within doors.

It is not enough that an infant be taken out into the air for a few minutes in the day. His time in early infancy should be almost divided between sleeping and being taken out. Let ladies who live in large towns, and who find such difficulty in getting their children dressed in their fine clothes, and taken out once or twice a day, recollect what they have seen those do who live in the country. In fine weather, little or no additional clothing is put on them, whilst at colder seasons the necessary clothing is kept at hand, and the children are ready to sally forth in a moment.

Again, exposure to the open air is the best anodyne for a cross infant. How uncommon it is to see a mere infant awake in the street; the fresh air composes him, it makes him feel comfortable, and he falls asleep as a matter of course. Even adults feel this charmed power of the open air. A nervous lady can find no more effectual remedy for her uncomfortable feelings than a long drive into the country; the studious man, too, feels how a walk in the fresh air clears his intellects, and drives away an incipient headache.

Exercise is not essential to the welfare of infants. During the first one or two months, they should be merely carried from place to place, in the horizontal position, and be neither shaken nor allowed to be upright. Even as the infant increases in age, it is not proper to toss him about too much. A mother reported a few days ago that her infant's illness, a bowel complaint of some danger, immediately followed a fright, which it received from being suddenly tossed up in the air as nurses usually do. The child is nearly three months old, and the mother stated that it had always been afraid of falling, so that she had not exercised it as violently as she had done her other children; but, that a friend took the infant, and unwarily threw it up twice; it instantly changed colour, it became very pale, and immediately afterwards its complaint began.

The best exercise an infant can take, is that which nature dictates, when the child is allowed to lie on the ground, or on a mattress, with as few clothes on as possible.

The impropriety of allowing an infant to be for many minutes together in the upright position, has been alluded to. It was there stated that the bones of an infant, and especially the bones of the back, are not calculated to bear a considerable weight; and it will be recollected, that the back of an infant always bends when he is placed upright, and his head falls down on his chest or back, just as the child is leaned forwards, or in the opposite direction. The head is the heaviest part of the body, and it has



not the power of keeping itself erect independent of the action of the muscles. Hence the head falls down when fainting, or death takes place, or the person sleeps. Muscles are fixed to bones, and those which support the head are principally attached to the back-bone : and as the back-bone, during infancy, is almost entirely formed of cartilage, or gristle, as it is commonly called, it would be unable to afford the necessary support to those muscles when in action. It is, perhaps, for this reason that the muscles themselves have not yet acquired the power of acting with energy sufficient to support the head ; as if to prevent the child from making such exertions as would tend to derange and injure the back-bone in its still soft state.

If a child be allowed to take exercise in its own way, it will not attempt to raise its head until the parts have acquired strength enough to support the necessary exertion ; but, after that time, he will turn himself over on his carpet, and gradually learn to raise himself into the upright position.

A gentleman of great observation had suggested a very important argument in favour of the system of nursing which has been recommended. He says in allusion to the prominent breast-bone and narrow chest, which are so frequently seen in weakly children, that this species of deformity is produced by the erroneous mode of nursing which has been pointed out ; and he refers for his proof to the fact, that the impressions of the nurse's thumbs may be found on the ribs of such infants, as may be seen by any one who will take up a child in the usual way of embracing his chest with the hands ; for he says, that the thumbs will naturally fall into the artificial hollows made by previous pressure in the ribs on each side of the breast-bone.

The only artificial exercise which an infant can take with advantage, is that of being well rubbed. This species of exercise, however, is very advantageous, and it should be repeated at least two or three times in the day. Either the hand or flesh brush may be used, and it should be continued for several minutes at each time of rubbing. Infants like to have their skins rubbed before a fire ; and all persons conversant with the subject have agreed in recommending sedulous and frequent friction, as being highly conducive to the health of children.

The question of walking scarcely ever comes to be considered during the period of infancy proper. In the late months, however, a lively infant likes to feel his legs on the ground, as it is called, and no harm can arise from the practice of occasionally holding children by the shoulders, with their feet touching the ground ; but it is not necessary, if nursing be conducted on the principles pointed out in a former chapter ; and, indeed, they should not be permitted, in any case, to bear on their legs with the



full weight of their body ; for the bones even of the larger limbs are still very soft, and not fit to bear the weight of a heavy child's body.

#### ON CLEANLINESS IN INFANCY.

PERSONAL cleanliness of infants, as it concerns their evacuations, is attended to much less than it ought to be ; some nurses have, indeed, found out, that by holding out a very young child, it may be taught to pass its evacuations periodically ; but the generality of persons do not attempt to regulate the actions of infants in that particular, although they are, probably, as much under control as any other of the infant's habits. Dr. Underwood mentions one lady, who held her children over a pan from the time they were a month old, and at four months old they used it with great regularity. Most infants wet themselves very frequently ; but still it will be found that this is done at tolerably regular intervals ; and, therefore, if these stated intervals are ascertained by observation, it will be easy to anticipate the period ; and then, if care be taken to hold the child in the necessary position, until he does what is required, and then to remove him immediately in all cases, he will soon learn to connect his being held out with his performing the action in question. When this point is gained, a little more perseverance will make the child feel that the two circumstances are not to be separated ; and, therefore, he will not only wait until he is held out, on the one hand, but he will, on the other, perform his part whenever his attendants perform theirs, by holding him out.

There is nothing difficult either in the conception or the performance of this. Infants very soon learn that they are going to suck when they are placed in a certain position ; and why should they not be as easily taught to connect other things with certain positions as that ? The advantage of creating such a habit in infants would be very great. As it is, infants are always wet ; but, in that case, they would not only be dry and comfortable, but the night also would be passed as comfortably as the day : for an infant so taught, would invariably wake and give notice, by crying, of his distress ; and if he were then taken up and immediately laid down again, this process would not materially interfere with his night's rest.

It would require, however, great attention on the nurse's part to keep up so good an order of things, and it will be right to say here, that much depends on an infant's being allowed to be surrounded by wet clothes for as short a time as possible. His napkins should be changed directly after



they become wet, and the skin should be washed by means of warm water, and afterwards be made perfectly dry.

A second napkin should never be allowed; it affords so excellent an excuse for not changing them so often as necessary, that, as all temptations to do wrong should be avoided, it will be better for mothers not to permit their nurses to use it.

#### ON WET-NURSES.

WET-NURSES are, unfortunately, a necessary evil. Without them the children of the better classes would suffer very materially; and although many persons believe that society would ultimately be benefitted, if wet-nurses were prohibited by law, yet they form one of the conveniences which money will command. Indeed, as long as women can be found who will sacrifice the health of their children for the sake of gain, it is not surprising that those who can afford it, will thus purchase health for their own offspring.

Nevertheless, although the existence of wet-nurses is so convenient to one part of the community, it should not be forgotten at what a high price the advantage is procured. It is probable that the majority of city wet-nurses, at least those who go out at an early period after lying-in, lose their own infants. It is certain, however, that health, if not life, is lost to all of them; for, as proper food is so important to the welfare of infants, it must follow, that children who are not only deprived of that food, but are moreover committed to the care of persons in whom ignorance, cupidity, and want of affection for their little charges, stand in the place of a proper knowledge of the mode of rearing children, and a desire to perform their engagements faithfully, must be materially injured by the sad change to which they are subjected. How common it is to hear that the children of wet-nurses have died soon after their mothers have deserted them! It indeed scarcely ever happens, that a month passes over, when a wet-nurse takes a place, without her being summoned to the bedside of her sick infant.

But it is needless to say more on this subject: for it is true, that as long as there is money enough to bribe, there will always be found a sufficient number of unnatural or distressed mothers by whom the bribe will be accepted. There still remains, however, one point of view, in which the subject should be placed, and it is this. It behoves those who thus bribe their fellow-creatures to become unnatural mothers, to mitigate the consequent evils as much as possible, and many ways of doing this



lie open to us. The most obvious plan, and one indeed which may be easily carried into execution, is to institute an asylum for the children of wet-nurses. Were such an institution in existence, not only might the lives of very many infants be saved, but the health of many more preserved; and what is scarcely a minor advantage, a facility would be offered to the majority of wet-nurses, which they greatly require, namely, the power of providing for their infants at a moderate expense.

Wet-nurses are supplied from more than one class of women. They consist partly of married women, but principally of those unfortunate persons whose chastity has fallen a sacrifice to the persevering arts of designing men. Wet-nurses of this latter class are much to be pitied, and their situation, generally speaking, is a very hard one. Deserted, as they commonly are, by their seducers, destitute of the means of supporting themselves and their infants, and incapable of engaging in any employment, on account of their time being fully occupied in attending to the infant, their situation becomes one of the most deplorable distress.

A young woman offered herself as wet-nurse. She stated that her distress was extreme. She had been a lady's maid, and was respected by her employers; but on account of her misfortune, the means of supporting herself and infant had failed. It was impossible for her to undertake any employment, on account of the attention which her child required; she had therefore sold all her clothes, and was at last so distressed for even food, that she was willing to take the wet-nurse's place for any thing, or for nothing, if her child only could be provided for. The misery of this poor creature's countenance and general appearance, was a sufficient guarantee of the truth of her story, even if the earnest simplicity of her manner had not spoken sufficiently in her favour, and yet she was not hired—and why?—because she was an unmarried woman. It was in vain to plead the circumstances of this young woman's case, in vain to paint out how inevitably her wants must lead her to prostitution, in vain to show how entirely her fault had been washed out by the distress which it had brought upon her; the answer was—she was unmarried, and it was necessary to make an example of such persons, and prevent them from polluting the more respectable servants of the family. Polluted indeed! as if the tale of woe, which a wretched being like this would relate in the kitchen, would not probably be instrumental in keeping others from a similar lot; as if the culprit herself had not received a lesson which could never be forgotten.

From whatever rank of life a wet-nurse is chosen, she should be young and healthy, and of good manners as well as good tempered.



It is in general proper to choose a wet-nurse, whose child's age is as near as possible to that of the child who is to be suckled. This is, however, more important when the child is young than when it is older. The milk of a female who has lately been brought to bed is more opening and richer in cream than it becomes afterwards; whilst, in the latter months, the proportion of coagulable matter or curd, which it contains, is said to be larger. Perhaps these differences are not important, if the nurse be healthy. In several instances, nurses have suckled two or more children in the same family in succession. In one case, at present in progress, the nurse's milk is about two years old, and the second child is now ten months old, fat and healthy, and without having been seriously indisposed since its birth. The nurse has plenty of excellent milk. In another case, the nurse was obliged to give up suckling a third child, on account of her milk proving deficient.

The diet of a wet-nurse should be nutritious and abundant: but it need not be stimulating. Many women suckle children admirably without porter forming a part of their diet: A large proportion of fluid is necessary; but many nurses report that gruel increases the quantity of milk as much as porter. Either ale or porter, once in the day, cannot in general injure a suckling woman; and it may, in many cases, be advantageous; as where the nurse, although free from disease, is weak, and seems to require support. In short, if a nurse be active at the same time that she have the appearance of being in high health, she is in the best state of suckling an infant, and therefore, as her diet is probably such as agrees with her, it should be continued.

Acids are prejudicial, as they will generally gripe the children, and undressed vegetables will do the same thing in some cases. But, with these exceptions, all kinds of plain food are proper for wet-nurses. Many nurses, indeed, object to eat salted meat, on account of its disagreeing with the child. But salted meat in such proportion as it is generally dressed in the families of those of the middle rank, cannot be hurtful, and therefore the objection is only one of the many ways, in which those who have the care of children improve the good feelings of their employers, as respects children, to their own advantage. A wet-nurse is often more dainty than a fine lady; although it probably happened that a short time before she became a wet-nurse, she had gladly accepted the most homely food. In the same way that nurses can live on the plain food which agrees with other people, they are not injured by engaging in the customary occupations of female servants. The mothers of the poor work as hard when suckling as at any other time, and without injuring



their children ; so do the females of those nations, amongst whom the chief household and agricultural labours fall on the women. Were children nursed in the way pointed out in a former part on nursing, wet-nurses would have abundance of time for household occupation, and it would be advantageous for themselves to be so employed.

The generality of mothers are fearful of changing their wet-nurses, lest it should injure the child ; and wet-nurses are not deficient in taking advantage of this circumstance. There is no reason for this fear ; for although it is unpleasant to change a servant, and the child dislikes it for a short time, yet it is scarcely more important to change a wet-nurse than to change a butcher or a dairyman.

#### ON THE INJURIOUS SYSTEM OF ROCKING INFANTS.

THE agitations which infants sustain by the rocking of their cradles, are regarded by many matrons, and other equally sage observers, as having very beneficial effects on their health and comfort. All agitations of this kind, however, must be gentle indeed, if they pass not the point at which they are simply harmless. It is no argument in favour of rocking in a cradle, that a crying child becomes silent immediately on this charming operation being resumed or continued :—the fact only proves that infants are quite susceptible of being trained to bad habits ; and, like some of their mothers, can express with a smile their satisfaction when the desires arising out of such habits are gratified. If, then, the mildest possible motion in a cradle be at best but harmless, it is not so with those violent agitations which multitudes of idle and unthinking nurses employ habitually with the design of lulling into quietness and silence, children crying aloud perhaps by reason of internal illness, or of the torture inflicted by the inadvertent, though not the less cruel, misposition of a pin. Than such a practice, scarcely any thing can be more pernicious : it is a practice utterly inconsistent with humanity, and, of course, in the highest degree reprehensible. The stillness that follows it, is seldom a manifestation of true and refreshing sleep :—it is oftener a kind of lethargic oppression induced by an irregular distribution of the blood in the brain. Violent rocking is particularly mischievous during the progress of teething :—its readiest effect then is, to produce convulsive affections, which lead to fits of excessive drowsiness, to indigestion and emaciation ; and, too often, in spite of the best treatment, terminate in death. Frequent repetition of it, moreover, seldom fails of determining blood in undue proportion to the brain, together with every sort of internal disorder ; and,



in an especial manner, of originating accumulations of water in the head, with all their most excruciating and deadly accompaniments. Were it, therefore, for no other reason than the prevention of these inconsiderate and fatal doings, the use of cradles should be altogether abolished. As an inducement to their admitting this necessity, it might be well if all mothers, who are partial to the practice of briskly rocking their children for the sake of silencing them, would but for one half hour only submit to become themselves the objects of such delightful discipline;—and if, after this, they continued to be enamoured of the exercise, it will of course be natural for them to desire imparting the benefits of it to the darlings of their affection.

It is very true that adults, when rocked in a cradle, successively experience sickness, ringing in the ears, giddiness, headache, and vomiting. Instances are known, wherein this act, the consequence of idle levity, induced a state of lethargy, which terminated in brain fever, and long resisted appropriate and vigorous treatment. “Now, if mothers recollect,” says Dr. Kennedy, “that the brain, in grown individuals, is much firmer, and less susceptible of mechanical impression, than in infants and children, they will be convinced, that what produces such injuries on a mature organ, must inflict incalculable mischief on one that is tender and incomplete.” He affirms, and without any qualification, that multitudes of children, especially in the inferior classes of society, perish at a premature age by diseases having their first origin in the rough rockings employed by nurses, with the view of promoting an unnatural inclination to sleep. If this really be the case, and it is impossible to question such respectable authority, the practice should forever be abolished, and cradles either altogether proscribed in families, or only used simply as small and convenient beds.

#### ON THE EDUCATION OF INFANTS.

NATURE, in its operations, does certainly endow children with various degrees of sensibility, or of that power, which, by cultivation, becomes afterwards intellect; but it is we ourselves who direct whether that sensibility shall lead to the forming of a good or bad disposition. We unconsciously direct our children into the paths along which they are to go. By false kindness, and the want of a steady good principle in our mode of educating them, we teach them to be self-willed, passionate, and tyrannical: by a contrary treatment, by having precise ideas on the subject, and by following steadily a plan of education which has been formed on good principles, we ensure, to a considerable extent, good



temper, obedience, and many other good qualities, as the attributes of our children.

We know a mother, whose child is happy, and she herself not put to inconvenience, because the whole affairs of her nursery are carried on as if by clockwork. Although the child is washed twice a day with cold water, it scarcely ever cries, because the whole toilet is made subservient to a continued conversation between the mother and her infant three months old; the part of the latter being kept up by constant smiles and occasional noises, expressive of its pleasure. In the evening, too, after undressing, the child is put into its cot awake; it goes to sleep almost without crying; it sleeps invariably for four hours; is then taken up, or wakes, and is fed; it is again laid down, and sleeps for four hours more, when it awakes, and is again fed; it then sleeps till it is time to get up. This process has invariably taken place since the child was a month old, and is an excellent illustration of what good management may do.

It is very different from the effect which is produced by the more usual plan of letting infants go to sleep in the arms or on the lap. Who has not witnessed the trouble, the scolding, the crying, the passion, both on the nurse's and child's part, and the wasting of hour after hour in fruitless endeavours, which so often occur, where children are hushed to sleep in the ordinary way?—not to mention the attendant evil of the nurse's being obliged to get up ten times in the night to rock them again to sleep.

The majority of the evils of children arise from the ignorance of nurses, whilst infants, in general, learn so few bad habits, when taken care of by the superior intelligence of their mothers, that it is impossible not to mention the subject in this place.

It will now, however, be easily understood, that much of the future character of the man is formed by the early moral treatment of the infant.

It has frequently been remarked, how often great men have owed their greatness to the superior intelligence of their mothers; and the reason of it will now appear with sufficient distinctness. An intelligent person acts properly without knowing any reason of his conduct. So mothers treat children with propriety, partly from having had the sense to perceive that evils follow an opposite conduct, and partly from reasoning correctly on the subject.

#### ON THE MANAGEMENT OF CHILDREN FROM THE PERIOD OF TEETHING TO THE COMMENCEMENT OF SCHOOL EDUCATION.

THE selection of plain and wholesome food; the observance of regular hours, both as to food and rest; the clothing, so free as not to impose



restraint, and so warm as to make the individual in a great measure independent of the fire in the colder season of the year; the furnishing motives and means for abundant and safe exercise in the open air, with the occasional use of the cold or tepid bath; or in the absence of bathing, frequent and strict ablution of the whole body, are the chief physical circumstances to be attended to in the preservation of the health of children.

It is essential to the happiness and future welfare of children, that the conduct of those to whose care they are entrusted, should be governed by reason and not by passion. Every kindness, every indulgence compatible with propriety, should be freely conceded: a child should never be allowed to entreat, or even to request a second time, without compliance, that which it is proper to grant at once; neither should any entreaty of the child extort indulgences which may be either detrimental to himself or others.

By mild and firm conduct in carrying into effect these simple principles, habits of content and of rational submission are established, and many causes of discomfort avoided:—for parents who indulge their children beyond measure, forget that they are laying up stores of disappointment for them when they meet with others in the world, who, in common intercourse, will not concede more than they expect to have conceded to themselves in return.

The influence of moral treatment in the early periods of infancy, is still greater as the child advances in years; and the foundation for intellectual education must also be laid by the intelligent parent long before the usual commencement of school education. Were parents sufficiently aware of the advantages, nay, of the necessity, of combining the physical, moral, and intellectual education of children, to insure healthy bodies and sound minds in their offspring, many of the evils which embitter life at later periods might be avoided.

The usual diseases of childhood, such as measles, hooping-cough, scarlet fever, &c., may be attended with danger; but the danger of these and other diseases is much diminished by the previous state of health, if that has been generally good. That great care is often required in the treatment of such diseases, cannot be doubted, for though in some mild instances, the disease would probably run a favourable course without assistance, yet it more frequently happens that the inflammatory symptoms attending these diseases being but imperfectly subdued, protracted illness is the consequence. It is a common observation, that the *sequelæ* of measles are more to be dreaded than the measles themselves; and the



reason is obvious—the morbid matter remains lurking in the system, when it ought to have been expelled by vegetable purgatives.

ON PREPARATORY SCHOOLS, AND ON THE PRECAUTIONS AND MANAGEMENT  
REQUIRED TO PROMOTE HEALTH.

ARRIVED at an age when children are usually sent to preparatory schools, the daily superintendance of parents ceases: it, therefore, behoves them to examine well, and to assure themselves, that the arrangements of the establishment selected, be compatible with health.

Generally the time applied to book-learning is too long, and that allotted for exercise in the open air too short. Frequently the hours of application are made irksome by their continuance, whilst a much greater and more solid progress may be effected, by strenuous application, continued but a short time at any one period.

The simple walking, or marching in ranks, at a measured or drawling pace, as often observed when the children of a school are allowed to take the air, is not the kind of exercise fitted to promote health and strength.

The more active games, so delightful to childhood, should be freely permitted and encouraged—gymnastic exercises should form a part of the arrangements of every establishment for the instruction of children, or of youth.

The clothing is very often inadequate, and in females particularly, warmth and comfort are too often sacrificed to a barbarous taste, called fashion, by which the arms, neck, and a great part of the chest, are wholly uncovered; whilst the tightness of the stays impedes the free motion of the chest, so essential to free and healthy respiration. When to these circumstances, the effects of the confinement in the school-room, without brisk exercise, are added, it is not surprising that, in severe weather, colds, chilblains, inflammations of the chest, and other diseases should be the result.

Many of the affections of the joints, swellings of the glands of the neck, and the varied forms of disease comprehended under the general term SCROFULA (seldom even hinted at in the hearing of parents), are induced by errors in diet, clothing, and general management, and occur in the children of parents who have never laboured under any scrofulous taint. The commonly received notion that scrofula is an hereditary disease, is, in the majority of instances, a vulgar error, which saves the trouble of investigating the causes of disease in each individual patient. The fact is, that the healthiest child may, by improper management, be soon



reduced to the condition of one afflicted with scrofula; whilst, on the other hand, children of weakly constitutions, when organic disease does not already exist, may very generally be rendered healthy, by judicious care and management, whenever the means of parents may enable them to carry into effect ameliorations adapted to the peculiar state of the health of the individual.

Schoolmasters and mistresses ought, therefore, to receive strong injunctions from the parents to take care that the blood and fluids of the children be kept in a state of purity, and this can only be the case when purgatives are frequently used.

Errors of diet in establishments for the instruction of children, are not unfrequent, even when no doubt can be admitted of the kind intentions of the conductors of such establishments. The most common error is a too limited proportion of animal food, and a too great proportion of broths, puddings, &c.; whilst many improper indulgences in fruit, in pastry, &c. occur without the knowledge of the principal. Digestion is impeded by bodily or by mental exertion, therefore a moderate interval should be allowed after each meal, before either active exercise or application to study be enforced, or even permitted.

Whilst strict cleanliness should be observed, the floors of the sleeping-rooms should not be too frequently washed, particularly in winter, the damp atmosphere produced thereby being very injurious. The boards absorb a considerable quantity of moisture, which is slowly given off to the surrounding air.

By painting the floors, the absorption of water by the wood is prevented, and cleanliness may be effected with much greater ease and safety. This plan is adopted in the hospitals in Holland, and they are kept remarkably clean and dry.

The use of the cold or tepid bath, according to the season, is of great use in preserving health. The body should not be allowed to be chilled, the clothing being carefully adapted to the vicissitudes of the season. When the weather does not admit of exercise in the open air, provision should be made for active amusements under shelter.

A very common error in the dormitories or sleeping-rooms of some boarding schools, is the insufficiency of bed-clothing. It is essential to health, that the body should not be long reduced to a lower temperature than is consistent with comfort; whilst excess of heat, on the other hand, enervates the body. Between these extremes, a judicious medium should be observed. Great care should be taken that too great a number be not crowded together; an ample cubic space should be allotted, to prevent



the air from becoming speedily deteriorated by respiration. It is to be feared the attention of parents has not been sufficiently directed to the early choice of a profession, or calling, for their children, and the advantage that may be derived from forming the habits and pursuing those studies which may be most useful to the individual in a more advanced period of life. Habits, good or bad, may be acquired, even in infancy, whilst the pliancy of childhood is so generally admitted as to be proverbial.



TESTIMONIALS OF MEDICAL MEN OF EMINENCE,

IN FAVOUR OF THE

HYGEIAN SYSTEM OF MEDICINE,

AS PROMULGATED BY

MR. MORISON, AND HIS COADJUTORS,

OF THE

BRITISH COLLEGE OF HEALTH.



*Letter from Dr. Greer, of Glasgow, to the Public.*

IN entering upon the important task of criticising the works of the Medical Profession, my motive is threefold:—*First*, so many of the inhabitants of the world as are unacquainted with me, either personally or by character, will expect this duty at my hand. *Second*, my conscience, which I cannot with any degree of propriety resist, is, night and day, exciting me forward by every allurements of happiness, to accompany the embarking in this glorious cause, and by every degree of unhappiness, if I faintheartedly shrink back into apathy, after being so long as seventeen years using every means in my power, both in and out of the profession, to stir up some more able hand to undertake this of all reforms the most necessary; and, *Third*, my God, whom I incline to serve with all my heart, soul, strength, and mind, says, (Exodus xx.) “Thou shalt not kill.” Hence, if I suffer any false system to oppress the human family, and countenance the same, and do not lift up my voice against it, He will rank me as a murderer, and punish me accordingly. See the 27th and 28th chapters of Deuteronomy: read also the 25th chapter of Matthew, where every one of us are called upon, not to hide our talents, be they ever so few or weak; and hence, I contend, that, if I possess only one talent as a qualification to eradicate only one error of medical practice, or establish only one truth of medical theory, and not make a proper use of



that talent, I am as culpable as if I had five talents rolled in a napkin. Many are the arguments in favour of my attempting to reform the Medical Profession; one of which is, that no professional man, so far as I am acquainted, is engaged in this cause. It is true there is scarcely a popular character belonging to the profession, but can tell us he is anxious to see his profession reformed; and I must admit that a great many well-meaning zealots are reforming it in their own way, with all the talents they possess; but this reform is analagous to that of plastering and repairing an old zigzag reclining edifice—every cast and sketch of the trowel and brush to beautify, and every prop to uphold it, only tends to aggravate the danger of the fabric. Review, my rational readers, the Medical Journals, and contrast them with your own common sense, and you will perceive not one sentence of radical reform in any of them, otherwise than that of their technical garnish and literature; and in this itself they are, even in this advanced stage of intellect's march, lamentably deficient. Were the errors of the profession confined to its letter, although the letter itself killeth some, yet I would not urge so incessantly for its radical reform. But when its principles are wrong: when we perceive it is built on the sand, it is high time for us to fly from the danger. Some systematic short-sighted creatures may ask, how do I know that the Medical Profession is built on the sand? Willing to become all things to all enquirers after truth, I will digress a little from the intended propositions, and inform the enquirer thus: Men, women, and children, are prematurely launched into eternity, in ratio as the Medical Profession is cultivated in any land. Those who are content with the present system of medical jurisprudence, imagine, that, at least, constitutional diseases are peculiar to man's nature, and that Hygeists labour in vain by attempting to establish the general health of the human family, upon as secure and permanent principles as what those of the other families of the animal creation are. They tell us that measles, small-pox, scarletina, and also scrofula, rickets, gout, and many other diseases are providentially entailed from father to son! and it is almost presumptuous in Hygeists to dare to interrupt or eradicate that entailment. If disease be a part of the nature of man, his Creator must have been awfully mistaken when He pronounced him very good. The latitudinarian in medical lore may, in his interested ingenuity, direct me to the curse entailed on man, and also on the earth, in consequence of his rebellion; and with some propriety might he do so, had we not the fact authenticated that the curse was removed; (see the ninth chapter of Genesis,) besides it would be difficult for Esculapians and all their coadjutors to prove that hereditary



and constitutional diseases were the curse which God inflicted on Adam. When Adam had sprung forth by Almighty fiat from the pure loam clay of mother earth, he was stamped with the royal signet of infinite wisdom, (very good,) and which comprised his physical as well as his intellectual constitution. If the curse consequential of breaking the badge of his moral responsibility, in eating the forbidden fruit, were disease, then disorganization of bodily members, or imbecility of some of its powers in propagating its species, and in providing for their sustenance, would have characterized Adam's offspring; but no such derangement, or physical imbecility present themselves in the human family, more than in any other of those which propagate and provide for their species by the same powers. Hence, I again infer, there is nothing peculiar to man's constitution, the laws which govern it, nor is the means by which his species are propagated calculated to engender disease. The curse, then, cannot be physical, but intellectual; nor is the curse hereditary in this respect either, but acquired, otherwise Hygeists would be as blind regarding the cause and cure of disease as Esculapians are. The curse which Adam entailed on his posterity is not corporeal but intellectual; nor even there is it of a positive, but of a negative quality; nor is it hereditary, intellectually considered, either, as Esculapian atheists and Antinomians aver, but in every clime, sect, and grade, it is passive and capable of being supplanted by a blessing. Therefore, I am emboldened to meet this negative curse, which is engendered from imbecility of mind, and by supplanting it in teaching true knowledge, or rather true science, to be the honoured and happy instrument of conferring a blessing, and a blessing, too, of no mean magnitude, because from it shall spring all other terrestrial blessings, too numerous to detail. When the curse of disease is supplanted by the blessing of health, is not this the father of all other blessings under the sun? Hygeists, you are the light of the world! be patronized in all your demeanour by the discoverer of the Universal Specific for every bodily ailment, as he stands pre-eminently the monument of general gratitude. Had I known there was a man of his head and heart in Britain, he should not have been subjected to such horrid experimental cruelty as he was, during the number of years I was lifting my voice against all such demoralizing experiments. Had it not been for the trueness of his heart, he never could have been made the subject of such surgical barbarity, as to submit to have the ensiform cartilage, or the ascending aorta exposed, and attempted to be rectified; and had it not been for the clearness of his head, he never could have discovered a medicine adequate to sustain the theory of Hygeian practice. Hygeists!



let the Esculapian worldling envy your goodness in preserving health rather than your greatness in amassing wealth. It will now be necessary to give the reader a point how he may distinguish betwixt the political measures of Hygeianism and those of Esculapianism. Hygeianism always adopts its measures to provide for health, but Esculapianism always provides for disease. On Hygeianism pitching its camp in any city, town, or district, it makes no preparation for disease; it builds no hospitals, provides no surgical implements, nor chemical apparatus, nor confines men to swallow drugs, nor locates them within doors for fear of cold. The only Hygeian drug in use by them is rather a dietetic than organic medicine. It is not circumscribed by any dogmatic cordon. The patient may, if his physical powers permit, when under the use of the Hygeian specific, eat, drink, walk, ride, lie, stand, sit, sleep, and wake at pleasure. Dare the same be said of the other system. Is it not the second, and not the least important part of the old system, to assiduously study such chicanery as will ensnare the credulity of the patient, that he dare not gratify one of his appetites on any laudable object, without first obtaining a medical permit? and is it not the doctor who can most adroitly convert the credulous into the hypochondriac patient that soonest rides in his carriage? My readers, Hygeianism sees no remote cause of disease in man, nor no remote cause of disease in those necessaries of life which a wise and beneficent Providence daily procures for his sustenance. Disease is, in every sense of the word, a creature of man's creating. He who provides drugs, hospitals, coffins, &c. &c. at the expense of the necessaries of life, must increase disease, and the necessaries of life will become unnecessary, because the man cannot use them. Suppose society to be one large family, all in health, but many of them scantily provided with the necessaries of life, and on these who are scantily supplied with the necessaries of life depends the increase of the necessaries of life. Now, if these lose their health, the necessaries of life must decrease. The grand object to be kept in view now is, the preservation of the health of those on whom depends the necessaries of life; recollect they are in a good state of health, but merging on disease, from being scantily supplied with the necessaries of life. Whether shall we now prolong their hours of labour, and curtail their wages, by lifting a small cess off them, to provide drugs, doctors, and hospitals, against the day of disease, or shall we, Hygeian-like, shorten the hours of labour, raise the wages, and give more of the comforts of life to ward off disease? Viewing these two sides of the question, you will be enabled to decide whether Esculapianism or Hygeianism has the stronger claim on your



patronage. The one lays up, even off scanty earnings, against the day of disease; the other increases the necessaries of life to prolong life, by securing health. But Esculapians may object, that, though they do provide for disease, hospitals, doctors, and drugs, yet that provision is cessed off those who are in affluence. This objection once passed for orthodoxy, but happy for the producer, that *once* is folded into the map of eternity, never again, I hope, to be unfurled. You are too well aware that all taxes, whether voluntary or involuntary, whether raised off the rich or off the poor, the producers are, if not directly, the payers. The man must be blinder than the bat, if he does not see that every effort to ward off disease by adding to the miseries, or deducting from the necessaries of life, must hasten the very evils he intended to prevent. If a rich man subscribes 10*l.*, or gives the same from taxation to the funds of a Board of Health to purchase drugs, medical attendance, or lazarettos, &c. will this sum answer the same purpose as if given to the individuals whom want is the cause of driving to the hospitals? And again, when the subscriber of the 10*l.* hands in the money to the institution, does his private charity increase also? Does he say to himself, I intend to be ten pounds poorer than I was before I gave the money? If he does so, he is certainly above human nature, and his moral worth is more enviable than common; but is it not more likely that he will use some means to replace the ten pounds, and probably to add ten other to his stock? How he does this is a nice point to investigate. He will not go to the poor man and tell him he gave ten pounds to provide drugs, &c. for him when he is indisposed, nor will he make a contract to have the money refunded; no, if he be a landlord he will only endeavour to have his ten pounds by raising the tenant's rent. If a farmer, or victualler, or merchant, or manufacturer, he will only raise his wares to increase his funds in ratio to the sums he loses. Now, say if you can, whether the rich or the poor builds the hospital, pays the doctors, or buys the drugs—and that, too, before there is need for any one of them? Witness the soup-kitchens; did the subscribers invite the poor back to their doors when the broth was done? Does not voluntary or involuntary taxes paralyse the giver's hand, and clasp the purse against the private mendicant? In a word, whether is it better to prevent the blind from falling into the pit by a timely trifling aid, or to be at great trouble and expense pulling him out after he has fallen into it? Whether is it better to give 1,000*l.* to assist the industrious community of Glasgow, while they are able to provide for themselves, and which will preserve them from having necessity for drugs, &c. or to expend ten times this sum on them when their very existence is



a burden to themselves, and also a heavy tax on the humane who in charity support them. Now, I hope this transient digression will afford you some idea of the point of demarcation betwixt Hygeianism, *Health*—and Esculapianism, *Disease*. The one considers the human family to be in possession of every means to preserve health, if they had the common sense to avail themselves of these means in a philosophic manner to appropriate the same to their proper uses. The other considers man to be heir to disease, and that to provide drugs, hospitals, and doctors before he ails, is but humanity legitimately exercised. Form your own opinions, and may you co-operate as intelligent Scotsmen to establish that system which will add to your happiness, is in reality, the sincere wish of, my common-sense readers,

J. G.

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#### CASE OF CURE OF MR. JOHNSON LINCOLN, SURGEON, R. N.

*Northallerton, Yorkshire, February 25th, 1836.*

MR. MORISON,—I consider it the duty of every person who has been under medical treatment for a great number of years, *and whose case was hopeless*, to come boldly forward with an open testimony of the truth, particularly so at this important period, when you are meeting with such strong opposition: and I say it is a gross fabrication to assert, that the “Universal Medicines” caused death in any one instance, when left alone; so far from causing inflammation, their nature is to subdue it. What will these *noodle doodles* say, when I tell them, that for three months I have been taking these medicines, never less than sixty pills, and frequently as high as a hundred and ten daily, for many days, and with the best results. The truth might be testified without the least degree of prejudice either to one party or the other. I will herein give a true statement of my afflicting case, and nothing but the truth, and leave the rest to the public to judge. Twelve years I served in the East Indies, as Surgeon, in various of his Majesty’s ships of war, where my constitution was entirely ruined, and on my return to England I had a severe rheumatic fever, which confined me five months, and on partly recovering, I was attacked with dangerous epileptic fits, which have ever since endangered my life;—from that period, subject to frequent and violent attacks of rheumatic gout, which confine me three parts of the year, and from excessive pain, the joints of my knees, feet, elbows, hands, &c. &c. are much enlarged and contracted; from eight to ten years I have been afflicted with erysipelas, inflammation, and diseased liver; repeated



bleedings, &c. &c. with mercury, the usual medical treatment, gave me only partial relief. I had the best medical advice in London, Bristol, Cheltenham, and this part of the country, for which I shall ever feel truly grateful, but all I took only tended to debilitate me more and more. The last two years I have had blood taken from me six or eight times, and my system constantly under the influence of mercury. Last October I had a severe attack of diseased liver, with violent spasms in the chest; I could not bear the least pressure. I again lost blood, was blistered, &c. which gave me a little ease. Early in November these symptoms returned with redoubled violence, and severe erysipelas, inflammation of the left leg and foot, side, &c. I was dreadfully emaciated and weak, obliged to walk with crutches; my left leg and foot were twice the usual size, with bloody fœtid ichorus discharge; my left knee, hip, elbow, and hand greatly enlarged, inflamed, and painful with the gout; such was my afflicting situation, with no hopes of recovery, and an early grave before my face, when I saw the case of Lady Grey in the papers. I determined to try the Universal Vegetable Medicine, and I shall ever bless the day when I got a supply from Mr. Webb, to whom I owe a large debt of gratitude; he was the means of saving my life, by the clear instructions he gave.—On the 10th of November last, I began the medicine, and had only taken four doses in twenty-four hours, when I found my liver much easier, and the discharge from my leg in a healthy state. I took ten pills at a time, twice in twelve hours, *and finding they did not poison me*, I increased the dose from ten, fifteen, to thirty-five pills twice a day. My liver got perfectly easy, and remains so to this day. Finding myself *still in the land of the living*, with my complaints mitigated, and to shew my faith in the Universal Medicines, I speedily ran up to as high a number as a hundred and ten pills in eighteen hours; that is, twenty-five No. 1 at eight in the morning, ditto at two p. m., ditto at eight p. m., and thirty-five No. 2 at three in the morning. What was the consequence? I had several evacuations, eat a hearty breakfast, dinner, and tea. After I had taken these large doses for three or four days, I awoke in the night with a violent pain in the lower part of the abdomen, could not bear the least touch: my family wished to call in a medical man; I said if you do, order my coffin at the same time. My confidence in the Universal Medicine was not to be shaken. I immediately took thirty-five of No. 2 bruised, and in a short time I had several black fœtid bilious evacuations. I went to bed and slept soundly until ten next morning, when I made a good breakfast. Had a medical man been called in, it would have been pronounced violent inflammation, and remedies applied which would have



checked the free operation of the medicine, and caused that inflammation they came to prevent, and I make no doubt that has been the case with all those that have died ; and I pray the Lord that you may be long spared to bless my fellow-beings : and allow me to conclude with acknowledging my gratitude to you for your kind attention and encouraging letter, which added much to my comfort while taking the Universal Medicine. That your cause may continue prosperous, is the earnest prayer of one who has received such great relief. I am progressing to as good a state of health as I can expect at my years, after such great suffering.

I am, Sir,

Your most obedient and ever grateful servant,

JOHNSON LINCOLN, R. N.

P. S. Why are not the medical men examined who attend these men that die ? Let their remedies and mode of treatment be made public, their books examined, and if an assistant, let him be examined likewise, then the public may judge. In the East Indies, in acute inflammation of the bowels, &c. I always gave brisk purges, and ninety cases out of every hundred recovered.

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#### DR. LYNCH'S LETTER TO MR. MORISON.

SIR,—To a mind properly constituted, there can be no greater satisfaction than affording to our suffering fellow-creatures, ready and certain relief.

For the purposes of affording such was medicine studied, and medical laws established, in order to secure the better regulation of its members, whose modern improvements in science have tended, it has been announced, to the rendering medicine a study of more decided philosophic induction than hitherto ; at the same time, it cannot be denied, that it has cast a veil of mystery over that which ought to be simplified.

However, those boasted strides in science, and the march of intellect, are rapidly leading the nations of the earth to embrace and follow that true and scientific light, which has nature for its instructor, and reason and experience for its guides, backed by the soundest philosophy, which will guide them into the temple of health and felicity.

As it is the duty of every man to know himself physically as well as



morally, imposing on us a due sense of the importance of becoming acquainted with the simplest laws of health, induced me to inquire into, and study attentively, the Hygeian theory, and treatment of diseases, viz. —that all diseases to which the human frame is subject, arise from impurity of the blood and fluids; and that purgation, and consequent purification, was to be rendered effective in the cure of all maladies. The numberless records of cures laid before me, and the cases I have seen and had under my care, have established a conviction firm and unshaken as to its superior excellency, determining on no longer adhering to the trammels of system and the rules of profession, but at once adopt and practice that theory, which should add to my pathological information, the simplest remedial knowledge.

According to the plan which I have laid down for my guidance, it would seem necessary that I should anticipate the severity of criticism, by an elaborate justification of the criminality of my apparent presumption, in throwing off the mystic forms which encircle the medical graduate; and which is inspired by the latent hope of disarming by propitiatory offerings the supposed malignancy of our opponents.

To apologize, indeed, for efforts which originate in the simple and natural wish to become a fellow labourer in the grandest of all works, doing good, implies, at first sight, a superfluous degree of modesty; yet, when we consider the vast and formidable host of medical aspirants, who profess the same laudable motive, our surprise at this timidity vanishes before the still greater temerity, which urges a fresh candidate to bespeak the interest of an experienced and enlightened public. Still, whilst a hope that such a consummation may await in the rear, (however faint and distant) lingers around my imagination, vanity will rather be encouraged by one solitary instance of brilliant success attending upon the production of genius, than the judgment be deterred by the numerous melancholy examples of ignorant or unsuccessful speculators.

In abandoning my profession as at present practised, I shall waive, therefore, an exculpatory defence, which might lead to tiresome and egotistical verbiage, better suited to more public opportunities of explanation, and trust to the interest attached to the subject of Hygeianism, for that modicum of patronage which, in this enlightened country invariably attends the efforts of private individuals to establish public benefit.

In conclusion, permit me to offer my thanks for the readiness with which you have supplied me opportunities of convincing my mind of the correctness of Hygeian doctrines, and in the certainty that you will enjoy the greatest blessings in the sunset of life, the happiness of having



rendered much service to your suffering fellow-creatures. Permit me to subscribe myself, your's very sincerely,

ROBT. LYNCH, M. D.,

15, Somerset-street, Portman-square.

To JAMES MORISON, Esq. British College of  
-Health, New-Road.

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MR. TOTHILL'S LETTER

*To James Morison, Esq. the Hygeist, Hamilton-place, New-Road, London.*

SIR,—I am a member of the medical profession. The following cursory observations will explain the reason which induced me to follow the doctrine of Hygeiaism; my example, and that of many other professional gentlemen, who have become staunch supporters of your simple, yet admirable system, may serve as an encouragement, if such were necessary, to continue pursuing, with the same determined perseverance, “the even tenor of your way.” May your honest zeal increase by opposition; and let not the frigid sneer, or the arm of ridicule, arrest the progress of your labours for the benefit of mankind: even the wisest among us oppose innumerable prejudices to the acknowledgment of a new truth,—yet, I do not hesitate to proclaim that, ere long, you will witness, by universal support and approbation, the triumph of the painful struggles you have undergone in the promulgation of Hygeiaism.

My numerous friends and acquaintances residing in the city of Exeter, can testify that, about four years ago, my bodily appearance strongly indicated that I was not long to be a sojourner on this earth. I am now convinced, that the cause of my disease was acrid and offensive matter, either in the stomach or duodenum; the symptoms being—in the tongue, foulness and thick sloughs; in the mouth, a taste somewhat bitter, rancid, putrid; nausea and loss of appetite; pain in the left orifice and upper part of the stomach, weight and oppression about the præcordia, foulness of the hypochondria; heaviness, giddiness and pain in the head; shivering and coldness of the extremities, with lassitude and loss of strength—added to these not unusual concomitants of disturbed health, the muscular part of my body was particularly affected; my legs were unable to support my enfeebled frame, and my left arm became so contracted, that I was incapable of making any use of it. At this period of my sufferings, one



of your publications fell in my way, and after an attentive perusal, I could not but agree with you, that morbid phenomena can only be explained by a reference to the fluids, and that it is evident when much phlegm is collected in the stomach and intestines, the absorbent vessels become obstructed, and the gastric and intestinal lymph are more sparingly secreted, or, at least, become more viscid. To clear the bowels of this acrid bilious matter, it now appeared to me indubitably certain, that drastic purges must be used, for by them only can we arrive at the living fibre, and no beneficial effect can be produced till this is the case. It is almost unnecessary to add, that being a medical man, I employed for my own relief every supposed remedial agent I had administered in similar cases to other patients. So far from any improvement taking place, my disease increased, until, by the persuasion of relations and friends, other medical advice was called for. And now blood-letting was resorted to; consequently weakening and relaxing the system, injuring many of its functions, gradually rendering the circulation languid, of course impeding the various secretions and excretions, particularly by the skin, and rendering the blood thin and pale, whence frequently proceed various severe diseases, partly owing to the fluids being too much attenuated and their motion languid, partly, also, to the relaxed state of the solids. But the above observations on blood-letting had not, at the period of my illness, been made by me; indeed, my opinion accorded with that of the medical world, that it was a certain means for the subduction of diseases. But now, in consequence of being fully convinced of the truth of your theory, I cannot but regard the blood as the most important fluid of the animal machine; from it, all the solids are derived and nourished, and all other fluids are secreted; and it hence forms the basis or common pabulum of every part; and as it is the source of general health, so it is also of general disease. If imperfectly elaborated, or with a disproportion of some of its constituent principles to the rest, the whole system partakes of the evil, and dythesis or morbid habit is the consequence. And if it becomes once impregnated with a peculiar taint, it is wonderful to remark the tenacity with which it retains it, though often in a state of dormancy or inactivity for years, or even entire generations. For, as every germ and fibre of every other part is formed and regenerated from the blood, there is no other part of the system we can so well look to, as the seat of such taints, or the predisposing cause of disorder; often corporeal, as gout, struma, phthisis; sometimes mental, as madness; and occasionally both, as cretinism. Pardon me this digression, and let me return to my cure. Unknown to my medical attendants, I commenced a course of



the Universal Vegetable Medicine; I soon experienced much relief; in a very short period, I was restored to perfect health.

My kind medical attendants, very naturally ascribed the cure to their prescriptions; but when quite well, I was obliged to undeceive them; and they learnt, with surprise, that to the Hygeian system alone was I indebted for an almost miraculous restoration to health, both bodily and mental. From this moment I became a staunch believer in, and determined advocate for, your doctrine. My success with the Hygeian practice was beyond measure great; the conquest of disease was not the effect of accident nor of the application of a single remedy, but it was the triumph of a *principle in medicine!* Subsequently to the above distressing malady, while the cholera was fiercely raging throughout England, I was attacked with this dreadful scourge. Again, the Universal Medicine restored me to health. My wife, of an extremely delicate constitution, was attacked with confluent small-pox, and afterwards with hooping cough; and notwithstanding the accounts of the York doctors, that purgative medicines ought not to be employed in the former disease, I administered nothing to her but the Universal Vegetable Medicine; and she soon recovered. My children, one aged seven, the other three years, have recently had an attack of hooping cough; to them my wife administered as many as twenty or twenty-five pills, No. 2, every day. The cough ceased, and they are nearly well. These children have been in the custom of taking great quantities of those pills almost from their birth. My wife takes any number, and always with manifest benefit, sometimes as many as sixty in six hours. For myself, during the different maladies with which I have been afflicted, I have often taken as many as one hundred, and I always found that the greater the number, the more rapid was my recovery. From the above statement, no surprise need be evinced by my friends, or patients, when I express my determination to continue to practice upon Hygeian principles. To these principles I am indebted for sound health, which I had reason to expect I could never enjoy. My wife and family—my numerous patients, are under the same debt of gratitude to Hygeiaism; and I beg to conclude this desultory epistle, with expressing the deepest thanks for the benefit I have received from your admirable discovery.

I remain, Sir,

Your obedient Servant,

**RICHARD TOTHILL,**

Member of the Royal College of Surgeons, &c.

*Dated Heavitree, Exeter, Jan. 26, 1836.*



## TO JAMES MORISON, THE HYGEIST :

SIR—With a view to satisfy my mind upon the effect of “Morison’s Pills, of the British College of Health,” in their operative and curative process, I take leave to give you an ungarnished account of circumstances which have occurred within the pale of my own practice. A patient, labouring under chronic inflammation of the mucous membrane of the intestines, from boyhood up to the age of fifty-five years, states—“I have suffered from childhood a periodical attack in my bowels and head, of the most distressing kind, that almost renders life insupportable. I believe it is generally brought on by eating vegetables; it commences with flatulency, enlargement of the abdomen, and the most acute pain about the lower region: and after continuing in this distressing state for hours, I am in some degree relieved, though violently and copiously purged. The pain, depression, and singular feeling increases to such a miserable degree, as to compel me to take to my chamber, wishing no one about me for the day, so that I may endure my sufferings unmolested. After these first sufferings subside, complete relaxation of the system ensues; the “action” is violently accelerated, attended by pain too agonizing to particularise: and in this state I generally continue for days. I have been under the hands of Mr. Phillips, a surgeon, who considered I was labouring under a morbid disease of the liver, and I went under a course of blue pill with ipecacuanha, chalk draughts, &c., which afforded me temporary relief, and passed off the paroxysms for a longer period, during which interval I suffered from a fixed and dense pain on the right side of my forehead, with horrible dreams, obliging me to the application of cupping, &c.; yet, notwithstanding, my appetite was good, but my case rendered all application to business abortive. I could mention other medical men who attended me without receiving any relief.” Under these circumstances I took the patient in hand, and ordered him light mercurial preparations and ipecacuanha, with neutral salt, tonic aperients, and the warm bath; possessing a confidence of belief I should get the patient better. He was, and continued so for some months by this treatment, and I lost sight of him for some time, when he called upon me with his usual complaint. I then having heard but little about Morison’s Pills but from a Captain Upjohn, of the Life Guards, with whom I was the medical officer of a regiment serving together, and who had been under my medical guidance occasionally for years, also under Dr. Batty, for dyspepsia, without doing him any permanent good; seeing him look so well, and asking him whose care he had been under



during his sojourn at Cambridge, where he had gone to reside, he unequivocally said, "I have cured myself by taking Morison's Pills, and I have strongly recommended them to many other highly respectable persons who have received singular benefit." These expressions coming from a man of strict integrity, education, and fortune, left upon my mind an impression they did possess curative properties, and I felt inclined to administer them to the patient above-mentioned, commencing with small doses; and, to my utter astonishment, in open defiance of a thorough investigation of the man's case, and the application of scientific treatment generally followed by the best practitioners, he was decidedly cured by taking Morison's Pills. I have no cause to espouse quackery—I despise it with the ignorant pretenders, but when a case presents itself cured by the use of these Pills, I think it but justice to you and the public to lay before them such facts as have come within the reach of my own observation. I have been forty years in the profession, and practised in all its branches, both at home and abroad. As I have confined myself to facts, and could, if necessary, state other things much in favour of the treatment of diseases, as practised by the late Dr. Hamilton, upon your system of "humoral pathology," that is to say, by keeping the bowels in a gentle state of solution, with a well regulated aperient, combined with curative vegetable and tonic matter, no physician can conscientiously deny it to be good. I shall take an opportunity of speaking professionally, more pointedly, upon the *modus operandi* of all purgatives, and what would or would not be the result even of over doses. I shall now conclude those observations with a recommendation to you to impress on the minds of the venders of your medicine, strictly to adhere to punctuality in their administration, and engage an efficient medical man to inspect such cases as may present themselves during a process of taking your Pills, as then, in all probability, the prejudice existing in the minds of some few, will and must subside. Many important discoveries have been made by what are termed quacks, *which is not very likely to take place by medical men*, because there is a pertinacious adherence in the beaten path of physic, from which they make no deviation; and, lastly, the practice of physic, although strictly a science, is at most conjectural, for no physician can depend on the *modus operandi* of his prescription. The late Dr. Armstrong fancied he had discovered a remedy for pulmonary consumption, in the medical prussic acid; but he, I am sorry to say, died of the complaint.—I am, Sir, your obedient servant,

G. VILLERS, M. D.

Charlotte-street, Portland Place.



ADDITIONAL TESTIMONY OF THE EFFICACY OF THE  
UNIVERSAL MEDICINES.

Received while these pages are in the press.

*Baltimore, September 21, 1837:*

DR. MOAT :

Sir,—I think I am in duty bound to make known to the public at large, the great benefits which we have received from the use of Mr. Morison's invaluable Universal Pills. I will endeavour to be as concise as possible in giving you but a brief outline, from the time I first introduced the Pills into my family. It would not, however, be a very arduous task for me, were I so disposed, to fill a tolerably sized volume, by giving but a very limited sketch of the numerous cases which have come under my observation, of the benefits resulting from the use of these justly praised Pills, in restoring bed-ridden patients from their weary sickness to their wonted health, and to their anxious relatives and friends. At present, Sir, I shall merely relate what has transpired within my own family. Previous to making use of the Pills, I obtained a copy of Mr. Morison's works, and from the plain common sense view of facts therein disclosed, I at once became a convert to the Hygeian theory, and waited only the opportunity to test its practice on myself, and in so doing, I have not been deceived; and I rejoice that Providence has seen proper to call into existence such a benefactor to the human race as a Morison.

In the fall of 1833, I was attacked with a violent bilious fever, and immediately took twelve pills of No. 2, and repaired to bed. In the course of an hour, I discharged from my stomach a very great quantity of what is termed black bile: this gave me considerable relief, and during the latter part of the day, the pills operated downwards. At eight o'clock the same night, I took twelve more of No. 1; next day I made use of one box of Powders, and felt greatly relieved: at bed-time took twelve No. 2, and next day I went to my usual labour, and felt perfectly free from pain. I used the Pills for one week after, decreasing two pills every night. Again in the fall of 1834, I had a slight attack of ague and fever. In 1831, I had this disease very bad, and then made use of a great quantity of deleterious drugs (misnamed medicine), and the cause of the disease had never been properly eradicated out of my system, but I determined to go through the proper course of the Pills. This I commenced with, taking five pills every night, increasing one pill every third night, until I reached thirty. This number I took for two weeks, and then decreased in the same ratio. This mode of treatment fully realized my most sanguine expectations, and completely purified the whole mass of fluids in my system. During the whole time I was using the Pills, I never lost one



hour from my employment by indisposition. I made use of ten boxes of the Powders, and found them greatly to assist the Pills. Ever since, I have enjoyed excellent health and a lively flow of spirits.

I occasionally take from five to six pills, perhaps twice a month, but particularly in the spring and fall; this I think, as a precautionary measure, is very beneficial, if adhered to: in my opinion, it would prove a preventive to disease. About the same that I had the bilious fever in 1833, my wife was attacked with the same disease, but she did not use the Pills in time to produce the same effects. She had a great aversion to medicine of any kind, and it was with great difficulty that I persuaded her to use the Pills, and when she did use them, whenever she found herself a little better, she would discontinue their use, and then the fever would return with redoubled force. This state of things lasted for about a month, and consequently she became much weaker. At length the fever reduced her so low, that she was unable to rise in bed, and would sometimes faint away for a considerable time. Many of our friends became alarmed for the consequence, and used their influence with me to send for a M. D. This I had made up my mind not to do, feeling satisfied within my own mind that they could do her no good, and believing as I do, that their theory (if they have any) is founded in error, and consequently the superstructure thereon based must be false. With due deference to them as gentlemen, I beg to differ from them in opinion. I had every confidence that if the Pills were properly used, they would restore her, and if not I was willing to abide the consequence, believing as I do that if they had failed to effect a cure, that it could not be performed by any other medicine. At this juncture, the matter had assumed a rather serious aspect, and she consented that I might administer the Pills in the way I thought best calculated to effect a speedy recovery. I commenced, and gave her twelve pills of No. 1 the first day, and twelve of No. 2 for two days in succession, increasing three pills every third day, until thirty, and then decreasing in the same ratio. In one month after this treatment, she was able to be up, and was tolerably well; she had, however, left off the medicine too soon, for in a few weeks she had the ague: this continued with her some time, and several of our friends advised her to try some nostrum which a Frenchman was famed for giving to cure that complaint. I had no belief in his remedy at the time; however she called on him, and he again gave her his stuff, with directions how to use it, and curious as it may appear, the ague did cease for about a week, and then returned as bad as ever. He was called on again, and gave the same deleterious poison as before, which I believe since to have been the solution of



arsenic and antimonial wine. In a few days after taking it, her lower extremities became dreadfully swollen, and her skin assumed a dark yellow colour. She began now to see that his *remedy* was all *moonshine*, and returned to her old friends, the Pills, the only safe medicine; and in the course of one month's copious use of them, from fifteen to thirty a day, it was astonishing to see their effects: the water came from her in shoals, the swelling abated, and her appetite gradually returned. She continued to take from twenty to thirty for some time, still she experienced a languid, heavy, and disagreeable feeling. I advised her to increase in quantity with the pills, which she did gradually until she attained from thirty to forty a day: the fourth day she had taken forty, was seized with sudden sickness, and discharged from her stomach a piece of matter about five inches in length and one in diameter, of a dark yellow colour. We showed it to various persons; the fluid which it emitted was of a dark green colour, and in quantity about half a pint. Every day after this her general health improved, and in a short time she was entirely free from disease of any kind, and as well as she ever was. During the time my wife had the bilious fever, we had an only child, nine months old, and the milk which she had sucked, being bad, and not being able to bestow that care and attention which is necessary for a child of so tender an age, and which a mother is only calculated to do, we lost our beloved child; her disease was a severe dysentery. In the fall of 1836, my wife became pregnant, and the mode she pursued with regard to using the pills when pregnant, we feel it our duty to make known for the benefit of those who may be in the same condition: during the first month, she took from six to eight pills at a time; four times a week for three weeks; and as occasion would require after that time, she took from four to six, particularly if costive, until the third month, and then took from six to eight three times a week for three weeks, and occasionally after as before, until within three weeks of the time of her delivery, and then she took from six to eight four times a week up to the day of her delivery; and for four weeks after the same with this difference, that after her delivery she took the No. 1 and No. 2 alternately, and before she took twice of the No. 2's for once of the No. 1. I feel satisfied that if this, or a similar mode of treatment were pursued by females while in this condition, that the benefits resulting to them would be beyond all price. The pills, in this case, cannot be too highly appreciated, when we contemplate the amount of misery and pain which the female sex generally suffer while in this condition, and almost invariably from the want of a proper knowledge how to treat themselves. My wife, during pregnancy, from









