

A domestic guide to medicine : by which individuals, both male and female, are enabled to treat their own complaints with perfect safety : to this is prefixed a familiar treatise on the genuine Hygeian vegetable pills, or universal remedy of Dr. Ralph, showing its agreement with the prevailing doctrines of the Brit. College of Physicians and Surgeons, London and pointing out the principle on which this remedy is applicable, in one degree or other, to every disease, without exception, to which the human family is subject / by Dr. Ralph.

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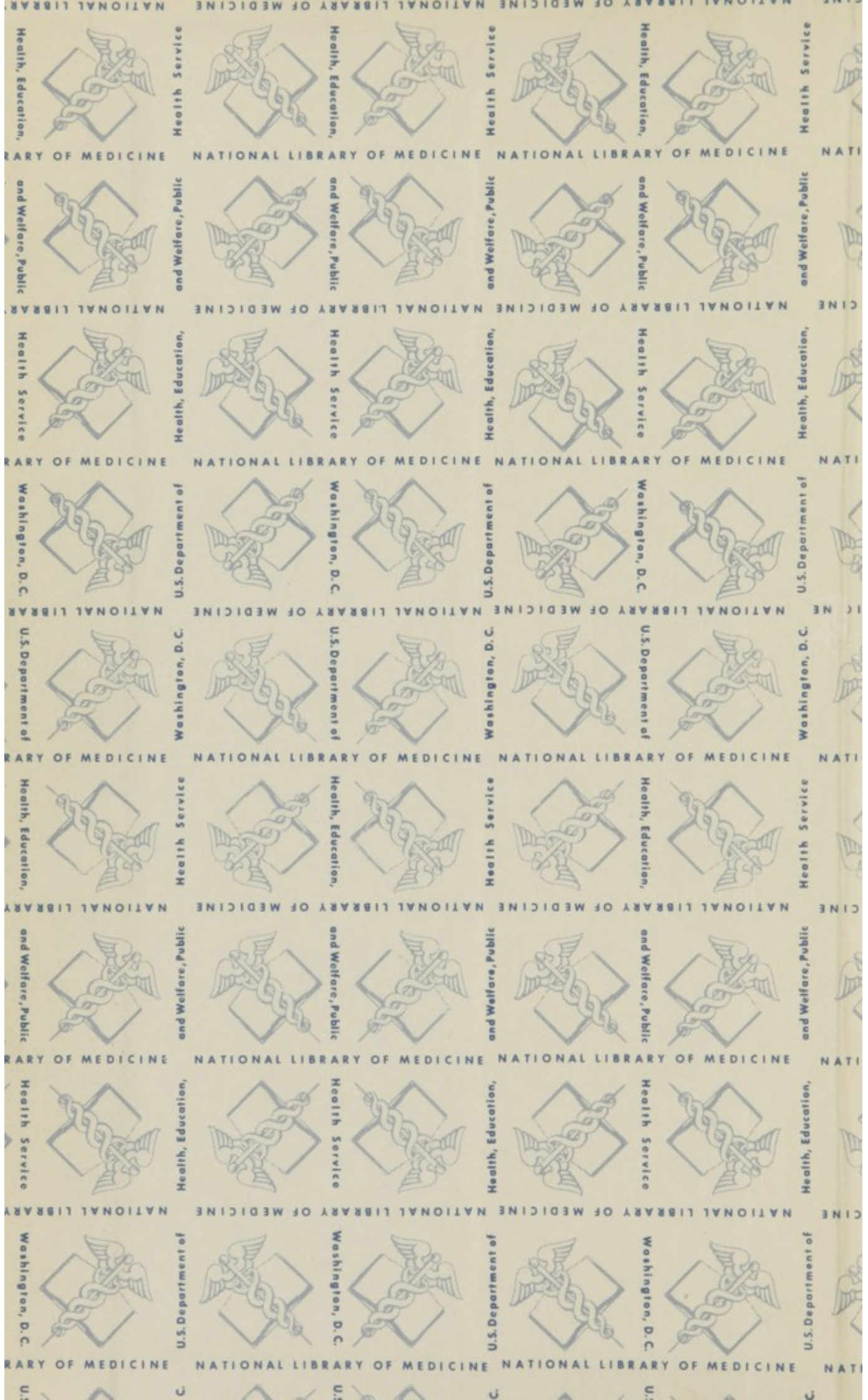
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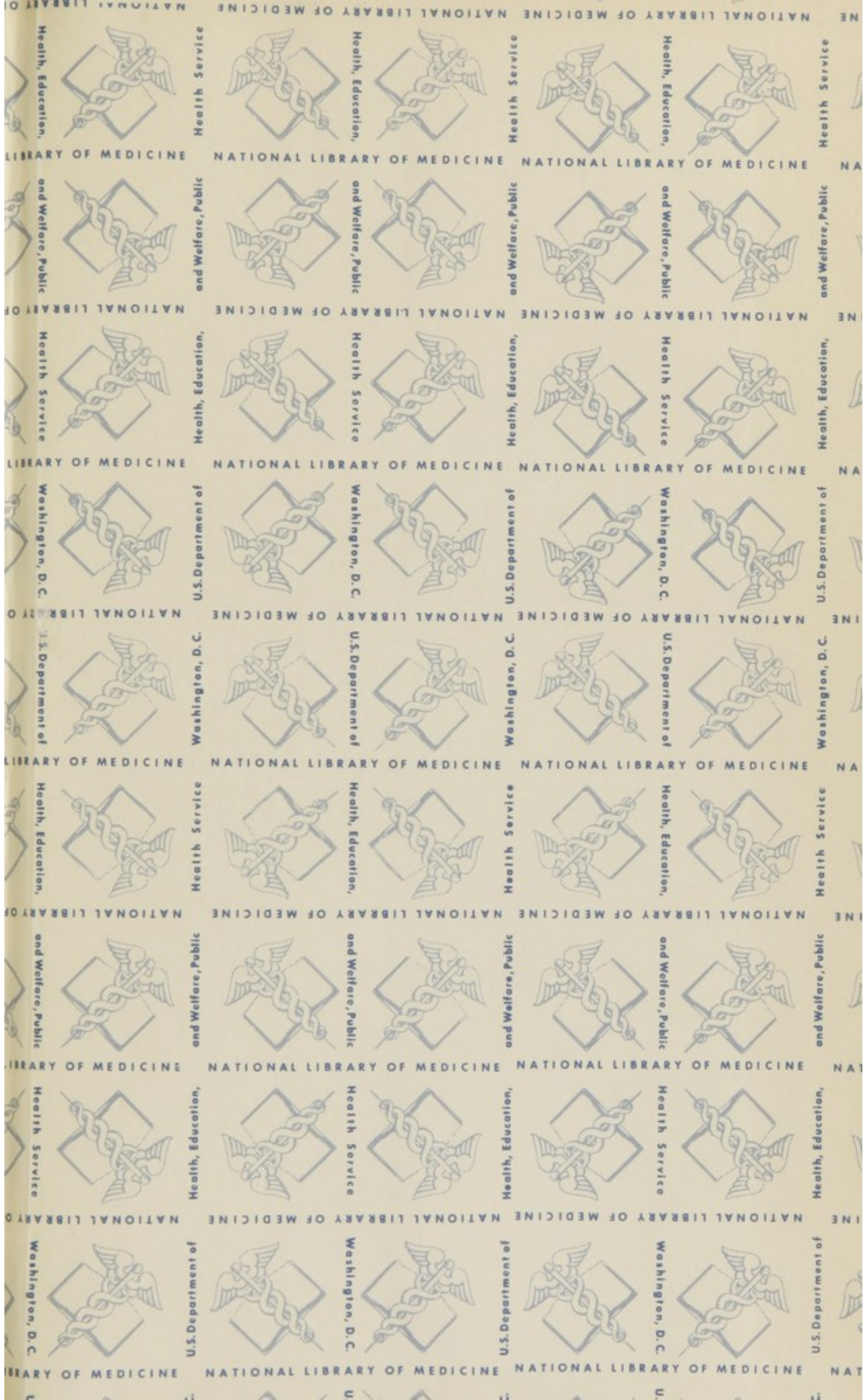
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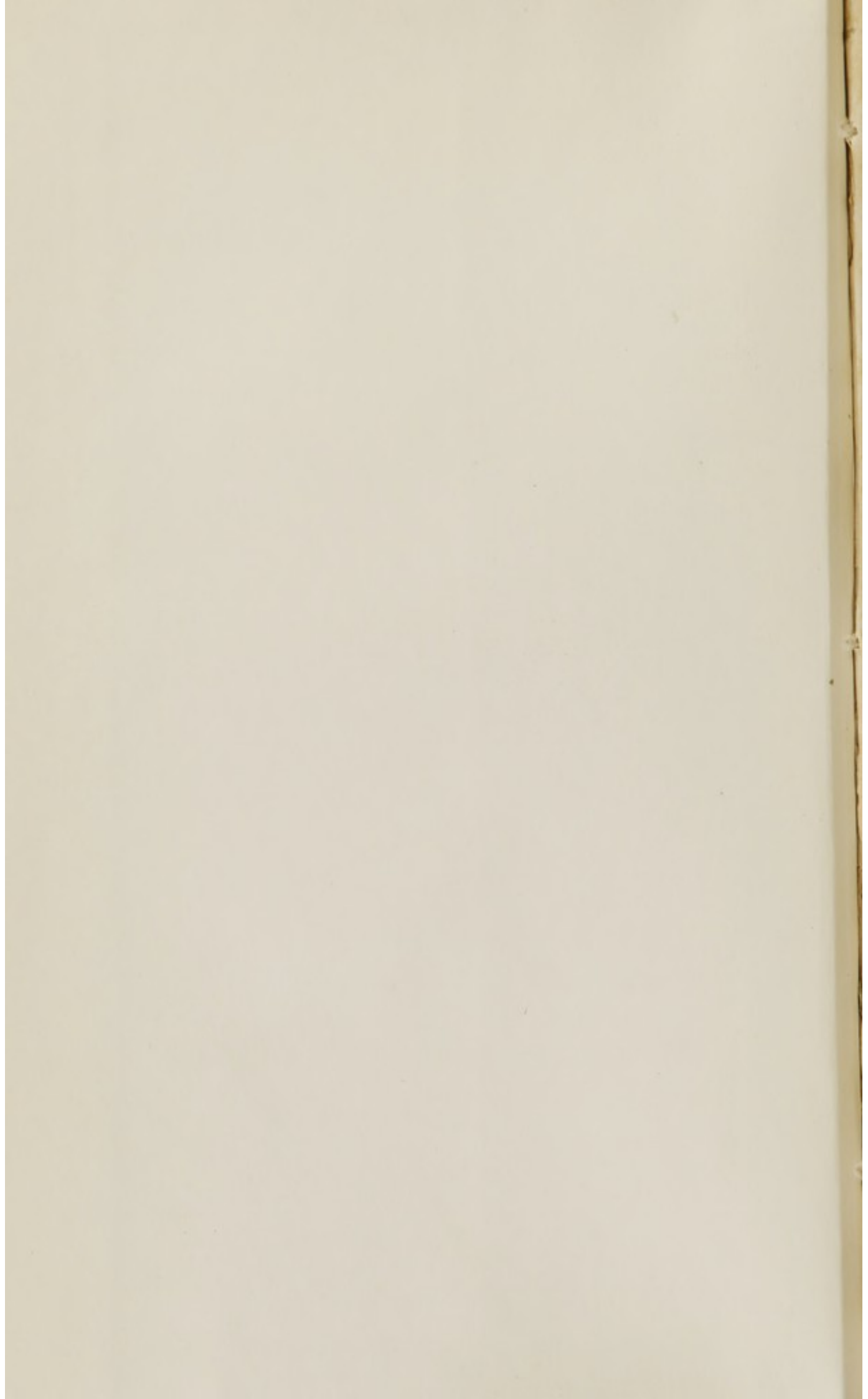
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A

DOMESTIC GUIDE TO MEDICINE,

BY WHICH

INDIVIDUALS, BOTH MALE AND FEMALE, ARE ENABLED
TO TREAT THEIR OWN COMPLAINTS

WITH PERFECT SAFETY.

TO THIS IS PREFIXED

A FAMILIAR TREATISE

ON THE

GENUINE HYGEIAN VEGETABLE PILLS,
OR UNIVERSAL REMEDY OF

DR. RALPH,

SHOWING ITS AGREEMENT WITH THE PREVAILING DOCTRINES OF THE

Brit. College of Physicians and Surgeons, London.

And pointing out the principle on which this remedy is applicable, in one degree or other, to EVERY DISEASE, without exception, to which the human family is subject.

BY DR. RALPH,

Graduate of the University of Edinburgh; Member of the Royal College of Surgeons, London; and Lecturer on Midwifery and the diseases of Women and Children, &c. &c.

New-York :

Sold at the General Office of the Genuine Improved Hygeian Pills, 38 Courtlandt-st.; and by J. Leavitt, 182 Broadway; J. Disturnell, 155 Broadway; Bartlett & Raynor, 76 Bowery; Howe & Bates, 68 1-2 Chatham-street, and most of the principal Booksellers of New-York,—also by many of the Druggists, by whom the pills are sold, in this city, and other parts of the United States, and elsewhere.

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the Clerk's office of the District Court of the Southern District of New-York.

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THE FAMILIAR TREATISE.

CHAPTER I.

INTRODUCTORY REMARKS.

It is now about thirty years since the first rays of light were thrown upon the subject of the connection of diseases with the organs of digestion. These interesting views were published by that learned and venerable physician, Dr. Hamilton of the University of Edinburgh; but it was not until a few years ago that they began to find their way into any thing like general practice. Mr. Abernethy, Senior Surgeon to Bartholomew's Hospital, London, contributed much by his successful practice and publications to prove the truth and importance of this doctrine, and since that time these views have been gaining upon the common consent of the British College of Physicians and Surgeons, as well as of most of the eminent practitioners of England and other countries, so that the treatment of disease is daily becoming in consequence more simple and efficacious.

The application of these truths, however, has not even yet been carried out in practice to the extent that their usefulness demands; it is, therefore, the intention of the author in these few pages to point out in the clearest manner that this doctrine is not only applicable to diseases generally, but that there is not a single disorder, without exception, to which it may not be applied with safety and advantage.

But whether medical men have, or have not made so much advantage of this principle as they should have done, one thing is quite certain, which is,—that the public, those to whom this simple, safe, and efficacious plan of treating their own complaints is so exceedingly adapted, have received as yet no benefit at all, for, as far as the writer is acquainted, there has been no familiar treatise, or popular explanation given on the subject. Such omission is the more remarkable as this plain and rational doctrine forms the only ground on which a private or domestic plan of medicine can with any justice or propriety be recommended. Take, for instance, Buchanan's book, the only one of such a kind in general use, and it will be

clearly seen that such is the number and complicated forms of medicine, and such the nice and varying shades of disease for which they are directed, that it is next to impossible that any private individual should escape mistakes, and those often of a serious nature; but on the simple and undeviating principle which is here set forth, such errors are totally avoided;—the name of a disease, indeed, may be mistaken, but the nature of it cannot be. Suppose, for example, that a person takes these pills under the impression that he is laboring under any one complaint, but that it really is another which he is treating; still he is equally benefitted, for he has attacked the nature, not the name of his complaint. By the means which are here directed the blood is purified; the intestinal passages are cleansed; the circulation regulated, and the general strength supported;—now, what is that disease which is not benefitted by these measures, or which can by any possibility be injured by them?—the name of a disease is of very little consequence, if the mode of treatment be correct and suitable.

Another great advantage of this plan of treatment is, that you give to nature the full enjoyment of her powers of cure, and these are more numerous and efficient than is generally believed. Many and often secret are the laws of nature with respect to disease, and the best physician sometimes counteracts by his prescriptions those natural efforts which would have proved effectual to overcome the disorder but for such an interference. It is astonishing to witness the hopeless cases of disease in which the powers of nature prove successful, when her steps are rather followed than directed. Here, therefore, we have perfect safety, for while we thus support the natural functions of the body, we are co-operating with the best of all physicians, and thus assist those efforts of nature for the removal of disease, which but for such assistance might prove inadequate.

Many of those complaints which are apt to settle upon important structures of the body, and form incurable diseases, might be prevented, or brought to a speedier termination by the safe and simple means which are recommended in this treatise; such, for example, as consumption; this in many cases is nothing more at first than a common cough, which might never settle on the lungs if early and proper steps were taken for its removal. Considering, therefore, that the connection of diseases with the organs of digestion, together

with the impurities of the blood, form the only safe and proper basis of domestic medicine, it became an anxious undertaking to contrive a remedy in every way agreeable to this simple doctrine, and one at the same time universally safe and efficacious.

It is well known that in most of the common remedies, advertised in the newspapers, &c., Mercury, in some shape or other, is a constant ingredient; now, it is true that this mineral was prescribed by the two eminent individuals already spoken of, but the process of separating the vegetable principle, so lately discovered by the French chemists, was not known to them, and it should also be remembered, that mercury may be very safe and useful in the hands of a skilful physician, but exceedingly unsafe and pernicious as a common and domestic medicine. In the composition of these pills the inventor has availed himself of these discoveries for the happiest purposes.

The subject, however, of these vegetable principles cannot be fully entered into in this work, but an example may be cited by way of illustration; let the Quinine be fixed upon, for this is now in common use. No one would think at this time of taking a tea-spoonful of Peruvian bark for the cure of fever and ague, or any other disease, for it is well known that all the virtues of this quantity of bark can be obtained in a pure and simple state, and in a bulk not larger than a pea, in the form of Quinine. In the same manner the active virtues of most of our vegetable remedies may be obtained, and these, being separated from their useless and injurious parts, are brought to act upon diseases with a precision and effect that was never formerly expected. With this advantage the author has succeeded to the utmost extent of his wishes, and has invented a remedy in every way suited to these views; it is one that is ENTIRELY FREE FROM ALL MERCURY, perfectly safe in all diseases, may be continued for any length of time, and is eminently fitted for the purpose of private and domestic use.

But, having been successful in finding a remedy of universal application to disease, and having also shown the general principle on which its use and operation should be conducted, the author felt that he was further called upon to show the particular manner in which this remedy should be applied under the varying circumstances of particular diseases. With this intention he has added to this little work a separate Treatise on those diseases which are included in

the Index; and although the remarks on some of these are very short, still he believes he has given all the information that is really necessary to conduct their management and cure with safety.

This also gave him an opportunity of pointing out those peculiar circumstances in which this medicine should not be relied upon alone; as well as what those other measures are which would give to this its best effect.

No one possessed of common sense can really believe that any single remedy, without the occasional assistance of other means, should be relied on under every various circumstance of distress and danger. The author is aware that attempts are made to ridicule every means of such a kind,—*except the one they sell*,—even such as blood-letting in cases of inflammation of the bowels or the like. It is not necessary that he should show the dreadful loss of human life, and the moral guilt which these base attempts involve; for he conceives that the common sense and common rectitude of feeling which inhabits every human bosom, more or less, must point it out.

In this little Treatise therefore, the author has anxiously availed himself of every circumstance which could render it in his opinion, a safe and complete guide to medicine for private and domestic purposes; and, moreover, in its various directions and remarks he has endeavored to be so plain that none can possibly mistake them.

In the constant aim to make this little work as interesting as possible to every class, the author cannot forbear the pleasure of hoping, that, to certain classes of society, it will be found particularly so. To those, for instance, who reside in country places, away from medical assistance, it must prove a valuable treasure. Not only will such possess a general remedy, but will also understand the nature of disease, and the principle on which its cure should be conducted. For the same reason it will be found a valuable guide to those who go to sea; especially if bound to warm climates, in which the liver is so apt to be affected. In this little volume their peculiar circumstances of want are carefully anticipated and provided for; so that diseases may be treated as well, and sometimes even better, at sea, than on shore. Certainly, no Captain should leave port without a few packages of the pills in his possession, while the Treatise will give to his medicine-chest a tenfold degree of usefulness.

But there is another class to whom this little Treatise, together with the pills, will prove at once a physician and a friend; we allude to female sufferers. Many of their complaints are of a nature so delicate as to be far more properly treated by themselves than any other person. To such it will be satisfactory to know that the hints which are delicately conveyed in these pages are yet sufficient to enable them to undertake the treatment of many complaints which it would be painful to mention to another.

Now, in what has been said, the author trusts that he shall not be charged with a design of depreciating the usefulness and character of medical men; very far from this, no man has a higher consciousness of their general merit and integrity; and those who prefer it, and have the means, he would even advise to consult their friend and physician, in preference to a reliance on this, or any other private guide; and those who are thought to be in danger should by all means obtain their personal assistance, where it can be done conveniently. But, on the other hand, there are those who have not the means, nor the opportunity; and there are many whose complaints are of long standing, and of a chronic kind, and do not stand in need of personal attendance; and there are also those to whom it is not convenient to submit to professional injunctions, and who themselves prefer to undertake the treatment of their own complaints. To all these in an especial manner, this little volume is addressed, and while the simple doctrine it sets forth, is true and rational, its practical directions are so plain and efficacious that they cannot be mistaken.

With regard to the remedy to which this Treatise continually refers, it is proper to observe, that it consists of two kinds of pills, and that these are compounded of imported ingredients of the most genuine kind which London and Paris can supply. At the same time it is cheaper than others, in as much as the boxes contain a greater number of pills, and being more efficacious, such large doses are rendered unnecessary. In point of fact, therefore, families will find this a convenient and economical method of preserving life and health; and it is believed that at no distant period these pills will be preferred to any other advertised medicine at present in public, private or domestic use. It should be repeated that "THEY CONTAIN NO MERCURY, they may be continued for any length of time, and are eminently calculated for general and extensive usefulness."

It is expedient in conclusion to guard the public against attempts which may be made to introduce a spurious and deceitful remedy. The cruelty of such an act is evident, for the pills of Dr. Ralph are prescribed in accordance with the essential doctrines contained in this domestic treatise; and with regard to their ingredients, their proportion, and particular composition, these are known only to the author. It will be the care therefore of every one to inquire for and see that he obtains

The new and improved Hygeian Vegetable pills,

or

Universal Remedy

of

Dr. Ralph,

Graduate of the University of Edinburgh; Member of the Royal College of Surgeons, London; Lecturer on Midwifery, and the diseases of women and children, &c., &c.

38 Courtlandt Street,

New-York.

N. B. Every package of the pills is signed by the doctor's own hand, and countersigned by the agent of the district in which they are sold: they may be obtained, wholesale, at the general office, 38 Courtlandt Street, and retail, at most of the respectable Drug Stores of New-York, also in most of the cities and principal towns of the United States.

Agencies in vacant districts may be obtained, and will be supplied upon liberal terms, a satisfactory reference being given.

Those who experience remarkable cures, or especial benefit from this plan of medicine, particularly in cases which have long withstood the effects of other remedies, would confer an obliging favor on the author, if they should feel disposed to transmit a statement of such cases to him or any of the agents. A volume of cases in which the cure of diseases is practically proved by the experience of others is thus collecting from their communications, and he who adds his faithful testimony to this record, will enjoy the satisfaction of having contributed his share to the cause of suffering humanity.

CHAPTER II.

Plates illustrative of the organs of digestion, showing that these with the intestinal canal, are the principal sources of the impurities which contaminate the blood and produce diseases.

BEFORE we begin to explain the process of digestion, and show in what manner its weak and disordered condition supplies the blood with vitiated humors and impurities, it is thought necessary first to give a representation of these organs themselves, in order to render the subject as clear as possible. This with the aid of two or three plates will be very easily accomplished, and will further give an opportunity of explaining a few professional terms which it will be convenient to use in the after pages of the work. The use of the plates, it should be mentioned, is intended chiefly for those who are desirous of obtaining a more particular knowledge of diseases and of the principle on which the New and Improved Hygeian Vegetable Pills are so universally beneficial; by far the greater number of those who take them begin upon the recommendation they have received from others, but the ground on which they are induced to persevere in using them, is that of their own personal experience,—the best of testimony. These plates, therefore, may be examined or passed over at the reader's pleasure.

PLATE I. presents a view of THE DIGESTIVE ORGANS, sometimes called the first passages; while the bowels alone are called the Intestinal canal.—These consist of A, the stomach; B, the small intestines; C, the large intestine, or Colon; D, the Rectum; and E, the liver and Gall-duct.

THE ORGANS OF DIGESTION.



- A. The stomach, in which digestion is partly performed.
 B. The small intestines, in which digestion is completed.
 C. The large intestine, or colon, in which the residue of food collects.
 D. The rectum.
 E. The liver which secretes, and the gall-duct, which conveys the bile into the small intestines; these are the seat of bilious diseases, &c.

PLATE II. shows a portion of the small intestines into which the bile and other secretions are conveyed for the purpose of completing the digestive process. It is while in these intestines that the food imparts it nourishment to the body ; but if the process of digestion be imperfect, or deranged, then, instead of bland and proper nutriment, a mass of crude impurities and vitiated humors is supplied. Further, these intestines are seen to abound with absorbent tubes, called lacteal vessels (A,) which take up such vitiated fluids and convey them through the mesenteric glands (B,) into the blood and circulating system. There is also seen a large supply of blood-vessels, (C,) of which the use will presently be shown, when speaking of the operation of the pills in purifying the blood, and carrying off its humors.

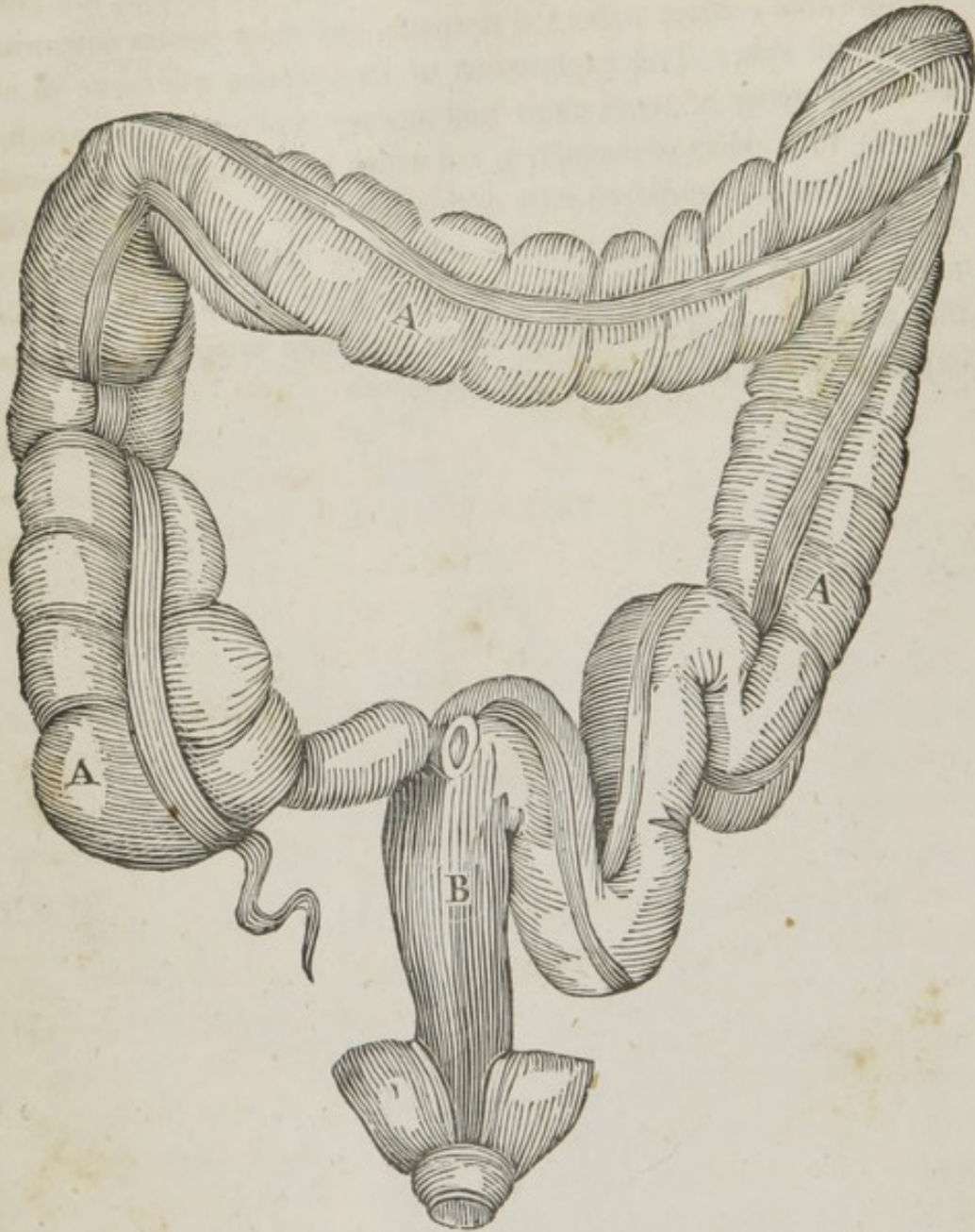
A PORTION OF THE SMALL INTESTINES.



- A. Lacteal vessels, having mouths by which they absorb the vitiated matter of corrupt and undigested food.
B. Mesenteric glands.
C. Large blood-vessels.

PLATE III. represents the large intestine or colon; from its figure and dimensions some idea may be formed of the quantity of putrid refuse of undigested food which is apt to be accumulated therein. It begins on the lower part of the right side of the bowels, and passing upwards crosses under the stomach, and then passes downward on the left side. This explanation of its direction will serve to account for many of those pains and uneasy feelings which are frequently the subject of complaint, but which are not always suspected to arise from a disordered state of this intestine. It is also to be observed that the colon is divided into little cells, or pouches, by a number of bands which run across it (A). It is in these cells that the ill-digested food accumulates, and from which it can not be expelled by the ordinary purgatives in use.

THE COLON.



A. The cells which collect and retain the hardened refuse of the food, and are the seat of cholie, dysentery, &c., &c.

B. The rectum, the termination of the colon, the seat of piles, fistula, thread-worms, &c., &c.

These, therefore, are the principal organs of digestion, and the manner in which their important office is performed is explained in the following chapter.

CHAPTER III.

THE PROCESS OF HEALTHY DIGESTION EXPLAINED.

Having endeavored in the foregoing chapter to furnish the reader with a familiar description of the form of the various organs of digestion, it now becomes an easy task to explain what part each of these various organs performs in accomplishing this process,—it is as follows. The food, being received into the stomach, is there retained for a certain time, and by the action of the gastric juice becomes changed into a soft and uniform mass; this is all that the stomach has to do, and is termed ‘the first stage in the digestive process.’ The food being, as we have stated, reduced into this pulpy state, during its retention in the stomach, is now passed on into the small intestines, and undergoes a second change by the action of the bile and other secretions which here mix with it, and when this mixture is perfected the process of digestion is complete.

The meaning of digestion is this; that the nutritious portion of the food, of whatever kind it may be, is, by the means detailed above, converted into a milky fluid, which is intended by nature to supply the growth and wasting of the body, the refuse of the food passing on into the colon. (plate III.)

In order to convey this extracted fluid to the various parts of the body, which are constantly needing supply, a means of communication must be provided, and thus we find an innumerable quantity of little vessels, whose mouths open upon the inner surface of the intestinal passage, and there suck up this fluid, and convey it to the blood, where it becomes fitted for its various purposes. These little absorbent vessels are named “lacteals,” and the mesenteric glands, through which they pass, are beautifully exhibited in Plate II.

But the nutriment of the food having been extracted, the residue becomes a useless mass, and must be disposed of. For this purpose, the colon or large intestine, which is shown in Plate III., is peculiarly adapted. It is large and divided into cells or pouches, and in these the residue of the food collects, and after remaining there a certain period of time, is then expelled by a natural and easy effort of the bowels.

CHAPTER IV.

The manner in which a weak and disordered digestion supplies the blood with vitiated humors and impurities, and otherwise becomes a perpetual cause and aggravation of disease.

The separate organs of digestion and their natural uses having been so clearly explained in the foregoing chapters, it becomes no hard matter to understand *how universal* is the general connection of diseases with a disordered condition of these organs. So long, indeed, as these perform their office in a natural and regular manner, we hear but little complaint, but as soon as either of them becomes enfeebled or deranged, disease arises as a necessary consequence. Nor can it be expected otherwise, for the digestion of the food being incomplete, the blood is loaded with impure and half-digested particles and humors, and these as they pass through the tender structures of the body, in which the blood must circulate, produce diseases in them. It cannot be foreseen at all times, what part will be the seat of such diseases, but whether it be the brain, or the lungs, the skin, or any of the other numerous and delicate structures of the frame, which these humors happen to obstruct and irritate, there disease originates; and this will be inflammatory, or of any other kind, just as the age, sex, constitution, or some other accidental circumstance shall direct and modify.

There are also many instances in which the vitiated humors of the body render those disorders dangerous and fatal which would otherwise be harmless or light. This is remarkably the case in small-pox; two individuals taking this from the same person;—one of them shall have but few pustules, with very little fever, and soon get well;—while the other shall be loaded with pustules and corruption, have a putrid fever and die of a malignant disease. So again with regard to consumption; two persons having a cough from taking cold;—in one, whose constitution is good, the cough shall cease in a few days, and nothing more be heard of it;—but in another, whose constitution is imbued with scrofula, or other humors, the cough continues, or if it abates, does not go off entirely, and is increased on every slight occasion; at length, invited to the lungs by frequent coughing, such humors settle there, generally in the form of tubercles, and these may now continue in a dormant state for a certain time, but, sooner or later these tubercles inflame and ulcerate,

and their humors thus discharged into the air-cells, are brought up from thence by frequent and long-continued fits of coughing, until the substance of the lungs themselves is quite consumed.

Thus, therefore, while impurities of the blood are shown to be a general source from which disease proceeds, we account at the same time for the great variety in which diseases constantly appear.

But not only does disease proceed from the various humors of the blood which a weak and depraved digestion supplies, for, independently of this, there is a certain disordered action of the intestinal passage, which of itself alone originates, as well as aggravates disease. For instance, who has not sometimes experienced immediate relief from the operation of an aperient medicine? now, this is not from having purified the blood;—there has been no time for that;—it has arisen from having carried off a quantity of acrid and offensive material from the bowels, which had established disordered action in them.

It is a fact which no man disputes, that disorder originating in one part of the body is transmitted through the medium of the nervous system to another, even to a distant part; thus in children, the irritation of the bowels from worms is transmitted to the head, and the child is seized with fits, or has water in the brain.—So also in adults, the irritation of the colon is transmitted to the head, and may terminate in apoplexy; at any rate it never fails to be a source of aggravation and of danger in those who are disposed to apoplexy from other causes. Innumerable instances of such a kind might be adduced to prove that irritation and deranged action in one part of the body may, and often does become the cause of disorder in distant parts. The author is the more anxious to be as plain as possible on this subject, because of a very fatal mistake which prevails with some people;—it is the error of supposing that every complaint, without exception, arises from impurities of the blood, and from no other cause whatever.—Now, this is quite contrary to the fact;—it is true, as has been clearly shown, that the impurities of the blood comprise a very general cause of disease, but it is not true that this is the only one. It is for this reason that persons who run away with this mistake, never get thoroughly well of many prevailing and dangerous complaints; such is the case with those who are apoplectic, or gouty, or dyspeptic; and the same applies to all hys-

terical complaints, epilepsy, St. Vitus's dance, and all the class of nervous disorders, as well as to many others ;—they may, indeed, feel somewhat benefitted by purifiers of the blood, but in as much as they overlook another and co-operating cause, they are never likely to be cured, and are, therefore, for ever taking pills or something of the kind.

Now, the distinguishing peculiarity of this simple plan of medicine is this,—that it embraces the two principal causes of disease, viz. 1st. the impurities of the blood, and 2d. that disordered action of the organs of digestion which supplies those humors that are the foundation and support of many obstinate complaints. Thus the operation of the new and improved Hygeian Vegetable pills is to clear and purify the blood, while at the same time, by correcting the disorders of the stomach, liver and bowels, and restoring the organs of digestion to a natural and healthy state, they cut off the supply of injurious materials, and thus prevent the recurrence of disease.

CHAPTER V.

On the composition of the No. 1. or alterative purgative pills, with directions for their management and doses.

THE ALTERATIVE PURGATIVES, OR No. 1, compose an active, searching, and deobstruent medicine, which is effectual in carrying off the vitiated secretions from every part of the body. The slime and bilious humors they separate and bring away from the intestinal canal and liver, are frequently so acrimonious as to give a scalding sensation as they pass by stool.

But their operation is not only to purify, and remove obstructions, they have also the effect of regulating the circulation of the blood, by which its impetus is drawn away from distant parts and directed to the bowels ;—hence it is, that in disorders of the head, in Apoplexy,

Fevers, and obstinate tumors in various parts of the body, their efficacy has been so much experienced and acknowledged.

In many instances a free evacuation of the bowels is all that is required, but there are other cases which call for something more than this in the operation of cathartic medicine; such is the case in Fevers, in St. Vitus's dance, and in diseases of a nervous kind: in all these, the great secret of cure consists in keeping up the same purgative action in a moderate degree even after the bowels have been thoroughly cleansed, and this must be continued throughout the whole course and duration of such diseases. For this purpose nothing can be more proper than the purgative pills No. 1, and as they contain no mercury, so no hurtful consequences need be anticipated from their continuation and repetition.

The dose and management of No. 1, or alterative purgative.

With regard to the dose of the alterative purgatives, it is usual to begin with three or four, but as these are generally given to produce an active effect upon the bowels, the dose should be increased or diminished so as to produce the desired action. If they are given in continued fevers, nervous diseases, or any of those cases in which a constant impression of the bowels is required; then of course the dose must be diminished, and the interval of time between taking them lengthened, so as to moderate their effect. This interval may be four, six, twelve, or twenty-four hours, as the patient using them may find their operation more or less powerful.

If the object is to reduce the quantity of blood, and they are used instead of bleeding, as in apoplexy, or general fulness of the habit, the period between their repetition should be more protracted still; every fourth day, or once a week, may be frequent enough, and in such cases, a low diet, and a vigorous exercise of body should be subjoined.

The best time to take them is on going to bed, as they do not usually operate until the morning at the time of rising; but if they should not operate before breakfast, another dose should then be taken; and cases may occur of particular constitutions, in which the dose should be repeated continually, at intervals of three or four hours, until the desired effect has been obtained.

Another observation may be added; these pills do not in general gripe, but there are exceptions; indeed, in some constitutions, this

consequence cannot be entirely avoided ; as, for instance, in those patients whose passages are loaded with viscid and obstructing mucus, nothing but a searching medicine can be of service in stirring up and purging off such humors, and this will now and then produce a griping pain ; this much, however, may be said, that those who have occasionally found them gripe have thought them of more than ordinary service. If these, or any other medicine should produce griping, the best of all remedies is plentiful draughts of some warm or mucilaginous drinks, such as water gruel, rice milk, panada, &c., a little warm wine and water, with cloves, or any other spice in it is also very proper.

CHAPTER VI.

On the composition of the No. 2, or gentle Aperient Pills, with directions for their management and doses.

THE GENTLE APERIENT PILLS, OR No. 2, are a composition of a different kind from that of the No. 1, their effect being gentle, and their operation slow ; in some cases indeed, they do not cause the evacuations to be more frequent, but only more free and healthful ; and they are therefore taken by many, rather to prevent a costive habit, than to produce an active purging of the bowels. This is a matter of very considerable importance, for there are many persons who have a daily movement of the bowels, and therefore conclude that their action is healthful, although the evacuations are scanty, of a black color, and costive ; such persons are laboring under great deception, and little think that many of the complaints they suffer, especially those of the head, arise from this circumstance ; the dry and hard masses they pass by stool have always been accumulating in the large intestine or colon for several days, so that the fluid humors with which they were at first charged, have been absorbed and carried to the blood.

Few persons are aware of the evils arising from a costive habit of the bowels, or that this is the cause, in their own persons, of many of the complaints under which they suffer. Even apoplexy

and many serious diseases of the head are among this number ; so also is dyspepsia, and where costiveness is not the only cause of this distressing malady, it is always an aggravating one. The same remark applies to diseases of the liver, the lungs, the kidneys and urinary passages ; the blood, loaded with impurities, has to circulate through these tender structures, which it cannot do long without producing obstruction and disease in them.

It is true that those who labor, and thus support a copious perspiration, escape, in some degree, these consequences ; but those, whose occupations are more sedentary, are subject to perpetual diseases from this cause. This is remarkably the case with clerks in Banking Houses, and other offices ; and still more with tailors, shoemakers, watchmakers, milliners, and with those of other occupations of the same sedentary character ; in these, as the perspiration is scanty, the blood is more readily loaded with impurity.

With respect to piles, costiveness is almost the only cause of them, though in a different manner ; here it acts by pressure ; the hardened lumps of stool, which fill the lower bowels, prevent the blood from passing upwards, so that the veins swell, inflame, and sometimes burst, thus occasioning what are termed the bleeding piles.

But the consequences of a costive habit do not stop here, and it is fit that they should be known in order to be obviated ; an inward and constant fever is often attendant upon an accumulation in the lower bowels or colon ; the tongue is foul, particularly in the morning, the sleep is unrefreshing, and the breath putrid and offensive ; the nervous system too, as well the parts subservient to the powers of intellect, as those of sense and motion, is also greatly influenced by torpor of the bowels ;—hence it is, that literary people, as well as nervous and hysteric patients, are so much benefitted by the gentle operation of the aperient pills, or No. 2. They will not be sufficient of themselves in every instance, to clear out the loaded bowels, but when this has been done by a dose or two of No. 1, or the alterative purgative, it is then that their good effects are seen in keeping up the natural action of the bowels, by which a reaccumulation is prevented.

The dose and management of No. 2, or Gentle aperient.

The dose of this gentle aperient varies from three to five or six, or more, and these may be taken either at bed-time, in the morning,

or night and morning; when taken in cases of habitual costiveness, they should be continued as often and as long as the occasion demands. They may, however, be discontinued at intervals, in order to ascertain whether this necessity has been removed. As individual constitutions require different doses, the patient may begin with four pills, and increase or diminish the quantity accordingly, as he finds their operation more or less than is desirable.

When they are prescribed for fever and ague they should be repeated oftener; as often even as every four or five hours, beginning after the shaking fit is over;—the more that can be taken between the shaking fits the speedier is the cure, so that in a case of fever and ague, five or six may be taken for a dose, and if this number should prove too laxative, it may be checked by a teaspoonful of paregoric in a little wine and water, or the number be diminished.

Children require doses, large in proportion to their age;—as a general rule, a child of seven years old will take half the dose of either of the pills, that an adult would require.

In ordinary cases they are taken once a day, either night or morning;—some prefer them immediately before or after a meal, and this is a good time when taken as a corrector or sweetener of the blood. It is not often desirable to increase the appetite in cases of dyspepsia, for such persons generally eat more than the stomach can digest; but where the appetite is deficient and they are used as a dinner pill,—they should be taken 15 or 20 minutes before the meal,—in this empty state of the stomach they excite the secretion of the gastric juice and provoke the appetite accordingly.

It is observed that the operation of this pill with most people is pretty regular, at a certain period from the time of taking them. Many take advantage of this circumstance, and use them at such an hour as to operate at the most convenient part of the day. For the general purposes of health, their operation should take place either in the morning or evening; but in those whose sleep is unrefreshing, it is better to have it in the evening or before bedtime. It is observed that a peculiar calm and refreshing sleep succeeds their operation in the evening, while a pleasing calmness and command of thought succeeds to it in the morning following.

It may be also justly added, that nothing is more calculated to counteract the effects of over-repletion; and those who have been

tempted to partake too freely at the table of hospitality, should never omit to take a laxative dose of them on going to bed.

These aperients are composed of three ingredients, each of which is capable of acting only upon separate parts of the alimentary passages; the first, being soluble in the stomach, imparts vigor and tone to it; hence its value in cases of Dyspepsia, Gout, Apoplexy, and all the diseases in which a peculiar weakness of this organ is a prominent feature: the second, dissolving in the small intestines, exerts its influence on the liver and biliary secretions, and is efficacious in removing all obstructions of the gall-duct, and in the various diseases of the liver: the third ingredient is reserved to operate on the lower bowels, and having entered with the refuse of the food into the colon, it there dissolves, and communicates an invigorating stimulus to this large intestine which affects it throughout its whole extent, thus exciting a natural and free evacuation.

In the remarks which have been now concluded, every thing has been reverted to which has appeared requisite with regard to the high authority of this medicine, its composition, properties and general use and management. The leading and fundamental principles which are applicable, more or less to all diseases have also been explained; and the manner in which diseases take their origin, and become relieved or aggravated through the medium of the organs of digestion have been clearly pointed out.

It therefore now remains that something more descriptive and particular should be said on such diseases as are of most general occurrence, so that the most plain and perfect understanding may be attained, with regard to the particular use and management of the Pills, in these diseases individually.

This, therefore, leads to the domestic treatise on particular diseases,—the catalogue of which will be found in the Index.

A DOMESTIC TREATISE

ON THOSE PARTICULAR DISEASES, FOR WHICH THE IMPROVED HY-
GEIAN PILLS ARE ESPECIALLY INTENDED, IN WHICH ARE POINTED
OUT SUCH OTHER REMEDIAL MEASURES AS ARE ADAPTED
TO THE PECULIAR CIRCUMSTANCES OF CONSTITUTION,
SEX, &c. &c, SO AS TO GIVE MORE ENTIRE
EFFICACY TO THIS MEDICINE.

It will be observed that in the following treatise, the writer has included several diseases in one Chapter ; the reason for doing this is, that these diseases are so nearly alike in character, although having different names, or require a mode of treatment so precisely similar, that it would only have tended to produce confusion, if he had treated of them separately.

CHAPTER I.

DYSPEPSIA, INDIGESTION, BILIOUS AND HYPOCHONDRIACAL AFFECTIONS.

These are complaints of one and the same nature, and are therefore properly treated of together. In all of them the organs of digestion are in a disordered state, but the stomach, generally, is most affected: it is weak, and cannot perform its proper office; hence the food ferments, rather than digests, in the stomach, and thus produces wind, acidity, and oppression, after eating. But these are only the first effects, for the imperfectly digested food passing along the intestinal canal, (see Plate the 1st,) supplies the blood with every kind of humor and impurity; and these again are ready to produce a variety of disorders in the different parts through which they are to circulate. So also, when the refuse of this ill-digested food arrives at the large intestine or colon, it is not removed in a due and natural manner, but is there retained, until it parts with every portion of its putrid humors, and after this a dry and hard evacuation passes off by stool.

The consequences of such a state are very numerous, and they extend even to the mind;—lowness of spirits, the spleen and hypochondriacal imaginations, as well as melancholy, are frequently among their number.

In these complaints the Improved Hygeian Pills are found to produce the best effects, but for the particular manner of their operation the reader is referred to pages 18 & 20, on the subject of the composition of the Pills. In Dyspepsia, and in all the affections above enumerated, it is proper to begin with number 1. Three or four of them may be taken at bedtime, and if they should not operate sufficiently in the morning, the same dose should then be repeated. The bowels being thus effectually unloaded, a peculiar elasticity of feeling and tranquillity of mind succeeds their operation;—the gross impurities and vitiated bile which would have circulated through the tender structures of the body, are now carried off, while their direct impres-

sion on the bowels, transmitted through the medium of the nervous system to the brain, has also been removed.

But there is something more than this to be effected in the treatment of Dyspepsia, or its various symptoms, though much alleviated, will certainly return. It is on this account that the mild and steady operation of the aperients, No 2, is so beneficial; these maintain a gentle action of the bowels, and being designed to be continued a certain time, they impart a natural tone and vigor to these organs, by which the digestive function is permanently re-established.

For this purpose from three to five or six of No. 2, are to be taken every night, or in the morning. These may be made to operate a little on the bowels, by varying the dose, but it should be remembered that their general effect is rather to prevent a costive, than to excite a purgative condition of the bowels. Thus is the stomach strengthened, the bile promoted, and the hurtful accumulations of the large intestines effectually prevented.

But there are yet some other points to be attended to in the cure of this disease. The first relates to diet, for if certain and very common errors are persisted in, on this particular department, we shall fail in all our efforts.

The diet of a dyspeptic person should be animal, rather than vegetable; not that the latter kind of food is to be entirely excluded, but it should make a smaller proportion in his daily food, than he himself might ordinarily choose. Neither should it by any means consist of soups, or broth, or of any fluid kind. These are generally recommended where the digestion is thought to be weak, but it is a most unfortunate mistake. Animal food in this form is far more disposed to become acid, and to generate wind in the stomach, than in a solid form. Indeed, fluid of any kind, should be partaken of but sparingly, even though the meat be solid. The stomach cannot so well be brought to act upon the solid part, when it is floating in so much of a liquid kind;—moreover, the gastric juices of the stomach, so necessary in the office of digestion, are too much weakened when thus diluted. It is advised, therefore, to take but little drink at meals.

Another popular error regards the quantity to be taken at any given time. Now, I would not by any means promote an overloading of the stomach, but I see a material error, which has crept

into general belief on this subject. "Take a little and often," is the usual advice; but this is quite wrong in dyspepsia. Such persons do not consider what they are saying, and I am sure such advice will never be taken by those who shall have perused attentively what has been already said in these pages on the digestive process. In that short chapter this subject is clearly stated:—It is there seen that digestion is a two-fold process; one part only of which is performed in the stomach, the other in the small intestines; and that the food undergoes as much, or even more elaboration in the small intestines than in the stomach. Now, if you are perpetually taking a little and a little into the stomach, you commit two grand errors: in the first place, you interrupt the process which should be going on in the small intestines, by drawing off the nervous energy from them to be expended upon the fresh supply of food taken into the stomach, by this means the whole digestive process is deranged;—and in the next, by keeping the stomach in perpetual exercise, you deny it that repose, which every organ needs in order to recruit its powers. Be advised, therefore, to take meat, certainly not more than twice a day, and let it be boiled, broiled, or roasted, and with very little fat; let the quantity also be moderate; in short, let your concern be to "take a little and good," rather than, a "little and often."

Another error which should not be overlooked in this place, relates to exercise. This is often directed to be used before dinner or meals, and thus persons who are engaged in the sedentary occupations of the counting-house, and jaded by severe attention, are persuaded to take a ride or a walk, or otherwise fatigue themselves before a meal, to get an appetite for eating. Nothing can be worse. Such persons do not recollect that dyspepsia is a disease of weakness, in which the stomach has the largest share. Now, if the body be fatigued by exercise, the stomach is so too, and this must surely be improper, just at the moment when its feeble powers are to be employed in the office of digestion. Exercise, especially in the open air, is very necessary, either by walking or riding; but it should never be used to any extent, immediately before or after a meal, neither should it ever be persevered in so as to induce great fatigue.

As to the fatal effects of intemperance to the dyspeptic, they are supposed by the writer to be so well known as to render it alto-

gether superfluous to allude to them in this place, especially as they are noticed in the chapter on intemperance.

These are the remarks which it has been thought advisable to make, in connexion with the Improved Hygeian Pills, on the treatment of dyspepsia. They embrace all that is really important on this subject, and those who adopt this course of treatment will find dyspepsia to be a disease much more controlable, and much more frequently admitting of cure than is generally supposed.

CHAPTER II.

GOUT.

The new and Improved Hygeian Pills are found to be the most convenient and efficacious remedy for Gout, that has ever been contrived, and this disease, which has generally been considered an incurable constitutional malady, is now experienced to be as certainly prevented, relieved, or cured, as many other diseases which are peculiar to advancing life.

Under every former plan, it is well known, that when once the gout appeared, uniformly, its attacks became more and more frequent, and every repetition more severe, until, at length, an interval of perfect ease was scarcely ever enjoyed. But, under a proper use of this medicine, with a due attention to the hints which are subjoined, the returning fits of gout become less and less frequent, and each attack generally less severe.

And not only is there now a better remedy at hand for gout, but the disease itself is better understood. It is not, however, said that there is nothing left to be discovered of its nature, but that its connection with the derangement of the organs of digestion, is better understood than formerly, and its treatment on this principle more rational and effective. Indeed, the word *hereditary* having been applied to gout, seems to have precluded every rational investigation of its nature, and certainly quite forbidden every expectation of relief; so that persons laboring under the tortures of a gouty fit,

could obtain but little more assistance, than that which nursing and patience could administer.

Now, with regard to its hereditary nature, it is true, that if an individual of a gouty family indulge in habits of intemperance of any kind, whether it be in eating or drinking, or in intellectual pursuits, he will probably have the gout himself; but these habits will also bring it on in many other persons, in whom no hereditary claim to this disease, can possibly be traced. Is it not, therefore, certain that it depends on something more than hereditary constitution?

Again, in every instance of the gout, a train of symptoms clearly pointing out derangement of the organs of digestion, appear first, and these generally continue for a certain time before the gout is seen. Further, it is observed that when a fit of gout abates, the symptoms of dyspepsia also disappear at the same time, and the digestive organs are restored, in some measure, to a healthy state.

It was in reflecting on these truths, that the writer first conceived the propriety of letting the question of the hereditary nature of the gout quite alone, and was led to inquire whether this disease could not actually be prevented, even in gouty families, and cured or modified in others, from what cause soever it had sprung. This, as might be supposed, he attempted by means calculated to restore the organs of digestion to a healthy state, and keep them so; and he may safely add, that the result of his practice has amply proved these views to be substantially correct.

This also further led to a better practice in the treatment of dyspepsia itself; for he found that the ordinary means of securing a diurnal movement of the bowels, so essential in dyspeptic persons, were, for the most part, weakening; — the very thing to be avoided; and it was under this impression, together with the conviction that the essential nature, both of gout and dyspepsia, was a state of weakness, that he composed his Alterative Aperient Pill, for the properties of which see page 20.

From what has been said, it will be perceived that the object of the writer is to prevent the gout, or prevent its gaining on the constitution of any individual when it has once appeared, rather than to produce any great effect upon any single gouty fit, when it has actually commenced. For the purpose of shortening, and very materially lessening the agony of gout, there are powerful means;

but as these are of a nature altogether unsafe for private and domestic hands, he thinks it better to omit the mention of them entirely.

With a view therefore of preventing the gout, or with the intention of saving an individual from that faulty state of the constitution from which a fit of gout bursts forth, the Aperient Pills, or No. 2, are chiefly to be relied upon, and their management is so precisely the same as in dyspepsia, that it will be requisite to say but very little on this subject. It should be remembered that they are not to purge, but rather to prevent a costive state, or to prove a little laxative. If at any time the general habit has become too full, a dose or two of No. 1, is to be preferred, which may be repeated at intervals of a few days.

Many persons take their daily dose of Aperients, just before or after meals. In this case, they are hardly considered to be a medicine but rather as a part of food. They do not, indeed, nourish the body, but by mixing with the food, they give to it that strengthening and recruiting quality, which it does not possess without. In this manner, their operation also, as aperient, is pretty regular, and many take advantage of this circumstance so as to procure an evacuation towards evening; for, the sleep which follows upon the emptying of the colon before bed-time, is always more refreshing and tranquil. No person need apprehend the slightest evil from their continued effect; indeed, such is the general comfort of body, and serenity of mind which accompanies their continued and habitual use, that many persons are not disposed to leave them off at all.

With regard to food, the same remarks which were made upon dyspepsia are applicable here, but those who are most disposed to gout, are commonly persons who indulge too much in eating, and fall into habits of inactivity. These habits, at a certain period of life, are inseparable from that weakness which engenders this disease, and it must therefore be stated, that those who wish to avoid, or to cure the gout, must strictly regulate themselves in these two particulars. Without a regulated plan of diet and bodily exercise, the gout may be greatly benefitted by this plan of medicine, but not entirely cured.

There is also an intemperance in the exercise of mind which oftener leads to gout than many are aware of. This disorder, espe-

cially in its more irregular forms, is very common in literary and studious persons. When literary people are troubled with undefined and irregular complaints, they should be aware of this, and relax in their pursuits; in the mean while, they will find that nothing in the form of medicine is more suited to relieve the effects of mind upon the body, or to bring the powers of the body to react upon the jaded faculties of mind, than these aperient pills.

Should an absolute fit of gout come on, two or three doses of the fever purgatives, or No. 1, should be taken,—the affected part should be kept cool, (not wrapped up in flannel,) and the diet should be low. These means will greatly lessen the pain and fever, and shorten the fit materially.

CHAPTER III.

RHEUMATISM, LUMBAGO, AND RHEUMATIC GOUT.

These most commonly arise from cold, or irregular clothing and are more of an inflammatory nature; still the utmost good is obtained by an attention to the digestive organs, and by guarding against a costive habit. For this purpose, the aperients, No. 2, should be taken for a week or two together, and now and then a dose of No. 1. By this plan, in conjunction with a due regard to clothing, the most obstinate rheumatic affections are removed.

Rheumatic Gout is nothing more than Rheumatism engrafted upon a gouty constitution, and should be treated as the gout.

CHAPTER IV.

APOPLEXY, GIDDINESS, HEADACHE, CONFUSION OF MEMORY, AND OF
THE SENSES OF SIGHT AND HEARING, ALSO FEELING OF NUMBNESS
IN VARIOUS PARTS OF THE BODY.

These are complaints of the utmost danger, and the safety of every one afflicted with them, depends much more upon the patient's own knowledge of their real nature than on the skill of his physician. For this reason it will be an object of much care to make this subject as plain as possible, and it will be no small encouragement to those to whom it may relate, to be assured that these diseases are greatly under the control of proper management.

Apoplexy is not that sudden complaint which many suppose it to be; on the contrary, it is slow and very deceiving in its approach. Even in those sudden and fatal strokes we hear of, there are always premonitory symptoms, and these, if they were but known and properly treated, would generally lead to measures of relief and safety. The complaints at the head of this chapter, are of this premonitory kind; they are all of one nature, and under different circumstances lead to apoplexy.

In this disease it is essential to keep in mind two things;—first, that there is a certain weakness in the blood-vessels of the head; and next, that too great a quantity of a rich and heavy blood is circulating through them. The plan of cure is therefore plain and rational;—it is, to strengthen the vessels, and to reduce and purify the vital fluid. Now, every one agrees to this, but every one is not acquainted with the means by which it is best accomplished. In all these complaints, for instance, the common practice of repeated blood-letting is adopted, but nothing can be more unfortunate than such a practice. This is not the way to lessen circulation,—it increases it. That the practical effect of bleeding is to increase the quantity of blood, is known to every Grazier. On this account it is, that he always bleeds his cattle once or twice before he puts them up to fatten for the market. He does not always know the

reason why it is so, nor is it necessary here to point it out, but he knows the fact.

In Apoplectic symptoms, therefore, *except in circumstances threatening an immediate stroke*; and in all diseases in which too much blood is a principal cause,—bleeding is a dangerous remedy, and very often fatal in its consequences. In all these cases, the repeated operation of the alterative purgatives, or No. 1, is decidedly to be preferred. By these the blood is diminished in quantity, as well as purified in quality; and this is brought about by means that do not lead to its reproduction, which bleeding always does.

In all the cases we have mentioned above as circumstances of an apoplectic tendency, the proper use of the purgatives No. 1, is, therefore, to supply the place of blood-letting; and these, in conjunction with the rules which are to follow, will relieve many an anxious sufferer from the fear and risque of sudden death.

The importance of this subject is felt to be very great, and the writer would fain endeavor to impress it on the minds of all who have an interest in it by another word or two.

If any one should doubt the truth that the proper use of the Pill No. 1, can lessen as well as purify the blood, he is requested to turn to plate the 2d, and observe the prodigious size and number of the blood vessels which ramify over the inner surface of the intestinal passage. Now, over all these vessels this pill exerts a full command, and by their judicious use the quantity of blood can be reduced as certainly as by the lancet. But this is not all, for the reduction thus made is gradual, and therefore permanent; while the effect of general bleeding is to arouse the system to a fresh supply of blood, and when this habit of re-supplying blood has once become established, an increasing fulness of the vessels is a constant consequence; so that the danger of a rupture of the vessels in the head is increased, instead of being diminished, by repeated bleeding.—It may not be improper just to mention in this place that the same remark applies to those distressing cases of palpitation which frequently occur in elderly people, particularly in those who are inclined to corpulence, and in whom the little vessels on the face are of a bluish cast. Such persons are very apt to fall into this error, but it is a dangerous and very often a fatal one, and therefore cannot be too plainly pointed out. It is certainly true

that those who adopt this practice most commonly find relief to be the immediate result ; but this is the more to be regretted ; for it is that circumstance which leads to a repetition of a practice which directly involves the dangerous consequences already stated. Depend upon it, if no other means can be devised,—none which have a more permanent effect in lessening the quantity of blood in constitutions of this kind, (which are called *plethoric*;) such individuals live from day to day upon a very slender tenure.

But, in returning to the treatment of apoplectic constitutions, it may be further added, that while the quantity of blood is certainly and permanently reduced by the operation of this Purgative Pill, its current and determination is likewise altered by the same means. In the apoplectic, not only is the blood too abundant in quantity, but the proportion of it which circulates through the vessels of the head is also too great. There is a certain irritation in the blood vessels of the head, in apoplectic subjects, which perpetually invites the circulation to the brain. It has been shown already whence this arises, and to what extent the diseases of the stomach, the liver and the bowels, especially accumulations in the colon, produce and maintain this irritation ; and the reader who is desirous of further information on this subject, is referred to what has been said on the composition of the Aperients No. 2, Chapter VI.

In this place it is only necessary to mention this additional advantage of these Pills, and to show that while their immediate operation is upon the bowels, and the circulation is determined to this part in consequence, so it is diverted from the head in the same proportion, and those vessels are allowed to recover their natural tone accordingly.

The use and management of this medicine is the following :—

It will be observed there are two kinds of Pills ; the first is prescribed with the intention of reducing and regulating the circulation of the blood, and must therefore be had recourse to just as the system stands in need of absolute depletion or reduction, and of course must be continued and repeated according to the emergency and the effect which is seen to be produced. One person for instance, will require a repetition of the Pills every second or third day, and will find his strength, both of mind and body, greatly improved in consequence ;—while another might feel weakened by

such frequent doses, and should therefore repeat them but once a week. Again, one individual will be found to require a greater number for a dose than another, so that the dose must be regulated on the score of their activity. From three or four to six or eight evacuations of the bowels can generally be sustained, but the dose may be so regulated as to act as may be found desirable. Let three or four Pills of No. 1, be taken to begin with, and this quantity may be increased agreeably to the end proposed.

When the habit of the body is found to be reduced, and the uncomfortable sensations of the head, and the premonitory symptoms are relieved, then leave them off, to be returned to only in the event of a relapse.

The second kind of Pill, or mild aperient, is also of great utility in every stage of these complaints. In the first place, their mild effect is called for on the intervening days between the more active doses of No. 1, and when the occasion for the stronger pills has ceased, nothing will more contribute to preserve a healthy state of the organs of digestion, and of the colon in particular, than their occasional and judicious use.

With regard to diet and exercise,—much which has been said upon this matter, both in dyspepsia and gout, is applicable here. Bodily exercise, however, is still more called for, and if the habit is gross and corpulent it must be carried on so as to promote a free and copious perspiration. It should also be as regular as can be commanded. The diet too, should not consist so much of animal food, and if the constitution be still disposed to become plethoric, the diet must consist almost entirely of vegetable articles. A life of regularity and temperance is known by all to be absolutely called for.

CHAPTER V.

INTEMPERANCE,—ITS EFFECTS AND REMEDY.

The object of the following paragraphs is to point out a remedy for some of those effects which render it so difficult to abandon the use of intoxicating liquors when once established.

Many an individual has made attempts to conquer this habit, alike destructive to health and happiness, but in these endeavors he has had to contend with such a host of disordered feelings, the effects of long continued inebriety, that he has given up the task, under the impression that he could not live without stimulating drink.

The habit of intemperance, in many cases, is begun without the slightest suspicion of impropriety or danger; even moral persons of the highest intellectual order, have been seduced unconsciously by this specious and deceitful agency. For instance, many of the complaints for which the pills would prove a certain remedy, are attended with a languor and depression of the spirits, for which the use of wine or something which exhilarates proves, unfortunately, a temporary soother; this may even be in the form of medicine, such as a few drops of the red spirits of lavender, upon a lump of sugar; but, in what form or shape soever it be taken, its temporary relief is very soon dearly paid for. The first effect of this unhappy practice, is to quicken the returns of languor and depression; but these return not under the same circumstances as at first; for they now require a greater force of stimuli, or a more abundant supply to counteract them.

Invariably, the consequence of habitual wine or spirit drinking, is to increase in its demand upon you; and the climax of the drunkard's scale of graduation, is generally the strongest brandy, and every hour or two the usual interval between its repetitions.

But, the various diseases which await the intemperate can scarcely be enumerated, yet there is not one for which this medicine, if rightly managed, is not a remedy. The first conspicuous effect is gener-

ally on the stomach, in the form of indigestion; then follows either emaciation, or a bloated fulness, unsteadiness of the hands and limbs, headache, loss of memory, and a state of dejection. There is usually, also, a peculiarly irritable state of temper, even in those who formerly were amiable and patient, hence the meal becomes embittered, the social tie is weakened, and the very basis of domestic happiness at length is broken up.

But, if the symptoms which have been enumerated are not enough to serve as warning, then there will soon follow, pain in the right side, extending to the shoulder; jaundice; occasional bleedings from the nose, the intestines or other parts; dropsy of the belly and legs, and delirium. Under all these circumstances how important is it to know that the habit may be discontinued 'ALL AT ONCE.' It is a great mistake to think it is to be attempted by degrees. The popular advice, to add a drop of sealing wax to your glass after every dram, and thus gradually lessen the measure, is bad advice;—it has more of wit than wisdom in it. If this advice be ever applicable at all, it is in those cases only in which the constitution is broken down by long indulgence. With the exception of such a case I know of none in which a total and sudden abstinence from every kind of spirituous potation, is not the SAFEST and the EASIEST method to be adopted.

In every instance of disease from drinking, the stomach and organs of digestion are first affected, and this is the only medium through which the constitution can be repaired and re-invigorated. On this principle it is that these pills are recommended and relied on. If they are taken as directed, although the languor and craving of the accustomed stimuli should return, they will be of short duration; while those false and spurious feelings of vigor, excited for a few moments by exhausting stimulants, will be succeeded by an abiding energy of mind and body, such as health alone produces.

The aperients, No. 2, are chiefly used in these cases,—and, for the manner in which they operate, the reader is referred to page 20. Let from three to four of the mild aperients be taken every night, or every morning at breakfast time, and these should be continued until the appetite and general strength of body is established. It is best to increase the dose, if they should not happen to be gently laxative, for it is worthy of remark, that those who suffer least from

habits of intemperance, are they who are subject to moderate looseness of the bowels, similar to that produced by the pills, which serves to carry off, in some degree, the poisonous effects of what is swallowed.

CHAPTER VI.

FEVER AND AGUE, BILIOUS AND REMITTENT FEVER, YELLOW FEVER, SCARLET, TYPHUS, NERVOUS AND COMMON FEVER.

Although there is something peculiar to each of the febrile diseases above enumerated, and a great difference in some of them with regard to their rapidity and danger; yet there is a striking similarity in their general treatment; and it will be found, that that part of the treatment of fever which is of more importance than any other, is requisite and necessary in them all, without exception.

The most essential point in the treatment of fever consists, first, in evacuating the intestinal canal of all its putrid contents and humors, and afterwards in maintaining a certain action of the bowels, by which the regeneration of such putrid humors is prevented. For the first purpose the composition of No. 1,—the febrile purgative, possesses the most specific virtue; while, for the remaining purpose, the same pill in smaller doses, or repeated at longer intervals, is most remarkably adapted.

Fevers, therefore, as it would appear, have much of one common nature, which is peculiar to them all; and it is the vitiated humors of the body, and the state in which the intestinal canal is found, which makes the principal difference in them. Indeed, by far the greatest number of fevers, arise spontaneously from the disordered condition of the intestinal canal alone, and then become nervous, putrid or malignant, just as these vitiated secretions happen to determine; very generally, those which arise from any other cause, as from cold, would speedily go off if they were not fed and concocted into different kinds from this common source of pestilence and disease.

But, when this very general cause of fever is so fully stated, it is not pretended that there is no other cause of fever whatever. It is fully acknowledged that there are other causes which give rise to fevers, and those of peculiar and malignant character; and it is a knowledge of this truth which has given occasion for considering fever under the various names which are given at the head of this chapter. One observation, however, may be made, and should excite peculiar gratitude, viz. that while the dangerous and pestilential kinds of fever are few in number comparatively, by far the greatest number of febrile diseases are of a milder character, and are aggravated by causes which it is in our own power to regulate and remove.

It is proposed, therefore, to consider the subject of fever in the order already stated, and to point out what other means of treatment are required, in order to give the utmost degree of usefulness to the fever purgative, as well as to show the proper use of the mild aperient in each disease.

FEVER AND AGUE.

Every one knows this form of fever by the perfect intervals of all the symptoms which occur between the fits. This interval may be a day, or two, or even three days, and the fever is termed accordingly, a second or a third day ague.

The best way to attack this disorder, is to wait for the usual time of the returning cold fit, and the moment it is found to be coming on, then to take a vomit. Thirty grains of ipecacuanha powder is a very good one, but it does not matter greatly what the vomit is; half a table spoonful of the flour of mustard, in a pint of warm water, is as good as any, and very safe and certain.

Two or three hours after this, begin with the fever purgative or No. 1.—and after the bowels have been unloaded, then begin with No. 2., which must be repeated and continued until the disease is cured.

The dose of No. 2, in this disorder, is from three to five, or more; and these must be repeated every four or six hours. The more that can be taken between the usual period of the shaking fit, the

more certain and quicker is the cure. If it should happen that these large doses excite the bowels too much, a tea spoon full of pargoric in a little wine and water, once or twice a day, will check it, or the dose may be lessened.

This is the course which is to be pursued for several days, or until the ague ceases to return, when the pills are to be diminished by degrees, and in a day or two more may be laid aside. It is remarkable that Fever and Ague, which has continued long, is liable to return at the period of the changes of the moon, and on this account it is desirable that a dose or two of the pills should be taken, before and after the first or second lunar changes. If it should happen that a sufficient quantity of pills cannot be taken for the cure of Ague, in consequence of the laxative effect, this inconvenience must be remedied by taking them in conjunction with the Quinine, or the Peruvian Bark. It is known that there are many cases of Fever and Ague, which resist the efficacy of the quinine or bark alone; but it has never yet been known that the fever and ague has ever resisted the efficacy of the quinine or bark, when taken in conjunction with these pills. By this means those obstructions which prevent the curative operation of the bark, are removed by the pills, and no fever and ague, however obstinate, can withstand this compound.

In such cases the following will be found to be the most convenient and efficacious method of combining them. To one bottle of Madeira or Malaga wine, add sixty grains of sulphate of quinine, or one ounce and a half of Peruvian bark may be used in lieu of the quinine. Shake the bottle, and take of this two or three table spoonfuls, or a wine glass full, every two or three hours, having cleared the stomach and the bowels as before advised. With each dose, take two or three of the pills, No. 2, or just as many, and as often as may be necessary to keep the bowels moderately relaxed. It will seldom be necessary to continue this plan beyond a day or two, so that the quantity may be diminished, and by degrees the use of the medicine left off. It is found very useful to continue a mild dose of the aperients for a week or two after, both with a view of recruiting the general strength and health, as well as preventing a return of the ague fit.

BILIOUS AND REMITTENT FEVER.

What is meant by this fever is indeed expressed in the name. It means a fever in which the symptoms come on and run high at some particular period of every day, and after some hours duration they abate, but do not go entirely off. If the symptoms were to go off entirely, and return on the next day, or day after, then it would not be a *remittent*, but an *intermittent* fever, or fever and ague, which we have just been speaking of. The difference then between remittent fever, and intermittent ague is this; that in remittent fever the symptoms only very much abate for a time, while in intermittent or ague, they go entirely off. In both cases the symptoms return pretty regularly at a certain hour on the following day; but while the remittent returns regularly every day, the intermittent or ague, sometimes returns only every second or third day.

The common remittent fever then will be known by the daily abatement of all its symptoms. It is very often a mild disorder, and is more commonly seen in persons of a weak and delicate form, and those of sedentary occupations, and is very apt to prevail in the fall of the year. This fever is almost always preceded by a costive state of bowels, or some irregularity of the intestinal passage, and often by dyspeptic symptoms. There are some cases in which these symptoms do not at first appear, but in these they never fail to show themselves in the course and duration of the disease; and always prove a cause which continues and greatly aggravates it.— It is on this account that the treatment of bilious and remittent fever, is so simple and successful. Nothing is really necessary but to understand the proper use of the purgatives, No. 1, by which you first unload the intestinal passage, and afterwards continue them at certain intervals, until every symptom disappears. It is proper to begin with three or four, and these should be repeated every four or six hours, until the intestinal contents are thoroughly dislodged.— When the evacuations of the bowels cease to be unnatural and offensive, or become thin and watery, the first object is then obtained, and now the use of the medicine should be moderated, but must not be wholly discontinued. It is upon a judicious repetition of the same pill, that the removal of this disease depends, and by which

healthy secretions of the liver and bowels will be re-established. The dose of the pills may be the same, but the intervals of their repetition may be six, 12, or 24 hours; and at this time it will be necessary to supply the patient with chicken or beef tea, arrow-root, panada, and the like bland and supporting things, and to these it is often very proper to add a little wine or any other cordial.— Under this plan of treatment, sooner or later, this fever will abate, and convalescent symptoms return; with a view of accelerating this return of strength and health, the mild aperients will produce the best effect. From three to four or five should be taken either at night or morning, and, now and then, a dose of the former medicine, or No. 1, should be substituted in their place.

It should also be observed, that throughout the whole course of the disease, the freest ventilation of fresh cool air should always be insisted on. This is of more consequence than persons are generally aware of. It is also very useful to enjoy the advantage of change of air, when the convalescent stage begins; and if the fever has continued long, and much general weakness has been the consequence, this will be greatly advantageous, only care must be observed that too much exposure be not allowed. If any form of fever and ague should follow this disease, and that is not uncommon when it happens in the fall of the year, then take the quinine or Peruvian bark, as directed in that disorder.

THE YELLOW FEVER.

This is a disorder which is frequently so rapid and fatal, that it would always be advisable to obtain the personal assistance of a physician when it can be done. For the benefit of those, however, who have not the opportunity, and with a view to public good, in case the yellow fever should ever become again epidemic in this country, or any other, the most simple and successful kind of treatment shall now be given.

This fever, like the former, is also of the remittent kind; but, owing to a great degree of heat and certain other circumstances, it now and then assumes this peculiar and malignant character. In this disorder there is always great debility, and the liver becomes so exceedingly irritable as to produce an overflowing quantity of bile;

it is this which gives the skin and surface of the body, its yellow color.

In the beginning of the fever there is always, more or less, a high degree of inflammatory action; and therefore, whenever it can be had recourse to, a free and copious bleeding is the first step which should be taken in its treatment. Those physicians and surgeons who have had the most experience in this disorder, either in this country, the West and East Indies, or in those parts of Europe in which it has ever been an epidemic, are all agreed on the propriety of bleeding. The quantity of blood which should be taken, or the repetition of it, are points which can only be determined by the high degree of heat and fever which are present, and the natural strength and fulness of habit of the individual patient. As a general rule it may be observed, that the bleeding should be bold and copious,—not sparing.

When the patient has been blooded, or, in cases where no person is at hand to perform this operation, then immediately begin with medicine. Take three or four of the fever purgative pills, or No. 1, and repeat the dose every three, six, or eight hours, so as to keep the gall duct and intestinal passage free from accumulations of every kind. Both the liver and intestinal glands are under the immediate influence of this disease, and are continually pouring forth acrid and malignant humors. Now, the most important point in the treatment of the yellow, as well as of other fevers, consists in carrying off such morbid secretions as fast as they are formed, and no better means on earth can be devised for this purpose than the fever purgative pill, or No. 1.

There is however, one circumstance to be mentioned in connection with their use in this disease: it is, that an irritable state of the stomach and bowels sometimes presents itself which causes them and every thing else which is taken, immediately to be rejected by vomiting;—or, if they pass into the bowels, they do not remain there long enough to produce their good effect upon the liver and intestinal glands. To allay the vomiting, and obviate these effects, some opiate or other quieting ingredient should be given with them; and the most convenient and excellent form of medicine for this purpose, is the paretic. In such cases, therefore, let a tea spoonful of this

be given in a little water with every dose, or every other dose of the pills as it may be required.

The next object in the treatment of yellow fever, is to subdue the raging heat of the body as much as possible. For this purpose nothing is better than sponging the limbs and surface of the body with cold water, or vinegar and water. This must never be omitted.— Let a person sit by the bed side, and continue his work steadily.— First begin with the feet and hands, then go up the limbs and then over the whole surface ; afterwards begin again with the feet, or where the heat is greatest, and do the like. It is astonishing how much the heat is to be subdued by this simple means, and how grateful and supporting it is to the suffering patient. It is also the best of all means to bring out a perspiration. This salutary action cannot take place under great febrile heat of body ; but if you can reduce this heat to a certain point by any means, then sweating will break out to the great relief of the patient. Sleep also is brought about by reducing the heat of the skin ; and the author has often known a calm and refreshing sleep to succeed this cooling process, especially in children with the scarlet fever, when no medicine could procure it ; he therefore, lays great stress on this simple means.

Another and co-operating measure which must always be insisted on is ventilation. The importance of a free current of fresh cool air cannot be told. Every contrivance for this purpose is invaluable. Let the bed be removed to the coolest room in the house, and so placed between the door and windows as to make the utmost of the change. If ever yellow fever should become again an epidemic in this country, it will be found that removing every patient as soon as possible to an encampment formed on this principle, will prove the happiest means of saving life and extinguishing the raging pestilence.

The beverage also should be cold ; cold water, or water acidulated with lemon juice, or any kind of acid, may be drunk without measure or limitation,—the more the better.

When the fever abates and marks of convalescence begin to appear, a light and nourishing diet, just as in the convalescence of other fevers, will be demanded. Bark and cordials are sometimes called for.

The treatment of yellow fever then, whenever it occurs, may be condensed in a few words.—Bleeding at the onset, if it can be done; Repetition of the fever purgative pills, or No. 1, assisted with the paregoric when vomiting and irritation of the bowels are present;—sponging the surface of the body, and free and constant ventilation.

SCARLET, TYPHUS, NERVOUS AND COMMON FEVER.

It is not necessary to say much on the treatment of the fevers above mentioned, as one common principle is applicable to them all, and this has been plainly described in what has been already said. If a common fever continue in a person whose constitution is suffering from impurities of blood, disorders of the digestive organs, anxiety of mind, bad diet, impure air, or any such cause,—then it becomes a low fever, or what is called nervous;—or, it may become lower still, when it is called typhus, or putrid. Now in all these, a like treatment is required, and this consists in a well regulated use of the fever purgative, or No. 1, just as it has been pointed out in speaking of yellow fever. The object is to clear the constitution of humors and vitiated secretions, and then continue their use in such a manner as to maintain a certain moderate action on the bowels. Thus a link is broken in that chain of morbid action, on which the existence of disease depended,—the resources which supplied materials for its typhus character, are quite destroyed, while the nervous system is left at liberty to exert the powers of nature in the re-establishment of health.

The same remarks which have been made upon the utility of the cooling process, are equally correct in fevers of every kind; but as the heat does not run so high, and the danger is not so great, such measures, are not often required to the extent which has been mentioned in the previous article. The means of cooling the body, however, by sponging or otherwise, is proper in all fevers, and when the heat arises above the ordinary standard, and the patient is sensible of it, it can never in any instance be hurtful, and scarcely ever can be useless.

With respect to scarlet fever, too much cannot be said to urge

the practice of sponging the body. Indeed, the author, for many years, has laid a greater stress upon cooling ablutions in the scarlet fever, than on any other means, and not without the happiest results.

With regard to other remedies but little may be said; for, if the proper use of the fever purgatives be secured, and the heat of the body be reduced by the united efforts of sponging, and constant ventilation, but little else will be required.

In the course of fevers, however, of any kind, local symptoms will sometimes happen. The brunt of the fever in such cases seems to fall in the form of inflammation, on some one or other part of the body, and this is known by great heat and pain in such part. These local affections must always be treated on the common principle of inflammations, and sometimes a general blood-letting is required.

When this part happens to be the brain, or lungs, or any part of the belly, it must never be neglected. The head must be shaved; clothes wet with cold water, or vinegar and water, applied, and leeches to the temples,—sometimes a blister to the nape of the neck. If it happen in any part of the belly, which is known by pressure of the hand, then leeches, warm fomentations, and afterwards a blister will be necessary. These are always safe steps, and in some cases absolutely required. A blister to the throat in scarlet fever is always safe.

With regard to beverage and supporting regimen, this must be regulated by the low or typhus symptoms which appear. Every fever differs in the degree of weakness or prostration of the vital powers, and therefore calls for different degrees of supporting beverage. Wine and water is the general and most proper drink. This is only called for on the score of support, and therefore is only necessary when symptoms of debility, or putrescence are seen, such as a dry brown or blackish tongue, the teeth covered with adhering humors, and the breath and evacuations offensive. In such cases wine alone, and even wine and brandy are required, and must be given liberally.

CHAPTER VII.

SCROFULA, KINGS-EVIL, TUMORS IN THE NECK, ENLARGED JOINTS, ULCERS, ERUPTIONS ON THE SKIN, PIMPLES IN THE FACE, SALT RHEUM, NETTLE RASH, PRICKLY HEAT, BOILS, ITCHING OF THE SKIN, CUTANEOUS DISEASES, &c. &c.

The whole of the above diseases are so much of the same class that they may be advantageously spoken of in the same chapter, more especially as the method of treatment which is proper for one is proper for the whole. All of them are complaints in which the blood is poor as well as foul, and great mischief is constantly done by injudiciously purging to excess with calomel and weakening drugs, while the diet allowed is frequently too poor and scanty.

It is certainly proper to begin in all these cases with a briskly operating purge,—say with a dose of No. 1;—but when the bowels are once cleared, they should then be only gently, though constantly moved by No. 2. It will sometimes be necessary to give a dose of these pills every day, and sometimes every other day, and where the habit is very gross and full, No. 1, may be repeated once or twice a week.

It is, however, the No. 2, gentle aperients, that must be relied upon for sweetening the blood, and by their use the digestion will be so much improved, and the appetite so sharpened that the strength, activity and spirits will become abundant; and it is only in proportion as this result is obtained, which is a proof of general health, that all these eruptions, tumors, swellings, and ulcerations will heal and disappear.

The diet, also, is to be a matter of your care, it should consist of good animal food twice a day, under-done, with a little wine, or beer;—pure air and moderate exercise are also absolutely necessary. The clothing too, must be adapted to the change of weather.

Many of these complaints are seen in weak and delicate young persons, and those parents who have lost their children under simi-

lar affections will be astonished at the health, strength and preservation of life, which will ensue from the treatment here laid down.

Children that cannot be induced to swallow pills, may have them powdered and dissolved in boiling water, and made a syrup of.

CHAPTER VIII.

CONSUMPTION, THREATENING COUGH, DIFFICULTY OF BREATHING, AND ASTHMATIC DISEASE.

To prevent consumption in those affected with a threatening or suspicious cough, and as a remedy for all the various affections of the lungs mentioned above, it may be confidently affirmed that no medicine will be found more safe and efficacious than these pills. There is not a more insidious and fatal evil than a trifling cough, which sometimes improves, but never goes off entirely. If a cough continue much over a week, there is a sufficient ground for care and watchfulness, and if there should happen to be a taint of scrofula in the constitution, or a vitiated state of the blood from indigestion, or an inactive state of the bowels, especially at the growing stage of life, the danger multiplies exceedingly.

In such cases the humors seem attracted to the lungs, by the frequent irritation of coughing, and are there deposited in the form of tubercles;—this is the origin of tuberculated lungs; these tubercles continued to enlarge on every slight occasion, such as change of weather, &c., until at length they suppurate by continual inflammation, and the matter and corruption they contain escapes into the air-cells, and is thence expelled by expectoration.

This is a state of things more easily prevented than cured, and in a great majority of cases this fatal termination of the disease might have been obviated by the timely use of proper measures.

The treatment which is recommended under the circumstances which have just been detailed, is the following:

In a common cold accompanied by a cough, there is generally

a little fever, begin therefore with the No. 1, purgative pills, and repeat the dose in a day or two. If there are slimy and offensive materials in the bowels, they will be certainly removed, and if not, the blood will be cleansed, and its circulation determined to the bowels, and thus the irritation and obstruction in the lungs will be relieved.

If pain about the chest, with considerable fever should attend the cough, a moderate bleeding from the arm is advisable, and it may be laid down as an axiom, that a blister, or mustard poultice upon the chest is always a safe and advisable application in severe affections of the lungs. The diet should at the same time be low, and the patient must avoid unnecessary exposure to cold and all excessive bodily exertion.

In long-continued coughs, in shortness of breath and asthma, the aperients, No. 2, are more particularly useful. These should be taken as in dyspepsia, and now and then a dose of No. 1, to purge away the accumulated humors from the system, and so prevent their disposition to settle on the lungs.

CHAPTER IX.

CHOLERA, OR CHOLERA MORBUS.

The disease which is to be the subject of this section, having so lately raged in this and many other countries, in the form of a severe and very fatal epidemic, it seems a matter greatly to be desired that every individual should be so far instructed with regard to the nature and treatment of this awful malady, as to be able from his own knowledge, immediately to attack it where and whensoever it may make its appearance, and to conduct its cure upon some plain and correct principle. There is no particular reason to apprehend that this disease will again return in the same rapid and fearful form in which we have so lately seen it; yet such an event is by no means impossible; and, moreover, we are at all times liable to the

milder attacks of Cholera; and, indeed, in the months of July and August, as also in the fall of the year, this disease is very apt to become more or less an epidemic.

For this reason, as well as that the life of the sufferer very often depends upon the prompt and decisive measures which are adopted, the writer is anxious to render this disease and the treatment of it as plain as possible; and with this intention he proposes to arrange the remarks he has to make upon the subject of cholera, in the following order:

The nature of the disease termed Cholera, or Cholera morbus.

How to distinguish cholera from disorders which in some degree resemble it.

The causes of cholera.

Objects to be aimed at in the treatment of cholera, also, a list of materials which should be kept in readiness for their accomplishment.

On the different kinds of cholera;—the symptoms which mark them;—and the particular manner of administering the remedies already mentioned in each variety of the disease.

Bilious cholera, or cholera morbus.

Flatulent cholera.

Spasmodic, or Asiatic cholera, its symptoms and treatment.

The treatment of the premonitory symptoms of cholera.

Means for securing general health during the prevalence of cholera.

THE NATURE OF THE DISEASE TERMED CHOLERA, OR CHOLERA MORBUS.

It is to be remarked, that in this complaint, the liver is the organ which is always first affected, and from this source proceeds every circumstance which is observed subsequently to take place. In what this altered state of the liver consists, has not hitherto been ascertained, but the consequence of it is, that the secretion of this organ, that is to say the bile, becomes of an irritating and poisonous quality. In common cholera morbus the bile is generally very much increased in quantity, but this is not the case in all the varie-

ties of cholera, on the contrary, in some it is even deficient, and again at other times, though not deficient, it is nevertheless shut up by spasm in the liver and gall-duct, so that there is no appearance of bile in what is thrown off by the stomach and bowels. With regard to the color of the fluid evacuated, this also varies; in the milder and common cases of cholera morbus, this is yellow and looks like an overflowing of pure, unmixed bile, but in the more severe forms of this disease, the evacuations both of the stomach and bowels are watery, or like water in which fresh meat or rice has been washed.

Further, we observe a striking tendency to spasm. Cramp in the limbs, with spasmodic affections, more or less universal, and which sometimes extend to every organ of the body, is a peculiar characteristic of this disease. Much of this spasmodic affection may be accounted for on the principle of the irritating acrimony of the bile, occurring in a weak and excitable condition of the body, but, independently of this and other causes, there is in cholera a tendency to spasmodic affection which is peculiar to the disease.

It does not seem that there is any essential difference in the nature of cholera, under whatsoever form it appears, and if we examine and compare the common cholera morbus with those severe and fatal cases of spasmodic cholera which occurred in the late epidemic, it will be seen that the difference consisted more in the violence and rapidity of the circumstances attending each, than in any peculiarity in the nature of the disease itself. In every case the liver is the seat and centre of all that follows, while the violence and fatality of every attack depends chiefly on the following circumstances:—the concentrated poisonous quality of the bile;—the ease or difficulty with which it is carried off from the body, and the natural resources of each individual to supply the exhausting vital power.

With regard to the nature of cholera, therefore, it may be stated in few words;—it is a disease in which the liver is disordered, and secretes an acrid and poisonous bile; this quickly disturbs the stomach and intestinal passages, and through them the nervous system;—hence, vomiting, purging and spasms. Such are the symptoms which are characteristic of cholera, and they are violent and fatal in proportion to the intensity of the disease of the liver. In the most

severe attacks, the spasm is so extreme and universal, as to shut up the poisonous bile in the liver, and the gall-bladder, and the vital power becomes most rapidly exhausted; when this takes place, the patient is said to be in a state of collapse, and death is then generally near at hand. Some severe cases have thus proved fatal in less than six hours.

HOW TO DISTINGUISH CHOLERA FROM OTHER DISORDERS WHICH IN SOME DEGREE RESEMBLE IT.

During the panic of mind which prevails at the time of an epidemic, almost every disorder which occurs, especially those which relate to the state of the stomach and bowels, are construed into a case of cholera, and much confusion and unnecessary alarm is frequently the consequence. The disorders which are most likely to be mistaken for cholera, are, dysentery, choleric, and common diarrhœa, or summer complaint; but if what has been said on the nature of cholera, be kept in mind, it will generally be an easy matter to distinguish it from these disorders.

For instance, dysentery may be known by the stools being slimy, not bilious or watery, and often streaked with blood. Further, these evacuations are generally mixed with portions of common stool, and in the intervals of griping, there is more or less of a constant pain, about the fundament. These symptoms, together with the absence of cramp and spasm, will be a sufficient guide to distinguish the disease of dysentery from that of cholera.

In Choleric, and particularly in the painter's choleric, it is true that there is frequently a copious vomiting of bile, while the bowels always remain obstinately costive; nothing whatever can be made to pass by stool; and this striking circumstance will afford a distinctive mark between the choleric and the cholera.

In Diarrhœa, or common summer complaint, the evacuations are more or less watery, but they are not bilious. Neither is there fever, vomiting, or cramp and spasms.

THE CAUSES OF CHOLERA.

With regard to the remote cause, or the reason why the cholera should sometimes become an Epidemic,—this is a matter perfectly

unknown to every one. Certain circumstances, such as heat alone, or heat combined with moisture, seem to favor its appearance ; but there is something more than these, and that which no person has yet been able to detect, which gives existence to the Epidemic form of cholera. It has prevailed even in cold and dry, as well as in hot and swampy districts.

As to the question of its contagious nature,—that is to say, whether cholera is communicated from person to person, or only by the agency of some peculiar, but unknown state of the atmosphere, this has been a subject of much debate. Those who have seen most of the disease, and are therefore by far the most capable of judging, are decidedly of opinion that cholera is not contagious, and in this opinion the writer perfectly agrees. In his judgment the disease cannot be taken by any one, in consequence of attending upon, and nursing those that are affected with it, and those who withhold their personal assistance from their friends or neighbours on this ground, are under a delusion.

But if little or nothing is known with regard to the nature of that cause, which gives the cholera an epidemic character, this cannot be said of the immediate causes which produce it. Much that is important and very practical is known on this subject, and it is the duty of every individual to become acquainted with such causes, and carefully to avoid them. Amongst the most important of this kind, may be mentioned,—intemperance, and irregularities of any kind ; perspiration suddenly suppressed, particularly by cold and damp applied to the feet, as by long standing on cold, damp bricks or stones ;—cold drink, especially if taken when heated by exercise ;—cold, indigestible fruits, as unripe apples and pears, cucumbers, melons, &c.;—also, any violent purgative medicine ;—a state of costiveness ;—a neglected bowel complaint, or such a state mistreated by laudanum or astringents. Fear also may be considered to be a cause, as well as every thing which has a tendency to depress the spirits and exhaust the strength of the body.

Objects to be aimed at in the treatment of Cholera, and also a list of materials which should be kept in readiness for their accomplishment.

The objects to which your endeavours are to be directed in the case of an attack of cholera, are, to dilute, evacuate, and wash out

the acrid bile from the passages, both by the stomach and bowels ;—to moderate the vomiting and purging ;—to allay the cramp and spasm,—and to prop up and support the sinking powers of life. Now to effect these purposes, especially in the time of cholera, every one ought to have in his house, or carry with him on a journey, the following articles :—

1st. Some pearl barley, oatmeal grits, or some gum arabic, or all of these.

2th. A box of five grain calomel pills.

3d. A bottle of castor oil.

4d. A two-ounce bottle of laudanum.

5d. A box of one grain opium pills.

6th. A packet of Dr. Ralph's improved Hygeian Pills.

7th. An instrument for giving an injection, or a common glyster pipe and bladder.

On the different kinds of cholera, the symptoms which mark them, and the particular manner of administering the remedies already mentioned, in each variety of the disease.

There are three kinds or species of cholera,—the *Bilious*, commonly called *Cholera Morbus*,—the *Flatulent Cholera*,—and the *Spasmodic*, or *Asiatic Cholera*.

BILIOUS CHOLERA, OR CHOLERA MORBUS.

This is the first species, and is the mildest. It is the common cholera of our summer months. At such times it frequently becomes more or less an Epidemic, but it seldom gives occasion to much alarm, being usually mild and tractable. The manner in which this disease comes on, is as follows : a person complains, perhaps for a day or two or more, of uneasiness about the stomach and bowels ; he is flatulent and feels some griping pains ;—at length he is suddenly seized with vomiting and purging, and after the first few evacuations, the discharges consist of pure yellow bile, both upwards and downwards. To this pretty quickly succeeds cramps in the legs and arms ; this is sometimes rather severe, and at other times very slight, but there is almost always cramp or spasm in some de

gree or other. In mild cases the vomiting and purging abate in a day or two, and the patient gradually recovers his full health.

In this form of the disorder, that is to say, in common cholera morbus, there is always free vomiting and purging, and it would not be proper, therefore, to irritate the stomach further by emetics and purgatives. The more rational object of anxiety is to dilute and bring away the acrid bile, and to defend the passages from its irritating properties. For this purpose, it is recommended to drink freely and repeatedly of warm gruel, barley or rice water, or water in which gum arabic has been dissolved. These are soon prepared, having the ingredients already at hand, and it often happens that nothing else is necessary. These drinks cannot be taken to excess in this stage of the complaint.

If the vomiting or purging be excessive, or when they continue from weakness after the flow of bile has considerably diminished; then, these drinks should be exchanged for mint tea, or strong toast water, or strong green tea, and if these be not sufficient to check the ineffectual efforts to retch and purge, then twenty or thirty drops of laudanum may be given and repeated two or three times, at intervals, of half an hour or more. If this should not succeed, then give one of the opiate pills, and repeat this as the urgency of the case may demand. A pill of solid opium will often remain upon the stomach when nothing else will. If all these means should fail to soothe and moderate the irritation of the stomach and bowels, then an opiate glyster should be administered. Sixty drops or more of laudanum in a tea cup full of water, is an excellent form of glyster; this has often been found to allay a constant vomiting, hiccough and urgent calls to stool, when every other means has proved unsuccessful.

In the form of outward applications,—draughts, warm bath, or bottles of hot water to the feet;—fomentations of hot brandy and laudanum to the stomach and bowels, and even to the head, will very often be found soothing and supporting remedies.

If the symptoms which have been already detailed, should become still more severe, and their exhausting effects upon the constitution be alarming, this failing condition of the vital principle will be known by the following circumstances: there will be every mark of great weakness,—peculiar anxiety of countenance,—severe cramp,

and repeated hiccough;—small and irregular pulse;—cold and clammy sweats. These symptoms will call for a bolder and quicker repetition of the means already mentioned, particularly for opiate injections. Chicken broth, also, with a dose of laudanum in it should be injected, and wine and water with spice, and any thing of a nature calculated to uphold the sufferer's strength, will be proper at such a time.

In every case in which the symptoms abate, and hope begins to dawn, these means must be diminished, both in repetition and dose, but must not be altogether suddenly withdrawn.

FLATULENT CHOLERA.

This differs from common cholera morbus, principally in the quantity of bile, which is rather lessened in this species than augmented. The distressing and dangerous symptoms are not, however, moderated by this circumstance, on the contrary, they are generally more severe;—the concentrated condition of the bile, seems to excite a still more violent action of the intestinal passage and of the nervous system. In this case, therefore, the painful retching and the fruitless efforts to discharge the contents of the bowels, are more painful and exhausting, while the cramp and hiccough is always more constant and severe.

The general treatment of this species, called Flatulent Cholera, is the same as in the common Cholera Morbus, with the exception of the use of purgatives and emetics. In this case it is proper to begin with an emetic. A tea spoonful of flour of mustard in half a pint of warm water, should be taken, and after this a dose of purging pills. Four or five of the No. 1, improved Hygeian pills should be given an hour or so after the emetic, and repeated every third or fourth hour, until some evident effect upon the bowels is produced. After this the different opiate means which have already been directed in the treatment of bilious or common cholera morbus, are to be strictly followed. The diluting drinks, also, such as barley water, &c, are to be freely administered, and the same outward applications to be made use of.

THE SPASMODIC, OR ASIATIC CHOLERA, ITS SYMPTOMS AND
TREATMENT.

The disease which is now about to be considered, is the Epidemic Cholera, as it appeared in this and many other countries in 1833,—it is a severe, rapid and fatal disorder, and one that requires the most prompt and decisive treatment.

The most remarkable and peculiar symptoms of this species of cholera, are the following :—“ Watery stools ; retching and vomiting of whitish fluid ; spasms successive and violent, often extending to every organ of the body ; great despondency of mind, and prostration of strength.” To this is added, pain at the pit of the stomach ; giddiness ; thirst ; a pulse at the wrist so weak as scarcely to be felt ; the surface of the body and the breath cold ; the tongue also is so cold as to give the sensation of icy coldness to the touch. It is also observed that there is neither bile nor urine, these secretions being suspended by the universal spasms ; the general weakness is so great that the voice fails or sinks into a whisper ; the skin becomes of a bluish color, and is shrivelled up about the feet and hands ; the belly feels like a doughy mass ; the eyes are glazed, and the countenance expresses great anxiety, exhibiting the appearance of great advance of age. Such altogether is the peculiar and distressing aspect of one who is suffering under an attack of genuine spasmodic cholera, that those who have once beheld a case, can never be at a loss to recognise the disease in every other instance. To this it may be added that “ the watery stools,” are of a dingy color, resembling water in which fresh meat or rice has been washed. It is remarkable also, that the faculties of the mind are often unaffected, so that the patient is able in his latest moments to answer questions clearly and correctly, although only in a whisper, or in short sentences.

The preceding description is a short portraiture of the character and symptoms of that dreadful malady, the epidemic spasmodic cholera.

This form of cholera varies in its mode of attack ; in some instances it comes on suddenly, within an hour or two of its first indications, and in other cases, it may be introduced by mild and premonitory symptoms, for a day or two before its full development takes place ;

—but whether it comes on preceded by mild and premonitory symptoms, or bursts forth suddenly in its terrific form,—the following is the treatment to be employed.

The moment the existence of the disease is ascertained, begin with bleeding. Even if the pulse be so small that you can hardly feel it, you must attempt to bleed. Sometimes it is with great difficulty that you can get the blood to flow, but by rubbing the arms, or opening another vein, a little may be obtained, and this generally so much relieves, as to lead to a better circulation and freer flow of blood. It cannot, however, always be accomplished, but it is a most important point gained, when it can be done. The quantity of blood to be taken, may be from sixteen to twenty ounces, but this should be determined by the prior strength and general state and constitution of the individual.

At the same time, or immediately after the bleeding, begin with the calomel and the opium pills. Three of the calomel with one of the opium pills should be given together, and be repeated every four, three, or two hours, according to the emergency of the case. If the retching and urgent calls to stool be not abated, then increase the opiate, and give two of the opium with two of the calomel pills. Sometimes nothing can be made to stay on the stomach for a moment, not even pills, which always remain when any thing at all will;—in this case have recourse to opiate injections. Two tea spoonfuls of laudanum in a tea cup full of any soft warm fluid, may be injected by the instrument, or by the glyster-pipe and bladder, which was recommended to be kept in readiness,—and this may be repeated in half an hour, or an hour or two as circumstances seem to require. It is astonishing to witness the good effect which an opiate thus administered, will often have upon the painful retching and griping stools. As a remedy in these incessant vomitings, ice also has been found an excellent assistant. Small portions may be swallowed every few minutes, and the stomach has often been known to be wonderfully calmed and comforted by it. Chicken tea, beef tea, mint tea, strong toast water, cold or warm, as may be seen to answer best, are also found to be useful remedies; they are to be given as directed in a case of common cholera morbus.

While this is going on,—let the pit of the stomach, the belly, and the limbs, and any part affected with the cramp and spasms, be well

rubbed with equal parts of brandy and laudanum, made hot. A cloth soaked in this mixture, should also be laid on the pit of the stomach, and often replaced.

When the violence of the symptoms begins to lessen, then the means which have been directed are to be withdrawn,—but not at once. The calomel pills may be altogether omitted, but the opiate pills should be continued, though at longer intervals and in smaller doses. One pill every four or six hours may be sufficient, and this gradually discontinued; in the mean while a mild and nutritious diet should be directed.

In the convalescent stage the state of the bowels will require particular attention, and the aperient pills, No. 2, will be called for, both as a gentle laxative, and also as the best means for aiding in the recovery of general health and strength. From three to six of these it would be advisable to take every night and morning, for some time after the patient has got about, confining their operation to a natural relief of the bowels, which otherwise might become overloaded, and occasion a relapse.

THE TREATMENT OF THE PREMONITORY SYMPTOMS OF CHOLERA.

During the late epidemic, when the Spasmodic Cholera did not burst forth suddenly and unexpectedly upon an individual, but became developed in a milder and more gradual manner, the symptoms which preceded the attack were similar to those which indicate a disturbance of the digestive organs, and which are called dyspepsia. These, however, were attended with a more sudden and remarkable degree of weakness than is usual in dyspepsia, and almost always with a disposition to diarrhœa, or laxity of the bowels. These premonitory symptoms chiefly were a sense of chilling, languor, impaired appetite, and some slighter form of common summer complaint; to this sometimes were added pain about the stomach, tight breathing, sighing and vomiting, with occasional slight cramp.

Now, when these symptoms appeared in any one during the prevalence of the epidemic, they were a proof that such individual had been exposed to some of the causes of cholera, and that the disease was just ready to break out in its peculiar and rapid character; in-

deed, they went further than this, for such symptoms were a part of the disease itself, and were therefore a proof that the cholera had actually begun. In this early stage, however, the disease was almost always very curable, for, those who adopted proper measures for these slight complaints very soon safely got well; while those who used improper measures, especially such as suddenly stopped the diarrhœa, as soon became involved in all the misery of this frightful malady. It becomes, therefore, a matter of great importance, that the proper treatment of these symptoms should be plainly stated. The essential object to be effected under these circumstances is a removal of the contents of the stomach and intestinal passages; but this must be done by gentle and not by rough and active means. If there is an inclination to vomit as well as purge, it is proper to begin by giving a gentle emetic. A tea spoonful of flour of mustard in half a pint of water is soon procured, and this the author has always found to answer exceedingly well. But if there be no sickness, then begin with two or three of the calomel pills, and in four hours a dose of castor oil should be taken, with the view of quickening the effect of the calomel and causing it to operate with more effect and moderation.

The feet should be bathed in warm water, and the patient keep his bed,—bottles of hot water to the feet, if any chilling is felt are also very useful. Great attention to habits of regularity and to diet will always be indispensably necessary. Raw fruit, vegetables, and every kind of indigestible food must be carefully avoided.

If the premonitory symptoms should have continued too long, and the treatment above recommended should not be followed by returning health, and particularly a more natural appearance of the stools,—then another dose of calomel and castor oil should be administered as before directed. After this, should the alarming sensations of increasing spasms threaten a more violent train of symptoms, the means directed for the treatment of spasmodic cholera must be adopted, of which bleeding is the first and most important part.

MEANS FOR SECURING GENERAL HEALTH DURING THE PREVALENCE
OF CHOLERA.

Having in the foregoing remarks been anxious to furnish every plain and necessary direction for the treatment of cholera, it seemed expedient to make some further observations upon the subject of a certain general state of health, which affords the best security against the attack of this disease. When speaking on the causes to be avoided during the epidemic prevalence of cholera, it was observed that a neglected state of constipation, as well as the use of improper means to check an unusual relaxation of the bowels, were equally causes of a dangerous kind. Nothing affords more general security against the cholera than a healthy condition of the organs of digestion; but these are often known to creep into disorder so gradually and insidiously, that the patient hardly knows that he is the subject of it. It cannot be said that these organs are in health when the bowels are costive or irregular, the evacuations dark or unnatural in color, and the tongue foul and loaded in the morning. These always denote derangement of the organs of digestion, and are almost always seen together, but it often happens that the individual has never noticed them until they have been pointed out by his physician as the cause of some other subject of complaint. This subject is worthy of great attention, for the writer does not hesitate to affirm that the disordered condition of the organs of digestion constitutes a more general cause of cholera than any other.

At such a time, therefore, it is advised that every person should pay a due regard to the regularity of the bowels, the color of the evacuations and the state and condition of the tongue, and if these are such as have already been described,—depend upon it, he is far more open to an attack of cholera than he is aware of, and it therefore becomes his duty to remove these disordered symptoms by the following easy and effectual means.

Whoever will take the trouble to peruse the remarks which were made in page 20, &c. on the subject of the Improved Hygeian Pills, No. 2, will see the peculiar manner in which they are calculated to effect this purpose. The object is, first, to evacuate the accumulations of the bowels, and then support this healthy and natural

action of the intestinal passages. A free evacuating dose of No. 1, should therefore first be given, and then a daily dose of No. 2, should be continued, until the proper color of the evacuations and the regular action of the bowels be established. The only proper color of the alvine evacuations, is a yellowish brown, or rhubarb color, and it is important to examine occasionally the secretions of the bowels, to know if they are of a healthy color and consistence.

If, on the contrary, there should be diarrhœa or summer complaint,—the same treatment is requisite;—the offending materials should be carried off with a dose of No. 1,—or a dose of castor oil, and the mild and strengthening aperients, No. 2, be afterwards taken and continued daily. These may appear simple means, but they are not less efficient on that account; it is the duty of every individual to adopt them, and inasmuch as it is wiser to prevent than to cure diseases, they may be justly ranked among the most important objects of concern.

CHAPTER X.

INFLAMMATION, EXTERNAL AND INTERNAL; INFLAMMATION OF THE BRAIN, OF THE LUNGS, AND OF THE BOWELS; OPHTHALMIA, QUIN-
SY, MUMPS, INFLAMMATORY SWELLINGS, TUMORS, &c., &c.

Inflammation, wherever it occurs, is the same disease, and the general principle on which its treatment is conducted, is so exactly similar, that the observations which are about to follow, will be applicable to every inflammatory disorder.

The consequences and danger of inflammation, however, vary exceedingly from the situation and structure of the part which is the seat of it; thus internal inflammations are more rapid, and infinitely more dangerous than external inflammations, and therefore require more prompt and energetic means to subdue and remove them.

Inflammation of the brain, the lungs, and the bowels are of this class. These require quick and decisive measures, such as free

and repeated bleedings, but in many other inflammatory diseases this is not necessary, and they may be safely left to the operation of milder means. In the following remarks, therefore, the author proposes to point out, first, what those means are, besides the Hygeian Purgative Pills, which are ever necessary in inflammatory diseases; and next, the proper manner of using such measures in diseases of different degrees of danger.

In the first place, rest favors every kind of inflammation;—position, also, is very often of consequence, if therefore the inflammation be in the limbs, the part affected should not be suffered to hang down, if it can be avoided. If there is inflammation in the leg, for instance, great advantage will be found in laying it on a chair, or on any kind of couch, and the arm, and other parts may be sustained by a bandage with very great advantage, on the same principle; the head, too, should be kept elevated by pillows when lying down.

There is always too much heat in inflammations, as the word itself denotes, and if the part is external, which is the seat of it, much may be done to cool it by outward application. Any thing of a cooling nature may be used,—cold ice water, vinegar and water, and the like. The best lotion, however, for general purposes, is a mixture of one fourth of brandy and three fourths water. Wet a rag with this and lay it on the part, as soon as it gets dry, sprinkle it with the same, and, as much as possible, keep it continually moistened.— Sometimes, however, this cooling process does not assuage, but rather increases the pain. In such cases change it for a poultice; you cannot always tell until you prove it, which will best agree, but it is best to try the cooling lotion first; but whenever an inflammation proceeds to a gathering, and is forming matter, a poultice should always be applied until and after it breaks and discharges matter. The best poultice is the crumb of bread scalded, with a little butter in it; or equal parts of crumb of bread and linseed meal;—this hangs together and keeps moist a longer time;—it should be applied warm, and changed two or three times a day. We hear of a great variety of poultices, but these are seldom necessary; indeed, it is quite unreasonable to lay so much stress on particular kinds of poultices. In cases which have run into mortification, indeed, a different kind is required;—the same ingredients should then be mixed with strong beer grounds, or port wine and water.

Where poultices are useful, fomentations likewise do good ; or it is even better to soak the part in warm water for half an hour or longer, —or apply flannel wrung out of hot water, changing the flannel as it becomes cool. Local bleeding does good in every inflammation, though it is not absolutely necessary to have recourse to it in every instance ; when it is determined on, leeches should be applied upon the part,—they never do harm and sometimes are of the utmost utility ;—in case leeches cannot be obtained, cupping is often a good substitute.

In every inflammation, external or internal, bleeding from the arm is useful. Where the disorder, however, is slight, bleeding is not often required, a due attention to the other means render this unnecessary. But, wherever there is external pain and fever, or where the part affected is very susceptible, as the eye, or other tender parts, —and especially when the seat of inflammation is a vital and internal organ,—such as the brain, the lungs, or the bowels, then general and unsparing bleeding is absolutely requisite,—as will be mentioned more particularly in its proper place. Next in importance to bleeding, is the great utility of purging. It has been explained in a preceding section of this work, how greatly we can influence the condition of the blood, both with regard to its circulation and its quantity, by the proper use of purging medicine. To be convinced of this, the reader is again referred to Plate the 2d, and when he observes the number and size of the blood vessels which are distributed on the intestinal canal, he will be satisfied that in many cases where inflammation is not violent, the free and repeated use of the Improved Hygeian Pills, or No. 1, will safely supersede the necessity of bleeding. It should always be remembered, too, that when the superfluous quantity of blood is reduced by purging, the circulation is diverted from the part inflamed, and determined to the bowels, and thus the good effects of depletion are obtained in a two-fold manner.

Blisters and draughts are also useful in their proper places, when the inflammation is internal, and after bleeding and the purgative medicine has been resorted to, blistering is always a safe and very useful remedy. They are particularly useful after the part has been fomented, and should be applied as near as possible to the part affected,—upon the belly, to the chest, or on the back of the neck,

as the locality of the attack may require. Whenever blistering is proper, leeches are also useful, and may be adopted in lieu of blistering, or may be applied first, and the blistering after them.

These are the principal medicinal means which are relied on in every case of inflammation, but the activity and freeness with which these are to be used can only be directed by the severity of the attack, or the importance of the part inflamed.

In every case of inflammation the diet must be low, and should consist of fluids,—as tea, toast water, gruel, lemonade, or chicken tea. Quietness and freedom from occupation are also to be observed.

Of all internal inflammations those which are most rapid and dangerous, and consequently demand a quicker and more decided mode of treatment, are the following three,—inflammation of the brain,—of the lungs,—and of the bowels.

INFLAMMATION OF THE BRAIN.

Inflammation of the brain is known by great pain in the head,—redness of the face and eyes,—tenderness of sight and hearing, and these often accompanied by delirium.

In this complaint, copious bleeding must be had recourse to, and very often requires to be repeated. The quantity must be determined by the fulness of the patient and the severity of the symptoms, but it should always be free and unsparing. It often happens that when it is unsafe to take more blood from the general system, still a local bleeding is required and cannot be dispensed with. For this reason it is always prudent to apply leeches to the temples, when the first bleeding is not sufficient to give relief,—and to repeat them if required. In severe cases the head should always be shaved, and the lotion of brandy and water, or ice water, be constantly applied. Let the head, too, be kept elevated,—the diet strictly low, and every kind of excitement, such as talking, noise, and even light be carefully excluded. Blisters also may be applied to the neck, and mustard draughts to the feet.

INFLAMMATION OF THE LUNGS.

Inflammation of the lungs, or pleurisy,—is known by cough, more or less painful, and by short and painful breathing, with fever. If you are doubtful whether inflammation exists or not in slighter cases, where a cough alone is principally complained of, it may be quickly ascertained if the patient take a full and deep inspiration or breath. If pain be felt on doing so there is inflammation, and it is a proper case for bleeding;—if there be no pain there is little or no inflammation, and bleeding may be dispensed with. Having ascertained the necessity of bleeding, it should be done freely, and if the pain be not diminished in four or six hours, another bleeding should be directed. At the same time a blister should be applied to the chest or side, and if the inflammation be at all severe, this should never be omitted.

Immediately after bleeding, four or five of the Hygeian Pills, No. 1, should be given, and repeated every four hours, until a free evacuation by the bowels is effected. After this they must be repeated once in six or twelve hours, and continued throughout the whole course of the disease. If, however, the bleeding and the proper use of these pills be had recourse to, it will not continue long. Very often it will happen that the pain will cease immediately on the bleeding, while the operation of the pills upon the bowels will effectually carry off the remaining symptoms of disease. In those cases in which bleeding cannot be commanded, as at sea or in the country,—then the pills must be given in more frequent doses, and their purgative effect must be continued longer. The lowest possible living must be observed; toast water and gruel will be all that should be given until the pain abates.

INFLAMMATION OF THE BOWELS.

This is a disease which the writer is most anxious should be understood. It is one of extreme rapidity and danger; it is also of frequent occurrence, and the life of every individual suffering under

it depends upon the promptness and propriety of its early treatment. These considerations are in themselves sufficient ground for great anxiety and care in laying down directions for its safe and proper management; but, this anxiety is much increased by the fact, that, in the endeavors that have been and are now making to bring into contempt the various sources of relief which the art of medicine affords, bleeding has also been condemned and ridiculed. In many complaints those who should be so unfortunate as to listen to such advice, would certainly make the sacrifice of life in consequence; but, in inflammation of the bowels, the omission of bleeding, for a few hours only, may prove an error which no earthly means can possibly retrieve. This disease, although certainly fatal, if it be mismanaged, is yet greatly under the control of proper treatment; an early and free bleeding will almost always put an immediate stop to the complaint, and the patient is rendered safe thereby; but, if this be omitted, whatever else be done, it quickly runs on into mortification, and the patient is lost. This is a melancholy case to witness, especially when it is recollected that a timely bleeding would certainly and speedily have saved the individual.

INFLAMMATION OF THE BOWELS is known by pain and tenderness of the belly, and it is important to bear in mind that that pain is always increased by pressure. In such a case, therefore, press the belly with the hand in various parts, and ascertain whether such pressure give pain or not. It is not pain alone, but pain which is increased by pressure, which is the mark of inflammation. Along with pain there is constipation of the bowels; nothing can be made to pass by stool, and the more you irritate the bowels by purging medicine, before you subdue the inflammation by bleeding and other measures, the more the disorder is increased. With constipation there is also vomiting;—conscious that nothing in the form of food can pass the bowels, nature rejects whatever is taken by the mouth. Hiccough is frequently another symptom. There is also fever, and great anxiety of countenance.

The disorder which most resembles inflammation of the bowels is choleric,—often the result of improper food. There is great pain in this complaint, but it is more like spasm which goes and comes, and pressure will not increase the pain, but in some measure affords re-

lief; while, if inflammation be present, such pressure aggravates the pain. Again, in cholic there is no fever, and except in the cholic of those who work in lead, as painters and printers, there is seldom any vomiting.

Whenever inflammation of the bowels is ascertained, bleeding should be the first and instant remedy;—there is no time to be lost. In every case the quantity to be taken must have respect to the natural strength of constitution, as well as the severity of the attack and symptoms; the bleeding, however, should be free and plentiful;—an adult should lose at least twenty ounces. If this bleeding do not afford relief of pain, or lead to a discharge of the bowels, in six or eight hours the bleeding must be repeated, once or twice if needful. There is little or no danger of bleeding too much in this disorder, for where one death has occurred in inflammation of the bowels from bleeding too much, ten thousand have died from bleeding too little. Immediately after the bleeding, foment the belly with hot water, and continue this at least for half an hour, and this fomentation should be repeated once every six hours at farthest. After the first fomentation apply a large blister to the belly, for this need not prevent the use of the hot water. If the second bleeding do not succeed in abating pain or freely opening the bowels, leeches should be applied to the belly round about the blister.

After the first copious bleeding give some gentle laxative.—Castor oil is a very proper medicine; if it is thrown off by the stomach, repeat it again immediately; a medicine will often stay upon the stomach when given immediately after vomiting;—it may be taken floating on a cup of strong coffee. Two or three hours after the oil, give from two to three of the purgatives, No. 1, and repeat them every three hours, until evacuations are procured. This is the great object to be obtained, and when a free dislodgement of the bowels can be effected, the danger is over. Glysters should also be administered, they assist the operation of opening medicine;—even if they return without any portion of stool, they are useful and should be repeated. A small tea cup full of soft soap in a pint of warm water,—or molasses, salt and oil, a table spoonful of each, in a pint of gruel, is a common and very useful form.

Such are the means to be pursued in Inflammation of the bowels, the repetition of the bleeding, and the quantity of blood to be taken

being determined chiefly by the severity of the disorder. A hic-cough, frequent retchings and obstinate costiveness are always marks of severity and danger, and will afford a sufficient rule and guide for their timely and prudent management.

Further, Inflammation of the bowels, is a disorder which is very common and fatal to children. The treatment required in them is the same as that in adults; but, as bleeding from the arm cannot always be effected in children, in consequence of the small size of the veins, an earlier application of leeches to the belly must be substituted for it. It is also more convenient and effectual in this case to use the warm bath instead of the fomentation, and after the removal of leeches, the use of the warm bath is an excellent means of promoting the after-bleeding;—it is on this long-continued bleeding from the bites of leeches that their good effects chiefly depend.

Thus it is seen that inflammation, wherever it is seated, is treated on one principle, and the means which are useful in one kind are adapted to every kind. The whole of these measures, however, are not always required in every instance of external inflammation. Bleeding is not required in every case, when the structure of the part affected is not such as to be destroyed, or materially injured by matter forming, or by a gathering;—and in other cases where inflammation does not run very high, bleeding may be omitted, and reliance may be placed upon active purging, fomentations, rest and a low diet. On the contrary, when the part is very delicate and great injury might result even from moderate degrees of inflammation,—as in the eye,—then bleeding is always proper, and cannot often be omitted with safety.

OPHTHALMIA, OR INFLAMMATION OF THE EYE.

Ophthalmic inflammation is known by sensations of great pain, redness of the eye, intolerance of light, and fever;—in this case bleeding is always proper, and after this, leeches to the temples, and blisters behind the ears.

The use of the purgatives, rest, and a low diet are matters of evident necessity; to this treatment it is further useful to add lotions and opiate fomentations. An excellent cooling eye-water is made by

adding thirty drops of the extract of lead, to half a pint of rain-water ; which may be used by laying a soft rag dipped in this lotion upon the eye, and kept continually moistened with it ;—or to this lotion thirty or forty drops of laudanum may be added, which makes it more soothing. Another good eye-water or collyrium, as such lotions are often called, is made by adding half a drachm of alum to half a pint of water, or rose-water. A third is made with twenty grains of sugar of lead, and twenty grains of white vitriol, to a half a pint of water, as before. These lotions may be used either warm or cold ;—it is not always known which will best agree, but it is usual first to try them cold.

After the bleeding, though the pain abate, a redness of the eye is apt to remain for a few days ; in this case, nothing is better than one drop of the Wine of Opium, dropped from a quill upon the globe of the eye night and morning.

There is a chronic and very troublesome form of Ophthalmia, called the Blear Eye ; it is inflammation seated in the edge of the eyelids. An acrid matter forms, which glues the eyelids together in the morning, and by continually wiping over the globe of the eye, keeps it perpetually, inflamed and very much endangers sight. It is easily cured. Obtain from the apothecary a drachm of Citrine Ointment,—warm it, and with the tip of the finger rub a little on the edge of the eyelid, every night on going to bed.

QUINSY.

In inflammation of the tonsils, or quinsy as it is usually termed, if an emetic of a teaspoonful of Ipecacuanha be very early taken, it will cure the disease at once, in nine cases out of ten. Those who have ever had the quinsy, are apt to have it again on every slight cold, and for such this simple means will be sufficient ; it should be followed by a few doses of No. 1, if the pain continue,—and apply a blister to the throat. The steam of vinegar when inhaled is a good remedy ; place a funnel upside down over a basin of boiling vinegar, and draw the steam into the throat by breathing.

MUMPS.

The mumps may be fomented with hot vinegar and water, the throat should not be wrapped up in flannel. If any other application is required, it should be the spirit lotion used with a soft rag, as mentioned at the beginning of this chapter. Free purging with No. 1, is of the utmost utility.

INFLAMMATORY TUMORS OR SWELLINGS.

Inflammatory tumors or swellings on any part of the body, are treated on the same principle;—fomentations, spirit lotions, active purges, low diet and rest are the most proper measures. The early or repeated application of leeches is always useful, and when the inflammation and fever run very high, bleeding will always lessen the disease, and will sometimes be absolutely necessary to give the full and best effect to every other remedy.

 CHAPTER XI.

YELLOW JAUNDICE, LIVER DISEASE, &c.

The yellow color of the skin which forms a striking feature in the external character of Jaundice is owing to the presence of bile in the blood. The proper direction of the bile is to flow into the bowels only, where it serves important purposes, and is the natural stimulus that keeps them in healthy action; but, occasionally, from various causes the bile becomes absorbed in its passage by little vessels which convey it to the blood, instead of the bowels. The bile having thus found its way into the blood, circulates with it into every part of the body, and gives to all the surfaces, both external and internal, a yellow color. Those structures, however, which are intended to receive only the more fluid and colorless part of the blood,

are first and most strikingly affected with it, and, therefore, we have the first indication of Jaundice in a yellow tinge of the white of the eye, or of the skin beneath the nails,—but this yellowness, in most cases, soon becomes diffused more generally.

The obstruction to the proper passage of the bile, as it has been said, arises from various causes, and as the use of the improved Hygeian pills varies a little according to the nature of such causes, it will be proper to be a little more particular on the subject of the treatment of this disease.

In the first place, the bile may be obstructed from thick and viscid humors filling up the passage. In this kind there is general langor, feeling of sickness, and pain or uneasiness in the stomach. In this, and in every kind of Jaundice, the evacuations are destitute of bile, and the color of them in general is very light, and they often resemble clay; the urine also is of a deep yellow color, and sometimes deposits a substance resembling pitch.

In the treatment of this kind of Jaundice, it is proper to begin with a vomit;—antimonial wine, or a teaspoonful of Ipecacuanha powder, or any thing else of the same effect may be given;—then a brisk purgative medicine should follow, such as five or six of the purgatives, No. 1,—and they may be repeated every other day, for two or three times. The bowels are sometimes moved with difficulty, and the number of pills for a dose, must, therefore, be increased accordingly.

When the yellowness goes off, it will be very necessary to keep the passage clear of viscid obstructions, either by the constant use of the mild aperients, No. 2, or an occasional dose of the purgatives.—The milder aperients, however, have the advantage of strengthening the stomach and bowels, as well as keeping them clear of viscid humors, and should be taken for a week or two, either every week, or every other week. A still greater advantage, may be obtained by using sometimes one kind of pill, and sometimes the other.

The second kind of Jaundice is that in which the bile is obstructed by gall-stones lodged in the passage, in which case there is greater pain, and the attack comes on more suddenly. The treatment of this species is the same as that of the former, with the addition of hot fomentations to the side, or the use of the warm bath. When the

pain is violent, an opiate also may be given with great advantage ;— a grain or two of solid opium is the best form.

A third kind of Jaundice is that which is caused by spasm.— Strong emotions of the mind will bring it on, such as those produced by violent passion, or by fright, jealousy and the like ; and it is often met with in nervous and hysterical females. It may also be the effect of undigested food remaining in the stomach ; or cold to the feet, &c. It begins with a feeling of sickness, pain at the pit of the stomach, and in the left shoulder, and to these succeed a yellow color of the eye and skin. In the treatment of this kind of Jaundice, a more moderate use of the purgative medicine is required,—so that after the stomach and bowels have been cleared of any acrimonious materials by a dose or two of No. 1,—the following treatment should be regulated on the principle of soothing and allaying irritation. On this account, if the patient be in full health, bleeding is often useful ;—opiates are especially required ; they should be given in the form of pill, containing a grain or two grains of solid opium, as fluids of every kind are very commonly rejected ;—these pills should be repeated every half hour for two or three times, till the pain abate. Also fomentations to the region of the stomach, and, when it can be procured, the warm bath, will be found a valuable means of abating pain. After the severity of the attack has ceased, a langor of body, and a tawny color of the skin frequently remain. This is best treated with good diet, cheerful occupation of the mind, moderate exercise, especially on horseback, and above all the constant use of the strengthening laxative pill, No. 2, taken every night, or night and morning.

It should also be observed, that all the species of Jaundice which have been mentioned, are very apt to fall into a mild and stationary, or, as it is called, a chronic form.

In this case the severity of the symptoms passes away, and perhaps there is no pain or sickness at all, but the bile does not flow freely into its proper channel, but is carried in some proportion into the circulation. The color of the bile, also, as well as its consistence, changes, and it may become black or green, and of course will then give a different color to the skin. Such persons feel well enough to go into general society, and about the streets, and it is by far the best that they should, as exercise, a good diet, and a proper

and continued use of the aperients, No. 2, are the best means of cure to be relied on.

DISEASE OF THE LIVER.

Disease of the liver forms a fourth cause of Jaundice, which is not of unfrequent occurrence. This organ becomes enlarged, so that it may be seen to bulge out on the right side, and is very often much harder than is natural. There is little or no pain complained of, but if it is pressed upon with the hand, it may be felt to be enlarged, and sometimes such pressure gives a sensation of tenderness and some degree of pain.

This state of the Liver is very seldom found in young and vigorous persons. It is the disorder of hard drinkers, especially in those of hot climates, or in those who have had frequent attacks of fever and ague, and is frequently the mark of a broken down constitution. The symptoms which attend Jaundice arising from diseased Liver, are just those of Dyspepsia, and the disease itself is treated on a very similar plan. It should be a supporting one, and every thing of a weakening tendency is to be avoided, for the strength and vigor of the whole system is always low. The diet should be good, but not stimulating,—the exercise of body and mind agreeable, and in such proportion as best agrees with the patient's feelings. The mild aperient pills are to be taken in such a dose as to operate with mildness and regularity, not to relax, but merely to relieve the bowels.

Having mentioned that this enlarged and hardened state of the Liver is frequently the result of previous disease, hot climate, or hard drinking, and is a mark of a broken down state of constitution, in which little is to be done beside upholding the remaining strength and vigor of it, it should also be mentioned, that it does occasionally come on from other causes, and may be seen in young and more healthy persons. In this case great good is to be done, and the treatment must be varied accordingly. It is in these instances of Liver disease that mercury is beneficial, but it should be given in a very different way from that in which it usually is. Those large quantities which salivate and weaken the constitution, are often hurtful, while very

small doses, and these continued for a certain length of time, are exceedingly beneficial and curative.

The quantity of mercury should be so small as to produce no sensible effect, so that the patient should hardly feel that he is taking mercury. The blue pill is by far the best and safest preparation. Even so small a dose as two grains of blue pill, taken every night, if it be continued for a month or two, or until the disease is found to be removed, will be quite enough, and if this should by chance in the least degree affect the health, it may be discontinued for a day or two. If calomel be preferred, it should be given in doses of half a grain, rubbed up with a few grains of chalk, or with three or four grains of hemlock. The bowels should be kept open by taking with each dose of the blue pill, the aperients, No. 2; if necessary, or every other morning a teaspoonful of Epsom Salts in half a pint of water, either warm or cold. A large warm plaster should be continually worn upon the right side, over the region of the Liver. This is a plan which has been found wonderfully efficacious, in such cases as have not been connected with a shattered state of constitution, and if it be happily adopted early, and followed up in a due and persevering manner, the best possible chance of success will be secured.

CHAPTER XII.

SUMMER COMPLAINT OR DIARRHOEA.

This is a complaint in which the evacuations of the bowels are more or less too frequent, loose and unnatural, often consisting of whatever has been eaten, which has scarcely undergone a change in its passage. There is little or no griping. Diarrhœa arises from a variety of causes, and sometimes is a salutary means by which nature mitigates disease, or carries out of the body offensive and hurtful materials; on this account it is important to know when we should, and when we should not stop a diarrhœa, as well as by what means it should be done.

Diarrhœa should not be suddenly stopped so long as the evacuations consist of substance and of materials which are offensive and unnatural; but if they are nothing more than unchanged food, and that food be not of an improper and indigestible kind, the case is altered;—it is manifest in this instance that the discharge is produced by irritation of the bowels, and then of course the diarrhœa should be checked. Neither should diarrhœa be suddenly stopped, when the evacuations are fluid, provided such fluid stools consist of bile, or matter, or are very offensive in smell; but if they are merely watery, and have no particular smell, it is presumed they are continued from mere irritation of the bowels, in which case they are always very weakening, and should at least be checked. Again, whether the stools be of a more solid or fluid kind, if a purging starts up during any disorder, such as fever, dropsy, eruptive complaints, or teething; especially if those complaints seem to be benefitted under this state of looseness or purging, by no means stop it; on the contrary, it will sometimes be right to promote and continue it.

Under any of these circumstances, however, when the purging is very excessive and exhausting, it may be safe and expedient sometimes to check it, and it will be always right to support the patient under it by suitable means of diet, such as arrow root, rice, good beef tea, spiced wine, or even brandy and water, with toasted bread in it. With these precautions it will now be proper to consider the best means of treating this complaint.

In every case of Diarrhœa, the natural action of the intestinal canal is increased, and in a great majority of instances, the cause of this increased action consists in some irritating and offensive materials which are retained in the bowels; so that when such materials are removed by proper means, the diarrhœa ceases. If the reader will examine the large intestine called the Colon, in Plate the 3d, he will see how calculated this is, under disease, to retain and lock up such materials. In such cases, the fluid contents of the bowels will pass by these hardened masses, and thus leave behind the cause which perpetuates the disorder.

For this reason in most cases it is necessary to begin the treatment of diarrhœa with an opening medicine. A dose of the purgatives, No. 1, or a dose of castor oil, or of rhubarb, will generally answer, and after this alone, the complaint will often cease. If it should

not do so,—it is now safely controled by soothing medicine. Add half an ounce of paregoric to half a pint of the common chalk mixture,—and of this a large table spoonful should be taken immediately after every liquid motion of the bowels. If this cannot be obtained,—a teaspoonful of paregoric in a little spiced wine may be substituted, and if this is not at hand,—five or ten drops of laudanum may be used instead.

It is not to be forgotten that these directions may be the only guide to many situated back in the country, where a choice of medicine cannot be commanded, and therefore the simplest remedies should be mentioned here, and these, indeed, are often the most effectual. At sea there is always a medicine chest of some kind, and paregoric as well as laudanum, should never fail to be part of its contents.

If the complaint should not be abated by these soothing means, it is generally because of some irritating materials which have not been effectually carried off, and therefore a repetition of the purgative is necessary. In this case it is proper to give a larger dose of No. 1, and this in conjunction with an opiate. Let four or six pills be taken with a teaspoonful of paregoric,—this will not prevent the effect of the purgative,—it may delay it somewhat,—but taking off the spasm which retained the irritating mass, these pills will act with more effect and certainty.

Some persons always prefer thus to combine an opiate with the pills, or castor oil, or rhubarb, alleging that the purgative though slower is always more effectual. It is a safe and proper step to take, and when there is much pain or cholic, it should not be omitted.—After the operation of the purgative, the chalk mixture, or opiate must be repeated as may be necessary.

In milder cases of Diarrhœa, the aperient, No. 2, may be given every second or third night; but wherever the improved Hygeian pills compose the family medicine, and are taken on the various occasions which have been pointed out, a diarrhœa will seldom or never happen.

CHAPTER XIII.

DYSENTERY, CHRONIC DYSENTERY, BLOODY FLUX, &c.

DYSENTERY.

The subject of Dysentery properly follows Diarrhœa, for although the stools in this complaint are also frequent, the disease itself is of a very different kind. Dysentery consists of inflammation chiefly affecting the large intestine called the Colon and is attended with fever. It is worth while to turn back to Plate 3d, page 14, and observe the length, extent and formation of this large intestine, which is the seat of this complaint. The part immediately affected, is a thin membrane which lines its inner surface, called the mucous membrane. The effect of inflammation upon this structure, is, first, to increase its mucous secretion, which accounts for the quantity of slimy stool;—it then goes on to ulceration, and numerous little sores are formed, mostly on the lower part of it, and from these proceeds a little blood which mixes with the mucous evacuations.

There is scarcely ever any portion of natural stool to be seen in that which passes; when any thing of this kind happens, it is generally in the form of small, hard, ball-like substances; but the evacuations much more frequently consist of unmixed slime or mucus, often tinged or streaked with blood;—severe griping and pain about the lower part of the bowels more or less constant, is also a striking feature in this complaint. These painful feelings lead to a constant desire to go to stool, and to straining efforts, but these are ineffectual, so that the same urgent calls return.

Dysentery, therefore, will be known from diarrhœa, by fever, and severe griping, and by painful straining stools which do not relieve that desire;—also by the evacuations which are slimy, streaked with blood, and, for the most part unmixed with any thing like natural stool. This description, however, is not applicable to every stage

of dysentery, but is an exact exhibition of the disease, when in its more perfect form.

Sometimes it is preceded by costiveness, wind in the stomach and bowels, with heats and chills of the skin, and to these succeed griping pains and slimy evacuations. Also before the slimy stools occur, the evacuations consist of the more ordinary contents of the bowels, and when these have passed off, they become mucous and bloody.

Neither are the evacuations always of the latter kind when the disease is fully formed, for they are sometimes frothy as well as slimy;—and at other times watery, with coagulated mucus, like little pieces of cheese; or they may consist of pure blood or matter,—or they may contain purely mucus, without blood or any other admixture or color.

Again, this disease may arise out of other complaints, such as fever and ague, scurvy, consumption, or any other which has continued long and enfeebled the constitution. Also, when it has been an original disease, the fever with which it began may subside, while the dysenteric state of bowels may remain, and continue in an obstinate and dangerous form. Dysentery therefore may originate suddenly and alone, or be the sequel of other complaints;—it may also be of short or of long duration.

THE TREATMENT.—When called upon in the early stage of this complaint, the best treatment consists in giving a gentle emetic, and after this a dose of the purgative pills. If by this means a quantity of natural stool can be procured, the disease is greatly improved, and another purgative dose on the following day, is often all that is required. It seldom happens that natural stools can be procured without active and repeated doses. If griping pain and an urgent inclination to go to stool continues after the operation of the purgative, an opiate must be given, a pill of one or two grains of opium should be taken, and if this should not succeed, sixty drops or more of laudanum, in a tea cup full of starch should be injected as a glyster. If a difficulty should be found in getting stool, the purgative should be varied, and a dose or two of castor oil be directed, either alone, or with thirty drops of laudanum. The object to be arrived at is to dislodge whatever may be retained in the cells of the intestines, and

with this view the opiates are of great use ; they allay a certain state of irritation and spasm, and thus facilitate the operation of the purgative. If calomel be preferred to any other purgative, it may be given in doses of ten or twenty grains, with a dose of castor oil a few hours after it ; but the purgative pill, or No. 1, is an efficacious or obstructive purge, and given in large and repeated doses, in connection with the opiate, especially with the opiate glyster, has ever afforded all the good effects which could reasonably be expected from purgative medicine. It is proper, however, to add, that the author has frequently assisted them with a dose of castor oil, given about two or three hours after them.

Another excellent remedy to soothe the pain, and check the stools, as well as to support perspiration, is the Dover's powder, which may be obtained at the druggist's,—twenty grains of this should be taken at bed-time, and five or ten grains two or three times a day, so long as their effect is beneficial or necessary.

While these means are followed up with a view of removing accumulations of the bowels, and allaying pain and irritation, they are to be supported by local applications and a suitable diet. Any thing which induces perspiration is useful. Hot fomentation to the belly, and the warm bath, if it can be procured, is an excellent remedy. The pit of the stomach and bowels may be rubbed with spirits of Camphor and Laudanum, and flannel should be worn as much as possible.

The diet should be of that kind which would pass easily through the bowels. Arrow root, rice in any form, gum arabic in milk, and any thing of this soft and nutritious kind. The same may be injected two or three times a day, adding a teaspoonful of laudanum each time, and the patient should be encouraged to strive to retain it as much as possible, and to avoid the going to stool as much as he can.

In conclusion, the treatment of dysentery may be summed up in a few words ; it consists of carrying off accumulations in the bowels by purgatives ; but this is most advantageously effected by combining soothing medicines with the purgatives, such as opium, or pargoric ; after this allay the irritation of the bowels by the chalk mixture and by opiates and opiate injections ;—foment the belly, and keep the surface of the body moist by warm clothing and flannel, and let the diet be of the softest and most nutritious kind.

CHRONIC DYSENTERY.

Chronic Dysentery, is another form of the same disorder, but as this is often attended with distressing circumstances, and is by no means of unfrequent occurrence, it justly merits to be treated in this separate manner.

The word chronic is used in contradistinction to the word acute,—one signifying a disease with a great deal of fever,—while chronic means the same disease having little or no fever, but continuing for a great length of time. Every one knows what rheumatic fever is;—this is the acute form, but those occasional pains in the joints, which vary from change of weather and the like, and continue in after years, this is the chronic form of the same disorder; and it is not at all uncommon for a disease to begin in the acute form, and when it declines, instead of going off entirely, to settle down into the chronic form. Now this is exactly what takes place in Dysentery in the present form of the disease, called Chronic Dysentery.

But Chronic Dysentery sometimes arises from other causes. It may creep on gradually in those frequently exposed to damp, cold air in a warm climate, or where the bowels have been long and habitually irritated by stimulating food and spirituous drink, and it will now and then arise spontaneously in those of a very feeble state of body howsoever induced. In these instances it creeps on so slowly, that it continues some time before its real nature is detected, and when its duration is very long, it often involves other organs, principally those concerned in the office of digestion; from this cause it is, that the varying circumstances of distress before alluded to arise.

Chronic dysentery is marked by frequent and loose stools, which vary much in their nature and appearance. Sometimes there is no admixture of common stool in them,—at other times they consist of pure blood, either fluid or coagulated,—or they may be purely bilious, or consist of corruption and matter; but of whatever kind the evacuations are, they are always frequent and attended with a fretful feeling and desire to go to stool, which is not removed after the stool has passed.

Among the organs of digestion which are occasionally affected in chronic dysentery, the liver is one, and when this is irritated, an excess of bile is the consequence, so that the stool may consist almost entirely of vitiated bile. This is called the **BILIOUS FLUX**.

Abscesses, too, are very liable to form in this organ, and when these burst into the intestines, the matter is discharged by stool, and the evacuations then consist of matter.

Sometimes the surface of the bowels, particularly the colon, is so ulcerated, that the larger blood vessels which supply them are eaten away, and then the stools are chiefly blood;—this is the cause of the BLOODY FLUX, so distressing and dangerous a circumstance in dysentery.

At other times the smaller vessels only are affected, and then instead of blood, a watery discharge, or kind of fluid is passed by stool; and if this disease is milder still, and does not ulcerate the vessels, then an increased flow of mucus only is to be observed, and the stools are slimy.

The object we have in view in this complaint, is to counteract the disordered action seated in the intestines, chiefly the colon, and to restrain the number of exhausting stools. With the first view the author is again constrained to recommend the use of mercury, but he recommends it only in the mildest doses, such as cannot in any degree whatever enfeeble the constitution, but on the contrary, will invigorate the system by promoting healthy secretions, and counteracting this disorder; for this purpose the following pill, which an apothecary should make up, has proved of almost universal efficacy in chronic dysentery,

Take of the blue pill, one drachm,
of powdered opium, half a drachm,
of tartarized antimony, five grains.

This is to be made into sixty pills, and one is to be taken night and morning. This must be continued for some months, unless the disease should disappear, and render their continuance unnecessary. Every few days some opening medicine must be given, for, if hardened accumulations are suffered to continue in the bowels, the disease cannot subside. It is best to vary the purgative made use of;—but those articles which are least irritating should be fixed on;—a dose of No. 1, and the next time No. 2, are well adapted for this purpose;—also castor oil, and sometimes epsom salts are suitable remedies.

When the bowels are very loose, or if after the operation of a purgative they continue so, they should be checked. The com-

pound chalk mixture with paregoric as directed in diarrhœa is a very proper remedy for this purpose; but nothing answers so well as an opiate injection;—sixty drops of laudanum in a small tea cup full of starch or gruel, is an excellent form of glyster, given at bed time, or whenever it is called for.

The diet should be soft and nutritious, made up of milk, rice, sago, arrow root and the like. When the bowels become more quieted, a cordial and more strengthening plan of diet and medicine should be entered on. Any of the bitters, as camomile tea, quassia tea, &c. are proper.

Flannel and worsted stockings should always be made use of.

CHAPTER XIV.

DROPSY, WHETHER IN THE CHEST, BELLY, OR EXTREMITIES.

In these complaints the pills No. 1, are mainly to be relied on, and active purgative doses of this medicine are to be repeated according to the strength of the individual. Their mode of operating is to stimulate the vessels which ramify upon the intestines, and so cause them to pour out their watery fluid. The effect of such a stimulant upon these vessels is to rouse the absorbents of the body, by which the fluid is removed from various cavities, or from the legs, and determined to the bowels. They likewise provoke the action of the kidneys, which is generally deficient in this disease.

In that particular kind of dropsy which frequently succeeds to scarlet fever and measles, two or three doses of the pills, No. 1, as active purgatives, are sure to be successful.

In the dropsy which attends a long, continued, and weakening disease, the mild aperients are most proper; these act by strengthening the vessels and restoring a healthful tone to the constitution generally.

CHAPTER XV.

SEA SICKNESS.

It is impossible, in certain constitutions, to prevent the disagreeable sensation of sea sickness entirely; even Admiral Nelson was affected with it for a time whenever he commenced a voyage, and, it is said, never once escaped. After a short period, however, it generally ceases, but not always, and in some cases it continues unabated, and with great severity, and is not without some danger.

To persons thus affected it will be satisfactory to know what those means are which are best adapted to mitigate and remove this state of suffering. Many remedies are commonly recommended, but the only means by which sea sickness is controled, are those which regulate the bowels. For this purpose the active purgatives, or No. 1, should be taken, and in such a dose, and just as often, as may be necessary to maintain an open state of the bowels. It is astonishing to observe how obstinately costive the bowels often become on a voyage, ordinary purgatives having no effect; so that it will be necessary to take a larger dose, in order to insure an effective operation on the bowels.

Further, it is universally admitted, that a determination to withstand the nauseated sensations, and to enjoy the advantages of air and exercise on deck, greatly conduce to surmount these distressing sensations; notwithstanding, it must be repeated, that nothing will succeed without a proper action of the bowels, and, therefore, so much stress is laid upon the use of the purgatives, No. 1, which must be taken in such number, and at such intervals, as each individual case may require.

DISORDERS OF FEMALES.

CHAPTER XVIII.

GENERAL OBSERVATIONS ON THE DISORDERS OF FEMALES.

In the structure of the female economy, there are certain peculiarities, that give rise to a distinct class of diseases, which are confined to the female sex alone ; but, in addition to these particular diseases, there are certain circumstances relating to the operation of remedies, which are also deserving of notice.

One of these peculiarities is connected with the use of purgatives, and is the very opposite to what might naturally be expected. Judging from the complex structure and more delicate and tender frame of the female constitution, it might have been reasonably inferred, that every remedy would have a more powerful effect on such constitutions, and this would have led of course to the administering of medicine in smaller doses. Experience, however, has taught the very reverse of this in many instances, and in none is this truth more evidently shown out, than in the operation of purgatives in the whole tribe of nervous diseases common in weak and delicate persons.

Very often it is seen that the same dose of a purgative medicine which would have produced an effectual operation in a hearty and robust man, will produce little or no operation in a weak, tender female ; so that in order to produce the same effect from the same medicine, a much larger dose is required in the latter than in the former case. A full knowledge of this fact has many times led

the author to a successful issue in treating nervous diseases, after very eminent men had failed ; and, indeed, the unexpected success which frequently attends his treatment of female disorders, and more especially of those called nervous, may be chiefly attributed to his carrying out this practical truth in a persevering and decided manner. Many of those baffling and tedious disorders included in the term 'nervous,' arise entirely out of a certain torpor and condition of the bowels, which nothing but a treatment founded on this principle will ever succeed in removing.

It is not denied that chalybeate medicines, change of scene, pure air, and wholesome exercise have their good effects, but if this principle, upon which the writer has laid so much stress, be not boldly followed up in practice, and the sluggish torpor of the intestine passage thoroughly removed, such measures will be in vain ; some slight advantage may indeed be gained, or some nervous symptom moderated, but they will soon return and perhaps in greater force.

Another important peculiarity in the nature of female complaints respects the use of tonic and stimulating remedies, and especially in the treatment of nervous disorders. As to the plan of treating such disorders with nervous medicines, as they are called, such as Valerian, Castor, Assafœtida, Camphor Julep, and the like, the best that can be said of them in most instances is,—that they are useless ; while those of a spirituous kind, such as the tincture of red lavender and the like, are positively hurtful and deleterious ;—many an amiable and unsuspecting female may trace the destruction of her health and happiness from having fallen in with such ill-advised prescriptions.

There is a langor of body, a fretful irritability of the nerves, and a certain intolerable sadness of mind in every nervous person which finds momentary relief from the use of stimulants, only to relapse afterwards into a state of deeper depression ; but, in the more sensitive structure of the female constitution, there is a state of feeling of an order infinitely more delicate and susceptible, and when this is wrought upon, under the baneful idea of allaying such nervous irritation, with spirits, wine, spirits of lavender, or tinctures of any kind, such morbid feelings increase to an alarming pitch of hysterical excitement, bordering upon, and sometimes terminating in derangement of the intellect.

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From the remarks made upon the great necessity of purgative medicines in all the various diseases of a nervous character, it will be seen that it is a point of the greatest moment to fix upon the most convenient and efficient form of cathartic medicine, especially as there are many articles among the class of purgatives, which are injurious to the female constitution, and many of them are compounded of mercury, and other mineral preparations, which are exceedingly unsuitable and unsafe for domestic purposes.

The Improved Hygeian Vegetable Pills of Dr. Ralph, have been compounded on the most careful consideration, from the practical knowledge and experience of one who has been many years engaged in the treatment of disorders peculiar to the female sex, and are, therefore, eminently adapted to the particular necessities of this class of patients. They also have the advantage, which a change of medicine of this kind always gives;—no one kind of purgative is ever long continued without loosing its effects, but where it is changed for another for a day or two, it may be again resumed with new advantage.

The Improved Hygeian Pills embrace the whole of these advantages, and are so arranged, that the effects of No. 1, support and ensure the operation of No. 2, and so, on the contrary, in the same manner No. 2, assists the operation of No. 1.

Further, it may be fully depended on, that there is no mercury in their composition, and they are, therefore, fitted for that continued and repeated use, on which the cure of these complaints chiefly depends.

No other form of medicine, with which the author, now a physician of many years standing, is acquainted, is so calculated for the use of females, and of persons generally, while the directions which accompany them are so plain and full, that it is next to impossible to mistake their proper use and doses.

It is deemed expedient to be thus explicit on this subject, lest other medicines termed 'Hygeian' which are now in circulation, should be substituted for the genuine pills of Dr. Ralph; such have no connection whatever with this Domestic Guide, and have no pretensions to be sanctioned by the principles and practice of the British College of Physicians and Surgeons, London.

To prevent as much as possible any imposition on the public, Dr. Ralph's own signature is attached to every package of pills which is genuine, and it is particularly urged on every one, to see that he obtains none which have not this signature. They may be obtained, at most of the drug stores, and of many of the booksellers by whom this work is sold.

CHAPTER XIX.

PUBERTY ;

Directions for treating certain irregularities and obstructions occurring at this crisis, and which occasionally return in after periods of life.

This interesting period of life is one that is beset with danger. A new order of the female economy is now to be established, and it is not every constitution in which the unassisted powers of nature are adequate to effect the changes which are about to take place. It is well known that the artificial customs of society enfeeble the natural powers, as well as multiply diseases, and it is no wonder, therefore, that we are often called to witness her fruitless efforts at this tender age. It is now, also, that every hidden germ of disease is ready to spring up; and there is scarcely a disorder to which the young and growing female is subjected, which is not at this time occasionally to be seen, and very often in a fatal form. It is under these circumstances that coughs become consumptive, and that scrophula exerts its utmost influence in the constitution, and deforms the figure of the body; and it is not only that the outward figure is deformed, but the dimensions of that bony outlet of the female frame is also altered and diminished, on which so much of safety and comparative ease depends in childbirth. This is the cause of almost every distressing and fatal labor that occurs, and it is at this period of life chiefly, that this unspeakable misfortune may be prevented.

To enumerate all the minor forms of disease which this period favors would be an endless undertaking. Amongst these, however,

may be noticed a pale and bloated countenance, shortness of breath, palpitation, hysterical affections, an indolent state of mind and body, langor, cold feet, deficient and often unnatural appetite, constipated bowels, and almost every symptom of dyspepsia; these evils will be sufficient to lead the sufferer, and especially the anxious parent, to seek every assistance which art or expense can afford. To such it will be gratifying to learn that most of these effects, and very often all of them can be prevented, and the proper course of nature aided and established.

With this view both kinds of pills are recommended, and when they are taken and persisted in as directed, one will be found materially to secure and increase the good effects of the other.

The usual plan is to begin with a dose of No. 1. But, as it has already been mentioned, that a peculiar torpor of the bowels is very common in weak and delicate females,—the dose must be large at first, and then increased or lessened, as experience may dictate. Five or six of No. 1, are, therefore, to be taken at bed-time, and if these should not operate freely as a purgative, on the following morning another dose should be taken. The next day, begin with the mild aperients, taking four or five at night on going to bed, and the quantity of these likewise is to be increased or diminished, as may be found necessary. The object with these is not to evacuate briskly, as the No. 1, do, but to induce and maintain a gentler action,—one which should not much exceed a natural and healthy state, and for this purpose they are to be repeated every night at least, for some weeks, or until an evident improvement is made, both with regard to the general health, and the regular and natural movement of the bowels. It will, however, be advisable to interpose an occasional dose of the No. 1, and, wherever an unusual costive state of the intestinal passage prevails, this should be done every second or third day. In those cases of remarkable torpor and constipation of the bowels, the greatest good is found to result from a change of medicine, and the different qualities of these two kinds of pills, are peculiarly adapted to this purpose. No improvement can, with any confidence, be looked for, until this sluggish state of the intestinal canal be overcome, and the cause of it removed, and on this account a due degree of perseverance in the plan of medicine must be insisted on.

It is not necessary to be more explicit in this place on the manner by which the operation of this medicine promotes that change in the female function which is now going on;—it will be sufficient only just to hint, that, besides their operation on the larger bowels, they communicate a certain action to the neighbouring parts, by which that due degree of energy and determination of the blood succeeds, so necessary for the change alluded to.

There is, however, yet another remedy to be spoken of,—the use of Chalybeates, or preparations of Iron. This is of great importance, and in every case of unusual weakness, paleness of countenance, and cold feet, the use of Chalybeate medicine will assist the operation of the pills in a surprising degree; and on this account the most simple and efficient method of taking this important class of medicine shall be described.

To a quart bottle of any kind of white wine, add a large table spoonful of the filings of iron, and when it has stood a fortnight, (shaking the bottle frequently,) take a wine glass full twice a day. It may be decanted gently, so as to get it clear. Or, half a teaspoonful of the rust of Iron may be taken in a little molasses twice a day;—or, (being a third way,) a teaspoonful of iron filings is equally good. Another and very convenient form for Chalybeate medicine, is the muriated tincture of steel; twenty to thirty drops of this in a little water may be taken also twice a day. In any of these forms the use of iron may be continued for a month or two, and they are proper in every case, except where a florid color and a fullness of the habit is conspicuous. They are more suited to the pale, puffy, and sallow complexions, where the feet are cold and inclined to swell. In such cases the complexion soon becomes clear and florid.

With regard to those in whom this change has been once established, but has suddenly become obstructed from cold or any such cause, the same general treatment is applicable.

By some individuals much pain is experienced at each certain period; this is of more importance than it is often thought to be;—the prospect of a family is often ruined by it.—Let such take a moderate dose of No. 1, once or twice,—a day or two before the period when the pain is expected to return, and, as soon as this occurs, let them be confined to bed, and endeavor to promote a moderate per-

spiration by free and copious drinks of very weak white wine and water made warm. To this treatment it is very useful to add some soothing dose. Nothing has ever proved so useful in the practice of the author, as the tincture of henbane. A teaspoonful of this should be taken as soon as, or, if the time can be judged correctly, a little before the grinding pains come on. Another teaspoonful may be repeated in an hour, if the pain is great,—and it may be even taken a third time, in urgent cases of distressing pain.

When the tincture of henbane cannot be had, laudanum may be taken in its place; thirty drops of laudanum, where a teaspoonful of the former tincture was directed. The henbane is preferred, because it does not induce a costive state of bowels, but the contrary, and when laudanum is preferred, this consequence must be obviated by an occasional dose of No. 1. These are simple, but most efficient means of mitigating or totally overcoming this periodical disorder. It is truly disorder, for the pain which accompanies this state is only a symptom of organic inflammation. The whole internal surface of the part which is the seat of it is inflamed, and this inflammation often proceeds so far each time, as to form an internal lining of lymph, which is afterwards thrown off, and may be observed in a substance resembling skin. But this is not all, for a repetition of this inflammatory disorder at length disturbs the natural functions of this organ altogether, and the capability of having children is lost in consequence.

For this reason it is deemed an important subject, and one with which every female should be herself acquainted;—the treatment described is, also, very simple, but, notwithstanding, is the only one to be relied upon.

CHAPTER XX.

PREGNANCY;

And its attendant symptoms,—morning sickness, lowness of spirits, piles, swollen veins, &c., &c.

Nothing in the form of a domestic medicine can be more happily contrived for mitigating the inconveniences connected with the period of pregnancy, and ensuring what is called a “good time,” than the pills which are the subject of this treatise.

All the circumstances which attend this state denote a redundancy of blood, even in those with whom the face and features are pinched and thinner than usual. Sometimes this redundancy increases to a serious extent, and, by breaking down the tender vessels of the new formed parts, is followed by abortion. Many ladies, especially the more delicate and nervous, are continually disappointed from this cause, while some have no living children at all. It was on this account that the ancient practice of bleeding arose. Formerly it was the custom always to bleed once or twice during pregnancy, which was a very injudicious practice. It is not, however, meant that bleeding is always improper at this time, for there are circumstances in which it is very necessary, yet those circumstances do not frequently occur, and scarcely ever where these pills have been depended on. As it has already been remarked, in apoplexy, it is not by a sudden abstraction as by bleeding, that the circulation is reduced and rendered permanently regular, but by a slower operation such as is produced by these pills, aided by a proper diet, this effect is best accomplished.

The proper method of using them in this case is as follows, if No. 1, is taken, begin with two pills, and augment the dose as may be necessary. It should not be active in its operation, but should be frequently repeated, and this accompanied by a reduction in the diet, and a more limited use of fluids of every kind, than is ordinarily observed;—a dry form of diet is most suitable in pregnancy.

At the approaching period of confinement, it is more than ever necessary to pay attention to the bowels. There is then a remarkable tendency to constipation. Even in those who have a daily movement of the bowels, the evacuations are often insufficient. Many are deceived by this circumstance, and go on without using medicine, until the accumulation in the intestines becomes prodigious and injurious; few would believe the extent of this evil and the difficulty it produces in actual labor. Too much attention, therefore, cannot be paid to this subject, and when the patient finds the least tendency to costiveness in the daily motions, one or other of the pills may be taken as is found most beneficial, and their use continued from time to time so as to prevent the inconvenience attending the accumulation.

After delivery and during nursing, the same necessity exists for aperient medicines both on the behalf of the child and mother, and for that purpose these pills are found most safe and satisfactory.

CHAPTER XXI.

SEXUAL WEAKNESS, AND IRREGULAR SECRETIONS.

That which is known in common language by the term 'whites,' is sometimes mild and innocent, and needs no other care than the frequent use of cold and tepid water. In this form it often happens in pregnancy, and in others after much fatigue.

But this complaint is sometimes very excessive, and lays the foundation of many serious affections. It weakens the whole constitution generally, so much impairing the female organs as to cause the disappointment of a family. It is proper, however, to know that this is not the cause in every instance of sterility, though it is a very frequent one.

This weakening discharge is often brought on by mismanagement after confinement, or by neglect of the bowels,—and it is sometimes occasioned by little thread-worms, which inhabit the intestinal passage,—nor can it be concealed that at other times it arises from cer-

tain imprudencies, perhaps at a former period of life. It may also occur in opposite states of the constitution, and the most important point to be ascertained in any given case is, whether it arises from strength and fulness of habit, or from weakness and exhaustion.

In the former case the purgative, No. 1, should be taken freely,—the diet should be lessened,—and the exercise increased. But in the opposite, that is to say, in the weak and exhausted condition, which is the most frequent, the aperients, No. 2, should be relied on, and their peculiar property of operating mildly but constantly should be obtained. At the same time the diet should be good, and wine and beer be allowed; a course of chalybeates as recommended in page 93, will be of great advantage, or any other strengthening or tonic medicine may be resorted to. The cold bath or the cold shower-bath is also very beneficial. Cold water to the part, and round the back should be plentifully applied night and morning.

Beside these aperient and tonic means, there are local applications, which are very useful, these may be used as washes, or as more internal applications. For the latter purpose there is contrived a very useful apparatus, (a female syringe,) which may be obtained at the medical stores. These should be large enough to hold a quarter of a pint. Where internal applications are required, and they are necessary when the disorder does not yield to other remedies, they should be used three or four times a day, and the recumbent position will favor their application. Two or three of the best lotions for this purpose shall now be given.

Take of alum, three drachms; warm water a pint; and a little gum arabic, about one ounce, may be added to it. When these are dissolved and cold, this lotion is fit for use.

Another;—Take of galls bruised half an ounce, boil them in a little more than a pint of water, for half an hour,—then strain, and add three drachms of alum to it.

One stronger still is made by adding to a pint of the decoction of galls, just mentioned, two drachms of alum, and one drachm of white vitriol.

All these should be used cold.

The clothing should be light, and nothing additional worn in consequence of the inconvenience of this disorder,—the frequent use of cold water should be used instead. Nothing is more important than

to avoid heating the body with warm clothing. For this reason a feather bed is very hurtful; a horsehair mattress is better, and the bed clothes should be light.

If any darting pains are felt in connection with this disorder, or if any lump, or internal ulceration be suspected; such case would call for individual consideration, and should lead to confidential consultation.

In these cases the diet should be liberal; good fresh air, and especially a change of air and scene should be adopted; but bodily exercise should not be carried on to any great extent; riding should be preferred to walking, when it can be obtained.

CHAPTER XXII.

NERVOUS DISORDERS, ST. VITUS'S DANCE, EPILEPSY, HYSTERICAL AFFECTIONS, PALPITATIONS, AND VARIOUS OTHER NERVOUS FEELINGS AND COMPLAINTS.

It has been stated in the chapter of general observations, that a remarkable slowness of the bowels is a very frequent attendant on these complaints, and that the opening medicine employed should always be given in a dose which will prove adequate to arouse the intestinal passage from this torpid condition. It is not always possible to judge the exact dose of purgative medicine in any complaint, as constitutional differences are continually to be met with. On this account a considerable latitude should always be afforded, for, if a moderate dose do not suffice, it is a proof that some peculiarity of constitution, or some other circumstance exists which makes a large dose necessary.

The proper course in such instances, is to increase the quantity, and thus a knowledge of the suitable dose for every individual will be obtained. These pills are prescribed with the intention of being increased on the ground of individual experience, and it is found much safer that they should be too weak in any given case, than

too strong ;—the remedy for the former defect being simply to increase the dose.

In the cases here before us, supposing the patient to be a weak and delicate female, and the bowels constipated, begin at bed-time with four or five of No. 1, and if these should not operate sufficiently, another dose is to be taken in the morning. Provided the bowels have only been moderately moved, a dose of No. 1, may again be repeated on the following night ;—but, if the evacuations have been very free and copious, then No. 2, may supply their place, and may be continued for several nights, or nights and mornings in succession.

Formerly it was thought, that when the bowels had once been freely cleared of their contents, that all that purgative medicine could do was then accomplished ; and no further treatment of this kind was ever thought of. But such a practice only went so far as to remove the effect of disease, while that torpor of the bowels which really constituted the disease itself, was left existing. The consequences therefore following were, that these foul accumulations soon returned, and thus the nervous symptoms depending on them, were perpetuated. The great and important secret ever to be kept in mind, in the cure of these complaints, is, that the bowels are not only to be thoroughly unloaded, but that they are also to be recovered from that sluggish, torpid action, which favors and allows of these unnatural accumulations, and that this is accomplished by a persevering and judicious use of the Improved Hygeian Pills.

At this time the author has a patient, whose case will serve to illustrate this principle. This individual had long been subject to nervous and hysterical complaints, which, during the last year, had much increased upon her, and she was occasionally seized for many days with faintness, loss of speech, blindness, &c., accompanied with great and distressing irritability of mind. Opening medicine had been prescribed, but the chief reliance had been placed upon the nervous, stimulating plan, without, however, any permanent advantage.

It was, therefore, thought advisable that she should take a journey of a few hundred miles, which brought her to this city. Being requested to visit this patient, and finding that her nervous symptoms were connected with an obstinate and constant torpor of the bowels, the author did not hesitate to give a flattering opinion of her reco-

very, nor to explain how much her amendment would correspond with the improvement which a purgative plan of medicine would bring about with regard to the state of her bowels. The first evacuating dose of the pills, however, which was given did not operate sufficiently, but this being directly followed by another, a more effectual unloading of the bowels took place, than had ever been observed before; the quantity of offensive stool which passed, was so great as to astonish her attendants, and from that moment she began to recover her health of both mind and body. After this the milder pills were directed to be taken in such doses as to maintain a moderate action on the bowels, but this not being so well attended to, the bowels became again obstructed, and another of her hysterical attacks took place, which very much alarmed the family. This, however only showed the necessity of following up the plan laid down, and upon another dose of the more active cathartic medicine being given, its operation was as effectual as before, and was also followed by an immediate recovery from the hysteric paroxysm or fit.

The successful treatment of these complaints, then, it will be seen, depends on keeping up a slight purgative action, after the bowels have been once thoroughly unloaded;—having given, therefore, an effectual dose of No. 1,—on the following day, either night or morning, five or six of the No. 2, may be given, and repeated daily. The first dose on the day following the operation of No. 1, may not disturb the bowels; still, however, a certain impression is made, and a disposition to be more readily moved is thus secured, for, a free and natural evacuation is always seen to follow the second dose,—and afterwards the bowels are easily regulated by a daily use of the No. 2. In those cases in which an extraordinary degree of costiveness prevails, it will be expedient to repeat the No. 1, more frequently, perhaps every other night; giving on one night the No. 1, and on the next night the No. 2. In such cases this change of medicine is greatly advantageous, and has much to do with the breaking up of that torpid condition of the bowels, which constitutes the essence of this disease. With respect to the doses, of either one or the other, this must be regulated by each individual case;—in some instances six or eight of either pills are required; there is no possible evil to be apprehended from this quantity; one thing, however, may be observed, which is, that when the proper dose is ascertained and has

been continued for a certain time, the quantity will allow of being diminished rather than require to be increased;—this is contrary to what happens with others of this kind, while the diminution of the dose may be taken as the best proof that a radical cure is going on, and a healthy action of the bowels taking place.

This therefore is the method to pursue in nervous affections, in which constipation of the bowels is present. Other measures, however, are found greatly to promote and secure the good effect of purgatives, these are such as strengthen the system. The whole class of chalybeate medicines are admirably adapted for this purpose, and they may be given at the same time as the purgatives, or after a better action of the intestinal passage has been established. The best and most simple forms of chalybeates will be found described in page 93; a good and generous diet is also necessary; animal food rather underdone should be taken twice a day, and a little wine, or if it agree, a little good porter or brown stout should be taken at dinner, or even twice a day. Amusement of mind, and exercise of body, especially walking or riding, and change of air and scene, are greatly to be prized, and if they can be commanded, should always be availed of.

The remarks which have been made, are applicable to all nervous complaints, and include others besides those mentioned at the heading of this chapter. Those various forms of obstruction and other irregularities of the periodical function, which is often connected with these complaints, are also better treated on this plan, than on any other. This irregularity is sometimes a cause, and sometimes an effect of nervous debility, but whether it be the one or the other, it is equally benefitted by these means. In many instances that obstruction arises from nervous weakness, and when the general health and strength of the body is recruited, it then naturally ceases.

There is, however, one disorder which often proves very troublesome, but which scarcely ever fails to yield to this plan of treatment;—this is St. Vitus' Dance.—It is most gratifying to see how surely this obstinate complaint may be subdued by a steady, persevering course of treatment on this principle. This little volume will not allow of introducing individual cases, but one of this kind having just been cured by the steady use of No. 1, the author is inclined to give it briefly.

The patient was a young lady of this city, about eighteen, of lively disposition, but spare and delicate in constitution, having lately grown up considerably. For four or five months, she had been under the care of eminent physicians;—but the disease increasing so that she could neither sit nor lie still a moment, the author was requested to visit her. He spoke decidedly of her ultimate recovery, and pointed out the principle on which the cure was to be effected. A full dose of No. 1, was given immediately, and the operation was much more effectual than any former purgative had ever brought about. This, however, was repeated every night, and kept up to the extent it was thought she could safely bear. Instead of being weakened by this regulated plan of daily purging, her health and strength were evidently seen to be improving, and the dancing, fantastic motions of the face and body were greatly moderated. All this time, wine, good beer, and animal food, were persevered in, and occasionally a chalybeate with some tonic medicine; the quinine was also given. In two months this patient was greatly better, though not quite recovered, but a journey into the country, where she staid a fortnight, completed the cure, and she is now a remarkably healthy, active and engaging young lady.

CHAPTER XXIII.

IRREGULARITIES AT LATER PERIODS OF LIFE.

In persons arrived at the age of from forty to fifty years and upwards, there is a disposition to many diseases, and these are often of a melancholy character. At this time the periodical returns are about to cease, and this often happens in connection with a fulness and a feverish state of body, which is favorable to disease. If, however, attention be paid to those changes in the system, which are now occurring, the constitution generally settles down into a long and uninterrupted state of health. At this time the principal object of anxiety should be to keep the system tranquil, and to free it from

increasing fulness. If this be not done, there will happen either occasional and excessive discharges, or some local disease, often in the same organ which had been accustomed to these discharges, or the constitution will become burdened with excessive fatness.

All these, however, may be avoided by the use of the purgatives, No. 1. Let them be taken once or twice a week, in a full dose, and the bowels kept in a laxative state in the intervening days, either by a milder dose, or by the aperients, No. 2.

The diet must be abridged, and daily exercise, if possible, be taken. If, notwithstanding all this, the bulk and fulness of the body should yet increase, these means must be carried on to a more severe extent. There is always a good deal of bodily weakness accompanying this increasing fulness, and this leads to inactivity of life. This must never be indulged in,—it may be a task for a bulky, languid individual, to force herself to a proper measure of bodily exertion, but she will be well repaid for that exertion. If this be not followed up, no other means will be of much avail;—inactivity will favor her increasing bulk and weakness, until it will be impossible to enter upon this plan. The author has seen so much distressing evil arise from a want of determination to pursue a regular plan of exercise, and so much good resulting from its spirited adoption, that he could not omit to press it earnestly. Next to exercise, in utility, is the proper use of the purgative, No. 1. Nothing favors this increasing condition of the body so much as costiveness, and of this there is one degree or the other always present.

DISORDERS OF CHILDREN.

CHAPTER XXIV.

GENERAL OBSERVATIONS ON THE DISORDERS OF CHILDREN.

The treatment of the Diseases of Children is a subject which has been hitherto much neglected, and the management of these little patients has too often been consigned to persons totally unfit for such a trust,—even to those who have not been acquainted with the common principles on which the treatment of children's complaints should differ from that of adults. This is the more to be regretted, because their complaints are often very quick, and some of these terminate fatally in a short time ;—neither is there any just reason to be assigned for such neglect. There is no more difficulty in ascertaining the real disease of a child or an infant, than of an adult ; indeed, the author has always found it an easier matter to do so. Their complaints are comparatively few in number, and these, for the most part, originate in some disordered state of the stomach, or intestinal canal, the nature of which can generally be detected by the appearance and number of the stools ;—and, as to the causes of their diseases, these are nothing near so numerous nor so varied as are those of adults ; and, moreover they are generally such as can be controled and avoided. In ninety-nine times in every hundred, the disorders of children arise either from errors of diet, as it regards the quantity or quality of the food, or from the neglect of proper clothing, by which the perspira-

tion is thrown in upon the internal parts of the body, by the too sudden application and effect of cold.

The diet of infants is generally too good and too plentiful, while that of children is generally too poor, and neither one nor the other are sufficiently clothed in flannel, so as to guard against the great and sudden changes of temperature they are subject to. The mortality among children in this country is dreadful, and it chiefly arises from the causes already mentioned.

The author does not intend, in this place, to enter upon the treatment of the diseases of children, in a minute and particular manner,—this may form subject of a separate work, in some little time hence, for he is persuaded, that some of the most fatal and common disorders among children in this country, might generally be prevented and often cured, if they were but early known and attended to.

Hydrocephalus, or water in the head, is one of these. This, as has been already stated of apoplexy, is not a sudden disease, it creeps on gradually, but the symptoms which mark its early progress are so deceitful, and so much like other complaints, which are not in themselves dangerous, that it is generally suffered to pass unnoticed, until it shows its real nature by appearances indicative of pressure on the brain, and then the alarm very often is too late.

With respect to the inability of children to detail their own feelings and complaints, this is often an advantage. Many adult persons often mislead in detailing their symptoms and feelings, and, by giving a bias to such descriptions from their own preconceived opinions or theories, very often deceive;—this is particularly the case with nervous and hypochondriacal persons;—but the little patient speaks of his complaints in the simple language of nature;—the frequent and unnatural stools;—the wasting and flabby state of his body;—the want of sleep, heat of skin, starting and crying, are all clear and positive indications of disease, and to a certain extent cannot deceive.

Again, the countenance of a child affords an amazing assistance. In the five and twenty years that the author has been engaged at various times in public dispensaries, instituted chiefly for the diseases of women and children, both in London and Edinburgh, he has often been able to form a pretty accurate judgment of an infantile complaint, from the first glance at the expression of the countenance.

He has never, however, omitted on this account to make a more minute inquiry, with a view of gaining every possible information, but this has generally confirmed his first impression.

The reasons, therefore, which have been thought sufficient to engage a greater share of attention to this subject than it has hitherto received are these;—that the disorders of children are rapid, and often fatal for want of early attention;—that their causes are few, and these generally controlable;—that their symptoms are such as point out that they originate in the stomach or the bowels, and as they proceed, are infinitely less complicated with other circumstances, than those of adults. Again, over all the complaints, which spring from these sources, the Improved Hygeian Pills of Dr. Ralph exert the most specific and satisfactory effect.

It is of great importance also to consider, that the occasional use of this medicine is eminently calculated to prevent as well as to cure disorders, and to improve the health and strength of growing children. Many are the instances in which diseases are prevented by an occasional cleansing dose or two of No. 1. The water in the brain, is one which would frequently be obviated by such a prudent measure, while the improvement given to the organs of digestion, is the only natural means of supporting the healthy stamina of children at certain periods of more rapid growth.

Still there are complaints which cannot be prevented;—these usually occur but once in life,—such as measles, hooping cough and the like. These, therefore, with a few others of most general occurrence, shall now be given, and the management of the medicine in these will serve to show the general plan of administering it in diseases which are not specified.

It is not, however, the intention of the author, as it has been said already, to give a minute account of every infantile disorder in this place, but rather to give some general rules, which will relate to all disorders. These general rules, it will be seen, will strictly correspond with the doctrine, which has been so fully and so often stated in this little volume, namely,—the connection of diseases with a disordered state of some of the digestive organs; for, if adult disorders which originate from other causes, and are often complicated with many various circumstances, are yet so curable, and always to be alleviated by the Improved Hygeian Pills;—how much more

then are the diseases of children to be controled or prevented on the same principle.

There is, however, one other point to notice in these general remarks, it relates to the indiscriminate practice of giving calomel, and that in very large doses, too, in children's complaints. The author does not disapprove of calomel in proper cases, but, this valuable medicine is very much misused. It is a very improper medicine for family purposes at all. Whenever it is given as a common purge, it is always misapplied. It is certainly an excellent purge, but, when this is all that is wanted, why not fix upon some more safe and equally efficacious medicine? The Improved Hygeian Pill is such a medicine, and this may be repeated, whenever necessary, and as often as may be wanted, with perfect safety. It is a better medicine for worms, by far, than calomel or any thing else, and may be given in a very full and active dose, which is always indispensable to dislodge worms. These pills, moreover, are not followed by debility, which is always the case with large and repeated doses of calomel. The injury which calomel does in many children, especially in those of scrofulous constitutions, are numerous and often fatal. Whenever, therefore, any other medicine will answer the purposes of calomel, and this is most commonly the case, it should always in such instances be preferred for children.

With regard to the dose of the Improved Hygeian Pills, it is proper to observe, that children generally require larger doses in proportion to their age, than grown up people. The following is about the proportion to observe ;

For a child of seven years old, give half the dose of an adult.

Of three years old, a quarter of an adult's dose.

Of one year old, a sixth part.

To an infant a month old, the eighth or tenth ;—so that if four pills were a dose for a man, divide one pill into two,—which may be easily given, broken down in small pieces, (not powdered,) in a tea-spoon with a little gruel.

CHAPTER XXV.

SMALL POX, CHICKEN POX, SWINE POX, AND COW POX.

Although each of these diseases has something peculiar with regard to its external character, yet their treatment is precisely the same, and only requires to be carried on more or less actively, according to the degree of eruption and fever which accompanies.

The circumstance which chiefly makes the difference, and determines whether a case of small pox shall have but eight or ten pox, or perhaps ten thousand, is the state of the constitution and the blood, which has been already explained, and it is only necessary here, to point out more particularly the manner in which these diseases are to be regulated by the pills. It may also be proper here to hint the propriety of occasionally giving to children a dose of No. 1, as the best means of purifying the constitution of the grosser humors of the blood, so that, allowing the disease should attack them when perfectly unexpected, they may be prepared to pass through it without danger, and remain free from those disfiguring marks on the face, which the sunken pustules frequently leave.

In these eruptive diseases, No. 1, is the most useful, and it should be taken exactly the same as in fever;—begin by evacuating the bowels freely, and then keep up a gentle action of them throughout the continuance of the disease. The diet should be low, and acidulated drinks must be freely supplied;—the room in which the patient is should also be cool and airy.

The same treatment as the foregoing is equally suitable to adults when attacked by these disorders,—the doses of medicine being correspondently large.

It is now acknowledged that the horrible cases of small pox are not so numerous as formerly; this is owing to the general practice of vaccinating or inoculating for the cow pox,—most parents seeing it their duty to give their children the advantage of vaccination. Vaccination is almost always a sure preventive for the small pox, and, in those few cases in which small pox does attack a person after-

wards, it is usually so mild, as scarcely to be known as the same disease.

The notion that such children are more liable to eruptive diseases is altogether fabulous and untrue. After vaccination it is common to give a few doses of No. 1, at intervals of four days; but during the vaccination there is seldom a necessity of administering any medicine.

CHAPTER XXVI.

MEASLES.

This disorder is to be treated like fever;—chiefly with a freely evacuating dose of the purgative, No. 1,—and afterwards by repeated doses of the same pill, but at longer intervals,—perhaps once a day or every other day.

If there should be much painful coughing, or any fixed pain in the chest, which makes the child breathe very short or with a catch,—it should have a few leeches to the chest, and this should be followed by a blister;—such a practice never does injury, and sometimes it is of vital consequence. The diet is to be very low,—plentiful drinks of barley water,—milk and water,—or gum arabic in water, (and such things might always be acidulated with lemon juice,) should be advised and encouraged.

The room need not be kept hot,—but, such direct degrees of cold, as are recommended in small pox, and scarlet fever, are to be avoided. Especially are you to avoid any sudden exposure to cold when the eruption is out. The author has seen fine children, who were doing well, suddenly seized with stupor and death from this circumstance;—the cold had driven in the eruption from the skin, when it fell upon the brain in the form of inflammation, or effusion of humors.

After the measles go off, it will be generally necessary to take a

few doses of No. 1, at intervals of a few days. This prevents many diseases which might affect the eyes, the ears, or chest, or cause temporary dropsy. Such are called the 'dregs of the measles' which the physic carries off.

CHAPTER XXVII.

HOOPING COUGH.

During the fever attending this complaint, the treatment is much the same as in measles;—a proper use of the purgative pills, low diet and plentiful drink; but, when the fever goes off, there is apt to be left behind a most troublesome, and long continued cough.

This cough, however, the author finds to be much relieved, and often very much shortened by the following plan, and he believes no better can be adopted.—

Whether the child is full or spare, apply leeches to the temples, and do it repeatedly. If it be very feeble, only one or two may be applied, supposing it to be five years old;—and let them be repeated every third day. At the same time, give a moderate dose of No. 1, every other day, and let the child's strength be supported by nourishing, but not stimulating diet. What is meant by this, is, that the stimulus of wine or beer is not necessary, unless there should be very great weakness. In addition to this, change the air, if possible, once a week. This may give trouble, but the complaint is sometimes so alarming from its long duration and effects, that it is worth any trouble to get rid of it. The author is quite confident with regard to the effect of these means, and he has very little opinion of any other, notwithstanding the number of fine remedies which is constantly heard of. None of them can do any good, without those which have been mentioned above, but if these are not omitted, and such other remedies are of a nature to do no mischief, they may be used also. The famous medicine made of salt of wormwood and cochineal, is one of these innocent things; it is quite ridiculous to think of it in any other

light, and it should, therefore, never be used in the place of proper means, though it may be used with them, if it afford satisfaction to any one.

CHAPTER XXVIII.

FEVER.

Common and continued fever in children most frequently arises from a disordered condition of the bowels, often preceded by costiveness; but from whatever cause it proceed, the intestinal canal is soon involved in the disorder, and is the principal medium through which all fevers are successfully treated.

In the early stage it is proper to give a vomit, but the principal point to keep in view, is to act smartly on the bowels, and afterwards to keep up a more gentle but constant action.

The best plan is to begin with No. 1, and repeat the dose at every four hours, until the bowels are freely evacuated; and many will be astonished at the quantity and foulness of the evacuations. After this it is better to give the No. 2, perhaps twice a day, and every third day repeat the No. 1. There is the utmost advantage in thus changing the pills. If much heat accompanies, let the skin be often washed with vinegar and water. Cooling drinks may be supplied at pleasure, and great attention paid to cleanliness. If great weakness creeps on, give wine and water, and beef or chicken tea, and when the fever abates, a teaspoonful of chalybeate wine, (for the preparation of which see page 93,) twice a day will greatly assist. Under this plan many recover after long and apparently hopeless attacks.

SCARLET FEVER.

This should be treated on the same principle as common fever; but, as there is greater heat, a more frequent and long continued use of water and vinegar will be requisite. Let the whole surface of the

body and limbs be sponged, as often as the heat returns, and continue it until the heat abates, just as has been more fully described in the directions for the treatment of yellow fever, page 45. Under this cooling and grateful means, the little patient will sleep, when nothing besides would compose it. Never omit the sponging, and use it in proportion as the heat of the skin is great. There is no danger from the disappearing of the rash, as there is in the measles. After the fever has abated, the purgatives must be occasionally repeated. There is great necessity for this, as dropsy and other complaints are apt to follow, but these are prevented or cured by the purgatives, a good diet and fresh air.

CHAPTER XXIX.

SUMMER COMPLAINT.

This is chiefly the effect of sudden changes in the temperature, and the improper use of unripe fruit and confectionery trash. It should be more guarded against by parents than it is, as it not unfrequently leads on to other diseases of a more alarming character.

The best way to treat it is to give the mild aperients every other day. The child should have a warm bath at night, and a little wine and water may be allowed. Broths or fluid food is by no means proper. The diet should rather consist of a little meat, rice and custards. If after a few days, the looseness do not abate, and the child is weakened by it, the common chalk mixture should be given. Thirty drops of paregoric, or one drop of laudanum twice a day, is also a good remedy for a child five years old.

CHAPTER XXX.

WORMS.

These often produce so much general irritation which resembles common remittent fever, and diseases of the head, that it is sometimes difficult to distinguish them. It happens very fortunately, however, that the treatment of those diseases and of that of worms is very much the same, the only difference being, that, in worms the purgative doses should be much larger, but not so quickly repeated as in the other complaints, with which it is so often confounded. There is no better medicine in the world for worms, than these purgatives, No. 1, but they must be given in large doses, at intervals of two or three days, and the strength supported by a generous diet. The dose cannot be fixed on, but should be small in the first instance, and increased until the proper strength is ascertained.

CHAPTER XXXI.

A WASTING AND FLABBY STATE OF THE BODY, ENLARGEMENT OF THE BELLY, OFTEN WITH RICKETS AND LOW FEVER.

This is the last disease to be spoken of, but there is none of more consequence. Thousands of children annually die of it, in this city.

Although there is a wasting of the body, the appetite is frequently enormous, but it is no matter what quantity is taken, or how nutritious the food, so long as the diseased state of the belly remains.

This arises from an obstruction in the mesenteric glands, so that the food, much or little, cannot pass through them, and, therefore, cannot nourish the body. Of this any one may be convinced, by turning to Plate No. 2, in page 12, and there will be seen the Mesenteric Glands, marked B.—while these are thickened and obstruct

ed no food whatever can pass on to nourish the body, and children are often seen to die of starvation, even when they take more food than would suffice an adult person.

In this disease, the pills will prove a sovereign remedy, except in cases in which these glands have proceeded to ulceration. Let the bowels first be well evacuated by doses of the purgative, No. 1, and repeat them afterwards once or twice a week, at the same time keep the bowels constantly but gently relaxed, by the daily use of the aperients. In this complaint also, it is very useful to give a chalybeate twice a day. Supposing the child to be three or four years old, nothing is better than a teaspoonful of chalybeate wine, as directed to be made in page 93, or six or eight drops of the Tincture of Muriate of Iron twice a day. To this must be added a supporting diet with a little good beer or wine, fresh air and warm clothing. In this course it may be necessary to persevere for some weeks, but it often happens, that in a few days an improvement is discernible;—the glandular obstruction being removed, the spirits and activity return, and the limbs resume their former strength and vigor.

Do not be tempted to deviate from this plan because of the slowness of the cure; it sometimes happens that the restoration of health is slow; but if this plan do not prove successful, depend on it, no other means on earth will save the child. If you can but see the slightest degree of positive amendment,—it is enough,—and with due and proper perseverance you may rely upon recovery.

CHAPTER XXXII.

CONCLUSION.

Thus has the author endeavoured to show, that there exists a universal connection between the organs of digestion, and every disease to which the human race is subject; so that these organs, viz. : the stomach, the liver and the bowels, present one common medium through which every disease, without exception, may be either removed or much alleviated. It does not follow, however, that every disease is equally capable of cure, yet the great majority of complaints are most safely treated on this principle; and those disorders which do not admit of absolute cure, are far more safely and effectually mitigated and relieved by these, than by any other means. It is the course which nature takes in those wonderful recoveries, which often come to pass spontaneously, and though the learning and experience of physicians, in some instances, may devise some better means, yet there are none which are more generally safe and efficacious, and certainly none which can with so much propriety and justice be recommended to private and domestic individuals.

And, not only is this the best and easiest way to cure diseases, but it is the surest method to prevent them. No one can calculate the evil he prevents by means which preserve a healthy state of the digestive organs and which regulate the bowels. In male or female, child or infant, this is the common source of most diseases, and many of those which take their origin from unknown causes, first show themselves in some derangement of the stomach or the bowels. Who would imagine that that fatal malady of children, the water in the head, commences in the bowels? It is often a long while before it shows itself in any other form, and all this time it is easy to be cured. No one should, therefore, think it too much trouble to pay a due attention to various little disorders of their children, especially to those of the stomach and the bowels, when, by a single pill or two, broken down in smaller pieces, and given in a little syrup, they may prevent or cure a disease like this;—remember too that it is the most endearing children of a family,—those of the most lovely features, and of the most promising and intellectual order, that are peculiarly

the subjects of this complaint,—one which may be prevented by the proper use of the Improved Hygeian Pills.

This may appear too much to say of a remedy so simple in effect, but it is not more than the truth. It would not be thought a trifling thing to break a link in any chain which bound an individual to some serious evil. Now, disease, and that termed water in the head, and the symptoms which attend it, may justly be compared to a chain of several links. The first and second, perhaps, may not be visible, but next comes derangement of the bowels,—that is seen; then some irritation in the vessels of the head is known to exist by a little feverish excitement, and if the real nature of this excitement be not quickly understood, the disease will terminate in the affusion of a watery fluid on the brain, and the child is lost. Now, who does not see that this disease did not consist, at first, of water in the head,—that was only its termination;—the disease, essentially, and for a long time, resided in the bowels, and was curable as much as others are. The first visible link in this chain of symptoms, was the disorder of the bowels, and if a few repeated doses of No. 1, had been given in this stage, its connection with the head would have been broken up, and the irritation have ceased in consequence;—if not, a few leeches to the temples would probably have completed the cure. Many examples of this kind might be adduced, if necessary, to show that the most serious disorders may be prevented, as well as cured, by a due attention to the organs of digestion, and especially to the intestinal passages in children.

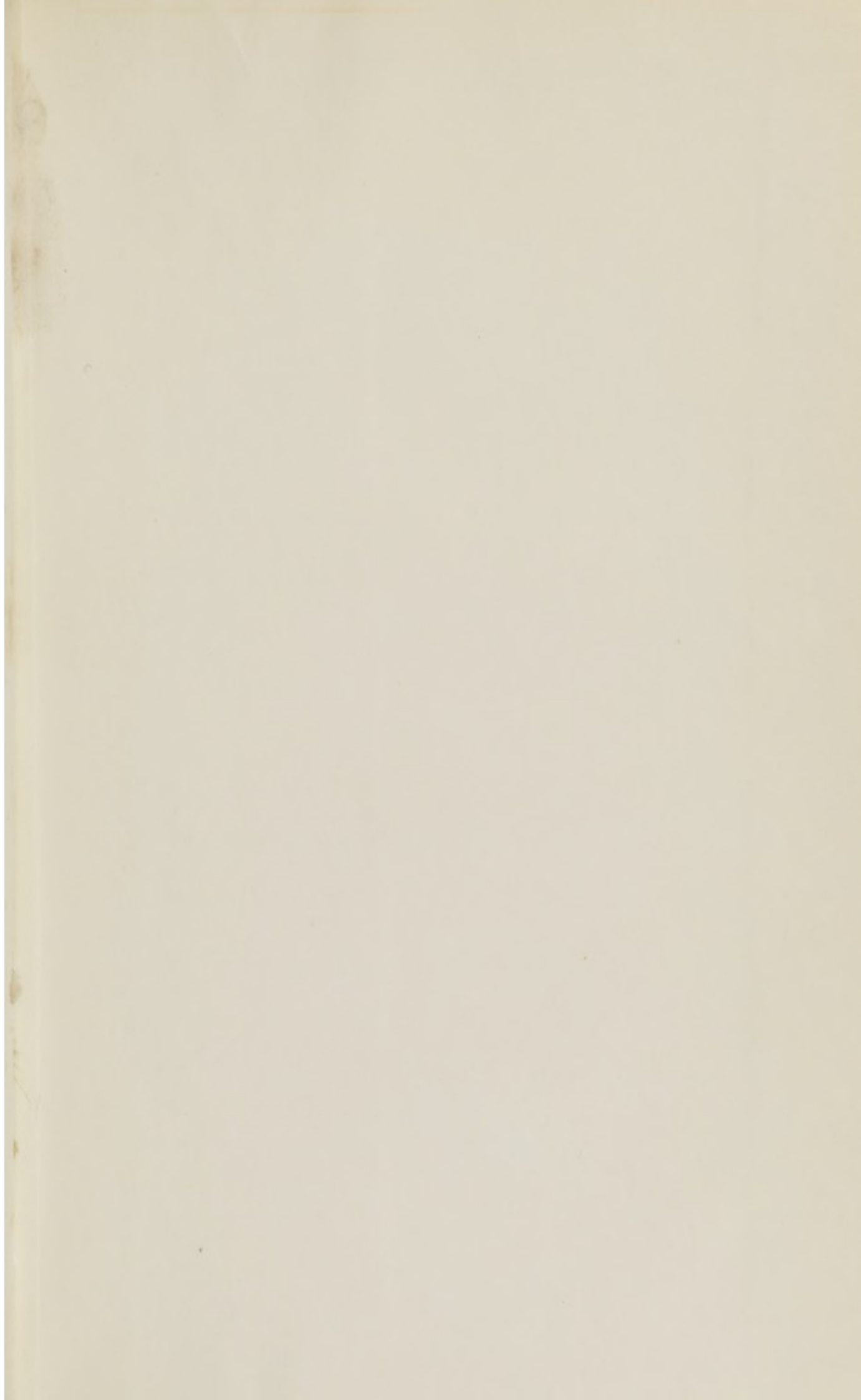
The object of this little volume, therefore, is to enable private individuals to prevent diseases, or to undertake their cure on a safe and easy principle, and this subject is divided into two compartments.

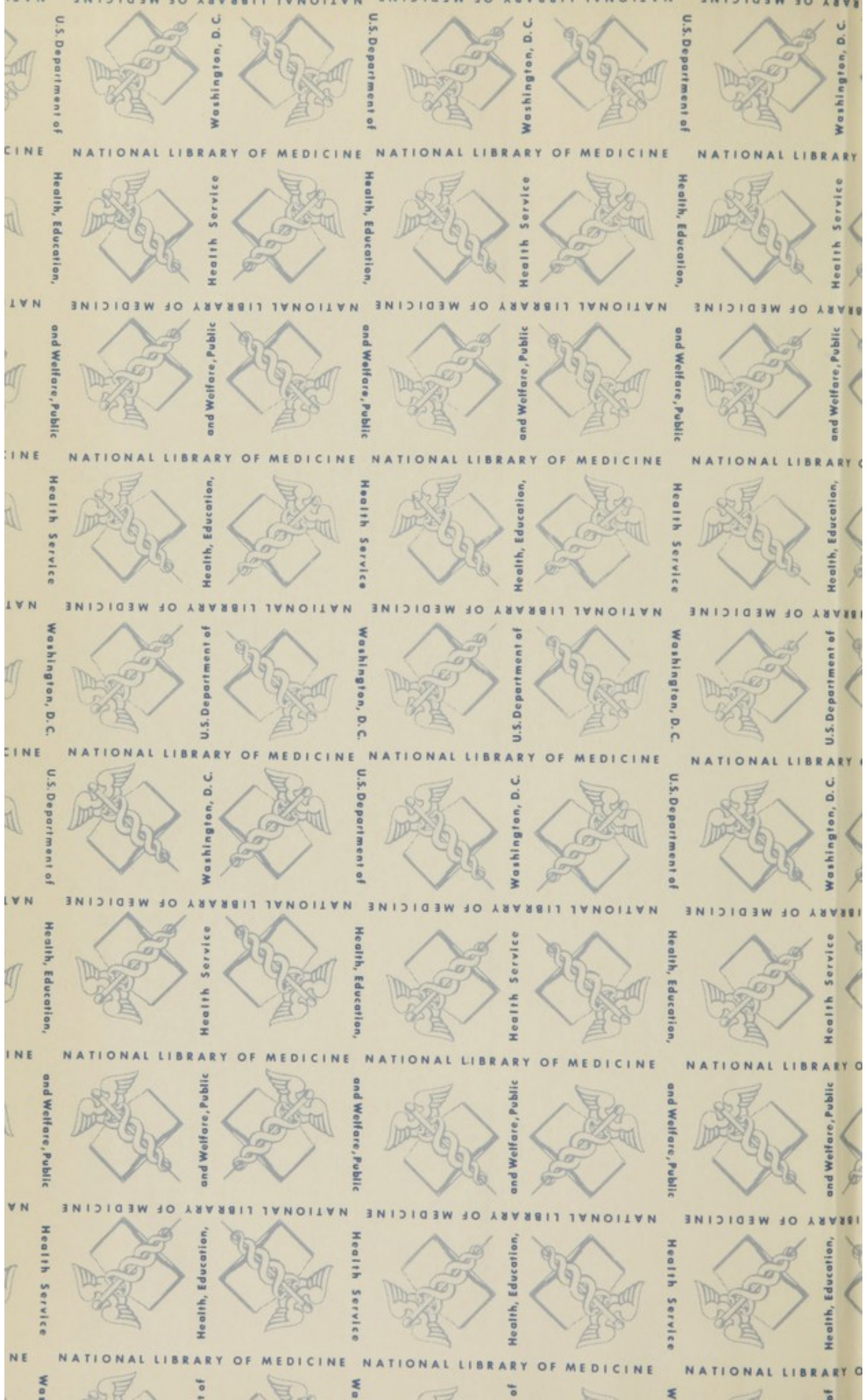
The first part shows the common medium, through which every disorder may be influenced more or less, and points out a safe, convenient and universal remedy for that purpose.

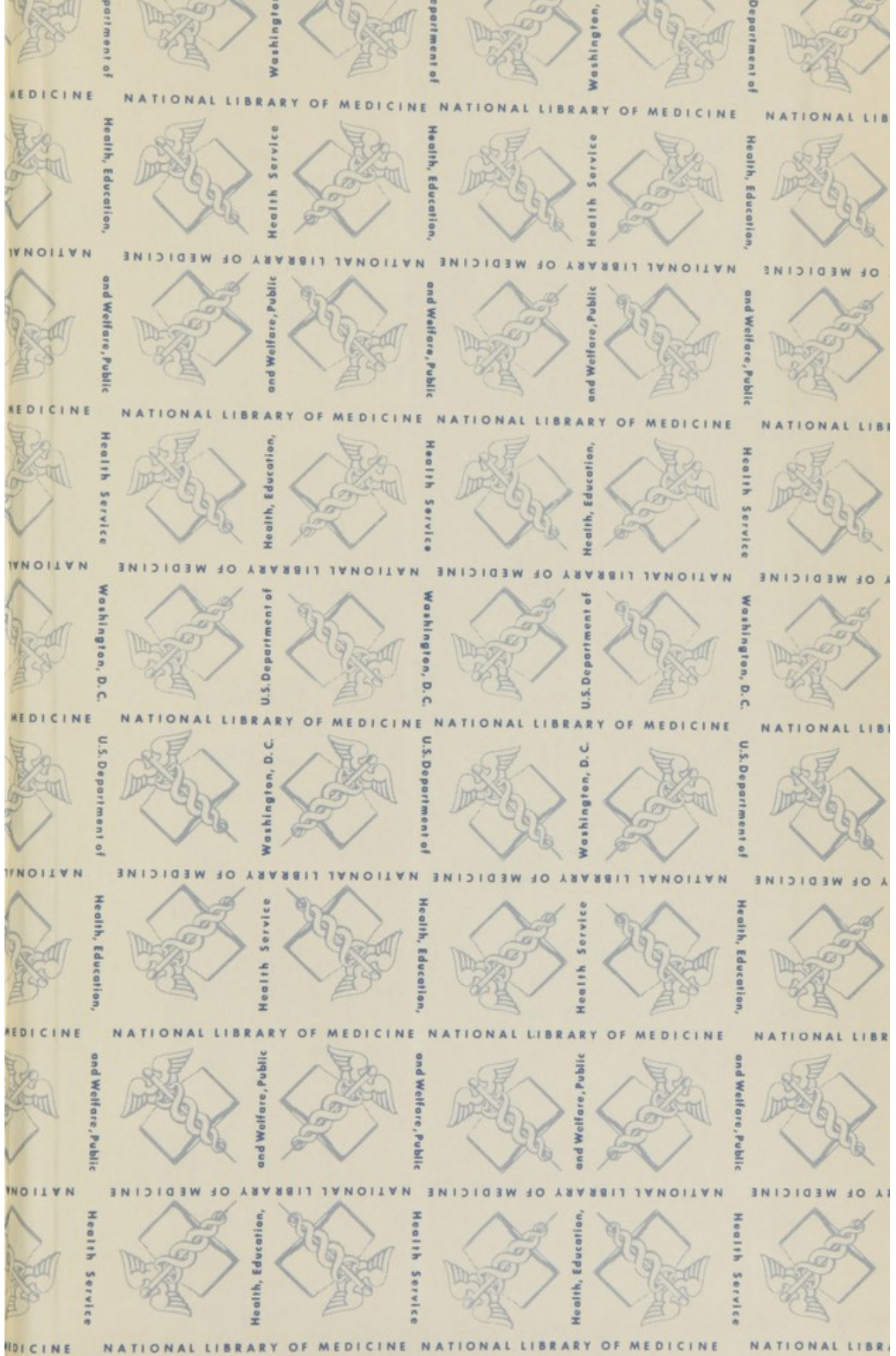
The second part includes a plain and practical treatise on all those important complaints, which most frequently occur in families or to individuals; and, in their treatment, the use and management of this remedy has been fully shown.

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