

An essay on the more common West-India diseases and the remedies which that country itself produces : to which are added some hints on the management, &c.; of Negroes / by James Grainger, M.D.

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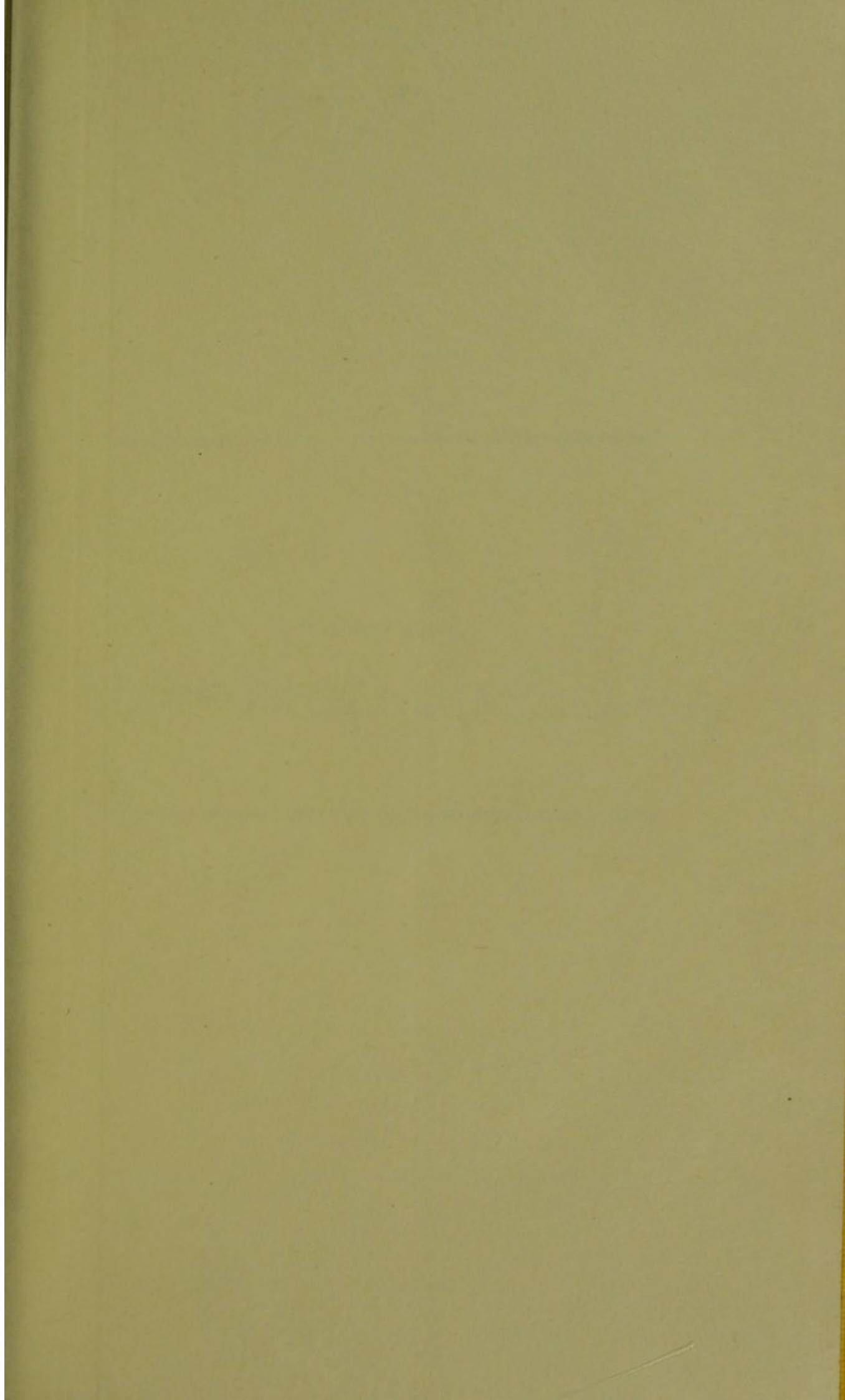
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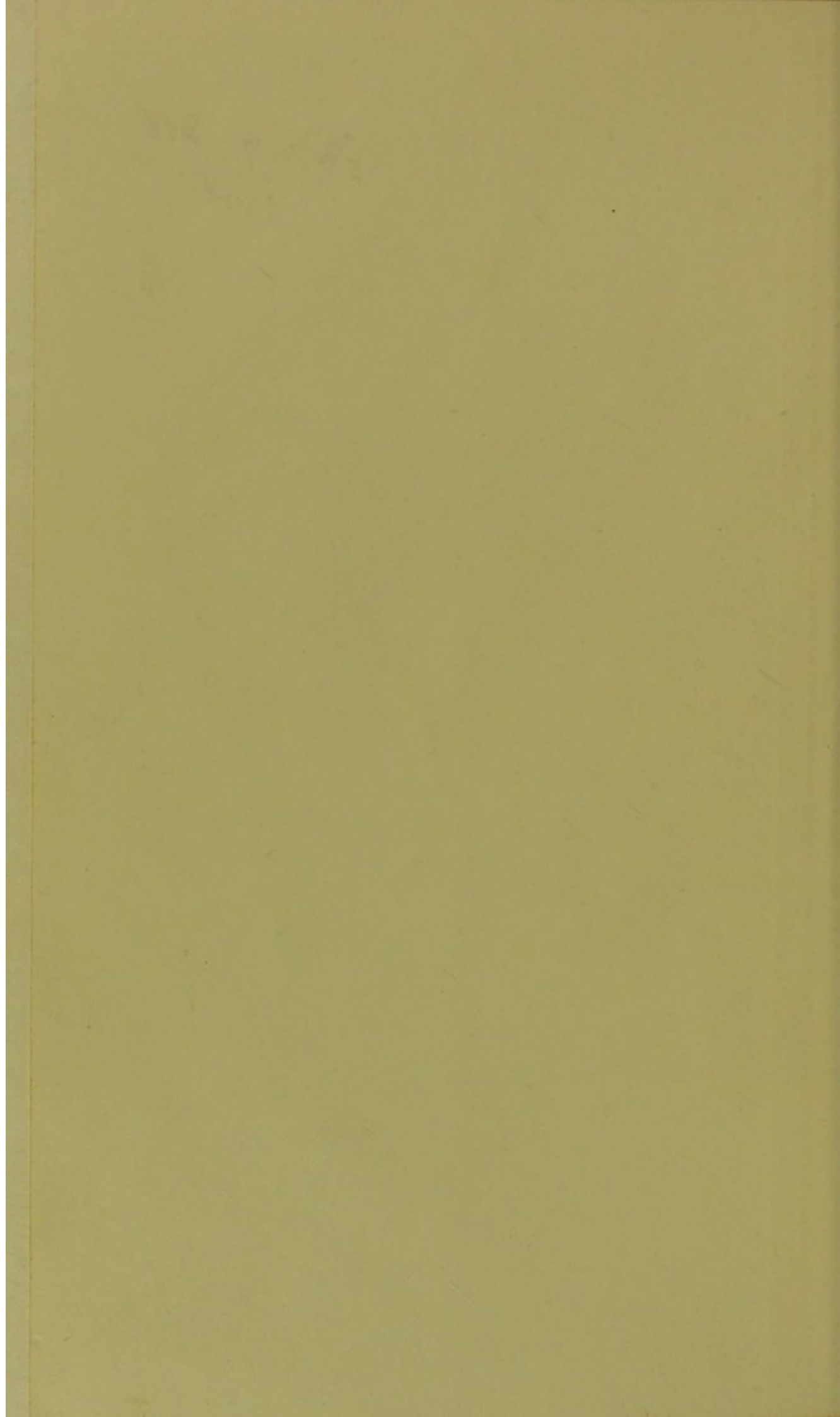
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1 Vol

WEST-INDIA DISEASES.

REMEDIES WHICH THAT COUNTRY ITSELF
FURNISHES.

E S S A Y

ON THE MORE COMMON

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WITH ORIGINAL NOTES AND A DICTIONARY

AN
E S S A Y
ON THE MORE COMMON
WEST-INDIA DISEASES;
AND THE
REMEDIES WHICH THAT COUNTRY ITSELF
PRODUCES:
TO WHICH ARE ADDED,
SOME HINTS
ON THE
MANAGEMENT, &c. OF NEGROES.

By JAMES GRAINGER, M. D.

THE SECOND EDITION.

WITH PRACTICAL NOTES, AND A LINNÆAN
INDEX,

By WILLIAM WRIGHT, M. D. F. R. S.
PHYSICIAN TO HIS MAJESTY'S FORCES.

Nulla in re, proprius accedunt homines ad Deos, quam salutem ho-
minibus dando. CICERO.

EDINBURGH:
PRINTED FOR MUNDELL & SON, AND LONGMAN & REES, LONDON.

1802.

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E S A Y



REMEDIES WHICH THAT COUNTRY ITSELF
PRODUCES:

The first edition was printed in 1753.

Printed SOME HINTS

on the
MANAGEMENT OF NEGROES.

By JAMES GRAINGER, M.D.
Second Edition.

WITH PRACTICAL NOTES, AND A LEXICON
OF THE NEGRO DIALECT.

By JAMES GRAINGER, M.D.
Second Edition.

Printed by J. JOHNSON, in Pall-mall.

1793.

Printed for HENRY LARSEN, and JOHN WATTS, London.

1803.

ADVERTISEMENT.

THE first edition of the following Effay was printed in London, for Becket and De Hondt, bookfellers in the Strand, in 8vo, 1764, without the author's name; but it is well known to be the production of Dr. James Grainger, the celebrated author of THE SUGAR CANE, and other ingenious performances, who settled as a phyfician in the island of St. Christopher's in 1759, where he acquired great reputation in his profession, and died, universally regretted, in 1767.

Much praise is due to Dr. Grainger for the liberal pains he has taken in the Notes to his admirable West-India Georgic, to enlarge the knowledge of the medicinal virtues of the indigenous plants of the West-

Indies. The same commendable proofs of his skill and judgment in his profession appear in this short Essay, which, though written in a plain and popular style, has been deservedly very highly esteemed, both in England, where it was printed, and, as might be expected, more particularly in the West-Indies. Although it was principally intended for the use of the owners and managers of slaves in the Sugar Islands, yet I know the physicians and surgeons in that country have profited much by it, both in the knowledge of the diseases of the Negroes, and of the indigenous remedies; in which respects it is, in my opinion, an excellent model for a more scientific and general treatise on tropical diseases, especially among the Blacks.

The first edition of this humane and sensible Tract having been long out of print, and a new edition being much wanted, it was recommended by Dr. Percy, the pre-

sent respectable Bishop of Dromore, an intimate friend of Dr. Grainger's, to be inserted in the collected edition of his poetical works, now printing here in two volumes small 8vo, under the superintendence of Dr. Robert Anderson, as a valuable Appendix to THE SUGAR CANE. In this recommendation, General Melville, another respectable friend of Dr. Grainger's, concurred ; but Dr. Anderson hesitated concerning the propriety of associating a medical treatise, of a popular nature, with his poems ; and, thinking it would be more extensively useful as a separate publication, devolved upon me the task of superintending the present edition, which I very willingly and disinterestedly undertook, from a desire to oblige Dr. Grainger's friends, and to co-operate, however little, with my learned and ingenious countryman, in promoting the knowledge of the diseases of the Negroes, and the virtues of the indigenous plants of the West-Indies.

For that purpose, and with a view to correct some incidental mistakes, and to furnish such additional information as my local knowledge and experience may have enabled me to supply, I have subjoined to the several sections of the Essay a few Practical Notes and Observations, and added a Linnæan Index of the plants, animals, and insects mentioned in it, which I hope will be acceptable to the Public at large, and particularly to gentlemen residing in the West-Indies, whether planters or physicians.

WILLIAM WRIGHT.

EDINBURGH, }
Feb. 8. 1802. }

TO
DANIEL MATHEW, Esq.

THE following Essay, which is written on a subject of the utmost importance to the West-Indies, I beg leave, Sir, to address to you; both as it affords me a pleasing opportunity of recommending to others that distinguished humanity wherewith your Negroes have ever been treated, and, in particular, of expressing the high regard with which I am,

Sir,

Your most obliged,

and very humble servant,

THE AUTHOR.

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E R R A T A.

- P. 21. l. I. in Note. *For* Pulex minimus, *read* Pulex penetrans.
 22. l. II. *For* Roucon, *read* Rocou.

P R E F A C E.

IT has often been matter of astonishment to me, that among the many valuable medical tracts which of late years have been offered to the public, no one has been purposely written on the method of seasoning new Negroes, and the treatment of Negroes when sick; and yet the importance, if not the dignity of such a work, must appear obvious to all who are in the least acquainted with the West Indies: For it is a melancholy truth, that hundreds of these useful people are yearly sacrificed to mistakes in these two capital points. To supply this defect, as far as in me lies, and to enable those who are intrusted with the management of Negroes, to treat them in a more scientific manner than has hitherto been generally practised, is the principal design of the present Essay. It is therefore wholly divested of the parade of learning, being purposely written with as much shortness as was consistent with perspicuity.

The more effectually to attain these ends, I have divided the performance into FOUR PARTS.

In the FIRST, after giving some hints on the choice of new, or salt-water Negroes as they are called, I briefly expose the preposterous methods made use of by some in seasoning them; and recommend such other methods as experience has taught me will most commonly not disappoint the planter.

The SECOND PART treats of those diseases whereunto the Blacks are most exposed in the islands; and points out such medicines as the country affords for their removal. As this is of the last importance to the owners of Slaves, plantations being often far removed from medical assistance, I have attempted to make the directions in this Part so explicit, that a common capacity, with proper attention, will be thereby enabled to save many valuable lives; a circumstance not less profitable to the owner, than pleasing to humanity. This, therefore, if tolerably executed, cannot fail of being eminently useful

at this time, when the demand for Negroes, on account of our new acquisitions in America, must become annually greater. Slaves from Africa already fetch an exorbitant price ; but more purchasers must necessarily enhance their value : of course, upon a principle of profit, they deserve the utmost attention of the master ; and, on motives of honesty, that of the manager or overseer.

In the THIRD PART, such distempers as more peculiarly affect the Negroes are taken notice of. Among these, the leprosy is the most dreadful, for which no remedy has hitherto been discovered, and which continues to spread its ravages daily, to the disgrace of art, and detriment of the planter. I am, however, still of opinion, that the Almighty has not left us without a cure for this disease, and persuade myself it is to be found among the vegetables of the torrid zone. Indeed, too little attention has been hitherto paid to this important branch of medical history. The islands contain innumerable medicines of high efficacy, not known in Europe ; and doubtless a much

greater number still remain to be investigated by future inquiry*. Such discoveries, however, are not to be expected from the gentlemen of the faculty. Their time must necessarily be devoted to the calls of their profession, as few of independent fortunes go to practise in the West Indies; and yet physicians are the only persons who are qualified for this momentous employment. It would therefore, perhaps, well become the wisdom of the legislature, to enable those gentlemen to devote a part of their time to these studies; as whatever means tend to alleviate the maladies of human nature, cannot be too commonly known, or rendered too numerous. Premiums are daily bestowed for improvements in agriculture, &c. but no rewards have ever been offered for discoveries in the *Materia Medica*; as if every

* The Writer of the Notes on this Essay has explored almost the whole Island of Jamaica, at his own expence, and has made many important discoveries amongst the plants. Such as, the *Cinchona Caribæa*, or Jesuits bark of Jamaica—*Croton Eleutheria*, or true Cascarilla bark tree—Cabbage bark tree—*Quassia excelsa* (*Quassia* of the shops)—*Quassia Simaruba*, &c.

art was more necessary than phyfic, and every object more considerable than the health of the community. And yet such discoveries would not, like many others, be confined in their influence to one nation only : The world would reap the advantage of them, for the world is interested in the improvement of medicine ; and the palms which might be gathered by Britons in such pursuits, would be more lastingly honourable than the laurels of their conquests.

In the FOURTH and last DIVISION, I make some observations on the food and clothing of Negroes ; the sick houses where they are confined ; and mention a few important medicines, for which succedaneums are not to be found in the islands, and which no plantations ought ever to be without.

Upon the whole, I flatter myself, this small tract will be of real service to the West India practitioners, as well as to the owners and managers of Negroes, since I have recommended no means, whose efficacy I have not experienced. Let it not, however, be

imagined, that the precepts contained therein, will qualify unmedical readers to cure their sick Negroes without proper medical assistance. Such pretensions, in any writer, would be the height of empiricism. All that I mean is, that those who have the management of slaves, and will give themselves the trouble to consult this Essay, will not henceforth be so much at a loss how to treat the diseased, till proper advice can be called in, as they have hitherto been. Yet for want of this knowledge in managers, I have often observed the most fatal consequences ensue.

To conclude, if this performance shall produce the salutary effects for which only it was written, I shall think my leisure well employed; for though the diseases of Blacks are its primary object, *Homo sum et humani nihil a me alienum puto.*

AN
E S S A Y
ON THE
MANAGEMENT AND DISEASES
OF
N E G R O E S.

PART I,

Of the Choice of Negroes.

THE different nations of Guinea are not only very different in their manners and passions, but from the constitution of their native climates, are subject to a variety of different disorders. Thus the Cormantees, who are a brave and free people at home, cannot submit to the unavoidable severities of bondage ; while the Minnahs are too apt to destroy themselves upon the least, and even without any provocation. Again, the Negroes from Mundingu have worms, almost all of them ; while those from Congo are very liable to drop-

fical indispositions. For these reasons, one should be cautious not to purchase the natives of those countries ; or if planters are under a necessity of buying such, the young only should be purchased.

In the Ibbo country, the women chiefly work ; they therefore are to be preferred to the men of the same country at a Negroe sale : and yet there is a great risk in buying women ; for, from their scantiness of clothing in their own country, not to mention other reasons, they often labour under incurable obstructions of the menses, whence proceed barrenness, and many disorders.

It is scarce necessary to observe, that the healthy only should be chosen. The marks of health are a glossy sleekness of the skin, unspotted and without breakings out ; their eyes should be clear, tongue red, chest open, and belly small. They should have the free use of all their limbs ; and if not much past fifteen, so much the better for boys ; but girls should only be twelve years old, or younger.

When brought to the plantation, the new Negroes should forthwith be clothed, and put under the care of some sober elderly person, if possible, from their own country, who must be answerable for their having their food regularly given them. Their food should be as little different from what they eat at home as may

be ; and this must be learnt from their country folks.

In general, it is not amiss to have new Negroes blooded ; but the quantity should never exceed six ounces, even from the stoutest. Vomits of thistle-seed, or rather castor oil purges are more extensively useful ; but above all, a decoction of worm-grass, clarified with lemon juice, or cow-itch sheathed with melasses, should be administered, and repeated twice a week, for the first six weeks. The dose of the worm-grass decoction ought at first to be small. Half an ounce of that plant, if fresh, and six drachms, if dried, will impregnate a quart of water with its virtues ; and of this a gill is a sufficient quantity, at first, for a grown Negroe. The same attention is not required in dosing the cow-itch ; I never knew it produce any untoward symptoms.

Some planters give sweet mercury, in order to kill worms : but as new Negroes cannot well be restrained from drinking cold water, that practice is dangerous. Block tin (not pewter) in powder, is given for the same disease : it is indeed not noxious, but then it seldom answers the prescriber's intention. Scrapings of tin are useful.

The other remedies for worms will be more fully treated of in the sequel.

If the Negroes have brought with them any

palm oil, they should be permitted to anoint their bodies therewith, after washing them clean in some running water.

I am persuaded, that anointing and bathing, if more common, would not only render Negroes more sturdy, but preserve them from colds, and many other infirmities.

This salutary practice prevailed among the Romans. Many nations in the east use it at this day ; as do most of the Negroes on the coast of Africa.

No doubt, sweating is a highly healthful evacuation in warm climates, by preserving the juices from putrefaction, &c. &c. but perspiration there is often too profuse, and of course must weaken the constitution. Anointing would lessen that waste.

New Negroes should have a comfortable blanket, or bamboo as it is called, given them to sleep in ; and they should never be permitted to sleep on the ground without a mat under them. The not attending to these minute circumstances has proved fatal to many Negroes.

The Negroes bought in crop-time are much more likely to do well than those who are purchased in the rainy months ; for Negroes should not only be allowed to drink what quantity of the cane juice they think proper, but even obliged to drink it.

In case you are under a necessity of purchasing Negroes in the wet months, great care should be taken to restrain them from unripe yams and Guinea corn; these will infallibly produce the Lax, a serious disorder, to which salt-water Negroes are but too subject.

There is seldom much necessity for bleeding, vomiting, or purging new Negroes in North America; but then their appetite should be moderated: they love animal food, and too great an indulgence therein will certainly do them mischief.

Negroes at no time should be treated with rigour; but new Negroes, in particular, must be managed with the utmost humanity.

To put a hoe in the hands of a new Negroe, and to oblige him to work with a seasoned gang, is to murder that Negroe. The African must be familiarised to labour by gentle degrees. This precept respects not only the aged, but even the young.

No Negroe can be said to be seasoned to a West India climate, till he has resided therein for at least a twelvemonth: and those who are accustomed to one island, run no small risk of their lives when transported to another, perhaps equally healthy; unless, in their new settlement, they are indulged with every conveniency they enjoyed in their old.

In clearing the islands which of late have been ceded to us, many Negroes will inevitably perish : a mournful consideration, especially where the land thus to be cleared, is to be purchased of the government for money. It is, however, in the power of medical science to diminish, and greatly too, the number of those who must otherwise be sacrificed to the pursuit of riches.

In order to effect this valuable purpose, the owner of an estate in woods, is first of all to permit his Negroes to clear away as much ground as is requisite for building their huts, and planting Indian provisions.

They should be exposed to the wet as little as possible ; and if they choose to smoke tobacco, a pipe should not be refused them.

They should wear Edinburghs in the field ; but when they come home, they should have a warm Bamboo to put on, in case their coarse linen is wetted.

Negroes employed to clear grounds, should never begin their labour with an empty stomach : and perhaps that master would be rewarded for his expence, who should indulge his field Negroes every morning with a glass of the medicine recommended in the chapter on the pain of the stomach.

Besides Indian provisions, Negroes should have a weekly allowance of flour, rice, or split English

beans, with herrings, or other salt meat: or if those things were to be had at market, perhaps that master would do better who should give his Negroes a pecuniary consideration in lieu of them.

A gang of Creole Negroes, being transported from the place of their birth to another island, most commonly undergo a seasoning: nay, it has often been observed, that slaves carried from one plantation to another, though on the same island, are apt for some time to droop and be sickly. Wholly to prevent this is impossible: but it is within the limits of art, to render those consequent diseases both less fatal and less frequent. This will be effected, if to the method above recommended, you encourage and treat them with the utmost humanity.

Many causes may be assigned, why Negroes purchased in crop-time are more likely to get over the diseases of seasoning, than such as are bought in the rainy months. They are then less apt to catch cold; the Indian provisions they then eat are less crude; and above all, the cane juice (of which they should be permitted to drink as much as they please) is highly nutrimental and salutary.

New Negroes should never be sent to mountain plantations; for there they are very liable to catch cold, or fall into fluxes, which always

prove troublesome to remove, and sometimes fatal.

This precept, in a more particular manner, respects the rainy months: the reason is obvious, from what has already been said on the subject.

AN
E S S A Y
ON THE
MANAGEMENT AND DISEASES
OF
NEGROES.

PART II.

Of the Treatment of Infants.

ALTHOUGH Creole Negroes do in fact cost more money to their owners than salt-water Negroes, yet as they are more healthy, and better for all the purposes of a plantation than these, so too great care cannot be taken either of the Negresses when pregnant, and in the month, or of their infants when born.

Black women are not so prolific as the white inhabitants, because they are less chaste, and more liable to incurable obstructions of the monthly discharge; their children too more fre-

quently perish, within ten days or a fortnight after their birth, than those of the white people. The disease which at that time proves fatal to them, is the locked jaw, or, as it is called by the West Indians, the jaw-falling.

This proceeds from the infants not being kept sufficiently warm, from the administration of new spirits, crude aliment, but above all, from their not being thoroughly freed from the meconium, or black discharge, after their birth.

The remedies of the three first causes are apparent ; but how to bring away the meconium deserves particular attention.

(1) Castor oil, and a pessary of the stalk of the

(1) *Castor Oil*.—Take of the dried seeds of Palma Christi, freed from the husks, any quantity you please ; beat them in a deep wooden mortar, with a wooden pestle, into a mass ; which throw into a large iron pot, or copper, with water.

Boil them over a slow fire for three hours, stirring them frequently with a large wooden spatula, and now and then adding a little boiling water, as the liquor evaporates.

Continue the process till the oil separates and swims on the surface. Let this with the froth be skimmed off, and clarified in a small iron pot, over a gentle fire. Lastly, strain the oil through a piece of strong linen cloth.

The nuts should not be parched, as this gives the oil an empyreumatic smell and taste.

The oil will separate sooner, if towards the end of boiling, a handful of sea salt is thrown into the cauldron.

common phyfic nut are the means commonly made ufe of; but the latter is not always capable of procuring fuch stools as are wanted; and the oil, efpecially that obtained by coction, is often too rugged in its paffage through their tender bowels. (2)

The following medicine is liable to neither of thefe objections: Mix ten grains of the beft rhubarb in a fine powder, with four ounces of water; add ten grains of magnesia alba, a common fpoonful of peppermint water, a tea fpoonful of fpirit of lavender, and as much fyrup of vervain, or rofes, as will make it palatable. Half a fpoonful of this mixture, well fhook, fhould be given every two hours, till stools are procured; and the child's belly fhould be frequently rubbed with a warm hand before the fire. This medicine ought to be continued, but in a fmall quantity, for at leaft a fortnight; I never knew any die of the locked jaw, (3) or cholic, who took it in the manner prefcribed.

(2) See the article Ricinus, in the prefent Writer's account of the Medicinal Plants of Jamaica, London Medical Journal, Vol. 8. Part III.

(3) The Trismus Infantum, or Locked Jaw, is frequent and fatal in the Weft-Indies. It may be occafioned by a too long retention of the meconium, but chiefly by keeping the mother and infant too warm, in a fmall, clofe and confined chamber.

Early purging with cafter oil is proper; fay, a fmall

New-born Negroes should be forthwith washed in warm spirits, and clothed in warm flannel, &c.

The mother should be well supported with warm nourishing fops, and the child should suck her as soon as her milk is ready. The mother's milk is the infant's best food; it is gently aperient, and well suited to its tender digestive organs.

Every Negress should suckle her own child; and indeed they are, in general, abundantly supplied with milk to do it.

Fewer Negresses die in child-bed, (4) or of its consequences, (not one in three hundred) than white women; but the children of the latter are less liable to perish within the month than those of the Blacks.

Black children should at least be six weeks old, before they are suffered to taste any other food than the milk of the mother.

tea spoonful for a dose. Where there are suspicions of locked jaw, a single grain of calomel may be given, and repeated, if need be, at the distance of three hours.

(4) Lying-in women ought to be brought to a well-aired room, in the great house, or to a lying-in ward built on purpose, where suitable bedding is provided, and no fires near them.—By this means, such women escape the puerperal fever, and the children the locked jaw.

Few Negroe children are born deformed; (5) not one in ten thousand.

After the month, the diseases which chiefly affect infants, proceed from an acid in their bowels, and from teething.

(6) A sourness in the intestines is always discovered by green watery stools; but swelled gums, a hot mouth, frequent flavering, and thrusting its little fingers into its mouth, indicate teething.

As far as I have been able to remark, the black children cut their teeth more easily than the white children; but when the above mentioned symptoms are observed, their gums should be forthwith opened with a lancet.

(5) Deformity in children would seem to be owing to swathing the infants too tight, and by the preposterous use of stays, and strait clothing.—Negroe children are not thus encumbered; and never are deformed except by accidents, as falls, &c.

(6) Many of the diseases of Negroe children, are owing to the ignorance or carelessness of the mothers. The children ought to be early taught to feed, and weaned at *nine months*.

On all well-regulated estates, a mess of good soup is prepared daily at the overseer's house, for Negroe children; it is composed of farinaceous roots, a little Okra pods, and a piece of flesh meat; this is shared amongst them, and eaten in the Piazza.

The green stools are to be removed by the rhubarb medicine recommended before, by broths made of animal food, by crabs eyes, or by spirit of hartshorn.

If the child is severely griped, a small quantity of the vinous tincture of ipecacuan (7) should be administered, and eight or ten drops of laudanum at bed-time. (8)

The mother should abstain from four fruits and vegetables.

The properest time to inoculate Negroe children, is either before their teething commences, or after their teeth are complete.

They should be prepared ; and medicines that destroy worms, are those which ought chiefly to be depended upon.

Negroe children should not be permitted to suck their mothers longer than twelve or fourteen months : long nursing diminishes a woman's fecundity.

When the young Negroes can run about (9),

(7) Antimonial wine is preferable to ipecacuan, in doses from ten to twenty drops, or so much as to puke gently.

(8) *One* drop of laudanum is sufficient for a new-born infant for a dose, which may be repeated in three hours if necessary.

(9) A tent is generally erected near the field where the Negroes are at work, and all the young children are put there, under the care of a dry nurse.

they should not be allowed to be carried to the field with their mothers, but should be intrusted to the management of some ancient and sensible Negress, who will take care to have them properly fed.

At eight years of age, they are made to pick grass, carry a small basket with dung, and under the direction of those of riper years, to pull up weeds in the cane-piece.

Of Chigres or Chigoes. (10)

It is said there are two kinds of chigres, one common, and the other poisonous. My opinion is, that none ever are troubled with the latter insect, but such as are in a bad habit of body.

All the young, as well as the new Negroes, should have their feet and hands examined re-

(10) The Chigre *Pulex Minimus* of Linnæus, is a species of flea, bred in ashes, or in places where quick-lime has been laid. It burrows under the skin, and occasions an intolerable itching, and small hard tumour on the part. Every person, of whatever habit, is liable to have chigres. In a day or two the chigre becomes as large as duck-shot, and of a yellowish white colour. It is the abdomen of the insect that is distended with the ova, which, if suffered to burst of itself, the young ones infest the neighbouring parts, and the dead insect occasions a troublesome sore.

gularly once a week : For want of this precaution, Negroes often lose many a joint of their toes, &c. and so become less useful upon a plantation.

A little snuff, mixed with a small quantity of verdigrease, is the best powder that can be put into the hole from whence a chigre has been extracted. (11)

The Indians preserve themselves from these, and other troublesome insects, by anointing their feet, &c. with a paste made of Roucon and oil.

Of the Itch.

NEGROES of every age and sex are apt to catch the itch. (12) This disease requires no description.

Sulphur made into an ointment, with salt butter and green pepper, will cure it ; A no less effectual remedy is tobacco steeped in urine, and bathing in the sea.

(11) Negroe women are very dexterous in picking out chigres with a pointed knife, and turn out the insect whole. Tobacco ashes are generally put into the hole, to prevent festering.

(12) In all cases of true Pfora, or Itch, the cure is best effected by sulphureous medicines. While the ointment is rubbed externally, a small quantity of flour of brimstone must be given inwardly, in syrup or melasses.

There is a species of itch which Negroes from Guinea often bring with them to the West Indies. This they call the Crakras; (13) it chiefly infests the ankles, and often, if scratched or neglected, produces inveterate ulcers.

This disorder is not to be cured by external means only; it requires smart purging with salt water, and bathing therein. If these do not remove the eruption, the patient should be dosed every third day, with pills made of the juice of Semprevive and Chonch-shells finely pounded, with about one grain of sweet mercury (14) to each half drachm of the composition.

The best external application is weak mercurial ointment, with a mixture of sulphur.

Of Coughs.

COUGHS are common in the West Indies, from the latter end of October (15) to the latter end of February.

(13) The Crakras is not the itch, but the consequence of the yaws, of which hereafter.

(14) Sulphur and mercury destroy each other's action, as is evident in the *Æthiops mineral*; therefore they should never be used in conjunction, externally or internally.

(15) About the latter end of October, and all the month of November, the wind shifts to the north, and is accom-

(16) They are seldom attended with a fever, but often with loss of appetite.

A vomit of thistle-feed should therefore always begin the cure, which a syrup made with garden balsam, sugar and rum, will soon remove.

A sweat, with an infusion of wild sage, is also efficacious ; but the medicine most to be depended upon, is half an ounce of gum elemi, dissolved in four pints of good rum. Of this a large spoonful should be given three times a day to adults, and so in proportion.

I have also known troublesome coughs removed by drinking a warm infusion of wild liquorice. (17)

The Hooping-Cough is not frequent in the West-Indies: (18) I do not remember to have seen it there above once or twice ; and then the lungs seemed to be touched with a slight degree of inflammation.

panied by cold and wet weather, and thick atmosphere. This occasions colds, coughs, and catarrhal fevers.

(16) These disorders are no way different from the common catarrhs in Britain, and require the same management.

(17) *Wild Liquorice*.—The leaves are used in pectoral decoctions, with honey or sugar, and gently acidulated with lime-juice.

(18) The Hooping-Cough is frequent in all the islands, and at times epidemic in Jamaica.

In that case bleeding, but in small quantities, is indispensibly requisite ; but then emetics must not be administered.

In the cure of a Hooping-Cough, I have always found change of air as necessary as physic.

Of Worms.

WORMS are scarce more fatal to the young, than they are to those who have attained to manhood in the West-Indies. Worms therefore naturally present themselves to be treated of in this place.

As in Europe, when uncommon symptoms afflict a patient, the venereal disease may be considered as the cause ; so in the West-Indies, worms may always be suspected as the parent of every untoward morbid appearance.

The truth is, there is scarce one symptom with which the animal economy may be affected, which worms are not capable of exciting.

The worms common in the West-Indies, (19)

(19) Tænia, or Tapeworm, is very common amongst the Negroes, and sometimes white people are afflicted with them, producing the most acute and violent symptoms, at other times a state of ill health ; nor is the cause of those disorders known, until some portions of Tænia are voided by stool.

are the same with those which are common in Europe; only the solitary, tape, or jointed worm, as it is called, is oftener seen there than in Britain; and some Creoles are much afflicted with a kind of small worms (20) in the stomach, which I do not remember to have observed in Europe.

Worms kill more people in the West-Indies than all other diseases, the flux only excepted.

Both the old and new world boast of remedies to kill worms; but as this fatal malady is more common in the torrid zone than in Europe, so the tropical remedies are more specific in this complaint, than the European.

I have tried almost an infinite variety of medicines against worms; but the most efficacious a-

The cure may be begun, by giving a gentle dose of castor oil early in the morning; then the following, which is nearly a specific:

Take of Gum Gamboge, and Cream of Tartar, each six grains; rub them in a stone mortar, into a fine powder, which divide into twelve doses. In acute cases, a powder may be given every six hours in a little syrup; but in chronic cases, two powders a day is sufficient.

(20) A course of lime-water is excellent for the cure of *Ascarides*; half a pint, with an equal part of sweet milk twice a day. Sea salt may be used plentifully; afterwards the bark to strengthen the system.

mong them have often proved less successful than I could have wished. (21)

Purgatives are undoubtedly useful in the expulsion of worms, and among these the juice of the aloes (22) justly claims the pre-eminence.

An infusion of the roots of the stinking weed in water, is often a good vermifuge, especially if juice of tansy be added thereto, with a small quantity of garlic.

Many commend the juice of the wild ipecacuan (23) as an antidote to worms. It operates with violence, both up and down, and I have known it sometimes do wonders.

But cowitch (24) with melasses, and the clari-

(21) It is very difficult to distinguish worm fevers from the ordinary fevers of children; hence the failure of anthelmintics, when given promiscuously. The most certain symptoms of worms, are swelled bellies, foetid breath; a swelling of the upper lip, and a thickness of the *Alæ narium*.

(22) A tea spoonful of the juice of the fresh leaves of the common aloes is very good; but as oil is poisonous to all insects, especially to *Lumbricales*, or Earth worm, the castor oil is to be preferred.

(23) *Wild Ipecacuan*.—The juice of the leaves and tender stalks, from one to three tea spoonfuls for a dose.

(24) *Cow-itch*.—Dip the ripe pods in syrup, scrape off the *setæ*, or bristles, till the syrup is as thick as honey; from one to three tea spoonful for a dose in the morning. It acts mechanically in killing worms.

fied juice of worm-grafs, (25) are more to be depended upon. I have alfo known good effects arife from oil and lemon juice.

Sugar (26) is commonly fupposed to favour worms. This however I know from repeated experiment to be a vulgar error ; for perhaps no one thing in the *Materia Medica* is more deadly to worms than cane liquor, unlefs we except Muscovado mixed with an equal proportion of fweet oil, efpecially that made by expreffion from the coco nut, or cocoa.

The inner bark of the mountain cabbage tree, (27), Indian pink, and the milk of the wild fig,

(25) *Worm-grafs*.—Take a handful of the worm-grafs, root and all, wash it clean, and boil it in two pounds of water over a flow fire, to one pound ; ftrain the decoction, fweeten with fugar, and add to it a fpoonful of lime juice.

Four ounces to be taken for four mornings, then a dofe of caftor oil.

(26) In crop-time, weakly Negroes and children have hot liquor from the coppers, when the fugar is boiling ; this makes them fat and healthy, and not only deftroys, but prevents the breeding of worms

Muscovado fugar is of the fame nature, and when mixed with oil, deftroys worms, by ftopping the fpiraculæ of the worms.

(27) *Mountain Cabbage Tree*.—Decoction of cabbage bark.

are praised by some for removing this disorder. I have not sufficiently experienced their efficacy.

The remote causes of the frequency of worms in the West-Indies are, 1. The warmth of the climate; 2. The great use of vegetable food; and lastly, Humidity. Its immediate cause is relaxation.

Of Fevers.

ALTHOUGH worms are more fatal in the torrid zone than fevers, yet these too prove often more deadly there than in Europe.

Inflammatory fevers, as well as local inflammations, *e. g.* pleurifies, &c. are not common in the West-Indies: Indeed I do not remember to have seen buffy blood above twice in that climate, and then the blood was extracted from a new comer, young and plethoric.

The reason of this extraordinary exemption from inflammatory diseases is, 1. The warmth

Take two ounces of dried cabbage bark, boil it from three pints of water to two pints, strain it, and sweeten with sugar.

Two table spoonfuls for a dose, every morning for a week, then a dose of castor oil.

The present Writer has described this tree, in the 67th volume of the Philosophical Transactions, with a plate.

and moisture of the climate; 2. Copious perspiration; 3. Acidulated drinks; 4. Impaired appetite; and lastly, Laziness.

Excess in eating, drinking, and exercise, between the tropics, neither corroborate the solids, nor increase the density of the blood. These errors in the non-naturals may render West-India blood acrid; but they certainly do render the bile peccant, both in quantity and quality.

This is the passport to almost all the fevers in the West-Indies; (28) for it may well be doubted whether ever the blood is the primary seat of a fever, unless in new comers to the torrid-zone.

Of course, the impropriety of frequent bleedings, as always practised by the French, and too often by us, must be glaring; and the necessity of carrying off the peccant matter by vomit and stool no less apparent.

Fevers in the West-Indies seldom put on the appearance of inflammation beyond the first

(28) White people in the West-Indies are liable to remitting fevers. The fever of Negroes is inflammatory. Bleeding in the first is improper, but necessary in the fevers of Blacks.

In all fevers, let the patients lie in fresh air, and be indulged with cool drinks. Simple remitting fevers require the alimentary canal to be cleansed with gentle laxatives; then the bark, either in powder or decoction.

twenty-four hours ; after that they become putrid, or malignant, or nervous.

In the first stage of the disease, blood may be let, but it should be in a small quantity.

Vomits (pretty strong in their kind, *e. g.* tartar emetic) and acidulated purgatives should then be administered, or rather these should be combined, and repeated till the febrile symptoms diminish.

When the bilious (29) matter has once entered the blood, which it will soon do, if sweats are uncautiously used at first, vomits and acid

(29) *Bilious Remittents*.—No emetics can be used with safety.—Gentle laxatives, as manna, and crem-tartar—castor oil may be tried. If the vomiting continues, repeated small doses of jalap and calomel, or of calomel alone, may be given at proper intervals, till stools are procured.

In acute fevers of the Negroes, bleed to eight or ten ounces ; purge gently with salts, then give small doses of the antimonial powder, every three hours, till a free and copious perspiration comes on.

In all inflammatory fevers, antimonials are indicated after other proper evacuations ; such as antimonial wine, or the antimonial powder of the shops, or Dr. James's powder. The following will answer in febrile cases.

Take of calcined hartshorn nine parts, emetic tartar one part ; grind them together in a stone mortar, into a fine powder ; twenty grains of this powder to be divided into six equal parts ; a dose to be given every two, four, or six hours.—In all obstinate fevers, calomel may be added.

purges become then less useful, and the morbid matter must be thrown out on the skin, by means of wild sage tea, silk cotton tea, avocado pear tea, or what I prefer to all of them, fourish weak punch.

In this disorder it often happens that a weak purgative or emetic will produce uncommon evacuations: This should not alarm the prescriber, but should make him support the patient well with madeira whey, or well made punch.

This fever often subsides into a remittent, (30) and then into an intermittent fever.

A strong infusion of the halbert-weed leaves, or the Spanish carnation, drank constantly, will bring back the bile to its natural state, that is, will remove the fever.

But for this important purpose, the bark (31) unquestionably merits the palm. Nor does it only produce a wholesome bile; it invigorates the whole animal economy.

In malignant fevers, neither vomits nor purges

(30) It is probable that remittents, especially intermittents, are caused by marsh miasma; and before the cure is attempted, the sick must be removed from the vicinity of swamps, to a dry and airy situation.

(31) The first passages being cleared, the bark may then be given with safety and effect. In obstinate intermittents, calomel becomes necessary, which prevents or removes obstructions.

are essentially indicated, but medicines that operate by the skin should be administered ; and as this fever is contagious, (the mass of blood being dissolved and become putrid) recourse should be had to stronger sweats than those lately recommended. Among these, musk, camphire and castor, are the most to be depended upon. Then blisters become adviseable ; but to apply them when the disease is in the first passages, is only to torture the patient. Wine is eminently serviceable in the malignant fever, as also in the nervous, where the same medicines will save the patient. Only blisters are seldom necessary.

In case the lungs are affected, which often happens, in any of the above mentioned fevers, a small quantity of blood may be extracted, even though the pulse is not strong ; but then I would prefer cupping, or rather epispastics.

Fluxes. (32)

THIS disorder naturally follows the former, for it is often produced by the same causes, corrupted bile.

(32) Diarrhœa and dysentery are rife, and often fatal amongst Negroes. The avocado pear, before it is ripe, will occasion dysentery.

The early use of emetics, and purges of the neutral salts,

It also arises from suddenly suppressed perspiration, and a too great indulgence in eating of watery crude vegetables.

Of course the flux prevails most either in the rainy months, or in autumn. It sometimes is accompanied with a fever, and sometimes not.

When attended with a fever, bleeding may be performed, but a profuse discharge of blood by stool is no indication for drawing blood.

The flux in the West-Indies is either watery with blood, or bilious with blood, and excrement.

Both these dysenteries are equally difficult to cure, and equally dangerous, unless medicines are early applied.

The intentions then to be pursued, are, first to expel the peccant humours, to soften their acrimony, and by that means abate the gripes; and lastly, to strengthen the tone of the intestines.

with decoction of tamarinds, are proper. If the disorder does not yield to these, give five grains of calomel at bedtime, with an opiate, and a dose of castor oil next morning. In fluxes, with fever and symptoms of inflammation, bleed to eight ounces.

Where there is little or no fever, the following mixture has done much good :

Take lime juice three ounces—as much sea salt as the acid will take up—water twelve ounces—sugar two ounces—rum one ounce.

Two table spoonfuls for a dose, every three or four hours, as the case may require.

To perform the first intention, vomits and purges are requisite (33); but then all vomits and all purgatives are not equally eligible. The class of irritating and heating must always be discarded.

Where ipecacuan is not at hand, the following emetic may be depended on: Bruise two drachms of yellow thistle seed, and infuse it in half a gill of boiling water; let it stand till it cools, then strain and sweeten it to the palate. This is a sufficient dose for a grown up Negroe.

The yellow thistle seed is not only a safe emetic, but like the ipecacuan is a strengthener of the intestines.

Some use the juice of the wild ipecacuan, but it is too rough and irritating.

The pods of the *lignum vitæ* are also administered by some as a vomit, but they also are likewise too furly.

At night, twenty drops of laudanum should be mixed with half a pint of wild sage tea to pro-

(33) Where lime juice is not at hand, vinegar with salt does as well.

Dysentery requires purging, as in most cases nothing is voided but blood and mucus; and this may be done, as above, by calomel, the neutral salts, or castor oil.

Chronic dysenteries may be cured by calomel purges twice a week, and an opiate every night at bed-time.

mote perspiration, and prevent the sick person's getting up in the night ; they should also be covered with a good warm blanket, and not allowed to lie on the bare floor.

On the following morning, a sufficient quantity of castor oil should be given ; and to prevent its griping, twenty drops of sal volatile may be added thereto ; by which it will become miscible with peppermint water.

The castor oil may be wrought off by warm water gruel, or what the Negroes call hot water.

Their food should be sallow, with a glass of red port or madeira wine in it ; they may also be indulged in pepper pot, made chiefly of Ochra and Angola peas, with little or no salt, but seasoned with green pepper ; if at any time faint, a frequent symptom in this disorder, a small quantity of red wine diluted with water, in which heated iron hath been extinguished, and made more grateful by a little grated nutmeg or cinnamon, should be allowed them.

One should imagine it would hardly be necessary to advise to cover the bellies of the diseased with warm blankets ; and yet, for want of this simple precaution, I have known many Negroes lost.

The vomit and purgative should be repeated at least twice each, at the interval of a day ; and

the opiate formerly recommended should be given every evening.

By this means, both the numbers of stools will be diminished, and their quality amended; and then recourse may be had with safety to lubricating, and subastringent medicines.

Of these, many valuable ones are to be found in the West-Indies; the principal are the rinds of both kinds of pomegranate; the bark (34) and gum of the acajou; the seeds of the sea-side grape; the Guava bark, and Guava jelly; and the logwood.

These, either by themselves or combined together, and made into tea or boiled, will seldom disappoint the prescriber.

But if any preference can be given to the above remedies, that preference is due to the logwood in decoction; yet will its virtues even then be improved, by adding a gill of red port with grated cinnamon, or the Canella of the West-Indies, to every quart of the medicine.

The dose to a full grown person, is a gill three times a day.

Glysters made of the ingredients above mentioned, are also excellent auxiliaries in the flux,

(34) In diarrhœas from mere relaxation, the astringent barks here recommended may succeed; but in all dysenteric cases, there is danger of their doing mischief.

(35) if thrown up often in small quantities, and not hot ; but especially if a little good suet, starch, or the white of an egg, be added thereto.

A serviceable glyster may be also compounded of lime-water, the yolk of an egg, a little starch made of Cassada, and a spoonful of old rum.

At this time, pills made of equal parts of wax, and the casheu-tree gum, and given to the quantity of a drachm a day, often effectuate a cure.

If the intestines are ulcered, which may be known by the foetidness of the discharge, and obstinacy of the disorder, recourse should be had to lime-water, milk, and the whites of eggs. And if this prescription fails, turpentine should be rendered miscible with forge-water, by means of the yolk of an egg, and given to the quantity of two drachms a day ; opiates will keep it from running off too speedily,

In the autumnal putrid flux, (36) after proper evacuations, I have known oranges, lemons, and even limes produce singular advantages.

(35) When fluxes have continued long, the mucus from the intestines is abraded, and a tenesmus harasses the patient constantly.

Glysters of Indian arrow root starch, with laudanum, should be given frequently, and retained as long as possible.

(36) All ripe fruits are serviceable in fluxes, especially oranges ; and the sick may be allowed to eat of them at pleasure.

They are analogous in their operation to the elixir of vitriol.

I have feldom known any recover of a flux who had the thrush in the mouth, and through the whole tract of their intestines.

The Blacks are less subject to aphthæ, than the white people.

If any thing can be serviceable here, it must be change of air, riding, sailing, &c. for I never saw any advantage from medicines in the dysenteric thrush, no not from the bark.

I do not approve of flour dumplings, unless the flour is fermented, and then the addition of fresh suet will make it not only nutritive, but medical in the flux.

Negroes who have recovered of a flux, should never be put too soon to hard labour; relapses are almost always dangerous.

To strengthen them, the bitter infusion (37) should be given for a week or two; to which some toasted rhubarb may be added.

An infusion of the bark in forge water is also an excellent restorative.

Where worms crawl out of themselves from the

(37) *Bitter Infusion*.—Take two drachms lignum quassiaæ —orange peel, one drachm—boiling water, a pint—Infuse for two hours, then strain it, and add two spoonfuls old rum. Give a large wine glassful three times a day.

mouth or nose of dysenteric patients, such seldom recover ; and as worms are to be found in all Negroes, it is often absolutely necessary to combine worm medicines with the remedies recommended in this chapter.

Of the Lax or Diarrhœa. (38)

THIS is a common complaint in the West-Indies ; here figured stools are seldom seen than in Europe.

It is never attended with a fever, and scarce ever accompanied with gripes ; it often arises from obstructed perspiration, and often from crude raw vegetables. Acids will also produce it.

Where it is habitual, and upon the slightest error in the articles of food or exercise is apt to grow worse, the most exquisite diet is necessary ; but change of air bids fairest for removing it.

One half drachm of toasted rhubarb will generally remove it ; if one dose is insufficient, two or three most commonly effectuate a cure. An opiate should be given every night.

Purslane fried with oil or lard, and roasted Bananas are useful in this disorder. Simarouba tea is likewise good.

(38) Diarrhœa and dysentery are modifications of the same disorder. The medicines in the preceding chapter may apply here.

Dry Belly Ach.

THOUGH fluxes are more common in the West-Indies than the dry belly ach (39), yet that disorder too often occurs, and is frequently fatal.

It requires no description; its cause in general is cold; sometimes improper food and drink.

From whatever origin it proceeds, the poor wretch who labours under it, suffers the sharpest torture, and when at worst, the muscles of the belly, and even the intestines themselves, are spasmodically contracted. This, if not speedily removed, soon terminates either in a palsy, or gangrene of the bowels.

The indications of cure are first, to alleviate the pain, and lastly, to procure a free passage through the intestinal canal.

Opiates repeated every hour, and administered in large quantities, are the only anodynes I know in nature, and the best medicine to stop the vomiting, which too frequently attends this melancholy disorder.

Warm bathing and oils rubbed into the belly, scarce procure any ease; but bleeding in a small

(39) The spasmodic belly ach is the same as the colica poictou: It is seldom seen now-a-days in the West-Indies. The inhabitants live more regular, eat fresh animal food, and drink good liquors.

quantity at the arm, or rather cupping the abdomen, and scarifying, often alleviate, and sometimes even remove the spasmodic stricture. Yet opiates are chiefly to be relied on.

They even facilitate the operation of purgatives, however opposite that may appear to theory; and therefore they should always be combined with the oily cathartic formerly recommended, and with the oily or balsamic glysters.

Strong purges do not succeed even after anodynes have opened the passage; they excite spasms; and yet tobacco glysters often produce the most salutary effects. (40)

When you have reason to suspect the passage blocked up by curdled milk, &c. crude mercury with anodynes must be had recourse to.

The best glysters are made of a decoction (41) of French and common physic nut, with stinking

(40) In new rum distilled through leaden worms, there is probably part of that metal corroded by and dissolved in the spirit.

Calomel, in large doses, is an antidote to the poison of lead in all cases. In obstinate constipations, give five grains of calomel in the evening, and as much more in four hours thereafter; next morning a dose of castor oil.

(41) Slight decoctions of the leaves of English physic nut, or of the belly ach bush, may be used for common drink. Nothing sits easier on the stomach, and vomitings are soon appeased.

weed, of each half a handful, to be boiled in a quart of water to a pint ; add thereto a spoonful of the juice of the aloes, a gill of oil, the yolk of an egg, and a table spoonful of laudanum, or two drachms of diascordium, or rather theriac.

The glysters should be in small quantities, and often injected. The warm bath assists their operation ; and candle-grease with spirits may be chafed into the belly.

But while injections are attempting to clear the bowels below, purgatives should be taken by the mouth, and co-operate with them.

A sudden ceasing of the pain, with a sinking pulse, foetid breath, &c. are infallible symptoms of death, unless blisters applied to the belly, and the bark with elixir of vitriol remove those appearances.

This disorder leaves a great forenefs behind it, and like other intestinal ailments produces flatulent symptoms, which bitters and exercise, with bathing in the sea, are the likeliest means of removing.

The Blacks are oftener tormented with the dry belly ach than the Whites ; and among these, such are ofteneft the subject of its torture, who indulge in new fiery spirits, with little water, and much fouring,

Tetanus.

THE dry belly ach often causes the tetanus, and all its symptoms. This is a dreadful disease, because too commonly fatal. (42)

The speediest assistance is here necessary, and yet with the speediest help the physician is often miserably disappointed in his expectations.

Here opiates again are what are chiefly to be depended on ; but warm bathing, blistering the wrists, the back-bone, the stomach, the nape of the neck, should also be used.

I have rubbed in blue ointment into the belly,

(42) Patients labouring under the locked jaw, are stripped naked and laid on the ground, and in the *height of the spasm*, a large bucket of cold water is suddenly dashed on the body. The spasms are instantly removed ; the jaws are relaxed and opened, and the use of the limbs restored.

The patient is dried, shifted and put to bed, and some nourishing food and drink provided for him. At bed-time an opiate, and less or more of wine.

Some cures are said to have been made by electricity ; and Dr. Currie orders a liberal use of wine, with the cold affusion.

See the present Writer's paper on Tetanus, published in the 6th volume of London Medical Observations and Inquiries, 1784. Since which time, the nature and cure of the locked jaw is better understood, and more successfully treated, in various quarters of the globe.

&c. but never saw any good from it. I have fumigated the locked jaw thrice a day, without doing either good or harm; I have cupped and scarified the parts affected, but all to no purpose; I have given antimonial pills, (Ward's) which have sometimes succeeded with me in the dry belly ach, but here they proved ineffectual.

I have seen the spasms mitigated, by tying the poor wretch down upon a board, and rubbing into the members contracted, sweet oil six parts, spirits of turpentine two, laudanum one. British oil has likewise done good.

Musk, asafœtida, and alkaline salts, I have administered in great quantities, but I cannot say they ever did much service. Nothing, however, should be neglected which has the least chance of recovering the patient, for with every assistance he too often perishes.

I have combined cinnabar with musk, and given them in great quantities, in this disease, but all to no manner of purpose.

Opium then is what is chiefly to be relied on, and it is astonishing what quantities of it may be swallowed, without either procuring sleep, or affecting the brain.

Of the Dropsy.

This disease, in all its appearances, is common in the West-Indies.

Heat and moisture debilitate the solids, and break the tone of the blood in those climates.

Hence all ages and all sexes are there liable to watery complaints.

In children the watery tumour is most commonly occasioned by worms; expel these, and you cure the patient.

Obstructions of the menstrual courses will often cause a dropfy of the legs, &c. in young women; make their menses flow, and you reduce their legs, &c. to their healthy standard.

I have known water produced in the belly, by a Negroe's drinking too plentifully of cold water, when he was running down with sweat. If the Negroe was otherwise healthy, medicines that operate by sweat will carry off the swelling. (43)

Where the disease is the result of profuse bleedings, from whatever cause, or over-purgation, generous diet and strengtheners are the likeliest to remove it.

(43) Small and repeated doses of calomel will effectually obviate the evil effects of this imprudence, and prevent the impending mischief here, as well as in improper bathing.

The writer speaks with confidence, and from success in many such accidents. Where the case was urgent, he gave two grains of calomel every three hours, till twenty grains had been taken.

A fowl stuffed with cow-itch, and made into broth, has sometimes carried off this disorder by stool and urine. (44)

If the swelling is considerable, and the bowels are sound, the Negroe should be tapped, and the future accumulation of water prevented by aloetic purges and bitters.

This disease has sometimes been cured by gunpowder taken inwardly with cow-piss.

I have seen singular good effects from the following medicine: Put into a tin boiler with a cover, an ounce of cinnamon, half an ounce of nutmeg, two drachms of salt of steel, or even steel filing, a pound and a half of lime-juice, and as much good old rum, and place it in a vessel with boiling water for an hour, then strain it, and give near a gill of it morning and evening; it operates chiefly by urine. A handful of scraped horseradish may be occasionally added. (45)

(44) Boiling destroys the spiculæ of cow-itch, and renders it inert.

(45) Preparations of steel are useful only in dropsies from relaxation and debility, but where there are visceral obstruction, they do harm. The following electuary is excellent here, as well as in chlorosis:

Take conserve of oranges, an ounce and half—prepared steel, two drachms—aromatic spices, one and half drachm—syrup of oranges, enough to make an electuary—the bulk of a nutmeg twice a day.

The liver is commonly affected in this disease in the West-Indies, and therefore deobstruents are properly mixed with cathartics in dropfical cases. (46)

In the dropfy of the skin, scarifications and burying in the hot sand at noon, are a remedy which may be depended on, provided regular exercise and orange bitters lend their assistance.

Cholera Morbus.

THIS disorder is not so common here as in Europe, but when it makes an attack, its effects are, in general, more deadly, unless remedies are speedily applied.

The cholera morbus, in this country, seldom proceeds from the too free use of fruits, as in England ; with us it arises more commonly from poisoned crabs, and poisonous fish.

Fish poison (47) is peculiar to the West-Indies ;

(46) Diseased livers and obstructions are the most common causes of dropfy in the West-Indies. A prudent use of mercury in the beginning is generally successful.

Tapping, if proper, should be done early, but much caution is necessary in scarifying the legs of hydropics, as there is danger of mortification.

(47) There is a variety of poisonous fish in the West-Indies. The most common is the black-backed sprats ; and

and what is remarkable, the same fish are often salutary or otherwise, in different parts of the same island.

This, though vulgarly imputed to copperas banks, can only with propriety be ascribed to the submarine vegetables whereon they feed.

For all these poisons, if not immediately mortal, the best antidotes are teas of the flowers of cedar, of the sensitive of the chickweed, and of the yellow prickly wood.

The indications in the cure of the cholera morbus, are, first, to check the inordinate discharge up and down; secondly, to dilute and cotemperate the humours; and lastly, to restore the tone of the intestines.

The remedies recommended in the flux will

yet if such fish are laid one night in a pickle of salt, they may be eaten with safety.

In cases of fish poison, emetics must be given immediately, that as much of the fish may be ejected as possible; then a dose of castor oil.

The mixture recommended in note (32) must be given freely; it stops vomiting, and corrects the contents of the stomach and first passages. It is strenuously recommended as the most safe and effectual antidote against fish poison whatever. When such accidents happen at sea, or where lemon juice cannot be got, vinegar saturated with marine salt will do equally well.



check the discharge (48) ; water gruel, sage tea, and hot water, will render the humours less acrid ; and exercise, bathing in the sea, bitters, and the bark, will invigorate the intestines.

Much might be added on the article of fish poison. (49) It is a new and curious subject, but this is not a proper place for an ample disquisition.

Vomiting.

A CONSTANT rejection of whatever is taken into the stomach, is a more common disease than the former, and often as deadly. (50)

It always proceeds from some peccant humour irritating the stomach.

Salt of wormwood mixed with lemon juice, and swallowed in the act of effervescence, will sometimes stop it.

(48) The elixir of vitriol is excellent in cholera morbus. Thirty drops may be taken in water and sugar every three hours, till the disorder abates ; also the remedy in note (32).

(49) No satisfactory account has yet been given, why certain fish are poisonous at times, and not at other times. It is curious however, that putting fish for a few hours in salt, prevents all accidents, and deprives them of their poisonous quality.

(50) What has been said under cholera will equally apply here.

Opiates have also, not unfrequently, produced the same effect.

Warm water poured on toasted cassada, or oatmeal made brown, will often stop a vomiting.

But mint juice mixed with sugar, and warm goats milk, will generally succeed, where the former have failed.

Purgative glysters should be administered.

Malignant Sore Throat. (51)

THIS disorder is a malignant fever, principally affecting the throat, &c. How then can mercurials be serviceable in this case? They relax the solids, and destroy the tone of the blood.

(51) There are three kinds of sore throats common in the West-Indies, which require different treatment :

1. The cynanche inflammatoria in Negroes ; bleeding is necessary, gentle laxatives, mild antimonials, and emollient gargles.

2. Cynanche ulcerosa, with scarlet efflorescences round the sloughs ; three grains of the antimonial powder recommended in note (29) and one grain of calomel every three hours, till a perspiration takes place, then to be left off.

3. Cynanche maligna, or cynanche putrida.

The putrid fore-throat is sometimes epidemic, and always attended with typhoid fever ; after gentle laxatives, bark and wine are the most effectual. A gargle made of saturated lemon juice, or vinegar and sea salt, is excellent. The writer of these notes seldom gave any other medicine.

How then can purgatives be useful? They weaken the habit, and sink the pulse, which is already naturally too low.

Nor is bleeding, in this disease, more to be recommended than cathartics and mercury; it thins the blood, and weakens more than either.

What then is to be depended on?

Gentle diaphoretics; tea made of devil's bit, wild sage tea, weak sour punch, madeira sangree mixed with seville orange; a mouth-water or gargle made of canker-berry, privet, alum, honey, &c. is also useful. Steaming the throat with warm vinegar does good.

For want of attending to these rules, more Negroes for some years past have perished by sore throats, than by any other disease.

Elixir of vitriol, tincture of the bark, and tincture of roses, sometimes remove the malignant angina.

I never saw above two inflammatory sore throats in the West-Indies. Their coming to matter ought to be prevented by cooling purges; but should a suppuration ensue, the tumour must be forthwith opened.

A small quantity of nitre swallowed leisurely twice or thrice a-day, will often prevent the suppuration of the almonds of the ear, &c.

Negroes, as well as white people, are very sub-

ject to the tooth-ach, and an external swelling of the glands of the neck, &c. called the mumps.

These proceed from their lying with their heads, &c. too slightly covered, or from their walking to visit their wives, &c. in the night-time.

If the tooth is hollow, it should forthwith be extracted ; at this the Negroes are sufficiently expert.

The mumps is to be removed by warmth, friction, and sweet oil ; if inflamed, castor oil may be given.

Of the Liver and Spleen preternaturally swelled. (52)

THOSE disorders which were known to the ancients, but which are now unfrequent in Europe, are common in the West-Indies, both among the white people and Blacks.

(52) There are no disorders so frequent in the West-Indies as those of the liver and spleen. Every acute disease, and chronic complaints, occasion visceral obstructions, and especially in the liver. The patients complain of a pain in the pit of the stomach, and of breathlessness when walking up an ascent ; (if a Negroe, his colour is pale ;) the appetite is bad, and the belly irregular ; less or more fever attends, and the patient's strength is wasted daily. Jaundice and dropsy are the sure consequences, if not speedily remedied.

Though at first they are scarce to be distinguished, in process of time the swelling may be felt, and at last becomes visible. It is scarce ever attended with pain or feverishness, but always with loss of appetite, and commonly with adhesion to the surrounding membrane.

The Negroes do certainly remove this adhesion, by frequent friction with their fingers, by laying the diseased across a hoghead; in short, by putting the body in such an attitude, as to enable them to insert their fingers below the small ribs.

I do not remember to have seen any patient with either or both of the above disorders, who laboured under a jaundice. (53)

The lime juice medicine, recommended in the chapter on the dropfy, is also sovereign in these ailments, which are always tedious, but seldom kill.

(53) In acute hepatitis, where the habit is full, bleeding to eight or ten ounces is necessary; then small doses of the antimonial powder recommended in note (29) every three hours, till the pores of the skin are opened; should this not be sufficient, add one grain of calomel to two grains of the antimonial powder, and continue the same till a resolution of the disorder is brought about.

In chronic cases, a single grain of calomel may be given at bed-time for a week, then stop for a few days, and go on as before.

The mercurial pill of the Edinburgh Dispensatory, combined with steel filings, has sometimes been tried with success.

If purgatives are ever thought adviseable in these obstructions, they should be composed of gum guajac, calomel, and soap of tartar.

Soap medicines with hog-lice have also done service.

When the tumour points externally, and there is reason to apprehend, from preceding symptoms, that matter is formed, it should be let out by a caustic and lancet; as some have recovered after this operation.

Pain in the Stomach. (54)

NEGROES often complain of a pain in the stomach. This, when it does not arise from worms,

(54) A pain in the stomach, is a name for any disorder of Negroes, and much caution is necessary to distinguish real from pretended complaints. Where the case is doubtful, we should err on the safe side, and let the Negroe rest a day or two in the infirmary.

A pain in the stomach often turns out to be hepatitis, or diseased liver, as we stated at note (52), and may be successfully treated by very small doses of calomel.

If it is merely dyspeptic, aloetics, bitters and chalybeates, are proper.

If from dirt-eating, mild treatment, warm clothing, ge-

is always to be remedied by the following prescription :

Mix an ounce of foot, half an ounce of stinking weed roots, velvet roots as much, six drachms of orange, or shaddoc rind, and three or four cloves of garlic, with three pints of rum ; let the mixture stand in the sun a few days, then strain it and keep it well corked for use.

Half a small wine glassful is a dose.

A spoonful of the juice of semprevive will also remove it ; but the elixir proprietatis is a more elegant remedy.

• This disease proceeds, in general, either from indigestion or worms.

The roots of wild indigo, of cow-itch, and of lemon, infused in water, and sweetened with mellasses, have often done service, if French authors may be credited.

Gout, Gravel and Diabetes. (55)

I NEVER saw a Negroe with the gout or stone in the urinary passages and bladder ; the truth

nerous diet, wine and other fermented liquors, cane juice, or hot liquor from the boilers ; these will induce Negroes to desist from such pernicious practice.

(55) Free people about the towns in the West-Indies, who indulge themselves in the delicacies of the table, and in liquors, have their regular fits of gout.

is, the white people are less frequently tormented with these excruciating ailments in the torrid zone, than in Europe.

Warmth and moisture would therefore appear to be enemies to the production of either of them.

Where the soil is of a clayey nature, and retains humidity so long as to render it putrid, there the gout may rage; (56) though even in such soil it is less painful, and the fits not so lasting as in Europe, especially if proper perspiration is encouraged.

But if the Creoles are less afflicted with these maladies, I have seen many wasting away with a continual discharge of colourless, and almost insipid urine.

This preternatural discharge is by some writers of eminence ascribed to a disorder in the liver; but I should rather impute it to a watery poverty

Gravel never happens in the West-Indies; disorders in the urethra from venereal affections are frequent enough.

(56) Gout may be hereditary, or brought on by intemperance: It may also be palliated, and even cured, by a rigid adherence to diet and exercise. Animal food, spirits, and strong fermented liquors must be avoided. Much benefit has been experienced from the daily use of ginger boiled with sweet milk.

When gout is attended with inflammation and fever, it will give way to the means proposed in note (53), or to Dr. James's powder.

of blood, and a morbid relaxation of the urinary viscera.

This theory of the diabetes (57) seems also to be confirmed by the remedies which cure it. These are all of the astringent kind, and may be found in the chapter on fluxes.

Diaphoretics, or such medicines as operate by sweat, are also useful. But neither these nor astringents will thoroughly corroborate the parts without cold bathing, and alum whey.

Alum and bole may also be made into a plaster, with the white of an egg and turpentine, and applied to the region of the loins.

The Canada balsam, &c. either dropped on sugar, or mixed with the yolk of an egg, strengthens the urinary passages.

But no remedy I know in nature is so efficacious, in this and the following disorder, as pills made of the gum elemi and pounded niccars. (58)

(57) *Diabetes*.—This disorder has been ably treated of by Dr. Rollo, and the reader is referred to his work. A diet of *animal food alone* is strictly enjoined, and hepar sulphur internally is recommended.

Diabetes sometimes attends remitting fevers, and weakly children are very subject to it. The present Writer has cured a number of recent cases, with the mixture of vegetable acid and marine salt. (Vide American Philosophical Transactions, volume II.) The formula is in note (32).

(58) The infusion of quassia in note (37), drank daily, is

Patients labouring under a diabetes are always thirsty ; but they must counteract their appetite to drink, and rather than swallow large aqueous draughts, only moisten their mouths with tamarind-beverage, or orange juice.

Lime-water with milk may be used, as also the waters of the hot-bath at Nevis, which is more powerful in all cases of relaxation than that of Bristol.

Where the Nevis water cannot be had, impregnate good soft water with a red hot iron.

Fluor Albus. (59)

THE Blacks are less subject to this disease than the white inhabitants ; among whom I have known infants, not three years old, and women of sixty, wasting away with it.

This distemper is not easily cured in Europe, and to tell the truth, European remedies seldom cure it in the West-Indies.

Astringent injections are the most likely to succeed in the fluor albus ; but the best injections do not always radically remove the disease.

extremely useful in diabetes, as it prevents the formation of sugar in the stomach and intestines, from vegetable food.

(59) There is much difficulty in distinguishing leucorrhœa in Negroe women, from venereal gonorrhœa.

The injection most to be depended on, is a strong decoction of the pomegranate bark, old rum, and elixir of vitriol.

This, mixed with an equal proportion of lime or Nevis-water, should be thrown up, thrice a-day, to the quantity of half a gill at a time.

Fomentations of balaustines, guava bark, and sea-side grape bark in rum, are also useful.

The medicine to be relied upon in the fluor albus, is the following :

Mix four parts of gum elemi, with two parts of cashew-tree gum ; add one part of salt of steel, and as much good turpentine ; make them into pills of six grains.

Give three of these pills three times a-day in half a gill of pomegranate tea.

Cold-bathing, bark, and elixir of vitriol, or tincture of roses, accelerate the cure. (60)

Rheumatism and Sciatic.

THESE diseases are even more common in the torrid zone than at home ; but they are seldom acute. (61)

(60) Large doses of prepared chalk or crabs eyes, cure this disorder.

(61) Acute rheumatisms are frequent in the West-Indies, and may be treated as other inflammatory diseases.

Of course bleeding and purging (evacuations too frequently used to remove them) are almost always improper in this climate.

The discharge by urine is with difficulty excited in this country, and could it be promoted with certainty, would not carry off the rheumatism. Warmth, friction, bathing, and oil, are useful in these diseases.

But external remedies will not cure them, if they have taken any root in the constitution.

Dr. James's powder, when it operates by sweat, is sometimes serviceable in the rheumatism and sciatica.

Dover's powder is more generally useful. (62)

Tincture of ipecacuan, sal volatile, and laudanum, in equal proportions, have also been of service.

But the following preparation is the only one to be depended upon :

Mix equal parts of gum guajac, nitre, and foliated earth of tartar ; add one third of cinnabar,

After the necessary evacuations have been made, mild antimonials, and small and repeated doses of calomel, may be given.

(62) Chronic rheumatisms generally yield to small doses of Dover's powder at bed-time, with one grain of calomel for a few nights. Sciatica is probably a *rheumatism of the nerve* in the hip-joint. No medicine is so effectual as Dover's powder and calomel, just mentioned.

and make them into pills of fix grains, with mellasses.

Of these pills give three thrice a day.

No curable rheumatism ever resisted this remedy, continued for three weeks.

Ward's pills have been administered in these ailments, but I never knew them produce any signal service.

Experience has taught me to think better of the infusion of glass of antimony in madeira. (63)

That tincture possesses many virtues.

Heart-Burn. (64)

THIS is a very common, and though not a deadly, is yet a troublesome disease.

It arises from the too free use of vegetables, a weak stomach, and inert bile.

(63) This is no other than the antimonial wine of uncertain strength. The vinum antimoniale of the shops is more eligible, as the dose can be determined accurately.

(64) The heart-burn is occasioned by the acetous acid being formed in the stomach. Bitters, chalybeates, and calcareous substances, are generally prescribed. Magnesia is the safest of these, but it neutralizes only that portion of acid it meets with in the stomach.

The sulphureous acid destroys the principle of the acetous and vinous ferment. Elixir of vitriol, in doses of thirty drops in water, removes heart-burn like a charm.

Chalk, crabs eyes, or lime-water, will always give ease in this distemper ; but essence of peppermint, spirits of hartshorn, or salt of wormwood, are more to be depended on.

Vomits are always necessary, but the mustard vomit deserves the preference.

The Negroes are not so subject to this disorder as the white people, and yet they live more upon vegetables than their masters ; but then their greens, &c. are always well seasoned with salt, and green pepper, and they drink little punch and no wine.

I have known old rum mixed with water and sprinkled with nutmeg, persisted in as a common drink at meals, remove the heart-burn when all other remedies have proved ineffectual.

I know a gentleman who is much subject to the heart-burn, and whose only relief is a large draught of warm milk.

In this person the heart-burn probably proceeds from a putrid acrimony.

Ringworm.

THIS disease is almost as common as the itch, but is not so easily removed.

It affects every part of the body, but especially the joints.

It is always attended with a violent itching, and is highly infectious.

Many remedies are used by the West-Indians for the cure. The chief of these are what follow :

Rub the parts with a coarse cloth till they begin to bleed, and then squeeze into them the zest of a seville orange.

Mix two drachms of gunpowder, with as much lime juice as will bring it to the consistence of a thin liniment ; this rubbed in morning and evening, after hard friction, often proves effectual.

When the ringworms are not numerous, an application of salt water and urine will cure them.

Bathing the parts with warm salt water and first runnings is always of service.

But the most certain remedy which the West-Indies afford for the cure of ringworms, is an epithem made of the flowers of brimstone, and the juice of the ringworm shrub. (65)

This vegetable is common in the islands, and needs no description. Dr. Hillary has described it in such a manner as an European botanist may class it.

(65) In old and inveterate cases of ringworm and herpetic sores, a sulphureous plaster worn constantly over the parts, will at length cure the complaint, especially if a decoction of sarsaparilla and guaiacum is given at the same time.

But though these applications will remove this ailment, yet the remedies which Europe affords are both more certain and more speedy.

Among these a strong solution of blue-stone in lime-water, or corrosive sublimate in the same menstruum, deserve the preference.

Purgatives are scarce ever necessary in this disorder; but sweating, especially in a warm bath, is highly expedient at the close of the distemper.

Of Costiveness.

THIS is a common, and though not fatal, is yet a troublesome disorder.

The white inhabitants are more subject to it than the Blacks, and the women more than the men.

It generally proceeds from inert bile, and relaxation; of course, warm bathing, which is sometimes prescribed for it, is improper; and immersion in cold water will do service, though generally thought hurtful.

But cold bathing alone will not do; mild purgatives joined to bitters must be given internally.

For this purpose a handful of the wild fenna, infused in half a pint of water, and quickened with a spoonful of the juice of semprevive, may be given,

Or vervain may be drank every morning as

tea, with some of the halbert-weed flowers or those of chamomile.

Or castor oil, sharpened with an infusion of stinking-weed, or velvet-root, may be used.

The following pills are also serviceable; grind up equal parts of jalap, French physic nut, castile soap, and juice of aloes, and make them into pills of six grains. Two taken every night will generally procure a stool the next day.

I have also known half a pint of sea water, with twenty or thirty drops of the essence of antimony, drank in a morning, produce salutary effects.

Sometimes I have combined the bark with purgatives, and have thus generally succeeded in curing an habitual costiveness.

Moderate exercise, especially on horseback, is absolutely necessary.

A large sponge wetted in sea water, and applied suddenly to the belly, will sometimes do service, and may be used, when riding is inconvenient.

All strong purgatives, especially those that are endued with restraining properties, are improper; at least till the bile is become healthfully acrid.

I am of opinion that the Senega rattle-snake root, mixed with nitre and the juice of the aloes, would do good in this disease; for though combined with an opiate, which effectually hinders it

from exciting a nausea, it generally produces a copious discharge by stool.

Half a drachm of gum guajac dissolved in the yolk of an egg, and mixed with vervain tea, is a good purgative.

Two or three guajac pods infused in warm water will often give a stool; a larger number of them in the same way, act as an emetic.

Chocolate is a proper breakfast and supper to such as are habitually costive, and purgatives may be blended therewith, so as totally to disguise their bad taste.

In that case the cathartic should be reduced to the finest powder imaginable; and if the chocolate is mixed with water, by means of the yolk of an egg, the taste will more effectually be sheathed.

To some people strong coffee is a purgative.

AN
E S S A Y
ON THE
MANAGEMENT AND DISEASES
OF
NEGROES.

PART III.

Leprosy. (66)

ALTHOUGH the white people in the West-Indies are not exempted from this dreadful calamity, yet as the Negroes are most subject thereto, I choose to begin the third division with it.

(66) In leprosy, it generally happens that the children escape, but the grand-children are certain of the disease breaking out sooner or later in their lives.

The children of white people, who have been suckled by Negresses, and who have this taint in their constitution, are sometimes affected with leprosy.

I could write a great deal upon this disorder, and but little to the purpose; like the gout, it is the disgrace of art.

I am doubtful whether it be infectious or not. The children of infected parents are not always seized with the leprosy, and I have known the wives of the leprous remain free from it for years.

It is however the part of prudence to remove the distempered from the sound.

This disorder frequently arises from being overheated, and getting too suddenly cool. It however ofteneft breaks out without any visible cause. (67)

Mercurials and antimonials irritate the disease; neither is any good done with *sassa*, *sassafras*, *lignum-vitæ*, or China root.

I am, notwithstanding, persuaded, that the antidote of the leprosy is to be found in the West-Indies. What profit, what pleasure would accrue to the happy discoverer?

I once saw a Negroe man whose wool grew whitish, and whose skin put on a farinaceous appearance. He was a hideous spectacle. His appetite was good.

(67) Nothing will produce the leprosy or the joint-evil, but being born of leprous parents, or by unclean nurses.

The Joint-Evil. (68)

THIS is too frequent a complaint, but as far as I know, it is confined to the Blacks.

It commonly attacks the toes; the joints of which successively drop off almost without pain, and always without a fever.

It stops when it reaches the foot; and sometimes the last joint of the great toe prevents its progress.

The patients are in all other respects healthy, and produce healthy, nay fine children.

I do not remember to have seen this unaccountable disorder demolish the fingers.

I can say nothing positive with regard to the cure of the joint-evil; physicians are seldom consulted for it.

As it appears to be a topical disorder, might

(68) The joint-evil is another species of leprosy; like it, it is hereditary and incurable.

There was a Maroon Negroe in Jamaica, who cured several leprous Negroes by vegetables, but he would not discover the secret of his art.

In the inflammatory state, bleeding, cooling laxatives, and a course of antimonial wine, have been of use.

When this evil has eaten off the fingers, the toes, and even the broad of the feet, it generally stops, and the mutilated being enjoys good health for many years.

not warm bathing and the bark suppress it in its rise? And might not amputation check it in its increment? When it is at the worst, I believe it must take its course.

Elephantiasis. (69)

SOME pretend that this enormous swelling of the lower extremities is curable when taken in time.

Experience has wofully taught me the contrary.

But though it resists all the efforts of art, this disorder gives rather inconvenience than pain, and is no ways infectious.

It is luckily, however, not very common in the islands.

Yaws. (70)

IT is lucky this disease attacks the Negroes but once; for it is both tedious and difficult to cure.

(69) This is an African disease, and seems to be hereditary. No remedy has as yet been discovered for it; but when the disorder is confined entirely to one leg, and the Negroe otherwise in good health, amputating the diseased limb is adviseable.

(70) Dr. Cullen, and other nosologists, have classed the

It breaks out in every part of the body, but chiefly about the hips and privities.

The eruption causes little or no pain, and scarce yields any ichor. It occasions no wasting of the flesh, because their appetite keeps good.

The yaws however, when repelled, infallibly ruin the constitution. This is frequently practised by surgeons on board the slave ships.

The repellents used for this purpose, are a mixture of iron rust with gunpowder and lime juice. Sea water is also an assistant.

This pernicious fraud is with difficulty perceivable by the purchaser; and yet it is of consequence that he should detect it.

When there is a glossy smoothness of the skin, in those parts where the yaws commonly break out, you may almost be certain that repellents have been used.

But in case the Negroe has been purchased before such discovery, the sooner the disease is again

yaws amongst the *Cachexia*, whereas it ought to be amongst the *Exanthemata*, immediately after small-pox. Our author is the first who viewed it in its proper light; as he says, "it attacks the Negroe but once."

As the yaws are highly infectious, a house should be provided for the diseased, a good careful nurse to attend them and keep them clean. Warm clothing must be allowed them, and a generous diet given them; they should do some easy work the whole time.

thrown upon the surface, the better chance has the Negroe to regain his wonted health.

The best method of effectually expelling the yaws from the blood, is by giving half a drachm of sulphur every night, in a pint of hot sage tea.

Burnt niccars are also good for the same purpose.

Venice treacle is equally useful.

But with all these, good strengthening food is indispensibly requisite.

A fortnight's use of these means commonly throws out all the yawey matter upon the skin.

A variety of external applications are then recommended by the old Negroes; but if aught is applied to the eruptions, it must not be of a repellent nature.

Keep the fores clean, by frequently washing them with warm water, or greasy dish washings. (71)

You are never to open a yaw with a lancet, say the French; indeed it seldom is necessary to perform that operation; but should it be requisite, I can see no danger from the use of steel.

There is generally one yaw much larger than the rest; this the Negroes call the master yaw. When that begins to dry away, and no fresh mat-

(71) Yawey fores should be gently washed with *cold water*, but not fretted by wiping them with a rag or tow.

ter has been for some time cast out upon the surface, the expelling medicines may then with safety be left off, and recourse had to such as will most effectually secure the habit from any latent taint.

This purpose is best answered by a gentle salivation, (72) continued for six weeks or two months.

The quantity spit in the twenty-four hours should never exceed a quart, and the patient should be made to drink abundance of warm fops, sage tea, water gruel, milk and water, &c. &c. during the salivation.

I have tried almost all the preparations of mercury in the cure of the yaws, and have found them all to succeed; but that which I have most dependence on, is the mercury seven times sublimed.

I have also great reliance on Plummer's pill, especially if camphire be added thereto.

The common mercurial pill of the London Dispensatory will cure the yaws; but then it must be prevented from running off by stool, by the addition of opiates.

(72) When the disorder is on the decline, *then and then only*, mercurial alteratives are safe and useful; but never to raise a salivation on any account.

In good habits, the eruption will go off by itself, without any medicine.

The Baron Van Swieten's solution of the corrosive sublimate, has been long known to the West-India planters as a remedy for the yaws. (73)

Uction may repel the yawey matter into the habit; and therefore quicksilver should not be used in that form, to produce a salivation.

But by whatever preparation of mercury a spitting is excited, the patient must be well supported by warm and nourishing drinks.

A decoction of *lignum-vitæ*, and of turpentine, should also be drank; and if it operate gently by the skin, so much the better.

By these methods a relapse is most readily pre-

(73) Where the yaws have been mismanaged, many evil consequences ensue, as bone-achs, nocturnal pains, inveterate ulcers with caries, ulcerated throat, and erosions of the cartilages of the nose. Happily, however, these are curable by mercurial alteratives, diaphoretic decoctions, and milk diet.

The following mercurial tincture seems to be the best, and has been used with success:

Take of gum guaiacum ten drachms—Virginia snake-root three drachms—pimento two drachms—crude opium one drachm—corrosive sublimate thirty grains—proof spirits two pounds.

Digest the whole for three days, and strain; give the Negroe two tea spoonfuls of this tincture in half a pint of sarsaparilla.—Decoction twice a-day.

Vide London Medical Journal, volume VIII. page 260.

vented, which is always more difficult to remove than the first disease ; and which, if it have corroded the bones, is sometimes not to be cured.

When the skin is sufficiently cleared of the eruption, and one or two large yaws remain, the spitting may be gradually diminished ; and those master yaws, as they are called, should be destroyed by gentle escharotics, such as blue-stone, verdigrease, corrosive sublimate dissolved in lime water, or burnt alum mixed with lemon juice.

When these are thus destroyed, the *lignum-vitæ* decoction, formerly recommended, should still be persisted in for two or three weeks ; and now twenty or thirty drops of antimonial wine should be added to the evening potion.

A decoction of the China-root may now also be used.

(74) When by bad management the natural progress of the disease has been interrupted, and either ugly ulcers ensue, or the bones become diseased, these must be dressed with red precipitate mixed with yellow basilicon, or with the green balsam of the Edinburgh Dispensatory.

Antimonials and camphire should then also be added to the calomel ; little or no spitting should be excited ; but the medicines should be permitted to alter the habit by gentle degrees.

(74) See the preceding note (73).

In that case also I would recommend the continued use of Plummer's pill.

When the yaws are not able to open a passage through the callous soles of a Negroe's foot, the patient can neither walk, nor even stand without excessive pain, and his feet swell more and more daily.

This troublesome symptom the English call the Tubbas, and the French Les Crapes.

The remedy for the Tubbas, is to bathe the parts affected in a decoction of the leaves of the castor bush, and to pare the callus to the quick; the pustules will then make their way through the sole, especially if assisted by any emollient poultice or warm cow-dung; and may be destroyed by the escharotics formerly spoken of.

No part of the pustule must be left behind, otherwise it will certainly regenerate, and by that means render the Negroe useless, at least for a time.

Of the Nyctalopia.

I NEVER saw the Hemeralopia in the West-Indies; but the night-blindness I have seen there.

That however is not common in the Leeward-Island government; and all those I ever knew affected with this extraordinary malady, were not Creole Negroes, but those brought from Africa.

The eye, to all appearance, is perfectly sound, even when it does not transmit one luminous ray to the retina.

Neither do any of the Nyctalopes complain of head-achs. They generally too have a good appetite.

At sun-set their sight becomes dim ; and as soon as night prevails, they become absolutely blind ; in which unhappy situation they remain till day-light, when they recover the faculty of seeing.

Some writers have considered the night-blindness as a kind of ague in the eye ; but then it would excite pain, and be attended with some degree of fever.

My own opinion is, that it is a periodical palsy of the proper organ of vision ; from whatever cause that palsy may be supposed to arise.

But waving theory, it is a happiness the disease may be cured, and more speedily than one could imagine.

To effectuate this, I generally begin by giving a vomit ; and if the patient is costive, a castor oil purge may be also premised.

I then order a seton to be put in the neck, and as soon as the discharge is established, I have recourse to the bark prepared in water, and made more palatable with orange-peel and a little old rum.

Two ounces of bark generally restore the patient to vision.

At first, I combined snake-root and valerian with the cortex; but I have since found that the bark will do unassisted, even without the seton.

All those to whom I have given this specific have been wrought, either up or down, pretty smartly, by its first administration.

The eyes should be frequently bathed with rum and water, or hungary water and that of roses, or camphorated spirits, for some weeks after the disease is removed.

They should also wear a shade over their eyes in the day time.

Of the Guinea Worm. (75)

THIS extraordinary worm, which chooses the cellular membrane of the human body for its habitation, was first taken notice of by Galen, but is best described by the Arabian physicians.

It is a native of Arabia, Persia, and of Negroeland; and white people who bathe in certain waters, in those countries, are equally liable to it with the blacks of Africa.

(75) The gordius, or Guinea worm, is frequent amongst the Negroes in the West-Indies, whether new Negroes or those born in the islands.

I fancy it is not a disease of the West-Indies; for all those I ever saw afflicted therewith had brought it with them to the new world from Guinea.

It is a tedious, but not a dangerous disease, especially if permitted to break through the skin itself; and no harsh means are used to effect its removal.

I can see no use of internal medicines to make it sooner quit its nidus; because I am not convinced it ever gets into the human body by drinking water. (76)

Yet sulphur, garlic and pepper, are recommended to be given inwardly; perhaps aloes should be combined with them.

As it is roundish, like a nerve, the best way is gently to wind it round a small cylinder, every day, till the whole is extracted. It seldom exceeds two feet in length.

If it breaks, violent inflammations and sinuses ensue, which patience and the knife must remove.

Ruptures.

ALTHOUGH the white inhabitants are more subject to ruptures of every kind here than in Eu-

(76) Bathing in ponds and stagnant waters, and drinking impure waters, are suspected justly of causing this malady.

rope ; yet as the Negroes are most afflicted with them, I choofe to treat of them in this divifion.

Ruptures in the groin, next to thofe of the navel, are moft commonly to be met with in the Weft-Indies.

They, generally fpeaking, arife from fome fprain or over-exercife ; though fometimes the abdominal contents will fall down, without any other vifible caufe than relaxation.

No time fhould be loft in reducing them into the belly by manual affiftance, and of fecuring them, when there, by a proper bandage : For this purpofe, every plantation ought to be furnifhed with fteel truffes from England. (77)

But in cafe the rupture cannot be reduced in the common way, fome blood fhould be taken away ; for by this evacuation, both the fpafm and

(77) Steel truffes fhould be made ftrong and elastic. The plantation furgeon fhould take pains in fhowing the ruptured Negroe the right mode of applying them ; and that at any time when the omentum, &c. comes down, to remove the trufs till the rupture is reduced. By a careful attention to confining the parts within the abdomen, the life of the ruptured Negroe is made comfortable, and he himfelf ufeful in fociety.

Truffes need only in the day time be worn. They may be had at Edinburgh of the beft quality, at five fhillings and threepence each.

inflammation, which usually attend an incarcerated rupture, will be removed.

But should phlebotomy fail, a smart purgative should then be administered; which, with a little assistance from the hand, will often remove the strangulation.

Good effects have also arisen, in this case, from brisk injections, especially such as are compounded of tobacco and French physic-nut leaves.

Smoke-glysters of tobacco are no less useful; especially if administered, so as to quicken the operation of a purgative taken by the mouth.

But if all these means still prove ineffectual, and the inflammation rather increase, with vomiting, &c. recourse must then be had to the knife; for if the gut once mortify, part of the fecal discharge must for ever be voided by this sinus, and the patient runs an imminent risk of his life.

This operation requires a steady hand and dexterity in cutting; and therefore I would never advise it, could the rupture be reduced by any other means.

I know a Negroe with a very large scrotal hernia, which increases every full moon, and then becomes uncommonly painful for some days, especially if he does not live very temperate during that time, and be not purged with castor oil.

He can himself reduce the gut, but the omen-

tum coheres, so that he is never free from an external swelling.

There are some astringent applications, which may so strengthen the relaxed parts in new ruptures, as to prevent their return; but even then a truss should not be neglected.

A truss should also be worn for years after the operation. The cicatrix occasioned by a caustic seldom prevents a relapse of the intestines.

Of Burns, &c. (78)

BOILERS are very apt to get scalded, especially when they are obliged to continue their labours in the night-time.

(78) There is nothing so common as burns and scalds, and in general so ill treated.

Immediately on such accidents happening, let the parts be soaked with the coldest water. If a scald, apply linen cloths dipped in cold water and common salt, and continue this till the heat and pain are no more felt.

Cold vinegar may be used on the same principle as cold water. By these means inflammation is prevented, and no vesicles are formed.

Where the parts are burned, the same cold applications are necessary till the pain abates. Afterwards the Carron ointment may be applied daily till the sores are well. This ointment is composed of fresh lintseed oil, and lime water. The castor oil will do as well.

If the skin is raised into blisters, these should be immediately snipped, and the water let out, otherwise that will become acrid, and erode the subjacent parts.

Banana leaves, or those of the castor bush, are good applications against burns; so is the fireweed.

But sweet oil blended with vinegar, or that drawn from lintseed and mixed with plantane water, are more to be depended on.

White ointment and Turner's cerate may finish the cure.

Those who feed the mill with canes, are sometimes liable to have their hands ground off between the rollers, especially in the night-time.

Wouldst thou prevent this horrid accident? leave off working during the night:—or if that cannot be done, at least change those who supply the mill every two hours; by this means their growing sleepy may be prevented.

Of Ulcers about the Ankles. (79)

I SHALL conclude this part with some few observations on fordid ulcers, which too frequently

(79) Of late years, much improvement has been made in the cure of ulcers.

If they are owing to a bad habit of body, or to the yaws,

infest the ankles of Negroes, especially in islands, where the soil is of a clayey nature.

They are difficult to be cured, for I have known a six weeks salivation often ineffectual.

Runaway Negroes, and those who are nastily lazy, or who eat dirt, a perversion of appetite not confined in the West-Indies to the females, are most liable to fordid ulcers: They bleed upon the slightest occasion, and generally produce an œdematous swelling of the member.

If the ulcer has arisen from any external injury, and the patient is otherwise in a good habit of body, he need only be purged once a week with

or venereal disease, the means recommended at note (73) must be attended to, and a generous diet of fresh animal food.

1. All ulcers should be washed, by gently pouring cold water on the parts, but by no means touch the sores even with a probe and lint.

2. To foul and foetid ulcers, the pulp of a seville orange roasted, and mixed with a little sugar; this, in a few days, will correct the foetor, and dispose the ulcer to heal.

3. Where the discharge is large, some dry vegetable powders are useful; they may be either of dried vervain leaves, or the powder of the spurs of the prickly yellow wood.

4. Contracting the surface of the ulcer, by narrow slips of common plaster, made adhesive with a little rosin; thin circular roller bandage, made moderately tight.

sea water, and bathed in the same, in order to be cured.

The part affected should be dressed twice a-day, because matter soon becomes acrid in the West-Indies.

After washing the ulcer with vitriol water, and soaking up the pus with scraped lint, French physic-nut leaves should be pounded and applied fresh to the sore.

I have known that application succeed, when the most pompous prescriptions of the shops have failed.

Exercise is pernicious, and yet if the Negroe does not stir a little, the swelling of his leg will increase.

Those who have ulcers about their ankles and toes, should have shoes given them to wear till they heal, and should use a bandage a considerable time after the part is cicatrized.

Without this precaution, a return of the sore is always to be apprehended.

As the white inhabitants generally wear shoes and stockings, they are less subject to these sores than the Negroes.

But when they are afflicted with ulcers, it is a difficult matter to heal them, because such people are but too much addicted to the use of raw, new spirits, than which nothing so effectually contaminates the habit.

In that case, recourse must be had to alterative medicines, especially such as were recommended to prevent a return of the yaws. (80)

(80) White people with sores or scratches, should never come near Negroes in the yaws. Even the smallest fly from a yawey ulcer, and lighting on a sore of a sound person, will infect him with the yaws.

AN
E S S A Y
ON THE
MANAGEMENT AND DISEASES
OF
N E G R O E S.

PART IV.

BUT it is not enough to take care of Negroes when they are sick ; they should also be well clothed and regularly fed.

The neglecting either of these important precepts is not only highly inhuman, but is the worst species of prodigality.

One Negroe saved in this manner more than pays the additional expences which owners of slaves by this means incur. But supposing it did not, it ought seriously to be considered by all masters, that they must answer before the Almighty for their conduct toward their Negroes.

Where neither humanity nor self interest are able to make masters treat their slaves as men, the Legislature should oblige them. This the French have done much to their honour. (81)

As Negroes are ignorant, they must be vicious ; this ought always to be attended to in their punishments.

Thirty-nine is the lash of the law ; half that number is, in my opinion, a sufficient punishment for any offence they can commit.

Negroes must be punished for their own as well as their master's sake ; but lenity should always temper justice.

A Negroe should never be struck with a stick, nor ever punished in a passion.

Black drivers should never be permitted to give above one or two strokes of their whip to any of those who are under their command, without leave from the manager.

How shocking to philanthropy is it, to think there are human beings who are made to act from motives of fear only ! Surely were Negroes instructed in the practical principles of Christianity, they would be rendered much better servants,

(81) Provision has been made by the British Parliament, and the consolidated laws in the colonies, for the protection of the slave Negroes, and for their comfort and support.

See Edwards's History of the West-Indies.

and would prevent much feverity, whereto they now unavoidably are exposed.

Negroes should have woollen, as well as linen clothing given them every year. I repeat it again, the health of the gang would fully repay this expence.

They should have their allowance shared out to them every Tuesday and Friday. Starved Negroes must be runaways.

They should never be fed above a month on the same food.

They should have some mountain-ground, or gut-fides allotted them, for planting Indian provisions; and Saturday afternoon should now and then be given them to take care of their little gardens.

They should be allowed to rear small stock; and some of the better sort of them may be indulged in breeding hogs, goats, &c.

Of Sick Houses.

EVERY plantation ought to have a large sick house, and if it were floored, so much the better.

Every plantation should have a proper hut for the reception of yawey patients; this ought to be to leeward, and at a distance from the sick house, which should be built near the dwelling house, but to leeward of it. (82)

Every sick house should have a chamber ventilator to windward, and should receive some light from the roof.

Every sick house should have a necessary; which ought to be cleaned, at least twice a day.

It should also be furnished with a hearth and chimney.

The nurses are too commonly so old that they cannot take proper care of the sick, let them have never so good an inclination to do their duty.

A nurse should be strong, sensible, and sober. It is a most important office in a plantation.

In every plantation some sensible Negroe should be instructed to bleed, give glysters, dress fresh wounds, spread plasters, and dress ulcers. This is of great consequence.

Were I to give a model for a complete sick house, it should consist of four detached chambers in a square form; in the centre should be a pump and bathing place; and the whole should be surrounded with a strong lemon or lime-hedge, with a gate to lock. Round the borders such herbs as are more commonly used in physic should be planted; and there should be a walk round the square for the convalescents.

The chamber to leeward should be appropriated to fevers, small-pox, &c.

That to windward should be for chirurgical and common medical cafes.

That on the right should be appropriated for boiling drinks, victuals, &c. of the sick, and for lodging the nurse; with a little surgery.

That on the left should be appointed for the reception of venereal patients.

The windward ward should have a piazza, and each of them a necessary and ventilator, except the kitchen, which should be cooled by a window.

This plan would doubtless cost money; but if we must have slaves, our own interest would, methinks, teach us to take all imaginable care of them when they become sickly.

Every estate ought to be visited once a week by some physical person, and oftener, if occasion require. (83)

Planters should remember the sixth commandment. Those who presume to prescribe to the sick, and are not qualified by study and experience, must be murderers.

(83) No medical practitioner can do justice to an estate, who does not visit the sick twice a week, either himself or his assistant, or oftener if necessary.

A Case-book or Diary, in the following form, should be kept in every infirmary. It would be of the most extensive use, as it would refresh his own memory, or show the assistant what had been done. At same time, direct the overseer and book-keeper to observe the directions, and see the medicines, &c. given as prescribed.

FORM OF A DIARY

To be kept on West-India Estates.

When admitted and visited.	Negroes Names.	Disorders.	Symptoms and Method of Cure.	When discharged.	Death.

CONCLUSION.

EVERY owner of an estate ought to have the following medicines sent him annually from England :

Spanish Flies.	Spirit of Lavender.
Castor.	Tinctura Thebaica.
Calcined Hartshorn.	Alum.
Spirit of Hartshorn.	Common Caustic.
Sal Volatile Drops.	Crude Mercury.
Cloves.	Corrosive Sublimate.
Oil of Cinnamon.	Oil of Turpentine.
Ipecacuan.	Plaster, common.
Jalap.	Turner's Cerate.
Opium.	Verdigrease.
Nutmegs.	Vitriol, blue.
Rhubarb.	—— white.

With some skins of leather, some rolls of tow, and a little lint. Each plantation should also have a glyster-syringe, and a small one.

In the above list I have recommended no empirical compositions. Creoles are but too fond of quackery. If any such are sent, the British

oil, James's powder, and Turlington's balsam, seem to deserve the preference. (84)

(84) To this list, the following articles should be added :

Gum Affaœetida.	* Lignum Quassia, Bitter-
* ——— Guaiacum.	wood.
* ——— Anacardium, or Ca-	* ——— Vitæ, or Guia-
shew.	cum.
Camphire.	Sarsaparilla in bundles.
* Aloes, Barbadoes.	Calomel
———— Succotrine.	Red Precipitate.
Bark, Peruvian.	Emetic Tartar.
* ——— Caribbæan, or Ja-	Sugar of Lead.
maica.	Glauber Salts.
* ——— Cabbage, or Worm-	Nitre.
bark.	Salt of Tartar.

Those thus marked *, are produced in the sugar colonies.

LINNÆAN INDEX.

ACAJOU,
 Aloes,
 Angola Peas,
 Avocato Pear,
 Balauftine,
 Banana,
 Barbadoes Pride,
 Canella,
 Canker Berry,
 Cashew Tree,
 Caffada, bitter,
 ——— Sweet,
 ——— Wild,
 Caftor Bush, }
 Caftor Oil, }
 Cherry Tree, (Cashew),
 Chickweed, Weft-India,
 China-root,
 Cow-itch,
 Flower-fence,
 French Phyfic-nut,
 Green Pepper,
 Guava,
 Halbert Weed,
 Lignum-vitæ,
 Logwood,

Anacardium Occidentale.
Aloe Perfoliata.
Cytifus Cajan.
Laurus Perfea.
Punica Granatum.
Mufa Paradifiaca.
Poinciana Pulcherrima.
Canella Aromatica.
Solanum Bahamense.
Anacardium Occidentale.
Jatropha Manihot.
 ——— *Janipha.*
 ——— *Goffypifolia.*
Ricinus Americanus.
Anacardium Occidentale.
Hollofteum Cordatum.
Smilax China.
Dolichos Pruriens.
Poinciana Pulcherrima.
Jatropha Multifida.
Capficum Baccatum.
Pfidium Pyriferum.
Hieracium.
Gujacum Officinate.
Hematoxylum Campichense.

Mountain Cabbage-tree bark,	<i>Geoffræa Inermis.</i>
Niccars,	<i>Guilandina Bonduc.</i>
Ochra,	<i>Hibiscus Esculentus.</i>
Phyfic-nut, English,	<i>Jatropha Curcas.</i>
———— French,	———— <i>Multifida.</i>
Plantane, English,	<i>Plantago Major.</i>
Pomegranate,	<i>Punica Granata.</i>
Ring-worm Shrub,	<i>Cassia Alata.</i>
Senega Rattlesnake Weed,	<i>Polygala Senega.</i>
Sea-side Grape,	<i>Coccoloba Uvifera.</i>
Sensitive Cane-piece, }	
———— Mimosa, }	<i>Cassia Chamæcrista.</i>
Silk Cotton Tree,	<i>Bombax Ceiba.</i>
Simarouba,	<i>Quassia Simaruba.</i>
Spanish Carnation,	<i>Poinciana Pulcherrime.</i>
Stinking Weed,	<i>Cassia Occidentalis.</i>
Thistle-feed,	<i>Argemone Mexicana.</i>
Velvet-root,	<i>Cissampelos Pareira.</i>
Vervain,	<i>Verbena Jamaicensis.</i>
Wild Cedar,	<i>Bignonia Pentaphylla.</i>
—— Cinnamon,	<i>Canella Aromatica.</i>
—— Ipecacuan,	<i>Asclepias Curassavica.</i>
—— Indigo,	<i>Indigofera Anil.</i>
—— Liquorice,	<i>Abrus Precatorius.</i>
—— Poppy,	<i>Argemone Mexicana.</i>
—— Sage,	<i>Lantana Odorata.</i>
—— Senna,	<i>Cassia Senna Italica.</i>
Worm-grafs,	<i>Spigelia Anthelminthica.</i>
Yellow-prickle wood,	<i>Zanthoxylum Clava Hercules.</i>

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