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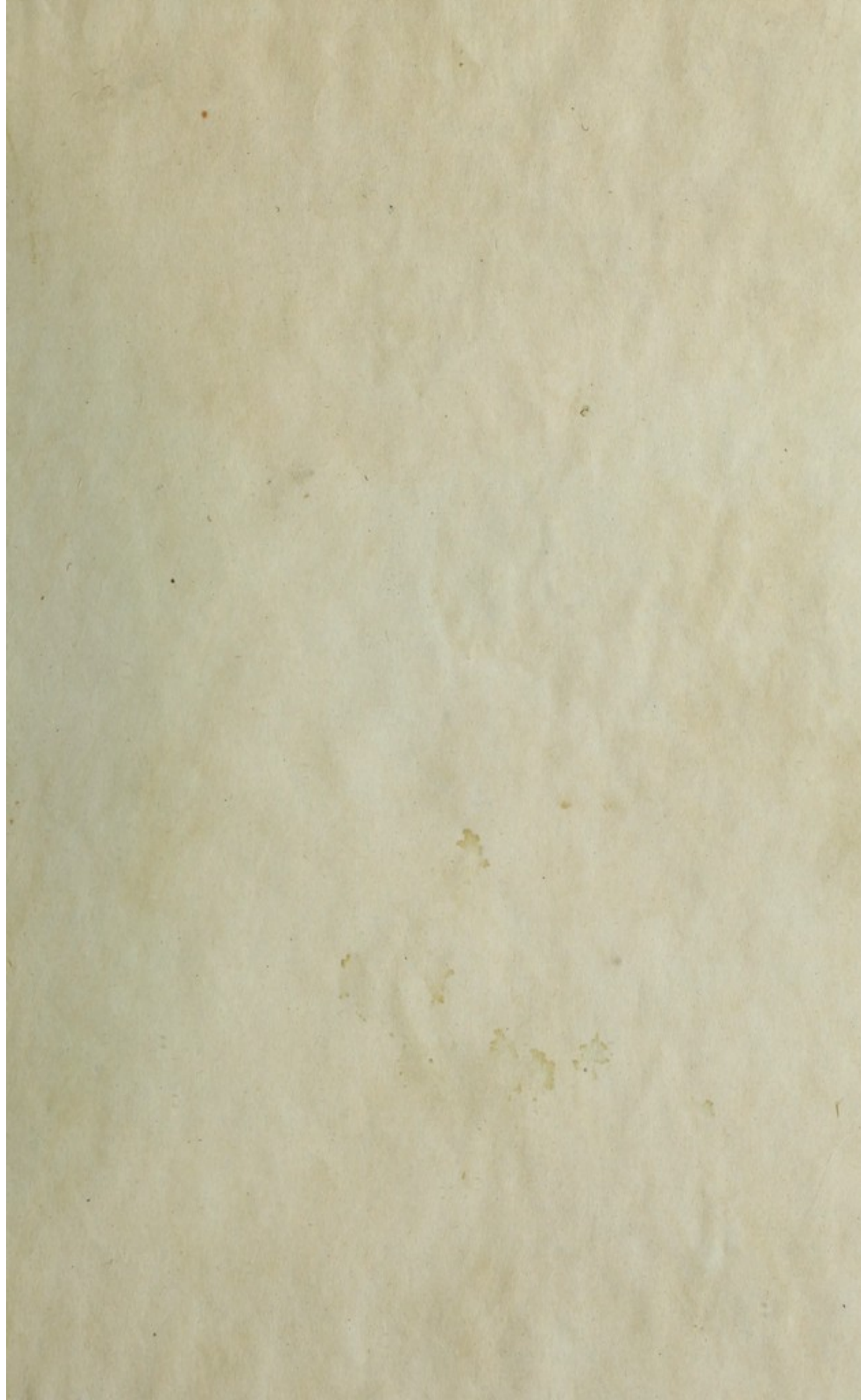
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THE PENNY LANCET,

A Medical Magazine.

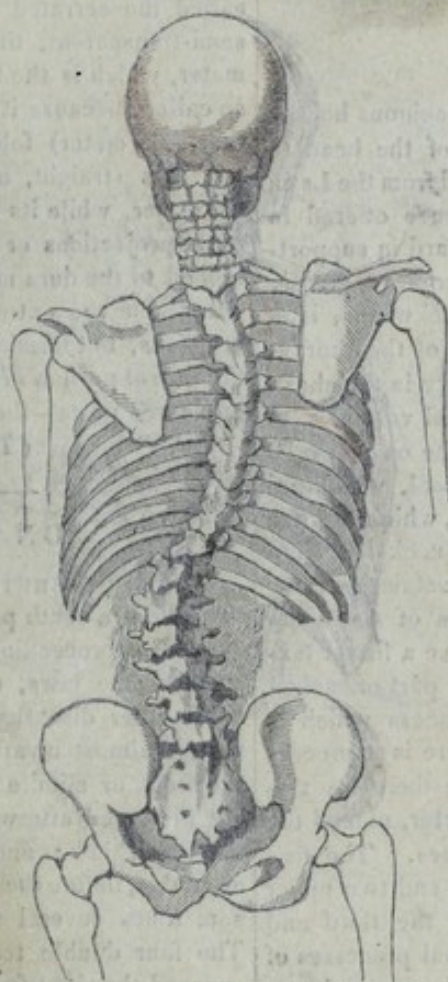
THE MAN THAT HUMAN HEALTH RESTORES, THE FAME
OF SUCH AN ACT PERPETUATES HIS NAME.

No. 1.]

PUBLISHED EVERY WEDNESDAY.

[Oct. 3, 1832.

Oct. 3. 1835



THE SPINE.

INTRODUCTION.

IN presenting to public notice the present periodical, we hope not to overstep the bounds of discretion, by adding to the numerous publications of the day. Of its necessity at so alarming a crisis we will not say a word, as practical experience will bear us out in the assertion, "That any work tending to regulate the human frame, and reduce it to a proper state of regimen, must be of the utmost utility." In the present we mean to comprise, in a series of numbers, three objects. We shall first treat on the component parts of the human frame, in order that every class of society, however low be its station, may become acquainted with a knowledge hitherto unknown to it; for instance, all know the composition they are made of, but question them on the constituent parts, their names, operations, actions, and passions, and you will find nine-tenths of them incapable of answering. Having satisfied them on this topic, we will next point out how the

human frame is subject to various vicissitudes, occasioned by numerous distempers acting on it, and then we will prescribe antidotes against such an operation, which daily practice in the various branches of our profession copiously furnishes, as well as the opinions of the most able physicians, whose works have stamped immortality on their names, though their ashes lie mouldering with its kindred clay. Of the advantages to be derived from such a work, let an impartial Public decide. Only consider, if a member of a family should be suddenly indisposed in the night (which is no uncommon occurrence), instead of any one leaving home at so unseasonable an hour, and exposing himself to an inclement atmosphere, he need only take the LANCET and operate himself, and be enabled to restore the patient to a state of convalescence with the money which otherwise he should give to the DOCTOR. In the country parts it must be highly desirable, where, oftentimes, life becomes extinct while an inmate has to traverse a wide tract ere he

can procure the Doctor. Witness apoplexy, where life vanishes almost imperceptibly ere medical relief could be afforded; in such a case you need only take the LANCET—open the jugular vein, and you may be instrumental in saving human life. As our pages will not admit of more room, we shall at once proceed to the subject in view, previously remarking, that no exertions or cost shall be spared on our part in order to benefit the public, as well as to secure their patronage and support.

THE SPINE.

THE spine is a long bony and cartilaginous hollow column, extending from the occipital of the head to the os sacrum, or sacral bone (so called from the Latin word sacer, sacred because it was once offered in sacrifices.) It projects somewhat forward in supporting the head, which otherwise would require a greater number of muscles. It is carried backwards, in a curved direction, through the length of the thorax, and thus adds considerably to the cavity in the chest. It is formed of twenty-four bones, called vertebrae, to which are added the sacral bone and the os coccygis. The vertebrae are subdivided into cervical, which are seven, dorsal twelve, and into lumbar, which are five in number. The first vertebra of the neck is called atlas, from the Greek verb *ατλανω* (to sustain), serving as a support to the head; the bodies of these are smaller than the other vertebrae, but have a firmer texture. From the centre of the posterior part of each of these, except the first, there is a process which is named spinal, and from every one there is a process on each side called transverse, while there are two upper and two under ones that are shorter, named the superior and inferior oblique processes. The fore part of the seven vertebrae of the neck, and two upper ones of the back, are anteriorly flat; the third and fourth of the back are acute; the spinal processes of the second, third, fourth, and fifth of the cervical vertebrae are forked; the two last, long and horizontal, as are the three or four upper ones of the back; these last are a little declining; the middle ones of the dorsal run obliquely downwards; and the processes of the remaining vertebrae become successively thicker, stronger, and less declining; those of the loins being horizontal. The transverse processes of the cervical vertebrae are perforated for the admission of the cervical blood-vessels; the eight or nine superior ones of the back receive the upper ribs, and the rest, with those of the loins, serve only for the origin and insertion of muscles. The sacral bone has two upper oblique processes, some small spinal processes, and two foramina in each interstice of the bones, which compose it both before and behind. The os coccygis is formed of a chain of bones, each piece becoming smaller as it descends; it is convex behind and concave anteriorly, and is triangular in its form.

Through every bone of the spine except the os coccygis there is a foramen, which, together, make up the long channel for the passage of the medulla spinalis (or spinal marrow); and in each space between

the vertebrae are two foramina (or holes) for the passage of the several nerves. These vertebrae are connected by strong ligaments, or intervening cartilages. Between the spinous processes of the neck an elastic yellow ligament passes; and there is also an internal transverse ligament of the atlas. The chief use of the spine is to support the head and trunk, and to contain and defend the spinal marrow.

The spinal cord contains both kinds of nervous matter; but it has an additional membrane, sometime called the serrated membrane, which is whitish and semi-transparent, thinner and smaller than the pia mater, which is the innermost membrane of the brain so called, because it embraces the brain as a good mother (pia mater) folds her child. Its inner border which is straight, is intimately connected with the pia mater, while its outer one presents a series of angular projections or teeth, each of which is firmly attached to the dura mater of the spinal canal. It does not reach the extremity of the cord, which is membranous, but terminates at what has been considered the dorsal portion of the cord; the latter being divided into three parts—the cranial, cervical, and dorsal.

(To be continued.)

ON DENTITION.

DOCTOR ARBUTHNOT judiciously remarks, that more than a tenth part of infants die in teething, by symptoms proceeding from the irritation of the nervous parts of the jaws, occasioning inflammation and several other diseases. At first it may be remarked that it almost invariably begins in the lower jaw, in the front or middle teeth, two of which are usually cut first, and afterwards two corresponding ones in the upper jaw; and it is often a considerable time after this, before the contiguous ones advance, though sometimes several may follow in hasty succession. The four double teeth usually denominated grinder succeed the eight front teeth; and, after some weeks, the canine or dog-teeth appear; and lastly (of the first teeth), the two corresponding ones in the upper jaw commonly distinguished by the appellation of eye-teeth. About the seventh year, these are shed and replaced by a new set; and, about the twentieth year, the dentes sapientiae, or the two inner grinders, appear. Some children of debilitated habits cut their teeth which is called across, from their not appearing first in the upper jaw, and also being irregularly placed, instead of being close together. In such instances, it occasions violent anguish, and often loss of life. The symptoms which usually precede and accompany teething are various; such as drivelling, swelling of the gums, redness in the cheeks, eruptions in the skin, gripings, fever, and frequently occasioning the child to thrust its finger into its mouth. The best treatment at such a stage is air, exercise, and food taken in small quantities, and frequently to keep the bowels open with diligent attention to every circumstance likely to promote health and keep off the fever. Should the child not suck, well-diluted drinks, or a leech or two applied behind the ears, will be of the greatest service.

THE FALLING SICKNESS.

THIS distemper, in which the nervous system is violently contracted, occasions the patient to fall in a senseless state to the ground, to gnash his teeth, and exhibit many convulsive distortions of body. When young persons are affected, a cure may frequently be accomplished; but should it continue beyond the age of puberty, the case becomes almost hopeless. The causes of this disease are manifold; such as bruises, blows, wounds, the mal-construction of the head, protuberances, fractures, &c. *Symptoms*: it is sometimes preceded by drowsiness, pain in the head, paleness in the countenance, terror, &c., though the patient frequently falls senseless without evincing any of these, and hence it is called the Falling Sickness. Should the patient be of a robust constitution, immediately take up the Lancet, and become doctor yourself. Afterwards, half an ounce of powdered gum arabic, dissolved in half a pint of hot water, with a drachm of laudanum, when injected, will have a happy effect in abating the spasm. A blister should then be applied between the back and shoulders, and stimulating medicines to the nostrils; the feet should also be bathed in hot water, and the back, along the spine, well rubbed with æther, or the following liniment: take of althea ointment one ounce, camphor two drachms, and laudanum three drachms; mix and apply it three times a day, keeping the part always defended from the cold.

THE COLIC.

ALL pains in the stomach indiscriminately come under this head; but, as there are various causes and circumstances attending this disease, so also the mode of treatment differs. As costiveness usually accompanies it, persons so affected should be extremely cautious in their regimen, and keep their bowels properly open, by occasionally using diluting diet, fomentations, clysters, &c. It may be subdivided into three parts—the flatulent or windy colic, the bilious colic, and the spasmodic or nervous colic. In the former, which is usually occasioned by the intemperate use of unripe fruit, indigestible food, or irritating liquors, the patient feels excessive pain in the parts affected, nor is the pain fixed or confined to any particular part; the intestines or stomach being attacked from a rarefaction of the vapours, the latter pass from one part to another, and occasion a continual sensation of wind, which is generally relieved by an expulsion. When it arises from the above-mentioned causes, the patient should take a glass of unadulterated spirits, and apply bottles filled with warm water to his feet, and hot bricks and heated flannel all over the bowels.—Should the wind continue, clysters of warm water, with a little common salt, may be used to advantage. The bilious colic is usually attended with a very acute pain about the navel, and excessive thirst; and, though the patient may derive temporary relief by discharging a quantity of bitter yellow-coloured bile, a repetition

of the violent anguish quickly succeeds, as an inflammatory tendency more or less attends this colic.—Should the patient be young, of a good constitution, and of full and quick pulse, at first use the lancet, and afterwards clysters of gruel, with a little oil, or intermixed with an ounce of Epsom or Glauber salts. Should these prove insufficient, they must be frequently repeated, till the bowels are completely evacuated. If the vomiting becomes excessive, and there is a difficulty in restraining it, the saline draughts in a state of effervescence, with about twenty or thirty drops of laudanum, have often an excellent effect; or a decoction of toasted bread boiled in water, with lemon-juice, may be used with advantage.—The spasmodic or nervous colic has a variety of names, but that by which it is generally called is the Devonshire colic, or colic of Roitou. It matters not how this may originate, but the immediate causes are spasms, irritation of the mind, long retention of bile, or the swallowing of any acrid substances; it commences with pain at the pit of the stomach, with a loss of appetite, or paleness of the countenance, and sometimes with a slight costiveness. The pain gradually increases, and, after wandering about for some time, at length fixes itself near the navel, and occasions dartings in various parts of the stomach. Should the pain be very violent, the patient may have recourse to the lancet, and, afterwards, three or four grains of emetic tartar, worked off with a little warm water, will be very serviceable. When the stomach is properly evacuated, about twenty or thirty drops of the tincture of opium may be administered every hour or two, till the patient, relieved from pain, feels disposed to sleep.

CRAMP IN THE STOMACH.

It is very necessary that this complaint should be speedily arrested, or, in some instances, it may suddenly prove fatal. Persons in the decline of life, who are of a nervous, gouty, or hypochondriac disposition, are most subject to it. If there be a sickness or vomiting attending it, the stomach should be cleansed with some weak camomile-tea; after which a purgative clyster may be injected. But as this disease is often symptomatic, and is so violent and dangerous that there would be hardly time allowed for the employment of these means, if the pain and spasm be severe, the patient should immediately take a large dose of opium, with a tea-spoonful or two of æther, in a glass of peppermint-water, and one or two drachms of laudanum may be thrown up the bowels in the form of a clyster. The stomach ought also to be fomented with a warm decoction of camomile flowers or warm water; the feet should be bathed in the same; the part rubbed with the volatile liniment of camphor; and bladders of warm water kept constantly on the stomach, as near as possible to the affected part. The patient should also drink pretty freely of some strong warm brandy and water, or wine with spice boiled in it; and opium is frequently used with success, if properly administered.

REMARKABLE CASE OF WM. CAREY, WHOSE TENDONS AND MUSCLES BECAME OSSIFIED.

WILLIAM CAREY was born on an island in Lough Melville, a large lake in the northern point of the county of Leitrim, in Ireland. He first felt an unusual pain in his right wrist, which obliged him to cease from his usual labour. In the space of a month, this swelling grew into a hardness like to a bony substance, and, constantly shooting on, reached up as far as the elbow; all the muscles continually growing into a bony substance, and dilating, so that his wrist and arm became twice as thick and broad as at the commencement of the swelling. About a week after the pain began in his right wrist, he was seized with a like pain and swelling in the left wrist. This had proceeded in all respects in the same manner as in his right arm; the whole substance of each arm, from the elbow down to the wrists, feeling as if it were one solid bone. The continual pain and dilatation of the arms occasioned a bursting of the skin and fleshy parts about each elbow, out of which oozed a thin yellowish humour, with a little digested pus. He was afterwards seized with a like pain and swelling in his right ankle, whence a similar bony substance soon grew as in his arms. This substance shot up from his ankle, both in the inward and outward side of the right leg, half way up to the knee; and the same bony substance on the inward side shot downwards from the pan of the knee eight inches along the shin bone, and continued daily increasing, until he became very lame. After undergoing an examination, he was placed under a course of mercury, which dried up the running, but did little or no good to the ossified parts. At first, however, by a stronger salivation, he was enabled to loose his fingers with a little more ease; but eventually he was discharged out of the hospital as incurable, being previously ordered to bathe continually in sea-water, and rub his limbs with the soapy juice of the quercus marina.

BRUISES AND SPRAINS.

IN bruises which are slight and superficial, the part being kept moistened with a little warm vinegar, in which is mixed a small quantity of brandy or rum, will be generally sufficient for a cure; but when very severe, though there may be no considerable external appearance of injury, still the patient may suffer extreme pain, and may be even in a dangerous state.—If it so happens, the best thing for the patient is to be bled; his food should be light and cooling, and his drink diluting. A poultice may be applied to the part, made of the crumbs of bread, or oatmeal, with a sufficient quantity of vinegar and water, and a little spirits; taking care that it be renewed as often as, from the heat, the part becomes dry.

In the early stages of bruises, there is commonly more or less of fever attending the patient. The bowels must be soluble by cooling purges; after which the saline mixture may be taken twice or three

times a day; leeches may also be applied to the part, and proper rest will be indispensably necessary. If the part continues weak after the inflammatory stage has passed, it may be rubbed with rectified spirits, well impregnated with camphor; and cold water poured on the part every morning will tend greatly to restore the strength.

SPRAINS.—In cases of violent sprains, the inflammation should be attempted to be subdued by the application of leeches; after which it may be embrocated with a mixture of camphorated spirit and vinegar, to half a pint of which (in equal parts) an ounce of laudanum may be added. The bowels must be kept soluble with cooling purgatives; and, if feverish symptoms intervene, the saline mixture may be taken as before recommended. If leeches are not at hand, the patient must be bled in the arm; a low regimen will be necessary as long as the inflammatory symptoms continue; after which the part may be rubbed with camphor. Dipping the limb daily and suddenly in cold water, in order to give vigour to the solids, is an excellent remedy in this case, taking care, not to let it remain in the water too long, as the intended effect is thereby defeated. Sometimes these kinds of sprains pass into a chronic state, accompanied with pains very similar to rheumatism, which continue to harass the patient for the remainder of his life. In such cases, frictions, with emollients, cold bath, &c., have occasionally proved highly serviceable. Some assistance may be likewise derived in this chronic state from pressure, by the use of a calico or flannel roller to confine the swelling, and promote absorption, or at least to prevent the increase of effusion. The part should be kept very warm, and defended from the effects of the external air; and the patient should avoid any considerable exercise, as well as being much exposed to damp or night air.

THE WHITLOW.

THE whitlow is an abscess or inflammatory tumour at the end of the finger, and is attended with considerable pain and uneasiness, according to its different situations. If the skin be only superficially affected, the pain is trifling, and, after the fluid is discharged, it heals without any difficulty; but if it be seated in the membrane under the skin, the symptoms are more violent; and if it be deep, and the periosteum or membrane covering the bone be affected, the pain, heat, and throbbing are intolerable; the part becomes red and inflamed, the whole hand is swelled, and, from the increasing violence of the inflammation and febrile symptoms, convulsions and sometimes even delirium are the consequence.

This painful complaint generally arises from bruises, though, for the most part, it is produced without any evidently-existing cause. In the last case of this troublesome disorder, in which the symptoms are so violent, the best and most speedy method of cure is to prevent suppuration from taking place, by cutting (if the patient will submit to it) the part where the pain is seated down to the bone, and thereby reduce it to a

common simple wound. This is not only the most certain cure, but will also save the patient a considerable share of distress and agony; but, if done at all, it should not be deferred later than the first or second day at farthest after its appearance. When suppuration has commenced, it should be promoted by emollients, poultices, and fomentations, and as early a discharge given to the matter as possible, in order to prevent the bone from being affected by the corrosive acrid quality of the matter. As the pain is frequently so excessive as to occasion a fever, and sometimes spasms, it should be moderated by frequent large doses of opium, repeating it as often as it is necessary to overcome the pain, and give the patient a respite from his misery; and the bowels should be occasionally opened by a little cooling laxative medicine. If, however, any untoward symptoms should occur, it will be advisable to consult a surgeon, as, from such neglect, many a person has lost a finger; or, by a gangrene following, the case is often attended with very serious consequences.

RECIPE FOR AN ASTHMA.

AN Asthma is your case, I think,
 So you must neither eat nor drink;
 I mean, of meats preserv'd in salt,
 Nor any liquors made of malt;
 From season'd sauce avert your eyes,—
 From hams, and tongues, and pigeon-pies.
 If ven'son pasty's set before ye,
 Each bit you eat, *memento mori*!
 'Tis likely you will now observe,
 What I prescribe will make your starve.
 No!—I allow you at a meal
 A neck, a loin, or leg of veal;
 Young turkeys I allow you four,
 Partridges—pullets—half a score;
 Of house-lamb boil'd eat quarters two,—
 The devil's in it, if that won't do!
 Let constant exercise be tried,
 And sometimes walk, and sometimes ride:
 Health's oft'ner found on Highgate Hill
 Than in th' apotheca y's pill.
 Be not in haste, nor think to do
 Your business with a purge or two;
 As some, if they're not well at once,
 Proclaim their doctor for a dunce;
 Restless, from quack to quack they range,
 When 'tis themselves they ought to change.
 Rules and restraints you must endure,—
 Ills brought by time, 'tis time must cure.
 The use of vegetables try,
 And use Pomona in a pie;
 Whate'er you take, put something good in,
 And worship Ceres in a pudding.
 For breakfast, it is my advice,
 Eat gruel, sago, barley, rice;
 Take burdo-root, and, by my troth!
 I'd mingle daisies in my broth.
 Thus you with ease may draw your breath,
 Deluding all-destroying Death!

OF THE ORGANS OF THE SENSES.

IN the following description of the organs of sense, we will comprehend the eye, the ear, the nose, and the mouth, or the organs of seeing, hearing, smelling, and tasting. The organ of the remaining sense, namely, that of feeling, if we can properly denominate it a distinct sense, is usually said to be the skin which covers the surface of the body.

THE EYE.—Under this we include the eyeball, the nerve of the eye, its muscles, eyelids, eyebrows, and the lachrymal glands and passage for the tears. The eyeball contains certain coats and humours, and is very like a sphere. Respecting its dimensions, anatomists differ; some affirming one size, and others another. The coats necessary for this substance are four—three proper, and one adjunct. The three proper coats are the sclerotic, or hardest one; the choroid, so called from its resemblance to the chorion; and the retina, or inner surface of the eye, so called from the Latin noun *rete*, a net, from the net-like expansion of the optic nerve. The humours are the aqueous, the crystalline, and the vitreous. Respecting the adjunct coat, it is merely a reflection of the skin from the lids of the eye, which passes over the fore part of the eyeball, except the transparent part, although some surgeons assert that it does. The sclerotic coat is white and opaque; its structure is compact and fibrous, enveloping the ball, except the transparent part. The choroid coat is less firm than the sclerotic, but contains a number of vessels. The retina is a whitish pulpy membrane, which passes forward from the optic nerve, and terminates in the ciliary process; the optic nerve is entirely lost in the retina.

The eye is completely surrounded by muscles, rising from the bottom of the orbit, and implanting themselves in the upper, lower, and lateral surfaces of the sclerotic coat; the expansion of their colourless tendons forms the white of the eye. These muscles are fourfold, and termed recti: the superior rectus, which raises the eye upwards; the inferior rectus, which moves the eye downwards; the internus rectus, which inclines the eye towards the nose; and the externus rectus, which turns it outwards.

The eye and its appendages are supplied by several arterial branches, either directly from the internal carotid, or from the maxillary arteries. None of those are of any considerable size; at least, before they reach the eye, they are generally divided into diminutive branches. The veins of the eye terminate partly in the external and partly in the internal jugular veins: vision depends, in a great measure, on the optic nerve, but the eye is not totally dependant on this nerve, as it receives branches from several others. The globe of the eye is covered with two moveable membranes, called Palpebrae, or Eye-lids: viz. the upper and lower. They are supplied with a thin cartilage, at the extreme border of which, towards the root of the cilia, are a number of small follicles (or glands) called the follicles of Meibomius, he being the discoverer of them, from whence issues a viscid matter, commonly termed the gum of the eye.

An ophthalmia, or inflammation of the eye, arises from the irruption of the blood into the lymphatic vessels, and its stoppage there; and this, Helvetius justly observes, will produce three symptoms of inflammation: viz. a redness, a greater heat, and a painful tension of the part—"For," says he, "it is easy to conceive that the parts must become red, since several vessels, which before contained only a transparent fluid, are now surcharged with blood, and, consequently, the affected part must acquire a greater degree of heat, since the blood fills a greater number of vessels, and in greater quantities, than before." In order to discover whence the excessive pain arises that constantly attends an inflammation, we need only consider, that the lymphatic vessels are placed between membranes; they are connected with them by fibres passing from one to another, and forming, by their disposition, that cillulary contexture which is constantly found between them. When the blood enters into the lymphatic vessels, it necessarily dilates them, and this dilation gives a greater tension to all the parts. It stretches all those fibres which connect the membranes, and even sometimes breaks them, or at least causes a twitching pain, which increases in proportion to the tension. In order, therefore, to enter upon the cure of it in a regular method, the Lancet must be used, and frequently, in proportion to the inflammation, the strength of the patient, and his mode of living; but should symptoms of an internal inflammation appear (which, as Dr. Pincain remarks, is an inflammation of the retina), it ought to be repeated oftener. It is requisite to have recourse to gentle purgatives, such as Glauber's or Rochel salts, &c.; the diet should be moderated in proportion to the violence of the disease, and light should be excluded from the eyes, and they should be kept constantly covered either with soft linen, soaked in a watery solution of lead, or with cataplasms, applied cold, composed of this solution and a crumb of bread. By such treatment inflammatory affections of a violent nature will be effectually removed, though there oft are (like many other diseases) cases which require extraordinary means. When inflammation of the eyes returns periodically, the best preventive is a liberal use of Jesuits' bark.

THE EAR.—The noblest and most excellent sense, next to seeing, is that of hearing. Therefore we shall examine the admirable structure of the parts therein.

The ear is the organ of hearing, or that part whereby animals receive the impression of sounds. It is divided into two parts—the outer and inner; the former is that which appears upon the external surface, and the latter consists of several particles and cavities within the ossa petrosa. The outer part is semicircular, and contains divers sinuosities; its upper part, which is the broadest, is called ala, or wing, and the latter, which is narrow, soft, and pendulous, is called the lobe, or fibra, being that portion to which the ladies hang their ear-rings. This outer part consists of a thin cartilage, covered with a skin, ligaments, nerves, arteries, veins, and muscles. The cartilage is not divided in men as in other animals; the ligament fastening the ear to the os petrosum is strong, and proceeds

from the pericranium; the nerves spring from the second vertebrae of the neck; the arteries spring from carotides; and the veins repair to the jugulars. Though the auricula, or outer part, has no manifest motion, yet it has four muscles, one superior and three posterior. Under the ear are big conglomerated glands, for the secretion of the saliva, called parotites. The inner part of the ear is separated from the external one, by a thin, round, and transparent membrane, called the tympanum, or drum; it is possessed by the meatus auditorius (or auditory passage), which commences from the bottom of the coucha, and is continued in a winding direction towards the drum, inclining sometimes one way and sometimes another. Behind this membrane is a cavity called the barrel of the drum, being three or four lines deep, and five or six broad; in this cavity are three little bones—viz. Malleus, Incus, Stapes (the hammer, the anvil, and the stirrup). Their articulation is such that the hammer is fastened to the drum, which communicates that which it receives from the air. A muscle placed in the barrel of the drum gives motion to these bones; this muscle produces a tendon, which fastens it to the process, which the handle of the hammer obliges to approach to its head. The action of this is to draw the handle of the hammer inwards, and stretch the muscle of the drum. There are also the fenestrae tympani, or windows of the drum, which open into a cavity, dug out of the os petrosum, which, from its meandering, is called a labyrinth. The cochlea, or shell, is the last cavity. It is twofold—a spiral semi-oval canal, and a lamina, formed in a spiral flight. The sense of hearing is performed thus: the external air, entering the first meatus, strikes upon the drum, and that membrane, being thus connected, shakes the small string behind it, and the three little bones that are, joined to it, and by that means conveys the external motion to the internal air; upon which, this air subtilizes itself, and fortifies its agitation in the windings of the labyrinth, and, by entering in the spiral cochlea, in advancing from a broader to a narrower space, the air communicates with the nerve, which conveys it to the common sensorium; so these various modifications of air move the imagination to form what is called sound. The most frequent causes of disease in the ear arise from an exposure to too great heat or cold, or the secretion of an acrid matter from the glands. There are numerous other causes, such as the faulty quality of the wax, insects getting into it, &c. At the first approach of disease, the patient may put into his ear a piece of cotton or wool steeped in the oil of bricks, oil of paper, or the black oil of tartar, and he will derive the greatest benefit; but should there be signs of inflammation, the patient should be bled, and take some cooling medicine, as salts, &c., and hold the inflated ear over a hot infusion of camomile flowers. The ear has its beauties as well as defects. Suetonius commends the beauty of Augustus's ears; and Ælian, describing the beauties of Aspasia, observes, she had short ears. Martial ranks long ears among the number of deformities.

(To be continued.)

ON THE DANGER OF DRINKING COLD WATER IN HOT CLIMATES.

By an American Physician.

THE excessive heat of the present season seems to have occasioned a very great number of deaths from immoderately drinking cold water. The public attention is therefore very naturally called to the subject, and various remedies have been recommended to remove the effects of this imprudence. The tincture of camphor is said to be a specific. Emetics and blood-letting are recommended in all cases by others, and laudanum, it is well known, was the favourite and sole remedy of the celebrated Dr. Rush. These means, so opposite in their character, cannot, it is obvious, be adapted to every case, though each may be serviceable in some particular form of the affection. The oversight consists in recommending one remedy as adapted to every variety of the disease; for the effects of cold water are very different, in my opinion, according to the state of the system at the time it is taken.

I will endeavour to explain, as briefly and intelligibly as I can, my views on the subject, which are not the result of any preconceived opinions, but are derived solely from facts that have come under my observation. When the cold water is taken in large quantities into the body, heated perhaps to 110 or 115 by exercise or exposure to the sun, while the temperature of the water is not more than 55, if the body be not debilitated by heat and excessive perspirations, and the muscular strength is unimpaired, the effect will be, as far as my observation extends, spasmodic action of the stomach in the first instance, and immediately after violent, irregular, convulsive action of the heart, by which a great quantity of blood is forced upon the brain, and the patient becomes apoplectic. Usually he is totally insensible; at other times, though dull and stupid, he may be roused sufficiently to point out the seats of his pain, and he will tell you, if he can speak, that it is in his stomach, heart, and head. In these cases the skin is hot, and generally—I may say, I believe, always—dry; and the pulse is full, strong, and irregular. The eyes are generally suffused (blood-shot), and in the worst cases have a glazed appearance, and oftentimes remain wide open.

But the injurious effects of drinking cold water are exhibited in another form, which require a different mode of treatment. The body is frequently exhausted by copious and long-continued sweating, and the muscular power extremely reduced by labour and exposure to heat, at the very moment when the water is taken into the stomach. This organ then is thrown into violent and irregular contractions, in which the heart participates; these continue, however, but a very short time—the vital power seems to have been nearly exhausted before the introduction of the cold liquid into the system, which prostrates it completely, and the patient falls down almost lifeless. Many of these cases terminate fatally before advice can be obtained; but if a physician should arrive and find the patient still alive, with such symptoms as I have

enumerated, would bleeding even so much as enter his head, among the remedies to be employed? I think not; at any rate I do not hazard much in saying that, if he could unfortunately succeed in drawing any blood from such a patient, that, in my opinion, all hopes of his recovery might be abandoned at once. The system evidently requires stimulants, both external and internal, of the most active kind. The feet, and, if possible, the whole body, should be put into hot water; and if it can be only applied to the feet, a bladder of hot water should be laid on the pit of the stomach, or a very strong mustard-seed poultice; the body should be rubbed with hot camphorated spirit; and, if the patient can swallow *laudanum*, *ether*, *tincture of camphor*, and *spirits of ammonia*, one or all may be administered, in such doses as the urgency of the case demands. Such has been the method which I have employed; and, though my means of observation may have been limited, when compared with those of many of my professional brethren, and the cases which have come under my observation may not have been of the worst character, yet I have seen a number of severe affections from imprudently drinking cold water, without yet meeting with a fatal case.

In conclusion, I would remark, that if the view I have taken of the subject be correct, it must be obvious that the administration of the remedies recommended should be confided to none other than medical men, as few, if any, other persons would be able to determine what was adapted to each particular case. The advice to call in a physician in every instance of this kind is given without any apprehension that it will be attributed to a mercenary motive, when it is recollected that the class of people most usually affected in this way are those who are, of all others, the least able to make any pecuniary compensation to their professional attendants.—*New York Mercantile Advertiser, July 26.*

ON GARGLES.

GARGLES are a liquid form of remedy for disorders in the mouth, gums, throat, &c.; they are composed of honey, salt, syrups, spirits, vinegar, waters, and decoctions; and produce their effects by cleansing and lubricating the parts. Gargles are particularly useful in fevers and sore throats; and they have this advantage over many medicines, that they are easily procured and prepared. In some complaints of the throat, a gargle will occasionally remove the disorder; and in a fever, few things are more agreeable and refreshing to the patient, than to have his mouth often washed with some detergent gargle. Gargles are most effectual in sore throats when injected with a syringe.

Gargle (Acidulated).

Infuse two drachms of red rose leaves in a pint of boiling water till cold, then strain, and add thirty or forty drops of elixir of vitriol, or as much as is sufficient to make it agreeably acid. A serviceable gargle for inflammation of the mouth and tonsils.

Gargle (Emollient.)

Take an ounce of marsh-mallow roots, and two or three figs, boil them, in a quart of water, till half be wasted, then strain the liquor. With the addition of half an ounce of spirit of sal ammoniac and an ounce of honey, it will be a good attenuating gargle. This gargle will be found extremely useful in fevers, to promote the discharge of saliva, when the tongue and fauces are rough and much parched.

CLYSTERS.

CLYSTERS not only evacuate the contents of the belly, but serve also to convey very active medicines into the system. For example, opium may be thus administered when it will not sit easy on the stomach, and also in larger doses than can be taken by the mouth. The use of clysters are not confined alone to medicines—food may be also conveyed this way.—Persons unable to swallow have been supported a long time by clysters.

TO CURE INFLAMMATION IN THE EYES.

ADD half a drachm of powdered alum to the white of an egg, and shake them well together. This will allay heat, and restore the flux of humour. It must be spread upon linen, and applied to the eyes, but should not be kept on them longer than four or five hours at one time. This is the collyrium of Reverius.

TO CURE WORMS.

TAKE four ounces of decoction of camomile flowers, and add an equal quantity of sweet oil. This is a most beneficial remedy for bringing away that species of worms which chiefly occupy the lower part of the rectum, called ascarides. When administered to children, the quantity must be proportionably lessened. The addition of a drachm of powdered aloes adds to its efficacy, if the vermin are not readily evacuated.

ANECDOTES.

John Myddleton, the English Giant.—Dr. Plott, speaking of this man, says, his hand, from the carpus to the end of the middle finger, was seventeen inches long; his palm eight inches and a half broad; and his height nine feet eight inches, wanting but six inches of the size of Goliath.

Pope's last Illness.—During Pope's last illness, a squabble happened in his chamber between his two physicians, Dr. Burton and Dr. Thomson; they mutually charging each other with hastening the death of the patient by improper prescriptions. Pope at length silenced them, saying, "Gentlemen, I only learn by your discourse that I am in a dangerous way; therefore all I now ask is, that the following epigram may be added after my death to the next edition of the Dunciad, by way of postscript:—

"Dunces rejoice! forgive all censures past,—
The greatest dunce has kill'd your foe at last!"

Prevention better than Cure.—A man, in the most poignant agony at being condemned to death, was visited by a friend from the sister country. "Is it

possible," cried the criminal, "that I must perish by the hands of the hangman? Oh, horrible thought!" "I know how you can prevent it," said Pat. "Tell me, I conjure you!" exclaimed the man. "Why," rejoined his friend, "hang yourself, and you may laugh at the executioner afterwards!"

A Phrenologist's Wisdom.—A celebrated phrenologist once remarked, that neither the cat nor the horse developed the organs of music.—"Very strange," remarked a hearer; "since we make music of the guts of the one, and the tail of the other!"

Gout.—A gentleman, groaning under the pangs of this disorder, was asked by a sympathizing friend, "Have you ever tried the Eau Medicinale?" "I have tried every kind of—Oh!" he exclaimed, with the true accent of pain, "but they don't relieve me!"

RECIPES.

A Mixture for the Hooping Cough.

Take of ipecacuanha powder, twelve grains, tincture of assafœtida, one drachm, laudanum, ten drops, cinnamon water, two ounces, syrup of tolu, two drachms, mixed. A tea-spoonful may be given every three or four hours, to a child of two years old, and proportionably increased according to the age.

Mixture (Nervous).

Take of the extract of bark, one drachm, dissolve it in six ounces of camphorated julep; add of the volatile tincture of valerian, three drachms, tincture of columbs, half an ounce, mixed. Where the nerves are irritable, attended with indigestion, flatulence, and periodical headaches, this is sometimes very serviceable; three table-spoonful may be taken three times a-day.

Liniment for Burns and Scalds.

Take of linseed-oil and lime-water of each four ounces, laudanum, six drachms, mix; to be applied to the affected part on lint or soft rag. Scraped potatoes, mixed with a little laudanum, are said to have been found very serviceable in cases of this kind.

N. B. Potatoes alone are very good for burns and scalds.

Mixture (Aperient).

Take of senna leaves three drachms, infuse them in four ounces of boiling water; when cold, strain; add half an ounce of Epsom salts, compound tincture of senna, one ounce; mix. As a common gentle laxative, three or four table-spoonful may be taken every third hour, till it operates. If a more active aperient is wished for, the quantity of the Epsom salts may be doubled.

Ointment of Basilicon.

This is a good and useful ointment, employed for cleansing and digesting wounds and ulcers. It should be spread on lint thin.

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THE PENNY LANCET,

A Medical Magazine.

THE MAN THAT HUMAN HEALTH RESTORES, THE FAME
OF SUCH AN ACT PERPETUATES HIS NAME.

No. 2.]

PUBLISHED EVERY WEDNESDAY.

[Oct. 10, 1832.]

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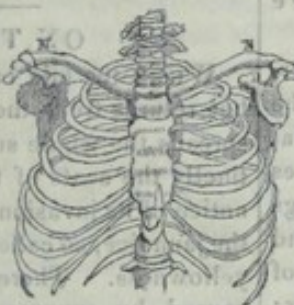
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the wrist bones, and those of the heel; some are
round, and others flat, as the palate bone; and some
are triangular, as the first bone in the sternum. In
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THE HANDS.

Before we commence the anatomy of the bones
which form the hands, it may not be improper to
acquaint our readers with what a bone is. Galen
says bones are the hardest, driest, and most tetraque-
ous parts of the whole body; differing in substance;
quantity, figure, situation, uses, motion, sense, genera-
tion, and cavities. In substance, some being very
hard, as the tibia; others less hard, as the vertebrae;
and others soft and spongy, as the sternum. In their
quantity, because their number is very great, and all
the bones are not equal; some large, as those of the
arms and legs; some of moderate dimensions, as

those of the head; and some small, as those of the
fingers. They differ in their figure; as some are
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the great bones of the extremities; or a secret one, as that of the wrist and heel; and some have no motion, as the bones of the head. None of the bones have sensation, except the teeth. The bones differ in their generation and perfection; as some of them grow to perfection even from the mother's womb, such as the small bones that lie in the cavities of the ear; and others are only perfected with time and years, as all the bones of the body. The last difference is taken from the cavities of the bones; as some of them have very large cavities for the reception of the marrow, as those of the extremities of the body, and some have only porosities which contain the medullary juice; some have holes for the transmission of the vessels, as the bone of the basis of the cranium and the vertebræ; and others have only a hollowness, as the sternum, or breast-bone; some sinuses; and others consist of an abundance of little bones, like a sieve, as the ethmoides.

Having said so much, we will now proceed to the bones which form the hands. The hands are divided into three parts; the arm, consisting of one bone only, the cubit of two, and the hand of seven-and-twenty, and the scapula, or shoulder-blades. We will first examine the scapula.

The scapula (A) is the bone that forms the shoulder, defined a large and slender bone, especially in the middle, and thick in the processes; it is situated at the posterior parts of the superior ribs, where it serves instead of a buckler to them. There are four things to be observed in it: its figure, connection, parts, and uses. The figure of the scapula (B) is triangular, of which two angles are posterior, and the third anterior; it is convex without and concave within, both for its better apposition in the ribs, and for containing a muscle, of which we shall treat hereafter. Its connections are of three sorts, one by arthrodia (so called from the Greek verb, *αρθρουν*, to articulate or connect), with the humerus; another by the synchondrosis (which is a union of bones, by means of cartilage, from two Greek words, *sun*, with, and *chondros*, a cartilage), with the clavicles; and the third is by a sycarcosis (*sun*, with, and *σαρκς*, flesh), which is a connection of bones by muscle.

There are a great many parts in this bone: first, its basis, which is in its posterior part, and ends next to the vertebræ of the back. This basis has two angles, the one superior, and the other inferior; the parts coming from these angles towards the neck are called the costæ of the scapula, of which there are also two; the one called the upper costæ, which is the slenderest and shortest, and the other the lower costæ, which is thicker and longer. It has two surfaces; the internal one is hollow, to lodge the scapular muscle, and an external one, which is elevated to form a considerable eminence, which, from the bottom of the basis, rises straight upwards, called the spine of the shoulder-blade; the end whereof is called acromion (from *ακρος*, extremity, and *υμος*, the shoulder.) On each side of this same spine there are two pits, one above, called the fossa supra spina, and the other, the infra spina, or the underneath one. The uses of

the scapula are four: viz. to give origin and insertion to the muscles; to fasten the arm to the body; to support the arm, that it may more conveniently make its motions; and, lastly, to make the shoulder, and defend the internal parts with its bulk and largeness. The arm is composed only of the humerus (C.) This bone is articulated at both its ends; the upper end, with the scapula, by arthrodia, and the lower part by ginglymus (or a hinge, *γινγλυμος*); with the cubitus, and by arthrodia with the radius, which is a long cylindrical bone, situated in the external side of the forearm towards the thumb. The humerus is often divided in its body (D), and its extremities, which are two, the superior and inferior. The body of the humerus is long and round, and has an internal cavity all its length, containing the marrow; its figure is not entirely straight, but a little hollow, and raised on the outside for the strengthening of it in its actions; the line observed in it to descend and terminate in two condyles, or eminences in the joints (from *Κεϋδο*, a joint), serves to fasten more strongly the muscles inserted in this bone.

(To be continued.)

ON THE JAUNDICE.

WHEN the bile cannot pass through the intestines, but returns from the liver into the blood, and overspreads the whole surface of the body, but most distinctly the coats of the eyes (where it gives the first notice of its invasion), with a yellow tint, it occasions the jaundice, so called from the French word *Jaunisse*, yellowness. There are, however, jaundices not caused by suppression, but from a redundancy of bile, because some people naturally make more bile than others: therefore, great care should be taken to distinguish that from suppression, because the indications of cure are vastly different. The bile may be considered as a kind of natural soap,—that is, a mixture of oil, water, and salt, both volatile and fixed, separated from the blood in the liver, for various uses of the animal body. A discharge of this fluid is very much promoted by aromatic and chalybeate medicines. Now this humour, as well as the blood itself, is often faulty by its lentor or viscosity, and sometimes, also, by its extreme thinness. "I have observed," says Dr. Mead, "that the secretory glands of the bile are obstructed, and the small quantity of it that is secreted stagnates, in the hepatic duct, or where the bile passes; whence the liver grows hard, and under its tunicle are formed whitish concretions, resembling hard soap. But this disease may arise, also, from the bile's want of due consistency: for here the volatile salt, which is one of the compounding principles of the bile, becomes too thin, hot, and irritating to the intestines. In the former case, the body is too costive; in the latter, a diarrhoea, attended with a fever, teazes the patient. But there is another species of jaundice, owing to a very different cause from those above described, and that is, to nervous spasms. When the subtle elastic fluid of the nerves, by becoming too acrid and irritating, constricts the bile ducts to a degree of hindering its

passage through the liver; and, consequently, it must remain in the blood, and thence be thrown on the different parts of the body. Something of this same kind follows upon violent colic pains, and the bite of the viper. In short, every impediment which obstructs the free discharge of the bile from the liver and gall-bladder into the duodenum, and all sorts of tumours seated in the liver, whether they be inflammatory, suppurative, scirrhus, &c., may produce a jaundice.

The symptoms attending this disease are, in general, a heaviness, inactivity, lassitude of the whole body, anxiety, uneasiness about the hypochondria, sickness at the stomach, in the breast difficult respiration, a dry and harsh skin, costiveness, yellow, high-coloured urine, which will tincture linen or paper with a saffron hue, a bitter taste in the mouth, and a discolouration of objects before the eyes. A disease attended with such a variety of circumstances requires different methods of cure. In case of costiveness, we recommend saponaceous medicines, both alone, and joined with rhubarb. When the stomach is too loose, the looseness is rather to be moderated than stopped; which is best done by rhubarb, with the admixture of an anodyne. Purgatives are never more proper in this disease, than in those cases which are owing to a constriction of the bilious ducts by nervous spasms. In every kind of jaundice attended with actual inflammation, blood is to be drawn. The Indian pill is a good purgative for the jaundice: it is made thus:—take 1½ oz. of aloes succotrina, of black hellebore, and Indian mirabolans, of each 5 drachms, Troches of Alhandal and Agaric, each ½ oz., and 3oz. of salt of tamarisch; pound them together with a sufficient quantity of syrup of roses. Should the patient complain of pain about the region of the liver, emollient clysters, with about 30 or 40 drops of laudanum, will be beneficial: *to be repeated every four or six hours.* The following will be very useful:—Take two drachms of magnesia, seven ounces of common mint-water, of the tincture of castor and syrup of poppies each two drachms, and forty drops of laudanum. Three or four table-spoonsful to be taken when the sickness is troublesome.

THE SPINE.

(Concluded from page 6.)

THE vertebrae, or bones which compose the spine, have an intimate connection by ligaments, and processes of one bone running into another; and so firmly are they united, that it is next to an impossibility to dislocate them, unless a fracture takes place; and, when this is the case, death is generally the consequence, for the shock or violence which causes the luxation, or dislocation, is such as not only to compress but also to lacerate the spinal marrow. These luxations are produced from various causes; such as falls from high places, blows, or any weight passing over the body. In such cases, the body being distorted, and the marrow being compressed, all parts beneath the part affected become paralyzed, which usually suppress the urine, and occasion inflammation. The spine may be distorted in various directions, either outwardly, inwardly, or laterally, and sometimes dis-

tortion takes place in several places; this more frequently happens in patients of weak constitutions. The time most common for such a disease is puberty; and, so dangerous is its nature, that the effects are observed before the cause is suspected.

When distortions of the spine occur in infancy, the patient appears to be suddenly deprived of the use of his limbs; but, at an advanced age, feebleness, languor, and numbness in the extremities, are the usual indicating symptoms, which gradually augment; and a person so affected is compelled frequently to stumble, and drag his legs after him; nor is he able to stand erect for any time. In fine, he is deprived of the use of his legs, and they become paralytic. And, when the spine is distorted forward, so as to compress the viscera of the thorax, his bowels and stomach are accordingly affected. Persons so affected should be unfond of sitting too long in particular postures; and, should they incline too much to one side, the reverse should be done, that they may be as much as possible on an equal surface. A mattress is preferable to a feather-bed, and it ought to be laid on the floor. The cold-bath, bark, and other tonics are also serviceable, and may stem the progress of the disease, in a good measure. Dr. Bell recommends friction five or six hours in the day as highly beneficial. Mr. Beale, in his valuable and able treatise on the spine, makes the following judicious remark on the efficacy of friction:—

“Friction to the surface will improve the tone of the muscles, increase the vigour of the circulation, and, if properly applied, will have almost as good an effect as active exercise. Friction for half an hour in the day, will do no good; at least three hours should be applied to this purpose, at intervals; every part of the body should be well rubbed at least twice or three times a day, the upper as well as the lower extremities, and the muscles of the back and abdomen; a little flour or powder, to prevent chafing, is all that is necessary.” This has been tried by several professional gentlemen of high repute, and attended generally with success. Should persons wish for a more minute description of the spine, we recommend them to read Mr. Beale’s treatise.

A WONDERFUL DISCOVERY FOR PURIFYING HOUSES. BY DR. SMITH.

For which he received a Parliamentary Grant of £500.

TAKE six drachms of powdered nitre, six drachms of oil of vitriol; mix them in a tea-cup, by adding to the nitre one drachm of the vitriol at a time; the cup is to be placed during the preparation on a hot hearth, or plate of heated iron, and the mixture stirred with a tobacco-pipe or glass rod; the cup to be placed in different parts of the contaminated chamber.

Good and Evil.—Burton, in his *Anatomy of Melancholy*, mentions horse-racing as the disport of great men, and good in itself; though, by such means, many men gallop out of their fortunes.

ON THE ORGANS OF THE SENSES.

(Continued from page 6.)

THE next sense which offers itself to our consideration, is the sense of smelling, the organ whereof is the NOSE. It is divided into the external nose, and the internal one: the former contains the root, or upper part, which lies between the eyes, the dorsum, or back, the spina, or pointed part, and the alæ, or wings, which are the lateral parts. The latter one contains the two nostrils and five cartilages; two superior ones, which are broad upwards, but soft and narrow in their descent, adhere to the two bones of the nose; the other two, which form the alæ, are fastened to the extremities of the superior ones by membranous ligaments; and the fifth is placed in the middle, for a partition between the nostrils. These parts are covered with a membrane, furnished with arteries from the carotides, with veins which empty themselves into the jugular, and with the ophthalmic and superior maxillary nerves, in addition to the olfactory nerves. This membrane is kept soft by means of a white viscous liquor, and defended from the injuries of extraneous bodies, especially those of the air, which, in inspiration, must pass this way when the mouth is shut. The nostrils are the two apertures, or the commencement of two cavities, at the basis of the nose, which afford a continual ingress and egress of air. Each of these divides into two others; one of which ascends towards the ethmoidal, or sieve-like bone, and the other descends to the palate, in order to empty itself in the bottom of the mouth and the throat. There are also two conduits, which run from the nostrils to the mouth, commencing at the bottom of each nostril, and, passing over the palate, perforate it under the fore-teeth, when they come to a period. The whole inner part of the nose is lined with a thick coat, which is a continuation of the dura mater; at the lower part whereof grow some hairs, visible at the entry of the nose, scarcely of any use. The internal nose is filled with several cartilaginous plates, separated from one another, terminating at the root of the nose, and serving to support its inner coat; which, having a long extent, is folded into the little cavities of the nose, running round these lamina, or plates, in order to employ its strength in a narrow space, and cover their surface. The olfactory nerves are diffused in this tunicle, and rendered capable of the perception of the odoriferous effluvia, which is thus effected. The little animals that exhale from odoriferous bodies are carried along with the air to the nose, where, by striking upon its inner membrane, they shake the small pipes of the olfactory nerves; immediately the subtle matter with which they are filled partakes of this commotion; which, by virtue of the continuity, flies in a moment to the corpora striata, from whence the nerves proceed; and whereof our imagination, sensible of the undulations which each object can occasion in the spirits, perceives that it is the impression of an odoriferous body, whence proceeds the sensation called smelling, which is not an active but a passive quality of the olfactory

nerves. There are several diseases of the nose; but we shall notice one in particular, named the polypus, which is a fleshy tumour, or excrescence, on the inside of the nostrils, prejudicial to respiration. It arises, by several roots, from the os cribrosum, and hangs down sometimes as low as the lips, growing likewise backwards, so as to stop the hole of the palate; whereby the air and the pituita descend out of the nose down into the throat, and, by these means, strangle the patient. It has its name from the resemblance it bears to the fish called polypus. It may be cured, if taken in time, but, if neglected, it usually terminates in an incurable cancer. A decoction of plantain, betony, and parietary, in red wine, which must be drawn up the nose, or introduced into it with small tents, often renewed, with a little of the tincture of myrrh and honey, will serve to consume it and dry it up. Should it continue too long, the LANCET must be used.

The figure and magnitude of the nose cannot be nicely adjusted, as some have bigger noses than others. In Tartary the greatest beauties are those who have the least noses. Rorybrock commends the mother of Tamerlane as a celebrated beauty, because she had only two holes for a nose. Before we conclude this sensitive organ, we shall quote the tale mentioned by the celebrated Amb. Pare, respecting an Italian nose-mender, and leave our readers to judge afterwards of the efficacy of his remedy. "His method," says that author, "was to make an aperture in the patient's arm, and there to engraft the mutilated nose: the arm being bound up for four-and-twenty days, the nose took root in the wound, grieved itself with the flesh of the arm, and grew to its bulk; which done, he cut off the flesh of the arm, and, fashioning it to his liking, applied it in its place, and healed the wound at his leisure. In all appearance the vessels of the new nose had a very great analogy with those of the parts it was affixed to; and the artist was so dextrous in the application as to have their tubercles meet exactly for the circulation of the juices, and the nourishment of the additional part."

(To be continued.)

ON THE TIC DOLOREUX, OR FACE-ACHE.

THIS painful disease, which is said to have been first noticed by Fothergill, was described by Andrer, before him, in 1756. It may be termed the ear or face ache, as it undoubtedly belongs to the pains of this kind. Some assert that it originates in the teeth; but as extracting them has been frequently found inefficient to remove it, that opinion must necessarily fail. It usually commences with persons between forty-six and fifty-six, when the tooth-ache generally subsides; and, though some persons affected with it were afflicted with the tooth-ache, yet others have had it when their teeth were unaffected. Some ascribe its seat to the internal part of the ear; but when we consider that persons afflicted for a long time with this distemper, and when the antrum has been frequently opened, and no flow of matter produced, the judgment of such persons must be fallacious; as it

would be impossible for such an acute disease to continue so long in the ear without producing considerable irritation and inflammation.

Causes.—It may proceed from violent blows, contusions, &c., and also from cancerous acrimony, gout, and numerous other diseases. Antispasmodic medicines will, in a great measure, destroy the nervous sensibility; should these be ineffectual, take from thirty to sixty drops of laudanum, with a tea-spoonful of æther, and repeat it till the pain subsides.

To effect a radical cure, the patient may commence a course of hemlock, of the efficiency of which we shall quote the following, to confirm our readers in our opinion.

Dr. Storck says, that "there are many diseases, of the cure of which even the most skilful both of the ancient and modern physicians have been ignorant, as no remedy has been hitherto found out of force sufficient to overcome them. Reason therefore suggests, and duty urges, that we should exert our utmost abilities to bring any such to light.

"May it not be reasonably conjectured that what we want of this kind lies concealed in plants, with whose virtues we are unacquainted, or of which, perhaps, we entertain an ill opinion?—I, indeed, myself, as it seems to me, have, in the use of hemlock, made proof of a medicine that may be highly serviceable in resolving inveterate schirruses and curing cancers. I do not, nevertheless, intend to exaggerate here the specific power of this plant, or to plume myself with the honour of any invention respecting it; all I desire is, that the fruits of my endeavours may be applied to the service of my afflicted fellow-creatures, and may become beneficial to them. I should be sorry, therefore, that any person should, through motives of envy or interest, prevent a fair trial.

"Botanists have named this herb *cicuta vulgaris*, and in the English language it is called hemlock. It is so well known, that it needs no description.

"Pliny writes, that the green stalks of hemlock were eaten by many without the least injury. Ray affirms, that a person of the name of Bouelle gave the root of hemlock, to the quantity of a scruple, in malignant and quartan fevers, and preferred it to all diaphoretics. Renealmus, in his third and fourth observations, administered a scruple, or half a drachm, of hemlock in substance, for the resolving the schirrus of the liver, spleen, and pancreas, or gave an infusion made with a drachm or two of the root of it. Many officinal plasters and unguents receive the juice of hemlock into their composition. Excepting this, it is, however, marked with black by almost all authors, reckoned among the poisons, condemned, and, of course, wholly banished out of medicinal practice.

"I was determined to examine the virtues of this herb preferably to all others; and, pursuant to such intention, I consulted many of the ancient and modern writers on this subject. I found, however, in the course of my reading, that this herb had, in ancient times, been much used, by external application, for the dispersing cold tumours, resolving schirruses, and mitigating the pains in cancers, and with great ef-

fect; but that, internally given, all agreed in exclaiming against it as a most deleterious poison.

"The first attempt was therefore to be made in the external use. Accordingly, I sewed up this herb, dried and cut, in a mattress, betwixt two pieces of linen, in the manner of quilting. This mattress I let remain in boiling water for some minutes; and then, having pressed out the superfluous fluid, I applied it warm to the parts affected. By this method I sometimes stopped the progress of the worst gangrenes, and procured a separation of the mortified part from the sound. To those who could not bear (on account of the disagreeable smell, and the itching produced by them) the mattresses that were boiled in water, I applied others boiled in milk. These they bore with ease, and did not perceive any inconvenience from them; but all, on the contrary, found relief.

"As soon as I was certain of this, I prepared the following pills:—

"Take of the fresh hemlock as much as may be sufficient; press out the juice, and let it be boiled, while fresh, with a gentle heat, in an earthen vessel (often stirring it, lest it burn), to the consistence of a thick extract. Let this extract be formed, with as much of the powder of the leaves as may be necessary, into a mass for pills; from which let pills be made of two grains each. If the juice be expressed from hemlock, previously boiled for some time in a sufficient quantity of water, it will then make an extract less efficacious, but yet of some virtue. The pills may be covered with silver or gold, or sprinkled with various powders, that the disagreeable smell may be avoided. The same extract may otherwise be administered in boluses, mixtures, or any other convenient form, lest the patients may be disgusted with the continual use of the pills, and nauseate them.

"The following case came under my consideration: A woman (about thirty years of age) had, for several years, been subject to a schirrous disorder, that, sometimes in the arm-pits, sometimes in the groin, and sometimes in the neck, there came swellings in the glands. At first, on the application of a plaster, and taking a purge, these swellings always disappeared; but, in a greater length of time, they became more obstinate, and sometimes, on the use of plasters, turned into ulcers; which, a copious discharge of ichorous matter being made, after some weeks, healed again of themselves.

"The strength of the patient gradually diminished; the feet and the axillary glands swelled; and, at length, the left breast enlarged also, and became entirely scirrhus. A plaster being then applied, an acute pain sometimes seized the breast; the indurated part turned into lumps; a purple colour came on, and afterwards changed to livid; and, at last, the skin, breaking in two places with the greatest pain, formed two cancerous ulcers, discharging a most fetid and acrid ichor (or watery humour.) The pain was daily much increased towards the evening. The affected person went to several physicians and surgeons, and took many medicines, but never found any relief. At last, on the 14th of September, she came to me; and,

having examined well the case, I thought it a very favourable opportunity for trying the pills; and I administered accordingly, every morning and evening, two pills, each of which were of the weight of one grain, giving her also an infusion of the leaves of the male speed-well, to be drunk after them.

"The 22d of September I saw with pleasure that the livid was almost every where changed into red, and thence into the natural colour; the pains were much mitigated; and a thin pus-like matter appeared in the place of the ichor. On the 2d of October, the colour of nearly the whole of the breast was natural, the bulk and hardness were less, the pains slight, and the matter good. The 14th of October, the breast again began to swell, becoming red, hard, and greatly painful; while, instead of pus, an ichor was discharged. I was mortified at this ill-success of my experiment, but did not yet give up all hopes; for, on close inquiry, I advised the patient to go on with the pills without intermission. The next day the swelling of the breast went off, the natural colour returned, and the pains were diminished; on which account the patient persevered willingly in the course; and I had the satisfaction, after a month, to find the breast perfectly cured."

ON A COLD OR CATARRH, AND ITS CURE.

THIS disease is most frequent in cold climates in spring and autumn. People of delicate constitutions, who have narrow chests, long necks, and are disposed to coughs, are subject to this disorder. As soon as a person has reason to suppose that he has caught a cold, he ought immediately to put himself on a spare light regimen; the usual quantity of animal food should at least be much lessened, if not altogether laid aside, and he should never drink any liquors that have a tendency to heat and inflame the body. Instead of meat, fish, and other nourishing diet, he should eat light bread puddings, chicken-broth, gruel, &c. His drink may be thin barley-water, sweetened with honey, or any other liquors of the cool, acid, diluting kind. In particular, the patient must not eat any thing for supper, except it be gruel, which may be sharpened with a little currant jelly; but, for persons who have been accustomed to live high, and drink brandy, &c., wine whey may be substituted instead of gruel, which should be taken in bed, in order to encourage and promote perspiration. Towards the approach of morning there is a natural tendency to perspiration; to forward and promote this secretion, the patient should remain longer in bed than usual, and drink plenty of hot tea, or any other warm diluting drink. This treatment will sometimes carry off a slight cold in a day or two, which, if neglected, might have been protracted to two or three months, or even cost the patient his life: and this would generally be the case, would persons conform themselves to abstinence and warmth for a short time; whilst many of the sad effects arising from obstructed perspiration might be prevented; instead of which it generally

makes its way, without any means being taken to arrest its progress, and the consequence is that, at last, all attempts to remove it prove fruitless, for the result is that it often terminates in pleurisies, inflammation of the lungs, or a fatal consumption; which is very often the consequence where it has been imprudently neglected, or improperly managed. Very beneficial effects are also produced by putting the feet into warm water every evening, just before going to bed; after which the patient may take a bason of warm gruel or whey, previous to which he may take forty or sixty drops of spirits of hartshorn, with half an ounce of Mindereus's spirit, which will often take off the restriction or spasm, and restore the perspiration. This plan, being duly persisted in, will seldom fail to remove a common slight cold, particularly if it be used in its commencement. Nothing seems rationally more probable to prevent this complaint than endeavouring to avoid all extremes of heat and cold, and, if the body be greatly heated by exercise or any kind of exertion, to let it cool gradually, never making use of anything cold at that time, or sitting near a draft or current of air, or near an open window.

RUPTURES.

A RUPTURE is a soft swelling occasioned by the intestines protruding from the serotum, or groin, and frequently at the navel. Both old and young are subject to this disorder. Heavy blows, wrestling, jumping, and the like, may occasion it in the former; but, in children, it proceeds from excessive crying, coughing, oily diet, and anything that may create a violent action on the abdominal muscles.

As soon as this disease manifests itself in children, they should be laid on their back, with their heads low, and the gut forced back by gentle pressure; afterwards, a piece of sticking-plaster should be placed over it, and a bandage worn by the child for a long time, and he should be kept quiet and free from all exertion, till the part heal. Respecting adults, all that can be done is, to replace the gut in the cavity of the stomach, and prevent its protruding, by means of a truss; but, should symptoms of inflammation prevent its being returned, bleeding and emollient clysters will be useful.

You may foment the part affected with cloths steeped in a decoction of camomile flowers, or warm water must be applied, should these be wanting. If the gut cannot be replaced after such course, clysters of tobacco-smoke may be useful; and, should all fail, a surgeon should be immediately called, to prevent strangulation or gangrene from ensuing.

ON DROPSY.

DROPSY is a preternatural tumour of the whole body, or some part of it, from a collection of watery humours. The only division I shall make of this disease is into two species: viz. the anasarca and ascites. The seat of the anasarca is in that membrane which modern anatomists call the adipose, or

rather the reticular or cellular membrane, and which lies between all the membranes of the body and the muscles. In the anas-arca, not only the stomach, but every part of the body, is swelled, and when pressed with the finger, the mark or impression will remain for some time, especially towards night, but not so long as in a leucophlegmatic; the colour of the skin is pale and cadaverous; the flesh soft and flabby; the urine is at first highly coloured, but afterwards becomes thin and white; the breathing difficult; the appetite diminished; no great thirst in the beginning, though sometimes a slow fever accompanies it, when the distemper is advanced. In an ascites, the watery humour is either in the cavity of the abdomen, the duplicature of the peritonæum, or sometimes the water is extravasated between the tendon of the transversal muscles of the abdomen and the peritonæum, and, by separating them, forms a tumour.—When it is in the cavity of the abdomen, it is known by the bulk of the stomach, in which, on being pressed with your hand, you may observe the noise of fluctuating water; and when the patient turns himself, he perceives the weight of the water fall to that side on which he lies; the thighs and scrotum swell, and the upper parts become lean and emaciated in proportion as the swelling of the stomach, &c., increases; the urine is thick and red, and made in small quantities. In the progress of this disorder, there is a difficulty of breathing, loss of appetite, excessive thirst, costiveness, little sweat, and a slow continual fever; but there is no species of dropsy worse than that of the ovaries in women; for these organs first grow scirrhus when they are inflamed, and at length gangrened; they likewise swell to a vast size, being gradually stretched by the juices issuing out of their lymphatics, which are very numerous. Hence this disease is very seldom cured. The antecedent causes of a dropsy are cold, moist, acrid, fermenting, tenacious, and indigestible food; an immoderate use of spirituous liquors; a moist damp air; hæmorrhoids, urine, and perspiration; obstructions and cold, or scirrhus tumours of the viscera; copious hæmorrhages; long and great evacuations of other humours; acute burning fevers; long and severe quartan jaundice; diarrhœa; dysenteries, &c.; all which occasion the blood to become viscid and the fibres lax.

As the causes of a dropsy are many and various, the prognosis to be made in this disease must be taken, as in all other diseases, from the part it affects, its cause, continuance, and symptoms, together with the age, strength, and constitution of the patient.—Sometimes dropsy is dangerous, and sometimes not. In an anas-arca, there should be a small incision in the inside of each leg, two fingers' breadth above the ankle, as far in as the cellular membrane, and no farther, in order to serve as a drain for the water, which should run for some time; and, during this time, let the legs be fomented with a decoction of emollients and warm herbs, with an addition of camphorated spirits of wine; which method we have often found to be of great service, not only in this species of dropsy, but even in the ascites itself.—In some cases we have

found it an absolute cure, by draining off an almost incredible quantity of water; but care must be taken not to over-exhaust the patient's strength by too great a drain of the water. In the mean time, the patient must be supported by all possible means, and great regard had to his stomach and strength. Emetics are frequently of great service in dropsies; yet some caution is necessary in administering them; for, if the patient is subject to hæmorrhages, or is threatened with a lethargy or apoplexy, or labour under a dyspnoea, from thick viscid matter obstructing the lungs, in all these cases they are dangerous, and therefore should be omitted. Persons of strong athletic constitutions may venture upon antimonial wine, tartar emetic, &c.; whilst others of weaker frames may take ipecacuanha, scillitic, &c.; and those of the weakest or most tender constitutions should only take the bitter infusions of carduus, centaury, camomile flowers, and such like; the more mild purgatives are rhubarb, senna, and syrup of buckthorn. A proper course of purging is to be continued two or three times a week, if the strength permits, till such time as the water is discharged and the swelling subsides; and then it will be proper to enter upon the alterative and strengthening method. Emetics and opening physic, given in so small doses as not to provoke vomiting, and, frequently repeated, often cause a plentiful discharge of watery liquor, by stool, urine, or sweating.

Dr. Munro, in his ingenious Essay on the Dropsy, in order to promote a perspiration, advises rubbing the skin with a flesh-brush or coarse cloth; travelling in a coach, or on horseback; walking, running, and such like exercises; as, also, medicines which, by their stimulus, force the sensible organs into contractions, such as pepper, ginger, nutmeg, or canella alba, &c. Mercury and antimony, with several of their preparations, and opium, increase the cutaneous excretions likewise.

Wainwright recommends the infusion of green tea in Rhenish wine as highly serviceable in this disease. Dr. Sydenham says, diuretics, made of lixivial salts, is a specific remedy for such as are too weak to bear purgatives.

ON LIPOTHYMY AND SYNCOPÉ.

LOMMIUS justly observes, that every disorder which is incident to the heart is terrible. That faintness, which is called a Lipothymy, may seem tolerable if it be short. For the whole strength is not then, as it happens in a syncope, sunk at once; the case being only a relaxation of the spirits, and the person who is thus affected, for the most part, sees, hears, and knows every body present.

A Syncope, which is the sudden subversion of the strength, either abolishes the pulse, or else renders it extremely rare, obscure, and creeping. The countenance is perfectly cadaverous; all power of sensation and motion is lost; the temples, neck, and breast are bedewed with a cold sweat, and the extreme parts of the body grow cold. That syncope which arises from a disorder in the stomach, and creates a great nausea, is much the safer, and is therefore called sto-

machic. But that which happens without any manifest cause, without any disorder in the stomach, but yet with a frequent palpitation of the heart, threatens great danger; and, fixing itself chiefly in the heart, it is called a cardiac syncope. This is most familiar to old persons; to persons recovering from any distemper, and to those who are much debilitated from any cause whatever; and, if it frequently happens, usually occasions sudden death. For those, as Hippocrates says, who are subject to long and frequent swoonings, for the most part, die suddenly. The signs of present destruction, in this disease, are a livid, green, or black countenance; or if a sharp medicine has been up the nostrils, and it excites no sneezing; also, if the respiration and pulse be abolished, and the head falls upon the shoulders or breast. As a palpitation of the heart, if it occasions a syncope, is fatal, so much more is a syncope that follows the palpitation.

A Lipothymy and a Syncope are different from one another; rather in degree than essentially so, and therefore may be considered as one disease; the causes of which, besides those that are evident, such as bathing too long, drinking cold liquors when hot, passions of the mind, &c., are most commonly very obscure, as abscesses, polypuses, &c.

As all fainting proceeds from want of a proper stimulus, in the fit, therefore, let volatile salts, sternutatories, &c. be applied to the nose, dipping the hands in cold water, or sprinkling it on the face.

Aromatic cordial and volatile medicines are frequently of great use, and sometimes, if it proceeds from a furious passion, and the person is plethoric, bleeding, cupping, &c. are necessary.

ANECDOTES.

The Doctors Outdone.—A man much addicted to drinking being extremely ill with a fever, a consultation was held in his bed-chamber by three physicians as to the best means to cure the fever, and abate the thirst. "Gentlemen," said he, "I will take half the trouble off your hands: you cure the fever, and I will abate the thirst myself!"

Stronger than the Strongest.—A countryman applied to Dr. A., in Sackville Street, Dublin, for two pennyworth of the strongest medicine in his shop; and, being informed by the doctor that the strongest he had was "aqua fortis," "No matter," replied he, "if it be *aqua fifty*, I'll have it."

Dr. Barrow and Lord Rochester.—The celebrated Lord Rochester one day met Dr. Barrow in the Park, and, being determined to put him down, accosted him by taking off his hat, and, with a profound bow, exclaimed, "Doctor, I am yours to my shoe-tie." The doctor, perceiving his aim, replied, "My lord, I am yours to the ground." His lordship then said, "Doctor, I am yours to the centre." Barrow replied, with the same formality, "My lord, I am yours to the antipodes." On which Rochester made another attempt, exclaiming, "Doctor, I am yours to the lowest pit of hell." "There, my lord," said Barrow, "I leave you," and immediately walked away.

Physician and Husband.—A loving husband once

waited on a physician to request him to prescribe for his wife's eyes, which were very sore. "Let her wash them," said the doctor, "every morning, with a small glass of brandy." A few weeks after, the doctor chanced to meet the husband. "Well, my friend, has your wife followed my advice?" "She has done everything in her power to do it, doctor," said the spouse, "but she never could get the glass higher than her mouth."

RECIPES.

To fortify the Stomach.

Take a drop of the essence of cinnamon, or two drachms of spirit of roses, or a scruple of the extract of rhubarb.

Electuary (or Linctus) for a Cough.

Take of oil of almonds half an ounce, spermaceti in powder, two drachms, conserve of hips, one ounce, powder of ipecacuan, ten grains, orris-root in powder, one drachm, syrup of mulberries, one ounce, acid of vitriol (diluted), thirty drops; mix. A tea-spoonful may be taken when the cough is troublesome.

Powder (Emetic.)

Take of ipecacuan powder twenty grains, and tartar emetic one grain. This is one of the best cures when a person feels as if he could be sick, and is not able.

Draught (Emetic.)

Take of ipecacuan thirty grains, common water, one ounce, syrup of sugar, two drachms; mix. If a strong vomit is required, a grain or two of tartar emetic should be added; if the powder be objected to, an ounce and a half, or two ounces, of ipecacuan wine will answer the same purpose.

Ointment (Eye.)

Take of spermaceti ointment one ounce, camphor, half a drachm, prepared tatty, one drachm, calcined tinctor, two scruples, mixed. In inflammations, a little of this should be applied to the eyelids every night.

SPORTSMEN'S BEST REMEDIES.

When dry, a small pebble in the mouth will allay thirst.

When overheated, never drink water. A desert-spoonful of brandy will cool the body, and prevent cold.

If the sportsman's hands are benumbed, let him rub them smartly on his dog, and the friction will cause circulation and heat.

To cure Chilblains.—Wash and hold for some time the heel or other part affected in hot wine, in which have been boiled alum and salt, of which a cataplasma is made by adding to it rye-flour, honey, and sulphur. The juice of radishes applied hot, with unguent of roses, is also an excellent remedy.

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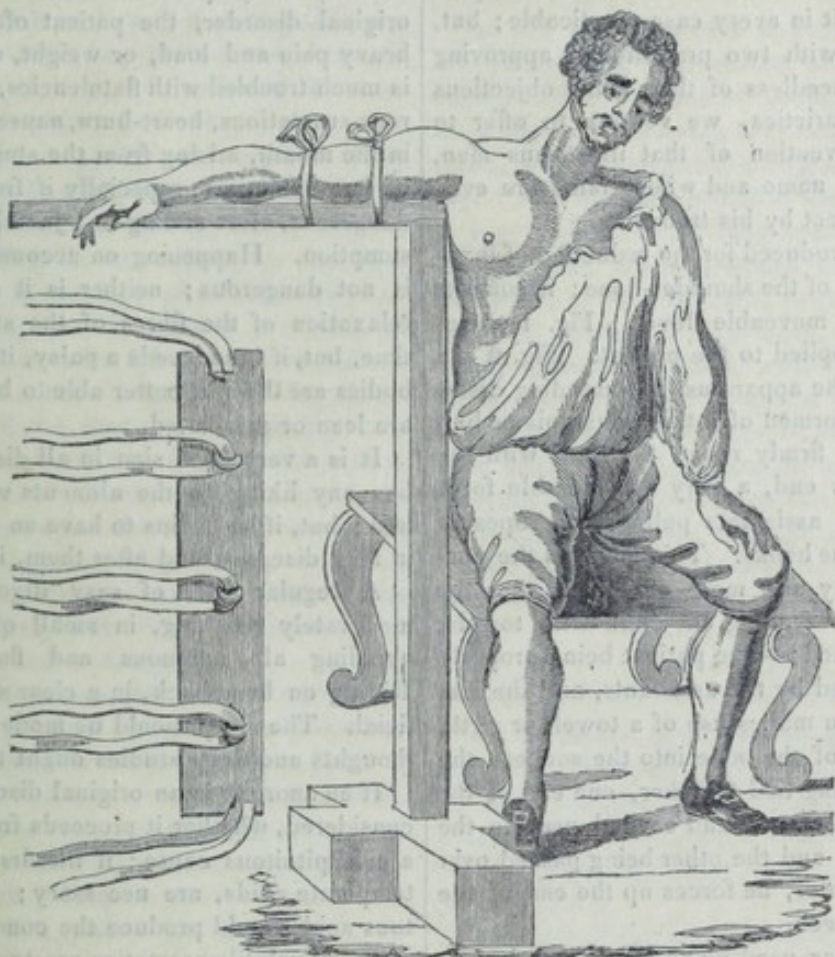
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OF SUCH AN ACT PERPETUATES HIS NAME.

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THE AMBE OF HIPPOCRATES.

IN presenting this beautiful engraving, we shall premise a few observations on compound fractures, before we explain the nature and powers of it.

A fracture of a bone communicating with an external opening or wound in the corresponding teguments, we denominate a compound fracture. This species of fracture is frequently produced by external violence, and frequently by the bones (in cases of simple fractures) being pushed through the corresponding teguments or coverings. A bone fractured so obliquely as to terminate in a sharp point, or a tight bandage improperly applied, will frequently occasion this; but in whatever way a compound fracture may be produced, the consequences resulting from it are nearly similar. The admission of air to a fracture adds to the risk attending it, as it renders it more hazardous than anything acting on it. The worst variety of simple fractures is, when the bone is broken most obliquely, when it is almost next to an impossibility to retain it in its situation. Should the skin

remain entire, however, this will not excite very severe symptoms; but if, by any accident, the point of the bone be pushed through the tegument, from that moment the pain becomes very acute; the inflammation, which before, perhaps, was trifling, becomes now considerable; fever is the consequence, and the limb is apt to be attacked with spasmodic twitchings, and mortification frequently ensues.

The first thing to be observed in compound fractures is to restrain the profuse flowing of the blood, by the proper application of the tourniquet, or bandage; and, secondly, to consider the best means of saving the limb, or to recommend amputation.

In the treatment of compound fractures, the disarranged bones should be replaced, and retained in this position till they are united. To effect this, all extraneous bodies, as well as the small splinters that will not probably unite, should be removed; for which purpose, the opening should be enlarged, if it be too small, to admit of their being taken out. This being

done, it will be an easy matter to replace the bones, by relaxing the muscles of the injured limb. However, one difficulty arises in this mode of treatment, as oftentimes a sharp point of a bone is so far pushed through the teguments, that it cannot be replaced by any ordinary force. In such a case, the difficulty may be obviated by sawing off the end of the protruding bone, or enlarging the wound. As it is a point of the utmost importance to place the limb in such a posture as will admit of the sore being dressed without moving it, various inventions have been proposed for rendering it in every case practicable; but, as we seldom meet with two practitioners approving of the same thing, heedless of their many objections and countless contrarieties, we venture to offer to public notice the invention of that illustrious man, Hippocrates, whose name and whose fame are even mentioned with respect by his traducers.

The ambe was introduced for the reduction of luxations, or dislocations of the shoulder-bone; it consists of a fulcrum and a moveable lever. Fig. 1 represents the ambe as applied to the patient. Fig. 2 is a very useful part of the apparatus for extending dislocated limbs. It is formed of a thick chamois or buff leather; by tying it firmly round the limb with the broad straps at each end, a very considerable force may be applied, by assistants pulling the ropes or straps passed over the hooks. This answers the purpose both more easily and more effectually than the common method of extending the limb with towels, which is thus performed:—The patient being properly placed, the body fixed by the assistants, and the arm extended, the surgeon makes use of a towel, or girth, for pulling the head of the bone into the socket; the ends of the girth being tied together, one end of the double is put over the arm, and carried near to the head of the humerus, and the other being passed over the neck of the operator, he forces up the end of the bone by raising his neck.

This instrument was used by ancient practitioners, and in some parts is still continued for the same purpose.

ON ANOREXY AND APEPSY.

AN anorexy, or want of appetite, is a disorder of the stomach, wherein the person affected with it has no desire for food; or it is a longer continuance than natural, without an inclination or desire of eating.

An apepsy is a defect of digestion of the aliments in the stomach.

Most authors, as Dr. Barry sensibly observes, who have endeavoured to explain the digestion of the food in the stomach, have been so fond of a particular hypothesis, as to reject entirely that of some others, which, though not entirely, has been, perhaps, partly true. Thus, the Galenists have ascribed the cause of digestion to the heat of the stomach, the Chensists to a dissolving ferment, and the Mathematicians to the mechanic action of its fibres, and of its contiguous parts; whereas no single cause is sufficient, but all, in different degrees, contribute to produce that alteration which the aliment undergoes.

The causes of an anorexy and apepsy are the same: that is, whatsoever hinders or diminishes the motions of the muscular coats of the stomach, or eludes its force. Its known causes appear to be, hard drinking, a hot season, a fever, fat oily substances, narcotics, as tobacco, &c., passions of the mind, as fear, sorrow, &c., a foul stomach, or any tenacious viscid humour lodged therein, which hinders the action and attrition proceeding from the sides of the stomach.

An anorexy is either an original disease, or it may be only a symptom of other diseases. If it is an original disorder, the patient often complains of a heavy pain and load, or weight, at his stomach, and is much troubled with flatulencies, acid, fetid or nidorous eructations, heart-burn, nausea, and a bitter taste in the mouth, arising from the stomach. An anorexy of long standing, especially if from hard drinking, is dangerous, often ending in a jaundice, dropsy, or consumption. Happening on account of hot weather, it is not dangerous; neither is it esteemed so from a relaxation of the fibres of the stomach, if taken in time, but, if it succeeds a palsy, it is bad. Corpulent bodies are thought better able to bear it, than such as are lean or emaciated.

It is a very good sign in all diseases if the patient has any liking to the aliments which are offered to him; but, if he begins to have an aversion to his food in long diseases, and after them, it is bad.

A regular diet, of easy digestion, with sauces moderately relishing, in small quantities, is useful, avoiding all unctuous and flatulent ingredients. Riding on horseback, in a clear serene air, is beneficial. The sleep should be moderate, and all intense thoughts and deep studies ought to be avoided.

If an anorexy is an original disorder, it ought to be considered, whether it proceeds from a hot bilious, or a cold pituitous cause; if the first, stomachics, with temperate acids, are necessary; but, if a cold pituitous acid should produce the complaint, then absorbents and volatile aromatics are to be preferred.

If the stomach is loaded with crudities, or in case of either sour or nidorous eructations, with sickness or retching to vomit, &c., a gentle emetic should first of all be given, unless the patient is very plethoric, strong, and robust; then bleeding, for very plain and obvious reasons, should precede vomiting, &c. After vomiting, 2 drachms of magnesia alba will be a good anti-acid purge, to be repeated occasionally.

Before I conclude, it may not be improper to observe that, in all disorders of the stomach from relaxation, I would recommend the frequent chewing, or any other way of taking rhubarb; for, besides its well-known lenient purging quality, it is likewise justly celebrated for an astringent one, by which it strengthens the tone of the stomach and intestines; and, therefore, it cannot fail of being useful, not only in this case, but in many other disorders of the stomach and bowels, proceeding from a debilitated and lax state of the fibres: to which end, likewise, amongst many other medicines, a large spoonful of the tincture of rhubarb taken every night and morning, or oftener, seems excellently well adapted.

A Proposal to Preserve Persons from the

PERNICIOUSNESS OF THE GREAT DEWS

IN HOT CLIMATES. BY DR. HALES.

WHEN there is such a havoc made of human lives by extensive wars, and by much more destructive distilled spirituous liquors, which hurt and wound human nature to an astonishing degree, in every valuable view, both here and hereafter, it greatly behoves all, who have any bowels of pity for thus perishing human nature, to use their best endeavours to find out means to preserve life; and it is hoped that the following proposal will be a means to preserve many lives, for which reason I send it you, in order to the more speedy and extensive publication of it.

Being informed by a person who resided many years as agent to an English factory at Gamron, or Gambroon, on the island of Ormus, in the Persian Gulf, where they often lie on carpets, on the open balconies, or turrets at the tops of their houses, and that without any danger to their health, provided the dew was salt to the taste, but if it was not salt, that it was very noxious, as in other hot countries especially. As to the saltiness of the dew in that country, it is owing to the Natron, or Aphronitum, which is in plenty on the surface of the earth in that country, in Egypt, and other countries thereabouts, which the ancients used in great plenty in their baths, and which they probably found very salutary to them. This Natron is an acrid lixivial salt, which the ancients used for cleansing clothes and making glass.

And it being well known that persons who bathe in the sea, and then put their clothes on their wet bodies, are yet not subject to catch cold, the same is also observed of men and women who walk long more than knee-deep in the sea to catch shrimps and prawns, or for diversion, as many do, and yet they catch no colds, even though they keep on their wet shoes and stockings till night; and seamen are observed to be very hardy, so as seldom to catch cold. These considerations lead me to think that it might probably be a good method to wet the body with salt water, and then put their clothes on their wet bodies, some time before the noxious fresh dews fell in the evening, in hot climates, especially when they were to be exposed to those dews. And in cases where people are obliged to travel and be out in them, they might carry with them some salt, or salt water, when they are not likely to meet with water to put salt into.—It is probable that any common salt may do; but if the proportion of five ounces and a half of bay salt is mixed in a gallon of water, it will very nearly approach to the degree of saltiness and qualities of common sea-water.

Communicating this to a gentleman in Great Ormond Street, he wrote me word that, observing the above-mentioned good effects of sea-water, when he was at Brighthelmstone, he was led to think that it might be of benefit to soldiers, who are often obliged to lie whole nights in an open, inclement, moist air, to have sacking so made as to cover their faces and bodies all over, the sacking to be well soaked in salt

water. And it would probably be very beneficial to them to wet their bodies, as above proposed, when they lie in damp tents, especially if such proper means are used to convey off the foul air, near the ridge of their tents, as are described in my book on Ventilators, p. 71; for the more and longer foul damp air is confined, so much the more unwholesome it will be.

Teddington, June 30.

ON VOMITING.

As all, or most of the diseases of young children, are owing to a predominant acidity in the first passages, so this symptom of vomiting proceeds generally from the milk growing sour and curdling in the stomach, or sometimes swallowing it in too large a quantity. This disorder, which is very common, unless it be very violent, or of long standing, is seldom dangerous. But, when it requires to be remedied, it will be proper, in the first place, to give one, two, or three grains of ipecacuanha, or more, according to the age and strength of the child, and, in a day or two after, a purge of rhubarb, or magnesia alba; both the vomit and purge may, in this case, be occasionally repeated. After vomiting and purging, on the intermediate days, the following absorbent should be used:—six grains of rhubarb, two scruples of magnesia alba, six drops of laudanum, and two ounces of cinnamon water, mixed. A tea-spoonful to be given occasionally.

AN IDIOPATHIC, OR PRIMARY COUGH.

AN idiopathic, or primary cough (now under consideration, and which is here only meant) is a convulsive motion of the midriff muscles of the thorax and abdomen, violently shaking and expelling the air that was drawn into the lungs by inspiration, arising from various causes.

Coughing is the same action as vomiting, in a less degree, or it may be said to be a minor vomiting.

An accidental cough (for in this place we have nothing to do with either an habitual or an hereditary one) may be occasioned by a sudden alteration of weather, change of clothes, an irregularity of eating or drinking, &c., or, which is most common, perhaps, a stoppage of perspiration, or catching cold, as it is generally called; the ill effects of which is not so much from the increased bulk of matter, but from preventing acrid matter making its usual escape through the pores of the skin, as already noticed.

With respect to a cough in general, it is to be considered whether it be dry or moist; and rightly to distinguish where the seat is, whether it arises from the breast or the stomach, or whether it be a nervous cough. To which end, proper inquiry must be made in what part the stimulus of coughing is felt, whether in the breast, or lower down; for this betokens a stomachic cough, as the former denotes a pectoral cough. Let the patient fetch a deep breath, upon which, he will presently begin to cough, if the fault be in the lungs; but, if it be in the stomach, he will not. When the cough sounds hoarse, and seems to

come from a great depth, it shows that the lungs are affected; when the cough is superficial, its sound is the reverse.

Most coughs which are dry in the beginning, in process of time become moist. A dry cough, of long standing, and attended with want of sleep, is hard to cure. When expectoration suddenly ceases, and the breast continues oppressed, great danger is portended, because the patient is then threatened either with a putrid hectic fever, or an ulcer of the lungs; especially where the thorax is naturally strait, or the person advanced in years. Breakings-out about the mouth and nose portend a critical solution.

If a slight cough happens without a fever, it is generally cured by cooling pectoral decoctions or infusions; by keeping, if possible, uniformly warm; and abstaining from flesh meats. But, if the cough is somewhat considerable, whether it be attended with a fever or not, some blood, except in very weak or aged people, should be taken away, and which may be occasionally repeated; and, after that, a vomit of ipecacuanha wine and oxymel of squills is requisite.

The drinks proper on this occasion are thin gruel, small barley-water, which may be made more pectoral by adding a few figs and raisins sliced, light infusions rather than decoctions of liquorice, linseeds, ground-ivy, or roasted apples and water, an infusion of bran, linseed, liquorice, and raisins. If any of these infusions require to be made more palatable, that may be done by clarified honey, or a soft and somewhat brownish sugar. Light infusions, also, of green and bohea tea, by way of change, are proper; and sometimes wine-whey and light broths, especially in weak constitutions and in old age, are allowable.

THE LIVER.

THE liver, the largest of all the abdominal viscera, is a glandulous substance of a red sanguine colour, situated in the right hypochondriac region (that part of the body which lies under the cartilages of the spurious ribs), and hanging by its ligaments from the midriff. It is convex above, and concave below, but gradually becomes thin inferiorly, and terminates in a margin. In figure it is somewhat round, with thin edges, but notched in some places. Its magnitude is various in different subjects, according to the proportion of the body. The liver is fastened by two ligaments: the first, which is the strongest and chief ligament, penetrates into the substance of the liver, and ties it to the midriff; the other has its origin from the external coat of the liver. These ligaments serve to keep it in its due situation. Some authors mention the dried umbilical (or navel) vein as a third ligament; but such an assertion is erroneous, since thereby the liver, and the midriff to which it is tied, would be drawn downward, and so, consequently, would its motion, especially in expiration. The liver has a motion not of itself, but depending on that of the midriff, to which, being firmly attached, it must obey its motion. The substance of the liver is vascular and glandulous, which latter part is very soft, and easily

scraped off from the vessels to which the glands every way adhere, as it were, in bunches; these glands are wrapped up together in proper membranes.

Substance.—It is composed of arteries, nerves, veins, lymphatics, and excretory ducts united together; there is also an appendage on the concave surface, called the gall-bladder. The artery is the hepatic which nourishes it, and the blood it conveys does not appear to contribute anything towards the formation of bile. It receives two nerves from the eighth pair; one is from the stomachic branch, and the other from the intercostal, or those lying between the ribs. The vena portæ is a large vein which conveys the blood from the spleen and stomach into the liver; as it enters the liver, it receives a strong coat, and then divides into an immense number of branches, which, at their minute ends, form a great quantity of vessels, arranged like the hairs of a painter's brush; these constitute the bulk of the liver: from each arises a small duct, which runs into a larger; this again unites with others, till at length they form vessels of a considerable size, which ultimately end in one duct. The small branches of the vena portæ open also into corresponding veins, which gradually become larger, and return the blood into the vein at the upper part of the liver. The lymphatic vessels proceed from the small glands found under the tunicle of the concave part, which, Glisson observes, "Are seen to enter, though they have no communication with the liver," contrary to Bartholin, who first discovered them, and believed they originated from the parenchyma, or substance that connects the vessels, &c., of the lungs.

The liver, being a glandulous body, is a proper seat for Scirrhus tumours; which here, as in other parts of the body, are hard tumours resisting an impression made upon them; and, when exquisite, are without pain, though at the beginning, before they are confirmed, they will have pain. These tumours frequently arise from the matter of them being insensibly, and in process of time, accumulated in the liver; though they are likewise the consequences of inflammations, where, the thinner parts of the circulating humours being evaporated, the remaining thicker matter becomes the original cause of a scirrhus tumour.

It may be easier felt if the person lie on his right side than on his back, for then the tumour is not found but by pressure. It likewise shows itself more if no dropsy be yet begun, and the abdomen be free from fat, and not very fleshy. The patient always lies more commodiously on the right side than on the left. The countenance is cloudy and of an ill colour: the respiration is difficult; the appetite languishes; the person feels loaded after meals; the urine does not flow so copiously as before; and, at length, the whole belly, legs, and feet swell, and the breast and shoulders are extenuated. Wherefore, (since it was not relieved at the beginning,) a dropsy begins to arise, which, as soon as it is confirmed, the patient can expect small relief from medicine. It is equally to be dreaded if a hard tumour of the liver should lay the foundation of a jaundice; or, on the other hand, if

that should arise from this; for then that kind of dropsy ensues which is called ascites. But, when a cold humour, which has been long impacted in the liver, creates a hard tumour, it generally continues a long time without any inconvenience to a person's life.

Treatment.—The patient must observe a light regimen, avoid all heating things, and freely drink of whey, barley-water, &c. He should keep himself quiet, and avoid all bodily exertions or emotions of mind; a little blood should be drawn from him at first, and be repeated occasionally, according to the height of the inflammation. The bowels must be relaxed by mild medicines, such as the infusion of senna with manna, &c., or a small dose of rhubarb may be very beneficial; afterwards three or four grains of the antimonial powder may be administered once in four or five hours, mixed with a small wine-glassful of the saline mixture; the affected part should be well fomented night and morning, with the anodyne decoction, and a good-sized blister should be applied to it; he may also take, in his ordinary drink, a scruple of powdered nitre three or four times a day, which will tend to promote a secretion of urine.

ANECDOTE OF DR. DONNE.

DOCTOR DONNE was of a somewhat eccentric turn, and, on the persuasion of Dr. Fox, was induced to give orders for his own monument.

A monument being resolved upon, Dr. Donne sent for a carver to make for him in wood the figure of an urn, giving him directions for the compass and height of it, and to bring with it a board of the just height of his body. These being got, then without delay a choice painter was got to be in readiness to draw his picture, which was taken as followeth: several charcoal fires being first made in his large study, he brought with him into that place his winding-sheet in his hand, and, having put off all his clothes, had this sheet put on him, and so tied with knots at his head and feet, and his hand so placed, as dead bodies are usually fitted to be shrouded and put into their coffin or grave. Upon this urn he thus stood, with his eyes shut, and with so much of the sheet turned aside as might show his lean, pale, and deathlike face, which was purposely turned towards the east. In this posture he was drawn at his just height; and, when the picture was fully finished, he caused it to be set by his bed-side, where it continued, and became his hourly object, till his death, and was then given to his dearest friend and executor, Dr. Henry King, then chief residentiary of St. Paul's, who caused him to be thus carved in one entire piece of white marble, as it now stands in that church.

Upon Monday, after drawing this picture, he took his last leave of his beloved study; and, being sensible of his hourly decay, retired to his bed-chamber; and that week sent, at several times, for many of his most considerable friends, with whom he took a solemn and deliberate farewell, commending to their considerations some sentences useful for the regulation of their lives; and then dismissed them, as good Jacob

did his sons, with a spiritual benediction. The Sunday following he appointed his servants that, if there were any business yet undone, that concerned him or themselves, it should be prepared against Saturday next; for after that day he would not mix his thoughts with anything that concerned this world.

He lay fifteen days earnestly expecting his hourly change; and, in the last hour of his last day, as his body melted away and vapoured into spirit, his soul having, I verily believe, some revelation of the beautiful vision, he said, "*I were miserable if I might not die!*" His speech, which had long been his ready and faithful servant, left him not till the last minute of his life, and then forsook him not to serve another master.

Thus variable, thus virtuous, was the life—thus excellent, thus exemplary, was the death—of this memorable man.

THE HANDS.

(Concluded from p. 9.)

THE upper end of the humerus (E) is much larger and more spongy than the lower. It contains a medullary juice, and is called the head of the humerus. A little from under this head, is the neck, which is a round and somewhat straight part; and, at the forepart of this head appears a pretty long cleft, which goes to the middle part of the bone, and is formed like a gutter, to make room for one of the tendons of the muscle Biceps (so called from its having two heads). This head is not only surrounded on all sides with ligaments and membranes, but is also environed with the aponeurosis of the muscles that surround it. The lower part (F) is smaller, flatter, and harder than the other; it is also bigger, because it is joined with the two bones of the cubitus, placed on the side of one another, and which have two different motions. In this place there are three processes and two cavities. The first, called the superior process, is a round head, articulated with the radius. The second, which is the inferior, is articulated with no bone, because it only serves for the origin of the muscoli flexores of the hand; this is smaller than the former. In the middle of these two condili is a third process; it is smooth, oblong, and made in the form of a pulley, round which the cubitus has its motions. The two cavities are near this process, one internal and smaller, the other external and greater; they receive the coronoides (so called from *κορωνα*, a crow, and *ειδος*, a likeness, because they resemble a crow's beak) of the cubitus, and the pulley is received into the cavity sigmatoides of the cubitus (these receive their names from being formed like the Greek letter sigma.) The ELBOW consists of two bones, which are not so long nor so big as the humerus, but both of them much of the same magnitude, though the cubitus is a little larger than the others. They are removed from one another in their middle, for the more convenient situation of their muscles, for the passage of the vessels, and especially for their easier motion; one is called cubitus, and the other the radius. The cubitus (G), or

elbow-bone, is articulated at both ends, and, at its upper end, two ways,—with the lower end of the humerus by ginglymus, and with the upper part of the radius by arthrodia at its lower end. It is also joined two ways by arthrodia—by its end with the os carpi or wrist-bone, and with the lower part of the radius, by its lateral or side part. The cubitus is divided into three parts, superior (H), middle (I), and inferior (K). Its superior part has two processes and two cavities. The smaller of these processes, which has no particular name, is situated before, and the other, called olecranon (from *ὠλερην*, the cubit, and *κεραυνον*, the head), being the head of the ulna, is placed behind. The carpus is supported on this process: it makes an acute angle when the arm is bent, and hinders it from bending backwards. These two processes enter into the two cavities on the lower end of the humerus. Of the two cavities at the superior part, the greater sinus sigmatoides is placed between the two processes, and receives the end of the humerus. There is a line or eminence in the middle of this cavity, which goes from one process to another, and enters into the sinus of that part at the lower end of the humerus. The other, on the lateral part, joins them together. There are three angles at the middle part of the cubitus; one internal, and very sharp, called the spine, and two others not so keen, one anterior and another posterior. Two prominences and a cavity are discovered at the inferior part; the first of these prominences, situated at the lateral and inferior part, is received into the glenoid cavity (from the Greek noun *ελληνος*, glen, a cavity), of the radius; the second, called styloides, and placed externally at the end of this bone, serves to fortify the joint, and the cavity at the end of the bone helps to make an arthrodia with the carpus. The second bone of the elbow, called radius (L), is articulated like the cubitus in its superior and inferior parts; in its superior part two ways, both by the arthrodia, the one with the external condylus of the humerus, and the other with the cubitus; in its inferior part, either with the os carpi, or with the cubitus, and both ways by arthrodia. The radius is also divided into three parts the superior (M), the middle (N), and the inferior (O); it has in its superior part a head, a neck, and a tuberosity; the head is round and smooth, for its better motion, and over it a glenoid cavity that receives the superior condylus of the humerus; the neck is very long, for oblique motions; under this neck is situated the tuberosity or eminence into which the musculus profundus and one of the flexores of the thumb are inserted. There is an acute angle in its middle, called the spine, which grows still bigger as it comes nearer to the wrist, contrary to the cubitus, that lessens according as it is elongated from the elbow. There are many sinuosities and inequalities observed at its inferior part, made to avoid hurting the tendons that go to the outward part of the hand. There are likewise two cavities, one at its extremity, which receives the bones of the carpus, and the other at its lateral and internal part, but smaller, for a prominence of the cubitus. The prominence, at the external part of its extremity forms, with apo-

physis styloides, a great cavity, which receives the bones of the carpus, and hinders their luxation.

The hand is made up of the carpus, or wrist, the metacarpus, or part between the wrist and fingers, and the fingers. The wrist is a heap of bones, situated between the inferior articulation of the elbow and the metacarpus. These bones are eight in number, placed in two rows, four in each; of the four of the first row, the two greatest are received into the cavity of the radius, by their upper part, for the motion of the hand, and touch the three first bones of the second rank by their lower part. The third next in size is placed in the cavity at the end of the cubitus, united in its lower part with the fourth bone of the second rank. The fourth bone of the first row is the smallest; it is situated on the inside of the hand. The first bone of the second row is placed more within the hand, that it may better support the thumb, and answer the crooked process of the fourth bone of the same rank. The second and third bones support the first and second bones of the metacarpus, and the fourth and last, by its two cavities, supports the third and fourth bones of the metacarpus. The metacarpus, which is the second part of the hand, makes its palm by its internal parts, and its back by its external. It is composed of four long and unequal bones, each having a cavity containing marrow; these are joined with the wrist by strong ligaments, which allow them but an obscure motion, and also with the fingers; each of them having a round head at their end, which enters into the cavity placed at the first bone of the fingers. The middle part of these bones is of a round figure, though a little convex outwardly, for strength's sake, and a little hollow inwardly, for the better taking up things; their superior extremity is their largest part, and their lower extremity, which ends with a head that joins them with the fingers, is the smallest. There are five fingers, which differ from one another in size and length; the bones of the fingers are fifteen, three in each finger, placed in three ranks, called phalanxes, from their similitude to the ranks in battle array. The first rank has larger bones than the second, and the second than the third, which is the smallest. The figure of these bones is hollow on the inside, for the convenience of flexion, convex on the outside, for strength's sake, and a little hollow on the inside, for the better bending of the fist. All these bones are joined together by ginglymus (*γίγγυλις*), having little bones and cavities which receive one another; their articulation with the metacarpus is by arthrodia; the fingers likewise have ligaments the whole length on the inside, which tie the bones together. When the wrist is dislocated, the bones, being very small, do not readily unite, which occasions a high degree of inflammation, and a great stiffness usually is the consequence attending it. After replacing the bones, the most effectual remedy is copious blood-letting from the injured parts, by means of leeches, in proportion to the symptoms and strength of the patient; and this being done, the arm and hand should be supported by a splint put beneath them, with another above, and both should be secured by a bandage and sling. In a

fracture of the metacarpus, after replacing the bones, a firm splint of timber or strong pasteboard should be applied over the whole palm of the hand and the inside of the arm, from the ends of the fingers to the joint of the elbow, in order to keep the hand as much extended as possible, over which a similar bandage should be placed. Fractures of the fingers are frequent; but when properly treated, the bones readily unite, and the fingers become equally useful as before. The best splint for a fractured finger is a firm piece of pasteboard exactly fitted to it, and softened in water till it is moulded into the form of the part; the finger being stretched out, and the bone replaced, the splint should be applied along the length of it, and secured with a narrow roller; another splint should be applied over the inside of the hand, to prevent the injured parts from being disturbed, and another roller should be put over the whole, to secure the fingers and hand, and prevent their having any motion. In order to preserve the motion of the joints of the fingers, the bandage should be removed about the twelfth day; and the several joints of the finger being cautiously bent, and extended several times, the whole should be bound up again; and this being repeated daily, the splints may with safety be removed after the third week, when the motion will be found complete.

ON HÆMAPTOE, OR SPITTING OF BLOOD.

THIS discharge of blood may proceed either from a general plethora, or too great fulness and distension of the vessels; or else the blood, becoming too thin, or too acrimonious, may make its escape without any such distension. Likewise, febrile disorders, high living, hard drinking, violent motions, or passions of the mind, may occasion it. Or it may proceed from external wounds, contusions, or hæmorrhoi, &c.

In fine, the predisposing causes of an hæmaptoe, or spitting of blood, may be reduced to whatever gives the vessels of the lungs such a tenderness, and the humours such a force and acrimony, as must, if increased, dissolve their continuity.

Symptoms.—Anxiety and oppression in the chest, difficulty of breathing, pain and irritation about the throat, with hoarseness, generally precede this distemper.

Regimen.—The patient should be kept cool and quiet, both in body and mind, and avoid lying on the infirm side. His diet should be slender, yet nourishing, and avoid everything that heats the body and accelerates circulation. Rice boiled with milk, or water gruel, are the most proper kinds of food in this complaint.

Treatment.—It is highly important in this, and all other discharges of blood, to ascertain when it is proper to stop it, as much injury often arises from prematurely attempting to check it; should the patient not seem weakened by the discharge, it is best not to stop it in a hurry; but, as neglecting it too long often endangers life, proper means should be resorted to, when necessary, to restrain it.

If the patient be not too far spent, blood ought first to be taken away for the sake of revulsion, not in a great quantity at once, but to be occasionally repeated several times, either in the arm or foot, but rather in the foot, after once bleeding in the arm. "Nor is it true," says Pitcairn, "although affirmed by many, that the Lancet is of no advantage when sharp and more fluxile blood is the cause of an hæmorrhage; for even then opening a vein in a distant and opposite part will occasion the blood to flow in a lesser quantity, and with a lesser velocity, all that time, to the part where the hæmorrhage is: by which means time will be allowed for the use of other remedies, and the conveying them to the part affected."

The body likewise should be kept open by aperient diet as well as medicine, such as roasted apples, prunes, &c.; and, if these fail, he should take glauher salts once every fourth hour, till the desired effect is produced.

If there be considerable oppression about the breast, and difficulty of respiration, a blister, applied immediately, will prove beneficial; and the part should be kept open some time with the cantharides ointment.

HYPOCHONDRIA.

As there are more various and surprising phenomena included under the general title of vapours than any other denomination in physic, we shall here select out of this immense variety of symptoms such only as are of the greatest consequence, and which most usually occur in this disease.

Upon the approach of a fit, the patients feel an oppression in the breast, and a difficult respiration, their eyes grow dim, their heads seem to turn round as in a vertigo, then they close their eyes, and for some time remain senseless. After this they begin by degrees to recover and come to themselves, but not without great sighing and anxiety. Sometimes the convulsion is so strong during the fit, that they will foam at the mouth, and, if not prevented by those who are present, beat their breasts with the utmost rage and violence. The extreme parts are very cold and chilly, and intolerable pain is felt in some part of the head, which is generally confined to one point, as if a nail was forcibly driven into it. This is frequently accompanied with retching and vomiting. There is very often a sense of something like a ball ascending from the bottom of the belly into the throat, which puts the patient under great apprehension of being suffocated. The sick in this condition are affected with the utmost disturbance and dejection of mind: sometimes violent laughter and profuse weeping succeed each other by turns, without any apparent provocation to either. Great pain in the back, a sensation of cold along the vertebræ, strong palpitations of the heart, spasms, epileptic convulsions, and swoonings, are frequent concomitants of the hysteric paroxysm; distentions of the hypochondria, acid or putrid eructations, vomitings, nephritic pains, and sometimes a diarrhoea, are added to the train of this manifold distemper: the urine is always clear and limpid during

the fit, and discharged in great quantity. Sometimes the patient falls into an extravagant spitting, or nocturnal sweats.

The sense of something like a ball ascending in hysterical women, is owing to the muscles of the gula being contracted with a spasm or cramp, which retain the air in the tube of the œsophagus, or canal through which food is conveyed to the stomach, that was before received into it, where, expanding by the heat of the parts, it occasions a tumour, and compresses all the adjacent parts with a sense, as it were, of immediate suffocation; for, so soon as the women begin to faint, the cramp ceases, and the confined air is discharged by ructus, with a considerable noise; whereupon the whole disorder goes off.

Many of these accidents are observed indifferently in either sex, but some of them are only compatible with the nature and structure of the female frame; and from these ariseth the only true distinction we can make between hysteric and hypochondriac affections.

The antecedent causes which dispose for hypochondriac invasions are, too immoderate exercises of the body, and too ungovernable passions of the mind, which dissipate, exhaust, and greatly affect the spirits and nervous system; large and long-continued evacuations, either by vomit or blood; too great abstinence from victuals, &c. All these are known to be productive of crudities in the stomach, a vicious digestion, &c.

Treatment.—A person so affected should take light and palatable food, and avoid using all acrescent windy vegetables. At its first appearance an emetic should be administered, and the bowels should be relaxed by aloetic pills, and then he may be put on a course of bark; if the powder of bark be disagreeable, an infusion of brandy with chalybeates may be substituted.

Moderate exercise, as walking in the open air, riding in a coach, or rather on horseback, if the strength will permit it, is of singular use, and very much promotes good consequences. The patient should likewise freely indulge himself in cheerful company, and diversions suitable to his taste and genius; carefully avoiding, upon every occasion, all deep contemplation, anxious thoughts, and inordinate passions; and, last of all, cold bathing, provided no other indisposition forbids the practice of it, may be used, which in this sort of complaint is a very powerful assistant.

The diet in general should be nourishing and of easy digestion, plain and simple, not salted, spiced, or pickled. The drink should be Madeira, Rhenish, or other old stomach wine, sometimes diluted with water, and sometimes pure and unmixed.

A BRAINLESS CHILD.

MR. DENNIS gives an account of a child, born in 1673, which (setting aside the head) was well formed, but without any brain, nor had it any cavity for a brain, the skull, if such it might be called, being solid; nor was this any ways connected to the vertebrae, so that the marrow in the spine had no communication

with the head; the optic nerves terminated in the solid bone.

ANECDOTES.

Drs. O'Leary and Johnson.—These celebrated personages, who entertained a mutual animosity towards each other, met once in a place so narrow, that one would be obliged to step out of the way to let the other pass. Johnson, resolving not to give in, said, "I never make way for blackguards."—"I always do," replied O'Leary: "pray, sir, move on!"

A Gag for a Wag.—An arch wag once asked a doctor how much salts would be necessary to physic the beast mentioned in the Scriptures, should it be bound in body. The doctor gravely replied, "You may administer to it as many ounces as it would take yards of cloth to make a pair of trousers for that angel, who stood with one foot on the earth, and the other on the sea!"

Dr. Thompson and the Jew.—Dr. Thompson, making his daily round to see his patients, had occasion to call at a house in Charing Cross, where he left his horse to the care of a Jew boy whom he casually saw in the streets. On coming out of the house, he naturally enough expected to find his trusty servant treating himself with a ride; but no, Mordecai knew the use of time, and the value of money better,—he was actually letting the horse to little boys in the street, a penny a ride to the Horse Guards and back.

RECIPES.

For the Scrofula.—Four grains of red precipitate taken once a week, or 8 grains of resin of julap, taken every third day, will be of the greatest utility.

To Cleanse Wounds.—Oils of sugar and camphor, tincture of myrrh or aloes, or the oil of turpentine, are very useful.

For a Caries in the Bones.—The oil of camphor is a good specific.

For Ringworms.—The oil of tobacco, gently rubbed to the parts affected, has, in many cases, effected a speedy cure.

Plaster (Gum).—Spread on leather, this is a good plaster for dismissing indolent tumours, or forwarding the suppuration of abscesses, boils, &c.

Plaster of Diachylon (Simple).—This plaster is generally applied in slight wounds, and excoriations of the skin, corns, &c., which it is well calculated for, as it keeps the part soft and warm, and defends it from the external air, which, in such cases, is the principal thing required.

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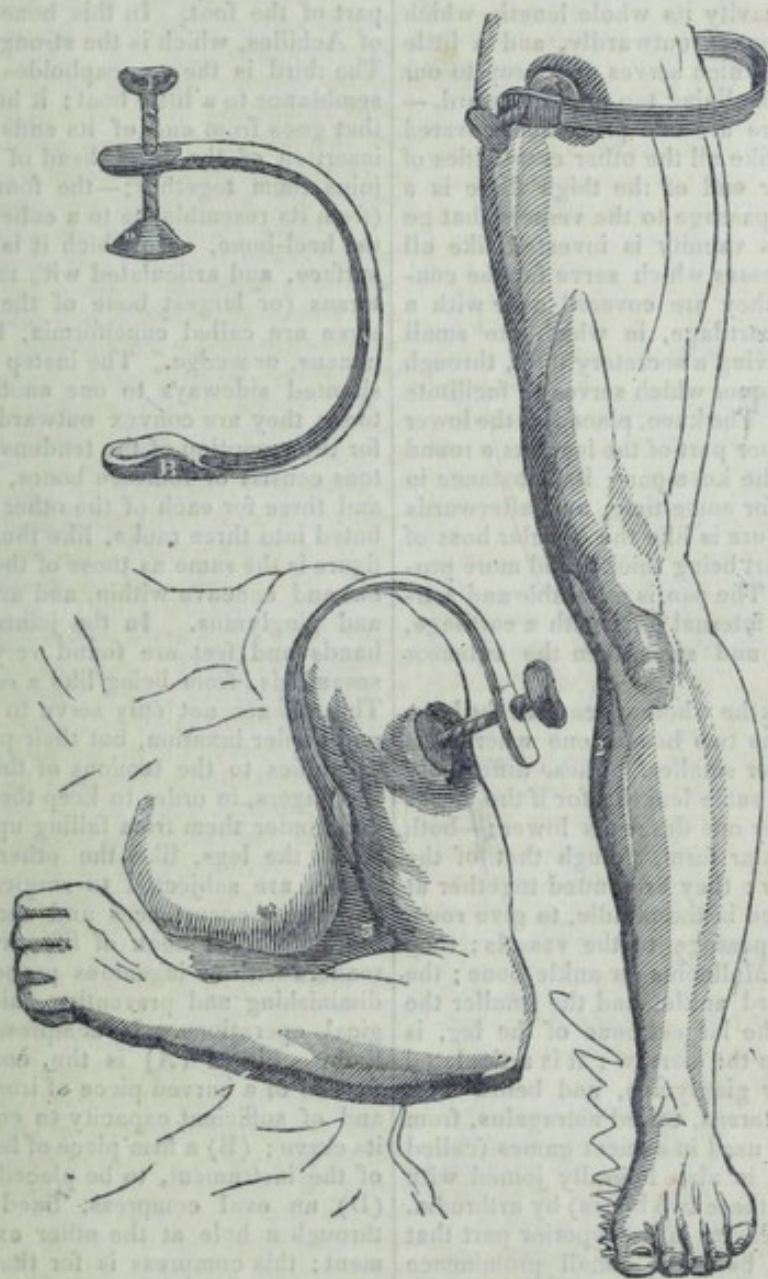
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THE MAN THAT HUMAN HEALTH RESTORES, THE FAME
OF SUCH AN ACT PERPETUATES HIS NAME.

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THE LEGS.

WE will divide the leg, as we have done the hands, into three parts: viz. the thigh, the leg, and the foot. The thigh is made of one bone only, the greatest and strongest of all the bones of a human body, and which alone bears the weight of the whole. It has two strong articulations at both its ends; the first and superior is made by means of a very large head, received into a great cavity; the head is at the end of the bone, and the cavity at the side part of the os ilium (or bone that supports the small intestines.) This cavity has a

cartilaginous brim, for the better enclosing this head, and hindering it from luxations, which head is also fastened to the bottom of the cavity by a strong ligament. The second connexion is made at its lower end, having two heads, which are received into two cavities situated at the extreme and superior part of the tibia; between these two heads there is a cavity which receives a prominence of the same, and makes the ginglymus. The thigh bone is divided into three parts—upper, middle, and inferior; the superior has a

head, neck, and two processes; the head, which is large and round, is formed of that process which is inserted into the cotyla (so called from its resemblance to a kotule, an old measure) of the hips; from the little pit that is in its middle rise the ligament that ties it unto the ilium. The neck serves to support this large head. The two processes behind the neck are called Trochanters, from the Greek verb *τρέχω* (trecho, to run), because the muscles inserted in these parts perform the office of running; the greater one gives insertion to the extensor muscles of the thigh, and for this reason its exterior part is rough and unequal, that they may insert the better; and at its internal part, which regards the neck, there is a cavity. This bone has a great cavity its whole length, which contains the marrow, convex outwardly, and a little crooked on the inside, which serves as a prop to our body, and prevents its inclining too much forward. — At the inferior part there are two processes, covered with a large cartilage, like all the other extremities of the body; at the upper end of the thigh there is a vacuity, which gives a passage to the vessels that go down to the leg;—this vacuity is invested like all other cavities and processes which serve for the connexion of the bones; they are covered over with a smooth and slippery cartilage, in which are small glands, each of them having a secretory duct, through which runs that slimy liquor which serves to facilitate the motion of the joint. The knee, placed at the lower end of the thigh and upper part of the leg, has a round and large bone, called the knee-pan; its substance in infants is cartilaginous for some time, and afterwards it becomes bony; its figure is like the circular boss of a buckler, the middle part being thicker and more prominent than its brims. The pan is moveable and articulated, invested at its internal part with a cartilage, to facilitate its motion, and strengthen the extensor muscles of the legs.

The Leg comprehends the whole space from the knee down to the foot: it has two bones, one whereof is very large, and the other smaller. These differ only in bigness, being of the same length; for if the larger rises higher, the smaller one descends lower;—both of them have a triangular form, though that of the smaller is more irregular; they are united together at their ends, but separated in the middle, to give room to the muscles and a passage to the vessels; they also separately make a Malleolus, or ankle-bone; the larger making the inward ankle, and the smaller the outward. The Tibia, the largest bone of the leg, is hollow within, to contain the marrow; it is articulated at both ends, above by ginglymus, and below with one of the bones of the tarsus, called astragalus, from its resemblance to a die used in ancient games (called in Greek *αστραγαλος*); it is also laterally joined with the fibula (or smaller of these two bones) by arthrodia. The fibula has a small cavity in its superior part that receives the tibia, and below a small prominence received into the tibia, which tibia has also three parts—the superior, middle, and inferior. The fibula is the least of the bones of the leg, situated at its external part, and articulated at both ends by a kind of more compact arthrodia, fortified by a ligament above and below. This bone has three parts—the superior, middle, and inferior part; the superior is a round head, which does not touch the knee, ending a little under it, where it is articulated with the tibia; the middle is slender and long, and of a triangular figure, but a little more irregular than the tibia; and the lower part has a condylus, which makes a process called the outward ankle; it is a little hollow within, the free motion of the astragalus; the lower end

of this bone descends a little lower than that of the tibia.

The Foot is all that is comprehended from the inferior articulation of the leg unto the articulation of the toes; it is of an oblong figure; its superior and external part is convex, the better to form the cavity of its inferior and internal one. The uses of this cavity are, besides contributing to the convenience of walking and standing, to leave a free passage to the tendons that go to the toes. The largest part of the foot is composed of seven bones: the first is the astragalus; it is articulated under the bones of the leg, and contains six surfaces; the second is the heel-bone, which is the greatest and most porous; it is situated at the posterior part of the foot. In this bone is inserted the tendon of Achilles, which is the strongest of all the tendons. The third is the os scaphoides, so called from its resemblance to a little boat; it has a pretty large cavity that goes from one of its ends to the other, for the insertion of the large head of the astragalus, which joins them together;—the fourth is the os cuboides (from its resemblance to a cube); it is situated before the heel-bone, unto which it is joined by an unequal surface, and articulated with the seventh bone of the tarsus (or largest bone of the foot); and the other three are called cuneiformia, having a shape like a cuneus, or wedge. The instep consists of five bones, situated sideways to one another for sustaining the toes; they are convex outwardly and hollow within, for the reception of the tendons of the muscles. The toes consist of fourteen bones, two to the great one, and three for each of the other four; they are distributed into three ranks, like those of the fingers; their figure is the same as those of the hands—convex without and concave within, and articulated by arthrodia and ginglymus. In the joints of the bones of the hands and feet are found very small bones, called sesamoids, from being like a *σνισαμιν*, or Indian grain. These bones not only serve to strengthen the joints, and hinder luxation, but their principal use is to serve as pulleys to the tendons of the muscles which go to the fingers, in order to keep them in their due places, and hinder them from falling upon the joint.

As the legs, like the other parts of the human frame, are subjected to surgical operation from the numerous occurrences and accidents which pervade the chequered book of life, we have presented our readers with an ingenious proposal of Mr. Moor, for diminishing and preventing pain in these various surgical operations. It compresses the nerves of the limb. Fig. 1 (A) is the compressing instrument, formed of a curved piece of iron covered with leather, and of sufficient capacity to contain the thigh within its curve; (B) a firm piece of leather at one extremity of the instrument, to be placed on the sciatic nerve; (D) an oval compress, fixed on a screw passing through a hole at the other extremity of the instrument; this compress is for the crural nerve. Fig. 2 represents the instrument adjusted to the thigh; and Fig. 3 a smaller compressor, suited to the arm.

To make Bilious Pills.—Take of powder of rhubarb one and a half drachms, of extract of camomile half a drachm, of calomel half a drachm, and five drops of peppermint; beat these into a mass, with a little syrup of ginger, and divide them into thirty pills, three of which to be taken twice a week. A dose of salts should be taken in the intermediate time, to prevent the calomel affecting the mouth.

THE ORGAN OF TASTE.

THE tongue, which is the organ of taste, and the principal instrument of speech, is seated in the mouth, under the arch of the palate; it is fastened to a bone called Hyoides (from the resemblance it bears to the Greek letter *υ*), also, to the larynx, or upper part of the windpipe, and to the top of the throat, by a membranous ligament running along the lower side of it about half way. Its size is bulky, and proportioned to that of the mouth; when too short, we cannot shoot it out; when too thick, it makes us stammer; and when too flaggy and moist, as in children, they cannot well articulate their words. The main bulk and body of the tongue is made up of muscles covered on the upper part with a fibrous nervous substance, over which is spread a strong membrane instead of the epidermis (or outermost skin), and full of fibres of a pyramidal figure, especially towards the tip, which stand pointing towards the root of the tongue in a bending posture. Under this lies a soft reticular sort of coat, full of holes like a sieve; this membrane is so exceedingly tender, that it is not to be examined with the naked eye, unless, after boiling, when it appears like a kind of gauze, between whose threads innumerable holes appear. This membrane, on the upper side next the outward, appears white, with a yellowish cast, but black on the side next the tongue. The greatest part of the body of the tongue is musculous, consisting of plans of fibres in various directions; the first or external plan consists of straight fibres, which cover the tongue from one extreme to the other; when these contract, they shorten it. Under this are several other plans, running from the under to the upper side, which serve to make it broad and thin. These two kinds of fibres lie thus: a plate of the one, and then a plate of the other. It is by means of these fibres the tongue moves and turns like an eel in the mouth. Though the tongue consists of this fibrous substance, which enables it to turn in the mouth, yet it is furnished with muscles for the performance of its great motions; these are eight in number, four on each side: the first pair proceeds from the lower part of the chin, and are inserted in the external and internal part of the tongue, which muscles pull the tongue forward, and put it out of the mouth; the second pair spring from the styloides process, and terminate in the upper part of the tongue, in order to pull it upwards; the third, which move the tongue towards the bottom of the mouth, proceed from the upper part of the basis of the hyoides, and are inserted in the root of the tongue; the fourth pair are inserted in the sides of the tongue, which they pull aside and backwards. The tongue is moved round when these four muscles on each side act successively. Down the middle of the tongue lengthwise runs a seam, which divides it to the bottom in two equal parts, but not so effectually but that the blood-vessels of one side communicate with those of the other. These vessels are arteries from the carotides, and are conspicuous under the tongue, serving to convey the blood to the external jugulars; the nerves of the tongue come from the fifth, sixth, and ninth pairs. The tongue serves for four uses: viz. to assist the chewing faculty, by turning the morsels in the mouth; to promote deglutition; to join with the lips in articulating the voice (for it is by their joint motion that the air springing from the lungs is formed into words); and, finally, to be the principal organ of taste. The Taste consists in the fluttering of the spirits of the tongue caused by the salts of the aliments, which strike upon the nerves in which they are contained; which salts, grating against the fibrous prominences, crea-

sion undulations with them, which, in the same moment, are imparted to the spirit contained in the nerves, and by them transmitted to the corpora striata, with which they are continuous, and which represent to the imagination such impressions as they receive.

A DIARRHŒA, OR FLUX.

THIS disease is, in some measure, the reverse of a nervous colic; for as, in the latter complaint, the physician ought to employ his utmost endeavours to lubricate and open the bowels, so in this he is to strengthen and render them less slippery.

A diarrhœa is that kind of flux in which excrementitious humours are discharged without blood or aliment, or any inflammation or exulceration of the intestines, and is either critical or symptomatic; though Dr. Cockburn justly observes, that "a fever may be a symptom of a diarrhœa, as well as a diarrhœa may be a symptom of a fever."

It is frequently attended with gripings, but they are not essential to it. The patient is weak, has a depressed pulse, an impaired appetite, and is sometimes feverish.

The cause of this disorder may be whatever serves to irritate or stimulate the intestines; as crude summer fruits, unwholesome food, and meats of hard digestion, &c.; or it may proceed from a weakness of the intestinal fibres, or an interruption or stoppage of perspiration, &c. A diminished perspiration will not only cause the thin part of the blood (which should have been exhaled through the pores of the skin) to be thrown upon the bowels, and thence discharged, but will likewise contribute towards enlarging the orifices of the hepatic and pancreatic ducts; and, on this account, the secretions of their respective juices will be more plentifully made into the intestines; and hence we have an additional cause of a looseness.

In a diarrhœa arising from sharp fermenting juices in the first passages, which accelerate the peristaltic or spiral motion of the bowels, the first indication is to make a discharge of the stimulating matter, which may be effected by a dose or two of rhubarb timely administered. If the diarrhœa continues to be violent, it will be proper to mix astringents with the rhubarb in a bolus. But as the stomach itself is often in fault, by transmitting an ill-concocted matter to the intestines, the defects of this organ are to be considered and amended. For this purpose, a dose of ipecacuanha wine may be administered; and when the stomach has been cleansed by this operation, its tone should be strengthened, and its fibres fortified.

When cold is the productive cause of a diarrhœa, the seat of this disease is more remote than in the former case. The serous matter is conveyed into the bowels by reason of the insensible perspiration being suppressed, some other of the secretions interrupted, or the blood having contracted an undue crasis. If this be the circumstance of the patient, we must endeavour, in the first place, to unload the stomach and bowels, by evacuating the glut of humours forced upon them, which is to be by a vomit with ipecacuanha, and afterwards a rhubarb purge. But as this sort of diarrhœa is not uncommonly attended with a fever, or at least with feverish symptoms, it is often found necessary to let bleeding in the arm precede the other two operations, especially if the person be sanguine and plethoric.

INFLAMMATION OF THE STOMACH, AND ITS TREATMENT.

CASTRITIS, or inflammation of the stomach, may arise from any of the causes which produce inflammations in general; such as repelling any critical eruption, or the gout. Drinking cold water, when the body is violently heated, obstructed perspiration, any acrid stimulating food, hard, indigestible substances, as bones, stones of fruit, &c., taken into the stomach, will bring on this dreadful disease. *Symptoms.*—In this disorder there is a fixed burning pain, with pulsation, great distension, hardness and swelling of the region of the stomach; there is a continual uneasiness about the heart, a difficulty both in breathing and swallowing, and a pain in sneezing; the pulse is small, quick, hard, and intermitting; the feet and legs are cold, with general clammy sweats over the body, and great inclination to faint, accompanied sometimes with convulsions. One of the most decisive characters of this disease is, when the patient feels an unusual, extraordinary pain when he takes any kind of food, especially if it be too cold, or hot, attended with frequent vomiting, which are very dangerous symptoms.

Regimen.—Whatever is given to the patient to drink should not be more than blood-warm; those which are most proper are emollient decoctions, such as thin gruel, barley-water, clear whey, &c., with small quantities of nitre and currant-jelly mixed with them. Every thing of a heating, irritating nature will do great injury; therefore it becomes necessary to warn people not to give him any kind of spirits or wine; which, from his apparent weakness, is too commonly done, and which, at the least, never fails to aggravate the disease, if not terminate in sudden death. It is a very common thing for attendants on this complaint, on perceiving the patient very sick, to speedily administer an emetic; this practice is very injurious, and attended with considerable danger; it has been known not unfrequently to bring on a premature and certain death.

Treatment.—As this disorder is of the most acute kind, unless the most powerful and active means are immediately employed, the patient must die. To this end, the resolution of the inflammation, so desirable an event in all internal inflammation, must be attempted, by large and repeated bleedings, which is almost the only thing to be relied on; nor should the smallness of the pulse deter us from this necessary measure, as, very soon after bleeding, it generally rises, and becomes fuller; therefore, as long as that is the case, the operation may be repeated as often as necessary, with safety. Bladders filled with warm water should be kept constantly on the region of the stomach, or fomentations may be applied, with flannels wrung out of a decoction of emollient herbs, which should be renewed as often as they grow cool, but not applied too hot. The feet may be put into luke-warm water, or the warm bath, when it can be procured, would be preferable, used as occasion may require; and emollient clysters of milk and water, or gruel, moderately warm, with a little nitre, should be frequently administered, and injected in large quantities, that they may act as internal fomentations as well as nourishment. If the patient do not seem relieved from this treatment, and the inflammatory symptoms still run high, topical bleeding, by cupping and the application of leeches, should not be omitted, after which a large blister should be laid on the part affected; and mustard poultices to the soles of the feet, which in general considerably alle-

viate the distressing symptoms. The best thing for the patient to take is gum arabic one dram, purified nitre five grains, and camphorated mixture once ounce, made into a draught, which may be taken one in three or four hours; if not rejected by the stomach, it will perhaps tend to diminish the inflammation. After proper evacuations have been procured, and the inflammation should have in good measure abated, opiates are given with the most decided advantage. From fifteen to thirty drops of laudanum may be added to the draughts just directed; or, if the stomach still continues averse to receive any thing into it, the same quantity, or more, of laudanum may be thrown up the bowels in a clyster of warm milk and water, or thin gruel, which, as the patient finds a difficulty in keeping any thing on his stomach, will answer the two-fold purpose of an internal fomentation, viz. to assist to check the vomiting, and afford him much support, without which he might be lost for want; for which reasons these means should never be neglected. If, in spite of all endeavours to prevent it, suppuration should take place, the patient may take a tea-spoonful of balsam of capivi, in a little milk, night and morning, confining himself to a milk diet, after which the bark may be taken for a proper length of time; for children, or such as are to take it by the mouth, it may be administered in the form of a clyster three times a day; if any symptoms of extreme debility or putridity prevail, acids and antiseptics are to be united with the bark with cordials.

THE GOUT.

PERSONS whose early life has been spent in indolence and luxurious living are usually attacked with this distemper at an advanced stage; it may be occasioned by excessive study, from violent fatigue in walking, a general disposition to perspiration, or the operation of the passions on the human frame.

Symptoms.—Spring or the beginning of winter is the usual time when this disease approaches. Indigestion, drowsiness, pain in the limbs, and a sensation as if cold water were passing down the thigh, a dejection of spirits, &c., usually precede the fit. When the patient is in bed a few hours, his great toe, or some part of the foot or ankle, is seized with a very acute pain, which is sometimes fixed in the calf of the leg. This pain is accompanied with a peculiar feel, as if cold water was thrown on the part, and is succeeded by a shivering, with some degree of fever; afterwards, the pains augment, and, fixing in the small bones of the foot, the patient feels a dreadful agony for about twenty-four hours, which no sooner abates than the part becomes inflamed and swelled; towards morning perspiration comes on, which terminates the fit. The part affected generally marks its progress; at first it attacks one foot; afterwards both feet are affected; and as the disease advances, it not only affects both feet at once, but passes from one to the other, and frequently returns from the second to the one it first affected; nor does it stop here, but extends its excruciating influence to all the members of the upper and lower extremities.

Regimen, &c.—If the patient be young and strong, his diet should be thin and cooling, and his drink diluting; should his constitution be weak, and he have been used to high living, he should retrench by no means at this time, but continue nearly his usual diet, and frequently take a glass of wine or negus; at bedtime, a tea-spoonful of volatile tincture of guaiacum, with a copious draught of whey, to bring on perspiration, will be very serviceable. The part affected

should be kept wrapped up in lamb's-wool or flannel. Should the pain be very violent, from forty to seventy drops of laudanum may be administered every two or three hours, till the pain be mitigated. If the stomach be attacked with the gout, which it may do from irritating food taken into it, the warmest cordials are necessary; such as strong wine boiled up with spice given warm, peppermint-water, brandy, or any other ardent spirit, or two tea-spoonsful of æther may be useful in some wine; also, a blister to the feet is good; and if the vomiting be troublesome, the stomach may be cleared by some warm camomile-tea, and, soon after its operation, a gentle laxative should be used; bark, snake-root, and the like, should subsequently follow.

ON RICKETS.

THE rickets is another disease to which children are subject; it has been reckoned a distemper unknown to the ancients, uncommon in hot countries, and more common in England than any other northern country.

A diet of farinaceous substances unfermented, as pudding, much butter, wet or ill-aired linen, cutaneous eruptions repelled or ill-cured, exposing their lower parts too long to cold air, may bring on, or at least increase, this disease.

This distemper, which is observed to be most frequent in children from nine months old to two years and a half, may be foreseen by the child's being long in taking to his feet. When it takes place, the child grows lean; the muscular flesh decays, and grows flabby; the skin loose and flaccid; the epiphyses of the bones about the joints of the arms grow large; the stomach swells; the blood-vessels about the neck enlarge, and so does the head itself; and the bones grow crooked. These are the outward appearances.

Contrary to the common rules for the aliment of children, the diet of those that are rickety ought to be moderately warm, even making use of spices or carminative seeds. They ought to forbear new bread, and rather use biscuit. Their diet should be pretty much of flesh meat, such as are commonly called white meats, and rather roasted than boiled, such diet being antacid; they may be allowed a moderate quantity of wine.

Frictions of the back-bone and joints with flannel, smoked with penetrating aromatic substances, and fomenting the joints with old Malaga wine, have proved often very effective.

They ought to use as much exercise as they are capable of, but especially by voiture or carriage. Care must be taken to open the obstructions in the lower stomach by vomits, where the seat of the disease chiefly lies; and after that, the cold bath is a very proper and effectual remedy.

The proper vomits in this disease are ipecacuanha wine; the purges may be magnesia alba, rhubarb, or the same mixed with two or three grains of calomel, with a few grains of calomel given over night, and purging it off next morning with rhubarb, or an infusion of sena, manna, &c.

Worms, which is another distemper most common to children, has been already taken notice of in our first number.

Recipe for Puns.—The dose of puns ought to be administered according to the constitution to whom they are addressed.—*Bucks.*

FOR THE CURE OF DRUNKENNESS.

THE late Earl of Pembroke, who had many good qualities, but always persisted inflexibly in his own opinion, which, as well as his conduct, was often very singular, thought of an expedient to prevent the exhortations and importunities of those about him. This was to feign himself deaf; and, under pretence of hearing very imperfectly, he would always form his answer not by what was really said to him, but by what he desired to have said. Among other servants was one who had lived with him from a child, and served him with great fidelity and affection, till at length he became his coachman. This man by degrees got a habit of drinking, for which his lady often desired that he might be dismissed. My lord always answered, "Yes, indeed, John is an excellent servant."—"I say," replied the lady, "that he is continually drunk, and desire that he may be turned off."—"Ay," said his lordship, "he has lived with me from a child, and, as you say, a trifle of wages should not part us." John, however, one evening, as he was driving from Kensington, overturned his lady in Hyde Park; she was not much hurt, but when she came home, she began to rattle the earl. "Here," said she, "is that beast, John, so drunk that he can scarcely stand: he has overturned the coach, and, if he is not discharged, may break our necks."—"Ay," said my lord, "is poor John sick? Alas! I am sorry for him!"—"I am complaining," said my lady, "that he is drunk, and has overturned me."—"Ay," answered his lordship, "to be sure, he has behaved very well, and shall have proper advice." My lady, finding it hopeless to remonstrate, went away in a pet; and my lord, having ordered John into his presence, addressed him very coolly in these words:—"John, you know I have a regard for you, and as long as you behave well, you shall be taken care of in my family. My lady tells me you are taken ill, and, indeed, I see that you can hardly stand: go to bed, and I will take care that you have proper advice." John, being thus dismissed, was taken to bed, where, by his lordship's order, a large blister was put upon his head, another between his shoulders, and sixteen ounces of blood taken from his arm.—John found himself next morning in a woeful plight, and was soon acquainted with the whole process, and the reason upon which it was commenced. He had no remedy, however, but to submit; for he would rather have incurred as many more blisters than lose his place. My lord sent very formally twice a day to know how he was, and frequently congratulated my lady upon John's recovery, whom he directed to be fed only with water-gruel, and to have no company but an old nurse. In about a week, John having constantly sent word that he was well, my lord thought fit to understand the messenger, and said, "that he was extremely glad to hear that the fever had left him, and desired to see him." When John came in, "Well, John," said he, "I hope this bout is over."—"Ah, my lord," said John, "I humbly ask your lordship's pardon, and I promise never to commit the same fault again!"—"Ay, ay," said my lord, "you are right; nobody can prevent sickness; and if you should be sick again, John, I shall see it, though, perhaps, you should not complain; and I promise you shall always have the same advice and the same attendance that you have had now."—"God bless your lordship!" said John, "I hope there will be no need."—"So do I, too," said his lordship; "but as long as you do your duty to me, never fear—I shall do mine to you."

GANGRENE AND SPHACELUS.

By a gangrene, according to Boerhaave's most excellent aphorisms, is understood that disposition of a soft part, which, from a deficient reflux of the vital humour into the arteries, and its egress through the veins, has a tendency to death; and by a sphacelus is meant that state wherein all vital action is absolutely destroyed in the part affected, though life shall still subsist in the other parts.

The gangrene goes before, and the sphacelus generally follows, unless the disorder first had its rise from a corruption of the bone, marrow, or the membrane that surrounds the bone; whence there also proceeds a particular kind of gangrene, arising in the parts that are situate under the spinal marrow after a bruise, and unattended either with fever, inflammation, or loss of natural heat.

The cause, therefore, of a gangrene and a sphacelus is the same, differing only in violence, duration, and place.

Causes.—Every thing producing an inflammation where the liquids stagnate, and the impetus of the blood against them is considerable, has place here. Both a gangrene and a mortification may proceed either from an external or internal cause; sometimes it affects no one part more than another, but appears to be universal, as in the plague, or seems owing to some general fault in the constitution. It is often brought on by a ligature of the veins; their compression from any cause whatsoever, as by a tumour, an internal or external inflammation, wounds, bruises, luxations, or fractures, especially if the bandages be fastened on too tight.

The signs of a gangrene are, when the symptoms of an inflammation suddenly disappear without the cause having been removed; a dull sense in the part affected; a pale, ash, brown, livid, and black colour; softness, flaccidity, spitting, the skin separable; pustules in the place inflamed, filled with a yellowish or redish lymphatic ichor; great itching and pricking after coldness; with an intense redness, and a cadaverous stench, which is soon succeeded by a deadly blackness.

The great and sudden danger attending upon a gangrene requires a just prognostic, which will be best obtained by a just consideration of the patient's age, constitution, disease, and strength; from the swift progress of the disorder; from being acquainted with the external or internal cause of it; from the season of the year; from the part affected, as it is more or less necessary to life, or as it is of a moist, sinuous, or dry disposition; all which are explained in Van Swieten's Commentaries on Boerhaave's Aphorisms.

The winter season is most prejudicial to gangrenes proceeding from the motionless state of old age; and the summer heat most noxious when gangrenes follow after violent inflammations, or the putrefaction of humours, and more especially if the constitution of the air be at the same time both hot and moist. It is scarce ever known that a spontaneous gangrene happening in the toe of aged persons admitted of a cure. It is one of the worst symptoms in a gangrene or sphacelus that has seized upon the extreme parts of the body, to have any signs of a disordered brain.

A gangrene is immediately to be remedied, but a sphacelus or perfect mortification is instantly to be extirpated.

The curative indications in a gangrene are, 1st., to corroborate and maintain the vital powers; 2d., to prevent the absorption or return of the putrid matter into the veins; and, 3d., to expel and correct the putrefaction already formed in the juices.

These intentions are answered by the use of such things (whether medicine or aliment) as weaken and oppose the internal causes of the disorder, and by keeping up the patient's strength; and, consequently, the motion of the blood and humours is to be augmented, from the heart outwards, and by procuring them to be discharged externally, by fomentations and cataplasms formed of diaphoretic, emollient, and laxative remedies, with scarifications, cupping, leeches, and external warmth; some or all of these, as the case may require.

Boerhaave strongly recommends the application of rue bruised with wine and salt in gangrenes, or a poultice of strong beer and oatmeal, &c. A mixture of half an ounce of honey of roses and twenty drops of spirit of sea-salt, is an excellent application for a scorbutic gangrene in the mouth, by gently rubbing it over the part affected several times daily.

AN EXCELLENT CURE FOR THE SCURVY.

THE scurvy is a depraved disposition of the whole body from a fusion of the blood, and too intimate a division of its parts. Arbuthnot says it is a disease impossible to be defined by words containing any simple or distinct idea: it is rather a name used to denote a multitude of symptoms, different, and sometimes opposite, in their causes and cures.

It is common to the inhabitants of cold countries, and, amongst those, such as inhabit marshy, fat, low, moist soils, near stagnating water, fresh or salt, invading chiefly in the winter such as are sedentary, or live upon salted and smoked flesh and fish, or quantities of unfermented farinaceous vegetables, and drink bad water; such as are hypochondriac and hysteric; and sometimes such as have taken the Peruvian bark either in great quantities, or without proper evacuations. From these causes the best rules are taken for prevention.

Symptoms.—Its symptoms are, a spontaneous lassitude or sensation of weariness; being unrefreshed by sleep; laborious breathing upon small motion; cold tumours in the legs going off and returning; sometimes paleness, or a livid colour of the countenance; spots on the skin of various colours, red, violet-coloured, yellow, livid; sometimes an ill smell in the mouth, painful and bleeding erosions of the gums; and by these the teeth grow bare and loose.

The scurvy of mariners is generally cured by acids; as, all sorts of ripe fruits, apples, lemons, oranges, buttermilk; alkaline spirits hurt them; and acid spirits, as that of salt, does them good. When the symptoms are attended with a fœtor of any kind, either in the urine, mouth, breath, with drought, heat, hæmorrhage of the gums, or of any kind, such a disease will be cured by acescent substances, as cider, &c., but none better than whey.

If the scurvy be entirely muriatic, proceeding from a diet of salt flesh or fish, the vegetables commonly called water-cresses, scurvy-grass, brook-lime, tempered with the juice of oranges and lemons, may be given with success; but if there be a high degree of heat and inflammation, the hot antiscorbutics will do hurt. If the patient be pale, cool, without thirst, with pale or natural coloured urine, with a previous diet of acescent substances, the eruptions not of a high inflammatory or livid colour, the warm antiscorbutics, as lime-water, animal diet, and animal salts, are proper.

A scurvy or any other disease from an alkaline cause is more dangerous than from an acid one.—

There is great attention to be given to the condition of the mouth, gums, and teeth, &c., in the scurvy, from which the nature and degree of the disease may be guessed at. Ten patients of an acid constitution are sooner cured than one of an alkaline constitution; because nature co-operates in alkalizing or neutralizing.

A decoction of the root of the herb *Britannica*, or great water-dock, is recommended by many as an excellent antiscorbutic. Or three ounces of the scorbutic juices, with a drachm of compound spirit of lavender, may be taken two or three times a day, or the scorbutic whey may be used as a common drink for a considerable time. Thirty or forty drops of the tincture of antimony may be taken two or three times a day, in half a pint of the more compound lime-water; or, in some slight cases, the following infusion, in the manner of tea, may be taken as common drink:—Take of wood-sorrel two parts, agrimony, dandelion, the greater or ox-eye daisy, of each one part; mix the ingredients together for tea.

In very obstinate cases, this prescription should be tried, and will be found very serviceable:—Take of cetric acid grains ten; dissolve this in a tea-cupful of cold water, and take the dose three times a day.

OF AN

INFLAMMATION OF THE STOMACH.

IN acute inflammatory diseases, three things are chiefly to be considered: viz. the acute continual fever, the inflammation, and the organs whose functions are injured by the present inflammation.

The symptoms of this disease are a vehement, burning, fixed, pungent pain in the stomach, attended with a fever, which is assuaged by no fomentations; there is a large tumour upon the part, which may be circumscribed by the touch, and is sometimes conspicuous to the sight; there is likewise a great exacerbation of this pain the moment after swallowing any thing, succeeded with vomiting, &c. (unless either the upper or lower part of the ventricle be tumified, whereby the passages are so straightened and closed up that nothing can pass); a painful hiccup; great anxiety; drought and nausea; and, when the disorder grows more violent, there is likewise a delirium, and frequent swooning; and if, besides this, the extreme parts grow cold, it shows death to be near at hand.

It is almost a pathognomonic sign of an inflammation of the stomach when the pain is violently exasperated, after any thing, though ever so small in quantity, has been taken down into the stomach, which it would at other times have easily borne.

The causes of these symptoms are those common to all inflammations: a natural weakness, and, perhaps, erosion of the coats of the stomach, and acrid substances taken as aliment, and medicines, poisons, &c.

If this disease is not speedily cured, it proves fatal. If it terminates in a cure, it is by a resolution of the morbid matter, or a suppuration; if otherwise, by scirrhus, cancer, but most commonly in a gangrene.

When an abscess is formed in this disease, it breaks either into the cavity of the abdomen, or into that of the ventricle; after which the pus is discharged either by the mouth or otherwise. But if there be any internal ulcer, it is absolutely fatal; for then the patient is consumed by a slow and continued fever; the ventricle becomes infirm, and is sometimes in pain and sometimes without; there is a frequent vomiting, also

a quick and frequent pulse; lastly, the whole body receives no benefit from the food which is taken, but gradually wastes away.

Speedy and plentiful repeated bleedings; fomentations; cooling, emollient, and laxative clysters; or the most lenient purging medicines, have the same good effect here as in other inflammatory distempers, and therefore cannot be too early insisted on.

Arbuthnot observes that, of all diseases, this demands most a total abstinence from every thing that has acrimony in it; even the nitrous cooling salts, which are beneficial in other inflammations, irritate too much; vomits; all cordials of volatile or spicy substances; spirituous liquors are no better than poison, and milk generally curdles; aliments must be given frequently, and by spoonfuls at a time, for any distension increases the inflammation; a thin gruel of barley, oatmeal, whey, or chicken-broth, are proper aliments; whey, emollient decoctions, barley-water, emulsions, are proper drinks; and it has been found by experience that chalybeate-waters have been agreeable to the stomach, even in this inflammatory state. If there happens an imposthume, honey, and even honey of roses, taken inwardly, is a good cleanser.

THE PALSY.

THE palsy is a loss or diminution of the motion, or feeling, or both, of some parts of the body. It may be classed under three heads: viz. the paraplegia, where all the parts below the head are affected; the hermiplegia, when one side of the face or head is affected; and the paralysis, when it is confined to a particular limb. The younger the patient is the better chance he has, as old persons have but little hopes. The third attack generally proves fatal.

The causes are, anything that compresses the brain, or impedes a regular exercise of the nervous powers upon any part of the body. The remote causes are, injuries to the nervous system, from intemperance, old ulcers, &c. Should the patient be strong, the Lancet must be used, as in apoplexy; afterwards the bowels should be opened by clysters, &c.; a blister should be applied to the affected part, or you may anoint it with the oil of gum ammoniac; he may drink mustard-whey and barley-water, and must be kept very cool. A large table-spoonful of mustard-seed, taken three times a day, will be serviceable.

Galvanism has often produced the best effect.

GARGLES.

(Continued from page 8.)

Gargle (Astringent).

Boil half an ounce of oat bark, bruised, in a pint of water, for about fifteen minutes; then strain, and add two drachms of alum and six ounces of red port wine. This gargle should be used every two or three hours.

Gargle (Detergent).

To a pint of the acidulated gargle, add, of tincture of myrrh and honey of roses, each one ounce. For the ulcerated sore throat, with foul ulcers in the mouth, and promoting the excretion of tough viscid saliva, this is a good gargle.

ANECDOTES.

Dr. Arne.—I many years ago accompanied the doctor to Cannons, the seat of the late Duke of Chandos, at Whitechurch. Such was the throng of company, that no provisions were to be procured at the duke's house. On going to the Chandos Arms, in the town of Edgware, we made our way into the kitchen, where we found nothing but a solitary leg of mutton on the spit. This the waiter informed us was bespoke by a party of gentlemen. The doctor, rubbing his elbow (his usual manner), says to me, "I'll have that mutton; give me a fiddle-string." He took the fiddle-string, cut it in pieces, and, privately sprinkling it over the mutton, walked out of the kitchen. Then, waiting very patiently till the waiter had served it up, he heard one of the gentlemen exclaim—"Waiter, this meat is full of maggots!—take it away!" This was what the doctor expected, who was on the watch. "Here, give it me." "Oh, sir," says the waiter, "you can't eat it—'tis full of maggots." "Oh, never mind," cries the doctor, "we doctors have strong stomachs." So, bearing it away, and scraping off the fiddle-strings, we made a hearty dinner on the apparently maggoty mutton.

A Natural Definition.—Dr. Cheyne, on hearing a person speaking on the excellency of human nature, said, "Hoot, hoot, mon, human nature is a rogue and a scoundrel, or why would it perpetually stand in need of laws and religion?"

A Doctor Convinced.—Dr. Jackson, a first-rate physician in King James the First's reign, was once very desirous to see Ben Jonson; which being told to Ben, he went to the doctor's house; but being in a very tattered condition (as poets sometimes are), the porter refused him admittance with some saucy language, which the other did not fail to return. The doctor happening to come out while they were wrangling, asked the occasion of it. Ben, who stood in need of nobody to speak for him, said, he understood that his worship wished to see him.—"You, friend!" said the doctor: "who are you?"—"Ben Jonson," replied the other.—"No, no!" quoth the doctor: "you cannot be Ben Jonson, who wrote the Silent Woman: you look as if you could not say 'bo' to a goose."—"Bo!" cried Ben.—"Very well," said the doctor, who was better pleased at the joke than offended at the affront; "I am now convinced by your wit you are Ben Jonson."

A Comparison.—It is with narrow-souled people as with narrow-necked bottles: the less they have in them, the more noise they make in pouring it out.

RECIPES.

To stop Hemorrhage.—Take two ounces of vinegar, of red vitriol one drachm, of the astringent crocus martis two drachms, and beat the whole together; a piece of lint dipped in this, and applied to the wound, will prove an effectual remedy.

For Continual Fevers.—When the fever is not very violent, nor attended with delirium, a drachm of purified saltpetre, taken in broth or water of centaury every other day, till the fever be abated; should the fever be very violent, take twelve drops of volatile spirit of sal ammoniac every day in any cold liquor, till the fever be abated.

Cataplasm Emollient.—To half a pint of water, in which thirty drops of extract of lead have been previously mixed, add as much crumb of bread as will form it into a poultice. This is serviceable in allaying inflammations.

The balsam of sulphur is very beneficial; it is made thus:—One and a half ounces of flowers of sulphur is put into a mattress, and eight ounces of the oil of turpentine poured upon it; the mattress is placed on the sand, and a small fire given to it for one hour; which fire is a little increased afterwards, and continued half an hour longer, and then the oil takes a red colour; and when the vessel is cold, the clear balsam is separated from the sulphur. This balsam is an excellent remedy for ulcers on the lungs and breast, and asthma; the dose is from one to six drops in some liquor appropriated to the distemper.

To make Styptic Water.—Take five drachms of red vitriol, which remains after the distillation of the spirit of Roman alum and sugar-candy, each half an ounce, of wine and rose-water four ounces each, and sixteen ounces of plantain-water, to be agitated in a mortar for some time, and poured into a bottle. A piece of lint dipped in this, and applied to an open artery, stops the blood; or take from half a drachm to two drachms in water of knotted grass, and it will stop a dysentery, and effect a cure.

Cataplasm Dissolvent.—Take of barley-meal or oatmeal six ounces, of fresh leaves of hemlock, bruised, two ounces, with a sufficiency of vinegar; boil the ingredients for a few minutes, and then add two drachms of the extract of saturn. This is a specific recipe for discussing indolent swellings.

Vinegar of Squills.—Take of dried squills two ounces, and distilled vinegar two pints; infuse them for ten days in a gentle degree of heat; afterwards strain the liquor, and add to it an ounce of rectified spirit of wine. As it has commonly a tendency to create a disagreeable nausea at the stomach, it should be mixed with a little cinnamon, or some other aromatic water; in which form it is very beneficial in asthma or dropsy.

Water Styptic.—Take of blue vitriol and alum each one ounce and a half, and common water one pint; boil them till the salts are dissolved; filter the liquor through paper, and add to it half a drachm of oil of vitriol. This is an useful water for stopping a bleeding at the nose, or any other hæmorrhage, and must be applied to the part by dossil of lint dipped in the solution.

The Pills which gained Bontius the favour of the Prince of Orange.—Take of aloes two and a half drachms, gamboge, ammoniacum, each one and a half drachms, scammony, one drachm, vitriolated tartar, half a drachm; mix with buckthorn as much as will be sufficient for a mess. These are good for hypochondriac melancholy, and the best specific for dropsy. Dose, from ten grains to a scruple.

Take two ounces of aloes, of myrrh and saffron each one ounce, of camphor, half an ounce, salt of camphor, two drachms; make a mess of pills with the syrup of buckthorn; these prevent and cure the plague. In diseases of the stomach, there is no better purge. Dose, from half a drachm to two scruples overnight.

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THE MAN THAT HUMAN HEALTH RESTORES, THE FAME
OF SUCH AN ACT PERPETUATES HIS NAME.

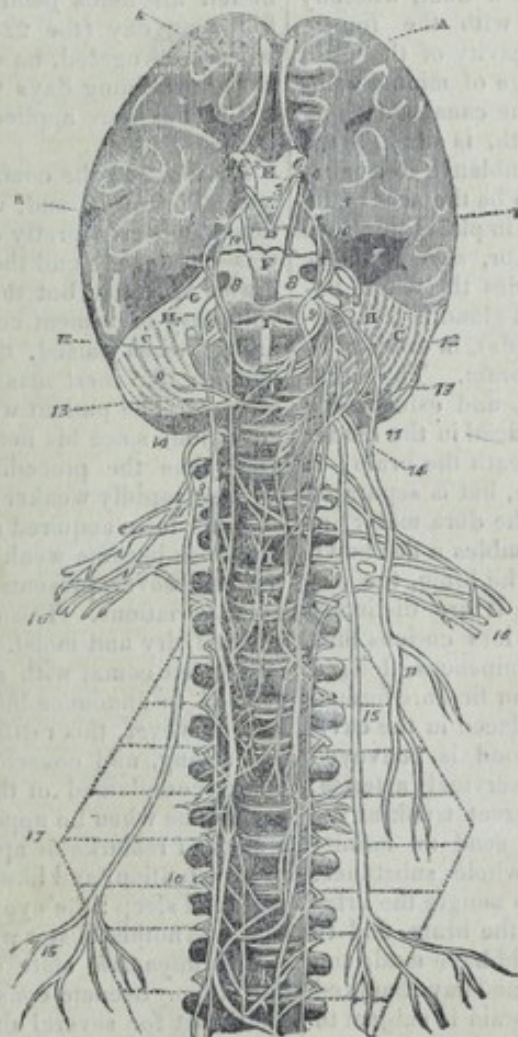
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[Oct. 31, 1832.]

THE BRAIN.

Explanation of the Engraving.—A A the anterior lobes of the brain. B B the lateral lobes. C C the two lobes of the cerebellum. D the tuber annulare. E the passage from the third ventricle to the infundibulum. F the medulla oblongata. G G the superior part of the occipital bone. H H the transverse process of the first cervical vertebræ. I I &c. the seven cervical vertebræ, with their cartilages. K K &c., the twelve vertebræ of the back, with their cartilages. L L &c., the five lumbar vertebræ, &c. M the os sacrum, or sacral bone. N the os coccygis. The ten pairs of nerves: 1 1 the olfactory. 2 2 the optic. 3 3 the motores, or movers of the eyes. 4 4 the pathetic. 5 5 the trigemini, or three branches: viz. the ophthalmic, the superior, and inferior maxillary. 6 6 the abductores. 7 7 the auditory nerves. 8 8 the par vagum, so called from serving so many different uses. 9 9 those of the tongue. 10 10 the intercostal or sympathetic. 11 11 the accessory nerve. 12 12—13 13—14 14 the first, second, and third cervical nerves. There are also the brachial nerves, the twelve dorsal, the stomachic, the sacro sciatic, and those accompanying the sciatic, &c.



The brain is divided into two equal parts, called right and left hemispheres. Though the figure of the brain is far from being spherical, it is separated from the cerebellum (or little brain) by a duplicature of the dura mater. It has two kinds of substance; one of an ash colour, soft and moist, which, being exterior, is called the cortex, or cortical part; the thickness of this is about half an inch;—the other, or inner substance, is white, more solid, and more dry, than the other, and is called the marrow. The cortex, says Malpighi, is formed from the minute branches of the carotides and vertebral arteries, which, being woven

together in the pia mater (or inner membrane), sends from each point thereof, as from a basis, little branches, which, being twisted together into the form of a gland, enclose the marrow, to the thickness of half an inch. Dr. Willis alleges that these glands serve to filtrate the nervous juice, which is an oily and subtle liquor, that affords a vehicle to the animal spirits, and assists the blood in nourishing, as it appears in the arms and legs of paralytic persons, which dwindle and decay for the want of this juice. The inner or medullary part of the brain consists of an immense number of fine fibres, arising from the most minute branches of the

glands of the cortex, as is seen in the cerebellum, though scarce visible in the brain. These receive the fluid, separated and subtilized from the glands of the cortex, and, by means of the nerves, which are no more than the productions of this part, distribute it all over the body. In the space between the two hemispheres is a white substance, of a texture more compact than the marrow; and under this substance are two cavities, called by some the superior ventricles, and by others, lateral, though they have one besides on each side of them. They begin from a narrow point near the root of the nose, and, enlarging by degrees, form each of them a great cavity towards the end, by which means they are larger towards the lower than upper part of the brain. They are seated in the middle of the brain. The corpora striata (so called from their streaks or furrows) are two considerable eminences, of a browner colour than the rest, situated one in each ventricle. The infundibulum, which is a cavity in the form of a funnel, descends to the basis of the brain; it is formed of the pia mater, and is placed in the middle of these ventricles. The third ventricle has two apertures—the one, the orifice of the infundibulum (or funnel), and the other is a duct, whereby the third ventricle communicates with the fourth, under the cerebellum;—the whole cavity of the third ventricle is filled with an assemblage of minute veins and arteries. At the entrance of the canal, reaching from the third ventricle to the fourth, is situated the pineal gland, so called from its resemblance to a pineapple. Des Cartes supposes this to be the seat of the soul; but, from practical knowledge in philosophy, we are inclined to differ with this author, as we believe the soul is not stationary, but pervades the whole human frame. The use of the pineal gland is to separate some liquor (like the other glands), in order to be thrown into the ventricles of the brain. The cerebellum is the hind part of the brain, and esteemed a kind of little brain by itself; it is placed in the hinder and lower part of the skull, underneath the brain; it lies open to the cerebrum at bottom, but is separated from it at top by a duplicature of the dura mater, or outermost membrane; its figure resembles a flat bowl, broader than long. By turning up the brain, the origins of the nerves proceeding from it are distinctly seen. The basis of the brain is no less curious than its other parts: it has six great prominences, lodged in the six pits of the cranium; the four first are formed by the brain, and the other two are placed in the cavities of the occipital bone. The blood is conveyed into the brains by the carotides and servical arteries, which at their entrance form one great trunk at the basis of the brain, from which they send an infinite number of arteries throughout its whole substance. The union of these arteries serves to mingle the arterious blood before its distribution to the brain, and to check its rapidity; otherwise it would have made too precipitant a march through the brain, and have baulked the filtration of the spirits. As the brain is subject to various distempers, we shall quote the following case of a cancer on the brain:

A man, 58 years of age, of a strong constitution, black hair, and very muscular, about 15 years ago was attacked, for the first time, with a violent pain, which, commencing at the right temple, extended in a diverging manner over the whole of the right side of the head and face: this pain continued for six weeks. In the following years he experienced repeated attacks, but they were neither regular in their return nor duration. About two months ago it reappeared with greater violence than ever, and soon became so intense as to compel him, for the first time, to suspend his avoca-

tions; and, on the 15th of November, he entered the *Hôpital de la Charité*, presenting the following symptoms:—The countenance, anxious, was of a well marked straw colour; the intellectual and sensorial faculties appeared unaffected, except that he experienced momentary diplopia; the movements were free, and the muscular energy well maintained; a very violent lancinating pain was felt in all the right side of the head, and it sometimes extended to the corresponding side of the face, which then became the seat of some slight convulsive action; at intervals, the pain became so intense as to compel him to call out; warmth, and strong pressure upon the temple, diminished it, whilst severe cold occasionally reproduced it; the right eye was constantly weeping; the pulse was strong and slow; digestion and respiration did not seem impaired. Opiates were applied to the right temple, and three days afterwards a blister was placed upon the nape of the neck. The bowels were kept open by glysters and laxative potions. The patient, however, continued in nearly the same condition, but during the night the pain was intolerable. On the 21st of November, when arising in the night, he felt his limbs bend under him, and fell. On the following day (the 22d) his eyes were closed, and, when interrogated, he did not answer. The pulse, as in the preceding days was slow and firm.

Leeches were applied to the arms, and sinapisms to the legs.

On the 23d the coma had diminished, although he was still drowsy, and, when pressed by repeated questions, answered pretty correctly. The right upper lid was paralyzed, and the right commissure of the lips drawn upwards, but the tongue did not deviate. No voluntary movement could be performed with the left limbs; when raised, they fell again, from their own weight, like inert masses; their sensibility was preserved. The patient was, however, content with his condition, since his headach had diminished. From time to time the preceding symptoms continued, but he grew rapidly weaker: his features became changed, and his face acquired a more and more yellow tint; the pulse became weak and accelerated. His condition, moreover, presented from one day to another singular variations. The tongue was alternately brown and red, dry and moist. We several times found him in a deep coma, with a rattling in the throat, which seemed to announce his approaching end. The next day, however, this rattling did not exist, or was much less strong, and consciousness was restored. He no longer complained of the pain in his head; but, even at the time when he appeared to be the best, he was in a state of remarkable apathy, seeming quite indifferent to his situation, and like a man awoke from a long and profound sleep: the eye was dull, and without expression. Another blister was applied to one of the legs.

This *adynamic* state continued to make progress; the stupor became constant; and after a rattling in the throat for several days, the pulse became imperceptible, the extremities cold, and the patient died.

CONSUMPTIONS.

A CONSUMPTION is a disease arising from a defect of nourishment, or a preternatural decay of the body by a gradual waste of muscular flesh. It is frequently attended with a hectic fever, and is divided into several kinds, according to the variety of its causes; as universal or scorbutic consumption, a consumption of the lungs, &c. A consumption may be accidental, natural, or hereditary: an accidental consumption may arise from ulcers, polypuss in the lungs, intemperance,

pleuricies, asthmas, &c.; a natural one arises from the thorax, or a bad formation of the parts; an hereditary one may be communicated from the parents, without any other visible cause.

Symptoms.—A consumption usually begins with flying pains and stitches, pain at the pit of the stomach, frequent spitting, loss of appetite, a quick pulse, perspiration at night, a cough, &c.; when these are violent, it is confirmed, and thence comes an expectoration of purulent matter; at length the feet swell, expectoration ceases, a diarrhoea comes on, and death ensues.

Cure.—The cure of this dangerous disease depends principally upon the removal into an open air; and as such cannot be found in England, a confirmed consumption is incurable there. The cure also depends on a regular nourishing diet; the appetite is to be nourished by proper bitters, such as the lesser centaury camomile flowers, horehound, trefoil, &c. Mercurials are also beneficial in dissolving the tubercles which laid the foundation of the complaint; a grain or two of calomel taken every night will be good to answer every intention of mercury; and should they excite irritation in the bowels, a small quantity of opium taken in conjunction with them will generally counteract that effect. When there is any discharge of blood from the lungs, with tension of the breast, a little blood taken from the patient will be serviceable. Blisters are also good, as they act in a two-fold manner: viz. in obviating spasm and producing revulsion. The following syrup is strongly recommended by an able physician:—Take of the best honey four pounds, of rain-water sixteen pounds; boil them till the third part of the moisture is consumed; let it settle; pour the clear into a small cask, and place it in some hot place till the fermentation is over; then fill up what the cask wants of being full with honied water, stop it close, and place it in a cool cellar.

THE HUMAN PASSIONS.

As the emotions of the mind are acknowledged to possess considerable influence over the health of the body, the following short sketch of them will serve to point out the intimate connection these subjects have with inquiries relative to health, on which longevity may be said to depend. As the mind evidently rules the body, unless we form an idea of the nature of the mind, how can we know how to preserve the health of the body? We might as well pretend to negotiate with a foreign nation, without any knowledge of the nature of its government, or under whose guidance its affairs were conducted.

A passion has been defined, "A movement of the mind, occasioned by some strong impression made upon it, either by external objects through the senses, or by the power of the imagination." The passions, therefore, are the great springs of action, impelling the mind, or spirit, through the influence of which the body is governed. The passions are certainly the springs of virtue, and intended for the benefit of mankind; but though in their nature and origin good, yet they are too apt to run into a contrary stream, and become the sources of vice. If, however, we make a proper exercise of our mental faculties, we may govern our passions, and direct them to their true and proper ends.

(To be continued.)

ON BLEEDING AT THE NOSE.

THIS is an hæmorrhage, or flux of blood from the veins or arteries in the nostrils, which sometimes flows with such violence, as almost to kill the person by the evacuation. This hæmorrhage may proceed from the same causes with a spitting and vomiting of blood, and is either critical or symptomatic. If the blood flows from an artery (which is more dangerous than from a vein), it is hot, pure, and florid, and issues out with force; but if from a vein, it appears of a reddish colour, inclining to brown, is thick, and sometimes impure, and comes away slowly.

In the cure of an hæmorrhage, the first thing to be considered is, whether it be critical or symptomatic. If it be critical, it ought not to be stopped by any means, if the discharge is moderate and within due bounds, which it generally is, as being only the proper work of nature; but if it be symptomatic, it is then to be restrained.

Sydenham, besides frequent bleedings, a solution of nitre, for the back part and sides of the neck, and other external applications, directs a refrigerating thickening diet, and julep, with cooling emulsions; and he likewise orders a cooling clyster to be injected every day, with a paregoric of diacodium at night, together with the common purging potion once or twice. The same regimen is generally necessary here as in spitting and vomiting of blood.

In immoderate hæmorrhages at the nose, bleeding in the arm, by way of revulsion, is the first thing necessary, which may be occasionally repeated in the foot, if the hæmorrhage continues, and the patient's strength will admit of it; and it is a good method in this case frequently to put one's finger on the orifice to stop it for a while, and then to let it run again.

Pitcairn says, he has seen a critical hæmorrhage by the nose in a fever, when it grew too large, abate by bleeding in the arm in this manner, when no other remedy would take place, and that to the restoring the patient's health. After bleeding, if the body is costive, a clyster should be injected, and then the following draught may be given:—Take of barley-water three ounces, manna, ten drachms, Glauber salts, three drachms; mix. Or, Epsom salts, two drachms, powdered nitre, grains ten; to be taken three times a day.

It may be proper to observe, that the patient ought to be kept as still and quiet as possible, without motion, and in an erect posture, only the head a little reclining.

OF THE ILIAC PASSION.

THIS disease is a violent inflammation of the intestine, which, unless speedy relief be given, soon terminates in a gangrene, and death.

The Lancet must be used with great expedition, not only once, but twice, and generally thrice; then the stomach is to be moved by stimulating clysters, particularly the tobacco-clyster, and gentle cathartics of infusion and tincture of sena with manna, the same as directed in the bilious colic, to be taken either every hour, or every two hours, till the patient has had a sufficient number of stools.

Fomentations are likewise useful, particularly warm flannels soaked in spirit of wine; but an immersion up to the breast in warm water is far more beneficial.

PLEURISY.

A PLEURISY is a violent pain in the side, attended with an acute fever, a cough, and a difficulty of breathing. It arises from an inflammation of the pleura, or membrane that lines the thorax, to which that of the exterior and superficial part of the lungs is joined. It usually proceeds from cooling too hastily after violent heats; as, drinking cold water, &c. This inflammation may seize any part of the teguments of the thorax or chest, and, consequently, the pricking pain may be felt in many parts of it; but the side is the place it commonly attacks.

Pleurisies are of two kinds—true and false.

Symptoms.—The symptoms of a true pleurisy are a sharp and fixed pain commonly in the left side, attended with a violent fever, and a great difficulty of breath, with a short dry cough. A false pleurisy is only attended with a pain in the side, without a fever, and is supposed to proceed from a sharp serosity (or watery part of the blood), lodged among the internal muscles. Both pleurisies, whether spurious or otherwise, are very dangerous, and require speedy relief; and when (after the necessary remedies have been administered) the symptoms increase, instead of diminishing, the disease generally proves mortal.

Cure.—The best remedy in the true pleurisy is copious bleeding. Sidenham remarks, adults are seldom cured with less than a loss of twenty ounces of blood; when the Lancet is omitted, suffocation usually causes.

Boerhaave gives the following recipe as of the utmost service, to be applied inwardly:—Take mallows, March mallows, and parietary, of each two handfuls; red poppies and henbane, of each a handful; flower of elder, camomile, and of melilot, each three ounces; all to be boiled in new milk for a fermentation. Liniment to anoint the sides:—Take four drachms of the sugar of Saturn, of vinegar, six drachms, of the oil of roses, one ounce; mix. Or, after bleeding, the following sudorific will be found beneficial:—Take of the water of walnuts and carduus benedictus, each half an ounce; syrup of diascordium, half an ounce, of volatile salt of sal ammoniac, twelve grains; mix. For an outward application, a plaster made of flower of rye and vervane pounded, and incorporated with the whites of eggs, is good.

THE ORGAN OF TOUCH.

THIS sense may be defined as the faculty of distinguishing certain bodies by feeling, but more especially by the finger ends, by which the tangible quality of things is more accurately distinguished. As the seat of all sensibility is centered in the brain, consequently the different parts will possess a greater or less degree of feeling in proportion as the nerves supply them. While the nerves connect any part with the brain, sensibility remains; but should these be cut, or even strongly compressed, it is lost. Wounds, extreme cold, apoplexy, palsy, or any thing that obstructs the nervous influence to the organs of touching, will impair this sense. If it arise from an impediment in the small nerves near the cuticle (or outermost skin), the affected part may be rubbed with the volatile liniment, water of ammonia, or spirits of turpentine; the patient should eat horse-radish, mustard, or any other warm vegetables; a blister, if necessary, may be applied to the affected part; and he should use the warm bath, and afterwards have his body well rubbed with a coarse cloth, or a flesh-brush.

ON PALPITATION OF THE HEART.

As the heart, the primary instrument of all animal motions, and, in some measure, the fountain of life, is a muscle, or rather a collection of several muscles, it is liable to the same indispositions with the other muscles of the body; but the disorder with which it is most frequently seized is a palpitation, whereby its motion is interrupted for some little space of time.

The motion of our fluids through the vessels proceeds from two causes; namely, the heart impelling the blood into the converging arteries, and distending them, and afterwards the reaction of the arteries, whereby they resist dilatation, and contract themselves again at the time the heart is dilating.

A palpitation of the heart, then, is a convulsive motion of the heart and arteries; but the heart is the principal part affected. It may be perceived by the hand, and sometimes it may be seen and heard even by the by-standers.

The causes of the palpitation of the heart are various, and oftentimes very obscure. Sometimes it proceeds from immoderate passions of the mind, as anger, fear, joy, &c.; violent motion; sudden rarefaction of the blood; callosities; tumours; polyposy conerctions in the heart; or aorta;—sometimes, likewise, its fibres becoming paralytic, do not drive the blood with sufficient force; at other times, when the blood is too thick and too much in quantity, it is with difficulty thrown into the blood-vessels; or else disorders in the pericardium may give rise to this disease. In a word, it may proceed either from repletion or inanition, or it may be the offspring of another disease.

If it proceeds from the scurvy, hypochondriac, or hysteric affection, or the like, the cure of those respective distempers is to be particularly regarded, because the cure of this thereon chiefly depends.

During the fit, if the patient is plethoric, some blood should be taken away, otherwise it must be omitted, and temperate cordials administered. When the fit is over, it may be proper to exhibit some gentle purgative two or three times, at proper intervals, such as tincture of rhubarb; and, both during the intervals as well as after purging, a proper use of temperate antispasmodics, as valerian, castor, spirits of lavender, &c.

In short, the patient should endeavour to live in a clear, warm air, feed upon food that affords good nourishment and of easy digestion, and avoid all salt, smoke-dried meats, and, in every respect, have a strict regard to the six non-naturals.

OF THE APHTHÆ, OR THRUSH.

THE aphthæ are little ulcers, sufficiently known, affecting the whole superficies of the mouth, extending themselves to the œsophagus, and, as is supposed, to the stomach itself; they are commonly white, sometime yellow, and sometimes black, which latter are the most dangerous.

As they seem in general to owe their origin to acid humours, the cure, for the most part, should be effected at first by the testaceous and absorbent powders, and afterwards by the most gentle purgatives, as rhubarb, manna, magnesia alba, &c.

CHINESE PHYSICIANS.

PHYSICIANS, in China, never write any prescriptions, but commonly give their own medicines; a boy carrying after them a cabinet with five drawers, each divided into more than forty little squares, and all of them furnished with medicines ready prepared. When they have felt the pulse, they make up two compositions; one to be taken on the spot, the other afterwards. Their medicines are only simples; in the uses of which, and in the knowledge of the pulse, their whole art consists. Blood-letting is very rarely practised among them: and the use of clysters was not known till they learned it from the Portuguese at Ma-cao, which they therefore call "The remedy of the barbarians." The circulation of the blood is said to have been known to them from time immemorial; but, from their aversion to dissecting, and ignorance of anatomy, they have made no improvements from it. The profession is chiefly handed down from father to son, though they have good ancient books of the art, extracts from which may be seen in Du Halde. Their fees are very moderate, but they never repeat their visits unless sent for; so that the patient is at liberty to change his physician.

The following is their art of preserving health.—Be virtuous; govern your passions; restrain your appetites; avoid exercise and high-seasoned food; eat slowly, and chew your food well. Do not eat to full satiety. Breakfast betimes; it is not wholesome to go out fasting. In winter, a glass or two of wine is an excellent preservative against unwholesome air. Make a hearty meal about noon, and eat plain meats only. Avoid salted meats: those who eat them often have pale complexions, a slow pulse, and are full of corrupted humours. Sup betimes, and sparingly. Let your meat be neither too much nor too little done. Sleep not until two hours after eating. Begin your meals with a little tea, and wash your mouth with a cup of it afterwards. I do indeed drink wine, but never more than four or five small glasses. The most important advice which I can give, says Du Halde, for maintaining the body in due temperament, is to be very moderate in the use of all the pleasures of sense; for all excess weakens the spirits. Walk not too long at once. Stand not for hours in one posture; nor lie longer than necessary. In winter, keep not yourself too hot, nor in summer too cold. Immediately after you awake rub your breast where the heart lies with the palm of your hand. Avoid a stream of wind as you would an arrow. Coming out of a warm bath, or after hard labour, do not expose your body to cold. If, in the spring, there should be two or three warm days, do not be in haste to put off your winter clothes. It is unwholesome to fan yourself during perspiration. Wash your mouth with water or tea, lukewarm, before you go to rest, and rub the soles of your feet warm. When you lie down banish all thought.

EXERCISE AND REST.

THOSE who do not take a sufficient quantity of exercise, soon suffer from a number of disorders; *e.g.* want of appetite, want of sleep, flatulence, &c., obstructions, relaxations of the bowels, and all the diversified symptoms of nervous complaints. Men of letters suffer much, and, from neglecting to take exercise, are often the most unhealthy of human beings; even that temperance by which many of them are distinguished, is no effectual remedy against the mischief of a sedentary life, which can only be counteracted by a proper quantity of exercise and air.

The advantages to be derived from exercise, are, increase of bodily strength, free circulation of the blood and other fluids, a due performance of the necessary secretions and excretions, the whole mass of blood is cleared and refined, so that stagnation does not take place even in the minutest vessels; and, if any obstruction be beginning to take place, it will be effectually relieved by it.

To those, however, unaccustomed to it, violent exercise is particularly hurtful; more so when excesses in eating and drinking have been committed. Those, also, whose bodies have not been sufficiently nourished by food and drink, may do themselves harm by using too much exercise.

MANNER OF TAKING EXERCISE.

Three principal points in the manner of taking exercise are necessary to be attended to, *viz.* 1.—The kind of exercise; 2.—The proper time of exercise; 3.—The duration of it.

With respect to the kinds of exercise, the various species of it may be divided into active and passive. Among the first, which admit of being considerably diversified, may be enumerated walking, running, leaping, swimming, riding, fencing, the military exercise, different sorts of athletic games, &c. Among the latter, or passive kinds of exercises, may be comprised riding in a carriage, sailing, friction, swinging, &c. The first, or active exercises, are more beneficial to youth, to the middle-aged, and to the robust in general. The second, or passive kinds of exercise, on the contrary, are better calculated for children; old, dry, and emaciated persons of a delicate and debilitated constitution; and particularly to the asthmatic and consumptive.

With regard to the time at which exercise is most proper, it, in fact, depends on such a variety of concurrent circumstances, that it does not admit of being regulated by any general rules.

With respect to the duration of exercise, there are other particulars, relative to a greater or less degree of fatigue attending the different species, and utility of it in certain states of mind and body. That exercise is to be preferred which, with a view to brace and strengthen the body, we are accustomed to, as any unusual one may be attended with a contrary effect. To the delicate and invalid, carriage exercise is preferable; horse exercise to the more hardy; but foot exercise is most convenient, for many reasons. For small is the proportion of mankind who can afford to use either a carriage or a horse. Exercise should always be begun and finished gradually, never abruptly. Exercise in the open air has many advantages over that used within doors. To continue exercise until a profuse perspiration, or a great degree of weariness takes place, is far from being wholesome. In the forenoon, when the stomach is not too much distended, muscular motion is both agreeable and healthful; it strengthens digestion, and heats the body less than with a full stomach; and a good appetite after it is a proof that it has not been carried to excess. But, at the same time, it should be understood, that it is not advisable to take violent exercise immediately before a meal, as digestion might thereby be retarded. Neither should we sit down to a substantial dinner or supper immediately on returning from a fatiguing walk, at a time when the blood is heated, and the body in a state of perspiration from previous exertion, as the worst consequences may arise, especially where cooling dishes, salad, or a glass of cool drink is begun with. Exercise is always hurtful after meals, from its impeding digestion, by

propelling those fluids too much towards the surface of the body which are designed for the solution of the food in the stomach.

A RECIPE TO ESTABLISH TRUE FRIENDSHIP.

IN Pliny's Natural History there is a curious recipe for making the Roman friendship—a cordial that was universally esteemed in those days, and very few families of any credit were without it. In the same place, he says, they were indebted to the Greeks for this recipe, who had it in the greatest perfection.

The old Roman friendship was a composition of several ingredients, of which the principal was *union of hearts*, a fine flower that grew in several parts of the empire; *sincerity, frankness, disinterestedness, pity, and tenderness*, of each an equal quantity;—these were all blended together with two rich oils, which were called *perpetual kind wishes* and *serenity of temper*; and the whole was strongly perfumed with *the desire of pleasing*, which gave it a most grateful smell, and was a sure restorative in all sorts of vapours. This cordial, thus prepared, was of so durable a nature, that no length of time could waste it; and, what is very remarkable, says our author, it increases in weight and value the longer you kept it.

This fine recipe has been most grossly adulterated by the moderns; some of the ingredients, indeed, are not to be found, but what they impose on you as friendship is as follows:—

Outward professions, a common weed that grows every where, instead of the flower of union; *the desire of being pleased*, a large quantity; of *self-interest, convenience, and reservedness*, many handfuls; and a *little pity and tenderness*. But some pretend to make up without these two last; and the common oil of *inconstancy*, which, like our linseed-oil, is cold-drawn every hour, serves to mix them together. Most of these ingredients being of a perishable nature, the composition will not keep, and shows itself to be counterfeit, by continually diminishing in weight and value.

HEALTH, LONGEVITY, AND DEATH.

"IF," observes the author of the 'Code of Health and Longevity,' "men lived uniformly in a healthy climate, were possessed of strong and vigorous frames, were descended from healthy parents, were educated in a hardy and active manner, were possessed of excellent natural dispositions, were placed in comfortable situations in life, were engaged only in healthy occupations, were happily connected in marriage, and kept their passions in due subjection, there would be little occasion for medical rules." All this is very excellent and desirable, but, unfortunately for mankind, unattainable. Man must be something more than man to be able to connect the different links of this harmonious chain—to consolidate this *summum bonum* of earthly felicity in one uninterrupted whole. For, independent of all regularity or irregularity of diet, passions, circumstances, contingencies, connexions, &c., thousands are visited by diseases and precipitated into the grave, independent of accident, to whom no particular vice could attach, and with whom the appetite never overstepped the boundaries of temperance.

Children, whose constitutions cannot be, and women, whose constitutions seldom are, injured by intemperance, are the frequent prey of death. Why these things are, God only knows. We cannot ac-

count for length or shortness of life. Temperance ought to be practised as a duty, and as one on which a healthful existence depends; still temperance is no defence against death. We frequently see the healthiest and strongest men cut off by a few days' illness; while, on the other hand, it is wonderful what length and severity of disease the feeble and the valetudinary will survive.

The advantages to be derived from a regular mode of living, with a view to the preservation of health and life, are nowhere better exemplified than in the precepts and practice of Plutarch, whose rules for this purpose are excellent; and, by observing them himself, he maintained his bodily strength and mental faculties unimpaired to a very advanced age. Galen is a still stronger proof of the advantages to be derived by a regular plan, by means of which he reached the great age of one hundred and forty years without having ever experienced disease. His advice to the readers of his Treatise on Health is as follows: "I beseech all persons who shall read this work not to degrade themselves to a level with the brutes, or the rabble, by gratifying their sloth, or by eating and drinking promiscuously whatever pleases their palates, or by indulging their appetites of every kind. But, whether they understand physic or not, let them consult their reason, and observe what agrees and what does not agree with them, that, like wise men, they may adhere to the use of such things as conduce to their health, and forbear every thing which, by their own experience, they find to do them hurt; and let them be assured that, by a diligent observation and practice of this rule, they may enjoy a good share of health, and seldom stand in need of physic or physician."

We will conclude this article with Shakspeare's description of a healthy old man:—

"Though I look old, yet I am strong and lusty,
For in my youth I never did apply
Hot and rebellious liquors to my blood;
Nor did not, with unbashful forehead, woo
The means of weakness and debility;
Therefore my age is as a lusty winter,
Frosty, but kindly."

TYSON THE MISER, AND DR. RADCLIFFE.

TYSON was a man of vast wealth and estate, and said, at the time of his decease, to be worth more than 300,000*l*. It happened that this figure of a man, without any thing like a human soul, had so dealt with quacks, for cheapness sake, that he was reduced to the lowest ebb of life; his continuance in it being, in a manner, despaired of. His friends and neighbours had repeated their instances with him, to no manner of purpose, that he would look out for some able physician, for his preservation; but the cost was a greater terror than even the apprehensions of death itself. At last, the extreme near view of the next world seems to have frightened him into a resolution of using some proper means to make his abode in this as long as possible: In order to which he pitched upon Dr. Radcliffe, as the only person capable of giving him relief in this dangerous state; but the great difficulty was, how to keep the Doctor from discovering him, so as he might procure the Doctor's assistance without the usual expence. At last, he and his wife agreed to give the Doctor a visit, at his own house; and, being carried in their own coach to the Royal Exchange, they hired a hack to Bloomsbury; where, with two guineas in hand, and a very mean habit, Mr. Tyson opened his case to the Doctor, not without alleging his poverty, as a motive for having advice

upon moderate terms; but neither his sickness nor his apparel had disguised him so much as to deceive the Doctor, who had no sooner heard what he had to say, and taken his gold, but told him: "He might go home, and die and be damned, without a speedy repentance; for both death and the devil were ready for one Tyson of Hackney, who had raised an immense estate out of the spoils of the public, and the tears of orphans and widows; and would certainly be a dead man in ten days." Nor did the event falsify the prediction; for the old usurer returned to his house, quite confounded with the sentence that had been passed upon him; which, whatever might be his fate afterwards, was fulfilled, as to his death, in eight days following.

MONSTROSITY.

A WOMAN of New York was delivered of a monstrous foetus, the following description of which is given by Dr. Delafield, of that place. It was formed of two female children joined above the umbilicus, the parts below being perfectly distinct. At first view, it appeared as if there were a single head, attached to two bodies; but, on closer inspection, it was found to be made up of the greater portions of two heads, each looking forward, but in lines which, when produced, would form an acute angle. Posteriorly, two distinct occipita could be perceived, although covered by a common integument, and without any external line of separation between them; while, anteriorly, the faces were so blended as to appear like one. The two mouths were placed together, so as to form a continuous cleft; the two upper lips forming an obtuse angle, and separated by a fissure, extending downwards from the nose. From both mouths probes could be readily passed into the œsophagus, but there the instruments could be felt in contact. The nose also was made up of the larger portions of two, although there was only one complete nostril on each side. On each side of the head was an ear in the usual situation, and at the posterior part of it, at an equal distance from each of these ears, there was another imperfectly formed one, or rather parts of two. Below the neck, a back view of each foetus was that of a well-formed perfect child, each with its extremities distinct and perfect. Altogether this monster had the appearance of two children placed in contact anteriorly, but the heads turned so as to join at their sides, and all those parts blended together which were in contact.

DR. DARWIN'S ADVICE TO THE MEN OF NOTTINGHAM.

"Ye men of Nottingham, listen to me; you are ingenious and industrious mechanics. By your industry, life's comforts are procured for yourselves and families. If you lose your health, the power of being industrious will forsake you. That you know; but you may not know, that to breathe the fresh and changed air constantly, is not less necessary to preserve health, than sobriety itself. Air becomes unwholesome in a few hours, if the windows be shut. Open those of your sleeping-rooms whenever you quit them to go to your workshops. Keep the windows of your workshops open, whenever the weather is not insupportably cold. I have no interest in giving you this advice. Remember what I, your countryman, and a physician, tell you. If you would not bring infection and disease upon yourselves, and to your wives and little ones, change the air you breathe—change it many times a day, by opening your windows."

ON FEVERS.

THE principal indication with regard to the cure of infant's fevers consists in a due preparation of the acidity, by which means it may be the more effectually discharged. This is to be done by absorbents. For a child of a year or two old in a fever, or tormented with gripings in the bowels, as it frequently happens, the following medicines may be given:—Calomel, grains one and a half, antimonial powder, two grains; mix into a powder, which must be mixed in a little gruel.

If the fever runs high, and the child should be costive, about two grains of nitre and the like quantity of rhubarb may be added to the powder; and if the disorder is inflammatory, a small quantity of blood, either by leeches or the lancet, must be taken away. Or, after three or four days, about six drachms of manna and a little magnesia alba may be given.

In irregular symptoms, arising from putrid humours, two or three grains of calomel in some grateful syrup may be taken the night preceding the purge.

A CURE FOR WORMS.

THOUGH worms are generated in various parts of the body, and spare no age or sex, yet those that are bred in the stomach and intestines are most common, and are generally of the greatest consequence.

Lommius's account of them is as follows:—Some are long and round; others shorter and broad, resembling a gourd-seed; others, again, small and round, named ascarides. These are the common signs of the two former kinds: the teeth gnash in the time of sleep, and much saliva flows from the mouth, which the person is often observed to swallow, as if he were eating something; when he is awake, his nose often itches, and he is troubled with a great drought, which is not abated by drinking. Sometimes the stomach is distended with a grumbling and much griping, and is often inflated, as if the person laboured under a dropsy. The pulse is unequal, obscure, deficient, and recurrent. If a fever happens, it increases without any order or regularity, and recurs three or four times in a day and night, and that with a great coldness of the extreme parts. The long worms are less dangerous than the broad, and generally more frequent; chiefly attending children from their infancy to the age of puberty.

The cure of worms must be directed not only to such cathartic and other medicines as will kill and expel the worms themselves, but also to such as will destroy and eradicate the putrid or other matter which generates them. The following recipe will be an infallible cure:—Take for a child four years old powdered scammony, grains four, calomel, grains three; mix in a powder, which may be given in a little thick gruel every night.

Dr. Macleod's Account of a Disorder in the Pericardium or Membrane which surrounds the Heart.

THE case of *Pericarditis* occurred in a girl of fourteen: she had laboured for six months under pain referred to the region of the heart, with extreme anxiety, for which bleeding, digitalis, and the usual routine practice had been employed. The pericardium was adherent throughout to the heart, from which it could only be separated by careful dissection. Round the roots of the great vessels was an effusion, three quarters of an inch thick, transparent, of a pale straw colour, and having extremely minute blood-vessels ramifying through it in a very beautiful manner.

INDIAN REMEDIES.

THE common people in the East have several very simple remedies. For a megrim they take the powder of a dried pomegranate rind, pounded with four grains of pepper, as if it were snuff. For a common headache, they smell to a composition of sal ammoniac with lime and water, tied up in a rag. For a deafness, proceeding from cold, they let fall one drop of lemon-juice into the ear. For the tooth-ache, they apply to the tooth a sort of paste, made of the crumb of bread and the seed of stramonium, or the thorn-apple, which gives instant relief. For a colic, proceeding from wind, they give the patient four spoonfuls in which anniseed is noiled till half the water is consumed. They also pound a raw onion with some ginger, which they apply cold to that part of the stomach where they feel any pain. For a lenteria, or looseness, which discharges the food before it is altered, they roast a head of garlic in the embers, which they take going to bed, and hold it in the mouth. For stoppage of urine, a good spoonful of olive oil is taken, mixed with an equal quantity of warm water.

ANATOMY.

THE ancient anatomists must have felt a zeal for the science which makes the imagination shudder. It reached to nothing else than dissecting men alive; for this purpose the bodies of criminals were devoted. Herophilus, a Greek physician of Chalcedon, who flourished 570 years before the Christian era, is said to have been one of the first who dissected human bodies. Tertullian says he dissected them alive; but Cocchi, who published a dissertation in 1736, denies that he was guilty of this barbarity. Herophilus, by an unprecedented spirit of investigation, discovered, as some report, the lacteals, the nerves, with their various uses, the glands, the pulse, &c., and gave to the different parts of the human frame the names which they still bear.

The dissection of dead bodies was, at no very late period, looked on as a sacrilege; and the Emperor, Charles V., ordered a consultation of the theologians of Salamanca, to determine whether, in point of conscience, a body might be dissected, in order to obtain a knowledge of its structure.

In the month of January, 1474, the physicians and surgeons of Paris represented to Louis XI. that "several persons of condition were afflicted with the stone, cholic pains, and stitches in the side; that it would be proper to inspect the parts where these disorders were engendered; that the greatest light they could receive, would be from performing an operation on a living man, and therefore they begged that a franc archer, condemned to be hanged for a robbery, who was frequently afflicted with these complaints, should be delivered up to them. Their petition was granted, and the operation, the first in lithotomy ever made, was publicly performed in St. Severin's church-yard. After the operators had examined and made their experiment, the bowels were replaced in the body, which was sewed up, and so well dressed, that in a fortnight's time the man was cured and pardoned his crimes.

ANECDOTES.

An Irishman grinding an Abernethy.—Dr. Abernethy, who was annoyed by the repeated hammerings of an Irishman, who by profession was a stone-breaker, accosted him one morning rather abruptly: "What, you fellow! why don't you go somewhere

else, and not be plaguing us continually with your noise?"—"Where shall I go, your honour?" asked Pat.—"You may go to h—, if you like," said Abernethy.—"Even there I would be more in your way," replied the other; "as I'm told that place is paved with doctor's skulls."

A Woman's Secret.—Abernethy was asked if women could keep a secret. "There is one secret," said he, "and that is the only one they can keep,—their age."

Anything better than Nothing.—When Bios Robert was seized with gout, Despreaux sent a servant to inquire after his health. On returning, he acquainted him that the gout was raging with redoubled fury.—"I suppose he swears heartily, then," said Despreaux. "Alas! sir," replied the valet, "he has no other consolation, as all the physicians have abandoned him."

The Three Wise Men of Rome.—Of three ambassadors sent by the Romans to the King of Bythinia, one had the gout, the second had been trepanned, and the third was little better than a fool. On which Cato, the censor, remarked, that "this embassy had neither feet, head, nor common sense."

Dr. Mead.—This eminent physician had laid a wager that he would descend into a vault in the middle of the night, and bring from thence a skull. The person who took the wager had previously hid himself in the vault, and, as the physician seized a skull, cried, in a hollow voice, "Leave me my head!" "There it is," said the physician, throwing it down, and catching up another. "Leave me my head!" said the same voice. "Nay, nay," said the physician, "you cannot have two heads;" so brought the skull and won the wager.

RECIPES.

OINTMENT OF SPERMACELE.

This is very good for healing blisters when the dressing is wanted.

A FEVER MIXTURE.

Take of the liquor of the acetate of ammonia one ounce and a half, sweet spirits of nitre, two drachms, simple syrup, two drachms, common water, eight ounces; mix; for a mixture of which, take three table-spoonfuls twice a day.

A GOOD OINTMENT FOR SORE HEADS.

Ointment of the nitrate of silver, two drachms, simple cerate, half an ounce; mix, and apply two or three times a day.

FOR RHEUMATISM.

Wine of colchicum of seeds, two drachms, liquor of the acetate of ammonia, one ounce, sweet spirits of nitre, two drachms; mix for a mixture, and take three table-spoonfuls three times a day.

POWDER TO PRODUCE A PERSPIRATION.

Dover's powder, ten grains; mix in a little water, to be taken at bed-time.

The First Monthly Part is now ready, containing Five Numbers, embellished with splendid Engravings, and stitched in a neat Wrapper, price Sixpence. Advertisements are received for the Cover at moderate charges.

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THE PENNY LANCET,

A London Medical Magazine.

"THIS PHYSICIAN'S SKILL WAS ALMOST AS GREAT AS HIS HONESTY; HAD IT STRETCHED SO FAR, IT WOULD HAVE MADE NATURE IMMORTAL, AND DEATH SHOULD HAVE HAD PLAY, FOR LACK OF WORK."

No. 6.]

PUBLISHED EVERY WEDNESDAY.

[Nov. 7, 1832.]



AN INFANT IN THE UTERUS.

DICTIONARY OF DISEASES.

ABORTION.—A description of this disorder, though perhaps not strictly a disease, yet, as it arises from a defection (which may be termed a disease,) in the powers of production, will form the first article of our Dictionary, and our Engraving exhibits the situation and position of an infant a short time previous to the period of accouchement.

The usual term of pregnancy is forty weeks, or nine calendar months. Within this period, the fœtus, or object in the womb, may be expelled at any time. If the exclusion take place within six weeks after conception, it is termed *miscarriage*; if between six weeks and six months, it is termed *abortion*; if during any part of the last three months, before the completion of the natural term, it is denominated *premature labour*. Among some writers, however, the terms abortion and miscarriage are used synonymously; and both are made to express the exclusion of the fœtus at any time before the commencement of the seventh month. At seven months, the child will often live, although we have but few instances of such children ever exhibiting that perfection, either of form or intellect, which are to be found in those that are born at the termination of the regular period of pregnancy. In some instances, however, the infant has been born alive at four months; but has rarely continued alive, when born between five and six months.

Though pregnancy is a state which (with a few exceptions) is natural to all women, it is in general the source of many disagreeable sensations, and often the cause of diseases, which may be attended with the worst consequences, if not properly treated. At present, however, it is universally acknowledged that those women who bear children, enjoy, usually, more certain health, and are much less liable to dangerous

diseases, than those who are unmarried, or who prove barren.

Before entering upon the causes of abortion, therefore, we propose, first, to explain what occurs during pregnancy; by which means, the defects, or causes of abortion, will be more readily comprehended by our readers.

The particular manner in which pregnancy takes place has hitherto remained in obscurity, notwithstanding the laborious investigations of the most eminent philosophers of all ages.

During the first fourteen or fifteen weeks, the signs of pregnancy are very ambiguous, and cannot be depended on. The first circumstance which renders pregnancy probable, is the suppression of the periods, which is usually accompanied with fulness of the breasts, headach, flushings in the face, and heat in the palms of the hands. As, however, these sensations and the suppressions often happen from cold and other circumstances, they can never be considered as infallible signs.

Many women, soon after they are pregnant, become very much altered in their looks, and have peculiar irritable feelings, inducing a disposition of mind which renders their temper easily ruffled, and inciting an irresistible propensity or longings for things which, on other occasions, they would have been ashamed to have entertained any idea of.

In such cases, the features acquire a peculiar sharpness, the eyes appear larger, and the mouth wider than usual; and the woman has a particular appearance, which cannot be described, but with which women are generally well acquainted.

During the first four months, however, the signs of pregnancy are ambiguous; but from the commencement of the fifth month, the signs are less doubtful, and

may be more relied on. In general, about the termination of the fourth month, or a short time after, the child becomes so much enlarged, that its motions begin to be felt by the mother; and hence a sign is furnished which is called *quickening*. This sensation, however, is not always produced by the movements of the infant, it may arise from various other causes,—as wind, the swelling of the arteries, &c. and cannot be depended on, although it is by most women considered an infallible sign.

After seven months of pregnancy, however, the child possesses the powers of breathing and exercising its digestion; it may then be separated from its mother, and change its mode of existence. Childbirth, however, does not often happen at this period, but the infant remains until the full period of nine months, before it is ushered into the world.

Examples are related of children having been born after ten full months of gestation, but these cases are very doubtful—on account of the difficulty of ascertaining the precise period of conception. The legislature in France, however, has fixed the principle that childbirth may take place the two hundred and ninety-ninth day of pregnancy.

We shall resume this article in the next number; and we hope that in treating of this interesting subject, which we consider purely in a philosophical sense, that we have not used a single expression or sentiment which may call for the censure of the most fastidious. Our object is to enlighten and instruct, and we consider our present subject one eminently calculated to raise our wonder and admiration of the wisdom and simplicity of the means employed by the great First Cause to ensure the perpetuation of the human race.

HISTORY OF MEDICINE.

THERE is no species of knowledge more useful to man, in a civilised state, than the science of medicine. The human form, so admirable in its symmetrical arrangement, and the harmony of its numerous parts, is yet so susceptible of derangement from minute and almost innumerable causes, that there is, perhaps, no condition or situation in life in which an acquaintance with the practice of physic will not render its possessor serviceable to his fellow-creatures. It is on account of the benefits which the physician confers, that he is, in heathen and unenlightened countries, considered an object worthy of adoration, whilst in more civilized communities he enjoys a high rank among those distinguished for skill and learning, and readily secures to himself opulence and honours.

That an art so useful to man, and so valuable to its professors, should have been cultivated at an early age of the world, is not a matter of wonder, though, in tracing its history, we cannot but feel surprised at the slow progress it made towards that degree of perfection which, in the present age, it seems to have approached.

Medicine must have been nearly co-eval with the formation of the world; for men, from their first existence, must have had bodily sufferings, which they would endeavour to obtain some means of alleviating. The changes of the air from heat to cold, the nature and qualities of food, the accidents arising from external bodies, and the decay of animal strength and life, must have rendered diseases almost as old as mankind, and would naturally excite a desire of preservation. The presence of a disease causes pain, which would incite men to seek relief, and to apply remedies as an experiment; and thus would arise the knowledge and the practice of medicine, which, in this simple state,

has always been in use among men. The discoveries thus made were traditionally transmitted from age to age, and men were incited to increase the stock by adding the results of their own observations.

We are told by historians that, a short time after the flood, medicine was cultivated by the Assyrians, the Babylonians, the Chaldeans, and the magi, who not only undertook to remove present diseases, but to prevent future ones. The first foundations of the art, however, were doubtless laid by chance, natural instinct, and accident; these were improved by a remembrance of the success of former experiments; by writing down diseases, their remedies, and events, on columns, paintings, and the walls of the temples, and by exposing the sick in the markets and public ways, that those who passed by might inquire into the diseases, and communicate a remedy, if they were acquainted with one, or impart the knowledge of any medicine which had been applied with success in a similar case. In the porch of the temple of Jerusalem, a complete formulary of remedies was exhibited, of which Solomon is reported to have been the author.

This state of things was in time improved by appointing physicians for the cure of each particular disease—to observe its nature and symptoms, and to register an exact description of its remedy. The secret got thence into the possession of the priests, and at length was confined to particular families, descending, by way of inheritance, from father to son, and proving, no doubt, a source of wealth and honour, to those who were fortunate enough to be initiated in its mysteries.

The science of medicine, however, is so closely connected with that of anatomy, that the successful practitioners of the former could not be wholly ignorant of the latter. Indeed, the earliest inhabitants of the earth must soon have acquired some notions of the structure of their own bodies, particularly of the external parts, and of some even of the internal, such as bones, joints, and sinews, which are exposed to the examination of the senses in the living body.

The writings of the Grecians, Jews, and Phœnicians, however, do not warrant us in asserting that anatomy was particularly cultivated by any of those nations; and, indeed, the progress of anatomy must have been prevented by the very generally prevalent opinion that touching a dead body communicated a moral pollution. This feeling was carried to such a height among the Egyptians, that the individual who made the incision in the viscera, that the bowels might be removed previous to embalming, was compelled immediately to run away, followed by the imprecations and even violence of the bye-standers.

Hippocrates, who lived about four hundred years before the commencement of the Christian era, is generally supposed to have been the first who wrote upon anatomy, but his descriptions of the human body are imperfect, incorrect, sometimes extravagant, and often unintelligible. He was, however, the first who deserves the title of a true physician. He studied physic at an early age, and improved his knowledge by reading the tablets set up in the temples of the gods, where each individual had written down the diseases under which he had laboured, and the means by which he had been recovered. Skilful and diligent in his profession, he candidly confessed the means he had used to combat a distemper, and that he had only been enabled to save seventeen patients out of forty-one that were entrusted to his care. While he enjoyed the greatest popularity and honours, he employed himself diligently in observing the growth and symptoms of every dis-

order, and by his judicious observations benefited not only the age in which he lived, but posterity. His experiments and consummate observations enabled him not only to prescribe to others, but to regulate his own life, and he died at the age of ninety-nine, free from all disorders of the mind and body. He collected the result of previous ages into a body of Greek medicine, and laid the foundation for a peculiar practice in diseases, which prevailed for many centuries after his decease.

The progress of medical discovery was, in its infancy, seriously checked by the prejudices of mankind, and the professors of the art were exposed to considerable danger. In Rome, which existed for nearly 600 years without any regular physician, but relied for the cure of distempers on religious ceremonies and superstitious charms, the medical practitioner was made the subject of many rigorous enactments; and if he neglected a slave upon whom any operation had been performed, or if, by the unskilful use of the knife or a medicine, a slave died under his hands, he was considered a criminal, and liable to punishment. In Egypt, the sick were not abandoned to the arbitrary will and caprice of the physician. He was obliged to follow fixed rules, which were the observations of old and experienced physicians, and written in the sacred books. While these rules were observed, the physician was not answerable for the result; but if he departed from them, and the patient died, the physician was punished with death. These regulations, though they checked the temerity of empirical impostors, retarded improvement, and kept the art from making any advances towards perfection.

Things remained in this condition, until shortly after the foundation of the city of Alexandria, by Alexander the Great. In that place a school was established, where physic and every branch of natural knowledge were taught in perfection; and here it is said that the first human body was dissected. Previous to this period, brutes only had been anatomised; but a love of the science seems to have arisen at this time among the kings of Egypt, and every opportunity and encouragement appears to have been afforded to those who were disposed to engage in its cultivation. Indeed, Ptolemy Philadelphus, who laid the foundation of the magnificent Alexandrian Library, overcame the religious scruples which forbade the touch of the dead body, and gave up to the physicians the bodies of those who had forfeited their lives to the law. And if the testimony of several authors may be believed, it was at this period that two anatomists of the Alexandrian school, named Herophilus and Erasistratus, dissected several unfortunate criminals alive.

To be continued.

ST. VITUS'S DANCE.

THIS is a very common disease. You will almost always see cases of it in the hospital. It is an affection which occurs more frequently in females than in males, and it is a disease that occurs particularly during childhood, youth, and the early part of the adult period. The two cases which were presented last week, occurred in females, one of whom was eight years of age, and the other sixteen. The first you see, was a child, and the second but a very young woman.

Now this is a disease for the most part entirely free from danger. I never saw but one patient die of it, and that was when I was a student. She was a young woman about nineteen years of age,—a milliner by occupation. She was very plethoric, and she died of

apoplexy a night or two after she was admitted into the hospital. Occasionally you will see it united with other diseases of the nervous system, and be chronic,—last for life. When it occurs in adults, it is frequently connected with paralyzes or idiotism, and will perhaps never be cured. It is very rare for you to remove the affection, if it occurs in an adult, or if it occurs in a local form. It will sometimes take place in one arm only, or in the head or some of the muscles of the face, so that the person makes faces continually. In cases of this description I have never seen the affection cured. It then appears to arise for the most part from something in the original constitution of the body, for I have often seen it hereditary. But the cases which occur in females, particularly in childhood, and at the beginning of the adult period, may be almost every one of them cured. I do not recollect more than one case where it was not removed, and there it had existed two or three years, and become chronic before I saw it.

The disease is marked by an involuntary motion of the muscles which ought to be voluntary, so that the patient is in constant agitation. He catches up the arms continually; the head is drawn to one side and up and down; one leg is drawn after the other, and also caught up. In severe cases patients cannot swallow without great trouble. I have seen instances in the hospital where two or three individuals were obliged to hold the patient when he was fed,—obliged to catch the lucky moment, and whip the food into the mouth, then wait till he could open the mouth again, and put down another spoonful. I have seen them so bad that they could not lie on the bed, but rolled off, and required to be strapped on. I have seen the skin rubbed off the chin from the friction of the chin upon the front of the chest.

Now this disease, I have no doubt, in a great number of cases, if left alone, would at last cease without the aid of medicine, but if it be left to itself, it for the most part continues a very long time. But medicine will almost always cure it, and generally shorten its duration.

The predisposing cause of the disease is not obvious. One cannot see why one child should have it more than another—we see nothing different between the children which labour under it, and those which do not. Some are very strong, others are weak, thin, pale, and sickly-looking creatures. But this is no rule for it, and one can discover nothing in the children, for the most part, to explain why they should have it instead of their brothers and sisters. Then as to the exciting cause, that for the most part is not very obvious. I have seen several instances in which it has arisen from fright. I saw it in one instance arise from a sore which had been running in the thigh, and suddenly healed up. For the most part, however, you cannot discover any exciting cause. Neither can you discover any particular state of body connected with it.

I just now observed, that it sometimes occurs in sickly-looking children. But still it frequently takes place in strapping healthy-looking persons. Just as frequently as not, too, we can discover no other symptoms than these; no pain of the head, no drowsiness, nothing in the chest, nothing in the abdomen. They eat and drink like other people; their bowels are regular, and their stomachs are as often healthy as not. For the most part one suspects nothing to exist but the disease of the nervous system itself,—the catching of the muscles, and fatuitous look. There is often a little fatuity of look, and evident weakness of intellect; and it is very common, if the disease continue for any time, for the patient to grow thin. But that may possibly arise from the constant agitation of the body.

With regard to the two cases before us, in one of them there was nothing but this convulsive motion. The appetite was good, the bowels were regular, and there was no pain in the head. In the girl, sixteen years of age, however, there were pain of the head, and some drowsiness, but whether that was really connected with the disease or not, I cannot tell, for I removed it immediately by bleeding, though the disease remained just the same. Afterwards, too, when she was being cured, the pain in the head returned. Nothing was done for it; but yet the disease did not get at all worse.

Treatment.—The remedy in cases of this description when they have not been of long standing, and have occurred in persons of this time of life, and been generally throughout the body, has been iron. I have usually employed carbonate of iron, because children will readily take it. I always mix it in double its weight of treacle. There is no occasion to begin with a small dose, and gradually increase it. You may begin with any quantity you think proper, for the medicine is perfectly harmless, provided the bowels be kept open. When you are giving it in a large quantity, it is, of course, necessary to keep the bowels regularly open. Otherwise there will be a large quantity of carbonate of iron collected in the intestines. I have once or twice, in private practice, found such an accumulation take place; but it was through the folly of the patient in not attending to the bowels as I had directed. The girl, aged sixteen, was admitted on the 23d of August, and was bled on her admission to the hospital. Finding that she had this drowsiness and pain of the head, and that her pulse was full, I considered it right to remove it in this way. I put her on slops; gave her senna and salts every day; and ordered twelve ounces of blood to be taken from the arm. This was but prudent, on account of pain in the head. But it did no good to the complaint itself. The chorea was none the better for it. On the 28th, the headache being entirely removed, I ordered her carbonate of iron, of which she took half an ounce three times a day. This did not bring back the pain of the head; but at the end of a fortnight she complained of it again; but I disregarded it, and it ceased in two or three days.

She took no aperient medicine after she began the iron, the bowels being regularly opened by the treacle. By means of the half ounce of iron three times a day, each dose being mixed in an ounce of treacle, she grew uncommonly fat while she was here. Whether it is the carbonate of iron that fattens them, or the treacle, I cannot pretend to say; but if they are pale, they acquire a colour; if they are weak, they generally become strong; if they are plump, they generally become plumper. It is said that the negroes during the sugar season all get fat. They are allowed to eat as much sugar, and other sweet things, as they please, and it is said that towards the end of the season they are unusually fat. It may be the result of the treacle; or it may be that the remedy, by removing the disease, improves the state of the system at large; or it may be, that as the iron is a powerful tonic, patients digest better than before.—*Dr. Elliotson's Lectures.*

INFLUENCE OF THE MOON.

SOME of the learned have contended that the moon has considerable influence on diseases. Epileptical fits are said to return every new and full moon. Bartholin, in his *Anatom. Centur.* relates that an epileptic patient had apparent spots on her face, which varied both their colour and magnitude, according to the age of the moon.

Dr. Mead relates that he knew a girl which had fits constantly and regularly with the tides. She was always speechless during the whole time of flood, and recovered upon the ebb; and so unerring was she in this respect, that her father, who resided by the Thames, and obtained his living by attending the craft thereon, used to rise in the night to his employ, as soon as she came out of her fit, which ever told him correctly of the turning of the waters.

In the *Philosophical Transactions*, No. 272, there is an account of a person who had, every full moon, an eruption of blood on the right side of the nail of his thumb; at first, only three or four ounces, which afterwards increased to half a pound. And in the same work, No. 171, it is related that an innkeeper in Ireland, from the forty-third year of his life to the fifty-fifth, (when it killed him) suffered a periodical effusion of blood from the fore finger of his right hand.

The learned Kerckringius, in his *Observat. Anatom.* 92, relates that he knew a young lady whose beauty depended wholly upon the state of the moon; inasmuch, as that at full moon she was plump and very handsome, but in the decrease of the planet so wan and ill-favoured, that she was ashamed to go abroad till the return of the new moon gave fulness to her face, and attraction to her charms.

WHAT IS LIFE?

How often has this question been asked? And, alas! how far are we, even now, from being able to obtain a solution of the problem? The Preacher says, "There is no man that hath power over the spirit, to retain the spirit; and though a man live a thousand years twice told, yet hath he seen no good—Do not all go to one place?"

Who indeed, is there, that has not put to himself the question, What is life? Who would not receive a clear and just solution of the inquiry with a feeling of interest far beyond that afforded by the successful result of ordinary scientific investigation? We know the mechanism by which life acts: we *feel* its result. We see that that mechanism is so delicate, so complicated, so fragile, so easily set wrong, while our own interest is so deep that it should go well, and permanently well, that the exquisiteness of adjustment, the skill of contrivance, the completeness with which the intended result is secured, all subjects of distinct and interesting investigation, only increase the earnestness of our wish, that we could see beyond the mechanism, and understand that which it is permitted us to know only by consciousness. In this inquiry, we cannot forget that we ourselves are the subjects of the investigation, and that all we have, and are, and hope, are involved in the mystery; and the more we pursue the inquiry, the deeper we feel that there are few subjects which the human mind can study, which have a greater tendency to excite its wonder, to fill it with admiration, to penetrate it with gratitude. We do not commonly consider *how much* is given us in life: the daily enjoyment of the boon, renders us insensible of the variety and plenitude of its richness: we become more sensible of it when we contemplate the number of tissues that have been formed; the number of properties that are attached to each; the number of organs that are constituted by their aggregation and arrangement; the number of functions that are exercised by those organs; and the number of adjustments by which all are combined and harmonised, and made effectual to the production of one grand result: it is then we perceive how many things must exist, how many relations must

be established, how many actions must be performed, how many combinations of actions must be secured, before there can be sensation, and motion, and thought, and happiness.

The first thing necessary in regard to a knowledge of "what is life?" must undoubtedly be a more intimate acquaintance with the nature of life, and in particular with the vital power, the grand cause of all life.

In order, then, to determine the question what is life? and what is the vital power? we must endeavour, first, to define more accurately what is meant by life and the vital power, and also to establish their properties: next, to consult Nature respecting the duration of life in general, and that of different organised bodies in particular; to collect and compare examples; and, from the circumstances and situations in which the life of a created being has a longer or shorter duration, to draw a general conclusion in regard to the most probable causes of the shortness or long duration of existence. After these premises, a more rational and satisfactory answer may be given to the question, Whether and in what manner the life of man can be prolonged?

The vital power is, without dispute, one of the most general, the most incomprehensible, and the most powerful of all the powers of Nature. It fills and gives motion to every thing; and, in all probability, is the grand source from which all the other powers of the physical or at least the organised world proceed. It is that which produces, supports, and renews every thing; by it the creation, after so many thousands of years, revives every spring with the same freshness and beauty as when it first came from the hand of its Maker. It is inexhaustible and infinite—a real eternal emanation of the Deity. In short, it is this which, purified and exalted by a more perfect organisation, kindles up the powers of thought and of the soul; and which gives to rational beings, together with life, the sensation and enjoyment of it. For we have remarked, that the sensation of the value and felicity of life is always very nearly proportioned to the greater or less abundance of the vital power; and that, as a certain overflow of it makes a person more capable of action and exertion, and of relishing life, so nothing is so capable of producing misery and dejection so much as the want of it.

By accurate observation of its phenomena in the organised world, the following properties and laws of it may be established:

1st. The vital power is the most subtle, the most penetrating, and the most invisible agent of Nature, with which we are as yet connected. In these respects it exceeds light, electricity, and magnetism, to which, however, it seems to have the closest affinity.

2d. Though it pervades every thing, there are certain modifications of matter to which it appears to have greater relationship than to others.

3d. It can exist both in a free and a fixed state; and in this it has a great resemblance to fire and electricity. As these may reside in a body without manifesting themselves externally, until they are called forth by a suitable stimulus, the vital power, in like manner, may long reside in a fixed state, in an organised body, without indicating itself any other way than by supporting and preserving itself from dissolution. Of this we have some astonishing instances.—A grain of corn can retain life in a fixed state for years, and an egg several months: it neither evaporates nor corrupts; and the stimulus of heat alone can disengage the confined power, and call forth the expansive principle of life. Nay, the already expanding organic life

can in this manner be again checked and confined, yet exist some time in that state, and preserve the organisation entrusted to it, of which the polypes, and animal-plants in particular, afford us the most remarkable instances.

4th. The vital power is the principal support of that body in which it resides. It not only binds and keeps together the whole organisation, but it counteracts also, very strongly, the destructive influence of the other powers of Nature, so far as they depend on chemical laws, which it is able to annihilate, or at least to modify. Among these I reckon, in particular, the effects of *putrefaction*, of the *atmosphere*, and of *frost*.—No living being putrefies; a previous weakening or annihilation of the vital power is always necessary in order to render corruption possible. Even in a fixed and inactive state, it is able to keep off corruption. No egg, so long as it contains the vital power; no grain of corn, no silk-worm enclosed in its cocoon, no insect apparently dead, corrupts; and it is truly astonishing how it can preserve bodies which have such a strong tendency to putrefaction as even that of man has, for sixty, eighty, or a hundred years. By its binding property it withstands the power of the atmosphere, the second cause of destruction, which, in the end, dissolves the hardest bodies, and makes them fall to pieces.—In like manner, the dangerous excitation of the particles of fire keeps off frost. No living body freezes; that is to say, so long as its vital power is in activity, frost cannot destroy it. Amidst the ice mountains of the South and North Pole, where all Nature appears to be in a state of torpor, one sees living creatures, and even men, who are not affected by the general congelation. This property of the vital power seems not confined merely to its active, but to belong also to its fixed state. An egg, or a grain of corn, possessed of life, freezes much later than one that is dead. The bear passes the whole winter, half torpid, among the snow; the apparently dead swallow and the nymphs of insects continue under the ice without being frozen. When the frost increases so much as to weaken or oppress the vital power, it can then, only, overcome it, and penetrate a living body. This phenomenon depends in particular on that property which the vital power possesses of exciting warmth, as we shall see hereafter.

5th. A total loss of the vital power is attended with a dissolution of the organised structure of the body which it before filled. But it is a great and striking observation, that corruption itself, which seems to annihilate all life, must be the means of calling forth new life again; and that it is properly nothing else than a highly important process to disengage, in the speediest manner, the component parts, no longer susceptible of life under that form, and to make them fit for new organic combination and life. No sooner is a body thus decomposed, than its fine particles begin to be again animated in a thousand small worms, or to display their revival under the figure of beautiful grass: the most vivid flowers recommence, in this manner, the great circle of organic life; and, by a few changes, become, a year after, component parts perhaps of as perfect of a human being as that which they appeared to corrupt. Their apparent death was only a transition to new life; and the vital power leaves a body only that it may unite itself again with it in a more perfect manner.

Of the extraordinary power which heat has to nourish and awaken life, the following interesting and decisive instance deserves to be mentioned. On the 2nd of August, 1790, a carabinier, named Petit,

threw himself, entirely naked, into the Rhine, from a window of the military hospital at Strasburgh. This circumstance was observed about three o'clock in the afternoon; and the body remained above half an hour in the water before it was drawn out, to all appearance perfectly dead. It was placed in a bed thoroughly warmed, with the head raised up, the arms stretched out close to it on each side, and the legs laid together. No other process was employed than the application of warm cloths to the stomach and legs. Warm stones also, wrapped up in cloth, were placed in different parts of the bed. In the course of seven or eight minutes a small motion was observed in the eye-lids. A little while after, the under jaw, which had been fast locked to the upper one, became loose; the patient foamed at the mouth, and he was able to swallow a few spoonfuls of wine. His pulse now returned, and at the end of an hour he was able to speak.—Warmth, in cases of apparent death, acts evidently with as much power as on the first expansion of life: it nourishes the smallest sparks of the vital principle still remaining; fans them, and gradually rouses them into a flame.

OF THE WEIGHT OF THE BLOOD.

THE weight of the human blood is estimated differently by different authors, probably because it differs in different individuals, and in the same individual at different periods. Taking water as 1000, the weight of the blood may be stated to be about 1050: from this it may increase to about 1126. Haller stated its possible increase as high as 1527, but all modern inquirers are agreed in affirming that it has never been actually observed as high as 1126. The weight is considerably altered by disease; the effect of disease is almost invariably to make it lighter: in one instance on record, it was found as low as 1022. Dr. Davy states that arterial is lighter than venous blood: he estimates arterial at 1049, and venous at 1052. The more perfect the organization of the blood, or the higher the degree of vitality it possesses, the greater appears to be its weight: for, in the higher order of animals, and in man, it is heavier than in the lower, and the effect of disease, as has just been stated, is, to lessen its weight.

The total quantity of blood in the body it is difficult to ascertain: the data on which the common calculations are made are uncertain—only approximations to the truth can be obtained. Haller estimates that, in the adult man, the blood may constitute about one fifth part of the weight of the whole body. According to this calculation, a body weighing one hundred and fifty pounds would contain about thirty pounds of blood: of this it is supposed that somewhat more than three-fourths are contained in the veins, and only one-fourth in the arteries. The quantity of blood contained in young animals is proportionably greater than in the old, or the adult, because, in the former, the body is not only to be sustained but enlarged, and many of the organs to be completed. In small and weak animals there is less in proportion to their size than in the larger and more muscular; in wild animals there is more than in the tame, and in active more than in the sedentary. The quantity in different parts of the same animal is always in proportion to the importance of the organ: thus there is incomparably more in the brain and stomach than in the skin and bones.

In infancy, levity is a beauty; in manhood, a defect; in old age, a vice.

PASSAGE OF A FISH-BONE THROUGH THE PERINEUM.

I met with a very singular case yesterday, gentlemen. I was sent for to see a gentleman, who, on my arrival at his house, I found labouring under great anxiety of mind, and much constitutional disturbance. The medical gentleman who was already attending him had sent for me, and on my arrival I found a tumour in the perineum, which, to all appearance, seemed a urinary abscess about the size of an orange; yet, upon inquiry, I found the patient had never had any retention of urine, or difficulty of passing it *per urethram*, to cause a urinary tumour to form there. However, I made a puncture into it with a lancet, and let out a quantity of putrid sulphuretted hydrogen gas. I introduced my finger through the opening, and I felt another small opening above, and then another above that, plainly showing that the origin of this abscess was deeply seated, and through this second opening I felt something stuck transversely across, as though it were a pin. With some difficulty I laid hold of this with the forceps, and it proved to be a fish-bone, which, no doubt, had ulcerated through the bowels. Some fæces had passed with it, and formed this putrid collection of gas.—*Mr. Brodie's Clinical Remarks.*

LEPRA.

There was also a case of Lepra or Leprosy worthy of notice in many respects. It occurred in a young woman sixteen years of age, who had had it seven years.

Lepra is one of the scaly diseases. It is characterised by spots of inflammation on the skin, which are covered by a scale—not by a bladder of water, not by a vesicle, not by a pustule, but by scales. This is a disease that occurs particularly in young women, but why it does so, I cannot say; for the most part you cannot trace it to a particular cause. Frequently I have traced it to the drinking of cold water when the person was hot, and that is a very common source of cutaneous diseases in this country; but in ordinary cases, you can discover no reason whatever for the affection. You see many young people who have had the disease six or seven years. This girl, as I have just stated, had had it seven years. She was a large stout girl, as big as any woman of thirty. She had a strong pulse, and was hot and thirsty; and though she had had the disease seven years, she was in a decidedly active inflammatory condition, and this is worthy of remark. You see continually in rheumatism, that although the disease has lasted two or three years, yet that it is an active inflammatory complaint; and so it is in diseases of the skin.

As she was such a strapper, and as she was hot and thirsty, I had her bled to twenty ounces without any hesitation, and had her put on low diet. The blood was buffy and cupped, notwithstanding the disease was of seven years' duration. She was very costive, and therefore took half a drop of croton oil every night. Her diet was weak broth, tea, milk, and bread, and nothing else. One of the best remedies for lepra certainly is arsenic. I gave her three minims of liquor arsenicalis three times a day. It is not well in general, except in violent disease, to begin with more than two or three minims at first. In this patient the dose was increased to five minims in a day or two, and so on, to six, seven, eight, and nine minims, but I never increased it beyond that. You find it useful, when giving this medicine, to enjoin the patient not to take it till after breakfast. If you give it on an empty stomach, it is very apt to occasion sickness. While taking it,

however, she complained of the original heat and thirst which she once had; and, on account of this return of heat and thirst, I again ordered her to be bled to twenty ounces; but all this time the cure was going on. The bleeding had the effect of lessening the heat, thirst, and irritation of the skin, for in lepra there is sometimes great irritation of the surface. The disease steadily gave way, and she was presented on the 18th of October—not quite well, certainly, but it would have been absurd to keep her longer in the hospital, and she wished to go home to her mother. I do not think that the arsenic would have had this good effect, unless I had bled her. There was an inflammatory state of the system, and the only remedy for that was the adoption of antiphlogistic measures, and most probably I should not have removed this disease of seven years' standing, if I had not had recourse to them.—*Dr. Elliotson's Lectures.*

CHOLERA.

OUR readers will be grateful, we doubt not, to find that the violence of the cholera has materially abated; and we insert the following as indicating the happy result of praiseworthy vigilance.

"The Cholera at Preston."

"Although the treatment of the cholera in this town has been very unsuccessful, yet the means employed to prevent the spread of the disease have been attended with the most happy results. The disease has made its appearance in four different parts of the town at different periods, and always in districts where other infectious diseases usually prevail, yet by early interment in coffins smeared with tar and chloride of lime, fumigating the infected houses with chlorine, lime-washing the walls, scouring the apartments, and burning or washing the clothes of the deceased, the cholera has not, in a single instance, recurred in the same dwelling; and only in one district was the disease transmitted to any adjacent houses, and in that instance it was entirely subdued after four deaths had occurred. Only two cholera patients have been admitted into the hospital, and they were moribund when removed from their own dwellings, and died a short time after their removal.

"JAMES HARRISON,
Res. Surg. of the Preston Board of Health."

MAN, A CARNIVOROUS ANIMAL.

MAN is, by his frame as well as his appetite, a carnivorous animal. The instruments of digestion are so well adapted to the proper food of each animal, that, from the structure of the first, it is easy to guess at the second. Most quadrupeds that live upon herbs have incisor teeth to pluck and divide them: after they are swallowed, they are brought up again from one stomach to receive a new alteration by a second chewing; after that, the mass, so prepared, passes through four stomachs, of different figures and structure, before it comes into the intestines. This is the case of ruminating animals, except some few, as of hares, who have but one stomach; by which it appears, that Nature is at a great deal of labour to transmute vegetable into animal substances. Therefore herb-eating animals, which do not ruminate, have strong grinders, and chew much. There have been several instances of ruminating men, and that quality leaving them was a symptom of approaching sickness. Granivorous birds have the mechanism of a mill, their maw is the hopper, which

holds and softens the grain, letting it drop by degrees into the stomach, where it is ground by two strong muscles, in which action they are assisted by small stones, which they swallow for the purpose. And, because this action of grinding cannot be performed by the weaker stomachs of their young, many of them, as pigeons, half digest the aliment before they give it. Some birds, that live upon substances easily dissolvable, as worms, eggs, have the coats of the stomachs smooth as cuckoos. Birds of prey, that live upon animal substances, have membranous, not muscular stomachs.

The best instruments for dividing of herbs are incisor teeth; for cracking of hard substances, as bones and nuts, grinders or mill-teeth; for dividing of flesh, sharp-pointed or dog's teeth, which seem to be so necessary for that purpose, that an eagle has such teeth not in his bill, but two at the root of his tongue, to hold his prey, and three rows in his jaws, at the entry of his gullet. A human creature has all the three sorts of teeth: and the teeth and stomachs of some carnivorous beasts do not differ much from the human. A lion has generally fourteen in each jaw, four incisors, four canine, and six grinders, sharpish, for dividing of flesh, as well as cracking of bones. A human creature has commonly sixteen teeth in each jaw, two of them only canine. The inward coat of a lion's stomach has stronger folds than a human, but in other things not much different. The stomachs of water-fowl, that live upon fish, are as the human. Thus it seems that Nature has provided human creatures with instruments to prepare and digest almost all sorts of alimentary substances, as herbs, grain, nuts; by the structure of their parts, as well as appetites, they are plainly carnivorous.

NEW KIND OF BREAD.

It should seem that we are likely to have amongst us, in a short time, a specimen of a new kind of bread, which has lately been made at Paris, by an Italian pastry-cook. Some considerable sensation has been created in that city by the discovery, and a specimen of it has been submitted to the Academy of Medicine, who have pronounced it to be superior to all other kinds. It is denominated "*pain Griccini*," and in addition to its being highly nutritious, is said to be particularly easy of digestion. The material of its composition are at present a secret,—but Time, the discloser of all things, will no doubt soon remove the mystery.

ANECDOTES OF MEDICAL MEN.

A Visit to Abernethy.

THE following dialogue is said to have occurred between the eccentric Abernethy, and a gentleman who waited upon him at his house in Bedford Row.

G. I wish you to ascertain what is the matter with my eye—It is very painful, and I am afraid there is some great mischief going on, and—
A. Now don't bother, but sit down and I'll tell you all about it. I take it for granted that, in consulting me, you wish to know what I would do for myself, if I were in a similar predicament to yourself. Now I have no reason to suppose that you are in any particular predicament, and the terrible mischief you apprehend depends, I take it, altogether upon the stomach. Now, your stomach being out of order, it is my duty to explain to you how to put it to rights again; and, in my whimsical way, I shall give you an illustration of my position, for I like to tell people something that they will remember. The kitchen, that is your stomach, being out of order,

the garret (head) cannot be right—and e'gad every room in the house becomes affected. Repair the injury in the kitchen, remedy the evil there, and all will be right. This you must do by diet.—If you put improper food into your stomach, by Gad you play the devil with it, and with the whole machine besides.—Vegetable matter ferments and becomes gaseous, while animal substances are changed into a putrid abominable and acid stimulus. You are going to ask, what has all this to do with my eye? I'll tell you. Anatomy teaches us that the skin is a continuation of the membrane which lines the stomach. Now some people acquire preposterous noses, others blotches on the face and different parts of the body, others, inflammation of the eyes—all arising from the irritation of the stomach. Well, sir, as to the question of diet, I must refer you to my book—There are only about a dozen pages—begin at page 73, and you will find all that it is necessary for you to know. Having settled the question of diet, we now come to medicine. It is, or ought to be, the province of a medical man to soothe Nature, not to force her. Now, the only medicine I should advise you to take is a dose of slight aperient medicine, every morning, the first thing. G. But, sir, I— A-I know, I know—you say you don't want it, but I know you do, so go, go, and let's hear no more about it.

PHYSICIANS' PRESCRIPTIONS, &c.

Bilious Head Ache.

Calomel fifteen grains, antimonial powder a scruple, compound extract of colocynth, one drachm. Mix these articles and divide them into twenty pills. Two should be taken at night, with a small dose of Epsom salts next morning.

A Cure for the Heartburn.

Take magnesia alba, two drachms; compound powder of chalk with opium, one drachm; mucilage of gum arabic, two drachms; pure water, six ounces. Take two table spoonfuls.

An Active Purging Powder.

Jalap, fifteen grains; of rhubarb, ten grains; of calomel, two grains. Mix in a little treacle.

A Capital Filter for Fourpence.

Buy a common earthenware funnel, put a small piece of clean sponge at the top of the pipe inside, and over that a handful of fine gravel; then fill it up with water, and, after passing through, it will come out as clear as crystal. Thus you have quite as good a filterer for domestic purposes for four-pence, as can be purchased for as many pounds.

Strengthening Mixture.

Peruvian bark, grossly powdered, one ounce; water, a pint and a half; simmer them together a few minutes, then strain off, and add tincture of bark, two ounces; diluted nitric acid, one drachm and a half (or ninety drops.) The dose is a wine-glassful three times a day.

Remedy for the Ring-worm.

Fine starch reduced to powder, and kept constantly applied on and around the parts affected with the ring-worm, will soon cure that teasing and infectious cuticular distemper.

On the head the ring-worm sometimes comes to running sores, which must once or twice a day be washed with soap and water, and dressed with basilicon ointment, keeping the rest of the head dry and constantly covered with powdered starch. The body must be kept gently open with sulphur and cream of tartar.

A Mild Laxative Draught.

One drachm of tincture of senna, one drachm of tincture of rhubarb, in one ounce of water.

Tooth Paste.

One large or two small cuttle fish; one ounce of bole armenic; half an ounce of burnt alum; half an ounce of Peruvian bark; a quarter of an ounce of cinnamon, all finely powdered and sifted through muslin; then mixed with as much honey as will make it into a soft paste.

Tooth Powder.

To one ounce of fine powder of bark, and one ounce of gum myrrh, add three fourths of an ounce of bole armenic; mix these ingredients well together, and they will produce an excellent tooth powder.

Chapped Hands.

Every time after washing drop on them a little honey, and rub them together till the stickiness is entirely removed. The same may be applied to sore lips.

Lip Salve.

Take an ounce of white wax and ox marrow, three ounces of white pomatum, and melt all in a bath heat; add a drachm of alkanet, and stir it till it acquires a reddish colour.

Inflammation of the Edges of the Eyelids.

Take of prepared calomel half a drachm, spermaceti ointment half an ounce. Mix them and introduce into each corner of the eyes about the size of a small pea; and apply along the course of the eyelashes every night at bed-time, a piece about the size of a large pea.

The following ointment was a favourite remedy for this complaint with the late celebrated oculist, Mr. Ware.

Take of red precipitate of mercury finely powdered fifteen grains, spermaceti ointment six drachms. Mix.

During the use of either of these ointments, the eyes should be washed two or three times a day with the astringent eyewater, and attention should be paid to the state of the bowels and general health. A mild aperient pill should be taken occasionally.

TO CORRESPONDENTS.

We have received from *Medicus* the copy of a Poem by an eminent Physician, and shall notice it.

G. R. Fifteen drops of the liquor of potass twice a day.

O. R. Take a decoction of Iceland moss, and occasionally a small dose of castor oil. Diet must also be strictly attended to.

Q. S. will obtain relief by taking occasionally one drachm of tincture of senna, and one drachm of tincture of rhubarb, in a wine-glass of pure spring water.

F. A. Previous to going to rest, bathe the parts affected with hot salt and water. The water must be saturated with the salt, so that a sediment appears at the bottom.

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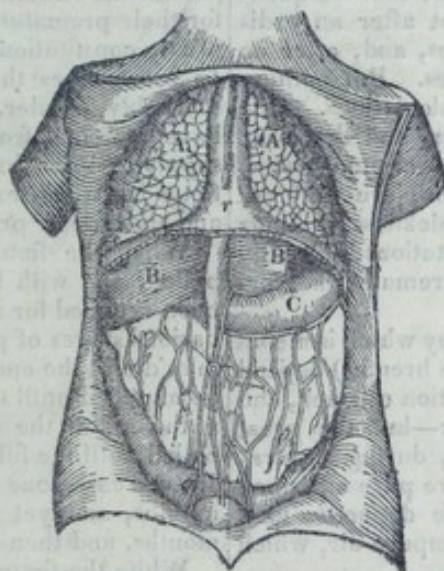
THE PENNY LANCET; OR, BRITISH FAMILY PHYSICIAN.

"A SOV'REIGN BALM FOR EV'RY WOUND,
A SALVE FOR EV'RY SORE."

No. 7.]

PUBLISHED EVERY WEDNESDAY.

[Nov. 14, 1832.]



A. A. THE LUNGS.
B. B. THE LIVER.
C. THE STOMACH.

THE LUNGS.

OUR Engraving represents three of the most important organs of the animal economy, viz. the lungs, the liver, and the stomach.

The lungs (marked A A) are two soft spongy bodies which occupy a considerable part of the chest, and are separated from each other by the heart and a strong membranous partition, marked *r.* The lungs are entirely made up of air-cells, blood-vessels, and cellular tissue. In shape, they resemble the foot of an ox, with the back part turned forwards. Their colour in children, is reddish, or like a pink; in adults, it is light blue, or grey; and in old age, they are of a livid or purple hue, occasionally tinged with black spots.

The cells of the lungs are irregular in their shape, but compressed and closely connected; and have a free communication with each other. These cells, it is said, do not enlarge and contract with the inspiration and expiration of the air, but are perfectly passive during the operations. In the infant in the womb these cells are in a collapsed state and empty; as soon, however, as respiration commences, they become distended, and continue so during life. But as soon as the thorax or chest is opened in dissection, the lungs fall down from the sides of the chest, and then a large empty space is seen between it and the ribs.

The lungs are subdivided into lobes; the right lung contains three, and the left two. Their substance is composed of a congeries of minute membranous cells, about equal in size to a pin's head, and as these are more or less filled with air, they give the lungs a

peculiar spongy feel. These cells communicate with the ultimate ramifications of the air vessels, called bronchi, and receive air from that source. The pulmonary vessels ramify minutely in them, and thereby expose the blood to the effects of the contained air; and in this exposure the object of respiration is effected.

The lungs are joined to the neck by the trachea, to the spine by two small layers or ligaments, and to the heart by the pulmonary vessels. The remainder of the lungs is always free and unconnected, except in cases of inflammation, when they sometimes adhere.

The number of air-cells in the lungs has been estimated by Keil to be 174,418,615; and Hales, supposing the size of each air-cell to be one-hundredth part of an inch in diameter, reckons that the amount of surface furnished by them collectively, is about 20,000 square inches. It is upon these cells that a most important change takes place; for here the chyle produced by digestion is converted into blood. This operation is effected by the action of a part of the atmospheric air, drawn in through the mouth; and as it was necessary that a great quantity should be thus converted in a short time, this is effected by the admirable arrangement displayed in the lungs; and a stratum of blood, several hundred feet in surface, is exposed to a stratum of air still more extensive. These two strata of fluids (air and blood) are comprehended within an organ which may be compressed within the compass of a few inches; and as much blood passes through the lungs as through all the rest of the body.

Of the quantity of air taken into these cells no certain estimate can be made, since it must differ in different individuals—and must depend, in some degree, upon the healthy state of the organ.

An ordinary man, in a state of health, takes into his lungs, at an ordinary inspiration, about 40 cubic inches of air, all of which he afterwards expels by an ordinary expiration. Menzies has proved, that after an ordinary expiration, the lungs can be made to expel, by an increased effort, 70 cubic inches more; and Goodwyn has calculated that 109 cubic inches still continue in these organs, after they have performed the very fullest expiration. So that the quantity of air contained within the chest after an ordinary expiration is 179 cubic inches, and, after an ordinary inspiration, 219 cubic inches. But nothing can be more variable than such calculations. One man requires more air than another, and the same man will consume, under dissimilar circumstances, different quantities. As long as there are different pulmonary conditions in health and sickness, in lungs differently proportioned, and in constitutions differently formed, the precise amount must remain undetermined.

Upon inspiration and expiration (by which is meant the drawing in and casting out of the breath,) depend the formation of the voice, the sensation of smell, and all the other functions of the body:—but the great and principal office of the lungs is, during inspiration, to receive from the atmosphere pure air, upon which the principle of heat and life depends; and, during expiration, to carry off an impure air, which is noxious to life.

By experiments it is proved that the blood which passes into the lungs of a dark red or purple colour, is charged with carbon and hydrogen; and while circulating upon the bronchial cells, the oxygen contained in the common air which has been inspired, unites with the carbon and hydrogen, and forms fixed air and a watery halitus, which are cast out by expiration. Another part of the oxygen is imbibed by the blood, which returns from the lungs of a red colour and full of heat, which is diffused over the whole body; and the blood thus changed stimulates the arteries and promotes the different secretions.

The importance of a healthy state of the lungs must be therefore apparent to our readers, since respiration, which is effected by this organ, is one of the most necessary and vital operations; the means by which restoration is effected, and by which the blood is freed from a multitude of corrupted particles. The lungs are liable to frequent derangement and disorder, and the climate of England is considered as producing disease in this organ; we shall therefore devote more than usual attention to this subject; in order to enable our readers to alleviate the miseries attendant on affected lungs, and particularly to what is most frequent amongst us, viz. inflammation and obstruction of the lungs; since the latter disorder is not only the precursor of many others, but is the last fatal symptom of every disease. "For nobody," says Arbuthnot, "dies without a stagnation of the blood in the lungs; as long as it circulates through the lungs, it will circulate through the rest of the body. The total extinction of breath is caused by the stagnation of blood in the lungs."

A merry heart doeth good, like a medicine; but a broken spirit drieth the bones.

DICTIONARY OF DISEASES.

ABORTION (*continued*).—This event most frequently occurs to women who are exposed to much mental anxiety or bodily labour, and to those who are either plethoric, irritable, or nervous.

The most frequent cause of abortion, however, is in the product of conception itself, which is liable to disease; and when diseased, and deprived of life, is cast out from the uterus like a foreign body—in the same way as withered fruit is separated from the branch of the tree on which it has been produced. Examination of a number of abortive productions has proved the existence of sufficient disease to account for their premature appearance, wholly independent of any constitutional or local affection of the mother. In some cases the umbilical cord has been so remarkably slender, that the fœtus has appeared to have perished from not having received a sufficient supply of nourishment. As soon as the life of the fœtus is extinct, expulsive efforts are instantly made, and abortion or premature production ensues.

When the fœtus is dead, it is often quickly expelled, and with little pain, but in some cases it has been retained for some time, and passed through the various stages of putrefaction and decomposition. It may die at the end of the third month, and yet not be expelled until the fifth month; and it may perish at the end of the seventh month, and yet not be expelled until the full period of pregnancy is completed. In twin cases, one of the children may die in the latter months, and yet be retained until the end of nine months, and then expelled with the living child.

While the fœtus is in a healthy state, it tenaciously retains its position; but when diseased, a trivial mental affection, or a slight shock, is sufficient to cause it to be expelled. Women have suffered various injuries, and have even had the bones of the extremities broken, without causing abortion. Mauriceau relates that a woman escaped from the third floor of a house while on fire, and though in her fall to the ground she fractured her arm, yet abortion did not follow.

Undue determination of blood to the uterine organs, occasioned by luxurious living, violent exercise, dancing, the use of the warm bath, violent passions of the mind, the use of improper medicines, are all likely to produce abortion.

The symptoms of abortion differ according to the cause which produces it. It is generally preceded by unusual depression of strength and spirits, faintness, palpitation, flaccidity of the breasts, and a disordered state of the stomach and bowels.

When abortion is caused by defect in the woman, care must be taken to produce a complete separation of the fœtus, and to moderate the hemorrhage which may accompany it. In cases where abortion is threatened from congestion of blood, the greatest tranquillity of mind, and absolute rest, in the horizontal posture, should be enjoined. If the woman is of plethoric habit, and the pulse accelerated, blood may be taken from the arm. Cold applications should be applied over the pubis, and a dose of laudanum may be given. The super-acetate of lead is a valuable remedy. Two grains, combined with a quarter of a grain of opium, may be taken every three hours, until the effusion of blood begins to abate.

As abortion is occasioned by the premature contraction of the uterine fibres, we may, in cases where it is likely to arise from plethora and irritation alone, hope to prevent it, by rest, mild diet, and the

use of anodynes; and when it is caused by debility, the patient will be relieved by the cold bath, and proper diet and exercise. Late hours and warm rooms, however, must be avoided.

The practice of inducing abortion has long prevailed, notwithstanding the endeavours of legislators to prevent it. The crime, however, in our days, is not so frequent, and may, perhaps, be attributed to an Act passed in 1803, by which it is ordained, "That if any person shall wilfully administer, or cause to be administered, any medicine, drug, or other substance or thing whatever, or use, or cause to be used or employed, any instrument, &c. with intent to procure miscarriage, &c., then, and in every such case, the person so offending, and their counsellors, aiders, and abettors, shall be and are declared guilty of felony, and shall be liable to be fined, imprisoned, set in upon the pillory, publicly or privately whipped, or transported beyond the sea, for any term not exceeding fourteen years."

Of the plan to be pursued during pregnancy, and the method to be adopted to prevent abortion, we shall treat more fully under the article *GESTATION*.

ABSCESS.—This word implies a collection of pus or matter in various parts of the body. Abscesses are of two kinds, internal and external. Internal abscesses may be formed in the brain, in the cavity of the thorax and abdomen, in the muscular tissue of the heart, in the parenchyma of the lungs, liver, and spleen, in the substance of the uterus, in the ovaria, in the external cellular membrane, and in the joints. But although every part of the structure of the human body, except the outer skin, the nails, and the hair, is liable to inflammation, yet abscess occurs only in those organs of which cellular membrane forms a part.

The brain is frequently the seat of an abscess. In the primary stage of abscess of the brain, small portions of matter are seen scattered over a part of the nervous system, which is also injected and softened. The number of these drops gradually increase, enlarge, and run into one another; the solid parts between them grow softer and softer, and at last appear dissolved, leaving only a few fragments of filaments behind. A cavity is thus formed, the boundary of which soon becomes distinctly marked. In cases where the abscess is situated near the internal ear, the bony structure of this organ has been destroyed by the action of the matter, and the contents of the abscess in the brain have been discharged through the ear. When the disease commences in the ear, it occasionally spreads to the membranes and substance of the brain.

The formation of an abscess in the brain is preceded by inflammation of its membranes or substance; but after matter is deposited or formed, the inflammation subsides, the symptoms diminish, and the functions of the brain are restored, notwithstanding the presence of such a foreign body as an abscess. The disease may then lie dormant for a period, but when inflammation of the brain again arises, the result generally proves fatal.

Although the tongue is liable to inflammation, which always precedes the formation of an abscess, yet we have no instance on record of an abscess having been formed on that organ. Abscesses in the throat, however, are not uncommon, and in these cases the utmost promptitude is necessary. They are formed during fever; and the acute eruptive disorders of

children, and give rise to all the symptoms of croup. When the existence of an abscess in the throat is suspected, the finger should be forced down the passage, and the tumour opened, if necessary, as it is likely to produce death by pressure on the glottis.

Abscess of the lungs is rarely met with, although the formation of tubercles in that organ is common. These bodies, which are somewhat hard in substance, vary in size and colour; occasionally are numerous, but sometimes only one tubercle has been found. In the first state they are productive of little inconvenience, and persons, with tubercles in the lungs, often enjoy uninterrupted health for years. They occasionally form cavities varying in number and in size; sometimes they will contain a filbert, and at others they will occupy a considerable portion of the lungs.

Abscess of the heart also is seldom found, although we have instances of its occurrence.

Abscess of the liver is frequent in warm countries; and they vary in extent, being sometimes small, and at others contain not less than three or four pounds of purulent matter.

Abscess of the spleen is also frequent, and they often attain an extraordinary size. In a case recorded in the memoirs of the Academy of Sciences, an abscess of the spleen contained thirty pounds of purulent matter.

Inflammation of the kidney is frequently succeeded by abscess, but they are generally small in size.

Abscesses also occasionally form in the uterus, but they vary much in size; we have, however, an instance in which an ovarian abscess was of the size of an orange. They sometimes obtain an enormous size; and the North American Medical and Physical Journal relates a case of a woman, who had an abdominal tumour which was supposed to be ovarian dropsy, but after death it was found to be a tumour containing twenty pints of purulent matter.

HISTORY OF MEDICINE AND ANATOMY.

Continued from page 43.

ALTHOUGH Rome produced admirable orators, poets, philosophers, and historians, yet to the eternal disgrace of their empire it must be allowed that their history is hardly embellished with the name of a single Roman who was great in science or art, in painting or sculpture, in physic, or in any branch of natural knowledge. Pliny and Celsus were mere compilers from the Greeks. We may account for this apparent neglect among the Romans, from some of their religious tenets, as well as from the notion already mentioned, of pollution being communicated by touching a dead body. It was believed that the souls of the unburied were not admitted into the abodes of the dead; or, at least, that they wandered for a hundred years along the river Styx, before they were allowed to cross it. Whosoever saw a dead body was obliged to throw some earth upon it, and if he neglected to do so, he was obliged to expiate his crime by sacrificing to Ceres. The Pontifex Maximus might not touch a dead body, nor even look at it; and the flamen of Jupiter might not even go where there was a grave. Persons who had attended a funeral were purified by the sprinkling of water from the hands of the priest, and the house was purified in the same manner. If any one, says Euripides, in

Iphigenia, pollutes his hands by a murder, by touching a corpse, or a woman who has lain in, the altars of God are interdicted to him.

From the time of Herophilus and Erasistratus, who made great advances in the knowledge of the structure of the human body, we have no record of any physician or anatomist, until the age of Galen, who was born about the 130th year of the christian era.

To all the knowledge which could be derived from the writings of Hippocrates, and the philosophical schools of the time, Galen added the results of his own labour and observation. It is, however, generally considered that the subjects of his anatomical labours were chiefly brutes; and it is manifest, from several passages in his works, that his descriptions are drawn from monkeys. Indeed, he never expressly states that he has dissected the human subject, although he says he has seen human skeletons. And he is reported to have taken a voyage into Egypt, for the purpose of inspecting a skeleton of brass which was said to be in that country.

He compiled a voluminous system of medicine, and placed anatomical science on a respectable footing. Many of the cures performed by Galen are reported to have been so astonishing, as to have been attributed by his countrymen to the powers of magic and enchantment. He is reported to have written no less than three hundred volumes, though he himself confesses that he was greatly indebted to the writings of Hippocrates, for his medical knowledge. He established a system of medical practice, which was long prevalent; and, indeed, for about ten centuries he was the arbiter of medicine, and the only source of anatomical knowledge.

Medicine and anatomy experienced the fate of learning in general, on the decline of the Roman empire. The inundation of the Goths into Italy, extinguished, with the Roman empire, its laws, manners, and learning, and plunged the world into the depths of ignorance and superstition. The succeeding ten ages, which have been denominated the dark ages of the world, present a melancholy picture of a barren and dreary waste, unenlivened by a single trace of cultivation.

The followers of the Arabian prophet dissipated the little remains of learning that were left in Asia and Egypt. A contempt of all human knowledge, and the religious obligation of extending the Mahometan faith by means of the sword, made these ignorant barbarians the most dangerous and destructive foes to science and the arts. The city of Alexandria, the school of which had been the resort of the learned for centuries, was taken in the year 640 by Amrou, the general of the Caliph Omar; when the celebrated library, which was said to consist of upwards of 600,000 volumes, was burned, with the exception of those books which related to medicine, which the love of life induced the Arabians to spare.

When the Saracens were established in their new conquests, they began to discern the utility of learning the arts and sciences, and particularly in physic. Mahomet had made it death for any Mussulman to learn the liberal arts: this prohibition was gradually neglected, and many of the caliphs distinguished themselves by their love of letters, and the munificent institutions which they founded for the propagation of learning. The Greek authors were collected, translated, and commented on; but there was no improvement or extension of science. In anatomy the Ara-

bians went no further than Galen, the perusal of whose works supplied the place of dissection. They were prevented from touching the dead by their tenets respecting uncleanness and pollution, which they had derived from the Jews.

We must not, however, in this brief sketch omit to notice, that to the Arabians, (who, as we have seen, derived their physical knowledge from the books they preserved, when they destroyed the other literary productions of the Grecians at Alexandria) we are indebted for some of the most important improvements in the art of medicine. They introduced into Europe several new drugs from the east, particularly the mild medicines, or lenitives; the gentler purgatives, as manna, senna, rhubarb, &c. were first used by them; they were acquainted with the distemper called the measles, and one of their physicians, named Rhazes, is the first who describes the small pox. Indeed, at the period when the study of medicine was principally confined to Arabia, the attention of its professors was much directed to the discovery of new medicines, stimulated by the belief, which at that time was strongly maintained, that it was possible to form a medicine compound of sufficient efficacy to render the body invulnerable against disease, and prevent death. The zeal with which they laboured to obtain this secret, led to many discoveries in medicine and chemistry, and awakened a spirit of research and investigation, which was productive of considerable benefit. And perhaps, we shall not err in affirming that the revival of the practice of physic in Europe was owing to the Arabian doctors and philosophers, whose love of learning induced them to found several schools in Spain and Italy.

To be continued.

TEMPERANCE.

DR. CHEYNE wrote in praise of it, and a vegetable diet—Mead laughed at him, but he lived to a good old age, and recovered his constitution by the observance of that conduct he recommended to others. It has been observed that all other animals besides men are contented with one species of food—flesh, fish, fowls, or vegetables, and never encroach on that of a different species. The lion, though invested with sovereign power, and living in regal style, is content with the leg of a calf, or the haunch of a stag, never thinks of a second course, or of a dessert, or even of a sauce, cauliflower, or carrot, pickled cucumber, or the like.

The eagle also, king of the birds, feasts himself and the royal family, the young princes and the infants, on a brace of pheasants, a turkey, or a dozen pigeons, but would not debase himself by stooping to a nest of larks or robin redbreasts, for a second course.

But Man, as lord of the creation, by his prerogative falls foul on whatever comes in his way, and ransacks the universe to gratify his voracious appetite: the fowls of the air, the fishes of the sea, the beasts of the forest, with vegetables of every genus and every species; not only the herbs which were intended for the use of man, but roots which seem reserved for the food and the snouts of hogs; nay, even the excrescences of nature, mushrooms and truffles, indigestible substances, which, if they were ever intended to be eaten, it must probably have been by the inhabitants of the infernal regions. If *temperance*, however, regulated our use of those various articles

of food with which Providence indulges us; if we killed the animals without cruelty, and cooked them with plainness and simplicity, they might be what Providence intended them, instead of what we often make them—a blessing, and not a curse. But when we torture them in taking away their lives, as we often do, and scarify, carbonate, and be-devil their flesh, not only with pepper and salt, as we do the gizzard of a turkey, but adding a little nutmeg, a little cinnamon, a blade of mace, with chalcots and onions, &c. and eat it with oil, vinegar, and mustard; such an heterogeneous mixture, instead of producing a lacteous chyle, flowing through the alimentary canal, like the gentle stream of Arno, must become a caustic fluid, rushing like the fiery torrent of Vesuvius, harrowing up and tearing the vessels: or at least generate fever, calentures, and every disease incident to the human body.

To give a zest to food, it is by some deemed necessary to have a band of music playing whilst they eat—but the excitement of one sense, always produces a proportionate collapse in another—Some prefer silence, and a passionate Frenchman during dinner exclaimed to a neighbour, who was profuse in his words, “Silence, I beg, sir,” said he, “I cannot taste my dinner.” Vitellius consumed in mere eating six millions of our money in seven months.

THE TEETH.

THERE is perhaps, no part of the body which suffers so much from neglect, as the teeth. Persons engaged in the active pursuits of life think but little about their teeth, until they become the source of extreme pain and suffering. Good teeth, however, are extremely necessary to good digestion, and may therefore be considered among the essential properties requisite to ensure long life.

The importance of preserving the teeth will be readily admitted when we consider how much they are employed in preparing that nourishment which supports the body. They were compared by Dr. Paley to a cyder-mill; but they accomplish more than this instrument effects, for they not only *divide* and *grind* the substances submitted to their action; but, whilst doing this, they superadd a most important secretion which this action produces in the mouth, and moistens the food, which would not be in a fit state for digestion, if suffered to pass into the stomach without this secretion.

Attention to the preservation of the teeth cannot be commenced too early. Children should be taught to make it a part of their daily ablutions, and those who have grown up in the neglect of it, should immediately resolve no longer to delay attending to it.

Now as nothing is more easy than to contract a habit of neglecting the teeth, (which is often done almost unconsciously,) so nothing is more easy than to overcome such a habit. A simple rule laid down and adhered to, of attending to them every day for a fortnight, would in most cases prove sufficient, and when once they have been restored to a healthy and proper state, the comfort such a practice would afford, would in most cases effectually prevent its being on any after occasion omitted.

Many persons who have not been in the habit of attending to their Teeth, and who have been long accustomed to see them discoloured, are apt to imagine they have become injured beyond recovery; this

is an erroneous idea. It is not the *surface* of their teeth which they have been accustomed to see, but a concretion which is constantly forming, and which, from its having been suffered to accumulate, has to a great degree *concealed* the teeth; when this is once removed, which may be easily done by a process called “*scaling*,” the teeth will immediately be seen in a greatly improved state, and of their natural color.

Those who have contracted a habit of neglecting their teeth, and who appear as if they considered the state of their teeth as not in any manner affecting their health or personal appearance, should reflect, that there is no greater personal recommendation than clean teeth, and scarcely an occasion of more universal and involuntary aversion than the contrary.

Whenever the concretion alluded to, has been suffered to accumulate, and it will generally occur where the regular cleaning of the teeth has been omitted, scaling the teeth must be resorted to; it is almost vain to expect that, without this, any cleaning can bring back the teeth to a proper state. Care, however, must be taken that, in this operation, the enamel of the teeth is not injured.

Wherever it can be practised, it is always desirable to wash the teeth after taking food; but as this cannot always be done, it should never be omitted every morning, and if repeated at night would be attended with advantage. By establishing such a practice, *which should on no account be departed from*, and by freeing the teeth from any salivary deposit that may occur, the teeth may be preserved even to an advanced age.

It is by no means uncommon for persons to be prevailed upon to have their teeth extracted, even when only slightly decayed, from the fear of their occasioning the decay of others. This is a very mischievous practice, and is entirely founded in error. As long as a tooth can be retained and rendered serviceable, it ought on no account to be removed, since on no principle of observation or argument can it be shown that hollowness or disease can be propagated from one tooth to another.

Many valuable directions for making tooth powder will be found among our Receipts, &c. any one of which will effectually cleanse the teeth from impurities; and we earnestly recommend all those who value their health and comfort, immediately to establish a regular habit of cleaning them, which may be readily effected in the following manner.

Let a *soft* brush be applied regularly every morning to the teeth, brushing them upward and downward, instead of across, (as is most usually practised) and using a little tooth-powder, or lotion made of the proper ingredients.

A great deal depends on good teeth; and, therefore, we can with propriety reckon preservation of the teeth among those means that tend to prolong life. By the following rules, if observed from infancy, the teeth may be preserved fast and sound to a great age.

One must always join with the flesh used for food a sufficient quantity of vegetables and bread; for flesh adheres more readily between the teeth, and tends to rot and destroy them. It will be found, therefore, that those who use little or no flesh, boors and country people, have always the best teeth, though they never clean them. But no tooth-powder can be more efficacious than a piece of dry burnt bread; and it is a custom very salutary for the teeth, to *chew* slowly a crust of bread after every meal.

THE CHOLERA IN IRELAND & SCOTLAND.

WHILST in Ireland, during the month of August 1832, at which period cholera spasmodica was spreading its destructive ravages over the sea coast of that country, the following ideas forced themselves upon my mind. Before detailing them, it may, perhaps, be necessary to mention what part of Ireland I passed through. I landed at Londonderry, remaining there two weeks; passed up along the margin of Loch Swilly to its entrance into the ocean, visiting the watering-place Burnerrannagh; along part of the Inishowan mountains, all situated on the northern part of Ireland; then passed across the country by Dungiven, Maghera, Randlestown, and Antrim, to Belfast.

Londonderry is a walled town of considerable size, remarkably clean, standing on a hill of considerable height, the whole of which it completely occupies, and sending its streets, which are broad and airy, down in every direction from a centre, which is called the Diamond. Along more than half of its base, it is washed by the Foyle, a fine broad, clear river, passing with rapidity over a stony bottom, and terminating several miles below, in the upper part of Loch Foyle, a large mass of water opening by a narrow mouth into the ocean. The suburbs of the town upon one side, outside of the wall, are situated in a morass, which was once the course of the Foyle; but its access of late years has been cut off by embankment, and entirely gained from the water. During my residence there, no case of cholera had presented itself (although the population of all ranks were in terror and expectation of its daily appearance), with the exception of the guard of the Sligo mail-coach, where the disease was raging with extraordinary violence. He was taken ill during the night on the road to Londonderry, and died in the town early in the morning. He was said to be a dissipated man, and reported to have drunk a considerable quantity of raw spirits during the journey. Perhaps the northern situation of Londonderry, at the extremity of Ireland, its elevated site, traversed by currents of air in every direction, its cleanliness, its distance from the ocean, were its means of preservation from the destructive disease. Or perhaps the cholera, in its destructive course from one place to another, had not as yet reached that spot, and its doom may only be deferred to a later period.

At Sligo, situated upon the western coast of the north of Ireland, and almost opposite to Londonderry, which is upon the eastern, a few days before, cholera broke out with great violence. Forty, fifty, sixty individuals died every day, and were put into the same pit. Coffins could not be procured for one-half of them; the others were wrapped up in tarred canvass, and carried to their graves. Of 18,000 inhabitants, the population of the town, in a few days, 16,000 fled from the place, in terror—the wealthiest families paying 40*l.* or 50*l.* sterling for a small room in the country to live in—the poorer classes living with their families under canvass, whilst others slept in the woods and under the hedges. Provisions in a short time became of an extravagant price, and even were not to be procured, the country people being afraid to approach those supposed to be infected. Of thirteen medical practitioners settled in the place, seven or eight died within the first few days. Something similar, a short time afterwards, took place at Enniskillen. Of eight medical practitioners in that town, two died. One left the place, having previously lost

his sister from cholera. The disease afterwards spread to Coleraine, within no great distance of Londonderry, but in a milder form.

The effects of imagination or fear, during the epidemic cholera which prevailed in Ireland, amongst almost the greater number of individuals, were striking and surprising, and even the greatest minds gave themselves up to that impulse. On the morning when the death of a respectable banker became known in one of the large towns, almost every wealthy individual of the place imagined his turn was to come next, and for days gave themselves up to gloom and despair—many actually believing that they were labouring under the disease, and a considerable time elapsed before that disagreeable feeling eventually passed away. A wealthy individual, who felt within him an idea that he would fall a victim to the disease, actually left six different towns as the disease reached each one, and at length fell a victim to it in the seventh. Whilst I remained at Belfast, almost every night I felt a disagreeable sensation, which no effort could completely overcome. And during a whole night, whilst attacked with diarrhoea, from what cause I cannot distinctly say, whether a slight effect of the prevailing epidemic, or from living too well, or from cold, I never shut an eye. The melancholy state of the streets, deserted by the inhabitants, most of the few who remained being in mourning, hearses passing continually by day, and the noise of the wheels of cholera carts rattling at a gallop over the causeway, under the windows in the night time, carrying individuals to the hospital,—appalled the strongest minds. Almost in every large company during dinner parties, individuals arose from the table, imagining they were ill; and it was evident that the gaiety kept up by others was forced, and far from the heart. Such was the case in Ireland, the first country in the world for those merry and hospitable bursts of laughter which shake the sides. I feel no hesitation in believing and stating, that the best antidotes against cholera are nourishing, good, moderate, living, and having not the slightest fear of the disease. Individuals who possess these two good preventives will escape it; but is it possible to instil the latter into those who at an after period may become its victims? I fear not. Is not the very circumstance of an individual feeling a presentiment haunting him day and night in all situations, a part of the disease?

So great was the terror of cholera at Londonderry, where it never had as yet reached whilst I was there, that dining with a family the same day on the morning of which the guard of the Sligo mail-coach had died of it, every other individual refused to go back for him, until a man was got to do so, upon receiving double wages. If my memory do not fail me, it was stated at table that the mother and sister of the unfortunate man, the only individuals who resided with him, were also taken ill and had died since—a report which afterwards proved false, they having only been removed to a place of quarantine, and the house shut up. The master of the house, a very sensible literary man, actually wrote his will, brought it down stairs before we sat down to dinner, and gave it to his wife, in my presence, and before his family, informing us that his feelings were, that, as soon as the disease had made progress in the town, he would be attacked. At that period and since, no other case followed, and I have no reason to doubt but that my friend has as yet escaped it. [To be continued in our next.

THE TOOTH ACHE.

THE tooth-ache often assumes a variety of different appearances, and is frequently brought on by cold or sitting in drafts, in consequence of the decayed state of the enamel, or substance of the tooth, by which part of the nerve may become exposed; it is also frequently occasioned by indigestion. In either case, in any serious attack of this complaint, the use of an aperient medicine will often be found an efficacious mode of treatment; a pill composed as follows:

Rhubarb in powder, socotrine aloes, castile soap—of each one drachm; conserve of hips, sufficient to form a mass, and divide into forty pills—two to be taken once or twice a day, as occasion may require.

In conjunction with this, bathing the feet in warm water, and if the pain should be very violent, fomentations or embrocations may be useful. For the former, chamomile flowers and poppy heads, or warm water only, may be used. Of the latter, camphorated spirit is perhaps the best, or camphor dissolved in oil of turpentine, and rubbed repeatedly on the side of the face affected; this has often the effect of withdrawing the pain from within, as soon as a sensation of warmth has been produced on the surface. If the pain should not yield to these means, three or four grains of the compound powder of ipecacuanha may be taken, and if necessary, repeated at bed-time.

In cases of tooth-ache arising from cold, particular attention should be paid to keeping the feet warm and dry. Not only are damp and cold feet often the cause of tooth-ache, but of many more serious maladies; and we therefore recommend that, during the winter, the feet be kept warm by warm socks or stockings, and dry by moveable inner soles, which may be exposed to the fire, and readily freed from damp.

The tooth-ache being, according to the sensation, so much a local affection, it will be difficult to make it be believed that it is to be removed by internal remedies; notwithstanding, this is frequently the fact; and those who are subject to repeated attacks of it, would probably find the most certain remedy in attending to the state of their digestion, and in the occasional use of aperient and strengthening medicines. For this purpose the pill already mentioned will be found beneficial, used alternately with the following:—

Sulphate of quinine, extract of gentian—of each one drachm; mixed and divided into thirty pills, one to be taken daily between breakfast and dinner.

THE JAUNDICE.

THERE was a case of jaundice presented, which was very interesting. You will observe that jaundice is an acute, or a subacute, or a chronic affection. When it is acute and comes on suddenly, for the most part it is an inflammatory complaint. A great many cases that you see are nothing more than inflammation of the liver with the incidental symptom of jaundice. In this case the colour of the skin was of a bright hue. There are various shades in jaundice, and when the yellow is of a bright cast, the prognosis is so far favourable. When the colour is of a greenish yellow, it is more probable that the patient will not get well. When there is a dark green hue, there is usually some disease or other of the liver, and the patient generally dies. This was pointed out by Dr. Baillie, and I believe his observation is correct. This man was thirty-four years of age, and admitted into this hos-

pital (St. Thomas's) on the 10th of September, but had been poorly more or less for some months. He was attacked with acute pain at the right part of the epigastrium, accompanied by weakness; and when he came in, I found there was tenderness on pressure, both at the right hypochondrium and the epigastrium, so that he clearly laboured under inflammation of the liver. The eyes were yellow. He had a pricking sensation of the skin throughout the body. It is very common to hear patients labouring under jaundice complain of an intense itching of the skin. They say they could tear themselves to pieces, and very often it is so severe, that it amounts to pricking and tingling.

Treatment.—Now I had no doubt, that by treating this case simply as inflammation of the liver, I should cure him. He was cupped to twenty ounces on the right side, took five grains of calomel every night, and was purged with salts and senna in the morning. The pain on the right side went away in two or three days; and the patient would not allow that there was any thing the matter with him, though his skin was still as yellow as a guinea. You find that after you have cured the proximate cause, and removed all obstruction, the patient will still be yellow. The bile has got into the blood, and it will be some time before it can escape; and therefore this man, after he had lost all his pain, felt himself quite well, and after the stools contained a due quantity of bile, still made high-coloured urine, and was yellow throughout the skin. After a few days only, the yellow declined. You are continually plagued by patients relative to their being yellow. This man, however, was exceedingly contented, for although he was yellow, he would not allow that there was any thing the matter with him. Finding himself so comfortable, he fancied he looked as well as other people. You observe that this man did not see yellow. It has been said that patients with jaundice see yellow, but I have only twice witnessed this occurrence. I believe that when it does take place, perhaps the patient has a little inflammation of the eye round the cornea, so that red vessels traverse it. There is blood conveyed there, and the quantity of bile in the blood affects the sight of the eye. I knew one person who saw yellow with one eye and not with the other, because one only was inflamed. A gentleman told me the other day, that he had a patient who died with jaundice, and who saw yellow, but who had no inflammation of the eyes, and in that case he found that the humours of the eye were yellow. This is an uncommon event, but sometimes it does occur, and then the patient sees yellow.—*Dr. Elliotson's Lectures.*

AIR—A PART OF THE HUMAN BODY.

It has lately been attempted to be proved, by the ingenious Mr. DALTON, that air enters into the pores of the human body, and forms a constituent part until the period of dissolution.

The membrane, bone, muscular flesh, blood, &c. are all five per cent. heavier than water—that is, when placed in water separately, they all sink; and yet, when forming a part of the living man, they all float. Why is this? He says, the true explanation of the difficulty will be found in this: that the substance of the body is pervious to air, and that a considerable portion of it constantly exists in the body during life, subject to increase and diminution according to the pressure of the atmosphere; and that when life is extinct, this air in some degree escapes, and renders

the parts specifically heavier than when the vital functions were in a state of activity.

To ascertain the weight of the human body, ten men were chosen by a Mr. Robertson for the purpose. Of these, three were found very nearly of the same weight as water, one being a little heavier, and the other two a little lighter than water; and the remaining seven were of intermediate weights, but all lighter than water.

This difference in the weight of different human bodies, shows the absurdity of the remark that all people might swim, and that it is only from fear or ignorance of the art that some fail in the attempt. When we see that some persons are heavier than water, and others less than that weight, it would be just as plausible (says Mr. D.), for a piece of deal to upbraid a piece of lignum vitæ with the inability to swim from fear, or from want of skill in the art, which the deal considered of easy acquisition.

We hope this scientific individual will pursue his inquiries on this subject, as we think they will lead to very interesting and valuable results.

PHYSICIANS' PRESCRIPTIONS, USEFUL FAMILY RECIPES, &c. &c.

Aperient Draught.

Tincture of senna, two drachms; peppermint water, one ounce and a half; epsom salts, one drachm; glaubers salts, one drachm; antimonial wine forty drops.

Pains in the Limbs or Joints.

A valuable embrocation may be made by adding half an ounce of the liquor of ammonia to three ounces of olive oil. They must be well shaken together before they are used.

Mild Laxative and Diuretic.

From fifteen to twenty grains of extract of dandelion, according to the age and strength of the patient. The dose for children is from three to eight grains.

Linseed Tea.

Pour two pints of boiling water on one ounce of linseed, add four drachms of liquorice root, and let it remain for two hours in a covered vessel near the fire. Strain it off, before drinking.

Tooth Powder.

Take half an ounce of red sandal wood, with a quarter of an ounce of China root; reduce them to a fine powder, and sift it through a hair sieve. Then add to it six drops of the oil of cloves, and the same quantity of bergamot oil. Take a little on the finger, or on a soft brush, and rub the teeth with it every morning, afterwards rinsing the mouth well with cold water.

Cure for Corns.

Place the feet for half an hour, two or three nights successively, in a pretty strong solution of soda or lees of potash. The alkali will dissolve the indurated cuticle, and the corn will fall out spontaneously, leaving a small excavation, which soon fills up.

Artificial Sulphureous Water.

Take of flour of sulphur and magnesia alba of each four drachms. Grind them together in a glass mortar, and add, gradually, water two pints, pour afterwards the liquid mixture into a close vessel, which may be conveniently shaken two or three times a day for three

weeks. After it has settled for three days, it is to be decanted. The same ingredients used over again will impregnate a like quantity of water, two or three times, to an equal degree of strength.

One ounce of this solution, diluted with a quart of pure water, forms a useful medicine in chronic rheumatism, in diseases of the skin, in scrofula, and to destroy worms. A wine glassful, or as much as the stomach will bear without inconvenience, to be taken.

Sore Throat.

A valuable embrocation for a sore throat may be made from one ounce of olive oil, and half an ounce of spirits of hartshorn. If the skin will bear it, equal parts of each may be used.

Sir Astley Cooper's Chilblain Liniment.

Spirits of wine one ounce, liquor of subacetate of lead half an ounce. Bathe the chilled part with this liniment every evening at bed time.

Bilious Head Ache.

One ounce of rochelle salts dissolved in a wine-glass full of senna tea, to which add twelve grains of subcarbonate of potass. This medicine must be taken one hour before breakfast.

Eau de Luce.

Spirits of wine one ounce, spirit of sal ammoniacum four ounces, oil of amber one scruple, and white Castile soap, ten grains. Let the soap and oil digest in the spirits of wine, then add the ammoniacum, and shake them well together.

Pure Water.

Take a common garden pot, in the midst of which place a piece of wicker work; on this spread a layer of charcoal of four or five inches in thickness, and above the charcoal a quantity of sand. The surface of the sand must be covered with paper pierced full of holes, to prevent the water from making channels in it. This filter is to be renewed occasionally. By this process, which is at once simple and economical, every person may procure pure, limpid, and wholesome water, at a very trifling expense.

NOTICE.

It is respectfully announced, that new arrangements having been made for the conducting of this Journal, it has been considered advisable to add to its original designation the title of "THE BRITISH FAMILY PHYSICIAN," as being more characteristic of its object and design.

In future it will be the aim of its conductors to furnish the Heads of Families and Invalids with a Journal of Medical Knowledge, which will render it unnecessary for them to apply to Medical Men, except in extraordinary cases.

Its pages will contain a complete System of MODERN DOMESTIC MEDICINE AND SURGERY, founded on the Principles and Practice of the most eminent Physicians and Surgeons, and embracing the latest Discoveries in the Medical Art.

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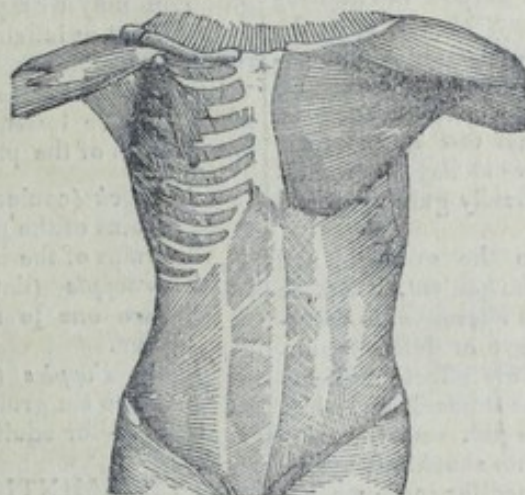
BRITISH FAMILY PHYSICIAN.

"A SOV'REIGN BALM FOR EV'RY WOUND,
A SALVE FOR EV'RY SORE."

No. 8.]

PUBLISHED EVERY WEDNESDAY.

[Nov. 21, 1832.]



THE THORAX AND ABDOMEN.

THE CHEST.

THE Engraving exhibits the thorax or chest, and the whole of the abdomen, divested of a part of their covering, and displaying the ribs, muscles, &c.

The thorax, or superior cavity of the trunk, which is represented in the upper part of the above engraving, is formed of the vertebræ, the sternum, and the ribs.

The sternum is a broad and flat bone, placed in the front of the chest; it is light and spongy, and depends for its strength upon the numerous ligaments that cover it. In the child it is divided by cartilaginous partitions into eight pieces, which are reduced to three, as life advances, and in old age are united into one. The position and connexions of the sternum prevent it from having any motion of its own, but it follows to a certain extent the movement of the ribs, to which it is connected. The collar bones (as they are called) are joined to the upper part of the sternum, and the ribs are affixed by cartilages to its sides.

The ribs are long curved bones, twelve in number. The upper seven are called true ribs, because they are immediately connected to the sternum; the lower five are denominated false ribs, because they are implanted into each other by cartilaginous appendages, and are only supported by the sternum through the medium of those above. They are internally concave, that the lungs may have more space to expand; and convex externally, that their arched form may enable them more effectually to resist external injury; and they are attached to the spine at an acute angle, that they may not be moved out of their ordi-

nary position, without enlarging the dimensions of the chest.

During inspiration (drawing in air) the chest expands for the reception of air, and during expiration (casting out air) it contracts to expel the air which is no longer useful. These two motions are performed by the ribs, and they are so connected and disposed that they cannot execute one of these movements without the other.

All the muscles which surround or are in any way connected with the bones which constitute the conical cavity of the thorax, do occasionally aid in executing the functions of the lungs. Haller informs us, that while labouring under rheumatism of the large muscles of the chest, his respiration was difficult; and every person must have observed how the shoulders are fixed and the arms raised, when we wish to draw in a more than usual quantity of breath.

The cavity formed by the bones we have been describing, and to which the name of thorax or chest has been given, is divided by a lining membrane called the pleura into three large compartments, independent of several smaller and less important cavities. In the largest of these is contained the right lung, in the smallest the heart, and the left lung is placed in the third compartment.

So great is the strength and elasticity, and so capable is it of resisting extreme force, that Dr. Jentz saw a man in Paris who permitted an anvil weighing 600 lbs. to be placed on his chest while he lay in an horizontal posture, and a bar of iron to be beaten out upon it with weighty hammers, without discovering symptoms of either pain or uneasiness.

ENCYCLOPEDIA OF MEDICINE.

In this division of our Work we purpose to give a description of the nature of the various Medicines in present use, their properties, and the proportions in which they are to be administered. The history of the different medicines, and the mode of preparing them, will form a separate division of our Work; and a description of the disorders in which they are to be administered, will be found stated under the division entitled **DICTIONARY OF DISEASES**.

ALTERATIVES—is a term given to medicines which alter or amend the condition of the blood; and are of the same nature as those which, in common language, are employed for the purpose of *cleansing* or *sweetening* the blood. They act slowly upon the system, and by promoting healthy secretion and excretion, instead of chronic indigestion and cutaneous disease, effect a restoration of the impaired functions. Our readers, then, will understand that by the term alterative is meant, such medicines as have no immediate sensible operation, but gradually gain upon and improve the constitution.

As some alteratives act upon the stomach, and others operate upon the skin of the patient, it will be necessary before administering an alterative, to ascertain in which of the two the disease or defect is situated. Perhaps the most generally effective alteratives are those which act upon the stomach and skin, such as the celebrated Plummer's pill, sassafras, sarsaparilla, &c. Alterative medicines should always be given in small doses, and continued for some weeks; and if advantageous, the results will be manifest in the patient having an improved appetite, a smoother and freer skin, a more cheerful countenance, a clean tongue, and sleeping better at night. The following are the alteratives usually administered.

Mercury, a solution of—for adults, from one drachm to half an ounce.

Submuriate of mercury, or calomel—for adults, from one to two grains—for children, half a grain.

Chalk with mercury—for adults, from four to ten grains—for children, from one to three grains.

Elm (inner bark of) a decoction—for an adult, from four to twelve ounces—for children, from one to three ounces.

Sarsaparilla (the decoction or compound of) for adults, from four to twelve ounces during the day—for children, from one to four ounces, divided into four doses, and taken daily. In ordinary cases, adults should take a pint daily, with from three to five grains of Dr. Plummer's pill, or two grains of calomel and antimony at night, whilst taking the sarsaparilla.

Other alterative medicines will be found among our Recipes, &c.; but in using alterative medicines it should never be forgotten that strict attention to diet and the state of the bowels, are indispensable auxiliaries.

ANODYNES—This name is given to such medicines as are employed to extinguish the sense of pain. There are three modes of alleviating pain—1st, by removing the remote cause, which is the object of medicine in general; 2dly, by employing me-

dicines which deaden the sensibility of the nerves; and thirdly, by the use of such remedies as produce a torpidity of the brain, and render the patient partially insensible to the existence of pain.

In inflammation and spasms, and in many cases of painful disease, the administration of anodynes may serve as auxiliaries to the remedies which are given to remove the disease itself. And they are also useful in promoting sleep, because they thus suspend the causes of irritation, and allow the other medicines to have their due effect on the system. The medicines strictly called anodyne act either by reducing the sensibility of the brain, or by rendering the brain so torpid that painful feelings are not heeded. In some instances, the employment of anodynes to mitigate pain may with propriety be admitted; but their employment in inflammatory cases requires considerable judgment.

In the following list the medium dose is named, which must be lessened or increased in proportion to the strength of the patient.

Hemlock (*conium maculatum*)—for adults, two grains of the powdered leaves, or one or two grains of the inspissated juice.

Thornapple (*datura stramonium*)—for adults, from one to three grains of the inspissated juice.

White Poppies (Extract of)—for adults, from two to six grains.

Opium—for adults, one grain.

ANTHELMINTICS—This name is given to such medicines as are employed to expel worms from the intestinal canal. The remedies employed for this purpose are numerous, but they may be arranged under three heads, viz. evacuant, specific, and corroborant anthelmintics.

Evacuant anthelmintics are those medicines which destroy and expel worms from the intestinal canal, either by a chemical, a mechanical, or a cathartical action.

Specific anthelmintics are substances which destroy the worm by some poisonous principle. Of this kind of medicine we are in possession of many whose efficacy has been established by successful practice.

Corroborant anthelmintics consist of chalybeates, which, while they destroy the worms, tend also to strengthen the stomach and alimentary canal. A drachm of sulphate of iron, dissolved in a pint of water, taken in different doses during twenty four hours, has been recommended by Boerhaave; but with children and females (who are more subject to worms than men) the tincture of the acetate of iron (the mode of preparing which will be found in our History of Medicines) in doses of 20 or fifteen drops, given in milk, after the bowels have been well cleared out by active purgatives, will be found beneficial. The following are the principal anthelmintics at present employed.

Cowhage (*dolichos pruriens*) the down of, formed into an electuary—for adults, from 10 to 15 grains,—for children, from five to ten grains.

Tin (*stannum*) powder of—for adults, one or two drachms.

Indian Pink (*spigelia Marilandica*) root of—for adults, half a drachm.

Bastard Cabbage-tree of Jamaica (*geoffroya inermis*)—Boil one ounce of the bruised bark in

two pints of water until reduced to a pint—

Dose, for adults, two ounces of this decoction.

Male Fern, the root of, powdered—Dose, for adults, two drachms.

Calomel (submurius hydrargiri)—for an adult, from five to ten grains.

Persia Wormseed, (*artemisia santonica*)—for adults, half a drachm.

Common salt—for adults, an ounce dissolved in a large quantity of water.

Before taking medicines for the destruction of worms, the bowels should be cleared with purgative medicines; and after the use of such anthelmintics as poison the worms, a sharp dose of medicine should be given to bring off the destroyed ascarides.

THE TIMES AND THE SEASONS.

NOVEMBER.

THE present month, with its usual concomitants, gloom and cold, being now fully before us, we wish to offer a remark or two on our condition, and on the effects which this chilly and unfruitful period produces on the human frame.

One of its most apparent effects is the mental gloom which it occasions—that subtle and ethereal fluid, the animal spirits, unable to bear up against the united pressure of cold fogs and damp, droop and fail—the mind becomes enervated with gloomy images and desponding forebodings, and a train of anticipated evils banish the enjoyments of the passing hour, and frequently urge the debilitated hypochondriac to self-destruction.

Nor does man alone suffer—but all the animal and vegetable world feel the depressing change. No more the plumed songster pours forth his joyous strain—the trees have lost their leaves, the flowers their fragrance, and the verdant carpet of the earth is saturated with dank and dewy moisture.

Rheumatic affections, lumbago, colds, and coughs are common—and the humid atmosphere is full of ills, producing inflammation, bowel complaints, &c. Those who wish to escape these inflictions must wear a little extra clothing upon those days when the air is damp—for it is the moisture and not the cold that is prejudicial to health. In addition to improved clothing, those who are of a desponding temperament should endeavour to cultivate cheerfulness, enter into agreeable (not dissipated) society, enlarge their domestic circle, cultivate the comforts of their fireside, and, above all, rely upon Providence, who, whilst He provides for the sparrow, will not forget that man also requires his aid.

But, although the season is gloomy and unhealthy, there is yet much cause for joy and thankfulness. Though pestilence has been in the air, blight has not reached the corn, and a glorious harvest has rewarded the toils of the husbandman. The Cholera, too, that sad and fearful scourge, seems about to leave our shores, never, we hope, again to revisit them. But it may return, nay, in all probability, will return—and we therefore beseech you, gentle reader, that having, by temperance and sobriety, escaped thus long, you continue to persevere, lest you be surprised by its visitation in an unguarded hour. Although the enemy has withdrawn, give not the reins to your desires, but continue in the practice of cleanliness, temperance, and sobriety, for these are your best preservatives and most secure bulwarks; since such is the

nature of the malignant visitation, that the aids to be derived from medical skill and science are always uncertain and often unavailing. Although for fifteen months the disease has been walking amongst us, bringing gloom to our hearths, and sorrow to our hearts, the medical men of England are as ignorant of the means by which it can be successfully combated, as when it was many thousands of miles from our shores, and when the ocean intervened between us and its unhappy victims. Again we say, then, practise temperance and cleanliness, and you will find them of more service than all the medicines with which chemical science has made us acquainted.

THE ITCH.

THE itch is contagious, in a limited sense. You may go as near to a patient labouring under itch as you please, provided you neither touch him nor handle him, without the least fear of imbibing the infection. But the itch is not so easily caught by contact as you may imagine. I have frequently touched people, taken them by the hand or wrist, not knowing that they laboured under the itch, without catching it. By washing my hands after touching them, I never caught it from patients. It is only by remaining close for some time, by sleeping with a person, or using something that they have touched for some time, that there is any chance of catching it. It is more commonly caught by sleeping with a person labouring under it, than by any other means; or sleeping in a bed in which some one labouring under it has slept before.

The itch in medical language is called *scabies*; it occurs chiefly about the wrists, the roots of the thumbs, between the fingers, the ancles, and between the toes; but, if it be any where, you are almost sure to see it about the thumbs. It occurs too on the front of the body, but I do not remember having seen it in the face. It is attended with an incessant itching; and a Scotch king is alleged to have said, that no subject deserved to have it, on account of the great pleasure that was derived from scratching the affected parts.

The itch is attended with no danger whatever, except to young children. In them it sometimes excites feverishness, and derangement of the bowels.

The great remedy for this disease is sulphur—but why, no one can tell—I do not believe it has any effect when given internally; and when used externally, I have never known the cure accelerated by its internal exhibition.

Sulphur may be employed in the form of vapour, or by means of baths, or inunction. In the latter form, it should be rubbed in night and morning; and if a person do that, he will soon get rid of the disease. Some employ sulphur baths. Some have impregnated water with sulphur, and say that they have cured the disease in that way rapidly, and in a more pleasant manner than by rubbing in the ointment. It is said by some who have had great experience in the disease among the lower orders, that it is more readily cured by what is called *sulphur vivum* than by pure sulphur; if so, it is probably from the acrid matters which this contains. If there be no great inflammation of the skin, the sulphur produces more effect if you add hellebore, or some stimulating substance. If the sulph. vivum answer better than pure sulphur, it is on this account.—*Dr. Elliotson's Lectures.*

ACUPUNCTURE.

THIS is a term given to an operation daily becoming more prevalent among the faculty. It consists in thrusting needles into the flesh, for the purpose of facilitating the escape of any fluid or air improperly accumulated.

This operation has been familiar to the Chinese from time immemorial, and the practice has also been common for ages in Corea and Japan. The Chinese employ it for the purpose of relieving certain subtle and acrid vapours, which they consider to be the cause of pain; and it has latterly been successfully employed in England in cases of dropsy.

A medical officer in the East India Company's service, named Ten Rhyne, first communicated to the medical men of Europe this singular operation, which was unknown to the Greeks, Romans, and Arabians. He relates that a guard of the Japanese emperor, who was appointed to conduct the English to the palace, was seized with violent internal pains, and having taken wine and ginger without obtaining relief, had resort to the operation of acupuncture, in order to remove the wind, which he believed to be the cause of his suffering. He laid himself upon his back, and placing the point of a needle upon the abdomen, struck its head once or twice with a hammer, to force it through the skin, and then turned it round with his finger and thumb until it had penetrated to the depth of an inch. After letting it remain for a short time in the abdomen, he withdrew the needle, and pressed the sides of the punctures in order to force out the confined vapour, which he imagined had caused his pain.

These needles are always made of the purest gold or silver, and the operation is generally performed among the Japanese by two persons; one of whom, called the "searcher," selects the part best suited for the operation, and the other, named the "needle-pricker" forces the needles into the flesh.

If the introduction of the needle be attended with any considerable degree of pain, it is immediately withdrawn; but if the disease is obstinate, and the patient can endure the operation, it is sometimes thrust in as often as six times. The depth of the puncture is always proportioned to the intensity of the disease, and the strength of the patient.

A Dutch physician named Kempfer, states that the Japanese, in cases of colic, make nine punctures, in three rows, in the region of the liver, which he has seen produce an instant cessation of pain. So little, however, was this operation valued, and so unlikely was it considered that any benefit could arise from thrusting needles into the flesh, that after the communication of this practice to the faculty of Europe, in 1679, nearly one hundred and twenty years elapsed before it was employed by any European practitioner. The first trial was made in Paris, by Berlioz, in 1810, and its success was so extraordinary, that it was immediately adopted by the French and English surgeons.

The efficacy of acupuncture is found to be most apparent in cases of rheumatism and in spasm when not occasioned by organic disease or inflammation.

The needles used in Europe are of steel, with a knob of sealing wax at their head; they are introduced into the flesh with a slight pressure of the thumb and finger, and they produce but a slight degree of pain.

Needles have been passed through the heart, lungs, and stomach of puppies, without producing any evil effect. Dr. Carraco states, that in the presence of several persons he kept a number of young kittens under cold water, until they were apparently dead, stiff,

motionless, and invariably sunk to the bottom of the water, when thrown in. That on passing a needle through the heart they exhibited some degree of agitation, which continued to increase until life was fully established, and the animals became the same as if nothing had happened.

The time during which the needle remains in the part is a matter of importance. The pain will sometimes cease instantly on the introduction of the needle, but it is occasionally necessary for it to remain some time before any effect is produced; and it has been left in the flesh for twenty-four hours without producing any evil results.

PREMATURE INTERMENTS.

WE are well assured that many human beings have been sent to their sad and silent home, when the vital action of the body has not been destroyed, but only suspended. How often do we hear the remark, "He never changed, but was as fresh when he was buried, as he was on the day that he died!" Alas, how do those who use this language know, but that they may have entombed a being, who, if his body had been retained but for a few short hours, would have awoken to existence, and soothed the agonizing griefs of those who mourned his departure. The thought of having buried alive a parent, a brother, a sister, a child, or a beloved wife, and the idea that when covered with the cold clods of the earth they have awoken to struggle unheard with darkness and with death, is too harrowing to the feelings even to be contemplated for a moment. Inconsiderate haste, therefore, in performing the last sad offices for the dead cannot be too strongly deprecated; and interment should never take place until a decided and unequivocal change in the body has occurred.

In proof of what we have observed, we may remark, that at a meeting of the Royal Academy of Medicine in Paris, M. Desgenettes stated that his relative M. Thouret, who superintended the destruction of the Cemetery of Innocents, observed a number of skeletons in such postures as plainly indicated that the persons to whom they belonged must have made exertions after they had been buried. And the following interesting statement of escapes from premature interment will tend to strengthen our observations.

Mrs. Godfrey, the sister of the duke of Marlborough, had been a long time ill, in consequence of the recent death of her brother, the duke; but one Sunday, fancying herself better than she had been for some time, and able to go to chapel; as she was dressing for that purpose, she suddenly fell down, to all appearance dead.

The screams of her woman and a female friend brought her husband Colonel Godfrey into the room, who, having perhaps seen instances of persons remaining in a state of insensibility for a considerable time and afterwards recovering, directed that his lady should be put to bed, and that two persons should constantly continue with her, till indubitable symptoms appeared of her decease. The consequences proved with how much judgment the colonel had acted. Notwithstanding the opinion of the physicians, who declared that the breath of life was irrecoverably departed, and in opposition to the solicitation of his friends, to have the body interred, he continued resolute in his determination to the contrary, until the

Sunday following; when, just as he began to doubt the propriety of longer retaining her, exactly at the same hour on which the change happened, signs appeared of returning sensibility. So punctual was Nature in her operations upon this singular occasion, that Mrs. Godfrey awoke from her trance just as the chapel bell was once more ringing, which so perfectly eradicated from her memory every trace of her insensibility, that she blamed her attendants for not awaking her in time to go to church.

A young lady, also, after having been confined to her bed for a length of time with a violent nervous disorder, was to all appearance deprived of life. Her lips were quite pale, her face resembled the countenance of a dead person, and her body grew cold. She was removed from the room in which she died, was laid in a coffin, and the day for the funeral was appointed. The day arrived, and, according to the custom of the place, funeral songs and hymns were sung before the door. Just as the people were preparing to nail on the lid of the coffin, a kind of perspiration was observed to appear on the surface of her body. It became greater every moment, and at last a kind of convulsive motion was observed in the hands and feet of the corpse. A few minutes after, during which time fresh signs of returning life appeared, she suddenly opened her eyes, and uttered a most pitiable shriek; medical aid was immediately procured, and in a short time she was restored to health.

The description of her feelings during her torpid state is highly interesting. She said she seemed as if she was in a dream. She was conscious of all that happened around her. She heard her friends lamenting her death at the side of her coffin. She felt them array her in her shroud, which excited a feeling of indescribable mental agony. She tried to cry, but her soul was without power, and could not act on her body. It was equally impossible for her to stretch out her arms or to open her eyes, as to cry, although she repeatedly endeavoured to do so. The anguish of her mind, however, was at its utmost height when the funeral hymns began to be sung, and when preparations were making for nailing on the coffin-lid. The thought that she was about to be buried alive, gave activity to her soul, and acting upon her corporeal frame, again brought the vital powers into action. [to be resumed.]

ENLARGED LIVER.

THE next case was an Irishman, admitted with an enlarged liver, the convex portion of which was so large and so prominent, that it almost formed a ridge across the upper part of the abdomen. The liver, in fact, reached down about one-third of the space below the navel.

It would appear that this enlargement of the liver arose from immense drinking. He told me that he had been in the habit of drinking whiskey and rum in such quantities as one would think sufficient to kill any man. He had been in the habit of drinking a pint of whiskey and a pint of rum daily, for a great length of time, besides porter, and formerly very much more. He said, that since he had been in England, he had drunk a pint of rum and a gallon of porter every day, but when he was in Ireland, he used to drink such a quantity of whiskey, that I am almost afraid to say any thing about it.

I resolved to endeavour to remove this enlargement

of the liver by rubbing in iodine. It was rubbed well in over the liver night and morning, and I gave him the hydriodate of potash, internally. He began with fifteen grains of the latter three times a day, and one drachm of iodine was mixed with an ounce of grease. It was rubbed all over the abdomen night and morning, for half an hour. He also took two grains of calomel every night, and as he was disposed to vomit, he took two minims of hydrocyanic acid three times a day, which stopped it. A drachm of iodine to an ounce of grease is a full quantity, and few can bear it, and still fewer for any time. Half a drachm is as large a quantity as most people can bear; but as soon as it irritates the skin, you must leave off rubbing, and it must not again be used so strong upon that individual. When you use it to an extent that irritates the patient, you lose time, because you cannot resume the rubbing until the irritation has subsided. In this case, the ointment was steadily rubbed in, and the man, who was admitted on the 11th of October, went away of his own accord on the 1st of November, because he thought the liver would go away, if he stayed here any longer.

The decrease in the size of the liver was so considerable, that he took the fancy into his head that he was going to have his liver rubbed out, and that he should have no liver left, if he ventured to stay any longer. I never saw such a rapid diminution of so immoderately large a liver in my life before, and I think it was owing to the friction of the iodine, rather than to the hydriodate of potash.

EXTRAORDINARY OPERATION.

A healthy active man, named Richardson, in March 1830, was afflicted with obtuse pain in the chest, difficulty of breathing, with painful inspirations, cough, quick pulse, dryness of skin, white tongue, great thirst, urine scanty and high coloured. These symptoms were relieved, although he occasionally complained of shortness of breath with flying pains about the chest, until April 1832, when the cough returned with increased violence.

He soon began to lose flesh, his countenance became pale, his breathing more or less hurried by bodily exertion, pulse varying from 130 to 140 in a minute, urine high coloured, tongue clear and red. The fever, which came on towards evening, was generally preceded by rigors, and terminated by profuse perspiration. The expectoration at first appeared viscid and opaque, but soon assumed the character of purulent matter; from five to six ounces were discharged daily for three months prior to the operation. His nights were passed almost entirely without sleep. The tartar-emetic ointment was rubbed on the chest; five grains of ext. papav. were given every night, and the decoct. lichen with mineral acid, three times a day; his diet consisted of milk and animal broths.

"In consequence," says Mr. Gowing, of Norwich, "of his not being able to lie on the right side, I was induced to examine the chest; the left side was evidently larger than the right, more particularly on the posterior surface. On placing my hand on the swelling, and desiring my patient to cough, I was fully convinced of the existence of a large quantity of fluid; I therefore felt no hesitation at once in recommending an operation, which was performed on the 27th of July, in the following manner:—The patient being

placed in a chair, with his shoulders slightly elevated, the integuments were drawn up with the left hand, an incision was made between the second and third spurious rib on the posterior part of the chest, with a lancet, through which a silver canula was passed, and upwards of eight pounds weight of matter were evacuated. The canula was then withdrawn and a compress of lint applied; almost immediately after the operation the cough ceased, as also did the expectoration. The patient improved daily in health, after the operation, until the 4th of October, when all appearances of pectoral disease were gone, the wound was healed, and his strength completely restored. It is reasonable to infer, that had my patient been left entirely to nature, he would inevitably have lost his life, and that the cure may very fairly be ascribed to the operation."

THE CHOLERA IN IRELAND & SCOTLAND.

Continued from page 54.

In Sligo, in Enniskillen, in Glasgow, cholera raged with violence for a considerable period, and did not yield in the slightest degree to any mode of treatment put in force, and by the most skilful medical men. Am I not entitled, therefore, to say, that as it has appeared in various places it has varied remarkably in regard to its mildness or malignancy, and that it has passed through its destructive progress unchecked by medicine or by the efforts of medical men? I am inclined to believe, and I am borne out (so far as my recollection of our conversation went when we last met) in this opinion by my friend Dr. Adair Lawrie (one of the medical practitioners who have paid most attention to it in Glasgow, and whose writings on cholera have tended of late to make his name well known to the profession in general,) that when an individual is attacked with the epidemic, spasmodic, or Asiatic cholera, the disease is beyond the power of any medicine or medical treatment with which we are at present acquainted, and that under such circumstances, it will invariably prove fatal to life. In every place where cholera has occurred, we are, undoubtedly, told in the reports that so many cases proved fatal, and so many (perhaps one-half) recovered. The latter, however, I am inclined to believe, were never cases of the true spasmodic Asiatic cholera in its severe form, but that they were either the original cholera of Great Britain, or diarrhoea, or perhaps even imagination itself.

All individuals, strangers attacked with diarrhoea from drinking or any other cause, were forced into the cholera cart and carried immediately to the hospital. I was told of a strange gentleman, a traveller for a Glasgow mercantile house, who was taken ill of bowel-complaint, reported to be cholera, in one of the hotels. Whilst covered with a copious perspiration, which might have eventually carried off the disease, he was hurried into the cholera-cart through the open streets, and, so far as my memory goes, expired before he reached the hospital. I believe that innumerable instances happened in Ireland, even in private families, particularly those of the lower ranks, where individuals labouring under diarrhoea from drinking spirituous liquors, from cold or other causes, were served in the abovementioned way, and fell victims to such treatment.

A short time after my return to Edinburgh, cholera broke out in a small village several miles from Tain in Ross-shire, and in a few days, out of a population of from 120 to 140, it carried off 41 individuals. Coffins could not be made fast enough to bury the dead. Many were buried wrapped up in sail-cloth, and coffins were forwarded in numbers from Tain, as rapidly as they could be got ready. The people fled from their houses and took refuge in the fields. The same thing happened in various parts of Scotland and of England about the same period. A curious circumstance is stated of Glasgow in the various newspapers, that, during the destructive fatality of the epidemic cholera which prevailed in that city, carrying off nearly 3000 people, not one brewer's servant was attacked. The reason given was, that these men, from their profession, were daily allowed a liberal quantity of good ale.

Cholera has for this fortnight past been raging at Dumfries with excessive violence, having almost depopulated the town. It is at present prevailing at Edinburgh to an extent, which has never been known before, and with marked fatality. The weather during the above period has been thick, rainy, and excessively warm for the month of October in Scotland, marked by the luxuriance of the vegetable world, the wild strawberry being actually loaded with flowers and fruit, and the buttercup in full flower. This increase of temperature, and the peculiar state of the atmosphere that has existed for some time past, which I dare not attempt to describe, is supposed to be the cause of the increased fatality of the cholera here at present.—*Remarks on Cholera, by W. Howison, M.D.*

Edinburgh, November, 1832.

ACCOUNT OF THE RUSSIAN VAPOUR BATH.

BY T. S. TRAILLE, M.D.

ACCOMPANIED by two friends, I repaired to the Alexanderabad, which is under the direction of its proprietor, a Jewish physician. We were ushered into a very neat saloon, provided with six couches, beside each of which stood a dressing-table, and a convenient apparatus for suspending the clothes of the bathers. Here we undressed, and were furnished with long flannel dressing-gowns and warm slippers, after which we were all conducted into a warm apartment, when we were desired to lay aside our gowns and slippers, and were immediately introduced into the room called the bath, in which the dim light admitted through a single window of three panes, just sufficed to shew us that there were in it two persons, like ourselves, *in puris naturalibus*; one of whom was an essential personage, the operator; the other, a gentleman just finishing the process by a copious affusion of cold water over his body.

This sudden introduction to an atmosphere of hot steam was so oppressive, that I was forced to cover my face with my hands, to moderate the painful impression on the lips and nostrils, and was compelled to withdraw my head as much as possible from the most heated part of the atmosphere, by sitting down on a low bench which ran along two sides of the bath.

At first, our modesty felt some alarm at our perfect nudity, and that of those around us; but I soon felt that it would be absolutely impossible to endure

the contact of any sort of covering of our nakedness in a temperature so high; and consoled myself with the reflection that it was no worse than the promiscuous bathing I had so often practised at the sea-baths of Liverpool, which was always disagreeable at the commencement of each season.

The bath-room is about fifteen feet long, by about as much in width. It is lined with wood, rendered quite black by constant immersion in hot steam. On two sides it has three tiers of benches, or rude couches, each of which is calculated to hold two persons, with their feet toward each other; so that twelve persons might bathe at the same time.

In one corner of the farther end of the apartment stands the furnace, which is supplied with fuel from without, and has a thin arch of fire-brick turned over the fire, against which the flame reverberates, until the arch is red hot. Over this arch is built a small brick chamber, the only aperture to which is by a small door, about two feet long, and fifteen inches wide, opening nearly to the level of the arch. To increase the heated surface, numerous small earthen jars, or broken pottery, are piled on the arch, and all are kept up to a low red heat. On these, a basin of water is occasionally dashed; and the clouds of steam which instantly issue from the door of the heated chamber, form the source of heat employed to maintain the temperature of the bath.

In the corner opposite to the furnace is a reservoir of cold water, into which the person who manages the bath, frequently, during our stay in the bath, plunged to cool his surface; a precaution not unnecessary for an individual who is exposed daily eight hours, stark naked, to a temperature quite oppressive to the uninitiated. Yet this exposure and this alternation cannot be unhealthy; for I never saw a more athletic man than this person, who told me he had been engaged in this occupation for sixteen or eighteen months.

The centre of the ceiling of the bath-room is perforated by numerous holes, which allow a copious shower-bath of cold water to descend on the head of the bather, when a valve managed by a cord is opened.

After remaining some time in the bath, the first sensation of oppressive heat subsided, and I ascended to the second tier of benches, the wood of which, however, was somewhat cooled by the plentiful affusion of cold water. At each remove this operation is repeated, otherwise the contact of the wood would be insupportable to the skin. It is needless to say that the perspiration very soon began to run off from every pore, not merely as a moist exhalation, but ran off in copious streams. This greatly moderated the sensation of heat.

After lying extended for some time on the second tier of benches, a bucket of cold water was dashed on the upper one, and we removed there; but the heat, so near the ceiling, was fully as oppressive as on first entering, and I found it necessary to allow the air to enter my nose through my fingers. If I inhaled it with my mouth open, I felt an oppressive heat in my chest; but, by degrees, even this degree of heat became supportable; though I never was able to sit upright on the upper bench, so strong was the temperature of the humid atmosphere close to the ceiling.

We were now one by one requested to descend to the second tier; and the assistant, grasping in his hand a bundle of birch rods, began assiduously to whip his

patients, who lay extended on the bench at full length, from head to feet. This application differs essentially from the well-remembered scholastic birch discipline—for the leaves are left on the twigs, and the sensations produced are agreeable.

The operator now anoints the whole of the body with a liquid mild soap; and after again mounting to the upper tier for some time, we descended one by one to the middle of the floor, when a powerful affusion of cold water, from the shower-bath in the ceiling, removed every vestige of soap. This sudden affusion of cold water is remarkably grateful; it is scarcely possible to describe the effect, which is highly exhilarating and refreshing.

It is usual again to undergo the steaming after the temperature of the bath has been increased; after which you leave the bathing room, are rubbed dry by assistants in the small heated apartment, where we resume the flannel gown and slippers, and are re-conducted to the saloon, where we find the couches spread with blankets; and we recline for half an hour in a most profuse perspiration, and in a state of luxurious languor and mental tranquillity.

The process of the vapour bath is completed by a plentiful supply of towels, with which we dry the surface, while we are well rubbed down by an assistant. We then resumed our dress. The whole expense of the bath is not more than sixteen pence; and for twopence more, the bather is entitled to a cup of coffee, and to read the newspapers in a handsome apartment.

In chronic rheumatism, in the stiffness of limbs consequent on gout, long-continued inflammations, in palsy, and in various cutaneous diseases, the vapour-bath is a most powerful and valuable remedy. While in the establishment, I saw an invalid enter, who informed me that, after severe acute rheumatism, of several months' duration, he was so lame that he had been carried by two persons into the bath; but that, after five or six times undergoing the discipline I have described, he could walk alone, as well as I saw him (he had walked, aided by a stick, from his house to the bath), and appeared confident that in a little time he should recover the usual power and flexibility of his limbs.—*Edin. New Phil. Journ.*

PORTABLE MILK.

A RUSSIAN chemist has lately made several experiments upon milk, and the results he has arrived at are very curious. He is said to have found a mode of keeping milk for use for any definite space of time. The process for preserving is this, he causes new milk to be evaporated over a slow fire, until it is reduced to a powder. This powder is then put into a bottle, which is hermetically sealed. When the milk is wanted for use, it is only necessary to dissolve some of the powder in a seasonable quantity of water, and the mixture so dissolved, will have all the qualities as well as the taste of milk.

REMARKABLE INSTANCES of LONGEVITY.

THE most extraordinary instances of longevity are to be found among those classes of mankind who, amidst bodily labour, and in the open air, lead a simple life, agreeable to nature, such as farmers, gardeners, hunters, soldiers, and sailors. In these situations man still attains to the age of 140, and even 150.

In the year 1670 died Henry Jenkins, of Yorkshire.

He remembered the battle of Floddenfield, in 1513; and at that time he was twelve years of age. It was proved from the registers of the Chancery and other courts, that he had appeared 140 years before death as an evidence, and had an oath administered to him. The truth of this account cannot be controverted. At the time of his death he was therefore 169 years old. His last occupation was fishing; and when above the age of 100, he was able to swim across rapid rivers.

The next to him, in point of age, is another Englishman, Thomas Parr, of Shropshire. He was a poor farmer's servant, and obliged to maintain himself by his daily labour. When above 120 years of age, he married a widow for his second wife, who lived with him twelve years, and who asserted that during that time he never betrayed any signs of infirmity or age. Till his 130th year he performed all his usual work, and was accustomed even to thresh. Some years before his death his eyes and memory began to fail; but his hearing and senses continued sound to the last. In his 152d year his fame had reached London, and as the king was desirous of seeing so great a rarity, he was induced to undertake a journey thither. This, in all probability, shortened his existence, which he otherwise might have preserved some years longer; for he was treated at court in so royal a manner, and his mode of living was so totally changed, that he died soon after, at London, in 1635. He was 152 years nine months old, and had lived under nine kings of England. What was most remarkable in regard to this man is, that, when his body was opened by Dr. Harvey, his bowels were found to be in the most perfect state, nor was the least symptom of decay to be discovered in them. His cartilages even were not ossified, as is the case in all old people. The smallest cause of death had not yet settled in his body; and he died merely of a plethora, because he had been too well treated.

The following instance is almost of the same kind. A Dane, named Draakenberg, born in 1626, served as a seaman in the royal navy till the 91st year of his age, and spent fifteen years of his life as a slave in Turkey, and in the greatest misery. When he was 111, and had settled to enjoy tranquillity, he resolved to marry, and united himself to a woman of three-score. He, however, out-lived her a long time; and in his 130th year fell in love with a young country girl, who, as may well be supposed, rejected his proposal. He then tried his fortune with several others; but as he had no better success, he at length resolved to continue single, and in that condition lived sixteen years. He died in the year 1772, in the 146th year of his age. He was a man of a rather violent temper; and exhibited frequent proofs of his strength during the last years of his life.

In the year 1757, J. Effingham died in Cornwall, in the 144th year of his age. He was born of poor parents in the reign of James I. and had been brought up to labour from his infancy. He had served long as a soldier and corporal; and had been present at the battle of Hochstedt. He at length returned to the place of his nativity, and worked as a day-labourer till his death. It is to be remarked, that in his youth he never drank strong, heating liquors; that he always lived remarkably temperate, and seldom ate flesh. Till his one hundredth year he scarcely knew what sickness was, and, eight days before his end, he had walked three miles.

PHYSICIANS' PRESCRIPTIONS, USEFUL FAMILY RECIPES, &c. &c.

For Burns and Scalds.

Immediately after the accident, dress the parts with hot spirits of turpentine for eight hours. Then take lime water and linseed oil, an equal quantity of each, and bathe the part injured with pieces of linen rag kept constantly wet.

Cure for Deafness.

If the deafness is caused by an accumulation of hardened wax in the ear, syringe the ear with warm water and soap until the accumulated wax is removed. Then mix well together, by shaking them in a phial, half an ounce of camphorated olive oil, and thirty drops of the oil of tartar; put a few drops of this mixture on a little wool or cotton, and place the same in the ear.

Oil and Ointment for Bruises.

Take of camomile flowers, lavender and southernwood tops, of each three handfuls; wormwood, red sage, and rosemary tops, of each two handfuls; red rose-buds, one handful, shred all very fine. Put the ingredients in a new stone pipkin, with a quart of best salad oil. Let them stand two months or more, stirring them often. Then boil it up in the same vessel. Let it boil a quarter of an hour, then add a quarter of a pint of the best French brandy. Boil it up again, strain it off through a sieve, and it will be fit for use. The ointment is to be made by adding some lard to the ingredients after the oil is strained off. Let it simmer about ten minutes, then strain clear into gallipots, and when used spread upon clean linen rag.

Roche's Embrocation for Hooping Cough.

Take of olive oil eight ounces, oil of amber, four ounces, oil of cloves sufficient to scent it strongly. Rub on the chest gently. This is the same as the celebrated embrocation manufactured by Mr. Roche, but, in the hooping-cough, with children, it must not be used until after the first ten days of the disease.

Opening and Strengthening Mixture.

Powder of rhubarb, six grains; carbonate of soda, twelve grains; powder of columba, nine grains. Mix them together, and take two or three times a day, in a wine-glass of water.

For Spasms.

Fifteen grains of musk, five grains of camphor, two drops of spirit of wine, and, with confection of roses, form into a pill, and take during the affection.

To preserve Potatoes.

If persons do not possess a convenient store-place for them, let them dig a trench three or four feet deep, into which they are to be laid, as they are taken up from the ground, and then covered with the earth taken out of the trench.

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A SALVE FOR EV'RY SORE."

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EXTRAORDINARY CHILD, BORN AT RAVENNA IN ITALY.

REMARKABLE BIRTHS.

THAT many strange creatures have, at different times, and in different countries, have appeared and excited wonder and admiration by their singular conformation, is beyond all question; and numerous traditions of remarkable children have been transmitted to us. For the information of the curious reader we insert one or two of those best authenticated and most generally believed.

The object which forms the subject of our Engraving is stated to have been born at Ravenna, a town of Italy. It appears to have had a remarkably pleasant countenance, and in its conformation to have been decidedly feminine. In the place where its arms should have been, it was furnished with two strong wings. These wings, we presume, it had the power of spreading, like a fowl, or other winged creature; but its pinions do not appear to have been sufficiently large as to have allowed of its taking a flight into the air.

A case somewhat similar to the above, occurred in our own country, in the year 1619; at which period a youth named Francis North was born without arms, but his hands grew, like fins, out of his shoulders. This event occurred at Greenwich in Kent, where the register of his baptism has been preserved.

In a previous number we gave an account of a twin foetus born at New York, and we find also, that in the reign of Henry III. there was a woman in England, who had two children, that, like the Siamese Twins recently exhibited in London, were united by a ligamentous substance, which could not be

disconnected. The heads of these creatures were so placed, that they looked contrariwise. They had each two distinct arms and hands; and would speak, cry, and laugh together. They felt hungry at the same time; and though they often spoke together, one would occasionally speak while the other remained silent. They lived several years.

In the year 1655, a female was exhibited in London named Augusta Barbara Urselin; she was then in her twenty-second year. Her whole body, and even her face, was covered with curled hair of a yellow colour, and very soft, like wool; she had besides a thick beard that reached to her girdle, and from her ears hung long tufts of yellowish hair. She had been married above a year, but had no children. Her husband's name was Vaubeck, and he married her merely to make a show of her, for which purpose he visited various countries of Europe, and England among others. This remarkable creature is believed to be the hairy girl mentioned by Bartoline, and described by Borelli under the name of Bárba.

Of children born partially defective—"who are sent into the world before their time, but half made up, and that both lamely and unfashionably" every day affords instances. Some of the objects thus maimed by Nature, are, however, remarkably ingenious, and display talents and capabilities not always to be found in those possessing a perfect conformation. Stowe, in his Annals, gives an account of a Dutchman who was born without arms, but yet exhibited surprising feats of activity with his legs, such as flourishing a rapier, shooting an arrow at a mark, &c. A Spaniard, also born without arms, was exhibited in London in

the reign of William III. could comb and shave himself, fill a glass, thread a needle, embroider, write six different kinds of hands, and play on several instruments of music. Others have been found to display more than ordinary abilities in painting, penmanship, needlework, &c.; and the extraordinary talent and ingenuity displayed by the celebrated Miss Biffin, must be fresh in the recollection of our readers.

Among the most extraordinary births, however, with which we are acquainted, is one recorded by Mr. Hamilton, in his History of Medicine; an occurrence, indeed, so strange, that were it not for the high authority on which it rests, might well be accounted incredible, and, even as it is, must be admitted to partake almost of the miraculous, so wholly at variance is it with all ordinary experience and preconceived opinions. This event is no other than the delivery of a woman residing at Sens, in Champagne, of a petrified child, which was taken from her by the Cæsarian operation, in the year 1682. This fact, paradoxical as it may appear, rests upon no less authority than that of Bartholine, Pare, Licetus, and others of the most unquestionable veracity, who strongly attest its truth. It was universally believed to have lain in the maternal uterus for twenty years before she had courage to undergo the operation by which she could have been relieved from so unnatural a burden; and after having been cut out, was carried from Sens to Paris, where it was purchased by a goldsmith from Venice, who sold it for a large sum to Frederick III., king of Denmark, by whom it was added to his collection of rarities, where it perhaps may be yet seen—at least it was in existence there not many years since. That it really was a human fœtus, and not an artificial preparation made to impose upon the credulous, is evident, as we are informed by those who have seen it, to the eye of any observer. Its upper part is found to be composed of a substance resembling gypsum; the lower part is much harder, the thighs and posteriors being perfect stone, of a reddish colour, its grain and surface perfectly resembling that of human calculi. How to account for this singular deviation from the ordinary laws of nature, in a clear, explicit, and philosophic manner, might be difficult, although not more so perhaps than to account for many other operations which are equally marvellous, but which, from falling more frequently under our own observation, have ceased to be regarded with surprise. We are unfortunately left in the dark as to the constitutional habits of the mother, but when we know a mode by which, although somewhat out of the common course of nature, the change from an organized to an inorganic substance is capable of being effected, we should only expose our ignorance by denying or disputing a fact, which rests for its support upon such authorities as Bartholine and Pare.

EXTRAORDINARY INSTANCE OF CONSTIPATION OF THE BOWELS.

My patient, (says Mr. Staniland,) Mary Belmore, aged 73, the wife of a labouring man, requested my advice for "an obstinate costiveness," as she termed it, and gave me the history of her complaint, nearly in the following manner:—

At about 24 or 25, she could not command a daily motion without the assistance of some purgative medi-

cine, which she generally bought at the druggist's, either jalap, rhubarb, or aloes, but even these in the course of time lost their virtue, "unless she took," as she expressed herself, "as much as would poison a dozen ordinary men;" from two days the interval gradually increased, though unaccompanied with any very unpleasant symptoms, except flatulence and occasional dull heavy pain on the right side, (I suppose the head of the colon from her description, and pointing to the spot,) and flying pains from the flatulence, until it became a month; and for the last five years, once in two months, not regular to two or three days. Even before my advice was solicited, a medical practitioner here, just antecedent to the last obstruction, had attended her for the complaint, which had not then been relieved for four months and eight days: she told me that he had been successful in purging her, and that she "must have parted with at least a bushel;" but that she would sooner die than undergo again what she suffered from the effect of the medicine, and that unless I could do something for her, which would act speedily and easy, she would not take any thing: this was about a month after the purged motions, and she has had several since, though not at regular intervals. I sent her a box of pills of calomel, ext. colocynth, ol. croton, and cloves; but whether from the trouble of taking them, or their nauseousness, she neglected their use, and as she had comparatively little or no pain from her complaint, week succeeded week, and month to month, until full seven months had passed over, without the least discharge from the bowels. Some weeks before her death she had a fall, and hurt her right side (no doubt, particularly the head of the colon,) of which she had complained ever since, the pain gradually getting worse and worse, so that she could not bear the least pressure, and at length was obliged to keep her bed. She died in a few days, under the most excruciating pain in the head of the colon from inflammation, which terminated in gangrene of one spot about the size of a crown, from which the faces had escaped, and were found amongst the intestines on the right side.

The size of the body after death was that of a half hog's head, and as protuberant as that of a dropical person, as hard as a drum, with the skin as tight as it seemed possible to draw it, and quite polished. The skin and peritoneum were perfectly transparent, and each as thin as a wafer, so that they might almost be torn like paper.

The feces were not inordinately offensive, considering the length of time they had remained in the bowels, nor, excepting the rectum, were they near so concrete as might be expected; but in this part they were literally as hard as wood, and would require the chisel or hammer to break them in pieces.

Her appetite had always been tolerably good, nor did she refrain from any common diet that presented itself, though generally she lived on fat pork and vegetables.

FATAL EFFECTS OF INTEMPERANCE ON THE WORKING CLASSES.

THE grand bane of civilized life is *Intemperance*. Greater in towns than in the country, it dreadfully aggravates the evils of our employments; and it produces evils of its own, tenfold more unjust, more rapid, and more deadly. Not a class of artisans, and scarcely one of professional men, is to be found, in which intemperance may not be discovered. Some-

times it is grossly apparent, often partially concealed; in the first case, as it were, taking the constitution by storm, in the latter, proceeding by sap; in both utterly destroying health, personal comfort, and domestic happiness. The most striking effects of intemperance are to be seen among the artisans. The man takes, during the hours of labour, more drink than he requires, and this generally the compound sold under the name of ALE. Instead of spending the evening with his family, he joins frequently some friends to take a pint at the public-house. To ale, a glass of spirit must afterwards be added. At length he is frequently drunk at night, and in the progress of the case we find him occasionally so unfit for work the next morning from disordered stomach, that he must have some spirit before he can crawl from his house. One glass leads to a second, and the man becomes intoxicated, and in the morning is obliged to give up the idea of going to work; and then his habits and feelings lead him to spend the day, not in freeing his system from the effects of his debauch, not in abstinence, fresh air, and repose, but in aggravating the evils from which he suffers. He spends the day at the public-house. To-day is a repetition of yesterday, and to-morrow will probably be spent in sickness and in bed.

There is another class in whom the vice is less apparent, though equally fatal. The artisan, not content with the more than liberal allowance of ale which he has had during the day, calls for his glass of spirit as soon as he comes home in the evening. It is but twopenny, he says, and he can well spare this. At five or six in the morning again he takes his usual dram, as he sets out fasting to his work; and takes it consequently at the time most likely to injure the stomach. A craving for the noxious stimulant at length urges, I had almost said, physically compels him to increase the frequency of the dose. Hence a practice rapidly destructive to health and life, becomes established without the knowledge of the master, for the man attends his work regularly to the last, and almost without the consciousness of the individual, for the moral sense becomes blunted, and habit hides the sin.

More shocking is the case, when the evil is found among females, when the wife is led to imitate her husband. Most shocking when children, when young children, nay infants, are taught to sip with the mother, and thus acquire a taste for the bane of life and health. Suffice it briefly to know the effects on the animal economy which drunkenness and dram-drinking produce. The head is oppressed, the appetite is diminished, the strength is reduced. The wretched individual at length has morning vomitings; chronic inflammation of the mucous membranes of the stomach and intestines is established; and often also a similar and apparently consecutive disease of the bronchial membrane. The liver becomes changed in structure, and at length either dropsy gradually removes him to a premature grave, or inflammation of the brain or apoplexy makes a more suddenly fatal seizure.—*Thackrah's Diseases of the Working Classes.*

ON WARM CLOTHING.

As at this season of the year it is highly important that due attention should be paid to our clothing, an inattention to which frequently induces dangerous

diseases and considerable suffering, we entreat the attention of our readers to the following remarks on this subject by Dr. Edwards, in his recently-published work on the Influence of Physical Agents on Life.

"Very important considerations result from the difference of constitution at different periods of life. If the attention which children require in climates and seasons little favourable to the preservation of their existence were generally understood and put in practice, it would considerably reduce one of the most powerful sources of mortality affecting that age in our climate. It is not confined to children whom the misery of their parents cannot guard from the rigour of the weather, but it operates to a great extent, without being either perceived or suspected, in families enjoying affluence, and in which it is believed that the necessary precautions are taken; because, cold being relative, it is difficult from our own feelings to judge of its effects on others, and because it does not always manifest itself by determinate and uniform sensations. They do not feel the cold, but they have an uneasiness or an indisposition which arises from it; their constitution becomes deteriorated by passing through the alternations of health and disease, and they sink under the action of an unknown cause. It is the more likely to be unknown, because the injurious effects of cold do not always manifest themselves during or immediately after its application. The changes are at first insensible; they increase by the repetition of the impression, or by its long duration; and the constitution is altered without the effect being suspected.

"There is a general precaution which would tend to prevent these effects, and which it is sufficient here merely to point out. It is to watch the changes which may come on during health at the decline of the year, and in the course of the cold season; and, however little it may be liable to derangement, to preserve heat by warmer clothing. If the clothing is adapted to the wants of the individual, it will contribute powerfully to guard him from the alterations dependent on the influence of the season: he will enjoy at the same time the advantage of being exposed to the open air in conditions of the atmosphere which would not injure his health."

People are frequently dissuaded from the use of warm clothing and the external application of heat under the form of baths, by the idea that they may induce delicacy and greater sensibility to cold. This opinion is undoubtedly founded upon very general experience; but other facts, equally well attested, shew us that when the system does not develop sufficient heat, means ought to be employed to increase the power of procuring it.

Although the want of it is actually felt, the use of warm clothing is often declined from the wish to reserve it for an advanced age; but it frequently happens that this precaution is the cause of preventing that age from being attained.

We therefore earnestly recommend our readers to increase the warmth of their clothing by suitable additions, in order that they may not suffer from the natural coldness of the climate. Let them not, however, run into the opposite extreme, and encumber their bodies with a heap of garments; but let them only so defend themselves from the cold, as to prevent them from feeling any sensations of chilliness and shivering, and they may probably pass through the winter without "taking cold" as it is usually termed.

ON FRICTION.

THE employment of friction in order to remove disease, is a remedy of some antiquity, used still in the East Indies, where it was first adopted, and latterly introduced into European practice. It is one of those salutary expedients by which the whole body receives nearly as much benefit as from a tepid bath, and which, being in the power of every person, ought to be more frequently as well as more generally used.

To the sedentary, the hypochondriac, and those troubled with indigestion, and who cannot afford leisure to take sufficient exercise, daily friction of the abdomen in particular cannot be too strongly recommended as an eligible substitute for other means, for the purpose of invigorating the system. And, although friction may not be attended with all the advantages derived from exercise in the open air, it nevertheless produces a powerful effect on the organs of digestion; for the moderate exercise of a whole day will not invigorate the abdominal vessels, and particularly the stomach, so much as the friction of these parts, continued for half an hour.

This species of exercise, which admits of being performed either by the naked hand, a piece of flannel, or, by what is still better, a flesh-brush, is one of the most gentle and useful that can be adopted; and to which the whole body may be subjected, but principally the abdomen, the back-bone, the arms and legs. It clears the skin, dissolves stagnating humors, promotes perspiration, strengthens the fibres, and increases the warmth and energy of the whole system, and is frequently found to be an excellent remedy in rheumatism, gout, palsy, green sickness, &c.

In a weak state of the abdomen and the nerves in general, still more salutary effects may be derived from friction, if the stomach and abdomen be rubbed over every morning after getting up, and every night before going to bed, with a sponge, or a piece of flannel dipped in cold water. This method possesses still greater advantages over medicine taken internally, as it can be safely employed, and in cases where the alimentary canal, from its obstructed state, scarcely admits of any other remedies, while friction and the affusion of cold water generally relieve not only these obstructions, but even habitual costiveness.

Motion or exercise, of whatever kind, ought only to be continued till an agreeable lassitude, and a sensible degree of perspiration is felt. If carried further than this, instead of strengthening the body it weakens it, and does harm by filling the lungs with an excess of heated blood. Neither ought the thirst, generally felt after exercise, to be instantly satisfied by cooling drink. If we cannot wait till the warmth be reduced to the natural temperature, some warm diluent liquors may be allowed. For the same reason, after having taken exercise, no one should rest in a cool place, or upon a green plot, or remain exposed to a current of air; but rather resort, in summer, to some spot warmed by the mild rays of the sun; or, in winter, to a moderately warm apartment, to prevent the sudden change of temperature from injuring us, by suppressing perspiration too suddenly.

ALL preparations of spirituous liquors, tend to shorten life. When people drink these, they drink liquid fire. They accelerate vital consumption in a dreadful manner, and make life, in the properest sense, a process of burning.

SPITTING OF BLOOD CURED BY THE SHOWER BATH.

THE cold shower-bath is one of the best remedies in spitting of blood, provided there is no pain of the chest, no inflammation. I have had many patients who have spit blood, notwithstanding which, I regularly employed the cold shower-bath; and not only did it do no harm, but on the contrary, put a stop to the disposition to spit blood. I have seen them recover their health, strength, and spirits, and become perfectly well. I have in my recollection at this moment a very remarkable instance of this kind. A young man came to me whose brother was spitting blood at the same time as himself. They were both of them so much disposed to consumption, that it was an even chance which should die first. However, one grew much worse than the other; he spat a large quantity of blood, and signs of abdominal disease and phthisis came on, and he died. The other brother had no sign of abdominal disease, and did not spit blood so profusely. But having done no good to his brother, I told him that I should wish him, from the experience I had had, to use the cold shower-bath, notwithstanding the spitting of blood. He did so, and he is now alive. He used it throughout the whole of the last winter in the hardest frost, and has never spit blood but once since, and then only a very small quantity. He did not require any medicine, and he is really now a tolerably healthy young man.

Of course it would be wrong to employ the cold shower-bath when there is pleurisy,—when there is pain on inspiration. Then you have to remedy inflammation of the chest. Again, a patient may be so feeble, as not to have the glow which every one ought to have after the use of the cold shower-bath; under these circumstances it would be very wrong for you to employ it. You should then use it moderately tepid, and as you find the patient bears it, gradually reduce the temperature, till at last it may be borne quite well at the temperature of the atmosphere. You will find it a most valuable remedy.—*Dr. Elliotson.*

ON HUMAN FOOD.

So much does the health of people in general depend upon temperance and simplicity, as well as on the right ordering of their diet, that were more attention paid to this subject, fewer of those diseases which are the scourge of the human race would be met with in society. To effect this grand and paramount object it should, doubtless, be the study of all who value their health, to combine simplicity with temperance in the selection, preparation, and use of the various articles of food, animal and vegetable, which the benevolent hand of Nature has so bounteously diffused over the earth for the support of mankind.

By simplicity in the choice and preparation of our alimentary materials, the appetite is not unnaturally provoked to consume more than the system requires for its proper sustenance—indigestion is prevented, and the general health more uniformly maintained.

Temperance in diet, in its turn, supplies, in a great measure, the place of exercise, where opportunities for the latter might be wanting, and which at all times is necessary to the preservation of health. Independent then of its preservative qualities, temperance may be practised by all classes and conditions,

at any time, place, or season. It is, in fact, a kind of regimen, on which any individual may put himself, without interruption to business, expense, or loss of time.

As an incentive to health, exercise gives vigour and strength, consequently ought never to be disregarded where it can conveniently be adopted; but if exercise conduces to throw off all superfluities in the system, temperance in diet prevents their accumulation, and renders it less necessary; if exercise clears the vessels, temperance neither satiates nor overstrains them; if exercise raises the proper ferments in the humours, and promotes a salutary state of the circulation, temperance gives Nature her full scope, and enables her to exert herself with all her force and vigour; and, if exercise dissipates a growing distemper, temperance starves it.

Among the remedies of the earlier physicians, exercise, combined with temperance, stood in the foremost rank. As a method of curing diseases, exercise is said to have been invented by one Herodicus, born at Salymbra, a city of Thrace; or as asserted by others, at Leutini, in Sicily. He was first master of an academy, where young gentlemen came to learn manly and warlike exercises; and observing them to be very healthy on that account, he made exercise become an art in reference to the recovery of men out of diseases, as well as preserving them from their influence; and hence he called it *Gymnastic*, which he afterwards made a great part of his practice of physic. But Hippocrates, who was his scholar, blames him sometimes for his excesses with this view: and Plato exclaims against him with some warmth, for enjoining his patients to walk from Athens to Megara, which is about twenty-five miles, and to return home on foot as they went, as soon as they had touched the walls of the city. Exercise, doubtless, may be carried to excess and considerably beyond even what the body will bear, when, instead of proving beneficial, it must prove hurtful, by defeating its intention; and, for the same reason, temperance, so recommendable, ought, by no means, to degenerate into a prohibition bordering upon abstinence.

In the most extensive signification of the word, Food implies whatever substances are taken into the body, solid or fluid; but, in ordinary language, it is generally used to represent only the more solid part of our aliment. When it is considered how much depends upon the selection, preservation, and right ordering of our food, as so many items on which health and existence depend, it will cease to be matter of surprise, that more than an ordinary share of experience is requisite to adapt it to the purposes of the animal economy. In the early ages of mankind, we are told, men lived upon berries, acorns, and such fruits as the earth, of its own accord, produces:—from these, they proceeded to eat the flesh of wild animals taken in hunting; but the numbers of the latter decreasing, and mankind multiplying, necessity taught them the propriety of tilling the ground, that its fruits might be more abundantly increased.

In process of time, to aid their mutual wants, and to protect the weak against the oppression of the strong, men, by general consent, began to assign to each other portions of land, to produce them their supply of vegetables;—reason, soon after, suggested the expedient of domesticating certain animals equally to assist them in their labours and supply them with food. Hogs, it is said, were the first animals of the

domestic kind that appeared on their tables; as then they held it to be ungrateful to devour the beasts that assisted them in their labour. When they began to make a free use of domestic animals, they only roasted them: boiling was a refinement in cookery to which for some ages they were strangers; and fish, living in an element which men were unaccustomed to, were not eaten, till they became somewhat more civilized. [to be resumed.]

CURE FOR CANCERS.

CERTAIN applications (particularly arsenic) to open cancer, have occasionally produced a separation of the diseased from the healthy parts, and have thus cured the disease. The uncertainty of this effect, and the danger of so deleterious a substance being placed in contact with the sore, have deterred surgeons from adopting this practice generally, and when an operation is practicable, the knife affords the safest means of extirpating the disease. Still other means ought not to be altogether rejected. Many years ago a relative of my own got cancer of the under lip. After it had continued for a long time, and become very distressing, he was persuaded to try a plaster, which had before eradicated the disease, the receipt for which had been purchased for a very considerable sum by my relation, who used it contrary to my advice; but I must confess that its success was perfect, as, after remaining attached for more than three weeks, the whole of the cancerous mass loosened and fell out. The part healed rapidly, and the disease has not returned, although eight years have since elapsed. In the composition of the plaster, the lichen is useful, probably on account of the vegetable gum it contains, and renders the mass powerfully adhesive. In Templemore and its neighbourhood, I am assured it has performed many remarkable cures. The receipt is here given in the words of my relation:—

“Get green or ash-coloured ground liverwort, (the Irish name of which is *coice*), take the fibres from the back of each leaf, and make it perfectly clean; dry it as green as possible, powder it, and searce it through a very fine silk searce. Take two drachms two scruples of this powder, and one drachm one scruple of white arsenic finely powdered, one ounce of common turpentine, and one spoonful of white wine vinegar: put the arsenic first into your mortar, and your vinegar to it by degrees, constantly working it until it be dissolved, and the arsenic becomes as smooth as cream; then add the other ingredients well mixed; it will keep good for years.

“Add to a small quantity of the plaster a few drops of the yoke of an egg, work it quite smooth, and then spread it quite smooth on a bit of fine bladder; apply it to the sore without any bandage, pressing it into every crevice, and sticking it close to the edges. Permit the plaster to remain on until it comes off of itself, which mostly requires three or four weeks. The roots of the cancer when extracted, appear like white threads.”—*Dr. Graves.*

ON ABSTINENCE, as a CURE FOR DISEASE.

RIGID abstinence is a most powerful remedy in all acute diseases; it is also valuable in many of the more chronic forms of disease, and might perhaps be attended with success in cases of cancer and dropsy.

The most obvious application, however, of absti-

nence, as a remedy, is in cases of disorder or disease of the stomach itself. These affections are so constantly the effects of improper food, that to alter the diet is simply to remove the cause; and to withdraw food nearly altogether would be to employ an actual and powerful remedy. If a joint be affected by disease, we enjoin repose; and therefore the efficacy of abstinence in cases of disorder or disease of the stomach is equally necessary, and cannot fail to prove beneficial. Partial abstinence was the principle which regulated the practice of the celebrated and eccentric Abernethy, and in his hands it produced the most extraordinary results.

The employment of abstinence as a remedy is successfully practised in disease, or tendency to disease, within the head. The *immediate* threatening of apoplexy must be treated by active blood-letting; but the remedy for the *permanent* disposition to this disease is the most rigid abstinence. The least nutritious and least stimulant food is to be enforced, and even that must be meted or measured, so that such a supply only may be given as is requisite to sustain the patient from sinking.

The practice of Valsalva, in curing diseases of the heart and arteries by abstinence, was as follows:—Sufficient blood having been taken, he ordered the food and drink to be daily diminished, until it was reduced to half a pint of gruel in the morning, and less than half that quantity in the evening; to this, water alone was added, and that in a restricted quantity, medicated by the addition of quince, &c. When the patient was, in this manner, emaciated, and so debilitated that he could not raise his hand from the bed, the diet was slowly and moderately increased, so as just to maintain power enough for raising the body. In this way he succeeded in completely curing these formidable diseases.

The practice of abstinence may, however, be carried to excess; and as the total privation of food is unnatural, it cannot long be borne. We have numerous instances on record of the effects produced by the privation of food; but the following example of total abstinence is so interesting, and the resolution displayed by the individual so extraordinary, that we cannot refrain from giving the whole account.

Louis Antoine Viterbi was tried before the Court of Cassation in Paris in 1822 as an accomplice in the assassination of a person named Frediani—a crime which he denied to the last moment. He was condemned to death, and towards the end of November was confined in the prison of Basria, where he was guarded in the usual manner. Viterbi determined not to die on the scaffold, but to be his own executioner, though not by any desperate act of suicide.

To effect this purpose, he abstained from food during three days, and then ate voraciously, and to a forced excess, in the hope that after fasting so long, he should thereby but an end to his existence. Nature deceived him; and on the 2d of December, he determined to starve himself to death. From that day nothing could subdue this terrible resolve: although Viterbi did not expire until the night of the 21st of that month.

During the three first days, although no debility was manifested, Viterbi felt himself tormented by hunger, and did not endure these early sufferings with courage. Under these circumstances, bread, water, wine and soup were ordered to be taken daily to his cell, and placed conspicuously in view. This order

was punctually executed until the day of his death: but Viterbi always distributed these provisions among his fellow-prisoners.

From the 5th to the 6th, famishment was succeeded by the much more grievous suffering of thirst, which became so acute, that on the 6th, without ever deviating from his resolution, he began to moisten his lips and mouth occasionally, and to gargle with a few drops of water, to relieve the burning pain in his throat; but he let nothing pass into his stomach, being desirous not to assuage the most insupportable cravings, but to mitigate a pain which might have shaken his resolution. On the 6th, his physical powers were a little weakened; his voice was nevertheless still sonorous, pulsation regular, and a natural heat extended over his whole frame. From the 3d to the 9th, he had continued to write; at night, several hours of tranquil sleep seemed to suspend the progress of his sufferings; no change was observable in his mental faculties, and he complained of no local pain.

Until the 10th, the burning anguish of thirst became more and more insupportable; Viterbi merely continued to gargle, without once swallowing a single drop of water; but in the course of the day of the 10th, overcome by excess of pain, he seized the jug of water, which was near him, and drank immoderately. During the last three days, debility had made considerable progress, his voice became feeble, pulsation had declined, and the extremities were cold. Viterbi, however, continued to write; and sleep, each night, still afforded him several hours' ease.

From the 10th to the 12th, the symptoms made a slight progress. The constancy of Viterbi never yielded an instant; he dictated his journal, and afterwards approved and signed what had thus been written agreeable to his dictation. During the night of the 12th, the symptoms assumed a more decided character; debility was extreme, pulsation scarcely sensible, his voice extraordinarily feeble; the cold had extended itself all over his body, and the pangs of thirst were more acute than ever.

On the 13th, the unhappy man, thinking himself at the point of death, again seized the jug of water, and drank twice, after which the cold became more severe. At the expiration of a quarter of an hour he asked for some brandy; the keeper not having any, he took four spoonfuls of wine. When he had swallowed these, the cold suddenly ceased, heat returned, and Viterbi enjoyed a sleep of four hours.

During the two following days he resisted his inclination to drink, but continued to gargle occasionally with water. During the two nights he suffered a little from exhaustion, but in the morning found himself rather relieved.

On the 16th, at five o'clock in the morning, his powers were almost annihilated, pulsation could hardly be felt, and his voice almost wholly inaudible, his body was benumbed with cold; and it was thought he was on the point of expiring. At ten o'clock he began to feel better, pulsation was more sensible, his voice strengthened, and, finally, heat again extended over his frame, and in this state he continued during the whole of the 17th. From the latter day, until the 20th, Viterbi only became more inexorable in his resolution to die; he inflexibly refused all offers of aliment, and even resisted the torturing pangs of thirst; not a drop of water did he swallow, although he still, from time to time, moist-

ened his parched lips, and sometimes his burning eyelids, from which he found some relief to his agony.

During the 19th, the pangs of hunger and thirst appeared more grievous than ever; so insufferable, indeed, were they, that, for the first time, Viterbi let a few tears escape him. But his invincible mind instantly spurned this human tribute. For a moment he seemed to resume his wonted energy, and said, in presence of his guards and the gaoler, "I will persist, whatever may be the consequence; my mind shall be stronger than my body; my strength of mind does not vary, although my body becomes weaker."

A short time after this energetic expression, which showed the powerful influence of his moral faculties over his physical necessities, an icy coldness again assailed his body, the shiverings were frequent and dreadful, and his loins, in particular, were seized with a stone-like coldness, which extended itself down his thighs.

During the 19th, a slight pain at intervals affected his heart, and, for the first time, he felt a singing sensation in his ears. At noon, on this day, his head became heavy; his sight however was perfect, and he conversed almost as usual, making some signs with his hands.

On the 20th, Viterbi declared to the gaoler and physician, that he would not again moisten his mouth, and feeling the approach of death, he stretched himself on the bed, and said to the gendarmes, "Look—how well I have laid myself out! Now I am prepared to leave this world."

Death did not this time betray the hopes of a man who, perhaps, of all others invoked it with the greatest fervour, and to whom it seemed to deny its cheerless tranquillity. On the 21st, Viterbi was no more. [to be resumed.]

ENCYCLOPEDIA OF MEDICINE—No. 2.

ANTISPASMODICS.

Antispasmodics are stimulant substances which allay irregular muscular contraction; and as the alternation of motion and quietude constitute regular muscular action, the muscles are said to be in a state of spasm, when they remain contracted after the exciting cause of muscular action has ceased to operate. Antispasmodics, then, are medicines which operate on the nerves of motion, and repress their inordinate action.

Medical science is at present acquainted with but few direct antispasmodics. Musk, the most efficacious of all the known antispasmodics, is little used, on account of its high price, and the great quantity required in order to produce a satisfactory result.

The use of antispasmodics, when the spasmodic muscular action is occasioned by inflammation of the brain or spinal marrow, is injurious; in such cases, blood-letting, and such other measures as are calculated to remove the primary disease, ought to be adopted.

In chorea, in asthma, and even in the whooping cough, antispasmodics have been found highly beneficial. The use of belladonna in the latter disorder has been thus recommended by Dr. Thomson:—Supposing a child of five years of age to be the object of whooping-cough, after administering an emetic and purgative, a pill containing one tenth of a grain of extract of belladonna may be given every fifth

hour, and the dose gradually increased, until the sight be affected, and a scarlet efflorescence closely resembling the eruption of scarletina appears on the skin. The adjunct most beneficial is the hydrocyanic acid, in doses of one minim. It should be observed, however, that the efficacy of the extract of belladonna is destroyed by the employment of alkaline solutions.

In hysterical affections, antispasmodics have afforded the most satisfactory results. When the doses have been sufficiently great, assafoetida and valerian have been exceedingly serviceable.

The number of direct antispasmodic medicines is very few, and among those most generally used are the following—

Musk (moschus)—dose for adults, from six to twenty grains, in the form of a pill—for children, during the cutting of their teeth, from one to two years, half a grain; from two to four years, from one to six grains.

Castor (castoreum) powder—for adults, from five to ten grains—for children, from two to four grains.

Assafoetida, volatile spirit of—for adults, from twenty to forty drops; for children, from four to eight drops.

Wild Valerian (valeriana officinalis) the root of—for adults, from one scruple to one drachm, three or four times a day.

Camphor Gum—for adults, from two to five grains, for children, from one to two grains.

PRESERVATION OF HUMAN BODIES.

An important discovery has recently been made in France by Messrs. Capron and Boniface, chemists, of Chillot. By a process to which they have given the name of *Momification*, they have succeeded, after numerous experiments, in so modifying the known processes of preserving bodies, as to reduce them to mummies, leaving all the forms unaltered: even the features remain so perfectly unchanged, that correct portraits may be taken at any length of time after death; and as the body is not enveloped in bandages, as in the Egyptian method, the natural forms are kept entire. The operation requires but a few days, when bodies become inaccessible to worms; they may also be exposed to all the variations of the atmosphere, without undergoing any change. At a late meeting of the Academie des Sciences, a human body, and also two hearts, preserved in this manner, were exhibited, and the process appeared complete: although these preparations had been made several weeks, not the slightest alteration had taken place, and even the discoloured state of the skin, occasioned by the scar of an old wound, was fully perceptible.

BITES OF VENEMOUS REPTILES.

To prevent the effects resulting from the bites of venomous creatures, a ligature should be applied between the situation of the wound and the heart. If this is done soon after the bite, every bad symptom will be prevented; but if the swelling has commenced, the application of ligatures will only serve to aggravate the disease.

FOOD FOR INFANTS.

As to the food of infants, the mother's milk is always preferable, when circumstances will admit; but where this cannot be enjoyed, or is insufficient to the nourishment of a child, the nature of its food must be regulated by the state of its bowels and its general health. At first, there is nothing better than equal parts of gruel and cow's milk, very little, if at all, sweetened. Sugar is apt to turn acid on the stomach of an infant, and to occasion fever; and to the use of sugar in the food of infants is owing those numerous and severe griping pains they endure, and which induce people to resort to the use of carminatives. Food, in which is either sugar or milk, must by no means be re-warmed, as it is very injurious.

FLOUR PAP.

For this purpose the flour should be tied in a bag, and boiled for a considerable time, or else dried in an oven. It may then be made thick with water in the same manner as gruel, and cooled and thinned with new milk.

BREAD PAP.

For this purpose the top crust of a loaf is best; it should be soaked an hour or two in cold water, then simmered over the fire till it becomes like a thick jelly, when it may be beaten up, and cooled with milk.

RUSKS, OR TOPS AND BOTTOMS.

This kind of food is very serviceable for infants. They may be prepared exactly in the same manner as bread pap. Sufficient should be made each morning to serve the infant through the day; and the food is much more wholesome and agreeable than when stale or often messed up.

BISCUIT POWDER.

This is an excellent sort of food for infants, and is prepared in much the same manner as bread pap. The most celebrated place in London for obtaining rusks, and biscuit powder, is at Leman's, Thread-needle-street.

When children are weaned, and for some time afterwards, their diet should consist chiefly of milk. This may be thickened with either flour, rice, oatmeal, or bread. The two former are preferable when their bowels are relaxed—the latter when they are confined. A little broth will sometimes suitably vary their diet, which may be thickened in the same manner as milk.

CURE FOR WARTS.

When warts are so situated as to produce no particular inconvenience, and not to occasion any deformity, they may be safely left to themselves. They sometimes are, however, so seated about the hands and fingers, as to interfere with some motion or some office to which those parts are destined. The easiest way to get rid of warts is to pare off the thickened skin which covers the prominent wart; cut it off by successive layers; shave it till you come to the surface of the skin, and till you draw blood in two or three places. When you have thus denuded the surface of the skin, rub the part thoroughly over with lunar

caustic, and one effective operation of this kind will generally destroy the wart! If not, you cut off the black spot which has been occasioned by the caustic, and apply it again; or you may apply acetic acid, and thus you will get rid of it.

PHYSICIANS' PRESCRIPTIONS, USEFUL FAMILY RECIPES, &c. &c.

For Spasmodic Cholera.

Spirit of sal volatile, three drachms; ether, three drachms; solution of acetate of morphine, twenty drops; camphorated mixture, six ounces. Two table spoonfuls every three or four hours.

Previous to this medicine being administered, the bowels must have been moved three or four times by aperient medicines.

Abernethy's Pill for Bilious Complaints.

Blue pill, half a drachm; extract of jalap, a scruple; rhubarb, ten grains—Mix these three and make into twelve pills; of which take occasionally as a dose one or two.

Mild Opening Powder for Children.

Powdered cinnamon, rhubarb, and jalap, half a drachm of each; cream of tartar, a drachm. Mix and divide into six powders; of which give one every three hours till they operate.

Cure for Diseased Lungs.

Six ounces of Iceland liverwort, cleansed of the dirt and sticks, and then boiled in three pints of water till reduced to a quart, then strained, and six ounces of sugar put to it, and again boiled until reduced to a pint and a half. Two table-spoonfuls of this decoction may be taken twice or thrice a day in a cup of coffee or chocolate.

Cure for Excessive Vomiting.

In cases where excessive vomiting is produced by emetics, or by some accidental cause, the individual should take twenty-four grains of carbonate of potash in half an ounce of water, with half an ounce of lemon juice, and half an ounce of lump sugar—This may be taken every three hours, until the sickness is stopped.

Sir Matthew Tierney's Ointment for Pimples.

Take of purified lard, an ounce; of citron ointment an ounce and a half, of finest almond oil, half an ounce. Mix them well together, and scent with a few drops of bergamot.

TO CORRESPONDENTS.

The communications of J. O.—t, J. H. E., and W. H. P. have been received; they will find remedies applicable to their various cases in the numbers already published.

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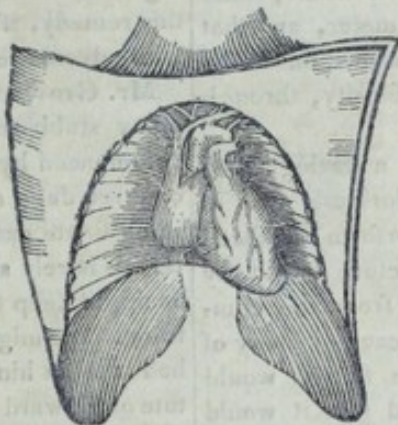
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A SALVE FOR EV'RY SORE."

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THE HEART, WITH ITS AURICLES AND VENTRICLES.

THE HEART.

THE heart, in man, is the centre of the circulating system. It is the source of the arteries, and the termination of the veins. In shape it resembles a half cone, and is enclosed in a membranous bag, termed the pericardium, which is larger than the heart, so that the organ is allowed free motion in the cavity. The pericardium contains about two spoonfuls of a clear fluid, which moistens the surface of the heart, and keeps it in a state of suppleness. The weight of the human heart, with its pericardium, when removed from the body, is from ten to fifteen ounces. The situation of the heart, between the lungs, may be seen by a reference to the engraving in our seventh number.

In man, and in all the higher animals, this organ consists of two hearts, closely and intimately connected. One of these is concerned with the circulation through the body, the other with the circulation through the lungs. These might perform their offices if separate and even distant from each other. Each of these hearts consists of an auricle, or membranous bag, placed at the mouths of the veins; and a ventricle placed at the orifice of the artery, which drives the blood into that vessel and its branches.

The two auricles are placed at the basis or broadest part of the heart; and the ventricles in the front of the former cavities.

VOL. I.

The blood, after circulating through the blood-vessels of the body, that is, after serving the various purposes of nutrition, secretion, &c. is returned into the right auricle of the heart by two large veins. One of these, called the superior vena cava, brings the blood from the head and the superior extremities; and the other, termed the inferior vena cava, brings the blood from all the lower parts of the body. The properties of this blood have been so altered in its course, that it is necessary for it to be subjected to the action of the atmosphere in the lungs, before it is again fit to be sent into the arteries of the body. The right auricle, then, transmits the blood into the lungs, and from the lungs it is returned, not again into the right, but into the left auricle. From the left auricle it is propelled into the left ventricle, and from thence it is conveyed to every part of the body by means of the aorta, which takes its rise from the upper and back part of the left ventricle. Thus we see that the whole of the blood is collected and received on the right side for the purpose of purification; and when purified it is again propelled into the system by the organs on the left side.

Each cavity of the heart may contain from two to three ounces of blood. The heart contracts four thousand times in one hour; therefore there passes through the heart, every hour, eight thousand ounces, or seven hundred pounds of blood. The whole mass of blood (says the writer of a popular treatise on this

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subject, published by the Society for the Diffusion of Useful Knowledge) in an adult man is about twenty-five or thirty pounds; so that a quantity of blood equal to the whole mass passes through the heart twenty-eight times in an hour, which is about once every two minutes. What an affair must this be, in very large animals! It has been said, and with truth, that the aorta of a whale is larger in the bore than the main pipe of the waterworks at London Bridge, and that the water roaring in its passage through the pipe is inferior in impetus and velocity to the blood gushing from a whale's heart. Dr. Hunter, in his account of the dissection of a whale, states that the aorta measured a foot in diameter, and that ten or fifteen gallons of blood are thrown out of the heart at a stroke with an immense velocity, through a tube of a foot diameter.

The wisdom of the Creator, says a distinguished anatomist, is in nothing seen more gloriously than in the heart. And how well does it perform its office! An anatomist who understood its structure might say beforehand that it would play; but from the complexity of its mechanism and the delicacy of many of its parts, he must be apprehensive that it would always be liable to derangement, and that it would soon wear itself out. Yet does this wonderful machine go on, night and day, for eighty, aye, even for a hundred years together, at the rate of a hundred thousand strokes every twenty-four hours, having at every stroke a great resistance to overcome; and it continues this action for this length of time without disorder, and without weariness.

That it should continue this action for this length of time without disorder is wonderful; that it should be capable of continuing it without weariness is still more astonishing. Never, for a single moment, night or day, does it intermit its labour, neither through our waking nor our sleeping hours. On it goes, without intermission, at the rate of a hundred thousand strokes every twenty-four hours, yet it never feels fatigued, it never seems exhausted. Rest would have been incompatible with its functions. While it slept the whole machinery must have stopped, and the animal inevitably perish. It was necessary that it should be made capable of working for ever, without the cessation of a moment, without the least degree of weariness. It is so made, and the power of the Creator in so constructing it can in nothing be exceeded but his wisdom.

ON CORPULENCY.

In attempting the cure of corpulency, auxiliary medicines may occasionally be useful, but the only certain and permanent relief is to be sought in a right

abstemiousness, and a strict and constant attention to diet and exercise.

The ancients were by no means inattentive to these instruments of medicine. Herodicus is said to have been the first who applied the exercises and regimen of the gymnasium to the removal of disease, or the maintenance of health. Celsus refers us to Asclepiades, as the physician who introduced friction into the Roman practice, remarking at the same time that he did no more than revive, with some improvements, the precepts of Hippocrates, who has said that "by friction, if violent, the body may be rendered harder, if gentle, softer." Hence it follows, says Celsus, that this remedy, if used with judgment, may be applied with advantage in any condition of the body.

Mr. Grosvenor has turned it to much advantage in many stubborn local complaints. Every cure was commenced by a rigid enforcement of the diet, or three days' entire abstinence, which was resumed, in obstinate cases, a second and third time, after intervals barely sufficient to allow as much nourishment as might keep the patient from dying of hunger and thirst. We might almost suppose our early legislators had taken a hint from the ancient doctors. By a statute of Edward I. felons sent to suffer prison *forte et dure* were committed *ad dictum*, a term ironically expressive of the sustenance the sufferer was allowed—on the first day, three morsels of the worst bread, and on the second, three draughts of water from the next puddle; this was alternately his diet, till he died. Gloomy as this retrospect is, it might have proved an important document, if any register could inform us how long life could be protracted by such means.

This old-fashioned practice would be an excellent mode of treating some of our new diseases; and, in truth, some of our modern philosophers seem to think so. Abstinence from animal food was considered a moral duty by the learned Ritson ten years ago; and with respect to the effects of abstinence on corpulency, Dr. Mason Good has left us the following observations.

"In attempting the cure of corpulency, the first step is to avoid all the common and more obvious causes, as much as possible. Hence, as a life of indolence and indulgence in eating and drinking is highly contributory to corpulency, the remedial treatment should consist in the use of severe, regular, and habitual exercise, a hard bed, little sleep, and dry and scanty food, derived from vegetables alone, except where, from a singularity of constitution, farinaceous food is found to be a chief source of corpulency. And where these are insufficient, we may have recourse to frequent blood-letting, and such medicines as freely evacuate the fluids, whether by the bowels or the skin. Generally speaking, however, the diet and regimen just recommended, with a spare allowance of water, will be sufficient to bring down the highest degree of corpulency."

This opinion prevailed not only among the ignorant multitude, but among the greatest, the wisest, and the most judicious people of the age. Bishops, dignified clergy, celebrated philosophers, and physicians, gave themselves up to the casting of nativities; and lectures were read in colleges on that subject, as well as upon cabala, and the art of divination by punctures and circles. The most celebrated and brilliant phenomenon of this kind was Thurneiser. His skill in astrology was considered so great, that scarcely was there a child born in any respectable family in Germany, Poland, Hungary, Denmark, and even England, whose parents did not immediately dispatch a messenger to him with an exact account of the moment of its birth. Eight, ten and twelve such nativities came to him often at one time; and he was at last so oppressed with them, that he was obliged to engage an assistant in his business. Several volumes of such questions are still preserved in the library at Berlin, among which there appear some letters from Queen Elizabeth.

The phenomenon of magnetism deserves not to be omitted in this notice. Mesmer, an enthusiastic physician, who becoming a bankrupt had fallen into contempt, and who in all probability was not so much assisted by invisible powers as encouraged by negligent magistrates, at length conceived the idea of making artificial magnets, which he sold as a sovereign remedy for many diseases, such as lameness, the gout, tooth-ach, head-ach, &c. As he found that this plan succeeded, he advanced a step farther, and asserted that he had no more occasion for artificial magnets, but that he himself was the grand magnet which should magnetize the world.

His own person, he pretended, was so filled with magnetic virtue, that he could communicate it to another even by the touch; by stretching out his finger; and even by a single look. He indeed, produced instances of people who being touched by him, or even looked at, declared they had experienced sensations as if they had been struck with a stick, or a piece of iron. This singular virtue he called *animal magnetism*, and he connected with that strange appellation whatever is dearest to man—life, wisdom, and health, which by these means he could dispense and diffuse at his pleasure.

FRIGHTFUL DREAMS, THE NIGHTMARE, &c. &c.

HAPPY may those persons consider themselves who always enjoy the delights of calm repose, and to whom Sleep is indeed "Nature's sweet restorer." But many there are, who, instead of rising from their couch refreshed and fitted for the toils of the day, are even more fatigued than when they laid themselves down to rest on the preceding night. To such persons the

time for rest is a period of misery, and they frequently dread the approach of night, with its attendant horrors. In every case of this description, persons may be assured that the health of the individual is in a state of derangement. Either they are labouring under some disorder of the digestive organs, or are under the influence of the incipient symptoms of fever, or epidemic disease; and if timely attention were paid to these nocturnal symptoms, the progress of a malady might often be checked at the outset. In children, however, who are more particularly subject to nightmare and terrific dreams, they are generally the result of indigestion, or derangement of the stomach, and might be remedied by attention to the diet of the child, or a little aperient or anthelmintic medicine. The following remarks on this subject, by Mr. Waller, we commend to the notice of our readers.

To those persons who are only occasionally subject to the nightmare, and who are generally most alarmed at it, as the disease comes upon them unexpectedly, and without their being able to assign any cause for it, it appears difficult to apply a remedy, as the mischief is generally over before they are aware of its approach. A little attention, however, to the state of the digestive organs will generally point out to them, that it was connected with indigestion, flatulence or costiveness, or perhaps all these together; frequently it is the consequence of having eaten some particular kind of food, which experience shows always to disagree with the stomach.

An old writer on medical subjects observes, that he who wishes to know what nightmare is, let him eat chesnuts before going to sleep, and drink after them feculent wine. I have found by experience in the West Indies, that eating a particular fruit, called the Alligator pear, would at any time in the day produce nightmare. This is a pulpy fruit, which when cut into resembles a custard, and is frequently spread upon bread and eaten instead of butter, whence it has obtained among military men the name of subaltern's butter, and it is frequently no contemptible substitute for fresh butter. I used frequently to eat it, beat up with the juice of Seville oranges and sugar, in which case its effects are almost instantaneous. So great a propensity to sleep came upon me that I could not resist the temptation, though well aware of the consequences, so that I generally kept some person by me to awake me as soon as the nightmare came on, which was always in the course of a few minutes. I have frequently shown this experiment to my medical friends. The articles most likely to produce nightmare I conceive to be cucumbers, nuts, apples, and all such things as produce flatulence. Whenever a person has discovered the offending article, it is certainly prudent to abstain from it, more especially in the evening. If, however, that state of stomach and bowels which gives rise to nightmare should be perceived, we may apprehend that it will occur, and it will be advisable to

have recourse to some preventive. The fit of nightmare does not always immediately follow the eating of any improper food, but sometimes several days elapse before its attack. In this case it is easier to foresee and consequently to prevent it.

The signs by which its approach may be known are, unusual drowsiness, disagreeable dreams, and disturbed sleep, with wind in the stomach and bowels. In this case I would recommend immediate recourse to the carbonate of soda, of which ten grains may be taken, mixed with three drachms of the compound tincture of cardamoms. The bowels should be opened by small doses of magnesia and rhubarb mixed in peppermint water.

Intemperance of every kind is hurtful, but nothing is more productive of this disease than drinking *bad wine*; of eatables, those which are most prejudicial are, fat and greasy meats, most vegetables, fruit and pastry. These ought to be avoided, or eaten with caution. The same thing may be said of salt meats for which dyspeptic patients have frequently a predilection, but which are not on that account the less noxious.

Moderate exercise contributes in a superior degree to promote the digestion of the food, and prevent the formation of flatulence; to those, however, who are necessarily confined to a sedentary occupation, I would recommend particularly to avoid applying to study, or any other sedentary occupation immediately after eating. If a strong propensity to sleep should occur after dinner, it will be certainly better to indulge it a little, as the process of digestion frequently goes on much better during sleep than when awake.

What has been said respecting nightmare applies equally to all other kinds of disturbed sleep. They originate from the same cause, and will be removed by the same remedies. In children, frightful dreams frequently result from *worms*, and consequently will be remedied by any kind of treatment which removes the worms.

THE ITCH.

The brimstone ointment applied externally is an effectual cure for this complaint. This ointment consists of different portions of brimstone. In the London Pharmacopœia, sulphur ointment is made of three ounces of sulphur, with eight of lard. The sulphur ointment recommended by Rayer, contains one ounce of sulphur to two of lard. He mentions another form which consists of two ounces of sulphur, one of the subcarbonate of potash; and one ounce of lard mixed up into an ointment. The unpleasant smell of the ointment may be remedied by putting a few drops of the oil of bergamot with the ointment. The mode of

using the ointment is to go first into a warm-bath and have the surface well cleaned with soap and warm water; then the sulphur ointment is to be well smeared over all parts of the body on which there may be an eruption. The object is not to rub it in as you would rub in any other ointment, but only to cover the affected parts. Then the patient is to put on a complete set of under garments, stockings, drawers, shirt with sleeves, and gloves, so as to confine the ointment to the surface of the body; and those garments are to be worn till the complaint is at an end. This application should be repeated night and morning, for three or four days; then go into the warm-bath, to cleanse the body. If there be any fresh eruption, the ointment must be applied again.

PHYSICIANS' PRESCRIPTIONS, USEFUL FAMILY RECIPES, &c.

An Emetic for the Sick Head-ache.

For an adult, take one grain of tartar emetic, and fifteen grains of ipecacuanha.

Cure for the Tooth-ache.

A solution of two drachms of alum, in seven drachms of the sweet spirits of nitre, must be applied to the painful tooth.

Cure for the Sting of a Bee.

Moisten some common whitening with a little cold water, and apply it immediately to the part that has been stung. The whitening may be washed off in a few minutes, when there will be no swelling, nor will there be any pain experienced.

For Palpitation of the Heart, and Weak Nerves.

One ounce of camphor mixture, a fluid drachm of the tincture of calumba, and from eight to ten drops of the tincture of foxglove.

For Windy Colic.

Peppermint-water, five ounces and a half; spirits of aniseed, six fluid drachms; oil of caraway seed, twelve minims; syrup of ginger, two fluid drachms; compound tincture of cardamoms, half a fluid ounce; spirits of sulphuric ether, two fluid drachms; camphor mixture, one ounce. Of this valuable mixture take two table-spoonfuls during the pains.

For obstinate Hiccups.

Fifteen or twenty grains of musk made into the form of a pill, and taken in the fit, will generally cure the most obstinate fit of the hiccups.

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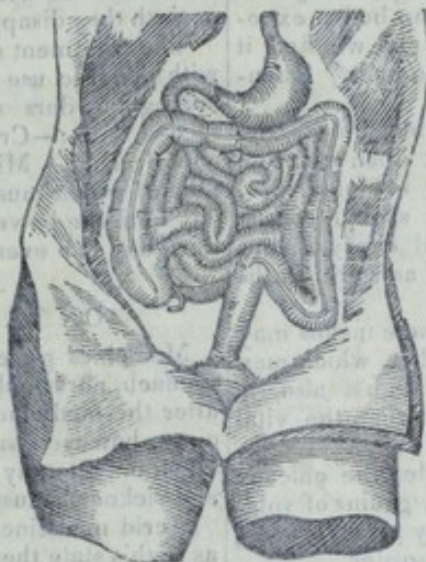
A SOV'REIGN BALM FOR EV'RY WOUND,

A SALVE FOR EV'RY SORE."

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THE STOMACH AND INTESTINES.

THE STOMACH.

The human stomach, which is destined for the reception of food, and in which the aliment is retained until the change occasioned by digestion is produced, is a large membranous bag. In its figure it is somewhat long and round, and resembles in shape the bag of the musical instrument called a bagpipe. The accompanying diagram affords a correct idea of its form and general appearance.

The size of the stomach is different in different individuals, and is proportioned to the quantity of aliment the individual is accustomed to receive. The stomach of the person who was formerly exhibited in England as "the living skeleton," was capable of containing only about two ounces of food. The stomach is larger in men than in women, and in the former it is frequently increased, by free and bountiful living, to an enormous size. In general, however, it is capable of holding, in the adult man, when moderately distended, about three pints; but some stomachs have been found sufficiently capacious to contain eleven pints.

The structure of the stomach is muscular; and the fibres which compose it, by contracting and expanding, agitate its contents. It possesses more blood-vessels and nerves than any other organ of the body, by which it is of course rendered most exquisitely sensitive; and it partakes, in a most remarkable manner, of all the general actions of the system. It has been regarded as a kind of common centre, by which the motions of the organic functions are regulated, and by Mr. Hunter was designated the *centre of sympathies*. The stomach is the centre of every impres-

sion of the various parts of the body and the mind, and the seat of muscular exertion and fatigue. It is most subject to disorders, most accessible to remedies. It is the first organ that feels, and the last that fails; and seems to be the centre of power, as well as the source of renervation.

At the lower extremity of the stomach is the pylorus, a term derived from two Greek words signifying a *porter*, or *the keeper of the gate*. It consists of a ring of muscular fibres, so extremely sensitive, as to contract and close the orifice leading to the intestines, when it is touched by any hard or undigested substance. The pylorus is, in fact, a guardian placed between the first and second stomach, in order to prevent any substance from passing from the former, until it is in a condition to be acted upon by the latter; and so faithfully does this guardian perform its office, that it often compels the stomach to reject the unfit matter by vomiting, rather than allow it to pass in an undigested state. As experience, however, proves that indigestible substances, as cherry-stones, &c. traverse through the intestines, it is said the pylorus, becoming accustomed to an undigested substance which presents itself repeatedly, at last opens a passage for it. By the action of the stomach, the food, before it enters the intestines, is converted into a soft pulpy substance called chyme.

The intestinal canal, which receives the nourishment that has been prepared in the stomach, commences at the termination of the pylorus. It is divided into two parts—the small and the large intestines; and each part is subdivided into three portions. The small intestines are formed of the duodenum, the jejunum, and the ilium; the great intes-

times contain the cæcum, the colon, and the rectum. The canal has numerous convolutions, as the above diagram exhibits, and the length of the intestines in an adult is calculated to be six times the length of the body in its ordinary size; but in children, on account of their smaller stature, they are about ten times the length of the body.

THE RHEUMATISM.

The suppression of perspiration is generally the cause of rheumatism—sleeping in damp beds, exposure to night-air, &c. will produce it, and we find it most frequent during the spring and autumn. Rheumatism is either acute or chronic.

For acute rheumatism, frequent bleeding is the best method; the body being kept open by cool opening liquors, such as decoctions of tamarinds, cream of tartar, whey, &c. The diet should consist wholly of light broths or gruel, and every means used for promoting perspiration, such as warm-bathing, &c.

In chronic rheumatism nearly the same means may be adopted, with the exception of the diet, which may be rather more generous. Exercise should also be taken, which will be essential in restoring the vital energy of the system.

To these general rules may be added the efficacy of mercurials, with from five to twenty grains of volatile tincture of gum guaiacum, which, by perseverance, may wholly eradicate this dreadful disorder.

Considerable relief has also been experienced from the use of *Reynolds's Specific*.

OF CUTS.

ALL that is necessary to be done in case of cuts, is to clear away the surrounding blood, and other matters, then to bring the lips of the wound close together, and retain them in that position by slips of adhesive plaster; if the cut be deep and extensive, supporting the surrounding parts by bandages. In large wounds, small openings should be left between the slips of plaster, for the escape of matter or blood. The first dressing should remain on for three or four days; and if pain or inflammation follow the accident, a little opening physic ought to be taken. The bleeding consequent upon wounds may generally be stopped by pressure, but cobweb may be used, and is sometimes useful in obstinate bleedings. Formerly it was the practice to sew up long or deep wounds with the needle; but the lips of the most severe cuts can generally be retained in contact, and it is well known that even the nose, after being nearly or quite separated from the face, has been perfectly united by means of strips of plaster.

NETTLE-RASH.

In this disease the skin becomes itchy and hot, not during the day, but in the evening; very often the parts affected are swelled into lumps. Suppressed perspiration and indigestion are said to be the cause of this disease.

The treatment of it is very simple:—When the stomach produces it, an emetic must be taken, and after sleep the following powders:—Take of cream of tartar, one drachm; of jalap, half a drachm.

Mix and divide into three parts: one to be taken in the morning, the other at intervals of three hours. A warm bath, and ten grains of Dover's powder at night in a hot drink should be given, if the disease is obstinate.

CHICKEN-POCK.

This disease is contagious, and generally affects a person only once in life.

On the second or third day pustules come out upon the skin, filled with watery fluid, and about the fifth or sixth they disappear.

The treatment should be cool, and spare regimen; with the free use of whey and lemonade. The following powders should be given on the first and second days:—Cream of tartar, two drachms; jalap, one drachm. Mix and divide into six powders. One of which must be taken every two hours the first day until the bowels are free; and in the second or third day one every four hours.

ON TAKING MEDICINES.

Medicines generally should be taken on an empty stomach, nor should any food be eaten until one hour after the medicines have been taken. Some medicines, however, such as prussic acid, &c. which, if taken on a totally empty stomach, produce nausea and sickness, must be taken after a light breakfast.

Acrid medicines should be taken in a fluid form, as in this state they act immediately upon the affected organ; while pills operate gradually, because, before they can affect the diseased organ, they require to be dissolved by the moisture of the stomach.

The quantity required for a dose wholly depends on the constitution of the patients; in chronic cases, however, small doses are decidedly to be preferred.

PREVENTION OF THE EFFECTS OF LIGHTNING.

PERSONS overtaken by a storm should not take shelter under a tree, for by so doing they expose themselves to double danger. Trees attract the lightning, and persons taking shelter under them are frequently killed.

It is also dangerous to stand near leaden spouts, iron gates, or palisades, during a storm, metals of all kinds have so strong an attraction for lightning, as frequently to draw it out of the course it would otherwise have taken.

When in a house, avoid sitting or standing near the window, door, or walls, during a thunder-gust. The nearer you are placed to the middle of the room, the better.

When a person is struck by lightning, strip the body, and throw buckets-full of water over it for ten or fifteen minutes; let continued frictions and inflation of the lungs be practised; let gentle shocks of electricity be made to pass through the chest, when a skilful person can be procured to apply it; and apply blisters to the breast.

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THE ABERNETHIAN CREED, & GOLDEN RULES FOR HEALTH.

THE following extracts exhibit the principles upon which Mr. Abernethy acted in effecting the cure of many extraordinary cases of internal disease. So convinced was he of the utility of the doctrines here advanced, that frequently, when consulted, he would direct his patients to purchase his book, and attend to the following instructions, which he told them were to be found at the 73rd page. We give the passage entire, assured that our readers will derive considerable benefit from its perusal.

"The method of treatment which I have adopted is simple, and founded on the opinions I have formed of the nature of the disease, and on physiological views of the functions of the affected organs. Believing the disordered parts to be in a state of weakness and of irritability, my object has been to diminish the former, and allay the latter. Believing also that the secretions into the stomach and bowels, upon the healthy state of which the due performance of their functions depends, were, in consequence of such disorder, either deficient in quantity or depraved in quality, I have endeavoured to excite, by means of medicine, a more copious and healthy secretion.

"In conformity to these views of the subject, the patients have been recommended to be particularly attentive to their diet. The food should be nutritious, and easy of digestion: strong, plain broths, animal food of loose texture, milk, eggs, and farinaceous vegetables, are the articles which appear most advisable. But, as custom and inclination have so great an effect in regulating the action of the stomach, I have contented myself with recommending patients *not to eat any thing which it was probable that they could not digest*. It seems reasonable to suppose, that if the food be properly digested, it will not irritate the intestinal canal; but that if digestion fails, the animal and vegetable matters will undergo chemical changes in their passage through the long tract of intestines, and thereby maintain a state of irritation in those organs. I have urged patients *not to oppress the powers of the stomach by too great a quantity of food, nor to take a second meal, until time has been allowed for the digestion of the first, and for the recovery of the powers of the stomach*. Whilst I have thus advised patients to eat moderately and not too frequently, I have also cautioned them not to let the stomach become irritable by too long abstinence.

"The quantity of food should be proportionate to the powers of the stomach. If it receives more than it can digest, no nourishment is obtained from the superfluous quantity, and the undigested aliment not only acts injuriously in the bowels, but in the blood and in the urine. There is also another view of the subject. Moderation in diet not only insures the complete digestion of the aliment, but it prevents the blood vessels from being overloaded, and kept in a state of action exhausting to their strength. When also important organs may be in a state of nervous irritation and disorder of function, if there be a plethoric state of the blood vessels at the same time, those vascular actions are likely to ensue, which may produce an alteration of their structure and irremediable disease.

"The function of digestion will not, however, go on well, even where these circumstances have been attended to, if the stomach be deprived of a stimulus to which it has been long accustomed. Uneasy sensations will be experienced, denoting, if I may so express it, a discontented state of this organ, and a want of the expected stimulus. It is on this account injurious wholly to restrain those patients from the use of wine who have been in the habit of taking it. A moderate quantity of such a stimulus may be allowed after dinner, to prevent uneasy sensations, and to promote digestion, but strong fermented liquors must be injurious at any other period. It is wrong to stimulate the stomach when it has no task to perform.

"Even our food must be considered as exerting a medicinal influence in disorders of the stomach. When that disease is irritable, a vegetable diet and abstinence from fermented liquors may tend to tranquillise it. On the contrary, when it is weak as well as irritable, that aliment which is most readily digested is to be preferred, and cordials are sometimes beneficial. The effects of food and medicine can never be considered as resulting from their operation on the stomach solely, but from their conjoint influence upon the nervous system in general. Irritability of the stomach may arise from that of the brain, and unstimulating diet may tend to tranquillise the latter organ, and thereby alleviate the disorder of the former. On the contrary, a more generous diet may, by exciting the nervous system, produce that degree of energy in its actions, which invigorates the stomach, and tranquillises its disorder. It may further be observed, in some cases, that the kind of medicines or diet

which is serviceable to the stomach, may aggravate the nervous disorder; and, on the contrary, that those means which seem to tranquillise nervous irritation tend to diminish the powers of the stomach.

"A regular daily evacuation of the bowels is particularly necessary, since the detention of the faeces must prove irritating to these organs. Purgative medicines sometimes relieve unpleasant sensations; but they do not in general produce even this effect; and all active purges seem to increase the disorder. It is natural to suppose that strong stimuli will aggravate the unhealthy condition of weak and irritable parts.

"It is difficult, in many cases, to regulate the actions of the bowels either by diet or medicine. They are costive for a time, and then fits of purging come on. The former state must be obviated, in order to prevent the latter. Medicines which excite a healthy action of the bowels in one person, are either inert or too active in another. Doses, which would have no effect in a state of health, become purgative in this disorder; a circumstance which shews that the bowels are irritable. The object which I had in view, in all cases, was to excite the peristaltic action of the bowels without irritating them, so as to induce them to pour forth and evacuate their own fluids. The administration of purgative medicines, in very small doses, at regular intervals, is in many cases the best mode of effecting this purpose.

"I have generally explained to the patients the objects which I had in view, in correcting disorders of the digestive organs, by saying that there are three things which I consider as right and necessary to the cure of disorder. First, that *the stomach should thoroughly digest all the food that is put into it*. The patient perceiving the necessity of obtaining this end, becomes attentive to his diet, and observes the effect which the quantity and quality of his food and medicines have upon his feelings, and the apparent powers of his stomach. Secondly, that *the residue of the food should be daily discharged from the bowels*. Here, too, the patient apprised of the design, notes what kind and dose of purgative medicines best effect the intention; and whether it answers better if taken at once or at intervals. Thirdly, that *the secretion of bile should be right, both with respect to quality and quantity*.

"Whenever circumstances permit, I have recommended the patients to take as much exercise as they could, short of producing fatigue; to live much in the open air; and, if possible, not to suffer their minds to be agitated by anxiety, or fatigued by exertion. Attention to diet, air, exercise, and mental tranquillity, are more decidedly beneficial than medicines."—John Abernethy.

Rise at an early and regular hour in the morning, in the summer and autumnal months. Then bathe, or use minor ablutions, paying strict attention to cleanliness in all other respects.

After these, enjoy the refreshing air of the morning, then partake of a moderate breakfast of either tea, coffee, cocoa, or milk; but do not eat dried and salt meats, as animal food once a day (at dinner) is sufficient to support the powers of life.

When heated by exercise or any other means, do not throw off any portion of clothes, nor take any cold drinks, nor expose the body to a current of air, or cool wind, but suffer the heat to subside gradually. Should your shoes or any portion of your clothing have been wetted by rain, take them off quickly, rub the parts very dry which have been exposed to the influence of the wet clothing, then put on dry ones somewhat warmed, keep in motion, and if necessary drink a little brandy or other spirit, but never apply it outwardly, as this practice is attended with considerable danger.

Do not fast too long. If you dine late, eat a plain biscuit, or take a little plain broth, between breakfast and dinner. At dinner, eat moderately of plain animal and vegetable substances, and be sure that the food be well chewed before it is suffered to pass into the stomach. Drink sparingly at dinner, whether your beverage be water or beer; and use no active or severe exercise soon after dining.

In the evenings, enjoy in a rational manner the society of your friends; but shun heated apartments and large assemblages of persons.

If supper be required, it should consist only of some light article, easy of digestion, and it ought to be taken an hour or two before going to bed, which should not be later than eleven.

Be temperate in all things, preserve tranquillity of mind, keep every passion within due bounds. Before lying down to rest, return thanks to the Supreme Being for the blessings you enjoy, and commit yourself to his care. Then lay your head, properly elevated on your pillow, with a mind as free from perturbation, and undisturbed as possible by anxious thoughts, or distressing cares.





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