

Observations on the anti-phthisical properties of the Lichen Islandicus; or Iceland moss : comprehending explicit directions for the making and using such preparations of the herb and auxiliaries, which experience has proved best adapted to the cure of the different species of pulmonary consumptions, of Great Britain / By Richard Reece.

Contributors

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London School of Hygiene and Tropical Medicine

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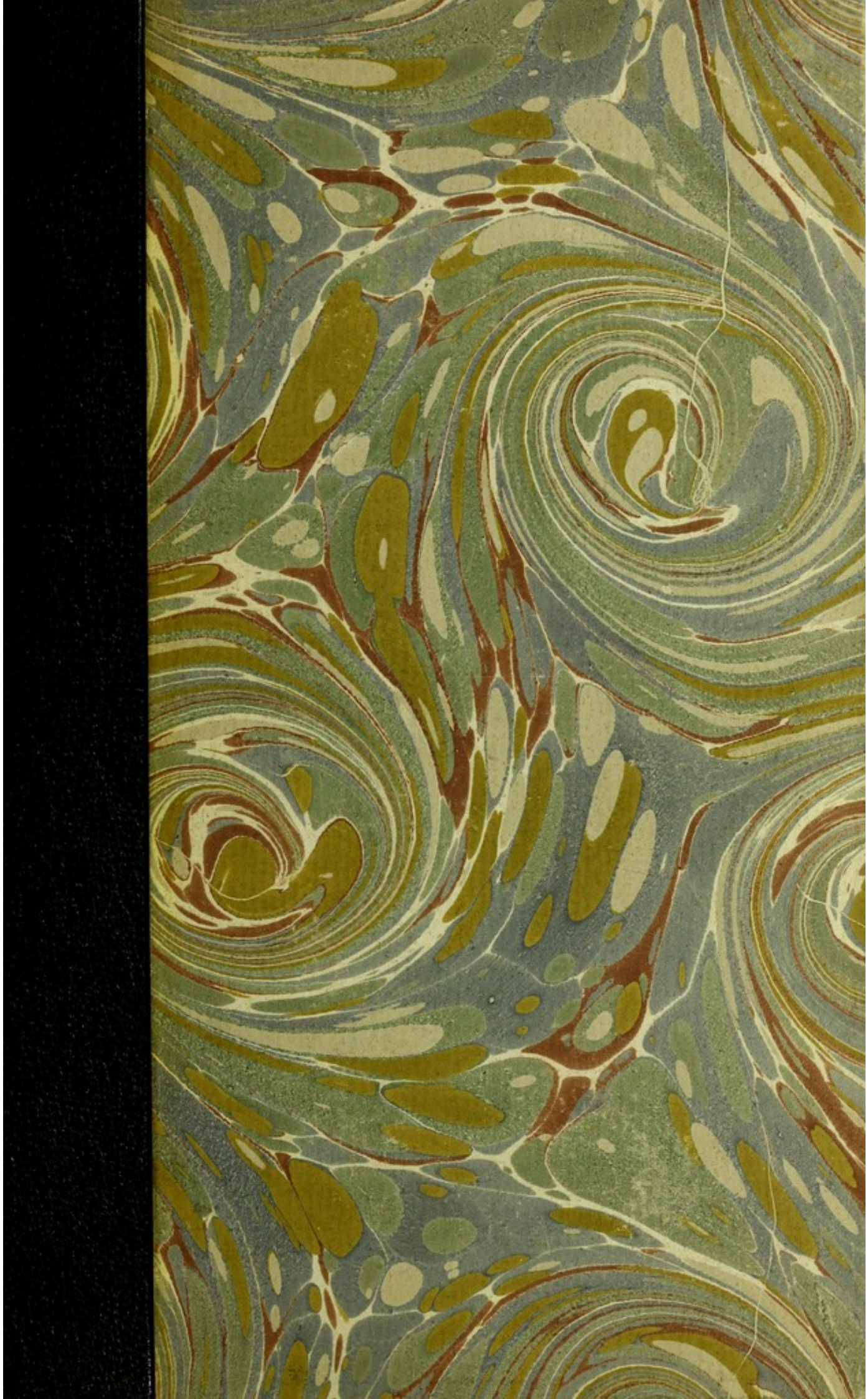
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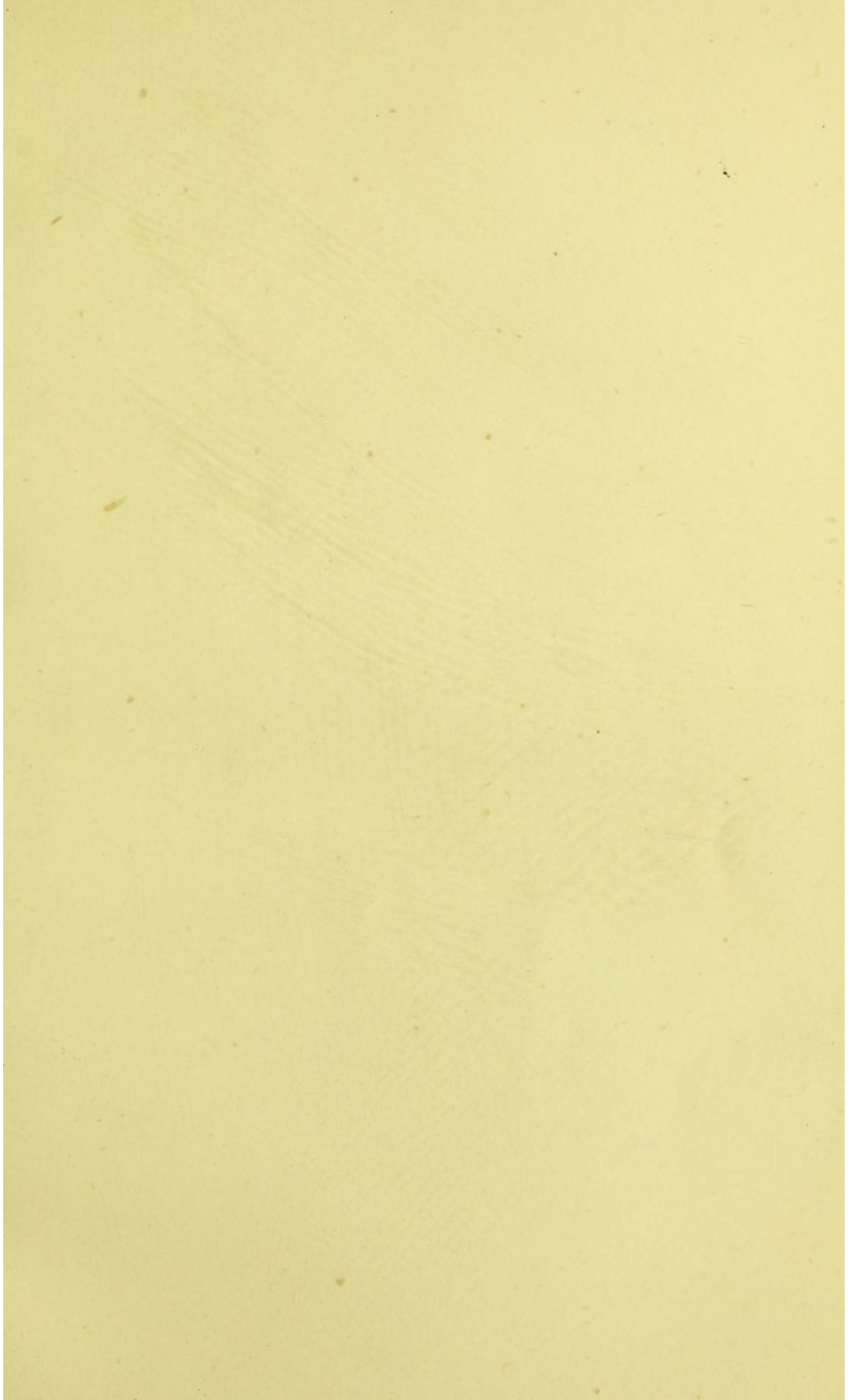
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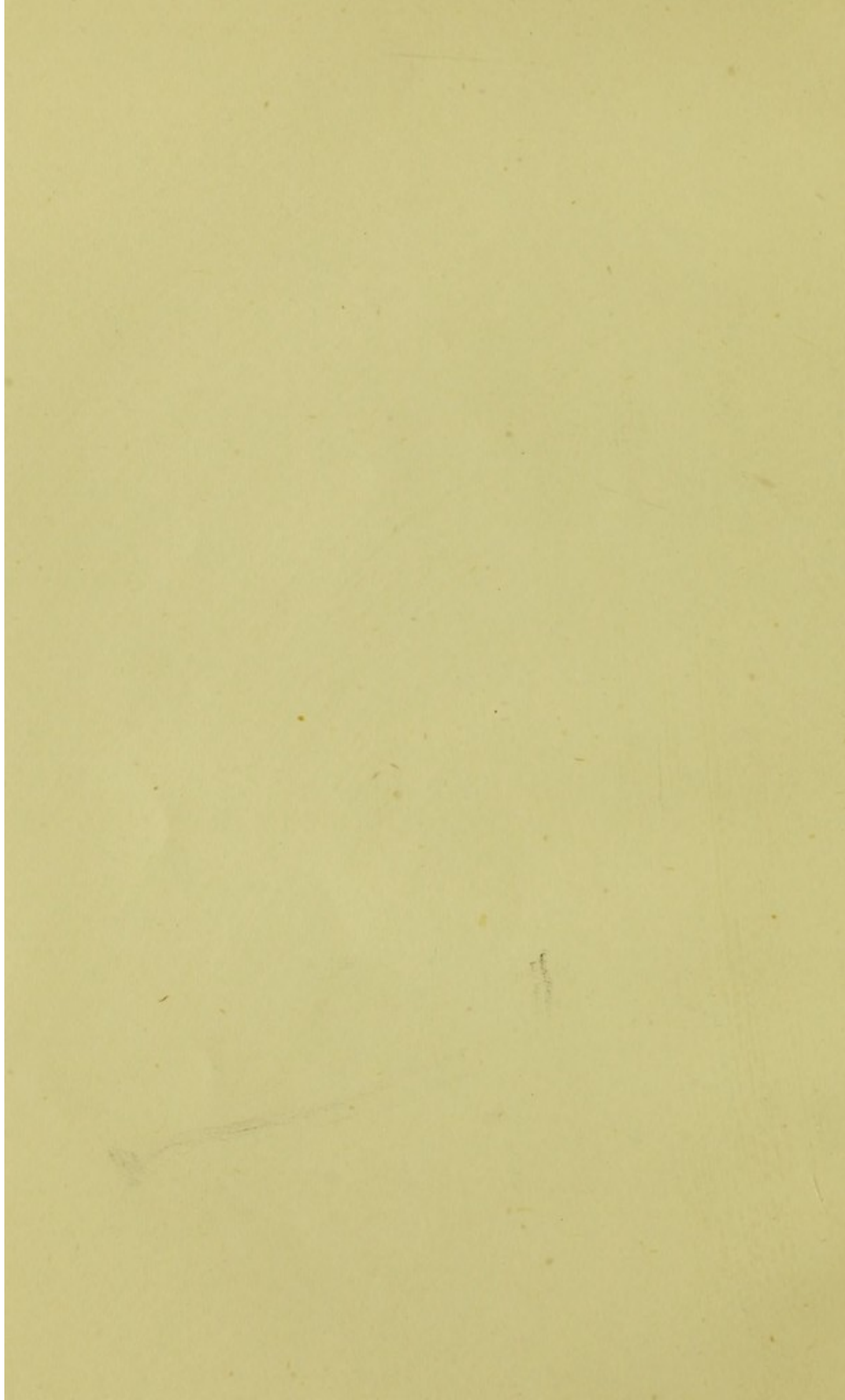


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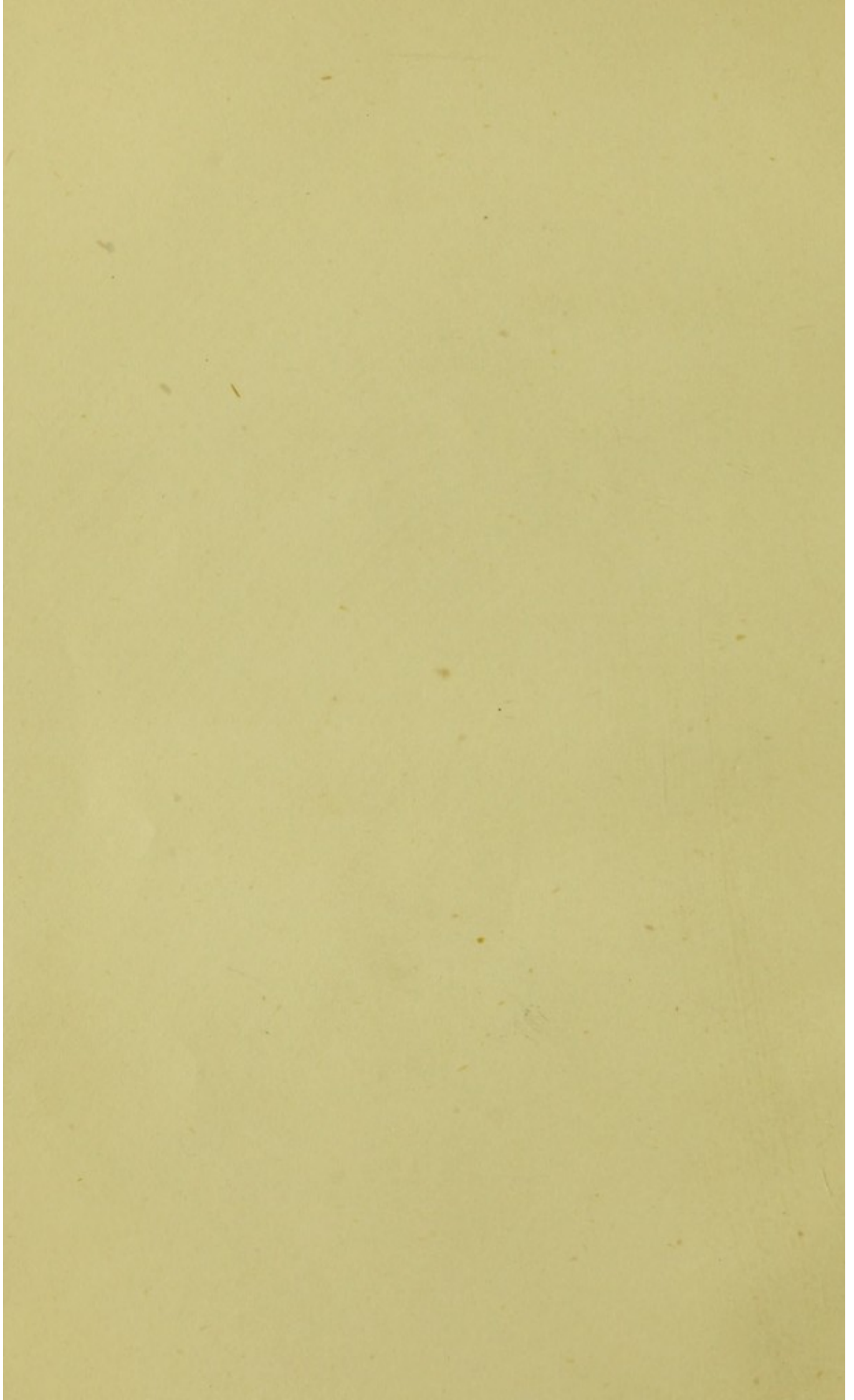






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OBSERVATIONS
ON THE
ANTI-PHTHISICAL PROPERTIES
OF THE
LICHEN ISLANDICUS;
OR
ICELAND MOSS:

COMPREHENDING

Explicit Directions for the making and using such Preparations of
the Herb and Auxiliaries, which experience has proved
best adapted to the Cure of the different
Species of

PULMONARY CONSUMPTIONS,
Of Great Britain.

BY RICHARD REECE,

Member of the late Corporation of Surgeons in London, Author of the
Medical and Chirurgical Pharmacopœia, Medical Guide,
or Complete Companion to the Family
Medicine Chest, &c.

LONDON:

Printed by C. Stower, Charles-Street, Hatton Garden;

AND SOLD BY

LONGMAN AND REES, PATERNOSTER-ROW, HIGHLEY,
24, FLEET-STREET, AND SPRAGG, KING
STREET, COVENT-GARDEN.

1803.

[Price One Shilling.]

ANTHROPOLOGICAL PROPERTIES

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*To the Presidents and Members of the
Royal Colleges of Physicians in
London and Edinburgh.*

GENTLEMEN,

THE CHEMICAL AND MEDICAL
HALL, of which I have the principal
management, has acquired celebrity
by the support it has received from
several Members of your Colleges---I
beg leave to assure you, that it shall be
our study to merit so honorable a pa-
tronage, by a strict adherence to the
plan (which first recommended us to
your notice) of making chemical and
pharmaceutical preparations, conform-
able to the formulæ and instructions of
the Pharmacopœias of your Colleges ;
compounding

compounding Prescriptions with the most scrupulous exactness, and furnishing the Family Medicine Chest with such Medicines and Drugs of the choicest quality.

I also beg permission to testify my respect for the Members of your learned Bodies, by dedicating to them this Publication, which I flatter myself will prove of utility in the treatment of a disease which has proved so extensively destructive.

I have the honor to be,

GENTLEMEN,

Your most obedient Servant,

RICHARD REECE,

Henrietta Street, Covent Garden,

December 14th, 1803.

OBSERVATIONS, &c.

THE first account of the beneficial effects of this species of Lichen in Phthisis Pulmonalis was noticed by the Danish writers about the middle of the sixteenth century, and it appears were known to the Icelanders as far back as the fourteenth. The celebrated Linnæus confirmed its reputation, with additional observations, in 1737. But notwithstanding these respectable testimonies, it was not much employed till Scopoli published the result of his experience, in the year 1769, since which time it has been very successfully

used on the Continent, as appears by the writings of the most eminent medical practitioners in Germany and Denmark. Through the recommendations of Dr. Aikin, (in his edition of Lewis,) Dr. Crichton, and the able Author of the *THESAURUS MEDICAMINUM*, many practitioners were induced to prescribe it in this Country about eight years since; but not in sufficient quantities to have given it a fair trial. Its use has lately been revived by some observations published on its antiphthical virtues, by the Editors of the *Medical and Physical Journal*; and Dr. Regnault, in a pamphlet entitled, an "Essay on the Lichen Islandicus." But the preparations recommended by this author, certainly do not contain the combined qualities of the herb, to which its salutary effects, in pulmonary consumption, are attributable.

The Lichen Islandicus possesses considerable medicinal and dietetic properties; the latter residing in a strong mucilage, which affords a regimen well adapted to support the debilitated frame of phthifical patients; and the former in a bitter, which in proper doses is evidently of an anodyne nature, which powerfully allays cough; and unlike opium, at the same time facilitates expectoration, abates hectic fever, quiets the system, without constipating the bowels. It is likewise tonic, which strengthens the organs of digestion; and different from any other of that class, without increasing the action of the heart and arteries—the union of these properties unquestionably affords a most valuable remedy in the treatment of pulmonary consumption.

(The bitter portion of this herb, (which must be considered the principal agent in
the

the relief of the phthifical fymptoms,) is readily imparted to boiling water by infufion; but by the long boiling neceffary to extract its mucilage, this quality is nearly deftroyed. Quarin, fenfible of this circumftance, directs the herb to be boiled in water only half an hour, which extracts but a fmall portion of the mucilage, and contains its medicinal virtues, unimpaired; and Hartmann recommends two drachms of the herb to be boiled in a pint of milk for a fhort time, which is ordered to be drank off in a morning; and this form has been moft followed by the phyficians in London; but with patients affected with dyspeptic fymptoms, this medium often proves too heavy. Dr. Regnault recommends a concentrated fyrup, which in a fhort time ferments, and becomes mouldy; and, (from the quantity of fugar contained in a dofe,) often acefcent in the ftomach, and thus may,

and

and I believe has often encreased the most alarming symptom of the disorder, the colliquative diarrhœa. Besides, this syrup being deprived of the bitter quality of the herb, (independent of these objections) may be considered as possessing little or no virtue, superior to the jelly of arrow-root, tapioca, or any other farinaceous substance.

This author likewise impregnates chocolate and lozenges with the virtues of the Lichen, which he terms *Iceland Chocolate* and *Iceland Lozenges*; the former I conceive is liable to the same objection as the syrup; and I am persuaded, the virtues of the herb cannot be so far concentrated, as a dose, to be contained in two pounds of the latter. If these preparations, which are recommended through the medium of the daily papers, are to be confided in, the Lichen will not support its foreign reputation

tion in this country. Bergius, in whose practice it proved particularly successful, directs a pottage to be made with it, which he gave to the amount of a quart a day to his consumptive patients; many of whom, he observes, were not only recovered, but even made fat by it. And in order to obtain any considerable advantage from this remedy, in the different species of pulmonary consumption that occur in this climate, experience has convinced me that it must be exhibited to the extent of two or three ounces in the course of twenty-four hours; which, from the quantity of decoction, chocolate, or lozenges, containing a proportionate dose of the dietetic and medicinal virtues of the herb, too often prove so disgusting to the patients, as to induce them to relinquish the remedy entirely.

The *Farina* of the Lichen is exempt
from

from these objections, and may be administered, without disgusting the patient, to the extent of three, or even four ounces a day. This preparation is free from the cortical and fibrous parts of the herb. It possesses, in perfection, both the medicinal and dietetic properties; and to form the jelly, does not require that long coction which proves destructive to its bitter quality. It may be exhibited in the quantity of three drachms for a dose, boiled with half-an-ounce of chocolate or cocoa in a morning for breakfast. The true Spanish cocoa * I have found to answer best; it approaches nearly to the flavour of the chocolate of this country, and being free from sugar, is less liable to disagree with the patient, than the manufactured chocolate, which,

* This cocoa is imported by Messrs. Pressey & Barclay, at their foreign warehouse, Henrietta-street, Covent Garden.

which, from the milk, butter, and sugar used in its composition, is generally found more or less acid or rancid.

This powder may likewise conveniently be made into a kind of pottage, (a form much recommended by Bergius) either in milk, water, or broth, as may appear most suitable to the case of the patient, in the following manner:—To a dessert spoonful of the Farina, add as much cold water as will make it into a soft paste; then pour on by degrees half-a pint of boiling water, broth, or warm milk, stirring it briskly the whole time: after boiling for about ten minutes, it will become a smooth thin jelly—A little sugar, currant jelly, liquorice, raisins, cinnamon, butter, wine, or any aromatic may be added, to render it palatable.

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If the strength of the patient be much reduced, the Lichen may be very advantageously combined with an animal jelly, by first boiling an ounce of the true stag's horn shavings in a pint and half of water to one pint, and adding a dessert spoonful of the farina lichen, previously well mixed with a little water or milk, stir them together, and boil for ten minutes; it may be flavoured with any spice approved of by the medical attendant. Care should be taken that the true stag's or hart's horn shavings be employed, as those generally sold are made from calves bones, which do not impart any jellatinous property to water, being deprived of it by the process of bleaching.

If the phthifical symptoms should indicate the use of the bitter quality of the lichen in greater proportion than contain-

ed in the farina, such as troublesome cough—difficulty of expectoration, loss of appetite, diarrhœa, and profuse perspiration; a concentrated infusion may likewise be employed—for this purpose three ounces of the contused herb may be infused in a pint and half of boiling water for three hours, evaporate the strained liquor over a gentle heat, to the consumption of one half, and add one drachm of extract of liquorice; three table-spoonfuls of which may be taken every three or four hours.

The farina of the lichen may likewise be employed with greater advantage than any other farinaceous substance, in dysentery, habitual diarrhœa, especially where the natural mucus of the intestines is abraded; and in all cases of emaciation and debility of the system, weakness of the stomach

stomach and bowels, and as a food for weakly children. In syphilis, where the strength of the patient has been much reduced by the operation of mercury, the farina lichen has proved particularly beneficial in restraining diarrhoea, and strengthening the system; and in such cases will prove more efficacious than sarsaparilla root, or any tonic medicine in obviating the debilitating effects of mercury on the constitution.

I shall now proceed to notice those medicines, which experience has satisfied my mind, may be employed as powerful auxiliaries to the Lichen Islandicus, in the treatment of the different species of phthisis pulmonalis that occur in this country, confining myself to such observations only that appear indispensable.

PHTHISIS

PHTHISIS PITUITOSA.

This species of pulmonary consumption commences with the ordinary symptoms of catarrh, attended with considerable secretion of mucus from the internal surface of the lungs often amounting to the quantity of four pounds in twenty-four hours—at first clear, inodorous and tasteless, but gradually become opake; and after two or three months, a kind of chronic inflammation on the internal surface of bronchia and their ramifications, supervene, and the matter expectorated becomes more vitiated, and of a purulent appearance (as the discharge from other inflamed secreting surfaces) increased in quantity, but rarely streaked with blood: the patient for the first time now complains of pain in the chest, principally experienced on coughing, which is soon followed by the train
of

of symptoms noticed by Dr. Cullen, as constituting hectic fever. The patient at length is so reduced, as to be incapable of expectorating; the lungs become filled with the discharge, and the patient dies suddenly from suffocation!

The air vessels of the lungs, on dissection, are found much distended with mucous matter, and are very ponderous, the internal surface inflamed, and after the removal of the contained mucus, are very flaccid, and without any appearance of ulceration.

This species of pulmonary consumption appears to be most frequent in this country. It is generally the consequence of catarrh, which, by debilitating the lungs, produces a disease similar to that we observe occur in other secreting surfaces from relaxation; as the leucorrhœa or blennorrhœa, the discharge

expectorated without the fatigue of much coughing. They likewise produce a salutary determination to the skin; and instead of debilitating the system, the patient uniformly feels an evident acquisition of strength, and will breathe with much greater facility for some days. They should be repeated twice a week, or as often as the difficulty of respiration indicate a loaded state of the lungs, employing in the intermediate time, tonic and expectorant medicines combined, as the following :

No. 1.

R. Gum. Myrrhæ opt. drachm. iij.

Infus. Lichen Island. concent. lib. j. m.

Cap. Cochl. iij, larg. ter Die.

Vel No. 2.

R. Sal. effent. Cinchonæ drachm. ij.

Oxym. Scillæ. unc. j.

Inf.

Inf. Lichen Island. concent. unc. xij.

Misce. Cochl. iij. larg. ter Die sumend.

Vel No. 3.

R. Gum. Ammon.

Sal. essent. Cinchonæ. aa drachm. ij.

Tinct. Tolut. drachm. iij.

Inf. Lichen Island. concent. unc. xij.

m. ut No. 2. sumend.

In case of profuse nocturnal perspirations, three drachms of the diluted sulphuric acid may be added to either of these mixtures.

Empl. ex Euphorbio vel

Picis Burgund. Camphorat. inter
scapulis vel sterno etiam applicetur.

The diet should be the combination of animal and vegetable jellies, as already directed.

Opium, by weakening or paralyfing the powers of expectoration is in this cafe inadmiſſible.

Digitalis, which is certainly an excellent remedy in the *phthisis incipiens et purulenta* is a very dangerous medicine in this ſpecies, and has in many inſtances, by weakening the *vis vitæ*, produced premature death—Is not the increaſed impetus of the circulation in this cafe for the purpoſe of oxygenating the blood?

Another ſpecies of phthiſis pulmonalis, without ulceration, is noticed by Dr. Baillie in his Morbid Anatomy, occaſioned by repeated effuſions of coagulable lymph, from a kind of indolent or frequent habitual ſlight inflammation of the lungs, producing adhesions of their cellular parts, ſo as to prevent their due expanſion. Mr.

Abernethy,

Abernethy, * by his frequent examination of the lungs of those who died phthifical, detected this disease so often, as to induce him to consider it the most common cause of consumption in this country.

The adhesive progress of this disease should be checked by the early employment of vesicatories, venæsection, diaphoretics, an antiphlogistic regimen, and the use of flannel next the skin.

PHTHISIS PULMONALIS SCROPHULOSA.

This species arises from the formation of tubercles in the lungs, which, in an inflammatory or active state, is termed *phthisis incipiens vel sicca*; and after ulceration has

* See his Surgical and Physiological Essays, part 1st, page 155.

has taken place, *phthisis conformata aut humida*.

PHTHISIS INCIPIENS.

As we know of no medicine capable of dissolving tuberculous concretions in the lungs, the object of our art should be to prevent their suppuration by occasional bleeding, by the counter-irritation of blisters, by producing a determination to the skin by diaphoretics, by checking the impetus of the circulation of the blood by digitalis: lessening the vis vitæ by abstinence from animal food. Allaying cough by anodyne and demulcent medicines, and obviating the effects of sudden vicissitudes in the temperature of the atmosphere, by the use of flannel next the skin. Should we succeed, by these means, in suspending their action, they may become vascular, or
be

be absorbed : the latter of which Dr. Cullen thinks often takes place.

The use of the tonic power of the Lichen, in this stage of the disease is not so proper as its mucilage, least it should increase the inflammatory diathesis of the system: effects attributed to it by Hertz of Berlin, and Dr. Stoll of Vienna. The jelly of the arrow-root, tapioca, or sago, may be employed without any such risk. The digitalis may be given in conjunction with anodynes, &c. as the following mixture.

R. Emuls. Amydul. unc, vij.

Tinct. Digitalis.

Vim. Ipecac. aa drachm. j.

Extr. Papar. alb. drachm. fs. m.

Cap. Cochl. iij. larg. ter Die, vel urgent. tuffis.

Applic.

Applic. Empl. Cantharid. Sterno et
inter Scapulus si opus erit.

The dose of the tinct. digitalis should be increased three drops a day till it diminishes the action of the heart, and arteries if the state of the stomach will admit of it.

The extract of poppies affords an innocent anodyne in pneumonic inflammation, allaying cough without checking expectoration or increasing fever, the certain effects of opium. A dose of this extract, equal to one grain of purified opium, is twenty grains instead of two, as asserted in the Edinburgh Dispensatory.

Dr. Fothergil, treating of this disorder, observes, * “ The mischief that have proceeded

* In the Medical Observations and Inquiries, vol. 4. p. 299.

ceeded from Godfrey's Cordial, Bateman's Drops, Squire's Elixir, and other heating anodynes, in the hands of ignorance, are scarcely to be enumerated." The Tincture of Benzoin, Tolu and Paregoric Elixir, have lately been advertised under fictitious names, as remedies for this disease, which must, from their stimulating properties, hurry on the purulent stage.

When the disease has advanced to supuration, and consequent ulceration, constituting the

PHTHISIS CONFIRMATA AUCTORUM, we have, in addition to the above treatment, the formidable symptoms of hectic fever to combat, from whence the bad effects of ulcerated lungs on the vital functions arise; for without this constitutional affection, I have known patients who have been afflicted with ulcerated lungs for thirty years, without materially

terially affecting their health. The object of the practitioner is therefore to moderate the hectic fever, by quieting the system; and for this purpose the farina and concentrated infusion of the Lichen, as already advised, have certainly answered my most sanguine expectations. But in order to produce the desired effects attributed to it, (see page 3.) it should be employed in such quantity, as to constitute the principal diet of the patient.

The same medicines, as recommended for the incipient phthisis, are likewise here proper; but as a more constant discharge and counter-irritation is necessary to be kept up on the thorax, a seton to one or both sides, or over the sternum, is preferable to the perpetual blister, on account of not producing so much irritation as to increase the constitutional sympathy, effects which
are

are not unusual with blisters, particularly in irritable habits.

The vapours of a strong decoction of poppies, with a little æther, may be inhaled with advantage; and when the morbid irritability of the system, and the lungs is abated, the fumes of pitch and mercury may be admitted into the lungs, with a view of correcting the discharge and healing the ulceration. An apparatus for this purpose is described in the Domestic Medical Guide, or Complete Companion to the Family Medicine Chest, page 176.

The concentrated infusion or medicinal preparation of the Lichen may be blended with medicines that are calculated to correct the scrophulous diathesis of the system, without aggravating the phthifical affection; for this purpose the rubia tinctorum

has certainly answered better than any other of the antiscrophulous class. It yields a considerable quantity of a saccharine mucilage, which coincides with the virtues of the Lichen, and unquestionably possesses considerable deobstruent properties. Dr. Osborne, in his Lectures on Midwifery, noticed a case of chlorosis in a scrophulous habit, attended with phthifical symptoms, in which the use of this medicine proved successful in restoring the young lady to health. The best form for exhibiting this medicine, is an extract carefully prepared from an infusion of the root; a proper dose in substance being much too bulky for a weakly stomach. It may be mixed with the Lichen as the following mixture:—

R. Inf. Lichen Island. unc. xij.

Extr. Rubiæ Tinctur. unc. j. m.

Cap. Cochl. iij. ter vel quat. die.

The

The tincture of digitalis and the other auxiliary medicines may be added to this mixture, as symptoms may indicate.

As the blood appears in this case to be superoxygenated, fresh air, is not of that importance as in the phthisis pituitosa, in which there is an evident deficiency of that principle.

Dr. Beddoes notices the good effects, that his patients, affected with ulcerated lungs, have derived from residing some time in houses with cows, which have no doubt arisen from the air of such places, containing from frequent respiration less oxygene.

The Farina Lichen may be taken blended with the Spanish cocoa, as already directed, every morning for breakfast, and night for supper,

supper, and with broth for dinner, which may be occasionally varied.

The body should be exercised, so as not to produce much muscular motion, which hurries on the circulation. Swinging, as recommended by Dr. C. Smith, riding in a carriage or horseback, are preferable to much walking.

The same mode of treatment is applicable to the *phthisis hamoptoica*.

PHTHISIS CHLOROTICA.

This species, I believe, always occurs in scrophulous habits, and may therefore be considered of the same nature as the *phthisis scrophulosa*, which in females, from the age of fourteen to eighteen, is generally attended with a retention of the menstrual evacuation.

With

With the plan suggested for the cure of the phthisis scrophulosa, the extract of the rubia tinctorum should be exhibited in greater quantity; and those means that can safely be adopted to excite the periodical secretions of the uterus, as recommended for chlorosis. Whether the suppression be symptomatic, or the primary affection, there can be little doubt but that the disease is much aggravated by it, and that it is of importance to restore this healthy action in the uterus, is obvious from the great relief, and sometimes entire suspension of the disease experienced during pregnancy.

Other species of phthisis are enumerated by nosologists, all of which require a similar mode of treatment, as to the disease in the lungs; with such medicines and alterations as the knowledge of the exciting cause may point out.

Messrs. REECE and Co. beg leave to recommend the following preparations to the attention of the Faculty.

Essential Salt of Bark

Contains in small bulk the volatile and active properties of the peruvian bark, in a high state of perfection. It answers every purpose of the powder, without producing the ill effects which are attributed to the irritation of the fibrous and indissoluble part of the bark on the stomach and bowels; viz. nausea, vomiting, and diarrhœa, so much to be dreaded in case of extreme debility of the system, as typhus fever, putrid sore throat, and mortification, in which no other preparation of this valuable tonic medicine, affords a proper substitute for the powder. Ten grains of this essential extract, is equal to a drachm of the powder. It may be taken in the form of a pill, or in port wine, in which it readily dissolves. This preparation was first made by the Count De Garraye, a celebrated French Chemist, and introduced into the practice of this country by Dr. C. Smith, who gave it a
decided

decided preference to the bark in substance. The method of making it, was communicated by us to the editors of the Medical and Physical Journal, by whom it was published, in June, 1802.

Cold expressed Castor Oil.

This oil has been for some time prepared by us, by first decorticating the seeds, and expressing the oil without heat. It is entirely free from the unpleasant and acrid taste of the oil imported from the West Indies; equally potent, performs its office without griping, and has been retained on the stomach, after the foreign oil was rejected.

Zincum acetatum.

The advantages of this preparation, over the zinc. vitriolatum, in gonorrhœa and ophthalmia, have been already noticed in the Physical and Medical Journal, by Mr. Henry of Manchester.

Concrete or Crystalized Acid of Tartar

Affords a cheap and very pleasant substitute for the juice of lemons and other native vegetable acids; and for medicinal purposes is preferred

preferred by physicians of the first eminence, as more pure, agreeable, and efficacious. One drachm of this crystalized acid, and the same quantity of prepared kali, dissolved in half a pint of any simple water, readily makes the saline mixture. A solution of this acid in water, flavoured with a little Madeira wine, has been sold at a most extravagant price, as a pure vegetable acid for making punch, the effervescing draughts, &c.

Ferrum. sulphurat. rubrum.

This oxygenated solution of iron is certainly preferable to any other preparation—the dose from ten to twenty drops.

Extr. Rubiæ Tinctorum,

(ab infusu frigido)

Contains in a concentrated state the medicinal virtues of the madder, and affords a valuable deobstruent medicine in chlorosis and scrophula.

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ERRATA.

Page 17, l. 14, *for* scapulis, *read* scapulas.
22, 2, scapulus, scapulas.

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The following Critical Commendations of this Work have already appeared :

“ The selection of medicines seems to be very judicious, and it is but justice to the author to add, that the directions here given are drawn up with care and accuracy ; are perfectly intelligible to those who are likely to use them ; and are entirely free from any affectation of mystery and empiricism.”

Annual Review, page 818.

“ There can be little doubt, that many valuable lives are lost for want of timely assistance ; and where it is often difficult to get a practitioner in time, this must frequently happen.

In

In cases of poisons swallowed, of drowning, burns, fits, as well as acute diseases, the aid must be speedy to be effectual. Under this impression, we have no hesitation in recommending Mr. REECE's collection of Family Medicines, and his Directions for using them."

Physical and Medical Journal, May 1st, 1803.

"We think that there are very few families in the kingdom, who may not find advantage from an occasional reference to this book, and a prudent attention to its instructions. The directions are extremely minute, clear, and practical; and the book is, in every point of view, calculated for public utility."

London Review, July 1803, *European Magazine*.

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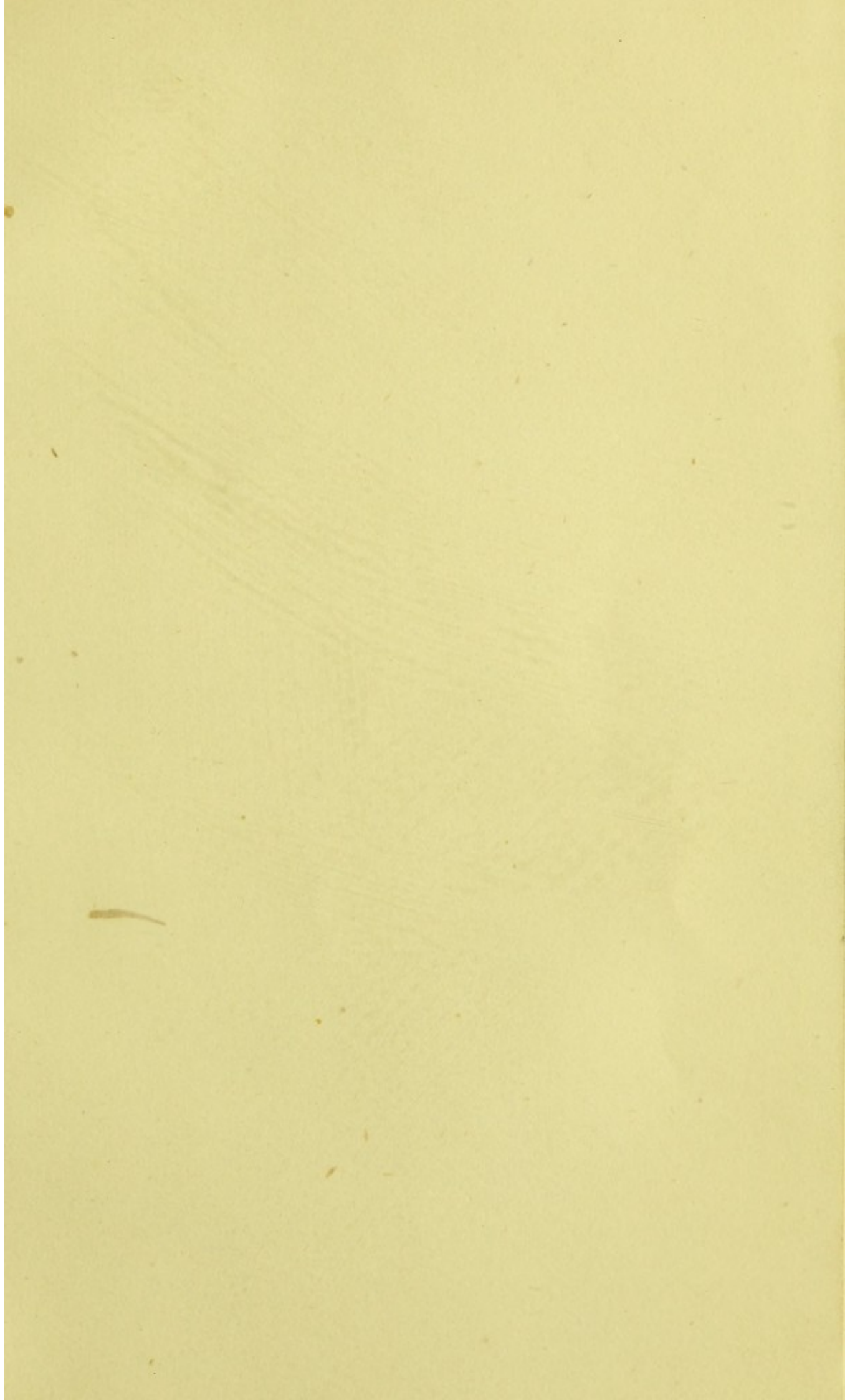
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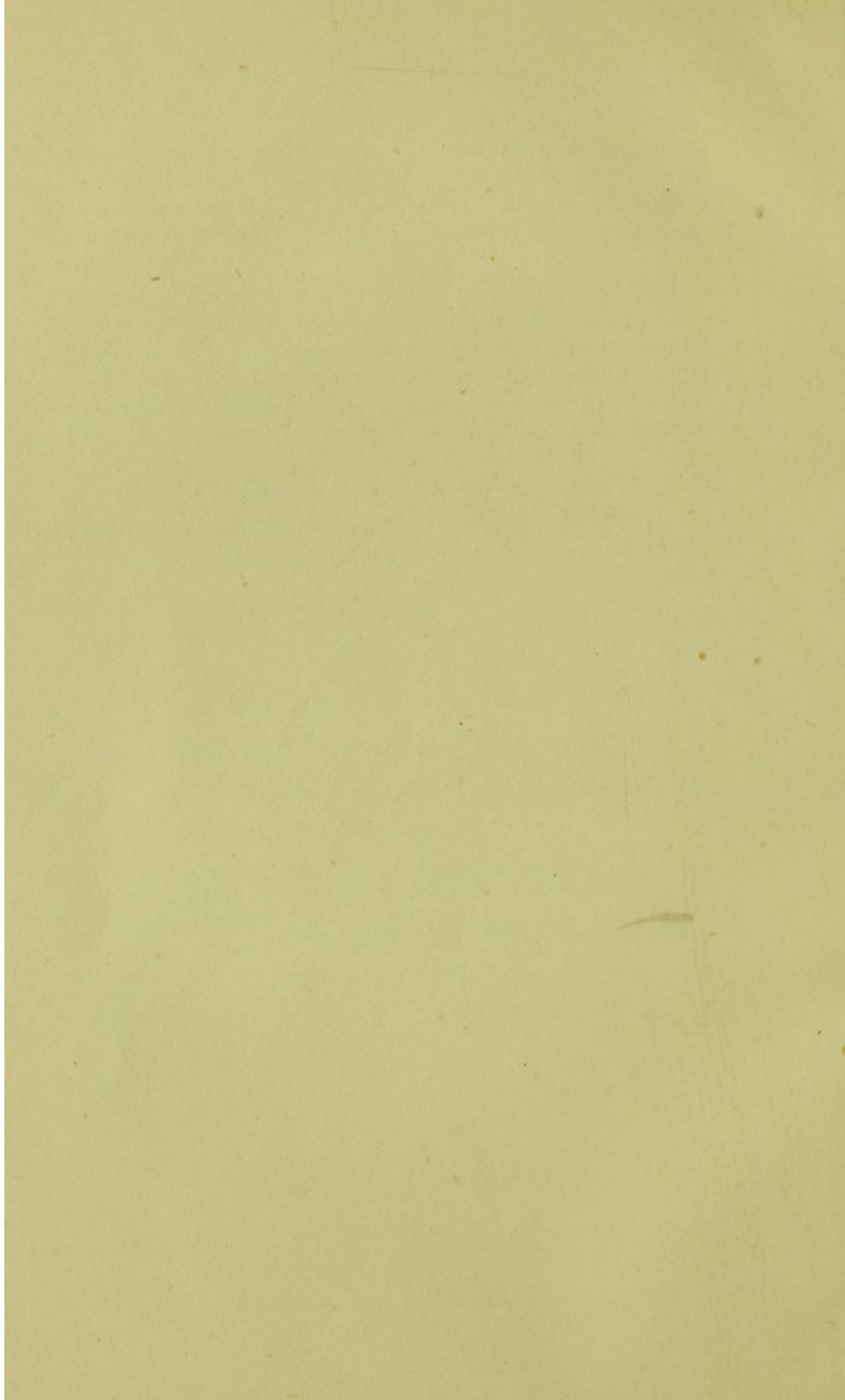
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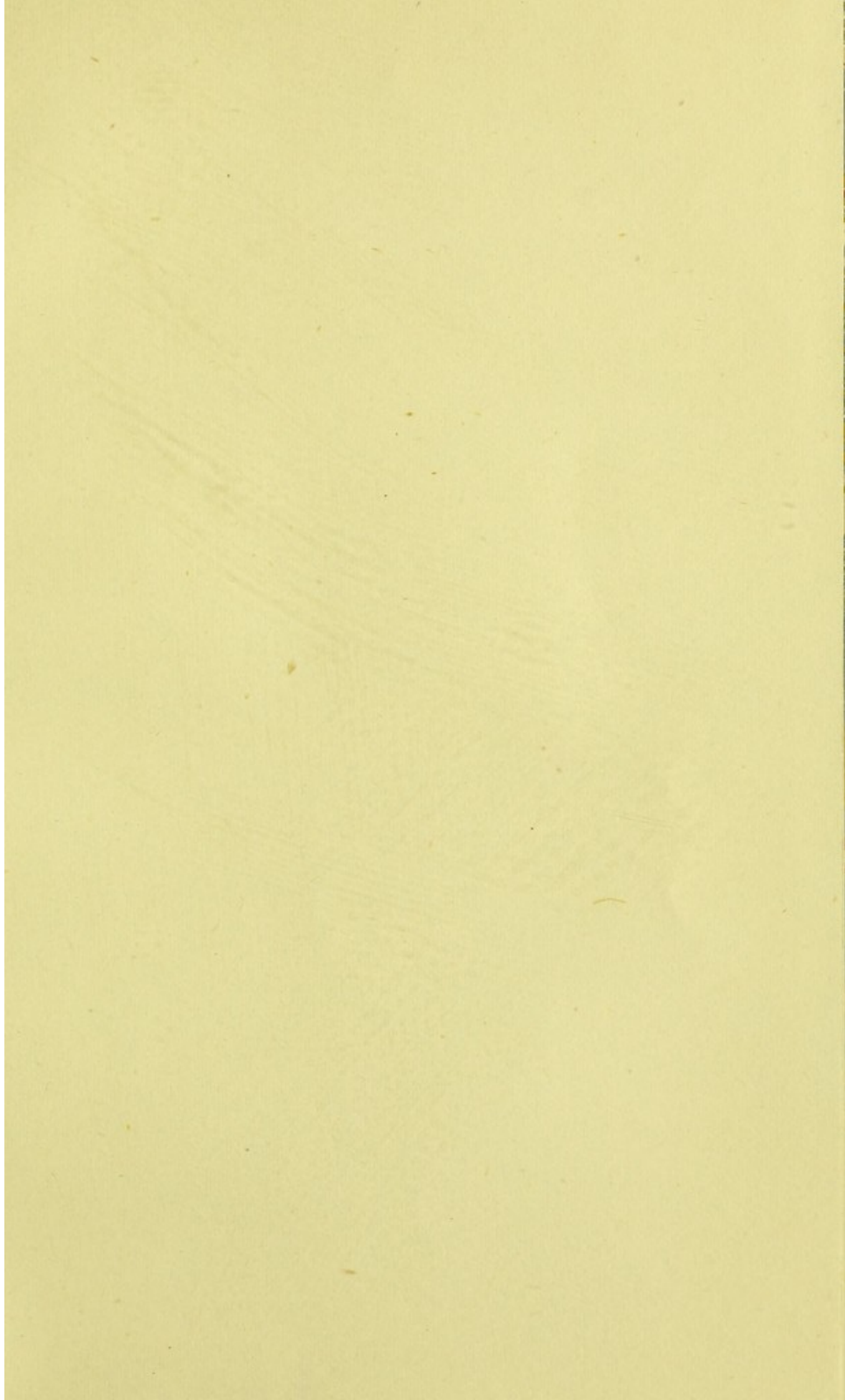
"We think the author deserves well of the profession by this Essay, and we have no doubt that his benevolent intentions will be considerably promoted by its publication."

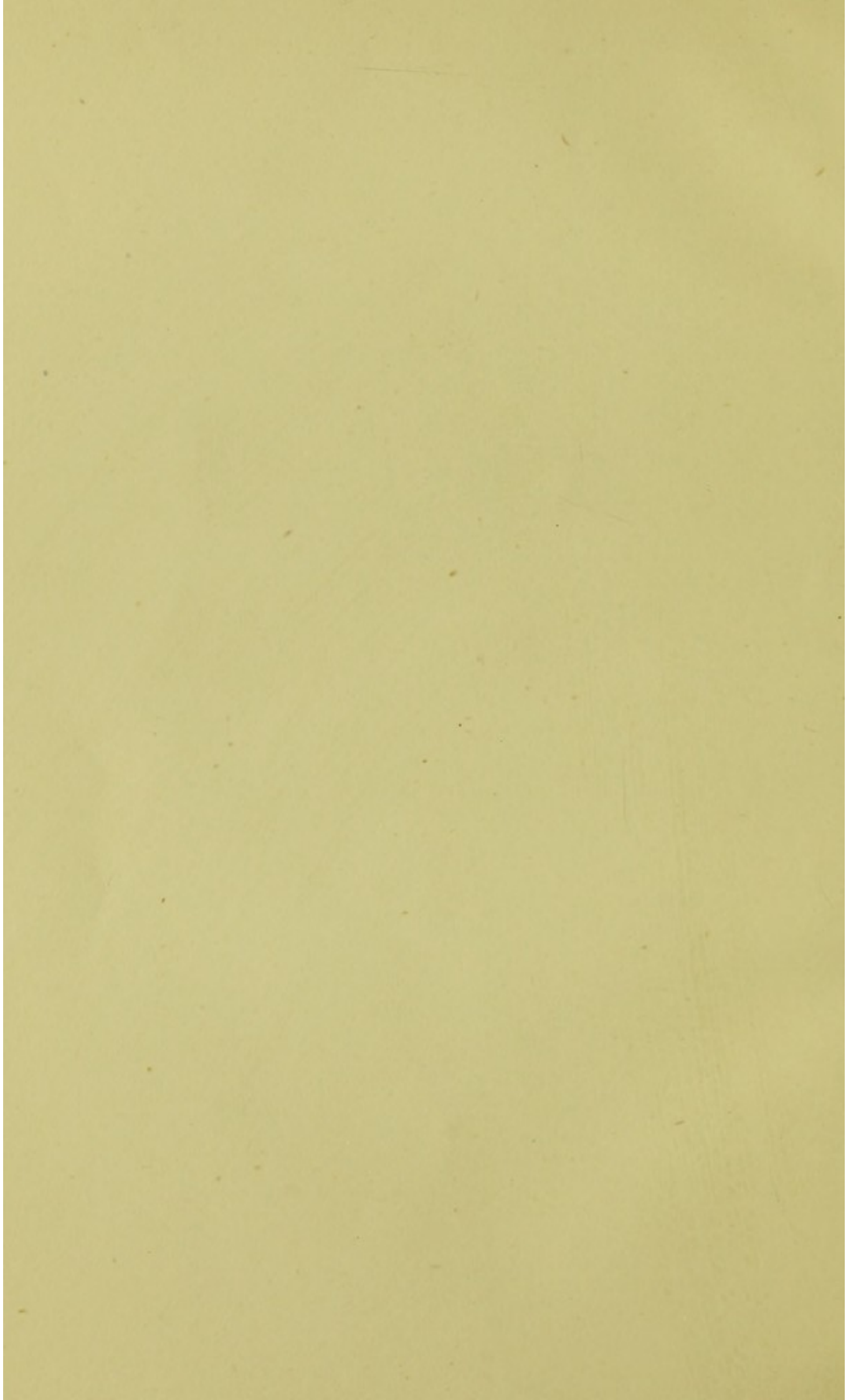
Physical and Medical Journal, July 1st, 1801.

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