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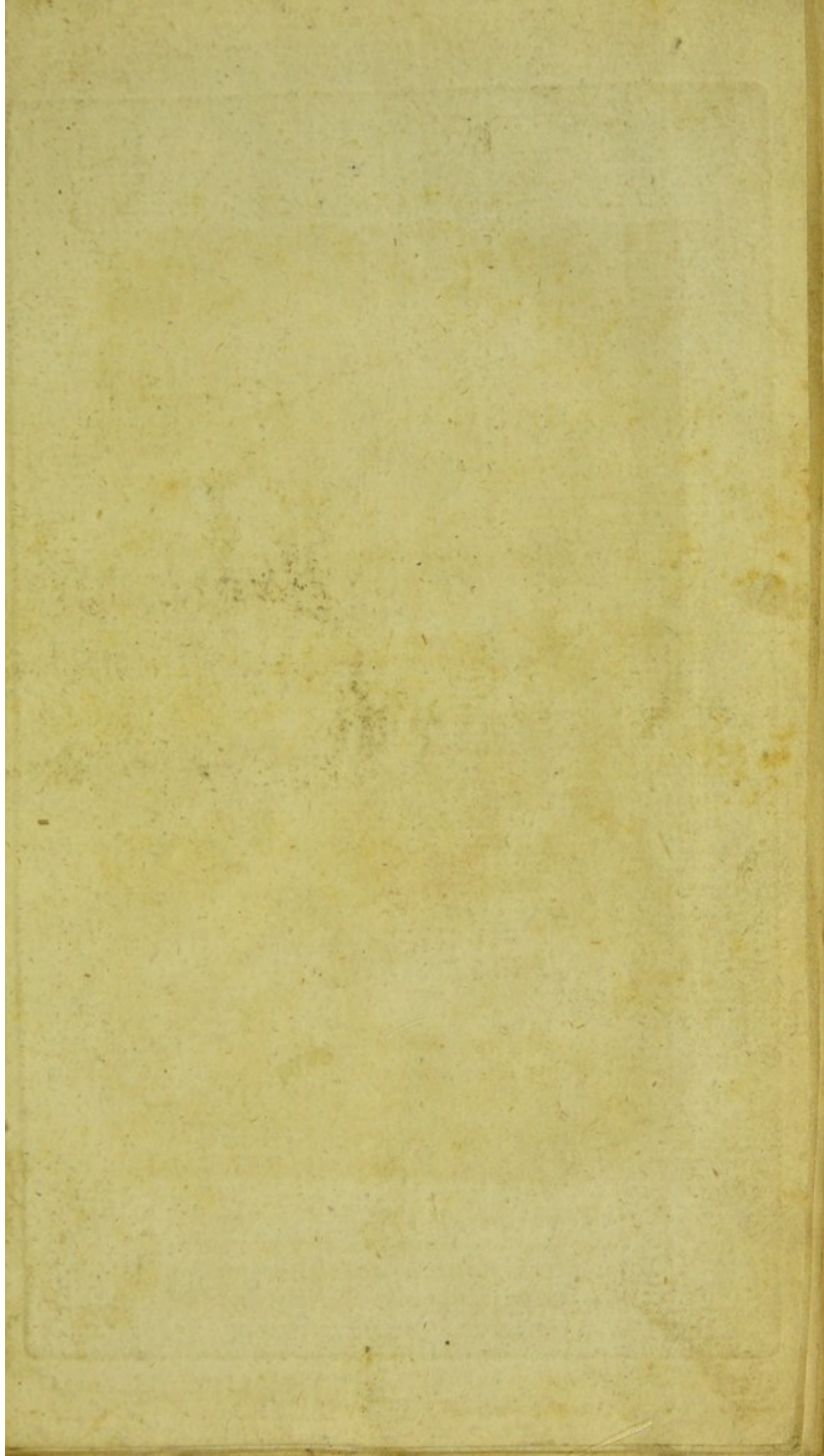
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Samuel delin.

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And All may practise what they meet with Here.

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By *George Alexander Gordon*, M. D.

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T H E
P R E F A C E.

NOTWITHSTANDING there have been, from time to time, various publications of receipts for the cure of every disorder incident to the human body, yet the Author flatters himself that the following, which have been chiefly collected, not only from observation of the happy effects they have upon most occasions produced, but also from the works of the most eminent of the Faculty, will deserve the attention of the Public; particularly so, as they consist of plain and easy directions, applicable to the different diseases they are intended to be administered in.

Physicians are not more divided in their opinions, prescriptions, and mode of giving them, than their patients differ in the nature of their diseases, as well as constitutions; therefore, that the reader may be the better enabled to judge of disorders by symptoms, the Author has lain down the causes, signs, and regimen to be observed in the most dangerous cases, as well as the best and safest medicines to be taken during the different courses thereof.

With respect to the receipts, he observes, that they are not only the best, but composed of the most efficacious medicines, as daily experience sufficiently testifies, and are strongly recommended by his authorities, men of established and well-known abilities, for to such only has he paid attention, as will appear by the many respectable names made use of in this work; a work published for the sole benefit of mankind, to prevent or remove diseases, and to restore health, the greatest blessing in this life, and of which we cannot be too careful.

The Author has only to add, that from a long experience, and close attention to the duties of his profession, (which he has followed for many years) and being acquainted, and closely connected with some of the most eminent of the Faculty, as well as by reading the most approved authors, he has been enabled to make many observations on the cause and nature of diseases, and to prescribe the following remedies with the greatest success. Therefore he thinks himself justified in recommending these sheets to the perusal of the Public in general.

As many persons in the country cannot be supposed to have the necessary requisites, in case of illness, always at hand, nor a thorough knowledge thereof, this little pamphlet will furnish them with the means of obtaining or restoring health to themselves, their friends, and neighbours, at a small expence, and with as much safety (if duly attended to) as though they were more immediately under the care and inspection of the Faculty, who are not always to be found in country towns and villages.

As a medical writer, of established reputation, observes, this publication may draw on the Author the resentment of the selfish and narrow-minded part of the Faculty; but he is equally regardless of *their* censure and criticisms, and doubts not but his well-meant endeavors to serve the common cause of humanity, will be candidly received by those, whose learning, and liberality of sentiment, do honour to the medical profession,

G. A. Gordon.

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T H E
NEW AND COMPLETE
FAMILY PHYSICIAN.

DISORDERS OF THE HEAD.

INFLAMMATION *of the* BRAIN

IS often occasioned by hard study, hard drinking, night watching, grief, or anxiety. The inflammation of the brain is generally preceded by redness of the eyes, flushing of the face, pain of the head, disturbed sleep, dryness of the skin, costiveness, and, sometimes, extreme sensibility of the nerves. A free perspiration, or sweating, a bleeding copiously at the nose, or a great discharge of urine, are favorable symptoms; and sometimes this disease is carried off by a looseness.

C U R E.

THE patient's body should be kept open by stimulating clysters, or smart purges; small quantities of nitre should be mixed with the drink, and frequently given. If the case be dangerous, two or three drams, or more, may be used in the space of twenty-four hours. The head shaved,

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and

and rubbed with vinegar and rose-water; the feet bathed three or four times a day in lukewarm water; soft poultices of bread and milk may be kept constantly applied to them; and, if the disease is not removed by the foregoing, a blistering plaister will be necessary to apply to the whole head.

The H E A D - A C H.

WHEN the head-ach is so severe as to endanger the life of the patient, recourse must be had to opiates, which may be applied both externally and internally, after proper evacuation by clysters or mild purgatives. The part affected may be rubbed with *Bate's* anodyne balsam; twenty drops of laudanum, in a cup of pennyroyal or valerian tea, should be taken twice or thrice a day; but is only to be administered in case of extreme pain. Proper evacuations should always follow and accompany the use of opiates.

When the head-ach is occasioned by hard labour, violent exercise, or great heat, it may be cured by cooling medicines, such as the saline draughts, with nitre, and the like. *Ward's* essence applied to the forehead, or æther, will sometimes remove a violent head-ach.

The T O O T H - A C H.

ALLEN recommends the root of yellow water flower de luce, a little of it either chewed or rubbed upon the tooth; and *Brooks* says, he hardly
ever

ever knew it fail giving ease in the tooth-ach. If it returns periodically, and the pain chiefly affects the gums, it may be cured by the bark. The application of blistering plaisters have been found as efficacious as any other remedy in the tooth-ach, and may be put behind the ears, large enough to cover a part of the under jaw, or between the shoulders.

Opiates also relieve the tooth-ach; a little cotton wet with laudanum and applied to the tooth affected, *De la Motte* says, seldom fails of giving relief. Keeping the teeth clean washed daily with spring water, or salt and water, is the best preventative, and ought not to be omitted.

The E A R - A C H.

OIL of sweet almonds, or olive oil, should be dropped into the ears, when insects, or any hard body sticking therein, causes them to ach. If the ear-ach proceeds from inflammation, a cooling regimen, opening medicines, bleeding, or cupping, are requisites to be applied. Likewise fomentations of camomile flowers and mallows boiled may be applied warm. But the best method is, to apply the ear close to the mouth of a jug filled with warm water, or a strong decoction of camomile flowers.

D E A F N E S S.

HALF an ounce of liquid opodeldoc, and the like quantity of the oil of sweet almonds,

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mixed

mixed together, and dropped into the ears every night at bed time, stopping them with cotton or wool, is looked upon as a very safe remedy. *Brooks* says, he has known hardness of hearing cured by putting a grain or two of musk into the ear with cotton or wool. *Buchan* recommends keeping the head warm in deafness, and says he has known more benefit from that alone, in the most obstinate cases, than from all the medicines he ever used.

The EYES.

FOR weak and watery eyes may be used Hungarian water, brandy and water, rose water with white vitriol dissolved in it; also blisters on the neck, bathing the feet in luke warm water, three or four times a day, and mild purgatives.

Specks on the eyes may sometimes be taken off by gentle caustics and discutients, as vitriol, the juice of celandine, &c. but as they are difficult to cure, if these do not succeed, a surgical operation should be tried.

Inflammation of the eyes. Dr. *Cheyne* says, that Æthiop's mineral never fails in obstinate inflammations of the eyes, even scrophulous ones, if given in a sufficient dose, and duly persisted in. They that have frequent returns of this disease, *Buchan* says, should constantly have an issue in one or both arms. Bleeding, or purging, in the spring and autumn, will be very beneficial to such persons.

BLEEDING

BLEEDING *at the Nose.*

DRY lint put up the nostrils will stop bleeding sometimes ; if this does not succeed, doffils of lint, dipped in spirits of wine or brandy, may be put up the nostrils. Blue vitriol dissolved in water may be used, or a tent dipped in the white of an egg, well beat up, and rolled in an equal quantity of the powder of burnt allum, white vitriol, and white sugar, and put up the nostril from whence the blood issues. *Buchan* says, if the genitals be immersed for some time in cold water, it will generally stop a bleeding at the nose. Those who are subject to frequent bleeding at the nose, must be careful to keep their feet warm and dry, often bathing them in warm water.

SPITTING *of* BLOOD.

THIS, like other involuntary discharges of blood, should not be too suddenly stopped. The belly should be kept gently open by laxative diet; as stewed prunes, roasted apples, &c. If the bleeding is violent, ligatures may be applied to the extremities.

Conserve of roses, taken in sufficient quantity, and persisted in for some time, is a good medicine, and may be taken to the quantity of three or four ounces a day ; if the patient be troubled with a cough, make it into an electuary, with balsamic syrup, and a little of the syrup of poppies.

If stronger astringents be necessary, the patient should take fifteen or twenty drops of the acid
elixir

14 VOMITING OF BLOOD, &c.

elixir of vitriol, in a glass of water, two or three times a day, keeping the body and mind as free from agitation as possible.

VOMITING of BLOOD.

TO prevent this keep the body gently open by frequent emollient clysters; purges must not be given till the discharge is stopped. The diet and drink must be of a cool nature, taken in small quantities. If an inflammation takes place, bleeding will be necessary.

Opiates, in very small doses, as four or five drops of liquid laudanum, may be given twice or thrice a day. After the discharge is over gentle purges become necessary.

The SORE THROAT.

THE jelly of black currants is an excellent remedy for the complaints of the throat, as also the jelly of mulberries and red currants. A gargle made of sage tea, with a little vinegar and honey, to be used three or four times a day, will be found very efficacious; or a decoction of the leaves or bark of the blackberry bush. Bathing the legs and feet in warm water is of the greatest use, and ought never to be neglected. Gum guaiacum is recommended as a specific in this disease. Dr. Home says, that half a dram of the gum in powder, may be made into an electuary, with the oil of elderberries or the jelly of currants, for a dose, and repeated occasionally.

The

The QUINSEY, or ULCERATED SORE THROAT.

THIS is a distemper very contagious, and communicated by infection; therefore people should be careful of going near persons afflicted therewith.

If the disease be mild, an infusion of sage and rose leaves sweetened with honey, and as much vinegar as will make it an agreeable acid, made into a gargle of about a gill, will be sufficient. But when the symptoms are urgent, the following should be used:

To six or seven ounces of the pectoral decoction, when boiling, add an ounce of contrayerva root; let it boil for some time, and afterwards strain the liquor; to which add two ounces of white wine vinegar, an ounce of fine honey, and an ounce of tincture of myrrh.

The body, after the violence of the disease is over, should be kept open with mild purgatives, as manna, senna, rhubarb, and the like.

CONSUMPTIONS.

A CONSUMPTION generally begins with a cough, a disposition to vomit after eating, heats and pains, oppression of the breast, bad appetite, and great thirst; and, by progression, swelling of the feet and legs, with other symptoms of approaching dissolution, not believed by the patient, until beyond the power of medicine to relieve or cure the disorder.

CURE.

C U R E.

A VOYAGE at sea, with plenty of fresh provisions on board, fruits and broth of chickens, or other young animals that can be kept alive, have frequently restored to health and vigor, patients apparently in the last stage of life, and after medicines have been administered to no effect. Riding is necessary, and seldom fails to bring the patient about, if used daily at the beginning of the consumption. The change of air, if long voyages and journeys cannot be obtained, is salutary, and should be made use of. The diet must be milk, which is the sovereign remedy in this disease, and that of asses preferable. But as the patient cannot wholly subsist on milk alone, vegetables, and the flesh of young animals, or rather the broth of chickens, veal, lamb, &c. should be eat; and for drink a little wine made into negus, or diluted with twice it's quantity of water, and so to make it weaker and weaker, till they can leave it off entirely.

Oysters and their juice are reckoned of great benefit to consumptive patients, eaten raw, when there are no violent symptoms attending the consumption.

C O L D S.

EVERY body is liable to catch cold, which subjects the perspiration to many changes; however, if small it does not affect the health, but when great it must prove hurtful. The person that has got a cold should lessen his diet, and abstain

stain from strong liquors. Fish, eggs, and milk, are to be preferred to solid meats, such as beef, mutton, &c. He should eat light bread puddings, panado, gruels, veal or chicken broth, and such like nourishing food. For drink, let him take water gruel sweetened with honey, infusion of balm, decoction of barley, liquorice, with tamarinds, and any other cool diluting liquor.

Some headstrong and resolute men will tell you that they always cure their colds by getting drunk, a very dangerous experiment, that sometimes throws them into an inflammatory fever.

C O U G H S.

A COMMON COUGH is the effect of a cold neglected. If it be violent, and the patient strong, bleeding is proper; but, on the contrary, if the patient is weak, bleeding will only prolong the disease. If the cough is not attended with a fever, two table spoonfuls of the solution of gum ammoniac should be taken three or four times a day, according to the patient's age and constitution, more or less.

Two ounces of pounded white sugar-candy, a tea spoonful of rum, a tea spoonful of sweet oil, with the juice of a boiled lemon, mixed together, and taken when the cough is troublesome (a tea spoonful at a time) is an excellent medicine, seldom fails of curing the cough if taken before it settles on the lungs.

In obstinate coughs, Burgundy pitch, spread thin upon leather, and laid between the shoulder

C

blades

blades, has been efficacious, as well as in minor coughs. *Bucban* says, it will succeed where most other medicines fail.

Women towards the seventh, eighth, and last month of their pregnancy, generally have a cough, which may be relieved by bleeding, and keeping the body open. They should wear loose easy dresses, and abstain from all flatulent food.

HOOPING, or CHIN-COUGH.

As the whooping-cough, in defiance of all medicines, will have its course, and as it seldom affects any but young children, we ought to be cautious in giving them much physic. The most effectual remedy is the change of air. If the child vomits after a fit of coughing, it is looked upon as a very favourable symptom, thereby cleansing the stomach, and relieving the cough; this should be assisted by camomile tea, or small doses of ipecacuanha, of five or six grains to a child of three or four years of age, and to others more or less, according to their strength and age.

In order to keep the body open a tea spoonful or two of rhubarb, and its preparations as the syrup, tincture, &c. may be given to an infant twice or thrice a day, as there may be occasion; and to others, advanced in life, the dose must be proportionally increased.

C A N C E R.

THIS is a most dangerous disease when it gets to a head, and if it should be so situated as
not

not to be taken off, too frequently costs the patient's life; the carelessness with which at first it is treated, and the neglect of communicating it to the faculty, has cost many a poor woman her life, which otherwise might have been saved.

When a schirrous tumour appears, the patient should observe a regimen, and take, two or three times a week, a dose of common purging mercurial pills; the patient should be bled, and the place affected rubbed twice a day with mercurial ointment, and kept warm in flannel or wool; the food light, the drink a pint of the decoction of woods or sarsaparilla daily.

If the tumour increases, and does not yield to the above, extirpation will be proper, either by knife or caustic, and, if done with safety, the sooner the better.

If the cancer cannot be cut off, Dr. *Home* says, to mitigate and relieve it, half a grain of the corrosive sublimate of mercury, dissolved in a proper quantity of brandy, and taken night and morning, will be of service in cancers of the face and nose; and recommends an infusion of the *solanum*, or night-shade, in cancers of the breast.

Dr. *Stork*, physician at Vienna, has of late recommended the extract of hemlock as the most efficacious (as well as most in repute) in cancers of every denomination. He advises the patient to begin with very small doses of two or three grains, and to increase gradually the dose until some good effect be perceived. Says, he has given it for above two years in large doses without apparent benefit, and yet the patient has been

cured by persisting in the use of it for half a year longer. Dr. *Nicholson*, of Berwick, prefers the powder of hemlock to the extract, and says, he increased the dose from a few grains to half a dram, and gave near four drams of it in the day with remarkable good effects.

INFLAMMATION *of the* STOMACH.

SIGNS thereof. The stomach is swelled and feels hard, a continual burning pain therein, and more so on taking any kind of food or drink, either too hot or cold.

CURE.

BLEEDING is absolutely necessary, and the only thing to be depended on. If the disease is obstinate a repetition of the operation should be made several times.

The best remedy to be applied is an epispastic or blistering plaister, placed over the part affected. *Buchan* says he has used it, and does not recollect an instance wherein it did not give relief to the patient.

Mild clysters made of warm water, or thin water gruel, and, if the patient be costive, a little sweet oil, honey, or manna may be added; these should not be neglected, as life frequently is dependant thereon.

Of the INTESTINES.

THIS is not only one of the most painful disorders that mankind is subject to, but also
one

one of the most dangerous, proceeding from the same cause as the above inflammation of the stomach; only the pain, if possible, is more acute, and is situated lower.

CURE.

BLEEDING and clysters are necessary, together with fomentations; but if these have no effect, strong purgatives should be used, or the smoke of tobacco may be thrown into the bowels through an inverted pipe. And, in desperate cases, quicksilver may be given to the quantity of several ounces, but not to exceed a pound.

Of the LUNGS.

MOST of the symptoms of a pleurisy likewise attend an inflammation of the lungs, only in the latter the pain is less acute, but the oppression of the breast, and difficulty of breathing, generally greater.

Bleeding, purging, and blistering are generally proper, and ought to be applied early. If the patient does not spit he must be bled according to his strength, and take a gentle purge. Afterwards the belly should be kept open by clysters, and the expectoration promoted, by taking every four hours two table spoonfuls of the solution of gum ammoniac, the oxymel of squills, &c.—See PLEURISY.

CHOLICS.

THESE diseases resemble the inflammation of the stomach and intestines, both in their symptoms and method of cure.

There

There are many different sorts of cholics, such as the *flatulent*, the *bilious*, the *hysteric*, the *nervous*, &c. that require a particular method of treatment.

The *flatulent* cholic prevails most among the country people, occasioned by eating unripe fruits, or four herbs, drinking windy liquors, and getting wet without changing their cloaths; after any of the foregoing they should drink a dram, or some warm liquor; a glass of good peppermint water will have the same effect as a glass of brandy, and in some cases it is to be preferred.

The *bilious* cholic is attended with very acute pains about the navel, costiveness and thirst, frequent vomiting, followed by violent pains. If the patient is young and strong, it will be proper to bleed and make use of clysters. The drink should be clear whey, or gruel, sharpened with cream of tartar, or the juice of lemon, of which they should drink plentifully; a slight decoction of tamarinds, or small chicken broth, with a little manna dissolved in it, or any other thin acid, or opening liquor, are likewise very proper. Besides bleeding and plentiful dilution, it may be necessary to foment the belly with cloths dipped in warm water, and, if this does not ease the patient, he should be immersed up to the breast in warm water.

A cataplasm of Venice treacle may be thinly spread, and put to the pit of the stomach. Clysters, with a proper quantity of Venice treacle, or liquid laudanum, in them, may be administered frequently.

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The *hysterical* cholic is much like the former, with respect to acute pains about the region of the stomach, vomiting, &c. often accompanied with the jaundice.

Bleeding, purging, vomiting, and all evacuations in this cholic do hurt, and are to be avoided. But if the vomiting should prove violent, small posset, or lukewarm water, may be drank to cleanse the stomach.

The patient may likewise take four or five foetid pills every six hours, in a cup of penny-royal tea, or a tea spoonful of tincture of castor in penny-royal tea, or thirty or forty drops of the balsam of Peru, dropped on a bit of loaf sugar, which may be the most agreeable to the stomach.

The *nervous* cholic is attended with more excruciating pains than any of the former, and sometimes continues for eight or ten days.

The Barbadoes tar is said to be an efficacious medicine in this disease. It may be taken to the quantity of two drams three times a day, or oftener, if the stomach will bear it. This tar, mixed with an equal quantity of the best old rum, if any symptoms of a palsy are felt, should be applied, and well rubbed on the spine. If the disease ends in a palsy, the Bath waters have been found and are recommended as proper and salutary.

PAIN of the STOMACH.

WHEN the stomach is relaxed, and digestion bad, which often occasions flatulencies, the acid elixir

elixir of vitriol will be of singular service; fifteen or twenty drops of it may be taken in a glass of wine or water, two or three times a day, which will be a means of killing or expelling worms, too frequently the cause of pains in the stomach.

If this disease is occasioned by swallowing of acrid or poisonous substances, they must be discharged by vomit; which may be excited by oils, butter, or other soft things. If from a gouty matter, warm cordials are necessary, such as wine, brandy, rum, &c. If an inclination to vomit, camomile flowers infused, or *carduus benedictus* should be drank plentifully. And if from flatulency, exercise or labour should be used, such as reaping, mowing, digging, and the like.

INFLAMMATION of the KIDNEYS.

THIS disease may be easily distinguished from the cholic by the pain being seated farther back, and by the difficulty of making water in the former, which does not always happen in the latter.

Losing about ten or twelve ounces of blood, from the arm or foot, and repeating the same, if the pain and inflammation continues, in about twenty-four hours, seldom fails of giving relief, or leeches may be applied instead thereof. Cloths dipped or bladders filled with warm water should be put to the part affected, and, as they grow cool, renewed. Decoction of camomile flowers and mallows, with a little saffron added, and mixed with a third part of new milk,
if

if the bladders are filled therewith it will be still more beneficial.

Emollient clysters are of great use ; Chalybeate water the same ; but must be used for a considerable time, in order to produce any salutary effects.

Of the BLADDER.

INFLAMMATIONS of the bladder proceed in general from the same causes as of the kidneys, and ought to be treated in the same manner. As there is a perpetual desire to make water, and great difficulty in passing it, the better to irradicate the disease it will be necessary to bleed the patient ; and, if of a strong constitution, to repeat it as often as may be found necessary. Emollient clysters should be frequently administered, and the bottom of the belly fomented with warm water, or a decoction of mild vegetables, &c.

Of the LIVER.

THIS disease is seldom mortal if carefully treated. Bleeding is necessary at the beginning, fomentations to the part affected as in the foregoing diseases, mild laxative clysters, and, if the pain is violent, a blistering plaister should be put on the part affected. A dram of purified nitre, or half a tea spoonful of the sweet spirits of nitre, as they promote secretion of urine, may be taken in the patient's common drink, three or four times a day, and he should likewise drink freely of warm diluting liquors.

26 THE CHOLERA MORBUS, &c.

The CHOLERA MORBUS, or violent PURGING and VOMITING.

THIS disorder is attended with sickness, gripes, and a great inclination to go to stool. It is most common in autumn; comes on very suddenly, and kills the patient quickly, if means are not used in due time for removing it.

It is generally preceded by the heart-burn, with pain of the stomach and intestines. Violent hiccuping, convulsions, and fainting fits, are evident signs of approaching death.

C U R E.

At the beginning of this disease the purging and vomiting must be promoted, by the patient's drinking plentifully of diluting liquors, such as warm water, water gruel, small posset, whey, or butter-milk, and a clyster thereof given every hour to assist the purging. After some time, a decoction of toasted oat bread should be drank to stop the vomiting; the bread must be toasted brown, and boiled in spring water; if this fails, two table spoonfuls of saline julep, with ten drops of laudanum, may be taken every hour till it ceases.

L O O S E N E S S.

PROCEEDS from various causes, and seldom is of any bad tendency, except it becomes excessive. When a looseness is occasioned by catching cold, or an obstructed perspiration, the patient should keep himself warm, drink freely of weak diluting liquors, bathe his legs and feet frequently

quently in lukewarm water, or wear flannel next the skin, and use every method to restore perspiration.

Buchan says, from whatever cause a looseness proceeds, when it is found necessary to check it, the diet ought to consist of rice boiled with milk, and flavoured with cinnamon; rice jelly; sago, with red port; and the lighter sorts of flesh meat roasted. The drink may be thin water gruel, rice water, or weak broth; broth made from lean veal, or with sheep's head, as being more gelatinous than mutton and beef; but chicken broth is the most proper.

For a diarrhoea, vomits and purges are unsafe and dangerous, except very mild, and given in small quantities. Ten or twelve drops of liquid laudanum may be taken, in a cup of valerian or penny-royal tea, every eight or ten hours, till the symptoms abate.

V O M I T I N G.

TAKE Peruvian bark infused in wine or brandy, with as much rhubarb as will keep the body gently open. This is an excellent medicine when vomiting proceeds from weakness of stomach.

The elixir of vitriol is also good in the above case, and may be taken in a dose of fifteen or twenty drops twice or thrice a day.

If vomiting proceeds from spasmodic affections of the stomach, musk or castor may be used. The stomach plaister of the London or Edinburgh Dispensatory may be applied to the stomach.

Aromatic medicines may be taken inwardly, as cinnamon or mint tea, wine with spices boiled in it, &c.

H E A R T - B U R N.

WHEN bilious humours occasion the heart-burn, a tea spoonful of the sweet spirit of nitre in a glass of water, or a cup of tea, generally eases the patient. If sourness of the stomach is the cause thereof, an ounce of chalk powdered, a quarter of an ounce of gum arabic, and half an ounce of fine sugar, mixed in a quart of water, and a tea-cupful of it taken as often as necessary, will be found efficacious, and seldom fails of giving relief.

If the heart-burn is occasioned by the wind in the stomach, *Buchan* says, amongst all the medicines prescribed, one of the safest is the tincture made by infusing an ounce of rhubarb, and a quarter of an ounce of the lesser cardamum seeds, in a pint of brandy. After this has digested for two or three days, it ought to be strained, and four ounces of white sugar-candy added to it. It must stand to digest a second time till the sugar be dissolved. A table spoonful of it may be taken occasionally for a dose.

Heart-burn in pregnant women has been frequently cured by chewing green tea.

DIABETES, or excessive DISCHARGE of URINE.

GENTLE purges of rhubarb, with cardamum seeds infused in wine, may be used, if the patient
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SUPPRESSION of URINE, &c. 29

be not too weak, to keep the body open. Half a dram of powder of equal parts of allum and gum called *dragon's blood*, may be taken four times a day, or oftener, if the stomach will bear it. Ten or twelve drops of liquid laudanum may be taken in a cup of the patient's drink, two or three times a day.

There are many other medicines to mitigate this disorder, but few to effect a cure.

SUPPRESSION of URINE.

BLEEDING is necessary, fomentations and evacuants. A fomentation of warm water alone, or camomile flowers, should be applied to the place affected. The body kept open by emollient clysters, or gentle infusions of senna and manna.

The patient's diet should be light, and liquor diluting; he ought to live very temperate, to avoid all acids and austere wines; should take sufficient exercise, and lie hard.

GRAVEL and STONE.

PERSONS afflicted with either or both these disorders, should avoid salt meat, sour fruits, &c. Gentle exercise is requisite in moderation, such as riding on horseback, and the like.

CURE.

BLEEDING and warm fomentations may be used, emollient clysters administered, and diluting liquors drank. Dr. *Wyatt* advises, in fits of
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30 INVOLUNTARY DISCHARGE of BLOOD.

the gravel, to drink a pint of oyster or cockle-shell lime water, two or three hours every morning before breakfast. If a stone is formed, he recommends Alicant soap and the above waters, an ounce of which should be swallowed every day, and three or four pints of the said water drank. The soap divided into three doses, the largest to be taken fasting, the second at noon, and the third in the evening, drinking after each dose; the remainder of the water may be drank any time betwixt dinner and supper, instead of other liquors. The patient ought to persevere in the use of these medicines, however disagreeable they may seem at first, and may begin with a smaller quantity than above directed, until he is accustomed thereto, increasing them by degrees if he finds any abatement thereby, and to continue using them for months or years if necessary, according as he finds the stone grows larger, until evacuation or extraction compleats the cure.

INVOLUNTARY DISCHARGE of BLOOD.

BLEEDING PILES are sometimes periodical, as monthly, or every three weeks, and in this case are considered as a salutary discharge, and by no means to be stopped.

That only is to be esteemed dangerous which continues too long, and is in such quantity as to waste the patient's strength, or hurt digestion, nutrition, and other functions necessary to life.

In this case cool and nourishing diet must be made use of, consisting chiefly of bread, milk,
cool

cool vegetables, or broths; drink of Chalybeate water, or orange whey. Old conserve of roses is very good, mixed with new milk, and taken in the quantity of an ounce three or four times a day. Half a dram of the Peruvian bark may be taken in a glass of red wine, sharpened with a few drops of the elixir of vitriol, three or four times a day.

In *blind piles* bleeding may be of service, the body kept open by small doses of cream of tartar and flower of brimstone, mixed in equal quantities, and a tea spoonful taken two or three times a day, or oftener if required. Emollient clysters are likewise beneficial.

If the piles are swelled and very painful, poultices of bread and milk may be applied, or leeches; but if the leeches will not fix, the piles should be opened with a lancet, which is very easily done without danger.

B L O O D Y U R I N E.

BLOODY URINE is always attended with a greater or lesser degree of danger; as it proceeds from different causes, must be treated in various manners. If it proceeds from a dissolved state of the blood, the patient's life depends on the frequent use of the Peruvian bark and acids. If from a stone in the bladder, the cure depends upon a surgical operation. If from an ulcer in the kidneys or bladder, the patient's drink must be of a soft healing balsamic quality, as decoctions of marsh-mallow roots with liquorice, solu-
tions

tions of gum arabic, &c. His diet should likewise be cool and light.

Three ounces of marsh-mallow roots, and half an ounce of liquorice, should be boiled in two quarts of water to one; two ounces of gum arabic, and half an ounce of nitre purified, may be dissolved in the strained liquor, and a tea cupful of it taken four or five times a day.

B L O O D Y F L U X.

BUCHAN says, in this disease the greatest attention must be paid to the patient's diet. Flesh, fish, and every thing that has a tendency to turn putrid or rancid on the stomach, must be abstained from. Apples boiled in milk, water pap, and plain light pudding, with broth made of the gelatinous parts of animals, may be eat. Gelatinous broth not only answers the purpose of food, but likewise of medicine. And adds, I have often known dysenteries, which were not of a putrid nature, cured by it, after pompous medicines had proved ineffectual.

Another kind of food, recommended by Dr. *Rutherford*, is made by boiling a few handfuls of fine flour, tied in a cloth, for five or six hours, till it becomes as hard as starch; two or three table spoonfuls of which grated down, and boiled in milk and water, to the consistency of pap, sweetened to the patient's taste, and taken for his ordinary food, is an excellent remedy in this disease.

C O S T I V E N E S S.

COSTIVENESS.

Dr. *ARBUTHNOT* advises all those who are troubled with costiveness to use animal oils, such as fresh butter, cream, marrow, fat, broths, especially made of the internal parts of animals. Also the expressed oils of mild vegetables, as olives, almonds, and pistachios, and to eat the fruits themselves; to take honey, hydromel, or boiled honey and water, unrefined sugar, &c. However, if medicines are absolutely necessary, gentle doses of rhubarb, taken twice a week, are to be recommended preferable to aloes, or jalap, so much in use. *Buchan* says, about the size of a nutmeg of lenitive electuary, taken twice or thrice a day, generally answers the purpose very well.

WANT of APPETITE.

ELIXIR of vitriol is an excellent medicine for the want of appetite. Twenty or thirty drops of it may be taken twice or thrice a day, in a glass of wine or water.

The Chalybeate waters, drank in moderation, are of service; as also the waters of Harrowgate, Scarborough, Buxton, Bath, Bristol, and the salt water at the common bathing places throughout England. Exercise, amusements, and change of air, sometimes effect a cure when medicines fail.

R U P T U R E S.

CHILDREN and old people are most liable to this disease. A ruptured child, on the first perception thereof, should be laid upon it's back, with it's head low, and, if the gut does not return of itself, should be gently forced up, and a piece of sticking plaister put over the part, properly secured with truss or bandage, which should be worn a considerable time. The child should be kept from crying as much as possible, as excessive crying frequently brings on a rupture.

In adults, when the gut has been forced down with violence, it is hard to be put up without an operation. *Buchan* says, the method he always used, and which was ever successful, was as follows :

After the patient has been bled, he must be laid upon his back, with his head very low, and his breech raised high by pillows. In this situation, flannel cloths wrung out of a decoction of mallows and camomile flowers, or, if these are not at hand, of warm water, must be applied for a considerable time. A clyster made of this decoction, with a large spoonful of butter and a little salt, may be afterwards thrown up. If these should not prove successful, recourse must be had to pressure. Clysters of the smoke of tobacco have been often known to succeed when other methods failed.

After the gut is returned, steel bandages must be wore, and all violent exercises avoided ; be
careful

careful not to catch cold, or make too free with strong liquors.

D R O P S Y.

IF the patient is young and robust this disease, if it came on him suddenly, may be removed by vomits, purges, and medicines calculated to promote perspiration and evacuation.

For a grown person, half a dram of ipecacuanha in powder, and half an ounce of oxymel of squills, will be a proper vomit. A cup or two of camomile tea will be sufficient to work it off; to be taken as occasion may require, three or four days intervening between the doses.

Between the vomits the following purge should be taken: half a dram of jalap in powder, cream of tartar two drams, calomel six grains, made into a bolus, with a little syrup of pale roses, and taken early in the morning. A tea cupful of the following diuretic infusion may be likewise taken every four or five hours through the day:

Horseradish, juniper berries, and mustard seed, of each half an ounce, ashes of broom half a pound; infuse them in a quart of Rhenish wine, or strong ale, for a few days, and then strain off the liquor.

Brooks says, he knew a young woman cured of a dropsy by taking a dram of nitre every morning in a draught of ale, after she had been given over as incurable.

Ball says, a large spoonful of unbruised mustard seed taken every night and morning, and drink-

ing half a pint of the decoction of the tops of green broom after it, has performed a cure after other powerful medicines have proved ineffectual.

Buchan says, he has sometimes seen good effects from cream of tartar in this disease. The patient may begin by taking an ounce every second or third day, and may increase the quantity to two, or even three ounces, if the stomach will bear it. This quantity is not however to be taken at once, but divided into three or four doses. If this disease does not give way to diuretic and purgative medicines, tapping is absolutely necessary, and a very safe and simple operation, that would often succeed if performed in time. After the evacuation, the patient should be put on a course of strengthening medicines; as the elixir of vitriol, the Peruvian bark, warm aromatics, with a due proportion of rhubarb infused in wine, and the like.

W O R M S.

IN general the most proper medicines for expelling worms are strong purgatives. For a grown person, jalap and calomel; from twenty to thirty grains of the former, with six or seven of the latter, mixed in syrup, may be taken for a dose early in the morning, which may be repeated once or twice a week for a fortnight, or something longer.

Harrowgate water, or even salt water, is no despicable medicine, and may be taken with success.

cess. Many country nurses dissolve common salt in water, and give with very good effect.

The above medicines are to be used by grown persons; for children they must be given in smaller quantities. For a child of four or five years of age, ten grains of rhubarb, five of jalap, and two of calomel, may be mixed in a spoonful of the syrup of honey, and given in the morning, which may be repeated twice a week, for three or four weeks; on the intermediate days the child may take a scruple of powdered tin, and ten grains of Æthiop's mineral, in a spoonful of treacle, twice a day. These doses to be increased or diminished according to the age of the patient.

Ball's purging vermifuge powder is a very powerful medicine. It is made of equal parts of rhubarb, scammony, and calomel, with as much double refined sugar as is equal to all the other ingredients, mixed together and reduced to a fine powder. The dose for a child is from ten to twenty grains, once or twice a week. An adult may take a dram for a dose.

J A U N D I C E.

IN the jaundice, where it is not attended with an inflammation, vomits are of service. Half a dram of ipecacuanha in powder, will be sufficient for a grown person; wrought off with warm water, or camomile tea. Castile soap, from half an ounce to an ounce, may be taken daily, to keep the body open. Vomits, purges, fomentations, and exercise, seldom fail to cure the jaundice

dice in a simple state; but when complicated with a dropfy, a scirrhus liver, or other chronic complaints, it is hardly to be cured by any means.

A dram of soluble tartar, taken every night and morning, in tea or water gruel, or so much as will open the body, is very efficacious in this disease.

G O U T.

THE gout must be nursed and kept warm in flannel, furr, or wool; in Lancashire the people look upon wool as a kind of specific in the gout. Many medicines have been found to shorten the fit, but not any absolutely to cure it. However, when the pain is very great, the patient may take, going to bed, thirty or forty drops of laudanum, more or less, according to the extremity he is in; which will ease the pain, forward the crisis of the disease, promote perspiration, and procure rest.

The patient should, after the fit is over, take a gentle dose or two of the bitter tincture of rhubarb, and drink a weak infusion of stomachic bitters in ale or wine, as the Peruvian bark, with cinnamon, Virginian snake-root, and orange-peel.

Rhubarb and magnesia alba should be taken every spring and fall; a decoction of burdock root, or an infusion of camomile flowers, drank for two or three weeks in March and October, twice a day, have been found great preventatives. Bath waters have been, and still are, efficacious in this disease,

disease, both in bathing and drinking, as they invigorate the habit, and promote digestion.

When the gout gets into the stomach with a sense of cold, the warmest cordials ought to be made use of, such as strong wine boiled up with cinnamon or other spices, peppermint water, cinnamon water, and even brandy or rum. The patient should keep himself warm in bed, in order to provoke perspiration, which warm liquors, such as just mentioned, generally promote, to the great benefit of the afflicted.

R H E U M A T I S M.

ARBUTHNOT says, if there be a specific aliment for the rheumatism, it is certainly whey. That he knew a person subject to this disease, who could never be cured by any other method but a diet of whey and bread. That cream of tartar in water gruel, taken for several days, will ease rheumatic pains considerably. The quantity the patient should take, for a few nights at bed time, is a cup of wine whey, a dram of cream of tartar, and, *Buchan* says, if half a dram of gum guaiacum in powder is added, it will, as he has by experience found, be more efficacious. In this case the patient may take the dose twice a day, and likewise a tea spoonful of the volatile tincture of gum guaiacum, at bed time, in wine whey.

Dr. *Alexander*, of Edinburgh, says, he has cured very obstinate rheumatic pains, by rubbing the part affected with tincture of cantharides;
when

when the common tincture did not succeed, he used it of a double or treble strength.

Buxton and Matlock baths in Derbyshire have often cured obstinate rheumatisms, and are always safe in or out of the fit. A table spoonful of the seed of white mustard, taken two or three times a day, in a glass of water, or small wine and water, generally relieves the patient. Bathing in the salt water or cold baths often cures the rheumatism, but more especially the former. Exercise, as riding on horseback, and wearing a flannel waistcoat next the skin, are recommended as preventatives, together with the use of the flesh-brush.

S C U R V Y.

THE scurvy proceeds from a vitiated state of the humours, occasioned by cold moist air, want of exercise, or being kept long to a diet of smoked or salt provisions, or unwholesome food, or any disease which weakens the body, or for want of a proper digestion of food that is hard and of little nourishment.

C U R E.

CHEARFULNESS and good humour have a great tendency to remove this disease. If the scurvy is occasioned by eating of salt provisions, which is too generally the case, the best medicines are all fresh vegetables, as oranges, apples, lemons, limes, tamarinds, scurvy grass, water cresses, brook lime, &c. &c.

New

New bread, fresh beer, or cyder, pot herbs, and milk diet, seldom fail to remove a scurvy of this kind. But when these things cannot be obtained, as happens in long voyages at sea, the patient's food and drink in this case should be sharpened with cream of tartar, elixir of vitriol, vinegar, or the spirit of sea water, &c.

All kinds of fallad are good in scurvies; and likewise the decoction of the roots of water-dock, which is made by boiling a pound of the root, fresh taken from the ground, in three quarts of water, till about one third of the water is consumed. The dose is from half a pint to a pint a day, according to the strength of the constitution, and as the stomach will bear it. This must be used for a length of time, and will perfect the cure.

L E P R O S Y.

THIS disease is almost abrogated out of this country, which used formerly to affect the inhabitants very much, from eating salt provisions without vegetables. The use of tea is allowed on all hands to be a great preventative of the scurvy as well as the leprosy. For the cure of this is recommended the same diet and medicine as in the scurvy.

KING'S EVIL, *or, the* SCROPHULA.

BATHING in the sea, and drinking the salt waters, so as to keep the body lax, has more than once cured the king's evil, after different medi-

cines have failed. The cold bath may be used in summer, by those distant from the sea, and the Peruvian bark in winter. A dram of the bark in powder may be given in a glass of red wine, four or five times a day, to a grown person. Children and others, that cannot take it in substance, may use the following:

Boil an ounce of Peruvian bark, and a dram of winter bark, both powdered, in a quart of water to a pint; towards the end half an ounce of sliced liquorice root, and a handful of raisins may be added. The liquor must be strained, and two, three, or four table spoonfuls, according to the age of the patient, given three times a day.

Hemlock may sometimes be used, in old inveterate cases, with success. Before the tumour breaks nothing should be applied except flannel to keep it warm; afterwards it should be dressed with some digestive ointment, such as yellow-basilicon, mixed with about a sixth or eighth part of it's weight of red precipitate of mercury, twice a day; more precipitate may be used if necessary.

I T C H.

THE best medicine for curing the itch is made of the flour of sulphur two ounces, crude sal ammoniac, finely powdered, two drams, hog's lard or butter four ounces. About the bulk of a nutmeg of this ointment must be used by rubbing upon the extremities, at bed time, twice or thrice a week.

If the patient be of a full habit he should bleed, or take a purge or two, before he uses the ointment; and, during the use of it, it will be proper to take, every night and morning, as much of the flour of brimstone and cream of tartar, in a little treacle or new milk, as will keep the body open.

A S T H M A.

A DISEASE of the lungs that seldom or ever admits of a cure, most subject to old people on the verge of life. Bleeding, except in extreme weakness or old age, is highly proper. The patient must drink freely of warm diluting liquors, and may take a tea spoonful of the tincture of castor and saffron mixed together, in a cup of valerian tea, two or three times a day.

In the moist asthma a common spoonful of the syrup or oxymel of squills, mixed with an equal quantity of cinnamon water, may be taken three or four times a day; and four or five pills, made of equal parts of asafœtida and gum ammoniac, at bed time. In every species of asthma, setons and issues, says *Buchan*, have a good effect; they may be set in the back or side, and should never be allowed to dry up.

A P O P L E X Y.

IN the apoplexy, if the patient does not immediately die, he should be placed in a proper posture, and bled freely in the arm or neck, and, if

occasion requires, repeated in two or three hours. A clyster should be administered, with plenty of sweet oil, or fresh butter, and a large spoonful of common salt in it, every two hours; blistering plaisters applied betwixt the shoulders, and to the calves of the legs. When the symptoms are abated, he should drink plentifully of diluting opening liquor, as a decoction of tamarinds and liquorice, cream of tartar, and whey; or take cooling purges, as Glauber's salts, or manna dissolved in an infusion of fenna, or the like.

Persons subject to apoplectic fits ought never to go to bed with full stomachs, to lie low with their heads, or to wear any thing tight about their necks.

NERVOUS DISEASES.

EXERCISE in all disorders of the nerves is superior to all medicines, and of all exercises riding on horseback is esteemed the best; next to riding on horseback, long sea voyages are recommended. Notwithstanding that nervous diseases are seldom radically cured, yet the symptoms are to be alleviated by proper medicines.

Few things tend more to strengthen the nervous system than cold bathing, which, if persisted in, will produce salutary effects. Opiates should be very sparingly and cautiously used, though extolled by many in these maladies, lest habit render them absolutely necessary.

The following infusion of Peruvian bark, as well as other bitters, may be used with advantage:

Take

Take of Peruvian bark an ounce, gentian root, orange peel, and coriander seed, of each half an ounce; let these be all bruised in a mortar, and infused in a bottle of brandy for five or six days. A table spoonful of the liquor, strained, may be taken in half a glass of water, an hour before breakfast, dinner, and supper. But the greatest good will accrue to the patient from a strict observance of air, exercise, diet, and amusements.

MELANCHOLY.

ATTENTION in this disease particularly must be paid to keep the patient's mind as tranquil as possible, which being disturbed is generally the cause of the malady.

Dr. *Locker* thinks vinegar the best medicine that can be given in this disease. Ten or twelve grains of camphire may be rubbed in a mortar, with half a dram of nitre, and taken twice a day. Also a scruple, or twenty-five grains, of musk may be made into a bolus with a little honey, and taken two or three times a day instead of the camphire, if it does not agree with the stomach.

Buchan recommends issues, setons, and warm bathing to patients averse to medicines. Issues may be placed in any part of the body, but the nearer the spine the better; which are to be kept open the better to discharge themselves. The most proper place for the seton is between the shoulder-blades, placed upwards and downwards, or in the direction of the spine.

PALSY.

P A L S Y.

A PALSY is more or less dangerous according to the importance of the part affected, and is occasioned by various causes, such as drunkenness, wounds of the brain, cold air, drinking much tea, or coffee, &c.

Exercise is very beneficial in this disease. If the patient is young and of a full habit, he should be bled, blistered, and have his body kept open by clysters or purgatives. If old and debilitated, the reverse. The diet must be warm, consisting chiefly of spicy and aromatic vegetables, such as horse-radish, mustard, &c. And the drink good wine, mustard whey, or brandy and water.

Electricity is the best external application. Vomits are beneficial. The wild valerian root is a very proper medicine, taken in an infusion of sage leaves, or half a dram of it in powder, taken in a glass of wine three times a day. A table spoonful of mustard seed taken frequently, generally gives relief in this disease. Warm flannel should be wore next the skin, and, if possible, the patient should go into a warmer climate, the better to effect the cure.

F A L L I N G - S I C K N E S S.

WHEN the epileptic patient has this disease hereditary, or it proceeds from a wrong formation of the brain, a cure is not to be expected. If from debility, such medicines as brace the nerves may be used, as the Peruvian bark and steel, or the

the *anti-epileptic* electuaries recommended by *Fuller* and *Mead*.

Colebatch says, the mistletoe cures the epilepsy. The dose for an adult is half a dram of the powder, four times a day, drinking after it a draught of a strong infusion of the same plant.

Ten or twelve grains of musk, with the same quantity of factitious cinnabar, made into a bolus, and taken night and morning, *Buchan* says, has sometimes been found to succeed in the epilepsy.

Chalybeate waters, and the cold bath, are of singular service in this disease.

CONVULSION FITS proceed from the same causes, and are to be treated in the same manner as the epilepsy.

ST. VITUS'S DANCE may be cured by bleeding and purging, and using the Peruvian bark, snake root, &c.

H I C C U P.

WHEN it proceeds from hard digestion, a glass of wine or brandy generally removes it; if from poison, plenty of milk and oil must be drank; if the hiccup proceeds from a foul stomach, a gentle vomit or purge, if the patient can bear it, will be of service. If it proves obstinate, the stomach plaister, or a cataplasm of the Venice treacle of the London and Edinburgh Dispensatory, applied to the stomach, sometimes proves beneficial.

Buchan

48 CRAMP OF THE STOMACH, &c.

Buchan says, nothing gives the patient so much ease as brisk small beer.

CRAMP of the STOMACH.

SOMETIMES very dangerous, and ought to have immediate assistance. Warm water, or weak camomile tea, may be taken to cleanse the stomach, if the patient has any inclination to vomit. If costive, sixty or seventy drops of liquid laudanum may be given in a clyster of warm water. If the cramp in the stomach is very violent, and owing to the gout, spirits and warm cordials may be used, and blistering plaisters applied to the ancles.

The anodyne balsam may be rubbed upon the place affected, and an anti-hysterical plaister worn thereon, after the cramp is gone, in order to prevent its return.

The NIGHT-MARE.

Dr. *WHITT* recommends a glass of brandy, after eating a plentiful supper, as a preventative of the night-mare.

Buchan says, a glass of peppermint-water will often promote digestion, (the want of which generally causes it) as much as brandy, and is much safer. Young people should purge, and use spare diet, especially just before going to bed.

SWOONINGS.

PEOPLE who are subject to swoonings, or fainting fits, should be careful, after being exposed

posed to the cold, of coming too suddenly to a fire. When the fit proceeds from loss of blood, exhaustion, or long fasting, which is often the case, the patient must be supported with cordials and spirituous liquors in small quantities; nourishing broths, and things of a light nature, should be given when out of the fit. All that can be done in it, is to apply a bottle of Hungary water, *eau de luce*, or hartshorn, to the nose, rub the temples with warm brandy, or to lay a compress dipped in it to the pit of the stomach.

It is dangerous to bleed weak, delicate, or nervous patients afflicted with fainting fits, however salutary it may prove to strong persons of full habit.

FLATULENCIES, or WIND.

THERE are many medicines very efficacious for expelling the wind, among which the most celebrated are juniper berries, the roots of ginger and zedoary, the seeds of carraway, coriander, and anise, gum asafœtida, and opium; the warm waters, tinctures, and spirits, are not only preferable to malt liquors, but in most cases to wine.

LOW SPIRITS.

PERSONS afflicted with lowness of spirits should avoid all excesses, especially of strong liquors and venery. The moderate use of wine and other strong liquors is by no means hurtful, if they are not taken so as to weaken the stomach,

or depress the spirits. Agreeable company, travelling, and different amusements, are the best remedies in these cases, and to be preferred to hard drinking, which the unfortunate and melancholy too often fly to for relief, by which means they seldom fail to precipitate their destruction.

HYSTERIC AFFECTIONS.

DURING the fit the best course to be taken is, to rouse the patient by strong smells, as asafoetida, spirits of hartshorn, or burnt feathers held to the nose. Bleeding is recommended if the patient is of a strong plethoric habit, and where the pulse is full, but is not safe to be practised on weak and delicate constitutions.

Hot bricks may be applied to the feet, legs, and arms, and the belly may be strongly rubbed with a warm cloth. But the best application is, when the fit precedes the flow of the menses, to put the feet and legs into warm water. If costive, a laxative clyster with asafoetida; and, as soon as the patient can swallow, some cordial juleps, or two table spoonfuls of a solution of asafoetida, may be given.

Dr. *Whytt* recommends the anti-hysteric plaister to be applied to the abdomen, and castor and opium joined, to remove the head-ach and procure sleep.

CRAMPS are often cured by compression. A roll of brimstone held in the hand has frequently been tryed, and often cured it. The Peruvian bark

HYPOCHONDRIAC AFFECTIONS, &c. 51

bark has sometimes cured periodical convulsions when other medicines have been less successful.

HYPOCHONDRIAC AFFECTIONS.

THE patient should not fast too long, a cheerful glass may have good effect in this disease, but all manner of excess is hurtful. Exercise, long voyages, the flesh brush, or coarse cloth, may be used, all of which have frequently proved more efficacious than any medicines. However, the Peruvian bark, and other bitters, the elixir of vitriol, the preparations of steel, &c. may be taken with safety, and produce salutary effects.

MENSTRUAL DISCHARGE.

THE menses generally begin to flow about the time the female attains her fifteenth year, and leave off when she is about fifty, both of which are the most critical times in her life, as the whole body, about the first appearance of the discharge, undergoes a very considerable change, generally for the better, but sometimes for the worse. The health and future happiness of the female depend upon the care she now takes of herself.

Unwholesome food, want of exercise, and fresh air are productive of bad consequences; Parents therefore should take care that their daughters do not give way to eating trash, or living lazy and inactive lives, from whence ensue indigestions and want of appetite, and by these means are eat up

with the green sickness, and other diseases of this nature.

After the menses have once began to take the course ordained by nature, the greatest care ought to be taken to avoid obstructing them. Every thing sour or cold to the stomach, such as drinking butter-milk, eating fruit, and the like, must be avoided; cold is extremely hurtful at this particular period. The mind should be kept tranquil, and the passions in subjection, the violence of which too often occasion obstructions of the menstrual flux, which prove absolutely incurable.

From whatever cause the obstruction proceeds, except pregnancy, means are to be taken to restore it. Exercise, free and open air, and wholesome diet, company and amusements, but if all these fail, medicines are necessary. If the obstructions proceed from a relaxed state of the solids, filings of iron may be infused in ale or wine, two or three ounces to a quart; after standing two or three weeks it may be filtered, and about half a wine glass taken twice a day; or prepared steel, half a dram in a dose, mixed with a little honey or treacle, three or four times a day. The bark and other bitters may be taken, as most agreeable to the patient.

If the menstrual discharge be too great, it is to be stopped by the following astringents: Japan earth, allum, Peruvian bark, &c. Two drams of allum and one of Japan earth, pounded together, and divided into eight or nine doses, one of which may be taken three times a day; or ten drops of laudanum, in a table spoonful of tincture

ture of roses, may be used in the former's stead, two or three times a day. If these fail, half a dram of Peruvian bark in powder, with ten drops of the elixir of vitriol, may be taken in a glass of red wine four times a day.

P R E G N A N C Y.

THOUGH this is not a disease, yet it is frequently attended with various complaints that sometimes call for the aid of medicines. There are not any fatal diseases attendant on pregnancy, except the danger of abortion. The common causes of which are, the death of the child, great evacuations, relaxation or weakness of the mother, reaching too high, heaving great weights, violent exercise, falls, bruises, &c.

To prevent abortion, women of a relaxed habit should use solid food, and keep the mind as easy and chearful as possible. Should there be signs thereof, her food should consist of broths, jellies, gruels, and the like, which are to be taken cold; and she should be bled if able to bear it, and drink barley water, sharpened with juice of lemon; or every five or six hours she may take half a dram of powdered nitre in a cup of water gruel. If she has a violent looseness on her, she may drink the prepared decoction of calcined hartshorn. If violent vomiting, frequently should be taken two table spoonfuls of the saline mixture. Opiates in general may be said to be of service, but ought always to be given with caution.

CHILD-BIRTH.

CHILD-BIRTH.

WHEN the woman is in labour nothing of a heating nature should be given her, such as hot and strong liquors, which too frequently is the case, to the great danger both of mother and child, by causing inflammations in the womb, an increase of the fever produced thereby, and a retardment of the labour; beside, hot and strong liquors are apt to occasion violent and mortal hæmorrhages, or dispose her to eruptive and other fevers.

The woman, after delivery, should be kept easy and quiet, her diet should consist of panado or caudle, light and thin gruel, &c. and her drink weak and diluting, yet nourishing and comfortable at the same time. If the after pains be violent, she should drink plentifully of warm diluting water gruel, or tea with a little saffron in it; and to take small broths with carraway seeds or a bit of orange-peel in them. If restless a spoonful of the syrup of poppies may be mixed with a cup of her drink. If feverish, the following powder may be given every six or seven hours: Crab's claws prepared half an ounce, purified nitre two drams, saffron powdered half a dram; rub them together in a mortar, and divide the whole into eight or nine doses.

If after delivery the flooding should be excessive, *Buchan* says, the following mixture has produced good effects: Take of penny-royal water, simple cinnamon water, and syrup of poppies, of each two ounces, acid elixir of vitriol a dram;
mix

mix and take two table spoonfuls every two hours, or oftener, if necessary.

To prevent the milk fever nothing is more efficacious than putting the child early to suck the breast, or to get them frequently drawn by the nurse, at least for the first month, if she does not intend to suckle it herself.

When inflammations happen to the breast, a poultice of bread and milk, softened with oil, should be applied, and renewed twice a day, till the tumour be discessed, or brought to suppuration; the latter of which is seldom attended with any danger, and has often the most salutary effects. When the nipples are chapt, a little oil and bee's wax, mixed and laid to them, will generally effect a cure; if obstinate, a cooling purge will remove it.

B A R R E N N E S S.

THIS disease, in women, generally proceeds from an obstruction or irregularity of the menses, and sometimes is occasioned by high living, relaxation, &c.

To remove barrenness, *Buchan* recommends the following course: First, sufficient exercise in the open air, a diet consisting chiefly of milk and vegetables*; secondly, the use of astringent medicines,

Dr. Cheyne avers, that want of children is oftener the fault of the male than of the female, and strongly recommends a milk and vegetable diet to the former as well as the latter; adding, that his friend *Dr. Taylor*, whom he calls the milk doctor,

dicines, as steel, allum, dragon's blood, elixir of vitriol, the Peruvian bark, &c. and, lastly, above all, the cold bath.

Barrenness is often the consequence of grief, fear, anxiety, or any of the passions which tend to obstruct the menstrual flux. When barrenness is suspected to proceed from affections of the mind, the person ought to be kept as easy and chearful as possible; all disagreeable objects are to be avoided, and every method taken to amuse and entertain the fancy.

DISEASES OF CHILDREN.

THE most general diseases that belong to infants are the following, of which we shall speak according to their order, viz. the Meconium, the Thrush, the Acidities, Galling and Excoriation, Stoppage of the Nose, Vomiting, Looseness, Eruptions, the Croup, Teething, Rickets, Convulsions, and Water in the Head. And first, with respect to

The MECONIUM.

THE matter contained in the stomach and bowels is generally passed after the birth by the

doctor, of Croydon, had brought fundry opulent families in his neighbourhood, who had continued some years after marriage without progeny, to have several fine children, by keeping both parents, for a considerable time, to a milk and vegetable diet.

mere

mere effect of nature. If not, a little manna, or a few grains of magnesia alba, may be mixed in the child's food, and given till it has the desired effect. Or a common spoonful of whey sweetened with honey may be given.

The best medicine for expelling the meconium is the mother's milk, which at first is always of a purgative quality. Infants ought never to have (as too often is the case) daubs of oil, syrups, and other indigestible stuff, crammed down their throats; for if children were permitted to suck as soon as they shew inclination, there would be no occasion for medicines to discharge the meconium.

The APHTHÆ, or THRUSH.

THE aphthæ are little whitish ulcers that affect the mouth, tongue, throat, and sometimes stomach of the infant. The medicines proper to be given are vomits, such as five grains of rhubarb, and half a dram of magnesia alba, may be rubbed together, and divided into six doses, and given the child in it's food, every four or five hours, till it operates.

Buchan recommends the following mixture to rub the child's mouth with: take an ounce of fine honey, a dram of borax, half a dram of burnt allum, two drams of rose water mixed together, and rub the mouth; which may be applied with the finger, or by means of a bit of soft rag tied to the end of a probe.

ACIDITIES.

WHEN green stools, gripes, purgings, sour smells, &c. shew that the bowels abound with acidities, the child should have a little small broth with white bread in it, and exercise to promote digestion. Magnesia alba is the best medicine that can be used, and may be given in the following manner: Two drams of magnesia alba, half a dram of the fine powder of rhubarb, common water and pepper mint water of each two ounces, and as much syrup of sugar as will make it agreeable; shake the bottle, and give a table spoonful three or four times a day. A little pepper mint water will sometimes be of more service, in removing the gripes in infants, (than brandy and other inflammatory liquors) diluted and sweetened with sugar, which is frequently given till the child is easier.

GALLING *and* EXCORIATION

ARE generally owing to the want of cleanliness in the mother or nurse that has the care of young children, and affect the groin, under the arms, the neck, and behind the ears.

The best application for this purpose is to dissolve some fuller's earth in a sufficient quantity of hot water; let it stand till quite cold, and then rub it on the parts affected once or twice a day. Spring water, in which a little white vitriol has been dissolved, may be used in washing the child two or three times a day, which will dry and heal them very powerfully.

STOPPAGE

STOPPAGE of the NOSE.

WEDELIUS says, if two grains of white vitriol, and the same quantity of elaterium, be dissolved in half an ounce of marjoram water, and applied to the nose with a linen rag, that it will bring away the mucus without sneezing. Sweet oil, a little butter or grease will answer the same purpose, resolve the filth, and render the breathing more free.

VOMITING.

WHEN occasioned by giving the child too much food, it ought to be promoted, as the cure depends upon cleaning the stomach. A few grains of ipecacuanha in the child's warm food, or drinking freely of warm water, will presently relieve it.

In obstinate vomitings, internal medicines may be assisted by aromatic fomentations made with wine, and applied to the pit of the stomach. Peruvian bark, infused with a little rhubarb and orange-peel, and the saline draughts, with a few drops of liquid laudanum, may be given very safely whenever vomiting proceeds from an increased degree of sensibility.

L O O S E N E S S.

THE best method of treating a looseness is, not by immediately stopping it, but on the contrary giving a gentle vomit of ipecacuanha, and afterwards a small dose of rhubarb frequently, or

rather magnesia alba, which is laxative, and operates without exciting the gripes.

Should any gripings remain after the stomach and bowels have been cleansed, a tea spoonful of the syrup of poppies may be given in a little simple cinnamon water, three or four times a day, till the symptoms cease.

ERUPTIONS.

ERUPTIONS of children are generally originated from not being kept clean, and giving them improper food, which cause breakings out, the scab, itch, &c. In cutaneous eruptions no medicine is more safe than sulphur in drying them up, if sparingly used. A little of the flour of sulphur may be mixed with oil, hog's lard, or butter clarified, and the parts affected gently rubbed therewith. The scabbed head is not only difficult to cure, but dangerous, if permitted to gain a footing before applications of a drying medicine is used, which too generally endangers the patient's life. To effect a cure, the head should be shaved, and kept clean from filth and nastiness, at least twice in three weeks, and well washed with soap suds or lime water. If this method fails, through the obstinacy of the disease, a black pitch plaister must be applied in order to eradicate the roots of the hair; if there should be proud flesh it should be touched with a bit of blue vitriol, and the patient kept to a light regular diet, free from cold, and the body gently open.

CHILBLAINS.

CHILBLAINS are in no respect of a dangerous tendency, and may be cured by rubbing a little brandy, mustard, or something else of a warming nature on them. Purgings is necessary, according to the constitution of the patient. If they break out into sores, Turner's cerate, tutty, the plaister of cerus, or other drying ointments, may be used to effect a cure, which is easily compleated.

The RISING of the LIGHTS.

WHEN the child is seized with this disorder, it's feet should be immediately put into warm water, be bled, and have a clyster given as soon as possible, and be made to breathe over the steam of warm water and vinegar. If the symptoms do not abate, a blister should be put upon the back, or round the neck, and the child should take a table spoonful of the following julep frequently: three ounces of penny-royal water, one ounce of the syrup of althea, and one ounce of balsamic syrup mixed together.

Asafoetida may be given with effect, either in a clyster, or by the mouth. If the stomach will bear it, two drams of asafoetida dissolved in an ounce of Mindereus's spirit, and three ounces of penny-royal water; a table spoonful may be given every hour, or oftener if occasion requires. The clyster to be administered in the place of the mixture, every six or eight hours, till the disease is removed, and may be composed of two drams of asafoetida dissolved in a common clyster, which has had wonderful effects in this disorder.

Buchan

Buchan says, he has known a Burgundy pitch plaister, worn continually betwixt the shoulders for several years, have a very happy effect in preventing the return of this dreadful disorder.

CUTTING *the* TEETH.

IT is an observation of *Dr. Arbuthnot*, that a tenth part of infants die in teething. This disorder is to be treated in all respects as an inflammatory disease; the body must be kept open by emollient clysters, or gentle purgatives, such as manna, magnesia alba, rhubarb, fenna, &c. The food light, and given in small quantities; the drink plentiful and diluting, as the weak infusions of balm, or of the lime tree flowers, to which a third or fourth part of milk may be added.

Harris observes, that when an inflammation appears, the physician will labour in vain, if the cure is not begun with applying a leech under each ear. If convulsion fits, a blistering plaister may be applied on the back, or behind the ears.

Sydenham says, that in fevers occasioned by teething, he never found any remedy so effectual as two or three drops of spirits of hartshorn, in a spoonful of simple water, or other convenient vehicle, given every four hours; the number of doses may be four, five, or six.

A little honey may be rubbed on the gums with a finger, which will ease the pain, and repeated four or five times a day; stick liquorice, crusts of bread, may be given the child to chew, which will assist in bringing forth the teeth.

Lancing

Lancing the gums is of little use, and an operation attended with danger. In obstinate cases however, a thin six-pence, or the like, may be used with safety in cutting the gums, to produce the teeth.

R I C K E T S.

BAD nursing, in general, is the cause of this disease, and oftentimes is to be cured by the nurse before the physician. However, in children of a gross habit of body, gentle vomits, and purges of rhubarb, frequently repeated, may be of service. The limbs should be rubbed frequently with a warm hand, and the child kept as chearful as possible.

The best bread that can be given children inclined to be rickety is biscuit; and pigeons, pullets, veal, rabbits, or mutton, roasted or minced, the most proper flesh to be eat. If the infant be too young for flesh meats, rice, millet, or pearl barley, boiled with raisins, and a little wine and spice added, will be the best diet. Claret is the best drink for they that can afford it, others may substitute for it now and then a wine glass of mild ale.

The cold bath, especially in the warm season, is very proper, if used with prudence, some children not being able to bear it; and the morning the best time of dipping, after which they should be well rubbed with a dry cloth. But if weakened by bathing, it must be left of altogether.

An

An infusion of the Peruvian bark in wine or ale is of great use, could children be brought to take it, which is seldom the case. Sometimes issues have been found beneficial, particularly in children abounding with gross humours. In short, good wholesome nourishing diet, suited to the age and strength of the patient, open dry air, and sufficient exercise, are the most effectual remedies, as well as preventatives for the rickets.

C O N V U L S I O N S.

BUCHAN says, though more children are said to die of convulsions than any other disease, yet they are, for the most part, only symptoms of some other malady.

When convulsions proceed from the acidities of the stomach, if the child be costive a clyster should be administered, and afterwards a gentle vomit, which may be repeated as occasion requires; the body being kept open by gentle and frequent doses of magnesia alba, or small doses of rhubarb mixed with crab's claws. If the fits arise from cutting the teeth, beside keeping the body gently open, blistering will be necessary, and a few drops of asafœtida, foot, or castor, may be mixed in a cup of white wine whey, and given occasionally.

The convulsions which generally precede the small pox, &c. go off on these making their appearance, and the greatest danger arises from the fears of those intrusted with the care of the patient. A mild clyster, and bathing the feet in these cases, is all that is required. Convulsions,

too frequently proceed from pressure of the body, occasioned by strait cloaths, in which the infant is skewered up; the only remedy is the removal of the cause, and even that will not always effect a cure, therefore nurses should be careful in this respect, and not gird their children about so much, as many lives have been lost thereby.

WATER *in the* HEAD.

IT is supposed that no medicine ever was or can be found sufficient to carry off a dropsey of the brain. Those generally used are purges of rhubarb, or jalap, with calomel, and blistering plaisters applied to the back part of the head and neck.

Buchan says, diuretics are recommended in the common dropsey. A discharge from the nose, he adds, ought likewise to be promoted, by causing the patient to snuff the powder of asarum, white hellebore, or the like.

OF FEVERS IN GENERAL.

BUCHAN says, fevers are not only the most frequent of all diseases, but they are likewise the most complex. In the most simple species of a fever there is always a combination of several different symptoms. Fevers are divided into continual, remitting, intermitting, and such as are attended with cutaneous eruptions, or topical inflammation, as the small pox, erysipelas, &c.

66 INTERMITTING FEVERS, &c.

The continual fever never leaves the patient during the disease, or shews increase or abatement of symptoms.

A remitting fever has frequent increases and decreases, but never wholly leaves the patient during the disease, differing from the continual fever only in a degree.

Intermitting fevers, or agues, are those which, during the time the patient is ill, have evident intervals or remissions of the symptoms.

INTERMITTING FEVERS *and* AGUES

GENERALLY begin with a pain in the head and loins, coldness of the extremities, sickness and vomiting, and a succession of shivering and violent shakings. While the fit continues the patient should drink plentifully of water gruel, orange whey, or weak camomile tea; or if low spirited, as is generally the case, small wine whey, sharpened with the juice of lemon.

Buchan says, that twenty or twenty-five drops of laudanum put into the patient's drink, and given about half an hour after the commencement of the hot fit, promotes the sweat, shortens the fit, relieves the head, and tends greatly to remove the disease.

Smart purges may be used, which have frequently cured the ague, but vomits are premised to be more efficacious in this disease. If the patient cannot take vomits with ease and safety, the bowels should be cleansed by a dose or two of rhubarb, jalap, or Glauber's salts. After proper evacuations,

evacuations, the Peruvian bark may be administered in the method most agreeable to the patient. The powdered bark seems the best calculated to answer the end proposed of irradiating the disease. Two ounces finely powdered may be divided into twenty-four doses, and taken in a glass of red wine, water gruel, camomile tea, &c.

Wine whey is a very proper drink for children afflicted with the ague; into half a pint of which may be put a tea spoonful of the spirit of hartshorn. Dr. *Lind* recommends for an adult, half an ounce of the extract of bark dissolved in four ounces of water, with half an ounce of sweet oil, and six or eight drops of laudanum, to be repeated every fourth hour, or oftener, as occasion may require. For children, the quantity of the extract of laudanum must be proportionably lessened.

The SLOW, or NERVOUS FEVER.

IN this fever the patient ought to be supported by nourishing diet, and generous cordials, as well to keep up the spirits as to strengthen the body; therefore wine should be mixed with his gruel, panado, or whatever food he takes. Small negus, sharpened with orange or lemon, or strong wine whey is proper drink. Mustard whey, with wine proportionate, is an excellent medicine in this case. The following is the recipe for making mustard whey: Take milk and water, of each a pint, bruised mustard seeds an ounce and an half, boil them together till the curd is perfectly separated, then strain the whey through a cloth.

A tea cupful may be taken four or five times a day.

Sometimes it will be necessary to give a vomit, which may be composed of fifteen or twenty grains of ipecacuanha, in fine powder, and taken in any liquid the most agreeable to the patient. But in case the stomach will not take it, a small dose of Turkey rhubarb, or an infusion of senna and manna, may be substituted in it's place.

If the fever should be intermitting, the following may be given with success: Take an ounce of Peruvian bark, half an ounce of orange-peel, two drams of Virginian snake root, and one dram of saffron, all well powdered, and infused in a pint of the best brandy, for three or four days. After the liquor is strained off, two tea spoonfuls of it may be given in a glass of wine or negus, three or four times a day.

The SPOTTED FEVER.

THE spotted, malignant, or putrid fever is occasioned by foul air, and generally breaks out in jails, hospitals, and other places where people are confined in numbers; want of cleanliness, tainted air, and stagnate foul water, generally occasion putrid fevers, which are highly infectious, and are therefore often communicated by contagion.

Nervous and inflammatory fevers may be converted into putrid and malignant ones by improper medicines, or too hot a regimen. Camomile tea, if it agrees with the stomach, is a very proper
drink

drink in this disease, a cupful of which may be sharpened with ten or fifteen drops of the elixir of vitriol. The food should be light, as groat gruel, &c. to which may be added a little wine to raise the spirits, as occasion requires.

Ripe fruits, roasted, boiled, or raw, may be eaten in moderation. If delirious, the hands and feet should be often fomented with strong infusions of camomile flowers.

Buchan says, where cordials are necessary, none are preferable to good wine, and therefore recommends it both as the safest and best. Wine with acids, and antiseptics, are the only things to be relied on in the cure of malignant fevers.

The REMITTING FEVER.

NO age, sex, or constitution is exempted from the attack of this fever; but it chiefly seizes persons of a relaxed habit, who live in low dirty habitations, breathe an impure stagnated air, take little exercise, and use unwholesome diet. The food and drink must be such as before recommended, according to the strength and spirits of the patient.

In order to cure this fever, it must be brought to a regular intermission. If there be signs of inflammation bleeding will be necessary, otherwise not; vomiting, at proper intervals, is recommended, the vomit may be composed of twenty or thirty grains of ipecacuanha, or rather, one or two grains of tartar emetic, with five or six grains of ipecacuanha,

ipecacuanha, to be made into a draught and given occasionally.

The body should be kept open, either by clysters or gentle laxatives, such as senna, manna, small doses of the lenitive electuary, cream of tartar, stewed prunes, or the like. All strong purgatives must be carefully avoided.

Smoaking tobacco is recommended as very beneficial, in marshy countries, for the prevention of this, as well as intermitting fevers. Cleanliness, exercise, nourishing food, to keep the body warm, and free from damp evening dews and foggy air, are to be observed as preventatives of the remitting fever.

The SCARLET FEVER.

SYDENHAM says, children and young persons are sometimes seized, at the beginning of this disease, with a kind of stupor, and epileptic fits. In this case the feet and legs should be bathed in warm water, a large blistering plaister applied to the neck, and a dose of the syrup of poppies given every night till the patient recovers.

However slightly this fever by many is treated, sometimes it is attended with fatal consequences; when putrid and malignant symptoms appear, it should be treated similar to the ulcerated sore throat, or putrid fever.

The BILIOUS FEVER.

IN Britain, says *Buchan*, the bilious fever generally makes it's appearance about the latter end of summer, and ceases towards the approach of winter. It is most frequent and fatal in warm countries, especially where the soil is marshy, and when great rains are succeeded by sultry heats.

If there should be an inflammation, or symptoms of it, at the beginning of this fever, it will be necessary to bleed, and the patient to observe a cool diluting regimen, such as is recommended in the inflammatory fever. But should the fever remit, or intermit, bleeding should be avoided. In this case a vomit may be administered, and, if the body be bound, a gentle purge; after which the Peruvian bark will generally complete a cure.

If this fever be attended with the nervous, malignant, or putrid symptoms, which is sometimes the case, the patient should be treated in the same manner as directed under these diseases. When a cure is effected, care must be taken of a relapse, especially about the end of autumn; the Peruvian bark should be taken in small quantities for some time.

The SMALL-POX.

THE eruptions of the small-pox are preceded by burning and shivering fits, weariness, pains in the head and loins, vomiting, loss of appetite, and, in children, convulsion fits. A fever in this, as well as most other diseases is attendant, and therefore

therefore a proper regimen should be observed. The food light, the drink diluting liquors, such as clear whey, balm tea, barley water, gruels, and the like. The patient should sit up as much as possible, and not be indulged in bed, with heaps of cloaths on him, a great fire in the room, and the windows shut, as too frequently at this time, as well as heretofore, has been the case, to the destruction of hundreds that have been killed through kindness. On the contrary, they should be kept cool, and allowed to breathe the fresh and pure air, even from the beginning to the end of this disease, which is daily found efficacious; the change of linen is likewise salutary, and should be observed, as nothing conduces more to the restoration of health, or preservation thereof.

When the small-pox are out, and at their full, the patient's food should be, as I said before, light, and of a cooling nature. Bread boiled with equal quantities of milk and water, apples roasted, or boiled with milk, and sweetened with sugar, panado, &c. Butter-milk, on the decline of the disease, may be given with safety, as it will be a means of cleansing and keeping the body open.

The greatest danger that attends this disease is the secondary fever, which comes about the time the small-pox turn on the face. If the patient's pulse be hard, quick, and strong, with laborious breathing, intense heat, and other symptoms of an inflammation of the breast, he should be bled, and the quantity of blood taken to be suited to the
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the urgency of the case, age or strength of the patient.

When the pustules turn yellow, they should be opened with a pair of scissars, or the point of a needle, and the matter absorbed with dry lint, which will in a great measure prevent the pitting in the face and body, so much to be dreaded. After the small-pox are over, it is absolutely necessary to purge the patient two or three times, notwithstanding he has drank plentifully of butter-milk, and other things of an opening nature. Young children, under three or four years of age, may take an infusion of fenna and prunes, with a little rhubarb, sweetened with coarse sugar, and given in small quantities till it operates. For children, six or seven years of age, eight or ten grains of fine rhubarb in powder may be given over night, and the same quantity of jalap in powder the next morning, and so in proportion, to be increased according to the age and constitution of the patient, which may be worked off with water gruel, or thin fresh broth. If the small-pox leaves a cough, or difficulty of breathing behind, a change of air, exercise, and asses milk, in a few weeks generally effect a cure.

I N O C U L A T I O N.

BUCHAN says, the best time to inoculate children is from the age of three to five, and recommends a spare thin diet, of a cooling nature, with two or three mild purges, before the operation, as a preparative. And concludes by ob-

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serving, that purging is not less necessary after the small-pox by inoculation, than in the natural way, and ought by no means to be neglected.

Keeping the patient cool during the progress of the inoculated small-pox, the body gently open, and the fever under, is the greatest care to be observed by the practitioner, and preferable to any other prescribed, as by these means the eruption is greatly lessened, the pustules fewer, and consequently less dangerous; the number generally being dependant on the fever, and it's consequences abated by the above regimen, as is sufficiently testified by thousands who have experienced the efficacy of inoculation.

The present method of inoculating is by making two or three slanting incisions in the arm, so slight as scarcely to pierce through the skin, with a lancet wet with fresh matter taken from a ripe pock; afterwards the wounds are closed up, and left without any dressing.

The MEASLES.

MEASLES, as well as the small-pox, generally begin with a fever, loss of appetite, hot and cold fits alternately, and other symptoms, as a short cough, heaviness of the head and eyes, the latter of which sometimes are inflamed, accompanied with scalding sharp tears, and great acuteness of sensation, and the like.

The most favourable signs in the measles are a moist skin, a plentiful discharge of urine, and a moderate looseness. On the contrary, a violent looseness,

looseness, which sometimes succeeds them, is of dangerous consequences to the patient; also an inflammation of the lungs, which seizes him about the ninth day, is generally fatal; likewise when the measles fall in suddenly, turn of a pale colour; and purple or black spots appearing among them, are unfavourable symptoms.

The regimen to be observed in the measles is much the same as in the small-pox, the food and drink of a cool, light, and diluting nature, without acidity; the best liquors we can recommend are, balm tea, clarified whey, barley water, infusions of the flowers of elder, or linseed, decoctions of liquorice, with marsh-mallow roots or sarsaparilla; a little honey may be added, or manna, as best suits the stomach, and given as occasion requires.

If the fever runs high, bleeding is necessary, otherwise to be avoided. In difficulty of breathing, if the cough is troublesome, and a great dryness of the throat, it will be of service for the patient to hold his head over the steam of warm water, and draw the same into his lungs; or to take frequently a spoonful of the oil of sweet almonds, with sugar-candy dissolved in it. Opiates should not be used but in cases of great necessity; in a violent looseness, when the cough is very troublesome, or extreme restlessness; a tea spoonful of the syrup of poppies may be occasionally given to children, according to age, constitution, or violence of symptoms. For adults a gentle dose of rhubarb in the morning, with an opiate over
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night, taken for two or three days, may check the looseness; if not, bleeding will seldom fail to have that effect. When the measles are gone off, a dose or two of physic should be taken, as directed in the small-pox.

Dr. *Home* says, he has communicated this disease by the blood, in the same manner as in the inoculation for the small-pox, and with equal success, and therefore strongly recommends the practice, as the measles of late years have proved very fatal to hundreds, who through inoculation might have been saved.

P L E U R I S Y.

THE Pleurisy is occasioned by different causes, and generally begins with a fever; the pain in general is most violent when the patient draws his breath. Bleeding in this disease is necessary, and a large quantity let at once; in the first stage of a pleurisy, it is to be preferred to frequent small bleedings, as it has a much better effect. An adult may lose ten or twelve ounces of blood when first seized, a younger or more delicate constitution in proportion thereto.

If after the first bleeding the stitch continues, and is no ways abated, it will be necessary, in about sixteen or eighteen hours, to let eight or nine ounces more, and so in smaller quantities, till the disease is removed. I have known a fomentation made of an handful of camomile, elder, and common mallows, boiled in a proper quantity of water, and flannel cloaths dipped therein, afterwards

afterwards wrung out, and applied to the place affected as hot as the patient could bear it, to remove the pleurisy, and effect a cure even without bleeding. When bleeding and fomentations are not capable of eradicating the pleurisy, blistering plaisters are to be applied, which generally have a good tendency, and relieve the patient from the extremity he labours under.

The spitting or expectoration may be promoted by sharp oily medicines; for which purpose an ounce of the vinegar of squills may be added to six ounces of the pectoral decoction, and two table spoonfuls of it taken every two hours. When the pain and fever are gone, it will be requisite, as in the acute fever, to purge the patient gently, and prescribe the use of light diet, of easy digestion, and drink of whey, butter-milk, and the like, of a cleansing nature.

The BASTARD PLEURISY.

THIS disease, which is called *spurious*, generally goes off by keeping warm for a few days, drinking plentifully of diluting liquors, and observing a proper regimen. This disease is more particularly known by a difficulty of lying on the affected side, which is not sensibly felt in the foregoing. If indeed (which is seldom the case) the disease is obstinate, bleeding, cupping, and scarifications of the parts affected, may be required to effect a cure, which is greatly assisted by cooling medicines, such as nitre and the like, taken in small quantities.

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The PARAPHRENITIS,

OR inflammation of the diaphragma, is much the same as the pleurisy, and therefore I recommend the same regimen and medicines used therein, together with emollient clysters, which are found very beneficial in this disease.

CONVULSION FITS.

INFANTS are most liable to convulsion fits, and frequently carried off in a few hours; these fits constitute the last scene of chronic disorders. As many authentic accounts have been related of infants being restored to life, after seemingly dying in convulsions, by proper care and applications of different kinds being used, permit me to recite the following instance, mentioned by Dr. Johnson, in his pamphlet *On the Practicability of recovering Persons visibly dead*:

“ In the parish of St. Clements, at Colchester, a child of six months old, lying upon it's mother's lap, having had the breast, was seized with a strong convulsion fit, which lasted so long, and ended with so entire a privation of motion in the body, lungs, and pulse, that it was deemed absolutely dead. It was accordingly stripped, laid out, the passing bell ordered to be tolled, and a coffin to be made; but a neighbouring gentlewoman, who used to admire the child, hearing of it's sudden death, hastened to the house, and, upon examining the child, found it not cold, it's joints limber, and fancied that a glass she held to it's mouth and nose was a little damped with
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the breath ; upon which she took the child upon her lap, sat down before the fire, rubbed it, and kept it in gentle agitation. In a quarter of an hour she felt the heart begin to beat faintly; she then put a little of the mother's milk into it's mouth, continued to rub it's palms and soles, found the child begin to move, and the milk was swallowed ; and in another quarter of an hour she had the satisfaction of restoring to its disconsolate mother the babe quite recovered, eager to lay hold of the breast, and able to suck again. The child throve, had no more fits, is grown up, and at present is alive."

The foregoing case is mentioned, in order to excite parents and nurses to follow the same, or other methods of restoring to life persons apparently dead, by administering such means as are in their power, and persevering therein ; and, instead of laying the body of the supposed deceased immediately out, as too generally has been the case, to wrap it up warm, and carefully watch and attend it, until such time as it is quite cold, or otherwise signs of returning life appear. The various accidents of drowning, strangling, and apparent deaths, by blows, falls, hunger, cold, &c. as well as fainting and convulsion fits, furnish opportunities of trying such endeavours, and I hope sufficient to call up the attention of the public, and to excite the humane and benevolent to exert their utmost efforts for the preservation of their fellow creatures. A recent instance of humanity has been set on foot, which has been productive of salutary effects, even beyond the most sanguine expectations, viz. *the Society for*

the Recovery of Persons apparently dead by drowning; and from the institution thereof, to the beginning of January, 1779, upwards of 300 have been saved from the grave, most of whom are now living, and in health, happily rescued from death, to the great joy of their friends and families, as well as the community in general.

This benevolent institution therefore must be acknowledged to be of the utmost utility to mankind in general, and their methods of treatment have not only been followed in these kingdoms, but also in many foreign countries, with singular success. They have exerted every nerve in earnestly recommending their design to the consideration of every individual; their proposals are distributed gratis to such as send for them, and they hold out ample rewards to all those who follow the directions therein contained: but as every family cannot possibly be supposed to have these proposals hanging up, I have availed myself of their valuable contents, and selected their instructions in as easy and intelligent a manner as possible, for my readers, in the following additional sheets, which are subjoined to this new edition as an

APPENDIX.

A P P E N D I X.

Comprehending several cases, and further considerations on restoring persons to life apparently dead by drowning, suffocation, &c. &c. with strictures on the methods recommended by the Humane Society for that purpose.

To which are added, various receipts for the cure of the Hydrophobia, the bite of a mad dog, and the bite of other poisonous animals, such as the viper, adder, rattle-snake, &c. extracted from the very best authorities of the faculty.

Together with recipes, for simples, and such other medicinal preparations, as ought to be kept in readiness to cure or prevent the different disorders treated on in the former part of this useful work, with the addition of a great many more of the like nature.

Also, the method of preparing and compounding such medicines as are herein recommended, as well as judicious and salutary remarks on the quantity, quality, and substance of the doses, uses, and manner of applying them.

IN attempting to recover persons apparently drowned, the principal pursuit is, to restore the natural warmth upon which all the vital functions depend; and to excite these functions by the application of stimulants, not only to the skin, but likewise to the lungs, intestines, &c.

The first thing to be done, after the body is taken out of the water, is to convey it to some convenient place where the necessary operations for its recovery may be performed. In doing this, care must be taken not to bruise or injure the body by carrying it in an unnatural posture with the head

downwards, or the like. It ought, if an adult person, to be laid on a bed, or on straw, with the head a little raised, and carried gently in a carriage at full length, or by two or more persons, and kept in as natural and easy a position as possible.

After stripping the body of the wet clothes, it must be rubbed for a considerable time with coarse linen cloths, as warm as they can be made. The warmth most promising of success, (say the *Society*,) is, that of a bed or blanket properly warmed. Bottles of hot water should be laid at the bottoms of the feet, at the joints of the knees, and under the arm-pits; and a warming pan moderately heated, or hot bricks wrap'd in cloths, should be rubbed over the body, and particularly along the back. The natural and kindly warmth of a healthy person lying by the side of the body, has been found in many cases very efficacious. The shirt or clothes of an attendant, or the skin of a sheep fresh killed, may also be used with advantage. Should these accidents happen in the neighbourhood of a warm bath, brewhouse, bakehouse, glass house, salter, soap-boiler, &c. where warm lees, ashes, ambers, grains, sand water, and such like, are easily procured, it would be of the utmost service to place the body in any of these, moderated to a degree of heat, but very little exceeding that of a healthy person.

Strong volatile spirits should be frequently applied to the nose; the spine of the back and pit of the stomach should be rubbed with a cloth dipped in brandy, rum, gin, spirits of wine, or with dry salt. The temples always chafed with volatile spirits, and stimulating powders blown up the nostrils. The body at intervals should also be shaken and varied in its position.

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To renew breathing, a strong healthy person should blow his own breath into the patient's mouth with all the force he can, holding the nostrils at the same time. When it can be perceived, by the rising of the chest or belly, that the lungs are filled with air, the breast and belly should be gently press'd to expel the air again, which operation should be continued for some time, alternately inflating and depressing the lungs so as to imitate natural respiration.

To stimulate the intestines, the fume of tobacco should be thrown up in form of clyster, which even may be done, for want of proper apparatus, by a common tobacco pipe. The bowl of the pipe being filled with tobacco and well kindled, after the small end has been introduced into the fundament, the smoke is to be forced up by blowing through a piece of paper full of holes. A pair of bellows may be used, till such time as a pipe or fumigator can be procured.

On the signs of returning life, opening a vein in the arm or neck may be beneficial, but the quantity of blood taken should not be large. In order to make the patient vomit, the throat should be tickled with a soft feather, and snuff given to provoke sneezing. *Tissot*, in this case, recommends a table spoonful of the oxymel of squills, diluted with water, and given every quarter of an hour, till the patient has taken five or six doses. Where that medicine is not to be had, a strong infusion of camomile flowers, sage, or *carduus benedictus*, sweetened with honey or warm water and a little salt, may be administered in its stead.

However, till the patient shews signs of life, and is able to swallow, it would be useless, as well as dangerous, to pour liquors into his mouth. On receiving the power of swallowing, a little warm

warm wine, or some other nourishing cordial, should every now and then be administered.

The above, among many other means, have been used with success, upon different occasions. *Tissot* recommends the warm bath, if the above endeavours prove ineffectual. When there are no conveniences for using the warm bath, the body may be covered with warm ashes, grains, sand, or salt. He mentions an instance of a girl who was restored to life, after she had been taken out of the water, swelled, bloated, and to all appearance dead, by laying her naked body on hot ashes, covering her with others equally hot, putting a bonnet round her head, and a stocking round her neck stuffed with the same, and heaping coverings over all. After she had remained half an hour in this situation, her pulse returned, she recovered speech, and cried out, *I freeze, I freeze*: a little cherry brandy was given her, and she remained under the ashes for eight hours; afterwards she was taken out without any other complaint except of weariness, which went off in a few days. The Doctor likewise mentions an instance of a man, who was restored to life after he had remained six hours under water, by the heat of a dunghill.

Buchan says, he once attended a patient who was so stunned by a fall from a horse, that for above six hours he scarcely exhibited any signs of life; yet this man by being bled, and proper methods taken to keep up the vital warmth, recovered, and in a few days was perfectly well.

Dr. *Alexander* gives an instance of a man who was, to all appearance, dead by a blow on his breast, but recovered upon being immersed for some time in warm water.

Mr. *Tossack* relates the case of a man, suffocated by the steam of burning coal, whom he recovered

covered by blowing his breath into the patient's mouth, bleeding him in the arm, and causing him to be well rubbed and tossed about.

Dr. *Engleman* relates the case of a woman "in child bed, who after being happily delivered, suddenly fainted, and lay upwards of a quarter of an hour apparently dead. A physician was sent for; her own maid in the mean while being out of patience at his delay, attempted to assist her herself, and extending herself upon her mistress, applied her mouth to her's, blew in as much breath as she possibly could, and in a very short time the exhausted woman awaked as out of a profound sleep; when proper things being given her, she soon recovered.

"The maid being asked, how she came to think of this expedient, said, she had seen it practised at *Altenburgh* by midwives upon children with the happiest effect."

This case is mentioned chiefly, that midwives, and other attendants on lying-in women, may be induced to follow so laudable an example. Many children are born without any signs of life, and others expire soon after the birth, who might, in all probability, if proper care was taken, be happily restored to life.

Buchan gives the following history of a case, occasioned by intoxication, wherein most of those symptoms, usually reckoned dangerous, occurred, and where the treatment was successful.

"A young man, about fifteen years of age, had, for a hire, drank ten glasses of strong brandy. He soon after fell fast asleep, and continued in that situation for near twelve hours, till at length his uneasy manner of breathing, the coldness of the extremities, and other threatening symptoms, alarmed his friends, and made them send for me. I found him still sleeping, his countenance

86 DIRECTIONS FOR THE RECOVERY

countenance ghastly, and his skin covered with a cold clammy sweat: almost the only signs of life remaining, were, a deep laborious breathing, and a convulsive motion or agitation of his bowels.

“ I tried to rouse him, but in vain, by pinching, shaking, applying volatile spirits, and other stimulating things to his nose, &c. A few ounces of blood were likewise let from his arm, and a mixture of vinegar and water was poured into his mouth; but as he could not swallow, very little of this got into the stomach. None of these things having the least effect, and the danger seeming to increase, I ordered his legs to be put into warm water, and a sharp clyster to be immediately administered. This gave him a stool, and was the first thing that relieved him. It was afterwards repeated with the same happy effect, and seemed to be the chief cause of his recovery. He then began to shew some signs of life, took drink when it was offered, and came gradually to his senses. He continued, however, for several days weak and feverish, and complained of a foreness in his bowels, which gradually went off, by means of a slender diet, and cool mucilaginous liquors.

“ This young man (says he) would probably have been suffered to die, without any assistance being called, had not a neighbour, a few days before, who had been advised to drink a bottle of spirits to cure him of the ague, expired under very similar circumstances.”

Many are the instances of persons dying through intoxication, who lose their lives from an inability to conduct themselves. Deprived of the use of their legs, they fall down in some awkward or uneasy posture, which obstructs the breathing or circulation of the blood; and in

this situation they continue till they die. A person in this state of intoxication should not be left alone, till his clothes have been loosened, the shirt neck unbuttoned, and the body laid in such a posture as is most favourable for discharging the contents of the stomach, continuing the vital motions, &c. This may be done by placing the patient on his belly, the better to discharge his stomach, or to sleep on his side, with his head a little raised; care must be taken that his neck is not twisted or bent, nor any thing tight about it.

The safest drink after a debauch, is water with a toast, tea, infusions of balm, sage, barley water, and such like. If a vomit is required, the patient may drink lukewarm water and oil, or an infusion of camomile flowers.

Monfieur *Janin*, Surgeon of the Royal College at Paris, in his Treatise on Suffocation, has lain down a plan for the recovery of infants overlaid by their nurses, &c. and among others is the following case :

A nurse having overlaid a child, he was called in, and found the infant without any signs of life; no pulsation in the arteries, no respiration, the face livid, the eyes open, dull, and tarnished, the nose full of snivel, the mouth gaping, in short, it was almost cold. While some linen cloths and a parcel of ashes were warming, he had the boy unswathed, and laid him in a warm bed, and on the right side. He then was rubbed all over with fine linen, for fear of fretting his tender and delicate skin. As soon as the ashes had received their due degree of heat, Mr. *Janin* buried him in them, except the face, placed him on the side opposite to that on which he had been at first laid, and covered him with a blanket. He had a bottle of *eau de luce* in his pocket,

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which

which he presented to his nose from time to time; and between whiles, some puffs of tobacco were blown up his nostrils; to these succeeded the blowing into his mouth, and squeezing tight his nose. Animal heat began thus to be excited gradually; the pulsations of the temporal artery were soon felt, the breathing became more frequent and free, and the eyes closed and opened alternately. At length the child fetched some cries, expressive of his want of the breast, which being applied to his mouth, he caught at it with avidity, and sucked as if nothing had happened to him. Though the pulsations of the arteries were by this time well re-established, and it was hot weather, yet Mr. *Janin* thought it adviseable to leave his little patient three quarters of an hour longer under the ashes. He was afterwards taken out, cleaned, and dressed as usual; to which a gentle sleep succeeded, and he continued perfectly well.

Mr. *Glover*, Surgeon in Doctors Commons, London; relates a case which happened a few years ago in Ireland, of a person who was restored to life after hanging twenty-nine minutes, and lived many years in good health and perfect faculties.

Mr. *Glover* says, the principal means he made use of to restore this man to life were, opening the temporal artery and the external jugular; rubbing the back, mouth, and neck with a quantity of volatile spirits and oil; administering the tobacco clyster by means of lighted pipes, and strong frictions of the legs and arms. This course had been continued for about four hours, when an incision was made into the wind-pipe, and air blown strongly through a canula into the lungs. About twenty minutes after this, the blood at the artery began to run down the face,
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and a slow pulse was just perceptible at the wrist. The frictions were continued for some time longer, his pulse became more frequent, and his mouth and nose being irritated with spirit of sal ammoniac, he opened his eyes. Warm cordials were then administered to him, and in two days he was so well as to be able to walk eight miles.

Mr. *Janin* mentions likewise, an example of a young man who had hanged himself through despair, to whom he administered help as effectually as in the preceding case.

These cases are sufficient to shew what may be done for the recovery of those unhappy persons, who through various distresses of mind or body, strangle themselves in order to put an end to their existence in this life.

The recited cases and observations before-mentioned, afford proof enough of the success which may attend the endeavours of persons totally ignorant of medicine, in assisting those who are suddenly deprived of life by any accident or disease. Many facts of the like nature may be adduced, particularly the *Humane Society*, a society fraught with the greatest blessings, the restoration from death to life of a near and dear relation or friend; may the charitable hand and heart of the opulent and great, give it their assistance to pursue and persevere in so laudable an undertaking.

In the year 1767, *A Society for the Recovery of Drowned Persons* was instituted at Amsterdam, who, in the space of four years, had the satisfaction to find 150 persons restored to life by the means they had pointed out, many of whom owed their preservation to poor peasants and people of no medicinal knowledge.

The present means made use of in recovering persons with so much efficacy and success, are

applicable to many other cases where the powers of life seem in reality to be only suspended, and to remain capable of renewing all their functions, on being put into motion again. How shocking it is to reflect, that for want of this consideration, many have been buried, in whom the principles of life might have been revived.

The cases in which such endeavours are most likely to succeed, and in those of sudden deaths, as apoplexies, faintings, hysterics, and the like, wherein persons in a moment sink down and expire. In various casualties, from sulphureous damps of mines, coal pits, &c. unwholesome air of long unopened wells or caverns, noxious vapours, steams of charcoal, drowning, strangling, and apparent deaths by blows, falls, hunger, cold, &c. also in death by lightening, fear, joy, surprise and the like.

The means to be used are nearly the same in all cases, they are practicable by every one who happens to be present at the accident, requires little skill and no great expence; a certain and liberal reward is held forth by the society for every endeavour to restore to life the apparently dead; therefore *perseverance* is recommended. No one ought to despair on account of discouraging circumstances; or to quit his endeavours as long as there remains the most distant prospect of success. Beside the different rewards given by *the Society for the recovery of persons apparently dead by drowning*, there is yet a greater reward behind, viz. the conscious glow and inward exultation, the heart-felt pleasure which the truly humane, benevolent, and good man must enjoy, on reflection, that he himself, as well as many others, has been the happy instrument of saving from the grave one of his fellow-creatures.

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THE BITE OF POISONOUS ANIMALS,

OF which a mad dog, by fatal experience, has been found not only the most common, but the most dangerous with regard to animal poison in these kingdoms.

The symptoms of madness in a dog are, an aversion to company and food; dull looks, and dejection, does not bark as usual, is peevish and murmurs, apt to bite strangers and others; he appears drowsy, and his tail and ears droop more than usual: soon afterwards he froths at the mouth, begins to loll out his tongue, his eyes at first seeming heavy and watery, afterwards red and fiery. If not confined, goes off in a kind of dejected air, runs panting along, and endeavours to bite every thing he meets. All other dogs shun him from an instinct of nature, which plainly indicates that they know him to be mad from the smell, as supposed by some, and insisted on by others.

Mad dogs, if not killed, seldom live above three days after the hydrophobia is on them, constantly running about until they die exhausted with hunger, thirst, heat and fatigue.

When any one is bit by a dog, instead of immediately killing him (except in the last state above described) they should keep him up, the better to ascertain his madness. Many people are bit by dogs that are not mad, but believing them to be so, or being told that they are, live in a continual state of anxiety all their life-time after.

The same medicine, which was supposed to prevent the effects of the bite, when the dog was not mad, is prescribed from that authority
to

to the person bit by the dog that really was mad. He takes it, trusts to it, and is undone. In this way credulous people first impose upon themselves, and then deceive others; for the defect is not owing so much to medicine, as to misapplication. For I am persuaded in my own opinion, if immediately after the bite, proper medicines were administered, and continued for a length of time, not one in a thousand would be lost by the bite of a mad dog or other poisonous animals.

If the person takes proper medicines for forty days after the time of his being bit, and symptoms appear of the disease, there is every reason to believe him out of danger.

The medicines most in use, and most to be recommended, are chiefly those which promote the different secretions, and antispasmodics.

Doctor *Mead* recommends the following as a preventative medicine, which he says he used a thousand times in the space of thirty years, and never knew it fail.

Take ash-coloured ground liver-wort, cleaned, dried, and powdered, half an ounce; of black pepper powdered, a quarter of an ounce; mix these well together, and divide the powder into four doses; one of which may be taken every morning fasting, for four mornings successively, in half an English pint of cow's milk warm.

After these four doses are taken, the patient must go into the cold Bath, or a cold spring or river every morning fasting, for a month; he must be dipped all over, but not stay in (with his head above water) longer than half a minute, if the water be very cold. After this he must go in three times a week for a fortnight longer.

The person must be bled before he uses the medicine the first time.

There

There are a number of other medicines prescribed and strongly recommended, for the prevention of the disease taking place in the bite of a mad dog, but as I am confined to a small number of sheets, and willing to do every subject justice, must for the present content myself with only mentioning the following, well worthy the notice of the public for its efficacy and recommendation.

A never failing medicine for the bite of a mad dog, taken from the Church of *Calthop*, *Lincolnshire*, where almost all the whole parish were bit by a mad dog, and those who used it recovered, and they who did not died.

Take the leaves of rue, picked from the stalks and bruised, six ounces; garlick picked from the stalks and bruised; Venice treacle and mithridate, and the scrapings of pewter, of each four ounces; boil all these over a slow fire, in two quarts of strong ale, till one pint be consumed, then keep it in a bottle close stopped, and give of it nine spoonfuls to a man or woman warm, seven mornings together fasting, and six spoonfuls to a dog. To a child in proportion to its age.

This, the Author believes, will not (by God's blessing) fail, if it be given within nine days after the biting of the dog. Apply some of the ingredients from which the liquor was strained to the bitten place.

The bite of a viper is of a dangerous and mortal nature, if not almost immediately attended to. The grease of this animal is said to cure the bite when rubbed into the wound; but I should rather recommend to cut the part affected out if feasible, and afterwards have it rubbed before a fire with warm salad oil: a little

the oil taken inwardly will do no hurt, and may be of use. Vinegar whey, or water gruel with vinegar in it, should be drank of freely to cause perspiration, for vinegar is one of the best medicines that can be used in any kind of poison, and ought not to be neglected. In case of sickness a vomit may be administered. The above is quite sufficient to cure the bite of any of the poisonous animals of this country.

The *Psylli* in Africa, and the *Merfi* in Italy, were famed for curing the bites of poisonous animals by sucking the wound; and even the Indians in North-America practise the same at this day: but it is a practice I wish not to have introduced into England, as oil will answer the purpose as well, if not better.

The bite of a rattle-snake.—Take of the roots of plantain and horehound in summer, roots and branches together, a sufficient quantity; bruise them in a mortar, and squeeze out the juice, of which give as soon as possible, one large spoonful; if the patient is swelled, you must force it down his throat: this generally will cure; but if he finds no relief in an hour after, you may give another spoonful, which never fails.—To the wound may be applied a leaf of good tobacco moistened with rum.

Dr. *Brookes*, on whose faith I give this, says it was invented by a negro; for which discovery he had his freedom, and 100*l.* per annum settled upon him for life by the general assembly of Carolina:—therefore I thought proper to communicate it to my countrymen who are going to America, as it is said to be an effectual remedy against the bite of a rattle-snake.

Captain

Captain COOKE's effectual Remedy for the Prevention and Cure of the Scurvy in long Sea Voyages, communicated by Letters to Sir JOHN PRINGLE, Bart. President of the Royal Society, on his Return to Plymouth from a Voyage round the World, in the Ship Resolution, undertaken by Command of his Majesty, and for which the Society rewarded him with a premium Medal.

The Captain says, we had on board a large quantity of malt, of which was made sweet-wort, and given (not only to those men who had manifest symptoms of the scurvy, but to such also as were from circumstances judged to be most liable to that disorder) from one to two or three pints in the day to each man, or in such proportion as the surgeon thought necessary; which sometimes amounted to three quarts in the twenty-four hours.

Beer, on all hands, is said to be a great antiscorbutic, and therefore of great use in sea voyages, and as the Captain observes, a proper attention to other things must be joined, and that he is not altogether of opinion, that the wort will be able to cure the scurvy in an advanced state at sea; yet he is persuaded, that it is sufficient to prevent that distemper from making any great progress for a considerable time, therefore he doth not hesitate to pronounce it one of the best antiscorbutic medicines yet found out.

In the next place, the Captain recommends four-kROUT as an antiscorbutic, that will not spoil by keeping; this is a very wholesome vegetable food, and in Germany held in great estimation. A sufficient quantity of the kROUT might easily be carried abroad, which would greatly assist the new wort in curing the scurvy. It is to be observed, that this disorder seldom breaks out, even

in long voyages, while there is plenty of small beer and vegetables on board. The four-kROUT made use of in Germany, which is of an excellent flavour, and frequently eat with fish, flesh, &c. is composed of cabbages cut small and put into a large vessel, on which is poured a sufficient quantity of vinegar, together with spice; these are pressed down and kept from the air for several months before the kROUT is fit for use, and then boiled, stewed, fried, &c. as most agreeable to the meat it is served up with. After all the various medicines prescribed by the faculty for the cure of the scurvy, there is not a more salutary one than plenty of wholesome fresh water frequently taken on board, and strict cleaning kept among the ship's crew, for without *these*, medicines will not avail, and by *these* medicines may be rendered useless.

RECEIPTS AND RECIPES.

A Receipt against the Plague, &c.

TAKE of rue, sage, mint, rosemary, wormwood, and lavender, an handful of each, infuse them together in a gallon of white wine vinegar, put the whole into a stone pot, closely covered up, and pasted over the cover, set the pot thus closed up upon warm wood ashes for eight days, after which strain through fine flannel the liquid, and put it into quart bottles well corked, and in each a quarter of an ounce of camphire; with this preparation wash your mouth, and rub your loins and your temples every day, snuff a little up your nostrils when you go into the air, and carry about with you a bit of sponge dipped in the same, in order to smell to upon all occasions, especially

especially when you are near any place or prison infected.

In that dreadful plague which destroyed so many thousands in London and its environs, four malefactors (who had robbed the infected houses, and murdered the people during the course of the plague acknowledged, when they came to the gallows, that they had preserved themselves from the contagion by using the above medicine only, and that they went from house to house without any fear of the distemper.

In prisons, on board the *Justicia*, and other places of confinement for felons and debtors, where the goal distemper is liable to break out, by administering the above receipt on the least suspicion thereof, it will be found efficacious, and of the utmost utility in eradicating and curing the same.

The following receipt, to prevent infection of the plague, or cure it when infected, is taken from Faulkener's *Dublin Journal*, several times repeated in that paper in the year 1743.

Take three pints of muscadine, and boil therein a handful of red sage, and a handful of rue, till a pint be wasted, then strain it, and set it over the fire again, and put to it a pennyworth of long pepper, half an ounce of ginger, a quarter of an ounce of nutmegs, beaten together, then boil it a little, then take it off, and put into it one ounce of the best Venice treacle, and half an ounce of the best mithridate, and a quarter of a pint of the best angelica water. Take it always morning and evening warm, one spoonful or two, if infected, if not, one spoonful is sufficient, one half in the morning, and the other at night. All the plague time, under God, trust to it; for there never was man, woman, or child, deceived

by it. It is good in all other malignant distempers.

For the Cure of the most inveterate Rheumatism.

TAKE six pounds of the lean part of the round or buttock of the best beef you can get, which slice thin, three or four heads (not cloves) of garlick, which clean well and shred fine, prepare a glossed earthen pipkin, into which lay a slice of the beef, and then strew it over with the garlick, so *stratum super stratum* till all be put in, cover this over with a paste or dough, and let it stew or seeth over a gentle fire for twenty-four hours, then pour off the liquor, set it by for use, and take every morning and night a quarter of a pint thereof, keeping yourself warm.

For the Cure of a green Wound.

PREVENT as much as can be the wound from bleeding, since the blood (if not much corrupted) is one of the greatest balsams, then speedily mix some white wine vinegar, and common table salt, buised fine together, and be not sparing of the salt, with this wash the wound very well, and continue so to do for some time; should the incision be deep, make dosils, which dip in the above liquor, and put plenty of salt on them, with which fill up the wound to the surface of the skin, and lay a compress over, well impregnated with the above, then bind it up, and every five or six hours pour some of the same liquor on the dressing to keep it moist, and open it but once in twenty-four hours; when the flesh is grown up (which it will very soon do, if you be not too effeminate and afraid of the smart, but keep it clean) apply a plaister of diacolan, &c. to skin it over.

Receipt

Receipt for an Ulcer in the Lungs.

LET the person afflicted lie with his head downward, so that his head and neck are much lower than his chest; let him heave or cough easily, and he will expectorate and discharge the virulent matter from his lungs.

A Receipt to cure the Gravel.

TAKE a spoonful of honey, and a spoonful of oatmeal, put them into a quart mug, pour there-to boiling water, and stir them well together, let it stand till it cools, drink one half at night going to bed, the remainder in the morning fasting, stirring it together before you drink it; repeat this every day constantly.

A Receipt to cure the Bloody and other Fluxes.

TAKE the lean of hung beef, shaved off very thin, and dried on a fire shovel or griddle over the fire, and reduced to a fine powder, put as much as will lie on half a crown into half a pint of claret, a naggin of whiskey, and some loaf sugar, and set it on the fire, stirring it as it burns for some time, then blow it out, and give a glass full at night and morning; and if it does not immediately cure, you may repeat it; or you may put the beef into whiskey alone, and give it either burnt or cold to the patient; and if you add cinnamon, it may perhaps hasten the cure; but I never used it. I have never known this to fail of a cure.

A Receipt to heal Wounds and Bruises, likewise employed internally, to remove Coughs, Asthmas, and various Complaints of the Breast, being the Vulnerary Balsam, and celebrated under the different Names of, Persian Balsam, Wade's Balsam, Balsam

Balsam of Berne, the Commanders Balsam, Friar's Balsam, Jesuit's Drops, Turlington's Drops, &c. &c.

TAKE of bonzoine, powdered, three ounces, balsam of Peru two ounces, hepatic aloes, in powder, half an ounce, refined spirit of wine two pints, digest them in a gentle heat for three days, and then strain the balsam. From twenty to sixty drops is the dose. It is said to cleanse the kidneys, ease the cholic, and to heal internal ulcers, &c.

A Receipt to make Diet Drink, being an Anti-scorbutic.

TAKE great waterdock root, sliced and dried, two pounds, fresh horseraddish root, one pound, dried water-trefoil, four ounces, infuse them in ten gallons of new ale.

This ale being used as common drink in scorbutic disorders, generally does great service.

In dropscical Habits, the following Diuretic Ale is an excellent Diet Drink, as well as in gravelly Complaints.

TAKE of juniper berries and mustard seed, eight ounces of each, wild carrot seed six ounces, and small new ale ten gallons.

A discutient Poultice or Cataplasim.

TAKE of barley meal six ounces, fresh hemlock leaves, bruised, two ounces; vinegar, a sufficient quantity to make it of a proper thickness, boil the hemlock and meal in the vinegar for a short time, and then add two drachms of the sugar of lead.

A ripen-

A ripening Poultice.

THERE are various receipts for making ripening cataplasms; but as I do not know a better for this purpose than a poultice of bread and milk, with a sufficient quantity of raw or boiled onion in it, properly softened with fresh butter, or rather fallad oil, I shall forbear recommending any other.

An emollient Clyster.

IS made by mixing six ounces of linseed tea, with six ounces of new milk, and so administered.

This will supply the place of the anodyne clyster, by adding fifty or sixty drops of laudanum to it.

The laxitive Clyster.

IS composed of milk and water, of each six ounces, of sweet oil or fresh butter, of each two ounces, well mixed together; if an ounce of Glauber salts be added, it will be the *purging Clyster*.

Receipt for making Eye Water.

TAKE of rose water six ounces, and of white vitriol half a drachm; dissolve the vitriol in the water, and skim it off for use.

A Collyrium of Allum for the Eyes when inflamed.

TAKE the white of an egg, and half a drachm of alum, well beat up together, spread it upon linen, and apply it to the eyes; but do not keep it on above three or four hours at a time.

Compound Decoction of the Bark,

RECOMMENDED by Sir John Pringle as a proper medicine towards the decline of a fever, when

when the pulse is low, the voice weak, and the head affected with a stupor, but with little delirium. The dose is four spoonfuls every fourth or sixth hour.

Take of Virginian snake root, and Peruvian bark, grossly powdered, each three drachms, boil them in a pint of water to one half; add an ounce and a half of aromatic water to the strained liquor.

Purging Draughts.

TAKE of common water an ounce, aromatic tincture six drachms; jalap, in powder, a scruple; rub the jalap with twice its weight of sugar, and add to it the other ingredients. Or,

Take of manna an ounce, soluble tartar, or Rochel salt, from three to four drachms; dissolve them in three ounces of boiling water; to which add half an ounce of Jamaica pepper water.

Vomiting Draught.

TAKE of simple water an ounce, simple syrup a drachm, and a scruple of ipecacuanha, in powder; mix them together, and take it for a dose.

An Electuary for the Palsy.

TAKE of conserve of roses and powdered mustard seed, each an ounce; syrup of ginger, sufficient to make an electuary. A tea spoonful to be taken three or four times a day.

An Electuary for the Piles.

TAKE flowers of sulphur one ounce; cream of tartar half an ounce; treacle, a sufficient quantity to form an electuary.

A tea

A tea spoonful may be taken two or three times a day.

Emulsion of Gum Ammoniac.

THIS emulsion is used for promoting expectoration, and attenuating tough, viscid phlegm.

Take of gum ammoniac two drachms, water eight ounces, grind the gum with the water poured upon it by little and little, till it is dissolved.

In obstinate coughs may be added to it two ounces of the syrup of poppies. The dose is two table spoonfuls three or four times a day.

A common Fomentation.

TAKE camomile flowers and the tops of wormwood, dried, of each two ounces, water two quarts; after a little boiling pour off the liquor.

Strengthening Fomentation.

TAKE of oak bark one ounce, granate peel half an ounce, alum two drachms, smith's forge water three pints, boil the water with the bark and peel to the consumption of one third, then strain the remaining decoction, and dissolve in it the alum.

This is employed as an external fomentation to weak parts; it may also be used internally as an astringent liquor.

A Gargle.

THIS cooling gargle may be used either in fevers or the inflammatory quinsy, for cleansing the tongue and fauces.

Take of water six ounces, honey one ounce, nitre a drachm and a half; mix them.

Infusion of Bark.

TAKE a pint of boiling water, an ounce of the bark in powder, and add thereto four or five table spoonfuls of brandy; let them stand and infuse for two or three days.

This is allowed by most of the faculty to be one of the best preparations of the bark for weak stomachs. A tea cupful of it may be taken two or three times a day, in disorders where the corroborating virtues of this medicine are required.

Expectorating Julep.

TAKE of the emulsion of gum ammoniac four ounces, syrup of squills two ounces; mix them.

In obstructions of the breast, asthmas, and coughs, two table spoonfuls of this julep may be taken every three or four hours.

A diuretic Mixture.

TAKE of mint water five ounces, vinegar of squills six drachms, sweet spirit of nitre half an ounce, syrup of ginger an ounce and a half; mix them.

When the urinary passages are obstructed, two spoonfuls of this mixture may be taken twice or thrice a day.

Ointments.

YELLOW basilicum; this is an excellent ointment for cleansing and healing wounds, sores, ulcers, &c.

Take of yellow bees wax, frankincense, and white rosin, each a quarter of a pound, melt them together over a gentle fire, then add of hog's lard, prepared, one pound; strain the ointment while warm, and it is fit for use.

Turner's Cerate, or the Ointment of Calamine.

AN exceeding good application in excoriations and burns, from whatever cause.

Take white wax and calamine stone, levigated, of each half a pound, two drachms of camphor, olive oil a pint and a half; let the calamine stone (reduced into a fine powder) and camphor be rubbed with some part of the oil, and afterwards added to the rest of the oil and wax, previously melted together, and continue to stir them till quite cold.

Eye Ointment.

TAKE of prepared hog's lard four ounces; tutty, prepared, one ounce, white wax two drachms; melt the wax with the lard over a gentle fire, and then sprinkle in the tutty, continually stirring them till the ointment is cold.

Spermaceti Ointment.

Take of white wax a quarter of a pound, spermaceti half an ounce, a pint of the best fallad oil, melt them over a slow fire, and keep them continually stirring till the ointment is cold. This ointment, being used after the small-pox, prevents pittings on the face, for which it is greatly esteemed, being remarkably efficacious.

Elder Ointment,

IS made by boiling mutton, suet, and young leaves of elder together, till such time the latter is crisp, and the former of a deep green colour.

Ointment of Sulphur.

Vide Itch, p. 42.

A Liniment for Burns.

TAKE fresh drawn linseed oil and lime water, of equal parts, shake them well together in a wide mouthed bottle, so as to form a liniment.

It may either be spread upon linen cloth, or the parts affected may be anointed with it twice or thrice a day. This has been found an exceeding good application for recent burns or scalds.

Volatile Liniment.

IS made of an ounce of Florence oil, being mixed with half an ounce of the spirit of hartshorn, shaken well together.

Sir *John Pringle* observes, that this is one of the most efficacious remedies in inflammatory quinseys; a piece of flannel, moistened with this liniment, and applied to the throat, to be renewed every four or five hours, seldom fails, after bleeding, either to lessen or carry off the complaint.

A purging Pill.

TAKE of castile soap and succotorine aloes, each two drachms; of simple syrup sufficient to make them into pills.

Four or five of these pills will generally be a sufficient purge; one taken night and morning will keep the body gently open, and answer every purpose of *Anderson's* pills, which are chiefly composed of aloes.

A strengthening Pill.

IN disorders arising from a relaxation of the solids, or excessive debility, two of the following pills may be taken twice a day.

Take salt of steel, and the soft extract of bark, each half an ounce; make them into pills.

A Wax

A Wax Plaister.

THIS is a proper application after blisters on the back, &c.

Take of yellow wax one pound, white rosin half a pound, mutton suet three quarters of a pound; melt them together.

This is generally used instead of the *melilot* plaister.

Blistering Plaister.

TAKE two ounces of yellow wax, three ounces of Spanish flies in fine powder; one ounce of powdered mustard, and six ounces of Venice turpentine. Melt the wax, add to it the turpentine, and be careful not to evaporate it by too great a heat. After the wax and turpentine are properly incorporated, sprinkle in the powders, and keep a continual stirring in the mass till it be cold.

White Diachylon Plaister.

TAKE a quart of sweet oil, and a pound and a quarter of lithrage finely powdered, and boil them in a quart of water or more, if necessary, until such time as they are properly mixed, and of a consistence for a plaister, and look quite white.

Aromatic Purging Powder.

TAKE of fine sugar, cinnamon, and the best Turkey rhubarb, each two drachms, pounded, and afterwards mixed together.

Where costiveness is attended with flatulency, a tea-spoonful of this powder may be taken once or twice a day as found necessary, being an excellent medicine to expel the wind.

Astringent

Astringent Powder.

Vide Menstrual Discharge, p. 52.

Worm Powders.

Vide Worms, p. 37.

Syrups.

SYRUPS are generally used for mixtures, juleps, or sweetening draughts, and to reduce the lighter powders into pills, bolusses, and electuaries. These purposes may all be answered by the simple syrup alone, without the aid of any other.

Simple syrup is made by dissolving in water, with or without heat, double its weight of fine loaf sugar.

To an ounce of simple syrup add twenty-five drops of laudanum. This will supply the place of diacodium, or the syrup of poppies, and will be found a more safe and certain medicine.

Syrup of ginger is made by infusing two ounces of bruised ginger in two pints of boiling water for twenty-four hours. After straining the liquor and letting it stand to settle for some time, it may be poured off, and double its weight of fine powdered sugar dissolved in it.

The juice of lemons, in form of a syrup, may be dissolved in it, by the heat of a warm bath, nearly double its weight of fine sugar; the juice should be strained and suffered to settle, and then poured off for use.

The syrup of marshmallows may likewise be supplied, by adding a sufficient quantity of mucilage of gum-arabic to the common syrup.

TINCTURES,

TINCTURES.

Tincture of Myrrh and Aloes.

TAKE an ounce and a half of gum myrrh, and one ounce of hepatic aloes, reduce them to powder, and let them be infused in two pints of rectified spirits, for six days, in a gentle heat, then strain the tincture.

This is recommended by some practitioners as a proper application to green wounds; but chiefly made use of by surgeons, for restraining gangrenes, and cleansing foul ulcers.

Volatile Tincture of Gum Guaiacum.

TAKE a pint of volatile aromatic spirit, and four ounces of gum guaiacum, infuse them without heat in a vessel well stopped for a few days, then strain off the tincture.

A tea spoonful of this tincture in rheumatic complaints, may be taken in a cup of the infusion of water trefoil, twice or thrice a day.

Aromatic Tincture.

TAKE two pints of brandy, and infuse therein two ounces of Jamaica pepper, without heat, for a few days, then strain it off.

This simple tincture will sufficiently answer all the intentions of the more costly preparations of this kind. Being of a hot nature, it will be necessary to mix it with such medicines as otherwise might prove too cold for the stomach.

Rhubarb

Rhubarb Tincture.

TAKE two ounces and a half of rhubarb, half an ounce of lesser cardamom seeds, and digest them for a week in two pints of brandy, and strain the tincture.

This tincture is a stomachic and corroborant, as well as purgative. The dose is from half a spoonful to three or four spoonfuls, as occasion requires.

ELIXIRS.

Acid Elixir of Vitriol.

TAKE one pint of the aromatic tincture, and three ounces of oil of vitriol, mix them gradually, and after the fœces have subsided, filter the elixir through paper in a glass funnel.

This medicine has succeeded where the most celebrated stomachic bitters have had no effect. The dose is from ten to forty drops, in a glass of water, wine, or any bitter infusion, twice or thrice a day. The time of taking it should be when the stomach is most empty. It seldom fails giving relief in hysteric and hypochondriac patients, afflicted with flatulencies, arising from a debility or relaxation of the stomach and intestines.

Sacred Elixir.

TAKE half an ounce of lesser cardamom seeds, ten drachms of rhubarb, cut small, six drachms of succotrine aloes, in powder, and two pints of French

CAMPHORATED SPIRIT OF WINE, 111

French brandy; infuse for two or three days, and then strain the elixir.

This excellent stomachic purge may be taken from one ounce to an ounce and a half.

Camphorated Spirit of Wine.

TAKE a pint of rectified spirits, and dissolve an ounce of camphor in it.

This to be used as an embrocation for palsies, bruises, sprains, the chronic rheumatism, and for preventing gangrenes.

An ounce of camphor, dissolved in half a pound of the volatile aromatic spirit, makes *Ward's essence*.

Vinegar of Roses.

TAKE of vinegar half a gallon, of red roses half a pound, infuse the same in a close vessel for three or four weeks, in a gentle heat, and then strain off the liquor.

This to be used as an embrocation for headaches, &c.

Lime Water.

TAKE a pound of fresh burnt quick lime, pour on it two gallons of water gradually, stir them well together, then let it stand a couple of days, that the lime may settle; after filtering the liquor through paper, put it into vessels closely stopp'd.

The lime water from calcined oyster shells is prepared as above.

Lime water is generally used for the gravel; in which case from one pint to two may be drank daily.

112 TAR WATER, ROSE WATER, &c.

Sublimate Water.

TAKE a pint of common water, and dissolve eight grains of the corrosive sublimate therein.

Double or triple quantity of sublimate may be used, if a stronger solution be wanted.

This water is generally used to consume proud flesh, and cleanse foul ulcers.

Tar Water.

TAKE two pounds of Norway tar, and pour a gallon of water thereon, stir them well together with a piece of wood, let them stand for two days, and then pour off the water for use.

Rose Water.

TAKE six pounds of fresh gathered roses, and two gallons of water; distil off one gallon. This water is esteemed for its fine flavour.

Jamaica Pepper Water.

TAKE a gallon and a half of water, and pour on half a pound of Jamaica pepper; distil off one gallon.

This is a very elegant distilled water, and in most cases may supply the place of the more costly spice waters.

Simple Peppermint Water.

TAKE a gallon and a half of water, and put thereto a pound and a half of the leaves of dried peppermint; draw off by distillation one gallon.

This water possesses in a great degree the virtues of the plants. It is given in mixtures and juleps to hysteric patients.

SCORBUTIC WHEY, ALUM WHEY. 113

Penny Royal Water,

IS made in the same manner as the foregoing.

Scorbutic Whey.

TAKE of bitter oranges, water cresses, brook lime, and garden scurvy grass, a sufficient quantity to make half a pint of juices, and boil in a quart of cow's milk; but more good may be expected from eating the plants, than from drinking their expressed juices.

Alum Whey.

TAKE two drachms of powdered alum, and boil in a pint of milk, till it is curdled, then strain off the whey. From two to four ounces may be taken two or three times a day, as the stomach will bear it.

In an immoderate flow of the *menfes*, or *diabetes*, where there is an excessive discharge of urine, this whey will be found very beneficial in curing them.

Mustard Whey.

TAKE of bruised mustard seed an ounce and a half, boil it in a quart of milk and water of equal parts, till the curd is perfectly separated, and then strain it through a cloth. A tea cupful may be taken two or three times a day.

This is allowed to be the best way of administering mustard, and is of great use in the chronic rheumatism, palsy, dropsy, &c. If a little sugar be added, it may prove to some palates more agreeable. It warms and invigorates the habit, and promotes the different secretions, and will supply the place of wine in the low state of nervous fevers.

Bitter Wine.

TAKE the yellow rind of lemon peel, of gentian root, fresh, each an ounce, two drachms of long pepper, and two pints of mountain wine; infuse these for a week without heat, and strain the wine out for use.

A glass of this wine taken before dinner and supper, will be found of great service in complaints arising from indigestion, or from weakness of the stomach.

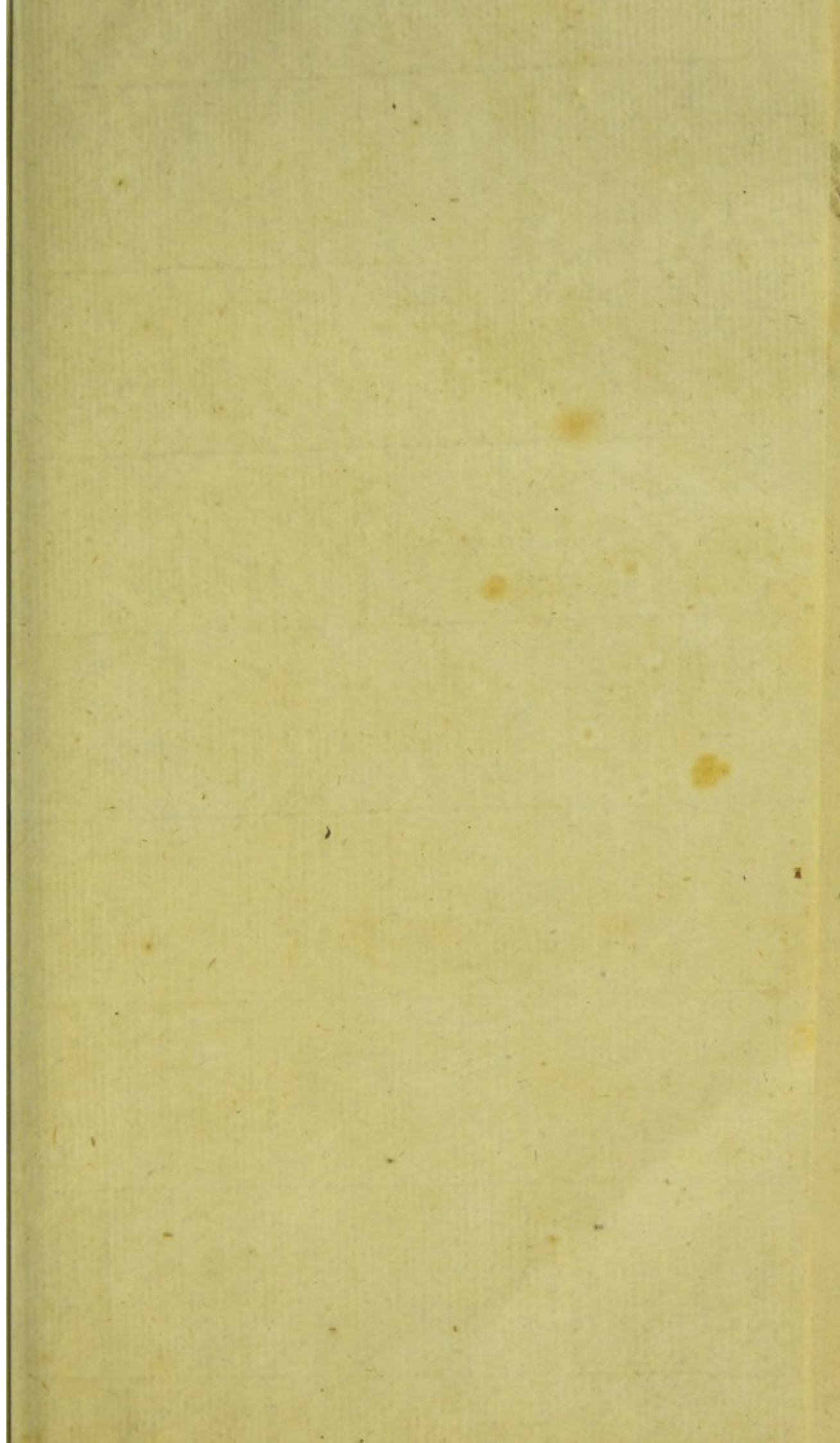
Ipecacuanha Wine.

TAKE one ounce of the powder of ipecacuanha, and infuse in a pint of mountain wine for three or four days. The dose is from an ounce to an ounce and a half. This is a safe vomit, and answers the purpose of the powder to those that cannot take it, or whose stomachs are too irritable to bear it.

Stomachic Wine.

TAKE an ounce of Peruvian bark, grossly powdered, two drachms of cardamom seeds, and orange peel, bruised each, put these into a bottle of Lisbon or white port wine, and let them infuse for five or six days, and then strain off the wine.

This wine is of great service in debility and laxity of the stomach and intestines, may be taken as a preventative of the intermittent fever, and will be of great use to those who recover slowly after fevers of any kind, as it is a great assistant of digestion. A glass may be taken two or three times a day.



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