

An address to the public on the danger of neglecting common coughs and colds : with simple and efficacious methods of cure : with additions and selections from the most eminent authors who have written on the subject / by W. Hickman.

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AN
Address to the Public,
ON THE DANGER OF NEGLECTING
COMMON
COUGHS AND COLDS,
WITH
Simple and efficacious Methods of Cure.

SIXTH EDITION,

With Additions and Selections from the most eminent Authors who have written on the Subject.

By W. HICKMAN, Jun.

“ The slightest Catarrhal Defluxion, or Cough, ought not to be neglected if it does not go off in a few Days.”

DR. FOTHERGILL.

“ More People die of Cough in this Country than of any other Disease, which in its Commencement might have been readily cured by the most simple Medicine.”

REECE'S MEDICAL GUIDE.

“ - - - - - si quid novisti rectius istis,
“ Candidus imperii; si non, his utere mecum.

HOR.

Bath:

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PREFACE.

THE Editor having in his possession a Manuscript Treatise on COUGHS AND COLDS, and being convinced, by experience, of the Author's accuracy of observation, and the value of his hints, now publishes it in the confident hope, that any thing tending to relieve or subdue the distressing malady of Pulmonary Affection, will prove acceptable to the World. The melancholy devastation occasioned by Consumption, in our Island, is great and awful, and by those who contemplate, with feelings of humanity, the sufferings of their fellow-creatures, and the thousands who are annually sunk to the grave, by the consequences of neglecting to eradicate, in an early stage of its progress, a COUGH or COLD; this Work, (the Editor hopes) will be hailed as a powerful shield against their effects, so often fatal.

From the recipes which this Work contains, the Editor has prepared a Medicine under the name of "HICKMAN'S COUGH DROPS." Its utility has been fully confirmed by experience and a rapidly increasing sale, and a reference to the Cases, annexed to the Pamphlet, will show its efficacy.

For the benefit of the afflicted poor, larger bottles, at a reduced rate, are prepared; and the Editor begs leave to recommend, to the charitable and affluent, the purchase of these bottles, for the purpose of relieving distressed objects. These larger bottles can only be procured from the Proprietor himself, or, his agent, J. BINNS, Cheap-Street, Bath.

Quart Bottles 11s. each, or Two Bottles for 11.; Pint Bottles 6s, (Duty included.)

Henley on Thames, Oxon.

Nov. 20th, 1815.

TREATISE,

&c. &c.

A Cold arises from the effect of cold, or moist air, applied to the surface of the body and lungs; from going too thinly clad, or exposing the body to cold air, after having been heated by exercise; or, when the pores are opened from drinking warm liquors. Some persons will bear every possible change without much injury, whilst others cannot take the least liberty with themselves without suffering most severely. Therefore every man should know enough of his own constitution to regulate himself, as, indeed, he, in this respect, may, if he will but give himself the trouble to think, and from hence, whatever experience has taught him as improper, or, as disagreeing with him, he should most carefully avoid. The symptoms of Cold are a sense of chillness on the skin, attended with a lassitude or weariness, and slight shivers at times, with a trifling head-ache, and flying pains in the limbs, a stuffing of the nose, frequent sneezing, and a running of a clear limpid water from the eyes and nose, attended with a dry tickling cough or hoarseness. These, as they are found to come on with more or less violence, permit the patient to continue in his usual employment, or pleasure,

until they get so far increased, or have laid such hold on the constitution as to oblige him to desist; unless nature, by some happy effort, restores the obstructed vessels to their proper offices, and causes the several fluids to be circulated through their proper tubes. If the patient be not relieved this way, fevers, rheumatism, inflammation of the lungs, or some other part must ensue. Cholics, sore throats, consumptions, and many other complaints are daily brought on by Colds.

As Coughs are the most common and violent effects of Cold, and so commonly disregarded; and as these are the most insidious attendants, and capable of bringing on the most serious complaints, we cannot too strongly enforce a proper sense of the dangers that attend them. Inflammation in the lungs is excited, by the perpetual action which is given to the chest by coughing; and great injury is done to the fine membrane which lines or covers the passage to the lungs, and the whole cavity of the chest, as well as the lungs themselves, from the same cause. The least inflammation happening to the lungs, it is very much to be feared, may pave the road to consumption and death; and three parts of the consumptions that happen, take their rise from these neglected trifling coughs, as they are but too commonly called.

It is not unusual for a patient to tell you, he ails nothing, except having a Cough; when, in fact, his pulse is full,

quick and hard; his tongue coated with a thick white fur; he has cold chills running down his back, a soreness in the chest, besides other symptoms of fever; but he will insist he has not the least fever, and that the Cough is the cause of all these symptoms, if he happens to be informed of them; but it sometimes happens that all these are disregarded, till he is obliged to take to his bed; for he persuades himself he cannot be feverish because he feels cold; and to remove which coldness, he continues to drink warm cordials, or hot spicy drinks; and having no appetite, he eats rich relishing things, as he thinks, to give him one, and to keep him from being starved; all of which have a full tendency to encourage and create inflammation, and would be the direct means to employ for that purpose to an enemy, were one so disposed to do. By these improper things, a trifling cold, in the first instance, is increased, and a fever and inflammation is caused; especially if the person is full of blood, and has been used to live well.

“Colds destroy more than plagues,” was the answer of a very experienced physician to one of his friends, who, being asked how he was in health, replied, *“Very well, I have nothing but a Cold.”*

The late Sir John Pringle, a distinguished ornament to his profession, says—*“Diseases arising from Cold are all of the inflammatory kind, viz. Coughs, pleurisies, inflam-*

“mation of the lungs, rheumatic pains, consumptions and
 “the like, which are almost always owing to neglected
 Colds.” In confirmation of which permit me to lay before
 my readers, part of a valuable paper written by the late
 Dr. Fothergill on this subject.

“The most trifling Cough or Cold, (says he,) if it
 “continues, may either advance gradually, till it ends in
 “immediate mischief, or may leave such impressions as
 “may subject the patient to frequent returns. A Cough,
 “therefore, in all cases ought speedily to be cured.”

The way in which Colds do injury to the lungs and other
 parts, and so lay a foundation for future mischief, is by the
 action of cold upon the very fine vessels, which occasion
 obstruction and a little degree of inflammation, but not vio-
 lent enough to be very observable; but such a degree of
 tenderness is left on the part affected that often establishes an
 habitual Cough, which is rendered more dangerous by every
 additional Cold; and which, sooner or later, causes the death
 of the patient, unless that care is taken which we wish to
 point out as necessary to prevent it. It is observed by Dr.
 Fothergill, that a Cough, in persons of a *certain make*,
 should speedily be cured; and for this reason, such as
 are tall and thin, with long necks, flat chests, shoulders
 sticking out, and otherwise of a delicate texture, are the
 most common victims of consumptions, and are what
 he means by a *certain make*.

To such persons we cannot but recommend the greatest care, as Colds on them commit the greatest ravages, and they are always very susceptible of the least impression. It requires, we know more persuasion than we are masters of, to lessen this common, but fatal, inattention: but lest we should be suspected of having represented danger in too high a degree, and of having given an opinion not well-founded, we shall give a continuance of that excellent paper of Dr. Fothergill's, wherein he so feelingly expresses the distressing situation to which neglect subjects the human constitution, that any who ever reads it, we hope, will always bear it strong enough in their minds, to make them carefully avoid every tendency to such neglect.

“ I know, Gentlemen, (says Dr. Fothergill) (addressing himself to a Society of Physicians,) “ that you as well
 “ as myself, often have occasion to look back at the fatal
 “ neglect, committed both by the sick themselves as well
 “ as those who ought to have had their future health more
 “ at heart. With what ease would many of the most
 “ incurable consumptive cases have been prevented, or
 “ cured, at their first commencement? A person whose
 “ emaciated figure strikes one with horror, his forehead
 “ covered with drops of sweat, his eyes sunk, all the
 “ little fat that raised them in their orbits, and every
 “ where else, being wasted; his pulse quick and tremulous;
 “ his nails bending over the ends of his fingers; the palms

“ of his hands as dry as they are painfully hot to the
 “ touch; his breath offensive and laborious; his cough
 “ incessant, scarce allowing him to tell you he caught a
 “ cold some months ago; but, perhaps, he knew not
 “ how he got it, he neglected it for this very reason, and
 “ refused every means of assistance, till the mischief was
 “ become incurable, and scarcely left a shadow of pal-
 “ liation. You see many such objects daily, and see
 “ them with a mixture of anger and compassion, for
 “ their neglect and their sufferings. Excuse me for
 “ trespassing in this manner on your time and your hu-
 “ manity. Though it is not in your power to prevent all
 “ these sacrifices to ignorance and inattention; yet if the
 “ faculty combine in prompting their fellow-citizens to
 “ necessary care, and advise them to suffer no slight be-
 “ ginnings to pass unregarded; however they may be act-
 “ ing against their own interest, they will have the satis-
 “ faction of contributing to the preservation of many a
 “ useful life; for, perhaps, among those who perish by
 “ consumptions, there are many who, in respect to the
 “ excellencies both of body and mind, have given indi-
 “ cations of becoming conspicuous ornaments of humanity
 “ and society.”

Can there be a more affecting picture of a common and
 distressing scene, and shall one see the same want of care
 continue to prevail, after such a pathetic and feeling ex-

hortation? Yet, we very much fear, from the numbers that apply for relief in the last stage of this disease, without ever having been confined to any particular or proper regimen, that the fault does not always lie with the sick only, but sometimes from that too prevailing desire of gain, which is also obvious in many of the profession, because the disease is generally lingering and the cough troublesome, more medicines are employed to palliate than to remove the cause of the complaint.

Having clearly proved the great danger that arises from neglecting Coughs and Colds; we shall next advise a plain and simple method of cure, and which is in every one's power to make use of; if they begin very violent or continue long, trust not too much to your own advice, but seek the best you can.

As some of my readers may wish to know how cold air proves injurious to the constitution, and as it may furnish an additional caution for them, to avoid exposing themselves more than is necessary, particularly those persons who have tender lungs; we shall give the manner as plain as possible.

The human body is furnished with an innumerable set of very minute vessels, which open their mouths or beginnings, on the external part of the skin, all over the frame; and these communicate with every part of the body internally; these vessels are called pores; they carry a mois-

ture out of the constitution called insensible perspiration, and the sweat which is sensible; the insensible perspiration is constantly and invisibly exhaling, from every constitution in health, in very large quantities. The lungs are furnished with a very great quantity of it, which may be seen very visibly on glass, or in a chaise, and which is thrown out by every respiration; every part of the chaise being equally moist at the same time, though the glass only points it out.

Cold and damp air has the peculiar property of causing a spasm, or some other means of acting upon the vessels or nerves surrounding them, so as to close up their mouths and prevent the natural and necessary discharge of perspiration, sometimes over the whole body, and sometimes but in parts; and wherever this happens, the evil is presently felt by the patient. If it is only in one particular part, as in a sore throat, stiff neck, inflamed eye, or pains in any one particular place, it is termed local, and does not always affect the health; but if it happens in a larger degree, the health becomes injured from sympathy or consent of parts, if not from general disorder. If much of the insensible perspiration is thrown into the habit, or, in other words, if much of the skin is obstructed, so as not to have a proper circulation, cold chills, and a sense of cold water being poured down the back and loins is presently felt; pain in the limbs, slight head-ache, and a

kind of lassitude or weariness comes on, and is succeeded by fever, more or less.

As the lungs, and passage to them, are most exposed to cold, moist, or noxious air, they, the most frequently, receive the first impression; then the Cough is the harbinger of the effect, and inflammation either arises from the spasm on the part, in the first instance, or from the degree of agitation which is given to the chest by the act of coughing. We see one remarkable effect of confined perspiration in colds in the eyes, nose and throat, of the serum or lymph which is discharged, contracting such a degree of sharpness and acrimony, as to scald the parts it comes in contact with; it is this which irritates the upper part of the wind-pipe and causes the perpetual coughing; and, perhaps, it is this kind of irritability, which may be the internal causes of fevers in general. And from hence it appears, why colds are sometimes easily cured, having more or less of this acrimony, and why they become so dangerous, sometimes, from trifling neglect, or after having indulged in drinking heating spirituous liquors, &c. And from hence the absurdity of the adage of "*feeding a cold,*" whatever justice there may be in "*starving a fever,*" clearly appears.

The Cure of Colds, Coughs, &c.

IN curing Colds, three things are essentially necessary ; to open the obstructed pores, to discharge any irritable matter out of the constitution, and to observe such a kind of diet as shall consist of a mild and innocent nature, and such as is calculated to prevent feyer and inflammation, and at the same time be conducive to recovery.

As soon as a Cold or Cough is found to come upon a person, he should immediately lessen the quantity of his food ; it should consist of supplings, moderately warm, especially at night, such as small broths, water gruel, and the like ; the solids should be rice, sago, light puddings, fruits and vegetables ; the drinks should be barley water, linseed tea, toast and water, or any other cooling liquid, that is void of irritable or heating qualities. We have also found of great service in this early stage of the disease, a syrup of lemon-juice, honey, and sugar candy, which may be taken at pleasure.

A friend of the author's, as soon as he finds a cold come upon him, confines himself entirely to this plan,

particularly to water gruel sweetened with honey, and which never fails to carry it off in a few days; he never is kept close to the house, but by attending to it early prevents mischief, which would otherwise ensue; and most simple fevers as well as Colds, might be removed by such early attention and prudent care. Perhaps it will be asked, is a man with every trifling Cough or Cold to lay himself up, and keep his house and bed? If so, he may be always nursing and coddling himself, neglect his business and other important concerns. To which I reply, there is a medium in every thing to be observed; the time for confinement to the house must always depend upon the state of the disease, neither is it always necessary to be confined at home by a cold; but suppose I really thought no prudent man, when he comes to consider seriously, that he stakes his health, and, perhaps, his life, to a day or two's confinement, or retrenching himself from rich food, wine or heating things, will think much of the penalty to prevent it; for to enjoy good health is one of the most important concerns of human life; riches, honour, and power are burthens without it; therefore every prudent means of obtaining it, is an indisputable duty implanted in our nature; and nothing more contributes to that end than attending early to slight colds, in order that they may not prove the source of greater mischief. If, on approaching the cold air, it causes a violent coughing, it is necessary

to keep in a warm room till the tenderness of the lungs is gone off; otherwise, except in case of fever, it is not requisite to be kept to the house, but to attend to the diet, warm suppers at night, &c. which we shall mention elsewhere.

Fevers and Colds become heightened by the continuing to eat animal food, rich sauces, and drinking of wines and spirits, which are designed to support animal strength, and furnish the body with activity and fire, for exercise, pleasure, or business; and now, instead of being wholesome and friendly to the constitution, becomes its enemy and nourishes fever and inflammation. For this reason the All-wise Creator has deprived us of appetite in fevers, and rendered food loathsome to the sight; the cooling fruits and vegetables, and preparations of them, possess more nourishing properties than is commonly believed; these were the physic of the primitive physicians, and many of the moderns who are the greatest ornaments to this country, perform the greatest cures, by a judicious adoption of them. Boiled turnips, asparagus, roasted apples, cauliflowers, brocoli, &c. possess many saponaceous, cooling and antifebrile principles, which correct the blood and juices, dissolve obstructions, and do much in eradicating the scurvy and other foulness of blood. The above kinds of nourishment, together with a plentiful dilution of soft drinks, involve the floating acrimony, lessen the spasmodic

affection, and tend to promote perspiration; small wine, or lemon, or vinegar wheys, greatly contribute to this end. Bathing the feet in luke warm water, or bran and water, that is a little hotter than milk just taken from the cow, at going to bed, is an excellent and simple means of producing a regular circulation and gentle perspiration. Great caution is necessary here, not to get fresh cold; the feet should be carefully and speedily wiped dry, and afterwards wrapped up in warm flannel, and the patient to go immediately into a warm bed. If the water is too hot, it proves a great stimulus, and does injury, and if cold can do no good. It is no uncommon thing for persons that drink gruel, and other warm liquids, to promote perspiration, that they take them before they undress, by which means, if it happens to be cold weather, they get fresh cold in undressing, for the warm drinks make them often break out into a sweat, which becomes checked before the patient gets into bed; we would, therefore, advise them to be taken after the patient is in bed, and then for him to lie down immediately, and by his lying still and quiet for some time, the expectation will be gratified.

If the patient has a cold, attended with stuffing of the nose, a cough and hoarseness, let him receive the steam of a large pan of warm water, wherein a few camomile flowers, or elder, or rosemary have been boiled; this steam should

come in contact with the whole head and face, be continued for ten minutes at least, and kept hot with fresh supplies of water; the whole should be covered with a flannel, to prevent cold air from coming at the same time, and after the process is over, great care is necessary to prevent the perspiration from being checked; the patient should breath through an handkerchief, that the cold air may be first warmed before it gets to the lungs; if the complaint is only about the head and throat, and no Cough attends, a little vinegar added to the other ingredients may be of use. The bathing the feet will not preclude the warm drinks of this remedy being made use of. If the Cough is the most troublesome complaint, besides the means just mentioned, the patient must be perpetually taking soft mucilaginous drinks, prepared by the boiling of quince seeds in water, and sweetened with honey or sugar candy to the palate, or linseed tea, a decoction of barley, figs, and raisins. A tea-spoonful of paregoric, or sirup of white poppies, in half a pint of either of them, may be taken by spoonsful, which will sheath the passage to the lungs and quiet the Cough; currant jelly, and some of the soft marmalades contribute to the same end; rob of elder is a most excellent medicine for this purpose, it is aperient, sudorific, and cooling, and preferable to spermaceti, and oily medicines in general. But as oils and spermaceti have sometimes their use, we would recommend

them not to be taken in large quantities, because they turn rancid upon the stomach; when they are thought proper, the following smooth emulsion is excellently good.

Take of barley water six ounces by measure, white sugar and powder of gum arabic of each three drams, incorporate the sugar and gum arabic together in a mortar, with a small quantity of the water, and gradually mix one ounce of sweet and fresh oil of almonds, linseed or oil of olives, and then, by a little at a time, add the rest of the water, and it will be a soft white emulsion. If opiates are proper, half an ounce of sirup of white poppies, or paregoric elixir may be added, which will be shown when we come to speak of opiates.

The act of inhalation we should always adopt, for nothing more effectually promotes expectoration. Drinking freely and frequently of cooling, relaxing and gentle saponaceous liquors; such as thin whey, the barley ptisan, with liquorice, figs, &c. the decoction, or rather infusion of the pectoral herbs, as ground-ivy, maiden hair, coltsfoot, hyssop &c. these should be gently assidulated with juice of lemon, or seville oranges; if any thing more detergent in the above drinks is wanted, honey may be added. Any of these things by turns drank warm, answer the above intention exceedingly well; if taken in frequent but small quantities, sipping them as it were perpetually; for by this means much of the relaxing and resolving vapour is also drawn into the

lungs, and much of them absorbed by their imbibing vessels, so that the relaxing and diluting is thus carried on in a double manner, and of course very effectually. Very large draughts should not be taken at once, for they overcharge the stomach, produce indigestion and flatulency, and force up the midriff too much, which greatly embarrasses the respiration; therefore Hippocrates advises to drink, in those diseases, out of a cup with a narrow mouth, probably both that the liquor and vapour might be preserved warm longer, and that less might be drank at a time, and also that the steam might be more copiously carried into the mouth and nose. Many kinds of drinks he advises for this purpose, but particularly recommends barley water, honey and water, oxymel and vinegar and water.

From hence it appears, that warm vapour, is of signal benefit; but we would not recommend any other in simple Colds or Coughs, than the vapour from water in which have been boiled camomile or elder flowers, milk and water, marsh mallow tea, or some such simple things.

The cold air should be carefully prevented from coming to the lungs after having inhaled; it is better done in bed than up for this reason, and because it generally promotes perspiration. In trying to do good we should be careful to avoid every thing that may prove injurious.

If a Cold be at all severe, nothing so soon contributes to lessen that severity and prevent a fever, as gentle purg-

ing; we prefer the mild simple things to such as are more active and violent. Manna and Glauber salts, cream of tartar, tamarinds, rhubarb, and sal polychrest, lenitive electuary, or indeed any other gentle cooling means, which the patient has been accustomed to use, will be right to have continued. The following mixture is very well calculated for this end, and will agree with most constitutions; Take of Epsom, Glauber, or Rochel salts, one ounce, boiling water, or simple peppermint water, four ounces, tincture of rhubarb, or of senna, one ounce and a half; mix. Half, or a third of the whole, may be taken in the morning, and repeated once in two hours, till a motion or two be procured. An ounce of manna may be added to it if the patient pleases.

Of such as are used to take an electuary, cream of tartar, and lenitive electuary, mixed together, will often answer the purpose; a tea-spoonful taken night and morning so as to procure two motions a day, is very sufficient.

After the body has been sufficiently opened, (or indeed before, if the symptoms are pressing that is, if there be much fever, pains in the limbs, head, or back,) the cough hard and troublesome, or if the muscles of the belly be made sore by the perpetual coughing; bleeding is absolutely necessary, for these pains denote inflammation having seized some part, and as nothing stops the progress of inflammation so much as bleeding, from six to ten ounces may be taken immedi-

ately; a few ounces taken away *now*, may prevent the repetition of the operation many times, if this period is missed and the inflammation suffered to go on for the want of it. The great fault is, that bleeding, like other means, neglected too long before it is performed, loses much of its power; for when mischief has taken place, the disease will have its regular course, and twenty repetitions will not have so salutary an effect, or be able to reduce the inflammatory state of the blood, as one timely one would in the beginning. A few ounces of blood in coughs may generally with safety be lost; but a repetition requires able advice to direct properly.

After a proper regimen has been observed, the body been opened, and a few ounces of blood taken away, if the Cold should not have been attended to in time, or not get any better with the above-mentioned treatment, antimonials given in mild doses, very much contribute to relax the skin, open the pores, and remove fever and inflammation; and indeed it requires all those very often to remove bad Colds.

Dr. Buchan has very strongly recommended a plaster of Burgundy pitch, to be applied to the back, for an obstinate Cough; we have known it of service, but a blister is often as little troublesome, and more speedily beneficial. Where a blister is objected to, use the other, but depend not on externals of any kind.

Opiates are often given in troublesome Coughs ; we are of opinion that they ought not to precede bleeding and purging, especially if there be the least fever or inflammation ; Dr. Fothergill held this opinion, where the breast and lungs are much agitated by Coughing, rest ought to be procured ; but as opiates increase the heat of the body and lessen its powers, they should be given with caution. A tea-spoonful of paregoric elixir, or sirup of white poppies, in any of the emulsions, or mucilaginous drinks, as was before observed, and taken at going to bed, will certainly do no harm, and tend to quiet the Cough and procure sleep.

Farther with medicines we mean not to go, but we think it our duty, after having given some directions to remove Colds and prevent them becoming dangerous, to offer a few remarks whereby Colds may be prevented, and constitutions liable to catch them rendered less liable to do so, and make the weakly to become strong, and the strong vigorous.

In a variable climate like ours, much will depend upon regularity in living, and the mode of dressing agreeably to the season of the year and severity of the weather. In England we are very neglectful in this particular, but we must admit that a great deal depends upon custom begun early in life and regularly continued. Very weakly constitutions may be much improved and strengthened, by

training them gradually to bear the vicissitudes of this changeable atmosphere, and make them become what is called *hardy*; but we have seen this carried too far; the vigour of the body as well as the mind, in some constitutions may be very largely increased, whilst in others, if you press it beyond a certain *pitch* you injure both. Parents who have this object in view, would do well to consider the natural strength both of body and mind, and to bend the bow very gradually; otherwise, they will often break in the attempt. So it is in persons that are ill, or recovering from sickness; when the body is in good health, it may be made, by degrees, to bear almost any change without inconvenience, but whilst disease, or its effects, remain upon them, the most trifling innovation in diet, cloathing, &c. is not without hazard and danger.

Nothing, perhaps, contributes more to strengthen the constitution and render the body less liable to catch cold, than bathing in the cold bath, or in the sea. Yet this should never be used whilst the patient has a Cold or Cough upon him, but if it is begun in relaxed or weakly constitutions, or such as are called nervous, Colds and their consequences will be prevented. It may be used twice or thrice a week. Next to cold bathing, warm clothing demands our attention, which we recommend to be sufficiently warm to prevent the keen blasts of north and north-east winds blowing off the perspiration from our bodies,

and thereby, closing the pores of the skin, and producing colds, rheumatism, fevers, &c. Moisture is also very injurious to the body, but moisture and cold applied together, are more powerfully bad than either of them alone. Therefore what can cold and moisture be resisted so well by as warm cloathing? That is, warm stockings and shoes; and such as are accustomed to have winter coughs, asthma, sore throats, &c. will find a flannel waistcoat worn next the skin, under the shirt, to be one of the best preventatives known; and we are the more surprised to find the judicious Buchan object to flannel. No body of men enjoy better health than coachmen and chairmen, who go through every vicissitude of weather, and we attribute it to their going so warmly clothed as they do, but their health would be still more permanent, if they had not a bad custom of drinking warm purl, and other warm drinks, and immediately after going into the cold air; whereas a glass of any spirits, or a pint of cold strong beer, would fortify the body against cold much more, because the warm drinks open the pores and the cold ones do not.

We are sorry to see so many absurd fashions invented for our fair countrywomen, fraught with so much danger to their health, and of course to their beauty. In a morning they are wrapped up with close warm gowns, and the face, neck, and chest carefully guarded from cold by a warm cap and handkerchief, and in the evening are seen thinly

gressed in the play-house; or, perhaps, after sitting in a warm room, heated with large fires, a number of candles, and full of people, for three hours together, are driven home a mile or two in a cold coach, through a pinching frost, or damp midnight air. Our young men are equally careless in conducting themselves in the same things, as well as in their cloathing, one minute they are in a hot crowded play-house, and the next exposed to the cold piercing eddies and great current of air usually felt in the streets on cold frosty nights; and so indiscreet is pride, that you seldom see them, on this occasion, with a great coat, though they have been wearing it almost the whole of the day before.

Too warm clothing relaxes and debilitates the body, and promotes too plentiful a perspiration; a medium is therefore to be observed, but a want of that which is proper, is attended with more serious mischief than by too warm a clothing, if it be not imprudently thrown aside *suddenly*.

Children that are subject to gripes, convulsions, coughs, &c. should always wear warm stockings, these and many other complaints arise from their tender limbs being chilled by the severe cold of our winter, and their legs and feet not being covered at all.—A most pernicious custom!

To conclude, if every person that finds himself afflicted with a Cold, would take the trouble to read this pamphlet with attention, so as to understand its contents well, and

not cursorily to catch one part without attending to the other; and afterwards carefully to apply the means here recommended, we flatter ourselves, without presumption, that the complaint would soon be removed, and the patient instead of languishing months of a consumption, in consequence of having neglected this cure, would enjoy good health and vigour in its place. The great contagion here is, Carelessness of Colds in their Origin, and which we may see daily lessened is our most anxious wish, and if we have the pleasure to hear, that but one parent saved his darling child, or one child an affectionate and tender parent, through our directions, we shall have a rich reward; and it will confirm us in an old favourite motto, that, "No life is so pleasing to God, as that which is useful to mankind."

FOR COUGHS, COLDS, &c.

HICKMAN'S COUGH DROPS.

IN all Cases of Coughs, Colds, Hoarseness, Sore Throats, &c. these Drops afford a great Relief, are a good Stomachic promote Digestion, and moderate the most violent Coughs of long standing. They are a harmless and simple Medicine, and may be given to Infants with the greatest Safety, pleasant to the Taste, and requiring no restriction of Diet.

Experience has fully proved this to be the cheapest and most efficacious Medicine in the World, for the Cure of Coughs, Colds, &c. The many recent Cures in and near Bath, by its beneficial Effects, render all comment needless; it relieves almost immediately the Coughing, promotes Expectoration, and gives the greatest facility to Breathing.

When it is considered that Coughs, Colds, &c. are eventually the forerunners of Consumption and Asthma, it may not be improper to urge a Trial of these Drops, as a Preventive of those dreadful Maladies.

The following recent Cases will fully justify the high encomium passed upon this Medicine.

SIR, *To Mr. HICKMAN. Jan. 16, 1815.*

I was for upwards of *eight years* afflicted with a very violent Cough and Cold, besides suffering dreadful Pains in my Limbs, which at times were so very distressing, as to render me almost incapable of going about; I had tried a great number of remedies without the least relief, till hearing of the recent Cures performed by your valuable Medicine in and near Bath, I bought a bottle of your Cough Drops, and by the blessing of God, I am now, (with only the aid of two bottles of your Medicine) restored again to Health. You are at full liberty, Sir, to publish my Case for the Benefit of others suffering under those dreadful Maladies.

Weston, near Bath.

MARY SMITH.

SIR,

Jan. 26, 1815.

I was lately troubled with a violent COUGH and COLD, being advised to try your Medicine from a Friend who had received the greatest Benefit from it, I bought a Bottle of your Cough Drops from which I have received the greatest Benefit.

Pill. near Bristol.

MARY VAUGHAN.

SIR,

May 31st. 1815.

In February last I was afflicted for six weeks with an incessant Coughing, night and day, for which I got no relief, till I bought a bottle of your Cough Drops, by taking which I received a perfect Cure, and have been free from Cough ever since.

Henley on Thames, Oxfordshire.

T. HOWARD.

SIR,

To Mr. HICKMAN. Jan. 24, 1815.

I Have been upwards of Six Years afflicted with a violent Coughing and Shortness of Breath, which was at times attended with such Pains as to prevent me from getting the least Comfort or Sleep, I had tried numberless Remedies, which gave little or no Relief, when a Neighbour recommended me very strongly to make a Trial of your Cough Drops, and I am now restored to perfect Health, by the healing qualities of your most excellent Medicine. You are at full liberty to publish this Letter for the benefit of those Persons suffering under Shortness of Breath, Asthma, &c.

Avon-street, Bath.

J. JACKSON.

SIR,

January 10, 1815.

I was lately troubled with a very violent Cough, which at times was extremely painful, (through a friend's advice, who had found the greatest relief from your Medicine) I was induced to buy a bottle of your *Cough Drops*, when after twice taking it, I found the Cough completely leave me. You are at liberty to make what use you like of this letter.

No. 4, Kingsmead-terrace, Bath.

A. SWEET.

SIR,

To Mr. HICKMAN. Nov. 21, 1814.

I was for a length of time troubled with a very bad Cough and Cold, which at times was so bad as to prevent me from sleeping, I tried a great number of Remedies with little or no relief, when I was recommended by a Friend, (who had taken your Medicine with success) to try a bottle of your *Cough Drops*; from which I have received the greatest Benefit. I think it right to make this Public for the benefit of others, suffering under COUGHS, COLDS, &c. being convinced of the superior efficacy of your most valuable Medicine.

18, Lady-mead, Bath.

W. KNEE.

Every bottle is stamped with red wax on the top with W. H. and no other can be genuine.

Prepared only by W. HICKMAN, Jun. Henley on Thames, Oxfordshire; and sold, Wholesale and Retail, by Messrs. Barclay and Son, Fleet-market, and R. Butler, 4, Cheapside, London; J. Bains, Cheap-street, and Messrs. Meylers, Bath; Norton and Son, Corn-street, and Hassell and Williams, Bristol; Lewis and Vines, Malmsbury; Risher, Reading; Wetton; Maidenhead; Norton, Henley; Stroud & Hazell, Newbury; Bailey, Calne; Coombes, Chippenham; Evill, Wells; Budget, Bradford; Slater and Munday, Oxford; Reddell, Tewkesbury; Henney, Cheltenham; Walker, Gloucester; Brodie, Dowding & Co Salisbury; Crocker, Frome; Langdon and Son, Sherborne; R. S. Langdon, Yeovil; Percy, Somerton; Coles, Exeter; and all Vendors of Patent Medicine in Town and Country.

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