

Beneficent visits in the metropolis : with facts, on the effects of simple regimen and medicine, and hints, particularly and humbly addressed to visitors of the sick in general / by an old visitor.

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BENEFICENT VISITS

IN THE METROPOLIS:

With Facts,

ON

THE EFFECTS

OF

SIMPLE REGIMEN AND MEDICINE,

AND

HINTS,

Particularly and humbly addressed

TO

VISITORS OF THE SICK IN GENERAL.

BY AN OLD VISITOR.

SECOND EDITION.

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P R E F A C E.

Is it not lamentable to consider that the mind of man, so wonderfully comprehensive in its operations, seldom fixes on what is simple, useful, and applicable to the varied circumstances and combined relations of human life? In no one instance is this more evident than in the prevailing dislike of personal investigation into the causes and extent of the distresses now existing, as a means of affording effectual relief to the afflicted and destitute poor, whose varied cases of complicated misery press at this moment with peculiar heaviness on the mind of the philanthropist.

The following narrative of facts is given with the hope of its being instrumental in rousing the best feelings of the heart, of exciting to deeds of active beneficence many a lively and intelligent visitor, and of

calling forth the liberality of those who, with hearts in some degree disposed, are at a loss how to bestow the bounty, of which they justly consider themselves stewards, with circumspection, prudence, and effect.

But the man actuated by Him who says, "I was sick and ye visited me," on entering the chambers of the sick and dying, beholds with unspeakable gratitude the force of that religion, which raises the soul into the triumphs of faith in the deepest tribulation, and amidst the pains of desolving nature enables it to sing, "O death, where *is* thy sting? O grave, where *is* thy victory? The sting of death *is* sin; and the strength of sin *is* the law. But thanks *be* to God, which giveth us the victory through our Lord Jesus Christ." 1 *Corinthians*, xv. 55—57.

The hints on the danger of the general, and it is to be feared superstitious attachment to medicine and medical men in all cases, may and will (by the bulk of general readers) be considered strange, and require

an explanation, but let all such be intreated to pause and consider, for the more this subject is investigated and analized by reason and sound argument, the more it corresponds with the language of the Honourable Robert Boyle*, Cheyne, and others

* The Honourable Robert Boyle, after proving the amazing efficacy of simple medicine, adds, " The last thing in order, but not in importance, is, that induces me to wish that physicians would employ simpler medicines as much as conveniently may be; that it is one of the likeliest ways, and perhaps little less than absolutely necessary to promote the practical knowledge of the Materia Medica. For while in one receipt a multitude of ingredients are mingled, if not confounded, it is almost impossible to know with any certainty, to which of the simple the good or bad effect of the remedy is to be attributed, or whether it be not produced by a power resulting from the particular qualities of all of them united in one temperament, and by its means acting conjointly, so that by this way of heaping up, or blending simples in one compound remedy, I see not how in after ages men will be able to discover the true qualities, good and bad, of the particular bodies that are comprised under the name of the Materia Medica, whereas, when a physician employs a simple, and observes the effect of it, the relief or recovery of the patient may be very probable, if not with medical certainty, ascertained."

of the profession who follow such noble examples.

Nor let my reader turn (as too many prejudiced minds are apt to do) from the discussion of this subject, so momentous and important to their personal health and comfort, because the observations are offered by a person who may not rank as one of the faculty. If it were necessary, it might be added that the writer, though not a regular graduate and professor, has nevertheless enjoyed the privilege of being connected with an hospital for near three years, and of attending some of the most eminent lecturers. He has felt an anxiety to dive into and discover the arcana of medicine; not to disparage (he trusts) the truly enlightened, upright, and honourable in the profession, but to shew the effects of simple remedies and diet, when brought into action and judiciously applied by a little plain common sense.

BENEFACTENT VISITS.

CHAP. I.

*Distressed and afflicted Negroes—Provi-
dential relief and deliverance.*

As the writer of these sheets passed through Fore Street on business, during one of the sharp evenings in the month of November, he was stopped by the forlorn appearance of two Africans. Enquiring into their situation and circumstances, he was informed that they were discharged from a ship, had spent all their money, and had remained exposed in the arches of London Bridge. One of these poor fellows was found so ill that he could not have endured a similar exposure. Lodgings, food, and medicine were provided, for both required them, having been driven even from the watch-houses, for the last two inclement nights.

The following day inquiry was made, as to the best mode of providing for these and other poor outcasts. Application was re-

commended and made to the African Institution, when the discouraging reply returned was, "That the funds of that Institution could not support such objects."

Application was then made, by letter, to the "African and Asiatic Society;" and, in person, to a Member of the Committee of the "Society for the Protection and Relief of Foreigners in Distress." A reference was given by this Member of the Committee, to the Secretary and Superintendant for the time being, and these poor fellows were accompanied by the writer to the former of these, who was from home.

On Monday morning a printed notice was given to wait on the Committee on Wednesday. In the mean time, no answer having been received from the Secretary of the African and Asiatic Society, a note was sent to a distinguished Member of the Senate, who with his usual vigilance and humanity, by return of post, gave a satisfactory reply, and also letters to the Lord Mayor, &c.

On Wednesday, a week after the discovery of the distressed situation of these poor foreigners, application was made by them according to the ticket above alluded to, and they returned next day, stating that they had attended and been dismissed with a shilling.

The writer and a friend, who had now joined him, grievously disappointed at this procrastination, so keenly affecting the health and comfort of these men, hastened to follow up the kind intimations received, and waited on one of their most active members, pointing out to him the importance and necessity of the different Societies, whose professed object it was to attend to Africans and other foreigners in distress, opening temporary asylums for food, cloathing, and shelter, till a passage could be obtained, for them either by working, or at a moderate charge, to their respective homes.

From thence we posted on with an increased number of poor blacks, who no doubt before this wondered what all these rapid and unsuccessful movements could mean, to the Overseer of their parish (in the East) where, while money held out, they had slept; who informed us that the Board sat next evening, and recommended our appearance there. Accordingly there at the time appointed, with our number now increased (for in passing the London Docks the preceding evening, a group of six were found, one bare-footed and all in tatters, under a porch, shivering and emaciated) we proceeded and left them to wait for their turn of admittance. After remaining some

time in the passage, they had an interview with the Board.

The Chairman behaved with civility; but some others did not, through his neglect of using proper authority to enforce it. On retiring he was reminded as the organ of the Committee, "That the cases of these poor blacks, &c. were now brought before their Board, and should any death arise through negligence of their wants, they were brought under a solemn and awful responsibility." Notwithstanding this application and injunction the poor fellows returned again the next day, still tossed from institution to institution, from parish overseer to parish overseer, and at length from a parish board, unsheltered and forlorn.

Providentially at this moment, in consequence of the letter to the Lord Mayor, the writer received a note to attend at the Mansion House, and within a few minutes after his introduction the conversation became more interesting and satisfactory, owing to the unexpected entrance of the Admiral of the port of London, who was brought, by a kind Providence, to enquire into the subject with a desire to go to the utmost extent of his orders to relieve such objects of distress.

After half an hour's interesting conversation, during which the writer was delighted

to see such a mutual desire and emulation of benevolence, to relieve to the utmost extent in their power the destitute strangers, it was agreed that another letter should be instantly addressed to the Senator before-mentioned, to beg him to write to the Secretary of State, &c. urging the importance and necessity of extending the order to receive foreigners of every nation, and stating if this was done such as had Consuls might be returned with a schedule of their expences to them; and those, such as blacks and others, who had no Consuls, be kept at the charge of the British Government; it was recommended also that all should be provided with slops and bedding. A return of post brought another letter, stating that the Secretary of State had been written to.

In consequence the following week these poor destitute strangers were conducted to the Mansion House, and passed from thence on board the Iris, off Greenwich; and thus, at length, obtained that protection and support so long and anxiously sought for through other channels in vain.

The reflecting reader will perceive and regret the want of attention in providing an asylum for these destitute strangers, who are frequently lost from total ignorance of

our parish laws, and the method of application to parish officers for relief; and should one of these poor fellows, after bitter experience of hunger and disease, hear of those who can give relief, how often is he tossed from overseer to overseer, until despairing of obtaining that permanent relief his necessities so urgently demand, he falls a victim to cold, want, disease, and death.

CHAP. II.

Varied distress and affliction—Reflections on the efficacy of simple Medicines, with Facts in illustration.

J——, on entering the room appeared, to be an emaciated mother, long the prey of a lingering inward disease, owing to bending her weakly frame over a wash-tub. On the floor lay a hopeful and industrious son the chief support of the family, in a dangerous fever, and without medical attendance. The safe, and what ought to be well-known, simple medicines, calculated to clear the stomach and bowels, excite perspiration, with diluting drinks, were ob-

tained and soon applied; while on the other hand, nutritious and tonic remedies were procured and given the mother, with a petition to Him who alone can give them effect.

A little stock of books were repeatedly given to the sister, which, with a small weekly stipend, was a means of supporting this industrious and afflicted family, until the son was restored to health, and the mother to her wonted strength, when industry and happiness revisited the domestic scene.

The writer would be far from unnecessarily entering into the art of medicine, which in proportion as it is valuable must be simple and efficacious; but he would humbly and earnestly submit and urge the importance and necessity of bringing a little plain common sense into action in the sober application of well-known remedies, simple, cheap, and efficacious. The visitors of the sick he would especially remind of the privilege of ascertaining plain and clear symptoms of the most common and prevalent diseases, and of the application of prompt and suitable remedies. How necessary is this knowledge in the unavoidable absence of medical men, whose attendance may often be dispensed with.

J—— was one of those retired industrious

characters, who require to be sought out, in order to ascertain their wants and administer relief.

When a visitor called, a remnant of silk only occupied the loom, which it was apprehended would be the last; the wife, with the feelings of a mother, surrounded with four infant children, expressed her fears, while the effect of true religion was sweetly exemplified in the calmness and confidence of the father. This was strikingly evinced in succeeding visits; at one of which, in addition to the loss of employment, and consequent want at home, he was pressed by his landlord for rent. On this trying occasion his resignation to the will of God was manifested by his expressing more solicitude that the affliction and want might be sanctified to him than that it should be removed. "Oh! (said he,) Sir, that my soul was but as in days past, that I was assured of my acceptance in the Beloved, and, with this assurance of hope, could enjoy what my Bible informs me it is my privilege to enjoy—a hope full of immortality, a joy unspeakable, and full of Glory; for this my soul reaches forth in strong desires and inward groanings, that, by means of these trials and afflictions, my soul may be more and more conformed to the image of my adorable Saviour, have

fellowship with Him in his sufferings, rejoicing in tribulation, and longing for his uninterrupted presence in bliss everlasting."

Passing down a street, with a quick step, the writer's eye and mind were struck and impressed with the anxiety and solicitude depicted on the features of a man crossing it. Following, and inquiring into the cause, he eagerly answered, "I am now in pursuit of a small piece of wood, to finish a job, which, unless it is finished and taken home to-night, must leave myself, with my afflicted wife and family, in a state of starvation; and," looking me full in the face, exclaimed, "Without it, Sir, I must not, cannot go home; for how can I visit my home, and see my wife and children starve? I have tried," added he, "several of my accustomed places to purchase a piece of wood, and at length thought I had obtained it, but the want of a small sum put it out of my reach."

Satisfied of the correctness of this simple and affecting fact, and convinced that no time was to be lost, the amount was advanced on the spot, and the poor man's address taken down, with a promise of an early visit.

The business of the day dispatched, he was visited at home; where he was found

with one tool (the others having been all pledged) doing the work of many; what will not fatherly affection accomplish in such circumstances! My intelligent and feeling reader will probably ere-now have anticipated all was correct. Yes, all was correct, for the whole scene at home exhibited what might be expected from such a simple relation of facts. The work was then finishing and nearly ready to be taken home that night. A mother, with an infant in her arms, and a group of fine children, nearly surrounded the visitor, and with looks which language fails to convey to the benevolent mind, spoke gratitude. After an interesting conversation it appeared that the mother in particular was enabled to trace this and other similar deliverances to its true source, the hand of him who numbers the hair of his people's heads, and watches the fall of a sparrow. The father, and those of the dear children grown up (such is the effect of pious gratitude in a mother) were affected also, and stood in grateful surprise.

During other weekly visits for about three months, a lengthened detailed account of this truly interesting family was received. From this period the father was enabled to struggle on, and at a recent visit, after expressing his gratitude, he de-

clined farther relief, and was preparing his family for the Sabbath Day.

The case of R———, and six children. When first visited the father of this family was in prison; the furniture taken for rent: a girl of thirteen years of age in bed in convulsive fits, which terminating in water on the brain, left no hope of recovery. The eldest daughter in a precarious state of health: one boy with an imposthume in his ear.

The mother in the midst of all this, with three other infant children around her, bore this complicated scene of trial and affliction like a mother.

The hand of providence appeared in raising one friend after another, and the landlord feeling a degree of sympathy also, returned part of the furniture, and left the family in comparatively comfortable circumstances.

B———. The husband, one of the numerous weavers out of employ, after waiting in anxious suspense from day to day, hoping for the long wished-for work, was at length, driven by increasing want to apply to the parish; but instead of that prompt relief their necessities so imperiously demanded, the too common reply

was, "Call again next week." During this week, after having at length parted with every necessary garment and piece of furniture they could possibly spare, being literally three days with scarcely bread or fuel, and the woman approaching her time of confinement, a merciful Providence opened the heart of a poor neighbour to give a few religious tracts. With a thankful heart the woman on the first day received tenpence, which enabled her to get a fresh and larger supply from the Cheap Depository, Paternoster Row, where she gratefully acknowledged they had not wanted a meal since. Several Beneficent Societies, seeing this industrious grateful creature, provided her with the necessaries for her confinement.

B———. Inquiring for another family, the subject of this brief memoir was pointed out by that family as such a peculiar case, as even to claim a preference of attention to their own. This singular and honourable conduct excited the more particular inquiry of the visitor, but the looks of a decent female, who sat by, spoke volumes to the feeling heart.

Abandoned by an inhuman husband she was on the eve of confinement, destitute of necessaries, far from her home. No time

was to be lost. Pecuniary relief was immediately given, and the neighbours were interested in her behalf. Though now near ten o'clock an attentive surgeon was apprized, who with laudable promptitude the next morning obtained her an order for a comfortable asylum in the House.*

He left this interesting group in tears, and on unexpectedly returning to ask another question, found them on their knees, expressing in grateful surprise the providential supply received.

M——, having an infirm husband and two children, was found afflicted with a complication of diseases, and had received what was considered her last visit from the faculty. The common routine of medicine had done its all, and herself disposed to believe her case to be hopeless. † In the prime of life, with two infant children and

* The writer would here notice with pleasure the superior plan, partly carried into effect in the parish where he resides, of appropriating a wing for reduced families.

† A friend at hand, of much practical experience in simple remedies, (always the best) joined the writer in an early visit to this affecting case of affliction and distress; when the effects of the medicine appeared encouraging.—Complaining of sharp darting pains from the shoulder blade to the hips and loins, agrimony tea was recommended to clear the passage in the regions of the kidneys; with a decoction or tea made from the comfrey root as a strengthener.

an affectionate partner, the scene was deeply affecting, and finding an alarming interruption in the bowels, the writer hesitated not a moment to administer a safe cathartic, analyzed by a friend of his an eminent physician in the metropolis, and recommended cooling drinks till he called again.

By these simple means, under the divine blessing, she gradually arose, left her bed, and resumed her domestic employment; and at the last visit she was found at the wash-tub. Simple facts like these, speak volumes to the feeling heart.

L———. This family was found in deep distress from want of employment. Being by trade a gold-beater, and having orders which he was unable to execute for want of a supply of leaf paper, a few extra shillings were given to obtain a supply, and applied accordingly, but he pressing too hard on the nerve of the thumb occasioned a whitlow which with rapid inflammation terminated in an alarming black appearance; it at length however gave way before the simple application of a poultice of herbs :—he was visited and relieved till he was again enabled to resume his employ.*

* The wife of L. was found, about twelve months be-

W. P——, aged 64, is an iron-founder. With features indicative of disease and pain, and a yellow tinge on his complexion, he complained of a sharp pain across the stomach, increased by drinking cold water in a state of violent perspiration. This poor man's complaint was so distressing, that he could not stand erect.

Finding clear symptoms of bilious and other obstructions he was sent to the market and soon returned with a supply of the herb centary, of which he was recommended to take three or four tea cups-full a day, and desired to call again soon. He returned with gratitude. Having boiled one pennyworth only, in three pints of water till it became a quart, he took two cups-full

fore, pale and emaciated, with alarming symptoms tending to consumption. On enquiry it appeared she had long supported herself and husband out of employment by needlework, in doing which it appeared she sat from morning till night, with only a crust and tea for her sustenance. The effect arising from such a sedentary life and regimen was, that she was imperceptibly reduced beyond the reach of medicine. The visitor conceiving danger, endeavoured to arouse her from this state of sinful apathy, by impressing her with the importance of an instant change of diet and gentle exercise in the air. Light milk broth was recommended for breakfast, vegetables for dinner, and thick onion porridge for supper. Anxious to follow up this advice, and knowing the reluctance of a person thus reduced to change accustomed practice, the visitor called frequently and unexpectedly, and after several remonstrances, exhortations, and warnings, she was enabled at length to arouse from the dangerous lethargy, adopt this wise and simple regimen, and is now a healthful woman.

that night, which operated so successfully, that the following day his appetite returned, he partook of thick gruel with pleasure; and continuing the herb he called again in ten days, with a countenance clear and animated, and honestly exclaimed, "I am come to return thanks, and to state the effects of this wonderful medicine, which has been a means of restoring me to that degree of health long unknown, so that now my usual strength and agility being recovered I feel competent again to enter on my former laborious employment in the foundry could I obtain it, but alas! I seek in vain for labour; however times, I hope, will soon mend, and Old England revive again. I still love my country, and though I feel like a man in want of employment, hope revives my spirit. I had, (said he) eat nothing solid for nine days before, and my pains were so constant, sharp, and oppressive, that I would sooner have died than lived; but the herb was not taken many hours before it operated upwards, gave my stomach such a comfortable clearing, drove away the oppression and pain, and left me quite another man.*" This honest confes-

* It is observable that this salutary herb operates as an emetic or a cathartic, according to the predisposition and state of the stomach, and in the case before us, by its smart operation, caused a clearance of offending matter by the pores.

sion made an impression on the hearers present, and a little stock in trade was immediately put into his hands, with which he obtains a support, waiting to catch the favoured opportunity of entering again his wonted and laborious employ.

CHAP. III.

Interesting Interview—Delightful Conversation on distinguishing Grace—Sequel.

S——. Visiting this aged couple, each upwards of 60, still active and fit for employment, the interviews became increasingly interesting. Calling on Easter Monday, found several other friends had joined the happy pair, not to irritate and depress each others minds by reviewing their trying circumstances, but mutually to congratulate each other on that wonderful and mysterious Providence, which had watched over and conducted them so far through the wilderness. And as in all other trials since they had known God as the God of grace, so in their present tribulation religion ena-

bled them to rejoice in hope of the glory of God. Seating himself at this pleasing tea-table, he soon found it his privilege to sit silent and listen. Inquiring into situations, circumstances, and prospects, a woman about the age of 50, replied, "It is dreadful!" when in a moment, endeavouring to recal the expression, she exclaimed, "Oh my wicked and unbelieving heart!" Tears of gratitude soon began to flow copiously down her cheeks, and language was for a few minutes suspended. As soon as her exquisite feelings permitted, she broke forth on the goodness and forbearance of her God and Saviour, who had changed her bondage to liberty, in putting a new song into her mouth, even praises to the God of her salvation. A venerable man with grey locks was soon enabled to catch the kindred flame, and with a burst of gratitude also exclaimed, "Our God is a covenant-keeping God to a thousand generations. What? are the felicities of heaven now enjoyed by us in joyful anticipation; and can we refuse to sing of His goodness, who procured them all for us, and lives and reigns for ever, a Mediator, Advocate, and Intercessor; and will not, cannot rest, till all his redeemed are gathered around him in everlasting glory. Hallelujah!"

The other aged couple now broke silence in grateful acknowledgments to Him who ordereth all things by the counsel of his own will.

The writer now stating how his mind had been pressed to reach them this afternoon and that he was obliged though reluctantly to leave them, in order to visit four men under sentence of death in the condemned cells in Newgate, was the means of again touching the exquisite string, the properties of distinguishing grace vibrated on the heart, and the question "Who made thee to differ?" flew from soul to soul; when informed that he was to be accompanied by a man who had been a former associate with the person he was about to visit, this was again instrumental in fanning and increasing the flame of gratitude and joy, soaring to that overwhelming thought, "O the depth of the riches both of the wisdom and knowledge of God! how unsearchable *are* his judgments, and his ways past finding out!" *Rom. xi. 33.*

With sensations felt and rightly appreciated only by those who know christian sympathy, the writer (going in company with the person before alluded to, who witnessed the whole of, and whose language describes the solemn sequel) arrived at

THE CELL.

The sacred pages furnish us with many instances of holy and pious men, who from the womb being devoted to God, were made useful to their fellow-men in their day and generation, died in the fear of God, and are now numbered with the spirits of just men made perfect. At the same time it exhibits to our notice others, who, regardless of religion and every virtue, actuated by the basest motives, and under the influence of the wicked one, have committed all manner of iniquity with greediness, and gloried in their shame. We do not pass the final sentence of condemnation on such, but leave them to Him, who will reward every one according to the deeds done in the body, but pass on to notice others, who having for a time lived according to the lusts and propensities of their fallen nature, have been (some in the midst of life, others on the verge of eternity,) made the subjects of that blessed change, without which no man shall see the Lord. Such a character, we have good reason to hope, was the person who is the subject of the following narrative. We pass over in silence the actions of a mis-spent life, and refer to such particulars only as will satisfy every feeling mind that his last days were

his best days, and convince even the stubborn offender, that there is no happiness out of God.

The first time I visited him was on the Friday after the warrant for his execution was signed; I found him surrounded by a number of his acquaintance, and therefore had but little opportunity of speaking to him on the most important subject, the principle object I had in view. I began by saying, "What are your views of Eternity? Time is short, and without an interest in the Lord Jesus Christ you must be lost for ever. Your situation is now awful, but there is still hope for you. God willeth not the death of a sinner." He said, "I did not think till Wednesday last that I should suffer; the information alarmed me—I got no sleep that night. Yesterday I was reflecting on my situation, and while standing at the end of the press-yard I wept plentifully. I saw the goodness of God in causing me to be stopped in my career of wickedness; he might have cut me off in my sins, and given me no space for repentance. My friends still say the prayer of my petition to the Prince Regent may be answered, but I do not expect it." I said, "My dear friend, expect the worst. Should you be spared, you will be fit to live if prepared to die, and have to bless God that ever you

were brought into this place, for I have no doubt but your former life has been a painful one, though you appeared happy." He said, "I was not happy but miserable. My evil heart and my bad companions prevailed." I spoke to him respecting the awful situation of the impenitent sinner, and the grace and mercy which the Scriptures exhibit through Christ. He requested I would visit him again, especially the night preceding his execution. I assured him I would, and then took my leave.

I next saw him on Sunday, April 7, when a similar conversation took place. He again made the same request that I would attend him in his last few hours. I again briefly exhorted him to seek the Saviour, and departed, astonished at his ideas respecting his own situation, and the mercy of God, through Christ. My third visit was made on the Monday evening preceding the fatal day, in company with a religious friend; never having found access, on my preceding visits, to those dreary abodes of human wretchedness (*the cells*), I was struck with horror, and inwardly exclaimed, "What hath sin done!" The four poor men were at this time in one cell; we prayed with them for a short space. My friend then read the 3d chapter of St. John's Gospel, from which he spoke to them of the neces-

sity of a change of heart, to fit them for the presence of Him who is of purer eyes than to behold iniquity—described the nature and necessity of that change, by contrasting the corruptions of our fallen nature with the spotless purity of Jehovah. He then dwelt on the exaltation of JESUS, as a Prince and a Saviour, to give repentance and remission of sins, as described in this chapter—and pointed out the only way of access to the Father, through the power of God the Holy Spirit, at which they appeared much affected. In company with the same friend, I went again the next evening. Found the prisoner, with one of his companions in the cell, reading the Bible; the others (poor men) were at our request, introduced. We prayed with them, and were just about to speak to them individually, when a gentleman in office came in, apologized for the intrusion, and begged leave to speak to the prisoners, which he did to the following effect:—"Your time is short; how stands matters between God and your souls?" C——r and T——r expressed themselves to his satisfaction.—Fan-cut said, "I am a great sinner; I have lived in sin continually—I bless God for bringing me into this place—I do not know to what lengths I might have run—I might have committed murder, or been cut

off in the act of sin—I now feel so great an aversion to sin, that if it were possible for me to go again into the world, I should dislike the company and language of the wicked—I would not associate with them.” Being asked to assign his reason, he said, “I am a new man—my heart is changed; and I believe, when I die, I shall be happy. I could like to live a little longer, but I would rather suffer than live a wicked life.”

During this and the preceding visit his behaviour and conduct were such as to surprise me and my friend, and bore evident marks of genuine contrition of soul. The gentleman above alluded to prayed, and we were about to leave them. He wished me to stop all night, which I could not comply with, but promised to attend early in the morning, and again bid them farewell.

Soon after three o'clock, the next morning, I was admitted, and introduced immediately into the mournful cell. The prisoners had spent the night together, accompanied by C——r, who had been respited for 14 days. He was reading the Bible. Fancut rose from the bed and said, “God bless you my friend, I am glad you have come. I have been trying to sleep but cannot.” Being deeply affected at seeing four poor dying men, with their eyes and hands

lifted upward, imploring mercy, I sunk on the seat. He placed himself by me, and said, "My friend, it will soon be over—may God assist me in the trying moment." We then kneeled down and prayed—God was present with us of a truth. The prisoners seemed humbled under the hand of God. I endeavoured to ascertain the real cause of their sorrow by asking the following question:—"Does your grief arise from a conviction of your having abused the mercy and goodness of God, or from a recollection that you are to die this morning, and be separated from your old companions, and the things you loved?" Fancut said, "I do not fear dying, God has heard my prayer, but certainly I feel a great dread on my mind and sorrow for my sins." The others spoke to the same effect. I said, "I do not wonder at your anguish of soul—Sin brings sorrow and death in its train—your cases are not singular: the Psalmist, I have no doubt, felt what you now feel, when he penned the 51st Psalm," which I read, and at the 4th verse remarked, "that our offences of every kind were committed against the God of heaven, consequently were of such a nature, that finite beings, like ourselves, could not satisfy divine justice, for even one breach of God's righteous law; and as all have sinned, all are under

its awful curse. The Scripture assures us, that by the deeds of the law no flesh living shall be justified." The fatal machine at this time was drawing out. Fancut started, and loudly exclaimed "There goes the awful scaffold!" and seemed much agitated, and with lifted eyes and hands said, "How time flies! how fast the quarters strike!" I said, "My friend, short as your time is, if you really feel your need of salvation you are welcome to the Saviour."

I then read the 55th chapter of Isaiah, compared the language of the prophet with that of the Saviour, 7th chap. John, 37th verse, and then the gracious promise, 7th verse, 55th Isaiah, "Let the wicked," &c. I endeavoured to shew them their own inability, even could they live their time over again to do any thing of themselves to recommend them to the mercy and favour of God. I shewed them from the 50th Isaiah that the Saviour voluntarily undertook the cause of fallen man, became the representative of the sinner, bore that suffering which was justly our due in his own body; and that whosoever thus feeling their own wretchedness, had fled by faith to the hope set before them, firmly relying on the merit "of his atonement and righteousness," should be "justified from all things from which they could not be justified by the

law of Moses." I strove to shew them that God could effect that mighty change in the heart in a moment, as one day with him is as a thousand years, and a thousand years as one day: illustrated this from the case of the Philipian jailor,—Acts, 16 chapter, 22 and following verses: related the account of the dying thief by St Matthew, chap. 27, verse 44; referred to the 2d chapter of Luke, verse 39, at which they seemed much comforted; and then prayed with them again. Their eyes and hands, and I hope their hearts were lifted upward, the tears of contrition flowed down their cheeks, and I trust their groans entered the ears of the Lord of Sabbath. I prayed that God would shine in upon their hearts, and help them in their dying moments to make a good confession.

After prayer, referred them to the 103d Psalm, spoke of holy joy which filled that good man, when he contemplated the dealings of God towards him, in pardoning his sin and healing his backslidings. Fancut then said, "Many will ask you to-day, after I am dead, about me." I said, "What shall I say to them?" He replied, "Tell them I am happy." I said, "What reason have you to hope you shall be happy?" He answered, "If the Prince Regent was to come to the cell-door and say, 'Fancut,

I have pardoned you :’ I should believe him.” “ You have been reading from the word of God that Christ will pardon the penitent sinner.”—“ I am a penitent, I am sorry for my sins—I would sooner suffer this morning than be pardoned and live in sin. I bless God for bringing me to such a state as this—if I had been now at liberty I might have been going on in sin. I fear I shall faint when my hands are being bound, but I hope God will strengthen me. This is Wednesday morning, I am well and hearty—Sunday afternoon I shall be buried.”

During this time the other poor men were greatly affected, especially T——r, who kept continually calling aloud for mercy. Mr. N. now came to the cell to take leave of the prisoners. Two gentlemen came to visit them at half past six o’clock, and spoke to them separately. Fancut again said “ I shall be happy, my sins are pardoned, I do not fear dying.” I said to him, “ There will be many to witness the awful scene, some you well know; do not look about when you go out, look upwards.” He said, “ I will—may God help me to bear under my sufferings with fortitude.”

Fancut was first called out; T——r next was called. I followed him out, as I had promised Fancut to attend him to the scaf-

fold. He was standing near the Sheriffs; he saw me, and turning to the officers of justice, said, "Gentlemen, let me go and pray a few minutes with my friend, I will not detain you long." This was instantly complied with. He seized my hand, we returned to the cell; I cannot describe my feelings.—I kneeled by the side of the dying man. T——r now returned to the cell, and kneeled down on the other side; the two gentlemen kneeled by them. I prayed with them a little while; C——r now came in; the two gentlemen prayed—we arose from our knees. Fancut clasped my hands and said, "God bless you, my friend, good by'e!" I said, "Remember—fix your eyes upwards—trust in the Saviour, and we shall meet again."

The Sheriffs now moved forward.—Fancut followed with a firm step, his eyes flowing with tears, followed by T——r and C——r. At the ladder I again shook hands with him, but could not speak. He ascended the ladder—prayed aloud.—T——r next followed—shook hands with Fancut, and likewise prayed aloud. C——r followed the executioner. Having left the scaffold the platform sunk, and here that portion of Scripture forcibly struck my mind, "The wages of sin is death."

CHAP. IV.

Striking Illustration of the sudden and beneficial Effects of Herbs, Roots, &c.

S———. This was the case a man possessed of an intelligent mind, and who in better times superintended a business which employed upwards of seventy men, but now was in reduced circumstances, with a large family, and bearing himself alarming marks of disease. The symptoms had suddenly increased, so that he was often attacked in the street with sensations which, to use his own language, felt like drops of blood issuing from his heart and so affected his head, that during the fit he was thankful for assistance near. His complaint appeared to baffle all the medical skill in his power to obtain. The sight of this large family, wistfully looking up to their sober, affectionate, and industrious father, with the unspeakable solicitous looks of the mother was almost too much for the feelings of the visitor; but roused to consider what could be done to alleviate, if not remove disease as well as pecuniary distress, which had been already relieved. Judging the symptoms indicative of much nervous debility, accom-

panied with a redundancy of bile, which preventing digestion, must ultimately affect some of the more delicate vessels, producing almost a rupture. He hesitated not to prescribe the centary for cleansing and restoring the tone of the stomach, and the comfrey root, to afford general nourishment to the system, and to heal and strengthen any of the finer vessels ruptured, or in danger of rupture, and to take of each sort four tea cups-full a day. The man having formerly read of the efficacy of herbs and roots, listened gratefully and attentively, and the visitor left him with confidence that he would follow up what it is hoped he began now to see was a providential supply.

Calling on this family a week after, the visitor, on entering the room, found him with his interesting family round him, taking their homely meal. Before inquiry his countenance and eyes denoted the pleasing change. "My alarming symptoms, Sir," said he, "are all gone." "All gone!" replied the visitor. "Yes, all gone; and not only so, but by means of the blessed herb and root my appetite is returned also, so that you can see I now enjoy my meal with my beloved family." The wife, the children, (my benevolent reader will readily suppose) partook of the general joy, and presented at

their tea-table a group which the pencil of a WEST would fail to describe.

Months have now elapsed; his health is so far re-established, that he is now chosen, and well fills the important office of a watchman.

Many readers, it is hoped, will see and feel in this instance and others continually arising, but, alas! how often neglected till too late, the importance of timely and seasonable visits; which, under the divine blessing, shall increasingly reach out effectual relief to such as are ready to perish.

The effects on S. were so striking as to excite the attention of the neighbourhood; and another sober but afflicted father, who by his inward weakness had lost a situation provided for him, and with a family of eight children was found pining in abject distress, was also encouraged to try the simple and efficacious remedy, and in about a fortnight exhibited such returning health as to enable him to fill any similar situation that might offer. By means of a little extra assistance of a few shillings he was enabled to purchase some nutritious and medicinal vegetables, and by its quick returns and beneficial use, the family are now in comparatively comfortable circumstances.

Another case is mentioned with the hope

of impressing the mind of the reader with the importance of discouraging, in peculiar cases, application for parochial relief.

The husband had long lain dangerously ill, but by the timely assistance of a few shillings weekly, the industrious wife was enabled to keep her furniture around her, and spared the painful necessity of a procrastination which so generally follows on applications to a Parish Board, where the object suing being frequently obliged to wait in a dangerous crowd, often from four to eight hours, would (especially a delicate female) rather want even bread than be obliged to pass this distressing ordeal.

The next case, different from the above, was a mother with five children, who had laboured hard night and day, during twelve months' affliction of her husband, to pay her way. The friend who accompanied, thought it right here to give all his influence, as her husband was not likely to get better but worse, to persuade her to pass into the house. She heard him patiently, and at length bursting into a flood of tears, she replied, "I might go in, Sir, were it not that I must be separated from my husband, now so infirm as not to be able to nurse himself. We have lived together many years, and have been and are

still a happy family. My children too, you know, will be torn from me as they grow up."

Again, interrupted by her feelings, she exclaimed, "I am promised a little work again next week, Sir, and would the parish allow me and my husband and five children but 4s. instead of 2s., we should, especially as the winter is nearly gone by, be able to do pretty well. That boy, Sir, if I had a little decent cloathing might soon be employed, and my eldest girl too." The poor woman's arguments evidently preponderated, and my reader, alive to domestic industry and happiness, will not regret the result.

The visitor received a hasty message from an aged woman,* named W——, who was threatened with having her little all taken by a broker, and herself and daughter turned into the street.

On hastening to the spot, the visitor was struck with the venerable appearance of a woman (then 76 years of age) whose flaxen locks and discriminating features depicted former comparative affluence. She had latterly retired to this neighbourhood from

* During the visits, this aged woman was afflicted with an inflammation in her eyes, which was in a few days relieved by means of a decoction of southern-wood.

the scene of more prosperous days, in the hope of raising a little school; but from the late affliction of herself and daughter, and the irregular payments for the few children who had been brought and kept together by her exertions, she had parted with one thing after another, until a growing but comparatively small debt, determined her landlady to be paid, or else, in course and vulgar language, to turn her out of doors.

Those who never visit, can never witness such scenes, and consequently must remain strangers to all these peculiarly sweet sensations of soul which arise in the giver and receiver, when providential, sudden and unexpected relief is administered. How often with looks which speak "the Lord has sent you," do we reply "Farewell!"

The landlady was quieted by a small weekly donation. The venerable woman is now looking for a more respectable situation for a school.

C———. Calling to visit several distant objects in the east of the metropolis, in passing *Whitechapel* the eye was struck with the peculiarly sallow and emaciated complexion of a man in the tattered dress of a sailor. It was one of those cases of distress where features at once command

attention and regard, but which, alas! from being thus met in the street, (though perfectly distinct from common beggars,) are nevertheless too generally overlooked, even by the otherwise benevolent and humane, who too readily join with the weak expression, "They are all impostors." Alas! my friends, how many real objects of distress are thus now thrust into the street, who would gladly plough the ocean, ply the handicraft trade, or cultivate the soil. The times we now live in are peculiarly pressing, and require going out of the ordinary way to discover, alleviate, and remove affliction and distress. My pious reader, entering into these feelings and views, which the Author, if his heart does not deceive him, feels at the moment of writing, and he hopes increasingly to feel while journeying through this world to the world of glory, will find here an ample field opening for the practical illustration of that sweet passage recorded in Matthew xxv. 35, 36. — "*For I was an hungered, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in. Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me.*"

On finding him afflicted with a diseased leg, temporary relief was administered.

His address was taken, and on visiting, and inquiring into his situation at the lodging-house, the visitor found all the affecting facts anticipated, and more than corroborated and confirmed. Discharged from his Majesty's service without provision, and not being able at first to obtain a ship, unaccustomed to a wandering life, or to business on shore, with increasing disease, he at length found himself frequently without a bed, or even a shelter, during the night. His landlady bore ample testimony to all this, stating that she had often given him shelter when she could not afford to give him food. He was provided with clothes for a few weeks, the necessity of cleanliness enforced, which, with the simple application of chalk-dust*, mixed with hog's-lard or suet, was a means of cleansing and healing the wound, while the simple, cheap, and nutritious nourishment of thick onion porridge, milk, and broth, were given to restore and strengthen the

* Chalk and hog's-lard, mixed up to a consistency of salve, may be applied to the part affected, carefully attending to cleanliness at all times so necessary, but especially in diseased parts. The chalk, like yeast, retains a considerable quantity of carbon, which renders it beneficial. Yeast has been long known, but, like other simple medicines, too soon forgotten, as a specific in putrid fevers, when the great masters of the healing art had completely failed.

body. These simple applications, so easily and cheaply obtained, were, under the divine blessing, soon rendered effectual to re-establish his health and remove disease; so that with a far different appearance, he has lately left the metropolis to join the fisheries in his native county, Cornwall.

Calling on a family peculiarly honoured by the younger branches being active in those important institutions, Sabbath Schools, so instrumental to the best interests of man, without which no system of weekly education can be safe or complete*. The visitor while seated with this

* To many this observation may need explanation.—The writer is increasingly convinced that the general zeal for mere education and knowledge now so prevalent, may not only be obtained without an experience of vital religion, but is often perfectly distinct from it, and therefore may be perverted to very dangerous purposes. On the contrary, religious instruction on the Sabbath has a natural tendency to impress the children's minds with external reverence for that day, while we may hope and expect the promised blessing of our Lord will be given to both teachers and children; the one to bestow, the other to receive instruction, drawn from the Scriptures alone. "Where two or three are gathered together in my name, there am I in the midst of them," &c. Blessed be God, increasing facts arise to prove this in the conversion of the children themselves and their parents and friends: so that, (as has lately been proved in the House of Commons,) a moral influence pervades those neighbourhoods where well-conducted Sabbath Schools have longest been established. To this cause may be fairly attributed that love of religious,

interesting group was struck with the appearance of one of the females as indicative of decline. On farther inquiry, the pain in her side across the pericardium, a dry and a distressing cough, &c. confirmed his suspicions. With a hope of affording a timely remedy, two-pennyworth of the herb centary, hyssop, and oak-lungs, were recommended, boiled together, and three or four tea cups-full taken daily, and urged as promptly necessary.

A few days after, anxious to hear the result, he found the cough and other symptoms had abated, and at the end of a fortnight she was enabled, with comparative cheerfulness and strength, to resume the delightful and interesting labours of the Sabbath School again. Delightful indeed to those who can appreciate and enter into its sweet enjoyments, at the same time anticipating the uninterrupted, unspeakable, and unceasing joys of the heavenly Sabbath in JESUS.

and consequently moral sense and domestic order, so delightfully prevalent at this moment, in districts whose inhabitants are enduring unprecedented privations and distress. Oh, that our representatives and others, high and low, rich and poor, may be brought to consider, encourage, and take knowledge of and example from the practice of such principles, which in proportion as they are felt and enjoyed, insures safety, happiness, and prosperity to nations.

“ Welcome, sweet day of rest,
That saw the Lord arise,
Welcome to this reviving breast,
And these rejoicing eyes.

“ My willing soul would stay
In such a frame as this,
And sit and sing herself away
To everlasting bliss.”

H———. His disease was evidently induced by paint*; and a relation who sat by, exhibited the fearful symptoms of a rapid inward decay. A short view convinced the visitor it was occasioned by habitual drinking, which had so inflamed and destroyed the tender organs, as almost to arise to suffocation, while it caused an increasing wish for the deadly poison.†

* This pernicious business preys on the frame in a most distressing manner. For the information of such as are pining in this deleterious business and cannot leave it, the juice of the common plantain is recommended to be freely taken, and cleanliness attended to. Spirituous liquors should be carefully avoided as deepening the wounds, a vegetable diet with fruits be the principle food, and every man, especially if he has a family, watch the first opportunity of quitting this destructive employ. A discovery as a substitute for white lead would be a great blessing. What a pity that some valuable ones by ingenious men are not more encouraged! What is the mere appearance of a dead white apartment, when it is connected with the awful reflection that the very colouring of that favourite room has tended to destroy the health and consequent comfort and happiness of a fellow-creature and his family!

† A prolific source of pauperism and profligacy arises

E———. The features which spoke forcibly this poor man's case, struck the attention of the visitor, who found the affecting details of misery and woe more than realised. They had parted with one piece of furniture, and one garment after another, until they were left nearly bare.

The wife was laying on the floor, with only one blanket, afflicted with an inflammatory fever, without medical assistance, three small children were running about the room nearly naked, in want of bread, and the husband disposed to brood over and sink under his distress.

from that bane of domestic, social, and national happiness—ardent spirits. The rapid increase of those pestiferous and pestilential haunts of wretchedness and sin—wine vaults, gin shops, and low public houses; with the consequent demoralization of society is so awfully on the increase as loudly and increasingly to call, with a voice of deadly groaning, on the Legislature instantly to crush this viper, which fastens on and is destroying the health and morals of the body politic. Children and the very infants at the breast are now instructed by monsters rather than parents to suck in the deadly poison, from a fatal idea that it prevents the sensation of hunger, while it encourages that idleness inseparable from dram drinking.

Some of the Magistrates of Surry have taken up the consideration of this subject, so fatal to our existence, happiness, and prosperity. Let us hope this shocking system will promptly come under the consideration of Parliament, so that a duty equal to an interdiction shall be instantly enacted; Pawn-brokers and Lottery-offices will feel accordingly; may the time hasten on when all these reflections on the revenue shall be done away for ever.

The residence of this afflicted and distressed family was situated in one of the most wretched and abandoned parts in the neighbourhood of *Whitechapel*. So disgusting and forbidding was the scene, that lively and active Visitors of the sick, absolutely refused to enter its purlieus.

The first visit prepossessed in favour of this family, though in this wretched place, and led to the indulging of a hope that the latent principle of industry and moral domestic attachment in the husband over his sick wife and forlorn children might again be exerted. Successive visits increased this hope; the simple and safe remedies for fever were successfully applied; the exhortations and encouragements to cleanliness and vegetable diet were attended to, and the importance of removal into a decent situation enforced. Partial employment being obtained, the integrity, sobriety, and industry of the man, increasingly evinced his real character. Removed to a situation near *Bishopsgate Street*, furniture, &c. were provided; and his wife, approaching to confinement, was at length brought under the notice of a benevolent lady now resident in that neighbourhood. The children go to the Sunday-School, and the parents appear to feel the importance of attending on the Sabbath, and may it

not be hoped, will soon be brought by the Lord of the Sabbath, to enter into the enjoyments of it.

Thus has a whole family emerged from the most deplorable situation and circumstances, into comparative respectability and domestic comfort.

In the bleak month of December a man, whose appearance indicated habits of former respectability, presented his request to a visitor; his pathetic appeal was closed with nearly the following sentence:—"Could you see my habitation, Sir, the misery of my family would make the hair almost stand on end on your head." This striking expression, uttered with true pathos, rested with an abiding impression on the mind.

The business of the day and the week dispatched, and having just been joined by a sympathizing friend, we hastened to the spot, where after the usual difficulties, in an intricate alley, unexpected by the family, we ascended to the garret, and found the parents and three children, bearing marks of real distress; two girls were with the mother near a few embers, the father and another stood a little behind, with countenances indicating poignant distress; a boy lay literally on the floor, with a board for a

pillow, and a part only of a coverlet; this was the whole bedding for this large family, and the furniture was in proportion. Struck at this scene of real misery, the mind was anxious to ascertain the outlines at least of its history.

They formerly resided at B. when the father was first mate and then master of a ship; one loss and affliction after another, with the absence of an affectionate son, and pressing poverty, induced them to visit London. The son had sailed to the South Seas previous to their arrival, which voyage precluded the exercise of his usual filial affection in leaving half his pay, and the affliction of the father, joined to the unusual stagnation of commerce, preventing his getting a ship, added to their distress.

Cast as strangers in a metropolis whose secluded alleys and, alas! too, too often more secluded neighbours, confine the complicated distresses of human misery to garrets and cellars, unless a merciful Providence cause them to be visited by any of the band of worthies who penetrate and explore the retreats of misery and disease, and who, actuated in imitation of Him who said, "I was sick and ye visited me," experience the inimitable language of inspiration. "The cases which I knew not, I searched

out," "The blessing of him that was ready to perish came upon me: and I caused the widow's heart to sing for joy." *Job xxix. 13.*

The friend who accompanied, also struck with the scene around and before us, heightened by a relation of local circumstances stated to have happened at B. and which corroborated the former decency and respectability of the family, readily anticipated what could be done to afford instant alleviation. By a little extra exertion (though late) blankets, &c. were redeemed, and pecuniary support till the following week afforded, when the spring of several beneficent Societies being judiciously touched, a noble emulation succeeded. The family were clothed and fed, the girls obtained places, the boy was at a rope-ground, the father obtains partial employment, the mother began to recover, the son unexpectedly arrived, and the whole family was thus providentially placed in comparatively comfortable circumstances. "The ways of God are in secret, his paths in deep waters."

June 1, 1816.

CHAP. V.

Superior Plans of visiting and relieving the Poor.

AT the close of 1816, in consequence of the inclemency of the weather and want of employ, similar emaciated objects of distress again pressed on the feelings. Letters were once more addressed to Lords Sidmouth, Gambier, and Melville, not omitting the Friend of Africa.*

Soon after a ship was again judiciously appointed to receive these foreigners, and a proclamation accordingly posted up, encouraging all foreigners to repair on board, in order to their being conveyed home: while the British were to be conducted to their various parishes. The streets and bridges of the metropolis were speedily cleared of seamen, and Britain thus exonerated of what might be considered a reflection on her national character.

Early this year (1817) the parish of Shoreditch was fully included in the limits of the Spitalfields Benevolent Association, in exploring which scenes of peculiar distress were discovered, which the limits of

* See Page 1.

this little work forbid detailing, one fact may serve as a specimen: On one of the cold nights early in January a family was discovered literally laying on straw, without a blanket or coverlet, and no fire; though near ten o'clock a large double blanket was purchased with directions how to raise more apparel the ensuing day. The feelings of gratitude created by this providential supply in this family cannot well be described, even the lisping infant partook of the general joy; while "good night" vibrated through every heart.

Before he closes the second edition of this little work the writer has pleasure in noticing the labours of the Spitalfields Association, and the Spitalfields Benevolent Society for visiting and relieving the sick and distressed poor at their own habitations. By visiting from house to house these committees have been a means of discovering real virtue in distress; while some, it is hoped, have been instrumental in pointing to the great Physician, and thus enjoy the exquisite pleasure of knowing "the blessing of him who was ready to perish to come upon him, and the widow's heart to sing for joy." *Job.*

By progressive improvement the plans pursued by these Societies are worthy of imitation by the numerous parochial and

district associations, so seasonably formed and forming to meet the exigencies of the times; and without a similar plan of personal and persevering investigation the funds will necessarily be distributed partially, for while it is indiscriminately given the bold and idle beggar will carry away and often squander what, by a judicious visitation, would have been gratefully received by retired and unobtrusive virtue, pining in obscurity.

Besides the weekly pecuniary assistance, employment is given to shoemakers, tailors, &c. &c. who are making shoes, altering wearing apparel, &c. while women are engaged in needle-work; and an active Committee of Ladies visit and superintend the female department. Rice is purchased and reduced as low as two-pence per pound; fish at three halfpence; soup tickets are issued, which entitle the holder to good soup at a halfpenny and a penny per quart; and good coals and measure at eight-pence per bushel; blanket tickets, shoe tickets, wearing apparel tickets, and paliasses are distributed gratis. A large quantity of fish is brought into the market; and thus while fishermen are employed an additional supply of fish is obtained, and consequently butchers' meat reduced. The committee, it appears, purchase the whole four quar-

ters, without offal, for three-pence per pound, another means of reducing meat, so many years at such an exorbitant price; and by the large quantities of potatoes now used, may it not be hoped the monopoly of grain will be reduced also. Let the benevolent societies follow up and improve on these plans of relief and employment, and the most salutary effects will be induced.

Feb. 1, 1817.

APPENDIX.

THE Fever Institution * of London has brought the tepid bath much into practice in their excellent asylum: and that Institution is now happily enlarging its scale to embrace not only the cases of typhus but of scarlet fevers also. It has in a few years been remarkably blessed in the removal of disease, and recovery of patients, and, by purifying the apartments of the poor and diseased, of attacking, conquering, and cleansing some of the strongest holds of contagious and epidemic diseases, and introducing health, cleanliness, and industry in them.

Fearing the interesting reports of this and similar institutions may be out of the reach of my readers, the following extract for purifying ships, hospitals, &c. is given, and certainly should be placed in a conspicuous part, and in every ship.

* Vide Reports of Fever Institution of London, Trotter, Lind, Pringle, Smith, &c.

“ Rules to be observed in the Apartments of those who are confined by infectious Fevers.

“ 1. IT is of the utmost importance to the sick and their attendants that there be a constant admission of fresh air into the room, and especially about the patient's bed; the door, or a window should therefore be kept open both day and night, care being taken to prevent the wind from blowing directly on the patient.

“ 2. An attention to cleanliness is indispensable: the linen of the patient should be often changed; and the dirty clothes, &c. should be immediately put into fresh cold water, and afterwards well washed: the floor of the room should be cleansed every day with a mop, and all discharges from the patient should be immediately removed, and the utensils washed.

“ 3. Nurses and attendants should endeavour to avoid the patient's breath, and the vapour from the discharges; or, when that cannot be done, they should hold their breath for a short time: they should place themselves, if possible, on that side of the bed from which the current of air carries off the infectious vapours.

“ 4. Visitors should not come near the sick, nor remain with them longer than is absolutely necessary, they should not swallow

their spittle, but should clear their mouth and nostrils when they leave the room.

“ 5. No dependance should be placed on vinegar, camphor, or other supposed preventatives, which, without attention to *cleanliness* and admission of *fresh* air, are not only useless, but by their strong smell render it impossible to perceive when the room is filled with bad air or noxious vapours.

“ N.B. If these rules be strictly observed, an infectious Fever will seldom, if ever, be communicated; but if they be neglected, especially where the patient is confined to a small room, scarcely one person in fifty who may be exposed to it can resist the contagion; even infants at the breast do not escape it, though providentially less liable to be affected than adults.

“ * * * Since infection originates in close, crowded, and dirty rooms, those who make a practice of admitting the fresh air at some convenient time every day, and of frequently cleansing and fumigating* their apartments, and washing the walls with quick lime mixed with water, may be assured they will preserve their families from malignant fevers, as well as from other diseases.”

* The process of fumigation is as follows: Take an equal quantity of powdered nitre and strong vitriolic acid, or oil of vitriol, (about six drams of each are sufficient,) mix them in a tea-cup, stirring them occasionally with a tobacco-pipe or piece of glass; the cup must be removed occasionally to different parts of the room, and the fumes will continue to arise for several hours. The oil of vitriol should be in *quantity*, not *weight*.

The following Extracts are taken from a Pamphlet, called, "Friendly Advice to Labouring People and others." Sold by Hatchard, Piccadilly.

FOR the encouragement of those who may be depressed on account of the difficulty of the times, let them remember, that though bread and some other of the staple articles of life are even now very high, yet Providence, whose tender mercies are over all his works, has not been unmindful of them; and those who are humble enough to receive his blessings, he has not left to perish.

It is most certainly a mistaken notion, that potatoes are not a strengthening food. Where in the whole universe are there stronger or more healthymen, women, and children, than in Ireland? Where, from month's end to month's end, the greater part of them do not (because they cannot obtain it,) get a mouthful of bread, or of animal food, within their lips. Thus you see, my friends, what a blessing it is that potatoes may almost always be obtained good and cheap in this happy country!

But there is no necessity for any person who receives moderate wages, to live on potatoes alone, as we shall endeavour to prove; there being another source from whence the laborious poor in the country may be relieved in a very great degree; and of which I will venture to say, were they desirous of it, they might have many excellent meals, at one

fourth, or a less price, than they do now by living, or rather almost starving upon wheaten bread. I mean by their getting more into the habit of eating fish with potatoes. The poor about Spitalfields, in June 1812, were enabled to purchase mackerel at a penny a piece, and many persons put them in crocks with water, vinegar, and some salt, and baked them; and they kept good for a considerable time. Many poor persons, on the coast, cut them open, sprinkle some salt over them, and dry them, and they are thus kept till the winter; and when they are broiled and eaten with potatoes, they make an excellent meal for men, women, and children.

There is a pleasing circumstance recorded in the Agricultural Reports for Hampshire, about the year 1804, of the reward of five guineas having been given to a day-labourer, for keeping his family, consisting of himself, wife, and eight children, with great respectability, during that year of great scarcity, from the produce of his own individual labour, without any parochial or other assistance. The account he gave was, that living near Southampton, he purchased fish that were so small as not to be a very saleable commodity, especially flat fish, and made use of them, with potatoes, as their common food. Those that they could not eat fresh, were salted and dried; and in the winter, and when fresh fish could not be obtained, they used the salted ones: by this means, though in the winter, he received but two shillings a day, and in the

summer half a crown, he regularly paid his rent, and himself, wife, and children, were decently clad; and being favoured with health, they had never known the pressure of want.

To shew that there is little fear of a supply of mackerel, if there is encouragement for their being purchased, 500,000 were sold in London in one day, under $1\frac{1}{2}d.$ a piece.

It is a matter much to be lamented, that in a country, surrounded by the sea as we are, and such a fund of resources in it, that when, as is the case at this time, meat is at so extravagant a price, all ranks of people do not avail themselves of so great an advantage. There might be large supplies of fish, if persons would purchase them; but, because this is not the case, the fishermen give up the catching of mackerel, herrings, &c. and many thousands in the year are thrown into the Thames, because no persons will buy them. But let us all encourage the use of fish for food, the dearness of meat and other provisions would not be of near the importance, or cause near the distress it now does.

I have a pamphlet before me, from which I shall take an extract, which will prove I am not singular in the idea I have formed, *viz.* "There are innumerable acres of water which surround our coasts inexhaustible in nutritive and palatable food; where no preparatory system of husbandry is required; no seed to be committed to the soil; no ques-

tions about fruitful seasons; the fields are perpetually *white to harvest*; and we have only to reap the abundance which Providence has abundantly supplied."

What an amazing difference it would make in the consumption of meat in a town consisting of 7000 inhabitants, if they were by mutual consent to eat fish only, and a proportionate quantity of potatoes, two or three days in the week. And if this were followed up throughout the kingdom, every class of society would reap an astonishing benefit. The articles of consumption would always find their proper level; and the poor, if it were not their own fault, would never experience want or distress.

I shall now offer a few receipts, for the dressing wholesome, cheap, and nutritious food.

1. Fresh mackerel or herrings broiled are considered by some people preferable to their being boiled; and, eaten with potatoes, are an excellent meal.

2. *Potatoes and Cabbage*.—Potatoes boiled with one-third or one-fourth part of white or any other kind of cabbage, and one or more onions, and mashed up with pepper and salt, is an excellent dish, extremely cheap, palatable, and nourishing, and very wholesome food for children. You may add a small quantity of butter or dripping. This dish is to be found at the table of many persons of fortune, on account of its excellence; and

yet it is happily accessible to every poor person, on account of its extreme cheapness. It ought never to be lost sight of when large cabbages are in season.

3. *Rice Hodge Podge*.—Put one pound of rice into three quarts of boiling water, and let it remain for 20 minutes; then skim the water, and let it simmer gently over the fire, stirring it occasionally, until all the water is absorbed. Then add a large onion chopped, an ounce of salt, a tea-spoonful of ground black pepper, and two pounds of potatoes boiled, pared, and mashed up with four ounces of dripping, and stir the whole over the fire for about five minutes. It will be then fit for use; or it may still be improved by baking it in a pan for an hour.

4. *Rice and Barley Porridge*.—Put half a pound of rice and half a pound of Scotch barley into a gallon of water, and boil them very gently for four hours, over a slow fire. Then add two ounces of treacle, and half an ounce of salt, and let the whole simmer for half an hour more. It will produce eight pounds in weight, and will cost a penny a pound.

This is much used at Montrose, and in some other parts of Scotland, and has been greatly approved.

5. *Sweet Rice Pudding*.—Put a pound of rice in five pints of cold water, and boil it gently for two hours; by which time it will become of the consistency of thick paste:

then add two pints of skim milk, or equal parts of milk and water, and four ounces of treacle, and boil the whole very gently for another hour. It will produce near nine pounds of sweet rice pudding; and will cost rather more than a penny a pound.

This is recommended as a cheap, wholesome, and palatable food for children. It has been used in the county of Surry, and has given great satisfaction to those who have tried it.

6. *Savoury Rice*.—Put one pound of rice into three quarts of boiling water; let it remain for 20 minutes, then skim the water, and add one ounce of hog's lard or dripping, and a little salt, and let it simmer gently over the fire, closely covered, for an hour and a quarter, when it will be fit for use. If it is to be kept, it should be set by in an earthen pan covered with a wooden cover. It will produce rather more than eight pounds of savoury rice, which, if the rice is purchased at a moderate price, will not cost quite three farthings a pound.

This receipt is used by the Bishop of Durham, in the counties of Durham and Oxford; and above 2000 persons have for some time partaken of this savoury rice. Observe that in this and the other receipts, beer measure is used; a beer pint of water weighs rather better than a pound and a quarter.

7. *Baked Rice Pudding*.—Put a pound of rice into three quarts of skim milk, or

equal parts of milk and water; and add four ounces of treacle, (or a little pepper and salt) and bake it: it will make nearly eight pounds of pudding.

This is the receipt used at the Foundling Hospital. The rice is soaked over night in water.

Those who think they cannot do well without some portion of meat occasionally, should make this their first consideration, "That all families who have a small income should know how to make it go as far as possible in procuring a sufficient quantity of food; cloathing for themselves and children; and to lay by enough to pay their rent." The mode of living which too generally prevails at present is productive of great and unnecessary waste, without any one advantage.

Those who study economy will find it much to their advantage, if they use bread, to let it be two days' old before it is eaten. The consumption will not be so great by one-third; or, as the price of bread is, will be a saving of four-pence in a quartern loaf.

The housewife who roasts, broils, or bakes her meat, generally wastes one-third part of the nutriment, which is either dried up, or runs into the fire: while she who boils her meat without converting the pot-liquor into soup, throws away at least one half of the substance.

8. If to every quart of the pot-liquor of boiled meat, an ounce of Scotch barley be

added, and also an onion, turnip, or any vegetable, with sufficient pepper and salt, an additional meal might be obtained.

9. *Peas' Soup*.—To a gallon of pot-liquor, as above, add a quart of split peas, four pounds of mashed potatoes, five or six onions or leeks, turnips, and sufficient salt and pepper; boil it gently for two hours, keeping the lid on the pot, to prevent its boiling away. If such should be the case, the quantity should be made up by adding boiling water. If the pot-liquor is from salted pork or beef, the peas should be boiled in soft water by themselves, and then added to the liquor. To prevent the consumption of bread, a pound of Scotch barley may be added. The above quantity would be a meal for a man, his wife, and six children, and would not cost more than sixteen-pence, provided the articles were not immoderately dear.

10. It is not generally known, but it is nevertheless the fact, that the fat of meat gives the great part of the relish and flavour that is contained in broths and soups; for which purpose it will be necessary to say a few words how it can be beneficially applied, so as to be used as nutritious and agreeable food, and without offending the stomach. I shall therefore give a receipt for making excellent broth, where little bread will be necessary to be used. When mutton, or beef, or veal, or indeed pork is roasted or baked, be careful to save all the dripping. To eight table spoonsful

of which add six ounces of Scotch barley, three ounces of oatmeal or flour, but the latter is preferable, five or six onions or leeks, pepper and salt sufficient; water a gallon. First, let the dripping be mixed up well with the flour and oatmeal, and put in the pot with the Scotch barley; let it boil for half an hour, with the pot covered, then add the leeks, pepper and salt, and let it boil half an hour longer, and there will be a meal for six persons. To make up the quantity of dripping, beef or mutton suet, or bacon may be added; and if pork dripping is used, you may make some excellent peas' soup by preparing it in the way recommended in the ninth receipt; the pork dripping added to the water being equal to pot-liquor. I shall make this observation, that when there is a quantity of fat swimming on the top of the pot, do not throw it away, but skim it off, and add either oatmeal or flour to it; it will unite to the water, and will not be offensive to the most delicate stomach.

The frugal mother who feeds her children morning and evening with THICK GRUEL, with milk, or a little treacle, and who will stew her meat at home, sometimes with potatoes and onions, and at other times with Scotch barley and vegetables, VARYING THE DISH OCCASIONALLY, will find, on trying the experiment, that a family thus fed will spend much less money, and will fare twice as well.

By trying these receipts in various ways,

the best and cheapest mode will soon be discovered; and by avoiding the public-house, comforts will be experienced, to which multitudes of the labouring people are at present strangers. And, independently of the evil of bad health, and an increase of bad morals, which arise from habitual drinking, let it constantly be borne in mind—

That two quarts of ale or porter a day at *5d.* will cost by the year *15l. 4s. 2d.*; one quart costs *7l. 12s. 1d.*; and a pint *3l. 16s. 0½d.*; a quart of ale or porter a day, costs *2s. 11d.* a week.

It is to be feared the poor man's income is too often eaten up by the public-house; and that a vast deal of misery to families arises from the want of a sufficient portion of virtue and resolution to withstand evil temptations.

Masters, feeling the importance of these truths, *will pay their men as early on Saturday evening as convenient, and that not at a Public House*; for by the former the industrious wife would have an opportunity of regulating her weekly concerns in time, and by the latter the husband would be exempt from paying out of his earnings every Saturday night a certain sum for beer, which is a most baneful practice, and injurious to the whole family; for it is well known, that men have frequently spent a considerable part of their earnings before they have left the tap, which sufficiently evinces the impropriety of such a practice.

To be happy and comfortable, a labouring man must be sober, frugal, and industrious. He can never want friends, for the first persons in the land will be ready to countenance and support him. To deserve this, however, all unnecessary waste in consumption must be avoided; something must be saved for house-rent and apparel, and for school-wages for the children. This only can be done by frugal habits—by studying the best means of living well on a little, and by making that little go as far as possible.

Those excellent institutions, **SAVING BANKS**, are now coming forward to public notice, and merit the regard of every sober industrious man. And were the money so often thrown away in public-houses, tea-gardens, &c. deposited in those Banks, what an encouragement it would be to sobriety, industry, and domestic happiness.

To Gentlemen, and those who take the lead in Parishes; to Overseers of the Poor; Governors or Guardians of Houses of Industry; and Committees of large Establishments; such as Charitable Institutions, Manufactories, &c.

THERE is scarcely a town in England, but there are some philanthropic characters who

are willing to advocate the cause of the poor, many of whom labour under the disadvantage of never having been in the way of studying habits of economy. The benevolent are therefore imperiously called upon at this time to assist them by encouragement and advice, as well as to obtain the means whereby they can be assisted. By proper exertion, fish may be obtained all over the kingdom; it has been obtained at Rotherham, Sheffield, and other manufacturing towns. The poor have for several years suffered many privations; and if by some of the hints now offered to them, or by some improvements on them, their situations can be ameliorated, it would be a national benefit. At the same time, let it be remembered, that while any means are made use of to make the habitations of the poor comfortable, it in an extensive degree renders parochial relief less necessary. If the poor could be prevailed on to accept this mode of living, it would certainly have the effect to lessen the consumption of bread, corn, and meat, which would effectually cause a reduction in the price of provisions, much to the advantage of Society at large. The poor, by this plan, would be better fed, and with wholesome, palatable, and nutritious food.

In the preceding narrative of facts an attentive reader will not fail to observe the effi-

cacy of HERBS. The following brief description of some of those best known and experienced are given in the hope of its leading more to this interesting, and when properly appreciated, pleasing study. All nature is simple and grand, and it appears that the God of nature has provided a plant or herb suitable to every disease.

VALERIAN	For the Nerves.
POLIPODY	As a Laxative.
SPLEEN WORT	} For the Hypochondriac or Melancholy.
CENTARY, HYSSOP, & OAK-LUNGS	
ELECAMPANE, CEN- TARY, & COMFREY ROOT	} As a general strengthener to the Stomach; for clearing the Bowels, Head, &c.
ROSEMARY	
CENTARY	} For Head-ache arising from the Bile.

The Writer has mentioned these herbs only, the beneficial tendency of which he has observed: for farther information he refers his reader to the Works of Sir JOHN HILL. It would be serviceable to humanity were any liberal Bookseller to collect and re-print the valuable Works of Sir JOHN HILL.

THE END.

ERRATUM.

Page 33, lines 9 and 10, for 2d chapter of Luke, verse 39,
read Luke xxiii. 39—44.