

**Domestic medicine : or, a treatise for the prevention and cure of diseases, by regimen and simple medicines : With an appendix, containing a dispensatory for private practitioners. ... containing new treatises on sea-bathing, mineral waters, vaccine, inoculation, &c.; &c.; / by W. Buchan.**

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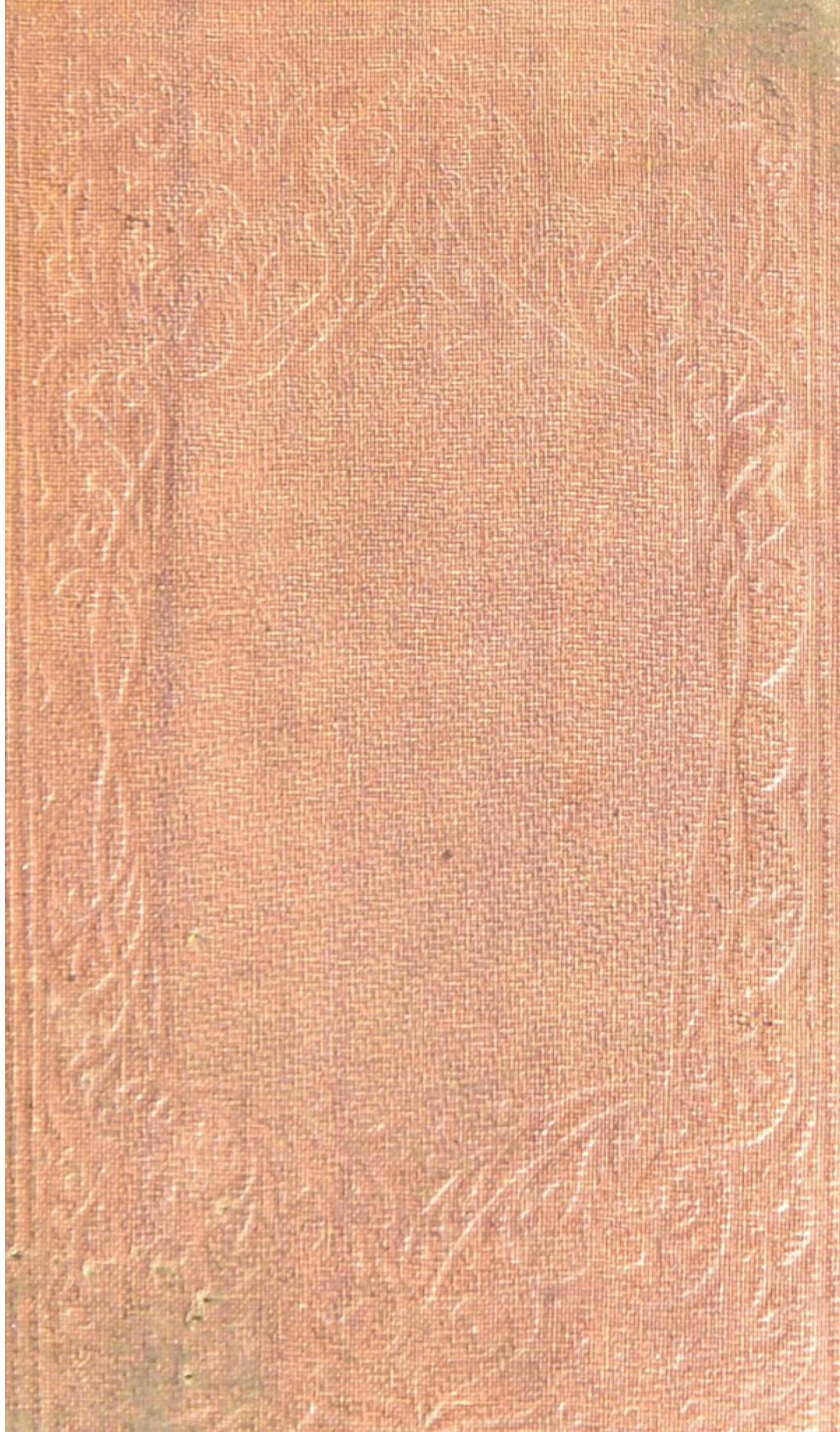
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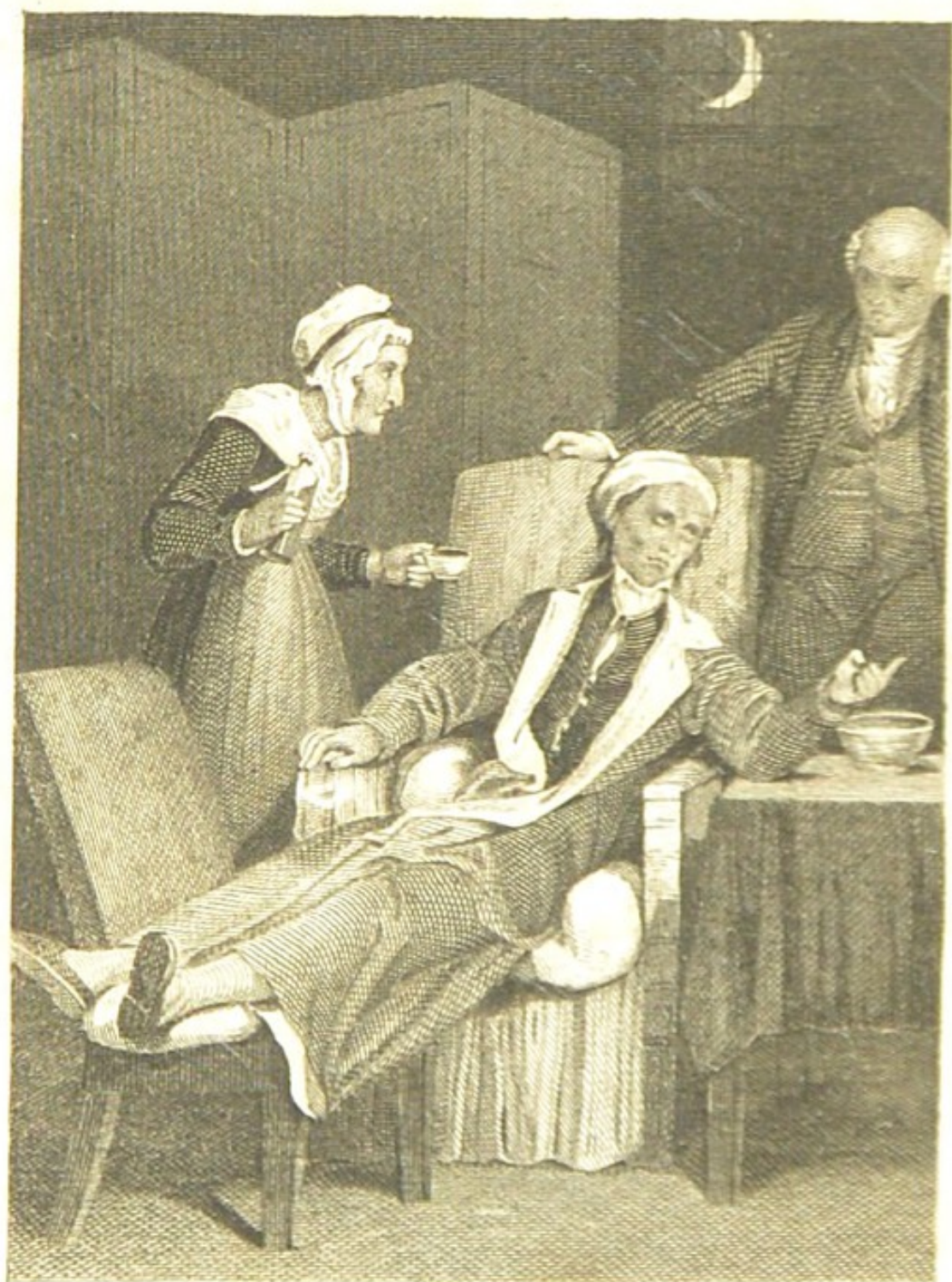
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Domestic Medicine.



Halifax.

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DOMESTIC MEDICINE :  
OR,  
A TREATISE  
FOR  
THE PREVENTION AND CURE  
OF  
DISEASES,  
BY REGIMEN AND SIMPLE MEDICINES :  
WITH  
AN APPENDIX,  
CONTAINING  
A DISPENSATORY FOR PRIVATE PRACTITIONERS.

BY W. BUCHAN, M.D.,  
FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS, EDINBURGH.

A NEW EDITION,  
CONTAINING NEW TREATISES ON SEA-BATHING, MINERAL  
WATERS, VACCINE INOCULATION, &c., &c.

HALIFAX :  
MILNER AND SOWERBY.

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1856.



AMERICAN MEDICAL

A JOURNAL

OF THE

PROGRESS

OF MEDICINE

AND SURGERY

IN THE UNITED STATES

AND FOREIGN COUNTRIES

A MONTHLY PUBLICATION

EDITED BY

JOHN A. COOPER

NEW YORK



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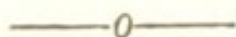
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# PREFACE.



WHEN I first signified my intention of publishing the following sheets, I was told, by my friends, it would draw on me the resentment of the whole Faculty. As I never could entertain such an unfavourable idea, I was resolved to make the experiment, which indeed came out pretty much as might have been expected. Many, whose learning and liberality of sentiments do honour to medicine, received the book in a manner which at once showed their indulgence, and the falsity of the opinion *that every Physician wishes to conceal his art*; while the more selfish and narrow-minded, generally the more numerous in every profession, have not failed to persecute both the book and its Author.

The reception, however, which this work has met with from the public, merits my most grateful acknowledgments. As the best way of expressing these, I have endeavoured to render it more generally useful, by adding many articles which had been entirely omitted in the former impression. It is needless to enumerate these additions: I shall only say, that I hope they will be found real improvements.

The application of medicine to the various occupations of life, has been in general the result of observation. An extensive practice for several years, in one of the largest manufacturing towns in England, afforded me sufficient opportunities of observing the injuries which these useful people sustain from their particular employments, and likewise of trying various methods of obviating such injuries. The success which attended these trials was sufficient to encourage this attempt, which I hope will be of use to those who are under the necessity of earning their bread by such employments as are unfavourable to health.

The observations concerning Air, Exercise, &c. are of a more general nature, and have not escaped the at-

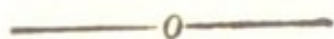
tention of physicians in any age. They are subjects of too great importance, however, to be passed over in an attempt of this kind, and can never be sufficiently recommended. The man who pays a proper attention to these, will seldom need a physician; and he who does not, will seldom enjoy health, let him employ as many physicians as he pleases.

In the treatment of diseases, I have been peculiarly attentive to regimen. The generality of people lay too much stress upon Medicine, and trust too little to their own endeavours. It is always in the power of the patient, or of those about him, to do as much towards his recovery as can be effected by the physician. By not attending to this, the designs of Medicine are often frustrated; and the patient, by pursuing a wrong plan of regimen, not only defeats the Doctor's endeavours, but renders them dangerous.

To render the book more generally useful, however, as well as more acceptable to the intelligent part of mankind, I have, in most diseases, besides regimen, recommended some of the most simple and approved forms of medicine, and added such cautions and directions as seemed necessary for their safe administration.



## BUCHAN'S DOMESTIC MEDICINE.



### OF THE KNOWLEDGE AND CURE OF DISEASES.

THE cure of diseases does not depend so much upon scientific principles. By attending and observing the various occurrences in diseases, a great degree of accuracy may be acquired in distinguishing their symptoms, and in the application of medicines. Hence nurses often foresee the patient's fate sooner than those who have been bred to physic.

Disease may be considered as an assemblage of symptoms, and must be distinguished by those which are most obvious and permanent. Therefore it will be best to give a full description of each particular disease as it occurs; and where the symptoms of one disease have a near resemblance to those of another, to notice that circumstance, and at the same time to point out the peculiar symptoms by which it may be distinguished. By a due attention to these, the investigation of diseases will be found to be a less difficult matter than at first imagined.

Attention to the patient's age, sex, temper of mind, constitution, and manner of life, will assist, both in the investigation and treatment of diseases.

In childhood the fibres are lax and soft, the nerves extremely irritable, and the fluids thin; whereas in old age, the fibres are rigid, the nerves become almost insensible, and many of the vessels impervious. These peculiarities render the diseases of the young and aged very different, hence a different method of treatment.



Females are liable to many diseases which do not afflict the other sex : the nervous system being more irritable than in men, their diseases require greater caution. They cannot bear large evacuations ; and stimulating medicines ought to be given them sparingly.

A delicate person, who lives mostly within doors, must not be treated in the same manner as one who is hardy and robust, who is exposed to the open air.

The temper and mind ought to be attended to in diseases. When the mind is affected, the best medicine is to soothe the passions, to divert the mind, and to keep the patient as cheerful as possible.

Attention ought to be paid to the climate, or place where the patient lives, the air he breathes, his diet, &c. Such as live in low marshy situations are subject to many diseases which are unknown to the inhabitants of high countries. Those who breathe the impure air of cities, have many maladies to which the more happy rustics are strangers. Those who feed grossly, and take strong liquors, are liable to diseases which do not affect the temperate and abstemious, &c.

It will be proper to inquire, whether the disease be constitutional or accidental ; whether of long or short duration ; whether it proceeds from sudden alteration in the diet, manner of life, &c. The state of the body, and of the other evacuations, ought also to be inquired into : and if he can with ease perform all the vital and animal functions, as breathing, digestion, &c.

Lastly, inquire to what diseases the patient has been liable, what medicines were most beneficial to him ; if aversion to any particular drug, &c.

Diet is always the first thing to be attended to in the treatment of diseases.

Medicines are useful in their places ; and when taken with prudence may do much good ; but when



they are put in place of everything else, or administered at random, which is not seldom the case, they must do mischief.

Disease weakens the digestive powers. The diet ought, in all diseases, to be light and of easy digestion.

In all fevers, attended with inflammation, as pleurisies, thin gruels, wheys, watery infusions, roots, &c. are proper for the patient's food; they are the best medicines that can be taken.

The scurvy, that most obstinate malady, will sooner yield to a proper vegetable diet, than to all the boasted antiscorbutic remedies of the shops.

In consumptions, when the humours are vitiated, and the stomach so much weakened as to be unable to digest the solid fibres of animals or juices of vegetables, a diet consisting chiefly of *milk* will support the patient, and often cure the disease.

Nor is the attention of other things of less importance than diet. The strange infatuation to shut up the sick from all communication with the external air, not only in fevers but in other diseases; the patient will receive more benefit from having the fresh air prudently admitted into his chamber, than from all the medicines which can be given him.

Exercise may be considered as a medicine. Sailing, or riding on horseback, will be of more service in the cure of consumptions, &c. than any medicine yet known. In diseases which proceed from a relaxed state of the solids, the cold bath, and other parts of the gymnastic regimen, will be found equally beneficial.

## OF FEVERS IN GENERAL.

As one half of mankind is said to perish by fevers, it is of importance to be acquainted with their causes. The most general causes of fevers are, *infection, errors in diet, unwholesome air, violent emotions of the*



*mind, excess or suppression of usual evacuations, external or internal injuries, and extreme degrees of heat or cold.*

Fevers are the most frequent of all diseases. In the most simple species of fever there is always a combination of several different symptoms. The distinguishing symptoms of fever are, *increased heat, frequency of pulse, loss of appetite, general debility, pain in the head, and a difficulty in performing some of the vital or animal functions.* The other symptoms usually attendant on fevers are, nausea, thirst, anxiety, delirium, weariness, wasting of the flesh, want of sleep, or the sleep disturbed and not refreshing.

When the fever comes on gradually, the patient generally complains first of languor, or listlessness, soreness of the flesh or the bones, heaviness of the head, loss of appetite, sickness, and clamminess of the mouth; after some time come on excessive heat, violent thirst, restlessness, &c.

When the fever attacks suddenly, it always begins with an uneasy sensation of excessive cold, accompanied with debility and loss of appetite; frequently the cold is attended with shivering, oppression about the heart, and sickness at the stomach, or vomiting.

Fevers are divided into continual, remitting, intermitting, and such as are attended with cutaneous eruption or topical inflammation, as the small-pox, erysipelas, &c. By a continual fever is meant that which never leaves the patient during the whole course of the disease, or which shows no remarkable increase or abatement in the symptoms. This kind of fever is likewise divided into acute, slow, and malignant. The fever is called *acute* when its progress is quick and the symptoms violent; but when these are more gentle, it is generally denominated *slow*. When livid or petechial spots show a putrid state of the humours, the fever is called *malignant, putrid, or petechial*.



A remitting fever differs from a continual only in degree. It has frequent increases and decreases, or exacerbations and remissions, but never wholly leaves the patient during the course of the disease. Intermitting fevers, or agues, are those which, during the time that the patient may be said to be ill, have evident intervals or remission of the symptoms.

Almost every person in a fever complains of great thirst, and calls out for drink, especially of a cooling nature. This at once points out the use of water, and other cooling liquors. What is so likely to abate the heat, attenuate the humours, remove spasms and obstructions, promote perspiration, increase the quantity of urine, and, in short, produce every salutary effect in an ardent and inflammatory fever, as drinking plentifully of water, thin gruel, or any other weak liquor of which water is the basis? The necessity of diluting liquors is pointed out by the dry tongue, the parched skin, and the burning heat, as well as by the unquenchable thirst of the patient.

Many cooling liquors, which are extremely grateful to patients in a fever, may be prepared from fruits, as decoction of tamarinds, apple-tea, orange-whey, and the like. Mucilaginous liquors might also be prepared from marshmallow roots, linseed, lime-tree buds, and other mild vegetables. These liquors, especially when acidulated, are highly agreeable to the patient, and should never be denied him.

Though the patient in a fever has the greatest inclination for drink, yet he seldom has any appetite for solid food: hence the impropriety of urging to take victuals is evident. Solid food in a fever is hurtful. It oppresses nature, and serves only to feed the disease. What food the patient takes, should be in small quantity; light, and of easy digestion. It ought to be chiefly of the vegetable kind.



Nothing is more desired by a patient in a fever than fresh air. It not only removes his anxiety, but cools the blood, revives the spirits, and proves every way beneficial.

Nothing spoils the air of a sick person's chamber, or hurts the patient more than a number of persons breathing in it. When the blood is inflamed, or the humours in a putrid state, air that has been breathed repeatedly will greatly increase the disease.

In fevers, when the patient's spirits are low and depressed, he is not only to be supported with cordials, but every method should be taken to cheer and comfort his mind.

It is a common notion, that sweating is always necessary in the beginning of a fever. When the fever proceeds from an obstructed perspiration, this notion is not ill founded. If the patient only lie in bed, bathe his feet and legs in warm water, and drink plentifully of warm water gruel, or any other weak diluting liquor, he will seldom fail to perspire freely.

In fevers, attention should be paid to the patient's longings. Patients are not to be indulged in every thing that the sickly appetite may crave; but it is generally right to let them have a little of what they eagerly desire, though it may not seem altogether proper. What the patient longs for, his stomach will generally digest; and such things have sometimes a very happy effect.

When a patient is recovering from a fever, great care is necessary to prevent a relapse. Many persons, by too soon imagining themselves well, have lost their lives, or contracted other diseases of an obstinate nature. As the body after a fever is weak and delicate, it is necessary to guard against catching cold. Moderate exercise in the open air will be of use, but great fatigue is by all means to be avoided: agreeable company will also have a good effect. The diet must be light, but nourishing. It should



be taken frequently, but in small quantities. It is dangerous, at such a time, to eat as much as the stomach may crave.

## OF INTERMITTING FEVERS, OR AGUES.

INTERMITTING fevers afford the best opportunity, both of observing the nature of a fever, and also the effects of medicine. No person can be at a loss to distinguish an intermitting fever from any other, and the proper medicine for it is now almost universally known.

CAUSES.—Agues are occasioned by effluvia from putrid stagnating water. This disease may also be occasioned by eating too much stone fruit, by a poor watery diet, damp houses, evening dews, lying upon the damp ground, watching, fatigue, depressing passions, and the like. When the inhabitants of a high country remove to a low one, they are generally seized with intermitting fevers, and to such the disease is most apt to prove fatal.

SYMPTOMS.—An intermitting fever generally begins with a pain of the head and loins, weariness of the limbs, coldness of the extremities, stretching, yawning, with sometimes great sickness and vomiting; to which succeed shivering and violent shaking. Afterwards the skin becomes moist, and a profuse sweat breaks out, which generally terminates the fit. Sometimes the disease comes on suddenly, when the patient thinks himself in perfect health.

REGIMEN.—While the fit continues, the patient ought to drink freely of water-gruel, orange-whey, weak camomile-tea; or, if his spirits be low, small wine-whey, sharpened with the juice of lemon. All his drinks should be warm.

Between the paroxysms, the patient must be supported with food that is nourishing, but light and of easy digestion, as veal or chicken broths, sago,



gruel with a little wine, light puddings, and such like. His drink may be small negus, acidulated with the juice of lemons or oranges, and sometimes a little weak punch. He may drink infusions of bitter herbs, as camomile, wormwood, or water-trefoil.

As the chief intentions of cure in an ague are to brace the solids, and promote perspiration, the patient ought to take as much exercise between the fits as he can bear.

Intermitting fevers, under a proper regimen, will often go off without medicine; and when the disease is mild, in an open dry country, there is seldom any danger from allowing it to take its course; but when the patient's strength seems to decline, or the paroxysms are so violent that his life is in danger, medicine ought immediately to be administered. This, however, should never be done till the disease be properly formed, that is to say, till the patient has had several fits of shaking and sweating.

MEDICINE.—The first thing to be done in the cure of an intermitting fever, is to cleanse the stomach and bowels. Vomits are therefore to be administered before the patient takes any other medicine. A dose of ipecacuanha will generally answer this purpose very well. A scruple or half a dram of the powder will be sufficient for an adult, and for a younger person the dose must be less in proportion. After the vomit begins to operate, the patient ought to drink plentifully of weak camomile-tea. The vomit should be taken two or three hours before the return of the fit, and may be repeated at the distance of two or three days.

Purging medicines are likewise useful and often necessary in intermitting fevers. A smart purge has been known to cure an obstinate ague, after the Peruvian bark and other medicines had been used in vain. Vomits, however, are more suitable in this disease, and render purging less necessary: but if



the patient be afraid to take a vomit, he ought in this case to cleanse the bowels by a dose or two of Glauber's salt, jalap, or rhubarb.

Bleeding may sometimes be proper at the beginning of an intermitting fever, when excessive heat, a delirium, &c. give reason to suspect an inflammation; but as the blood is seldom in an inflammatory state in intermitting fevers, this operation is rarely necessary. When frequently repeated it tends to prolong the disease.

After proper evacuation, the patient may safely use the Peruvian bark, which may be in any way that is most agreeable to him.

Two ounces of the best Peruvian bark, finely powdered, may be divided into twenty-four doses. These may either be made into boluses, as they are used, with a little syrup of lemon, or mixed in a glass of red wine, a cup of camomile-tea, water-gruel, or any drink agreeable to the patient.

In an ague which returns every day, one of the above doses may be taken every two hours during the interval of the fits. By this method, the patient will be able to take five or six doses between each paroxysm. In a tertian, or third day ague, it will be sufficient to take a dose every third hour, during the interval, and in a quartan every fourth. If the patient cannot take so large a dose of the bark, he may divide each of the powders into two parts, and take one every hour, &c. For a young person, a smaller quantity of this medicine will be sufficient, and the dose must be adapted to the age, constitution, and violence of the symptoms.

The above quantity of bark will frequently cure an ague; the patient, however, ought not to leave off taking the medicine as soon as the paroxysms are stopped, but should continue to use it till there is reason to believe the disease is entirely overcome. Most of the failures in the cure of this disease are owing to patients not continuing to use the medicine long enough.



An ounce of gentian root, calamus aromaticus, and orange-peel, of each half an ounce, with three or four handfuls of camomile-flowers, and a handful of coriander seeds, all bruised together in a mortar, may be used in the form of infusion or tea. About half a handful of these ingredients may be put into a tea-pot, and an English pint of boiling water poured upon them. A cup of this infusion drunk two or three times a day, will greatly promote the cure.

Those who cannot swallow the bark in substance, may take it in decoction or infusion. An ounce of bark in powder may be infused in a bottle of white wine for four or five days, frequently shaking the bottle; afterwards let the water subside, and pour off the clear liquor. A wine-glass may be drunk three or four times a day, or oftener, as there is occasion. If a decoction be more agreeable, an ounce of the bark, and two drachms of snake-root bruised, with an equal quantity of salt of worm-wood, may be boiled, in a quart of water, to an English pint. To the strained liquor may be added an equal quantity of red wine, and a glass of it taken frequently.

In obstinate agues, the bark will be found much more efficacious when assisted by brandy or other warm cordials, than if taken alone. This I have had frequently occasion to observe in a country where intermitting fevers were endemical.

As autumnal and winter agues generally prove much more obstinate than those which attack the patient in spring or summer, it will be necessary to continue the use of medicines longer in the former than in the latter. He ought likewise to take care not to be much abroad in wet weather, especially in cold easterly winds.

When agues are not properly cured, they often degenerate into obstinate chronical diseases, as the dropsy, jaundice, &c. For this reason all possible care should be taken to have them radically cured, before the constitution has been too much weakened.



Where agues are endemical, even children are often afflicted with that disease. Such patients are very difficult to cure, as they can seldom be prevailed upon to take the bark, or any other disagreeable medicine. One method of rendering this medicine more palatable is to make it into a mixture with distilled waters and syrup, and afterwards to give it an agreeable sharpness with the elixir or spirit of vitriol. This both improves the medicine and takes off the nauseous taste. In cases where the bark cannot be administered, the *saline mixture* may be given with advantage to children.

Wine-whey is a very proper drink for a child in an ague; to an English pint of which may be put a tea-spoonful of the spirit of hartshorn. Exercise is likewise of considerable service; and when the disease proves obstinate, the child ought, if possible to be removed to a warm dry air. The food ought to be nourishing, and sometimes a little generous wine should be allowed.

To children, and such as cannot swallow the bark, or when the stomach will not bear it, it may be given by clyster. Half an ounce of the extract of bark dissolved in four ounces of warm water, with the addition of half an ounce of sweet oil, and six or eight drops of laudanum, is the form recommended by Dr. Lind for an adult, and this is to be repeated every fourth hour, or oftener, as the occasion shall require. For children the quantity of extract and laudanum must be proportionably lessened. Children have been cured of agues by making them wear a waistcoat with bark quilted between the folds of it: by bathing them frequently in a strong decoction of the bark, and by rubbing the spine with strong spirits, or with a mixture of equal parts of laudanum and the saponaceous liniment.

We have been the more full upon this disease, because it is very common, and because few patients in an ague apply to physicians unless in extremities.



To prevent agues, people must endeavour to avoid their causes. These have been already pointed out in the beginning of this section; we shall therefore only add one preventive medicine, which may be of use to such as are obliged to live in low marshy countries, or who are liable to frequent attacks of this disease.

Take an ounce of the best Peruvian bark: Virginian snake-root, and orange-peel, of each half an ounce; bruise them all together, and infuse for five or six days in a bottle of brandy, Hollands gin, or any good spirit; afterwards pour off the clear liquor, and take a wine-glass of it twice or thrice a day. This, indeed, is recommending a dram; but the bitter ingredients in a great measure take off the ill effects of the spirit. Those who do not choose it in brandy may infuse it in wine; and such as can bring themselves to chew the bark will find that method succeed very well. Gentian-root, or *calamus aromaticus*, may also be chewed by turns for the same purpose. All bitters seem to be antidotes to agues, especially those that are warm and astringent.

Nothing is more essential in the cure of agues than a change of air, which cannot be too strongly recommended, and without which all the efforts of medical skill are sometimes exerted in vain.

## OF AN ACUTE CONTINUAL FEVER.

THIS fever is denominated acute, ardent, or inflammatory. It most commonly attacks the young, or persons about the prime and vigour of life, especially such as live high, abound with blood, and whose fibres are strong and elastic. It seizes people at all seasons of the year; but is most frequent in the spring and the beginning of summer.

CAUSES.—An ardent fever may be occasioned by any thing that overheats the body, or produces ple-



thora, as violent exercise, sleeping in the sun, drinking strong liquors, eating spiceries, a full diet with little exercise, &c. It may likewise be occasioned by whatever obstructs the perspiration, as lying on the damp ground, drinking cold liquor when the body is hot, night watching, or the like.

**SYMPTOMS.**--A rigour or chillness generally ushers in this fever, which is soon succeeded by great heat, a frequent and full pulse, pain of the head, dry skin, redness of the eyes, a florid countenance, pains in the back, loins, &c. To these succeed the difficulty of breathing, sickness with an inclination to vomit. The patient complains of thirst, has no appetite for solid food, is restless, and his tongue generally appears black and rough.

A delirium, excessive restlessness, great oppression of the breast, with laborious respiration, starting of the tendons, hiccup, cold clammy sweats, and an involuntary discharge of urine, are very dangerous symptoms.

As this disease is always attended with danger, the best medical assistance ought to be procured as soon as possible. A physician may be of use at the beginning, but his skill is often of no avail afterwards.

**REGIMEN.**—From the symptoms of this disease, it is evident that the blood and other humours require to be attenuated; that the perspiration, urine, saliva, and all the other secretions, are in too small a quantity; that the vessels are rigid, and the heat of the whole body too great; all these clearly point out the necessity of a regimen calculated to dilute the blood, correct the acrimony of the humours, allay the excessive heat, remove the spasmodic stricture of the vessels, and promote the secretions.

These important purposes may be greatly promoted by drinking plentifully of diluting liquors; as water-gruel, or oatmeal tea, clear whey, barley-



water, balm-tea, apple-tea, &c. These may be sharpened with juice of orange, jelly of currants, raspberries, and such like; orange-whey is likewise an excellent cooling drink. It is made by boiling among milk and water a bitter orange sliced, till the curd separates. If no orange can be had, a lemon, a little cream of tartar, or a few spoonsful of vinegar, will have the same effect. Two or three spoonsful of white wine may occasionally be added to the liquor when boiled.

If the patient be costive, an ounce of tamarinds, with two ounces of stoned raisins of the sun, and a couple of figs, may be boiled in three English pints of water to a quart. This makes a very pleasant drink, and may be used at discretion. The common pectoral decoction is likewise a very proper drink in this disease. A tea-cupful of it may be taken every two hours, or oftener, if the patient's heat and thirst be very great.

The above liquids must all be drunk a little warm. They may be used in smaller quantities at the beginning of a fever, but more freely afterwards, in order to assist in carrying off the disease by promoting the different secretions.

The patient's diet must be very spare and light. All sorts of flesh meats, and even chicken-broths, are to be avoided. He may be allowed groat-gruel, panado, or light bread boiled in water; to which may be added a few grains of salt, and a little sugar. He may eat roasted apples, a little jelly, boiled prunes, &c.

It will greatly relieve the patient, especially in a hot season, to have fresh air frequently let into his chamber. This, however, must always be done in such a manner as not to endanger his catching cold.

Sitting upright in bed, if the patient be able to bear it, will often have a good effect. It relieves the head, by retarding the motion of the blood to the



brain. But this posture ought never to be continued too long; and if the patient be inclined to sweat, it will be more safe to let him lie, only raising his head a little with pillows.

Sprinkling the chamber with vinegar, juice of lemon, or vinegar and rose-water, with a little nitre dissolved in it, will greatly refresh the patient. This ought to be done frequently, especially if the weather be hot.

The patient's mouth should be often washed with a mixture of water and honey, to which a little vinegar may be added, or with a decoction of figs in barley-water. His feet and hands ought likewise frequently to be bathed in lukewarm water; especially if the head be affected.

The patient should be kept as quiet and easy as possible. Company, noise, and every thing that disturbs the mind, is hurtful. Even too much light, or any thing that affects the senses, ought to be avoided. His attendants should be as few as possible, and they ought not to be too often changed. His inclinations ought rather to be soothed than contradicted; even the promise of what he craves will often satisfy him.

MEDICINE.—In this and all other fevers, attended with a hard, full, quick pulse, bleeding is of the greatest importance. This operation ought always to be performed as soon as the symptoms of an inflammatory fever appear. The quantity of blood to be taken away, however, must be in proportion to the strength of the patient and the violence of the disease. If after the first bleeding the fever should increase, and the pulse become more frequent and hard, there will be a necessity for repeating it a second time, and perhaps a third, and even a fourth time, which may be done at the distance of twelve, eighteen, or twenty-four hours from each other, as the symptoms require. If the pulse continues soft, and the patient be tolerably easy after the first bleeding, it ought not to be repeated.



If the heat and fever be very great, forty or fifty drops of the dulcified or sweet spirit of nitre may be made into a draught, with an ounce of rose-water, two ounces of common water, and half an ounce of simple syrup, or a bit of loaf sugar. This draught may be given to the patient every three or four hours when the fever is violent; afterwards once in five or six hours will be sufficient.

If the patient be afflicted with retching, or an inclination to vomit, it will be right to assist nature's attempts by giving him weak camomile tea, or lukewarm water to drink.

If the body be bound, a clyster of milk and water, with a little salt, and a spoonful of sweet oil or fresh butter in it, ought daily to be administered. Should this not have the desired effect, a tea-spoonful of magnesia alba, or cream of tartar, may be frequently put into his drink. He may likewise eat tamarinds, boiled prunes, roasted apples, and the like.

If about the tenth, eleventh, or twelfth day, the pulse becomes more soft, the tongue moister, and the urine begins to let fall a reddish sediment, there is reason to expect a favourable issue to the disease. But if, instead of these symptoms, the patient's spirits grow languid, his pulse sinks, and his breathing becomes difficult; with a stupor, trembling of the nerves, starting of the tendons, &c. there is reason to fear the consequences will be fatal. In this case, blistering plasters must be applied to the head, ankles, inside of the legs or thighs, as there may be occasion; poultices of wheat bread, mustard and vinegar, may likewise be applied to the soles of the feet; and the patient must be supported with cordials, as strong wine-whey, negus, sago-gruel with wine in it, and such like.

A proper regimen is not only necessary during the fever, but likewise after the patient begins to recover. By neglecting this, many relapse, or fall into other diseases, and continue valetudinary for life. Though the body be weak after a fever, yet



the diet for some time ought to be rather light than of too nourishing a nature. Too much food, drink, exercise, company, &c. are carefully to be avoided. The mind ought likewise to be kept easy, and the patient should not attempt to pursue study, or any business that requires intense thinking.

If the digestion be bad, or the patient be seized at times with feverish heats, an infusion of Peruvian bark in cold water will be of use. It will strengthen the stomach, and help to subdue the remains of the fever.

When the patient's strength is pretty well recovered, he ought to take some gentle laxative. An ounce of tamarinds and a drachm of senna may be boiled for a few minutes in a English pint of water, and an ounce of manna dissolved in the decoction; afterwards it may be strained, and a tea-cupful drunk every hour till it operates. This dose may be repeated twice or thrice, five or six days intervening.

## OF THE PLEURISY.

THE true pleurisy is an inflammation of that membrane called the *pleura*, which lines the inside of the breast. It is distinguished into the moist and dry. In the former the patient spits freely; in the latter, little, or none at all. There is likewise a species of this disease which is called the *spurious* or *bastard pleurisy* in which the pain is more external, and chiefly affects the muscles between the ribs. The pleurisy prevails among working people, especially such as work without doors, and are of a sanguine constitution. It is most frequent in the spring season.

CAUSES.—The pleurisy may be occasioned by whatever obstructs the perspiration; as cold northerly winds; drinking cold liquors when the body is hot; sleeping without doors on the damp ground; wet clothes; plunging the body into cold water, or



exposing it to the cold air, when covered with sweat, &c. It may likewise be occasioned by drinking strong liquors; by the stoppage of usual evacuations, as old ulcers, issues, sweating of the feet or hands, &c. the sudden striking in of any eruption, as the itch, the measles, and the small pox. Those who have been accustomed to bleed at a certain season of the year, are apt, if they neglect it, to be seized with a pleurisy. Keeping the body too warm by means of fire, clothes, &c. renders it more liable to this disease. A pleurisy may likewise be occasioned by violent exercise, as running, wrestling, leaping, or by supporting great weights, blows on the breast, &c. A bad conformation of the body renders persons more liable to this disease, as a narrow chest, a straitness of the arteries of the pleura, &c.

**SYMPTOMS.**—This, like most other fevers, generally begins with chilliness and shivering, which are followed by heat, thirst, and restlessness. To these succeeds a violent pricking pain in one of the sides among the ribs. Sometimes the pain extends towards the back bone, sometimes towards the forepart of the breast, and at other times towards the shoulder blades. The pain is generally most violent when the patient draws his breath.

The pulse in this disease is commonly quick and hard, the urine high-coloured; and if blood be let, it is covered with a tough crust, or buffy coat. The patient's spittle is at first thin, but afterwards it becomes grosser, and is often streaked with blood.

**REGIMEN.**—Nature generally endeavours to carry off this disease by a critical discharge of blood from some part of the body, by expectoration, sweat, loose stools, thick urine, or the like. We ought therefore to second her intentions by lessening the force of the circulation, relaxing the vessels, diluting the humours, and promoting expectoration.



For these purposes, the diet, as in the former disease, ought to be cool, slender, and diluting. The patient must avoid all food that is viscid, hard of digestion, or that affords much nourishment; as flesh, butter, cheese, eggs, milk, and also every thing that is of a heating nature. His drink may be whey, or an infusion of pectoral and balsamic vegetables.

Barley-water, with a little honey or jelly of currants mixed with it, is likewise a very proper drink in this disease. It is made by boiling an ounce of pearl barley in three English pints of water to two, which must be afterwards strained. The decoction of figs, raisins, and barley, recommended in the preceding disease, is here likewise very proper. These and other diluting liquors are not to be drunk in large quantities at a time; but the patient ought to keep continually sipping them, so as to render his mouth and throat always moist. All his food and drink should be taken a little warm.

The patient should be kept quiet, cool, and every way easy, as directed under the foregoing disease. His feet and hands ought daily to be bathed in lukewarm water; and he may sometimes sit up in his bed for a short space, in order to relieve his head.

MEDICINE.—Almost every person knows, when a fever is attended with a violent pain of the side, and a quick hard pulse, that bleeding is necessary. When these symptoms come on, the sooner this operation is performed the better; and the quantity at first must be pretty large, provided the patient be able to bear it. A large quantity of blood let at once in the beginning of a pleurisy, has a much better effect than repeated small bleedings. A man may lose twelve or fourteen ounces of blood as soon as it is certainly known that he is seized with a pleurisy. For a younger person, or one of a delicate constitution, the quantity must be less.

If, after the first bleeding, the stitch, and the other



violent symptoms, should still continue, it will be necessary, at the distance of twelve or eighteen hours, to let eight or nine ounces more. If the symptoms do not then abate, and the blood shows a strong buffy coat, a third or even a fourth bleeding may be requisite. If the pain of the side abate, the pulse become softer, or the patient begin to spit freely, bleeding ought not to be repeated. This operation is seldom necessary after the third or fourth day of the fever, and ought not then to be performed, unless in the most urgent circumstances.

The blood may be many ways attenuated without bleeding. There are likewise many things that may be done to ease the pain on the side, without this operation, as fomenting, blistering, &c. Fomentations may be made by boiling a handful of flowers of elder, camomile, and common mallows, or any other soft vegetable, in a proper quantity of water. The herbs may either be put into a flannel bag, and applied warm to the side, or flannel may be dipped in the decoction, afterwards wrung out and applied to the parts affected, with as much warmth as the patient can easily bear. As the cloths grow cool they must be changed, and great care taken that the patient do not catch cold. A bladder may be filled with warm milk and water, and applied to the side, if the above method of fomenting be found inconvenient. Fomentations not only ease the pain, but relax the vessels, and prevent the stagnation of the blood and other humours. The side may likewise be frequently rubbed with a little of the volatile liniment.

Topical bleeding has often a very good effect in this disease. It may either be performed by applying a number of leeches to the part affected, or by cupping, which is both a more certain and expeditious method than the other.

Leaves of various plants might likewise be appli-



ed to the patient's side with advantage. I have often seen great benefit from young cabbage leaves applied warm to the side in a pleurisy. These not only relax the parts, but likewise draw off a little moisture, and may prevent the necessity of blistering plasters; which, however, when other things fail, must be applied.

If the stitch continue after repeated bleedings, fomentations, &c. a blistering-plaster must be applied over the part affected, and suffered to remain for two days. This not only procures a discharge from the side, but takes off the spasm, and by that means assists in removing the cause of the disease. To prevent a strangury when the blistering-plaster is on, the patient may drink freely of the Arabic emulsion.

If the patient be costive, a clyster of thin water-gruel, or the barley-water, in which a handful of mallows, or any other emollient vegetable, has been boiled, may be daily administered. This will not only empty the bowels, but have the effect of a warm fomentation applied to the inferior viscera, which will help to make a derivation from the breast.

The expectoration may be promoted by sharp, oily, and mucilaginous medicines. For this purpose an ounce of the oxymel or the vinegar of squills, may be added to six ounces of the pectoral decoction, and two table-spoonsful of it taken every two hours.

Should the squill disagree with the stomach, the oily emulsion may be administered; or in place of it two ounces of the oil of sweet almonds, or oil of olives, and two ounces of the syrup of violets, may be mixed with as much sugar-candy powdered, as will make an electuary of the consistence of honey.

The patient may take a tea-spoonful of this frequently, when the cough is troublesome. Should oily medicines prove nauseous, which is sometimes



the case, two table-spoonsful of the solution of gum ammoniac in barley-water may be given three or four times a-day.

If the patient do not perspire, but has a burning heat upon his skin, and passes very little water, some small doses of purified nitre and camphire will be of use. Two drachms of the former may be rubbed with five or six grains of the latter in a mortar, and the whole divided into six doses, one of which may be taken every five or six hours, in a little of the patient's ordinary drink.

We shall only mention one medicine more, which some reckon almost a specific in the pleurisy, *viz.* the decoction of the seneka rattle-snake root. After bleeding and other evacuations have been premised, the patient may take two, three, or four-spoonsful of this decoction, according as his stomach will bear it; two or three ounces of simple cinnamon-water may be mixed with the quantity of decoction here directed; or it may be taken in smaller doses. As this medicine only promotes perspiration and urine, and likewise keeps the body easy, it may be of some service in a pleurisy, or any other inflammation of the breast.

No one will imagine that these medicines are all to be used at the same time. We have mentioned different things, on purpose that people may have it in their power to choose; and likewise, that when one cannot be obtained they may make use of another. Different methods are no doubt necessary in the different periods of a disorder; and where one fails of success or disagrees with the patient, it will be proper to try another.

What is called the crisis, or height of the fever, is sometimes attended with very alarming symptoms, as difficulty of breathing, an irregular pulse, convulsive motions, &c. These are apt to frighten the attendants, and induce them to do improper things, as bleeding the patient, giving him strong stimulat-



ing medicines, or the like. But they are only the struggles of nature to overcome the disease, in which she ought to be assisted by plenty of diluting drink, which is then peculiarly necessary. If the patient's strength, however, be much exhausted by the disease, it will be necessary at such times to support him with frequent small draughts of wine-whey, negus, or the like.

When the pain and fever are gone, it will be proper after the patient has recovered sufficient strength, to give him some gentle purges, as those directed towards the end of an acute continual fever. He ought likewise to use a light diet of an easy digestion, and his drink should be butter-milk, whey, and other things of a cleansing nature.

#### OF THE BASTARD PLEURISY.

That species of pleurisy which is called the *bastard* or *spurious*, generally goes off by keeping warm for a few days, drinking plenty of diluting liquors, and observing a cooling regimen.

It is well known by a dry cough, a quick pulse, and a difficulty of lying on the affected side: which last does not always happen in the true pleurisy. Sometimes, indeed, this disease proves obstinate, and requires bleeding, with cupping, and scarifications of the part affected. These, together with the use of nitrous and other cooling medicines, seldom fail to effect a cure.

#### OF THE PARAPHRENITIS.

The *paraphrenitis*, or inflammation of the diaphragm, is so nearly connected with the pleurisy, and resembles it so much in the manner of treatment, that it is scarcely necessary to consider it a separate disease.

It is attended with a very acute fever, and extreme



pain in the part affected, which is generally augmented by coughing, sneezing, drawing in the breath, taking food, going to stool, making water, &c. Hence the patient breathes quick, and draws in his bowels to prevent the motion of the diaphragm; is restless, anxious, has a dry cough, a hiccup, and often a delirium. A convulsive laugh, or rather a kind of involuntary grin, is no uncommon symptom of this disease.

Every method must be taken to prevent a supuration, as it is impossible to save the patient's life after this happens. The regimen and medicines are in all respects the same as in the pleurisy. We shall only add, that in this disease, emollient clysters are peculiarly useful, as they relax the bowels, and by that means make a derivation from the part affected.

### OF A PERIPNEUMONY, OR INFLAMMATION OF THE LUNGS.

As this disease affects an organ which is absolutely necessary to life, it must always be attended with danger. Persons who abound with thick blood, whose fibres are tense and rigid, who feed upon gross aliment, and drink strong viscid liquors, are most liable to a peripneumony. It is generally fatal to those who have a flat breast, or narrow chest, and such as are afflicted with an asthma, especially in the decline of life. Sometimes the inflammation reaches to one lobe of the lungs, only; at other times the whole of the organ is affected; in which case the disease can hardly fail to prove fatal.

When the disease proceeds from a viscid pituitous matter obstructing the vessels of the lungs, it is called a *spurious* or *bastard peripneumony*. When it arises from a thin acrid defluxion on the lungs, it is denominated a *catarrhal peripneumony*, &c.

CAUSES.—An inflammation of the lungs is some-



times a primary disease, and sometimes it is the consequence of other diseases, as a quinsey, a pleurisy, &c. It proceeds from the same causes as a pleurisy, viz. an obstructed perspiration from cold, wet clothes, &c. or from an increased circulation of the blood, by violent exercise, the use of spiceries, ardent spirits, and such like. The pleurisy and peripneumony are often complicated; in which case the disease is called *pleuro-peripneumony*.

**SYMPTOMS.**—Most of the symptoms of a pleurisy likewise attend an inflammation of the lungs; only in the latter the pulse is more soft, and the pain less acute; but the difficulty in breathing, and oppression at the breast, are generally greater.

**REGIMEN.**—As the regimen and medicines are in all respects the same in the true peripneumony as in the pleurisy, we shall not here repeat them, but refer the reader to the treatment of that disease. It may not, however, be improper to add, that the aliment ought to be more slender and thin in this than in any other inflammatory disease. The learned Dr. Arbuthnot asserts, that even common whey is sufficient to support the patient, and that decoctions of barley, and infusions of fennel roots in warm water with milk, are the most proper both for drink and nourishment. He also recommends the steam of warm water taken in by the breath, which serves as a kind of internal fomentation, and helps to attenuate the impacted humours. If the patient has loose stools, but is not weakened by them, they are not to be stopped, but rather promoted by the use of emollient clysters.

It has already been observed, that the *spurious*, or *bastard* peripneumony is occasioned by a viscid pituitous matter obstructing the vessels of the lungs. It commonly attacks the old, infirm, and phlegmatic in winter and wet seasons.

The patient at the beginning is cold and hot by turns, has a small quick pulse, feels a sense of weight



upon his breast, breathes with difficulty, and sometimes complains of a pain and giddiness of his head. His urine is usually pale, and his colour very little changed.

The diet, in this as well as in the true peripneumony, must be very slender, as weak broths, sharpened with the juice of orange or lemon, and such like. His drink may be thin water-gruel sweetened with honey, or a decoction of the roots of fennel, liquorice, and quick-grass. An ounce of each of these may be boiled in three English pints of water to a quart, and sharpened with a little currant jelly, or the like.

Bleeding and purging are generally proper at the beginning of this disease; but if the patient's spittle be pretty thick, or well concocted, neither of them are necessary. It will be sufficient to assist the expectoration by some of the sharp medicines recommended for that purpose in the pleurisy, as the solution of gum-ammoniac with oxymel of squills, &c. Blistering-plasters have generally a good effect, and ought to be applied pretty early.

If the patient do not spit, he must be bled, according as his strength will permit, and have a gentle purge administered. Afterwards his body may be kept open by clysters, and the expectoration promoted, by taking every four hours two table-spoonsful of the solution mentioned above.

When the inflammation of the breast does not yield to bleeding, blistering, and other evacuations, it commonly ends in suppuration, which is more or less dangerous, according to the part where it is situated. When this happens in the pleura, it sometimes breaks outwardly, and the matter is discharged by the wound.

When the suppuration happens within the substance or body of the lungs, the matter may be discharged by expectoration; but if the matter floats in the cavity of the breast, between the pleura and



the lungs, it can only be discharged by an incision made betwixt the ribs.

If the patient's strength do not return after the inflammation is to all appearance removed; if his pulse continue quick though soft, his breathing difficult and oppressed; if he have cold shiverings at times, his cheeks flushed, his lips dry; and if he complain of thirst and want of appetite, there is reason to fear a suppuration, and that a phthisis or consumption of the lungs will ensue. We shall therefore next proceed to consider the proper treatment of that disease.

## OF CONSUMPTIONS.

A CONSUMPTION is a wasting or decay of the whole body, from an ulcer, tubercles, concretion of the lungs, an empyema, a nervous atrophy, or cachexy.

Dr. Arbuthnot observes, that in his time, consumptions made up about one-tenth part of the bills of mortality in and about London. There is reason to believe they have rather increased since: and we know, from experience, that they are not less fatal in some other towns of England than in London.

Young persons, between the age of fifteen and thirty, of a slender make, long neck, high shoulders, and flat breasts, are most liable to this disease.

Consumptions prevail more in England than in any other part of the world, owing perhaps to the great use of animal food and malt liquors, the general application to sedentary employments, and the great quantity of pit-coal which is there burnt, to which we may add the perpetual changes in the atmosphere, or variableness of the weather.

CAUSES.—It has already been observed, that an inflammation of the breast often ends in an imposthume: consequently whatever disposes people to this disease must likewise be considered as a cause of consumption.



Other diseases, by vitiating the habit, may likewise occasion consumptions; as the scurvy, the scrofula, or king's-evil, venereal disease, the asthma, small-pox, measles, &c.

As this disease is seldom cured, we shall endeavour the more particularly to point out its causes, in order that people may be enabled to avoid it. These are:

Confined or unwholesome air; when this fluid is impregnated with the fumes of metals or minerals, it proves extremely hurtful to the lungs, and often corrodes the tender vessels of that necessary organ.

Violent passions, exertions, or affections of the mind; as grief, disappointment, anxiety, or close application to study of abstruse arts and sciences.

Great evacuations; as sweating, diarrhœas, diabetes, excessive venery, fluor albus and over-discharge of the menstrual flux, giving suck too long, &c.

The sudden stoppage of customary evacuations; as the bleeding piles, sweating of the feet, bleeding at the nose, the mensus, issues, ulcers, or eruptions of any kind.

Injuries done to the lungs, calculi, &c. I lately saw the symptoms of a phthisis occasioned by a small bone sticking in the *bronchiæ*. It was afterwards vomited along with a considerable quantity of purulent matter, and the patient, by a proper regimen, and the use of Peruvian bark, recovered.

Making a sudden transition from a hot to a very cold climate, change of apparel, or whatever greatly lessens the perspiration.

Frequent and excessive debaucheries. Late watching, and drinking strong liquors, which generally go together, can hardly fail to destroy the lungs. Hence the *bon companion* generally falls a sacrifice to this disease.

Infection. Consumptions are likewise caught by sleeping with the diseased; for which reason this should be carefully avoided. It cannot be of great benefit to the sick, and must hurt those in health.



Occupations in life. Those artificers who sit much, and are constantly leaning forward or pressing upon the stomach and breast, as cutlers, tailors, shoemakers, seamstresses, &c. often die of consumptions. They likewise prove fatal to singers, and all who have occasion to make frequent and violent exertions with the lungs.

Cold. More consumptive patients date the beginning of their disorders from wet feet, damp beds, night air, wet clothes, or catching cold after the body has been heated, than from all other causes.

Sharp, saline, and aromatic aliments, which heat and inflame the blood, are likewise frequently the cause of consumptions.

We shall only add, that this disease is often owing to an hereditary taint, or a scrofulous habit; in which case it is generally incurable.

SYMPTOMS.—This disease generally begins with a dry cough, which often continues for some months. If a disposition to vomit after eating be excited by it, there is still greater reason to fear an approaching consumption. The patient complains of a more than usual degree of heat, a pain and oppression of the breast, especially after motion; his spittle is of a saltish taste, and sometimes mixed with blood. He is apt to be sad; his appetite is bad, and his thirst great. There is generally a quick, soft, small pulse; though sometimes the pulse is pretty full, and rather hard. These are the common symptoms of a beginning consumption.

Afterwards the patient begins to spit a greenish white, or bloody matter. His body is extenuated by the hectic fever and colliquative sweats, which mutually succeed one another, *viz*, the one towards night, and the other in the morning. A looseness, and an excessive discharge of urine, are often troublesome symptoms at this time, and greatly weaken the patient. There is a burning heat in the palms of the hands, and the face generally flushes after eating;



the fingers become remarkably small, the nails are bent inwards, and the hairs fall off.

At last the swelling of the feet and legs, the total loss of strength, the sinking of the eyes, the difficulty of swallowing, and the coldness of the extremities, show the immediate approach of death, which, however, the patient seldom believes to be so near. Such is the usual progress of this fatal disease, which, if not early checked, commonly sets all medicine at defiance.

**REGIMEN.**—On the first appearance of a consumption, if the patient lives in a large town, or any place where the air is confined, he ought immediately to quit it, and to make choice of a situation in the country, where the air is pure and free. Here he must not remain inactive, but take every day as much exercise as he can bear.

The best method of taking exercise is to ride on horseback, as this gives the body a great deal of motion without much fatigue. Such as cannot bear this kind of exercise must make use of a carriage. A long journey, as it amuses the mind by a continual change of objects, is greatly preferable to riding the same ground over and over. Care, however, must be taken to avoid catching cold from wet clothes, damp beds, or the like. The patient ought always to finish his ride in the morning, or at least before dinner; otherwise it will oftener do harm than good.

Those who have strength and courage to undertake a pretty long voyage, may expect great advantage from it. This, to my knowledge, has frequently cured a consumption after the patient was, to all appearance, far advanced in that disease.

Next to proper air and exercise, we would recommend a due attention to diet. The patient should eat nothing that is either heating or hard of digestion, and his drink must be of a soft and cooling nature. All the diet ought to be calculated to lessen the acrimony of the humours, and to nourish and



support the patient. For this purpose he must keep chiefly to the use of vegetables and milk. Milk alone is of more value in this disease than the whole *materia medica*.

Ass's milk is commonly reckoned preferable to any other; but it cannot always be obtained; besides, it is generally taken in a very small quantity; whereas, to produce any effect, it ought to make a considerable part of the patient's diet. It is hardly to be expected that a gill or two of ass's milk, drunk in the space of twenty-four hours, should be able to produce any considerable change in the humours of an adult: and when people do not perceive its effects soon, they lose hope, and so leave it off. Hence it happens, that this medicine, however valuable, very seldom performs a cure. The reason is obvious; it is commonly used too late, is taken in too small quantities, and is not duly persisted in.

I have known very extraordinary effects from ass's milk, in obstinate coughs, which threatened a consumption of the lungs, and do verily believe, if used at this period, that it would seldom fail; but if it be delayed till an ulcer is formed, which is generally the case, how can it be expected to succeed?

Ass's milk ought to be drunk, if possible, in its natural warmth, and, by a grown person, in the quantity of half an English pint at a time. Instead of taking this quantity night and morning only, the patient ought to take it four times, or at least thrice a-day, and to eat a little light bread along with it, so as to make it a kind of meal.

If the milk should happen to purge, it may be mixed with old conserve of roses. When that cannot be obtained, the powder of crabs' claws may be used in its stead. Ass's milk is usually ordered to be drunk warm in bed: but as it generally throws the patient into a sweat when taken in this way, it would perhaps be better to give it after he rises.

Some extraordinary cures in consumptive cases



have been performed by woman's milk. Could this be obtained in sufficient quantity, we would recommend it in preference to any other. It is better if the patient can suck it from the breast, than to drink it afterwards. I knew a man who was reduced to such a degree of weakness in a consumption, as not to be able to turn himself in bed. His wife was at that time giving suck, and the child happening to die, he sucked her breasts, not with a view to reap any advantage from the milk, but to make her easy. Finding himself, however, greatly benefited by it, he continued to suck her till he became perfectly well, and is at present a strong and healthy man.

Some prefer butter-milk to any other, and it is indeed a very valuable medicine, if the stomach be able to bear it. It does not agree with every person at first; and is therefore often laid aside without a sufficient trial. It should be taken sparingly, and the quantity gradually increased, until it comes to be almost the sole food. I never knew it succeed, unless where the patient almost lived upon it.

It is not to be wondered, that milk should for some time disagree with the stomach that has not been accustomed to digest any thing but flesh and strong liquors, which is the case with many of those who fall into consumptions. We do not, however, advise those who have been accustomed to animal food and strong liquors, to leave them off all at once. This might be dangerous. It will be necessary for such to eat a little once a-day of the flesh of some young animal, or rather to use the broth made of chickens, veal, lamb, or such like. They ought likewise to drink a little wine made into negus, or diluted with twice or thrice its quantity of water, and to make it gradually weaker till they can leave it off altogether.

These must be used only as preparatives to a diet consisting chiefly of milk and vegetables, which the sooner the patient can be brought to bear, the better. Rice and milk, or barley and milk, boiled with a



little sugar, is a very proper food. Ripe fruits, roasted, baked, or boiled, are likewise proper, as goose or currant-berry tarts, apples roasted or boiled in milk, &c. The jellies, conserves, &c. of ripe sub-acid fruits, ought to be eaten plentifully, as the jelly of currants, conserve of roses, preserved plums, cherries, &c.

Wholesome air, proper exercise, and a diet consisting chiefly of those and other vegetables, with milk, is the only course that can be depended on, in a beginning consumption. If the patient has strength and sufficient resolution to persist in this course, he will seldom be disappointed of a cure.

In a populous town in England, where consumptions are very common, I have frequently seen consumptive patients, who had been sent to the country with orders to ride, and live upon milk and vegetables, return in a few months quite plump, and free from any complaint. This indeed was not always the case, especially when the disease was hereditary, or far advanced; but it was the only method in which success was to be expected; where it failed, I never knew medicine succeed.

If the patient's strength and spirits flag, he must be supported by strong broths, jellies, and such like. Some recommend shell-fish in this disorder, and with some reason, as they are nourishing and restorative. All the food and drink ought, however, to be taken in small quantities lest an overcharge of fresh chyle should oppress the lungs, and too much accelerate the circulation of the blood.

The patient's mind ought to be kept as easy and cheerful as possible. Consumptions are often occasioned, and always aggravated by a melancholy cast of mind; for which reason, music, cheerful company, and every thing that inspires mirth, are highly beneficial. The patient ought seldom to be left alone, as brooding over his calamities is sure to render him worse.



MEDICINE.—Though the cure of this disease depends chiefly upon regimen and the patient's own endeavours, yet we shall mention a few things which may be of service, in relieving some of the more violent symptoms.

In the first stage of a consumption, the cough may sometimes be appeased by bleeding; and the expectoration may be promoted by the following medicines: Take fresh squills, gum ammoniac, and powdered cardamum seeds, of each a quarter of an ounce; beat them together in a mortar, and if the mass prove too hard for pills, a little of any kind of syrup may be added to it. This may be formed into pills of a moderate size, and four or five of them taken twice or thrice a day according as the patient's stomach will bear them.

The *lac ammoniacum*, or milk of gum-ammoniac, as it is called, is likewise a proper medicine in this stage of the disease. It may be used as directed in the pleurisy.

A mixture made of equal parts of lemon-juice, fine honey, and syrup of poppies, may likewise be used. Four ounces of each of these may be simmered together in a sauce-pan, over a gentle fire, and a table-spoonful of it taken at any time when the cough is troublesome.

It is common, in this stage of the disease, to load the patient's stomach with oily and balsamic medicines. These, instead of removing the cause of the disease, tend rather to increase it by heating the blood, while they pall the appetite, relax the solids, and prove every way hurtful to the patient. Whatever is used for removing the cough, besides riding and other proper regimen, ought to be medicines of a sharp and cleansing nature; as oxymel, syrup of lemon, &c.

Acids seem to have peculiarly good effects in this disease; they both tend to quench the patient's thirst and to cool the blood. The vegetable acids,



as apples, oranges, lemons, &c. appear to be the most proper. I have known patients suck the juice of several lemons every day with manifest advantage, and would for this reason recommend acid vegetables to be taken in as great quantity as the stomach will bear them.

For the patient's drink we would recommend infusions of the bitter plants, as ground ivy, the lesser centuary, camomile flowers, or water trefoil. These infusions may be drunk at pleasure. They strengthen the stomach, promote digestion, rectify the blood, and at the same time answer all the purposes of dilution, and quench thirst much better than things that are luscious or sweet. But if the patient spit blood, he ought to use, for his ordinary drink, infusions or decoctions of the vulnerary roots, plants, &c.

There are many other mucilaginous plants and seeds of a healing and agglutinating nature, from which decoctions or infusions may be prepared with the same intention; as the orches, quince seed, coltsfoot, linseed, sarsaparilla, &c. It is not necessary to mention the different ways in which these may be prepared. Simple infusion or boiling is all that is necessary, and the dose may be taken at discretion. The conserve of roses is here particularly proper. It may either be put into the decoction above described, or eaten by itself. No benefit is to be expected from trifling doses of this medicine. I never knew it of any service, unless where three or four ounces at least were used daily for a considerable time. In this way I have seen it produce very happy effects, and would recommend it wherever there is a discharge of blood from the lungs.

When the spitting up of gross matter, oppression of the breast, and the hectic symptoms, show that an imposthume is formed in the lungs, we would recommend the Peruvian bark, that being the only drug which has any chance to counteract the gen-



eral tendency which the humours then have to putrifaction.

An ounce of the bark in powder may be divided into eighteen or twenty doses, of which one may be taken every three hours through the day, in a little syrup or a cup of horehound tea.

If the bark should happen to purge, it may be made into an electuary, with the conserve of roses, thus: Take old conserve of roses, a quarter of a pound; Peruvian bark, a quarter of an ounce; syrup of orange or lemon, as much as will make it of the consistence of honey. This quantity will serve the patient four or five days, and may be repeated as there is occasion.

Such as cannot take the bark in substance, may infuse it in cold water. This seems to be the best menstruum for extracting the virtues of that drug. Half an ounce of bark in powder may be infused for twenty-four hours in half an English pint of water. Afterwards, let it be passed through a fine strainer, and an ordinary tea-cupful of it taken three or four times a-day.

We would not recommend the bark while there are any symptoms of an inflammation of the breast: but when it is certainly known that matter is collecting there, it is one of the best medicines which can be used. Few patients, indeed, have resolution enough to give the bark a fair trial at this period of the disease, otherwise we have reason to believe that some benefit might be reaped from it.

When it is evident that there is an imposthume in the breast, and the matter can neither be spit up nor carried off by absorption, the patient must endeavour to make it break inwardly, by drawing in the steams of warm water and vinegar with his breath, coughing, laughing, bawling aloud, &c. When it happens to burst within the lungs, the matter may be discharged by the mouth. Sometimes indeed the bursting of the vomica occasions immediate



death, by suffocating the patient. When the quantity of matter is great, and the patient's strength exhausted, this is commonly the case. At any rate the patient is ready to fall into a swoon, and should have volatile salts or spirits held to his nose.

If the matter discharged be thick, and the cough and breathing become easier, there may be some hopes of a cure. The diet at this time ought to be light, but restorative, as chicken broths, sago-gruel, rice milk, &c. the drink, butter-milk or whey, sweetened with honey. This is likewise a proper time for using the Peruvian bark, which may be taken as directed above.

If the vomica or imposthume should discharge itself into the cavity of the breast, between the pleura and the lungs, there is no way of getting the matter out, but by an incision, as has already been observed. As this operation must always be performed by a surgeon, it is not necessary here to describe it. We shall only add, that it is not so dreadful as people are apt to imagine, and that it is the only chance the patient in this case has for his life.

A NERVOUS CONSUMPTION, is a wasting or decay of the whole body, without any considerable degree of fever, cough, or difficulty of breathing. It is attended with indigestion, weakness, loss of appetite, &c.

Those who are of a fretful temper, who indulge in spirituous liquors, or who breathe an unwholesome air, are most liable to this disease.

We would chiefly recommend, for the cure of a nervous consumption, a light and nourishing diet, plenty of exercise in a free open air, and the use of such bitters as brace and strengthen the stomach; as the Peruvian bark, gentian root, camomile, horehound, &c. These may be infused in water or wine, and a glass of it drunk frequently.

It will greatly assist the digestion, and promote the cure of this disease, to take, twice a-day, twenty



or thirty drops of the elixir of vitriol in a glass of wine or water. The chalybeate wine is likewise an excellent medicine in this case. It strengthens the solids, and powerfully assists nature in the preparation of good blood.

Agreeable amusements, cheerful company, and riding about, are however preferable to all medicines in this disease. For which reason when the patient can afford it, we would recommend a long journey of pleasure, as the most likely means to restore his health.

What is called a *symptomatic consumption*, cannot be cured without first removing the disease by which it is occasioned. Thus when a consumption proceeds from the scrofula, or king's evil, from the scurvy, the asthma, the venereal disease, &c. a due attention must be paid to the malady from whence it arises, and the regimen and medicine directed accordingly.

When *excessive evacuations* of any kind occasion a consumption, they must not only be restrained, but the patient's strength must be restored by gentle exercise, nourishing diet, and generous cordials. Young and delicate mothers often fall into consumptions, by giving suck too long. As soon as they perceive their strength and appetite begin to fail, they ought immediately to wean the child, or provide another nurse, otherwise they cannot expect a cure.

## OF THE SLOW OR NERVOUS FEVER.

NERVOUS fevers have increased greatly of late years in this island, owing doubtless to our different manner of living, and the increase of sedentary employments: as they commonly attack persons of a weak, relaxed habit, who neglect exercise, eat little solid food, study hard, or indulge in spirituous liquors.

CAUSES.—Nervous fevers may be occasioned by whatever depresses the spirits, or impoverishes the



blood : as grief, fear, anxiety, want of sleep, intense thought, living on poor watery diet, as unripe fruits, cucumbers, melons, mushrooms, &c. They may likewise be occasioned by damp, confined, or unwholesome air. Hence they are very common in rainy seasons, and prove most fatal to those who live in dirty low houses, crowded streets, hospitals, jails, or such like places.

Persons whose constitutions have been broken by excessive venery, frequent salivations, too free a use of purgative medicines, or any other excessive evacuations, are most liable to this disease.

Keeping on wet clothes, lying on the damp ground, excessive fatigue, and whatever obstructs the perspiration or causes a spasmodic stricture of the solids, may likewise occasion nervous fevers. We shall only add, frequent and great irregularities in diet. Too great abstinence, as well as excess is hurtful. Nothing tends so much to preserve the body in a sound state, as a regular diet : nor can any thing contribute more to occasion fevers of the worst kind, than its opposite.

**SYMPTOMS.**—Low spirits, want of appetite, weakness, weariness after motion, watchfulness, deep sighing, and dejection of mind, are generally the forerunners of this disease. These are succeeded by a quick low pulse, a dry tongue without any considerable thirst, chillness, and flushing, in turns, &c.

After some time the patient complains of a giddiness and pain of the head, has a nausea, with retchings and vomiting ; the pulse is quick, and sometimes intermitting ; the urine pale, resembling dead small beer, and the breathing is difficult, with an oppression of the breast, and slight alienations of mind.

If towards the ninth, tenth, or twelfth day, the tongue becomes very moist, with a plentiful spitting, a gentle purging, or a moisture upon the skin ; or if a suppuration happen in one of the ears, or



large pustules break out about the lips and nose, there is reason to hope for a favourable crisis.

But if there be an excessive looseness or wasting sweats, with frequent fainting fits; if the tongue when put out trembles excessively, and the extremities feel cold, with a fluttering or slow creeping pulse; if there be a starting of the tendons, an almost total loss of sight and hearing, and an involuntary discharge by stool and urine, there is great reason to fear that death is approaching.

REGIMEN.—It is very necessary in this disease to keep the patient cool and quiet. The least motion would fatigue him, and will be apt to occasion weariness, and even faintings. His mind ought not only to be kept easy, but soothed and comforted with the hopes of a speedy recovery. Nothing is more hurtful in low fevers of this kind, than presenting to the patient's imagination gloomy or frightful ideas. These of themselves often occasion nervous fevers, and it is not to be doubted but that they will likewise aggravate them.

The patient must not be kept too low. His strength and spirits ought to be supported by nourishing diet and generous cordials. For this purpose his gruel, panado, or whatever food he takes, must be mixed with wine according as the symptoms may require. Pretty strong wine-whey, or small negus, sharpened with the juice of orange or lemon, will be proper drink in this fever, and may be rendered an excellent cordial medicine by the addition of a proper quantity of white wine.

Wine in this disease, if it could be obtained genuine, is almost the only medicine that would be necessary. Good wine possesses all the virtues of the cordial medicines, while it is free from any of their bad qualities; I say good wine: for however common this article of luxury is now become, it is rarely to be obtained genuine, especially by the poor, who are obliged to purchase it in small quantities.



I have often seen patients in low nervous fevers, where the pulse could hardly be felt, with a constant delirium, coolness of the extremities, and almost every other mortal symptom, recover by using, in whey, gruel, and negus, a bottle or two of strong wine every day. Good old sound claret is the best, and may be made into negus, or given by itself, as circumstances may require.

In a word, the great aim in this disease is to support the patient's strength, by giving him frequently small quantities of the above, or other drinks of a warm and cordial nature. He is not, however, to be overheated either with liquor or clothes; and his food ought to be light, and given in small quantities.

**MEDICINE.**—Where a nausea, load, and sickness at the stomach prevail at the beginning of the fever, it will be necessary to give the patient a gentle vomit. Fifteen or twenty grains of ipecacuanha in fine powder, or a few spoonful of the vomiting julep, will generally answer this purpose very well. This may be repeated any time before the third or fourth day, if the symptoms continue. Vomits not only clean the stomach, but, by the general shock which they give, promote the perspiration, and have many other excellent effects in slow fevers, where there are no signs of inflammation, and nature wants rousing.

Such as dare not venture upon a vomit, may clean the bowels by a small dose of Turkey rhubarb, or an infusion of senna and manna.

I have been more sensible of the advantage of blistering, in this than in any other disease. Blistering-plasters not only stimulate the solids to action, but likewise occasion a continual discharge, which may in some measure supply the want of critical evacuations, which seldom happen in this kind of a fever. They are most proper, however, either towards the beginning, or after some degree of stupor



has come on, in which last case it will always be proper to blister the head.

If the patient be costive through the course of the disease, it will be necessary to produce a stool, by giving him every day a clyster of milk and water, with a little sugar, to which may be added a spoonful of common salt, if the above does not operate.

Should a violent looseness come on, it may be checked by small quantities of Venice treacle, or giving the patient, for his ordinary drink, the white decoction.

A miliary eruption sometimes breaks out about the ninth or tenth day. As eruptions are often critical, great care should be taken not to retard nature's operation in this particular. The eruption ought neither to be checked by bleeding nor any other evacuations, nor pushed out by a hot regimen; but the patient should be supported by gentle cordials, as wine-whey, small negus, sago-gruel with a little wine in it, and such like. He ought not to be kept too warm, yet a kindly breathing sweat should by no means be checked.

### OF THE MALIGNANT, PUTRID, OR SPOTTED FEVER.

THIS may be called the *pestilential fever* of Europe, as in many of its symptoms it bears a resemblance to that dreadful disease, the plague. Persons of a lax habit, a melancholy disposition, and those whose vigour has been wasted by long fasting, watching, hard labour, excessive venery, frequent salivations, &c. are most liable to it.

CAUSES.—This fever is occasioned by foul air, from a number of people being confined in a narrow place, not properly ventilated; from putrid animal and vegetable effluvia, &c. Hence it prevails in camps, jails, hospitals, and infirmaries, especially where such places are too much crowded, and cleanliness is neglected.



A close constitution of the air, with long rainy or foggy weather; living too much upon animal food, without a proper mixture of vegetables, or eating fish or flesh that has been kept too long, are apt to occasion this kind of fever.

Corn that has been greatly damaged by rainy seasons, or long keeping, and water which has become putrid by stagnation, &c. may likewise occasion this fever.

Want of cleanliness is a very general cause of putrid fevers. Hence they prevail amongst the poor inhabitants of large towns, who breathe a confined unwholesome air, and neglect cleanliness.

We shall only add, that putrid, malignant, or spotted fevers are highly infectious, and are therefore often communicated by contagion. For which reason, all persons ought to keep at a distance from those affected with such diseases, unless their attendance is absolutely necessary.

**SYMPTOMS.**—The malignant fever is generally preceded by a remarkable weakness or loss of strength, without any apparent cause. This is sometimes so great, that the patient can scarcely walk, or even sit upright, without being in danger of fainting away. His mind too is greatly dejected; he sighs, and is full of dreadful apprehensions.

There is a nausea, and sometimes a vomiting of bile; a violent pain of the head, with a strong pulsation or throbbing of the temporal arteries, the eyes often appear red and inflamed, with a pain at the bottom of the orbit; there is a noise in the ears, the breathing is laborious, and often interrupted with a sigh; the patient complains of a pain about the regions of the stomach, and in his back and loins; his tongue is at first white, but afterwards it appears black and chapped: and his teeth are covered with a black crust. He sometimes passes worms both upwards and downwards, is affected with tremors or shaking, and often becomes delirious.



Putrid fevers may be distinguished from the inflammatory, by the smallness of the pulse, the great dejection of mind, the dissolved state of the blood, the petechiæ or purple spots, and the putrid smell of the excrements. They may likewise be distinguished from the low or nervous fever, by the heat and thirst being greater, the urine of a higher colour, and the loss of strength, dejection of mind, and all the other symptoms, more violent.

It sometimes happens, however, that the inflammatory, nervous, and putrid symptoms, are so blended together as to render it very difficult to determine to which class the fever belongs. In this case the greatest caution and skill are requisite. Attention must be paid to those symptoms which are most prevalent, and both the regimen and medicines adapted to them.

Inflammatory and nervous fevers may be converted into malignant and putrid, by too hot a regimen, or improper medicines.

The duration of putrid fevers is extremely uncertain; sometimes they terminate between the seventh and fourteenth days, and at other times they are prolonged for five or six weeks. Their duration depends greatly upon the constitution of the patient, and the manner of treating the disease.

The most favourable symptoms are, a gentle looseness after the fourth or fifth day, with a warm, mild, sweat. These, when continued for a considerable time, often carry off the fever, and should never be imprudently stopped. Small miliary pustules appearing between the petechiæ or purple spots are likewise favourable, as also hot, scabby eruptions about the mouth and nose. It is a good sign when the pulse rises upon the use of wine or other cordials, and the nervous symptoms abate; deafness, coming on towards the decline of the fever, is likewise often a favourable symptom, as are abscesses in the groin or parotid glands.

Among the unfavourable symptoms may be reck-



oned an excessive looseness, with a hard swelled belly, large black or livid blotches breaking out upon the skin, aphthæ in the mouth, cold clammy sweats, blindness, change of the voice, a wild staring of the eyes, difficulty of swallowing, inability to put out the tongue, and a constant inclination to uncover the breast. When the sweat and saliva are tinged with blood, and the urine is black, or deposits a bloody sooty sediment, the patient is in great danger. Starting of the tendons, and fetid, ichorous, involuntary stools, attended with coldness of the extremities, are generally the forerunners of death.

REGIMEN.—In the treatment of this disease, we ought to endeavour, as far as possible, to counteract the putrid tendency of the humours, to support the patient's strength and spirits, and to assist nature in expelling the cause of the disease, by gently promoting perspiration and the other evacuations.

It has been observed, that putrid fevers are often occasioned by unwholesome air, and of course they must be aggravated by it. Care should therefore be taken to prevent the air from stagnating in the patient's chamber, to keep it cool, and renew it frequently, by opening the doors or windows of some adjacent apartment. The breath and perspiration of persons in perfect health soon render the air of a small apartment noxious; but this will sooner happen from the perspiration and breathing of a person whose whole mass of humours is in a putrid state.

Besides the frequent admission of fresh air, we would recommend the use of vinegar, verjuice, the juice of lemon, Seville orange, or any kind of vegetable acid that can be most readily obtained. These ought frequently to be sprinkled on the floor, the bed, and every part of the room. They may also be evaporated with a hot iron, or by boiling, &c. The fresh skins of lemons or oranges ought likewise



to be laid in different parts of the room, and they should be frequently held to the patient's nose. The use of acids in this manner would not only prove very refreshing to the patient, but would likewise tend to prevent the infection from spreading among those who attend him. Strong-scented herbs, as rue, tansy, rosemary, wormwood, &c. may likewise be laid in different parts of the house, and smelled to by those who go near the patient.

The patient must not only be kept cool, but quiet and easy. The least noise will affect his head, and the smallest fatigue will be apt to make him faint.

Few things are of greater importance to this disease than acids, which ought to be mixed with all the patient's food as well as drink. Orange, lemon, or vinegar-whey, are all very proper, and may be drunk by turns according to the patient's inclination. They may be rendered cordial by the addition of wine, in such quantity as the patient's strength seems to require. When he is very low, he may drink negus, with only one half water, and sharpened with the juice of bitter orange or lemon. In some cases a glass of wine may now and then be allowed. The most proper wine is Rhenish; but, if the body be open, red port or claret is to be preferred.

When the body is bound, a tea-spoonful of the cream of tartar may be put into a cup of the patient's drink, as there is occasion; or he may drink a decoction of tamarinds, which will both quench his thirst and promote a discharge by stool.

If camomile tea will sit upon his stomach, it is a very proper drink in this disease. It may be sharpened by adding to every cup of tea, ten or fifteen drops of the elixir of vitriol.

The food must be light, as panado, or groat-gruel, to which a little wine may be added, if the patient be weak and low; and they ought all to be sharpened with the juice of orange, the jelly of currants,



or the like. The patient ought likewise to eat freely of ripe fruits, as roasted apples, currant or gooseberry tarts, preserved cherries, or plums, &c.

Taking a little food or drink frequently, not only supports the spirits, but counteracts the putrid tendency of the humours; for which reason the patient ought frequently to be sipping small quantities of some of the acid liquors mentioned above, or any that may be more agreeable to his palate, or more readily obtained.

If he be delirious, his feet and hands ought to be frequently fomented with a strong infusion of camomile flowers. This, or an infusion of the bark, to such as can afford it, cannot fail to have a good effect. Fomentations of this kind not only relieve the head, by relaxing the vessels in the extremities, but, as their contents are absorbed, and taken into the system, they may assist in preventing the putrescency of the humours.

MEDICINE.—If a vomit be given at the beginning of this fever, it will hardly fail to have a good effect; but if the fever has gone on for some days, and the symptoms are violent, vomits are not quite so safe. The body, however, is always to be kept gently open, by clysters, or mild laxative medicines.

Bleeding is seldom necessary in putrid fevers. If there be signs of an inflammation, it may sometimes be permitted at the first onset; but the repetition of it generally proves hurtful.

Blistering plasters are never to be used unless in the greatest extremities. If the petechiæ or spots should suddenly disappear, the patient's pulse sinks remarkably, and a delirium, with other bad symptoms, come on, blistering may be permitted. In this case the blistering plasters are to be applied to the head, and inside of the legs or thighs. But as they are sometimes apt to occasion a gangrene, we



would rather recommend warm cataplasms, or poultices of mustard and vinegar, to be applied to the feet, having recourse to blisters only in the utmost extremities.

It is common, in the beginning of this fever, to give the emetic tartar in small doses, repeated every second or third hour, till it shall either vomit, purge, or throw the patient in a sweat. This practice is very proper, provided it be not pushed so far as to weaken the patient.

In the most dangerous species of this disease, when it is attended with purple, livid, or black spots, the Peruvian bark must be administered. I have seen it, when joined with acids, prove very successful, even in cases where the petechiæ had the most threatening aspect. But, to answer this purpose, it must not only be given in large doses, but duly persisted in.

The best method of administering the bark is certainly in substance. An ounce of it in powder may be mixed with half an English pint of water, and the same quantity of red wine, and sharpened with the elixir or spirit of vitriol, which will both make it sit easier on the stomach, and render it more beneficial. Two or three ounces of the syrup of lemon may be added; and two table-spoonsful of the mixture taken every two hours, or oftener, if the stomach is able to bear it.

Those who cannot take the bark in substance, may infuse it in wine, as recommended in the preceding disease.

If there be a violent looseness, the bark must be boiled in red wine with a little cinnamon, and sharpened with the elixir of vitriol as above. Nothing can be more beneficial in this kind of looseness than plenty of acids, and such things as promote a gentle perspiration.

If the patient be troubled with vomiting, a drachm of the salt of wormwood, dissolved in an ounce and



a half of fresh lemon juice, and made into a draught, with an ounce of simple cinnamon-water, and a bit of sugar, may be given, and repeated as often as it is necessary.

If swellings of the glands appear, their suppuration is to be promoted by the application of poultices, ripening cataplasms, &c. and as soon as there is any appearance of matter in them, they ought to be laid open, and the poultices continued.

I have known large ulcerous sores break out in various parts of the body, in the decline of this fever, of a livid gangrenous appearance, and a most putrid cadaverous smell. These gradually healed, and the patient recovered by a plentiful use of Peruvian bark and wine, sharpened with vitriolic acid.

When a putrid fever seizes any person in a family, the greatest attention is necessary to prevent the disease from spreading. The sick ought to be placed in a large apartment, as remote from the rest of the family as possible; he ought likewise to be kept extremely clean, and should have fresh air frequently let into his chamber; whatever comes from him should be immediately removed, his linen should be frequently changed, and those in health ought to avoid all unnecessary communication with him.

Any one who is apprehensive they have caught the infection, ought immediately to take a vomit, and to work it off by drinking plentifully of camomile-tea. This may be repeated in a day or two, if the apprehensions still continue, or any unfavourable symptom appear.

The patient ought likewise to take an infusion of the bark and camomile flowers, for his ordinary drink; and, before he goes to bed, he may drink an English pint of pretty strong negus, or a few glasses of generous wine. I have been frequently obliged to follow this course when malignant fevers prevailed, and have likewise recommended it to others with constant success.



Those who wait upon the sick, in putrid fevers, ought always to have a piece of sponge or a handkerchief dipt in vinegar, or juice of lemon, to smell to while near the patient. They ought likewise to wash their hands, and, if possible, to change their clothes, before they go into company.

### OF THE MILIARY FEVER.

THIS fever takes its name from the small pustules or bladders which appear on the skin, resembling, in shape and size, the seeds of millet. The pustules are either red or white, and sometimes both are mixed together.

The whole body is sometimes covered with pustules; but they are generally more numerous where the sweat is most abundant, as on the breast, the back, &c. A gentle sweat or moisture on the skin greatly promotes the eruption; but when the skin is dry, the eruption is both more painful and dangerous.

Sometimes this is a primary disease; but it is much oftener only a symptom of some other malady, as the small-pox, measles, ardent, putrid, or nervous fever, &c. In all these cases, it is generally the effect of too hot a regimen or medicine.

The miliary fever chiefly attacks the idle and the phlegmatic, or persons of a relaxed habit. The young and the aged are more liable to it than those in the vigour and prime of life. It is likewise more incident to women than men, especially the delicate and the indolent, who, neglecting exercise, keep continually within doors, and live upon weak watery diet. Such females are extremely liable to be seized with this disease in childbed, and often lose their lives by it.

CAUSES.—The miliary fever is sometimes occasioned by violent passions or affections of the mind, as excessive grief, anxiety, thoughtfulness, &c. It



may likewise be occasioned by excessive watching, great evacuations, a weak watery diet, rainy seasons, eating too freely of cold, crude, unripe fruits, as plums, cherries, cucumbers, melons, &c. Impure waters, or provisions which have been spoiled by rainy reasons, long keeping, &c. may likewise cause miliary fevers. They may also be occasioned by the stoppage of any customary evacuation, as issues, setons, ulcers, the bleeding piles in men, or the menstrual flux in women, &c.

This disease in child-bed women is sometimes the effect of great costiveness, during pregnancy; it may likewise be occasioned by the excessive use of green trash, and other unwholesome things, in which pregnant women are too apt to indulge. But its most general cause is indolence. Such women as lead a sedentary life, especially during pregnancy, and at the same time live grossly, can hardly escape this disease in childbed. Hence it proves extremely fatal to women of fashion, and likewise to those women in manufacturing towns, who, in order to assist their husbands, sit close within doors for almost the whole of their time. But among women who are active and laborious, who live in the country, and take sufficient exercise without doors, this disease is very little known.

**SYMPTOMS.**—When this is a primary disease, it makes its attack, like most other eruptive fevers, with a slight shivering, which is succeeded by heat, loss of strength, faintishness, sighing, a low, quick, pulse, difficulty in breathing, with great anxiety and oppression of the breast. The patient is restless, and sometimes delirious; the tongue appears white, and the hands shake, with often a burning heat in the palms; and in child-bed women the milk generally goes away, and the other discharges stop.

The patient feels an itching or pricking pain under the skin, after which innumerable small pus-



tules, of a red or white colour, begin to appear. Upon this the symptoms generally abate, the pulse becomes more full and soft, the skin grows moister, and the sweat, as the disease advances, begins to have a peculiar fetid smell; the great load on the breast, and oppression of the spirits, generally go off, and the customary evacuations gradually return. About the sixth or seventh day from the eruption, the pustules begin to dry and fall off, which occasions a very disagreeable itching in the skin.

It is impossible to ascertain the exact time when the pustules will either appear or go off. They generally come out on the third or fourth day, when the eruption is critical; but when symptomatical, they may appear at any time of the disease.

Sometimes the pustules appear and vanish by turns. When that is the case, there is always danger; but when they go in all of a sudden, and do not appear again, the danger is very great.

In childbed-women the pustules are commonly at first filled with clear water, afterwards they grow yellowish. Sometimes they are interspersed with pustules of a red colour. When these only appear, the disease goes by the name of a *rash*.

REGIMEN.—In all eruptive fevers, of whatever kind, the chief point is to prevent the sudden disappearing of the pustules, and to promote their maturation. For this purpose, the patient must be kept in such a temperature, as neither to push out the eruption too fast, nor to cause it to retreat prematurely. The diet and drink ought therefore to be in a moderate degree nourishing and cordial; but neither strong nor heating. The patient's chamber ought neither to be kept too hot nor cold: and he should not be too much covered with clothes. Above all, the mind is to be kept easy and cheerful. Nothing so certainly makes an eruption go in as fear, or the apprehension of danger.

The food must be weak chicken broth, with bread,



panado, sago, or groat-gruel, &c. to a gill of which may be added a spoonful or two of wine, as the patient's strength requires, with a few grains of salt, and a little sugar. Good apples, roasted or boiled, with other ripe fruits of an opening and cooling nature, may be eaten.

The drink may be suited to the state of the patient's strength and spirits. If these be pretty good, the drink ought to be weak; as water-gruel, balm-tea, or the decoction mentioned below.

When the patient's spirits are low, and the eruption does not rise sufficiently, his drink must be a little more generous: as wine-whey, or small negus sharpened with the juice of orange or lemon, and made stronger or weaker as circumstances may require.

Sometimes the miliary fever approaches towards a putrid nature, in which case the patient's strength must be supported with generous cordials, joined with acids; and if the degree of putrescence be great, the Peruvian bark must be administered. If the head be much affected, the body must be kept open by emollient clysters.

MEDICINE.—If the food and drink be properly regulated, there will be little occasion for medicine in this disease. Should the eruption however not rise, or the spirits flag, it will not only be necessary to support the patient with cordials, but likewise to apply blistering plasters. The most proper cordial in this case is good wine, which may either be taken in the patient's food or drink; and if there be signs of putrescence, the bark and acids may be mixed with wine, as directed in the putrid fever.

Though this fever is often occasioned in childbed women by too hot a regimen, yet it would be dangerous to leave that off all of a sudden, and have recourse to a very cool regimen, and large evacuations. We have reason to believe, that supporting the patient's spirits, and promoting the natural e-



vacuations, is here much safer than to have recourse to artificial ones, as these, by sinking the spirits, seldom fail to increase the danger.

If the disease proves tedious, or the recovery slow, we would recommend the Peruvian bark, which may either be taken in substance, or infused in wine or water, as the patient inclines.

The miliary fever, like other eruptive diseases, requires gentle purging, which should not be neglected, as soon as the fever is gone off, and the patient's strength will permit.

### OF THE REMITTING FEVER.

THIS fever takes its name from a remission of the symptoms, which happens sometimes sooner, and sometimes later, but generally before the eighth day. The remission is generally preceded by a gentle sweat, after which the patient seems greatly relieved, but in a few hours the fever returns. These remissions return at very irregular periods, and are sometimes of longer, sometimes of shorter duration; the nearer, however, that the fever approaches to a regular intermittent, the danger is less.

CAUSES.—Remitting fevers prevail in low marshy countries, abounding with wood and stagnating water; but they prove most fatal in places where great heat and moisture are combined, as in some parts of Africa, the province of Bengal, in the East Indies, &c. where remitting fevers are generally of a putrid kind, and prove very fatal. They are most frequent in close calm weather, especially after rainy seasons, great inundations, or the like. No age, sex, or constitution is exempted from the attack of this fever, but it chiefly seizes persons of a relaxed habit, who live in low, dirty habitations, breathe an impure, stagnating air, take little exercise, and use unwholesome diet.

SYMPTOMS.—The first symptoms of this fever are



generally yawning, stretching, pain and giddiness in the head, with alternate heat and cold. Sometimes the patient is affected with a delirium at the very first attack. There is a pain, and sometimes a swelling, about the region of the stomach, the tongue is white, the eyes and skin frequently appear yellow, and the patient is often afflicted with bilious vomitings. The pulse is sometimes a little hard, but seldom full, and the blood, when let, rarely shows any signs of inflammation. Some patients are exceedingly costive, and others are afflicted with a very troublesome looseness.

REGIMEN.—The regimen must be adapted to the prevailing symptoms. When there are any signs of an inflammation, the diet must be slender, the drink weak and diluting. But when nervous or putrid symptoms prevail, it will be necessary to support the patient with food and liquors of a more generous nature, such as are recommended in the immediately preceding fevers. We must, however, be very cautious in the use of things of a heating quality, as this fever is frequently changed into a *continual fever*, by a hot regimen and improper medicine.

Whatever the symptoms are, the patient ought to be kept cool, quiet, and clean. His apartment, if possible, should be large, and frequently ventilated by letting in fresh air at the doors and windows. It ought likewise to be sprinkled with vinegar, juice of lemon, or the like. His linen, bed-clothes, &c. should be frequently changed, and all his excrements immediately removed. Though these things have been recommended before, we think it necessary to repeat them here, as they are of more importance to the sick, than practitioners are apt to imagine.

MEDICINE.—In order to cure this fever, we must endeavour to bring it to a regular intermission. This intention may be promoted by bleeding, if there be any signs of inflammation; but when this is not



the case, bleeding ought by no means to be attempted, as it will weaken the patient and prolong the disease. A vomit, however, will seldom be improper, and is generally of service. Twenty or thirty grains of ipecacuanha will answer this purpose well; but, where it can be obtained, we would rather recommend a grain or two of tartar emetic, with five or six grains of ipecacuanha, to be made into a draught, and given for a vomit. This may be repeated once or twice at proper intervals, if the sickness or nausea continues.

The body ought to be kept open either by clysters or gentle laxatives, as weak infusions of senna and manna, small doses of the lenitive electuary, cream of tartar, tamarinds, stewed prunes, or the like; but all strong or drastic purgatives are to be carefully avoided.

By this course the fever in a few days may generally be brought to a pretty regular or distinct intermission, in which case the Peruvian bark may be administered, and it will seldom fail to perfect the cure. It is needless here to repeat the methods of giving the bark, as we have already had occasion frequently to mention them.

## OF THE SMALL-POX.

THIS disease, which originally came from Arabia, is now become so general, that very few escape it at one time of life or another. It is a most contagious malady; and has for many years proved the scourge of Europe.

The small-pox generally appear towards the spring. They are very frequent in summer, less so in autumn, and least of all in winter. Children are most liable to this disease; and those whose food is unwholesome, who want proper exercise, and abound with gross humours, run the greatest hazard from it.

The disease is distinguished into the distinct and



confluent kind ; the latter of which is always attended with danger. There are likewise other distinctions of the small-pox ; as the crystalline, the bloody, &c.

CAUSES.—The small-pox is commonly caught by infection. Since the disease was brought first into Europe, the infection has never been wholly extinguished, nor have any proper methods, as far as I know, been taken for that purpose ; so that it is now become in a manner constitutional. Children who have over-heated themselves by running, wrestling, &c. or adults, after a debauch, are most apt to be seized with the small-pox.

SYMPTOMS.—This disease is so generally known, that a minute description of it is unnecessary. Children commonly look a little dull, seem listless and drowsy, for a few days before the more violent symptoms of the small-pox appear. They are likewise more inclined to drink than usual, have little appetite for solid food, complain of weariness, and, upon taking exercise, are apt to sweat. These symptoms are succeeded by slight fits of cold and heat in turns, which, as the time of the eruption approaches, become more violent, and are accompanied with pains of the head and loins, vomiting, &c. The pulse is quick, with a great heat of the skin, and restlessness. When the patient drops asleep, he wakes in a kind of horror, with a sudden start, which is a very common symptom of the approaching eruption ; as are also convulsive fits in very young children.

About the third or fourth day from the time of sickening, the small-pox generally begin to appear ; sometimes indeed they appear sooner, but that is no favourable symptom. At first they very nearly resemble flea-bites, and are soonest discovered on the face, arms, and breast.

The most favourable symptoms are a slow eruption, and an abatement of the fever as soon as the pustules appear. In a mild, distinct kind of small pox, the



pustules seldom appear before the fourth day from the time of sickening, and they generally keep coming out gradually for several days after. Pustules which are distinct, with a florid red basis, and which fill with thick purulent matter, first of a whitish, and afterwards of a yellowish colour, are the best.

A livid brown colour of the pustules is an unfavourable symptom; as also when they are small and flat, with black specks in the middle. Pustules which contain a thin watery ichor are very bad. A great number of pox on the face is always attended with danger. It is likewise a very bad sign when they run into one another.

It is a most unfavourable symptom when petechiæ, or purple, brown, or black spots are interspersed among the pustules. These are signs of a putrid dissolution of the blood, and show the danger to be very great. Bloody stools, or urine, with a swelled body, are bad symptoms, as is also a continual stranguery. Pale urine and a violent throbbing of the arteries of the neck, are signs of an approaching delirium, or of convulsion fits. When the face does not swell, or falls before the pox come to maturity, it is very unfavourable. If the face begins to fall about the eleventh or twelfth day, and at the same time the hands and feet begin to swell, the patient does well; but when these do succeed each other, there is reason to apprehend danger. When the tongue is covered over with a brown crust, it is an unfavourable symptom. Cold shivering fits, coming on at the height of the disease, are likewise unfavourable. Grinding of the teeth, when it proceeds from an affection of the nervous system, is a bad sign; but sometimes it is occasioned by worms, or a disordered stomach.

REGIMEN.—When the first symptoms of the small-pox appear, people are ready to be alarmed, and often fly to the use of medicine, to the great danger



of the patient's life. I have known children, to appease the anxiety of their parents, bled, blistered, and purged, during the fever which preceded the eruption of the small pox, to such a degree that nature was not only disturbed in her operation, but rendered unable to support the pustules, after they were out; so that the patient, exhausted by mere evacuations, sunk under the disease.

When convulsions appear, they give a dreadful alarm. Immediately some nostrum is applied, as if this were a primary disease, whereas it is only a symptom, and far from being an unfavourable one, of the approaching eruption. As the fits generally go off before the actual appearance of the small-pox, it is attributed to the medicine, which by this means acquires a reputation without any merit.

All that is, generally speaking, necessary, during the eruptive fever, is to keep the patient cool and easy, allowing him to drink freely of some weak diluting liquors; as balm-tea, barley-water, clear whey, gruels, &c. He should not be confined to bed, but should sit up as long as he is able, and should have his feet and legs frequently bathed in luke-warm water. His food ought to be very light; and he should be as little disturbed with company as possible.

Much mischief is done at this period, by confining the patient too soon to his bed, and plying him with warm cordials or sudorific medicines. Every thing that heats and inflames the blood, increases the fever, and pushes out the pustules prematurely. This has numberless ill effects. It not only increases the number of pustules, but likewise tends to make them run into one another; and when they have been pushed out with too great violence, they generally fall in before they come to maturity.

The good women, as soon as they see the small-pox begin to appear, commonly ply their tender charge with cordials; saffron, and marigold tea, wine,



punch, and even brandy itself. All these are given with a view, as they term it, to throw out the eruption from the heart. This, like most other popular mistakes, is the abuse of a very just observation, *that when there is a moisture on the skin, the pox rise better, and the patient is easier, than when it continues dry and parched.* But that is no reason for forcing the patient into a sweat. Sweating never relieves unless it comes spontaneously, or is the effect of drinking weak diluting liquors. The patient ought to have no more clothing in bed than is necessary to prevent his catching cold, and should be frequently taken up to keep him cool, and prevent too great a flux of blood towards the head.

Children are often so peevish that they will not lie in bed without a nurse constantly by them. Indulging them in this, we have reason to believe, has many bad effects both upon the nurse and the child. Even the natural heat of the nurse cannot fail to augment the fever of the child; but if she too prove feverish, which is often the case, the danger must be increased.

Laying several children who have the small-pox, in the same bed, has many ill consequences. They ought, if possible, never to be in the same chamber.

A patient should not be suffered to be dirty in an internal disease, far less in the small-pox. Cutaneous disorders are often occasioned by nastiness alone, and are always increased by it. The patient's linen should be changed every day; it will greatly refresh him. Care indeed is to be taken that the linen be thoroughly dry. It ought likewise to be put on when the patient is most cool.

The food in this disease ought to be very light, and of a cooling nature, as panado, or bread boiled with equal quantities of milk and water, good apples roasted or boiled with milk, and sweetened with a little sugar or such like.

The drink may be equal parts of milk and water,



clear sweet whey, barley water, or thin gruel, &c. After the pox are full, butter-milk, being of an opening and cleansing nature, is a very proper drink.

MEDICINE.—This disease is generally divided into four different periods, *viz.* the fever which precedes the eruption, the eruption itself, the suppuration or maturation of the pustules, and secondary fever.

It has already been observed, that little more is necessary, during the primary fever, than to keep the patient cool and quiet, allowing him to drink diluting liquors, and bathing his feet frequently in warm water. Though this be generally the safest course that can be taken with infants, yet adults, of a strong constitution and plethoric habit, sometimes require bleeding. When a full pulse, a dry skin, and other symptoms of inflammation, render this operation necessary, it ought to be performed; but unless these symptoms are urgent, it is safer to let it alone; if the body is bound, emollient clysters may be thrown in.

If there is a great nausea or inclination to vomit, weak camomile tea or lukewarm water may be drunk, in order to cleanse the stomach. At the beginning of a fever, nature generally attempts a discharge, either upwards or downwards, which, if promoted by gentle means, would tend greatly to abate the violence of the disease.

Though every method is to be taken, during the primary fever, by cool regimen, &c. to prevent too great an eruption, yet, after the pustules have made their appearance, our business is to promote the suppuration, by diluting drink, light food, and, if nature seems to flag, by generous cordials. When a low creeping pulse, faintishness, and great loss of strength, render cordials necessary, we would recommend good wine, which may be made into negus, with an equal quantity of water, and sharpened with the juice of an orange, the jelly of currants, or the like. Wine-whey, sharpened as above, is likewise a



proper drink in this case; great care however must be taken not to overheat the patient by any of these things. This, instead of promoting, would retard the eruption.

The rising of the small-pox is often prevented by the violence of the fever: in this case the cool regimen is strictly to be observed. The patient's chamber must not only be kept cool, but he ought likewise to be frequently taken out of bed, and to be lightly covered with clothes while in it.

Excessive restlessness often prevents the rising and filling of the small-pox. When this happens, gentle opiates are necessary. These, however, ought always to be administered with a sparing hand. To an infant, a tea-spoonful of the syrup of poppies may be given every five or six hours, till it has the desired effect. An adult will require a table-spoonful in order to answer the same purpose.

If the patient be troubled with a strangury or suppression of urine, which often happens in the small-pox, he should be frequently taken out of bed, and, if he be able, should walk across the room with his feet bare. When he cannot do this, he may frequently be set on his knees in bed, and should endeavour to pass his urine as often as he can. When these do not succeed, a tea-spoonful of the sweet spirits of nitre may be occasionally mixed with his drink. Nothing more certainly relieves the patient, or is more beneficial in the small-pox, than a plentiful discharge of urine.

If the mouth be foul, and the tongue dry and chapped, it ought frequently to be washed, and the throat gargled with water and honey, sharpened with a little vinegar or currant-jelly.

During the rising of the small-pox, it frequently happens that the patient is eight or ten days without a stool. This not only tends to heat and inflame the blood, but the fæces, by lodging so long in the body, become acrid, and even putrid; from whence bad



consequences must ensue. It will therefore be proper when the body is bound, to throw in an emollient clyster every second or third day, through the whole course of the disease. This will greatly cool and relieve the patient.

When petechiæ, purple, black, or livid spots appear among the small-pox, the Peruvian bark must immediately be administered in as large doses as the patient's stomach can bear. For a child, two drachms of the bark in powder may be mixed in three ounces of common water, one ounce of simple cinnamon-water, and two ounces of the syrup of orange or lemon. This may be sharpened with the spirits of vitriol, and a table-spoonful of it be given every hour. If it be given to an adult, in the same form, he may take at least three or four spoonful every hour. This medicine ought not to be trifled with, but must be administered as frequently as the stomach can bear it; in which case it will often produce very happy effects. I have frequently seen the petechiæ disappear, and the small-pox, which had a very threatening aspect, rise and fill with laudable matter, by the use of the bark and acids.

The patient's drink ought likewise in this case to be generous, as wine or strong negus acidulated with spirits of vitriol, vinegar, the juice of lemon, jelly of currants, or such like. His food must consist of apples, roasted or boiled, preserved cherries, plums, and other fruits of an acid nature.

The bark and acids are not only necessary when the petechiæ or putrid symptoms appear, but likewise in the lymphatic or crystalline small-pox, where the matter is thin and not duly prepared. The Peruvian bark seems to possess a singular power of assisting nature in preparing laudable pus, or what is called good matter; consequently it must be beneficial both in this and other diseases, where the crisis depends upon a suppuration. I have often



observed where the small-pox were flat, and the matter contained in them quite clear and transparent, and where at first they had the appearance of running into one another, that the Peruvian bark, acidulated as above, changed the colour and consistence of the matter, and produced the most happy effects.

When the eruption subsides suddenly, or, as the good women term it, when the small-pox *strike in*, before they have arrived at maturity, the danger is very great. In this case blistering-plasters must be immediately applied to the wrists and ancles, and the patient's spirits supported with cordials.

The most dangerous period of this disease is what we call the secondary fever. This generally comes on when the small-pox begin to blacken, or turn on the face; most of those who die of the small-pox are carried off by this fever.

Nature generally attempts, at the turn of the small-pox, to relieve the patient by loose stools. Her endeavours this way are by no means to be counteracted, but promoted; and the patient at the same time supported by food and drink of a nourishing and cordial nature.

If, at the approach of the secondary fever, the pulse be very quick, hard, and strong, the heat intense, and the breathing laborious, with other symptoms of an inflammation of the breast, the patient must immediately be bled. The quantity of blood to be let must be regulated by the patient's strength, age, and urgency of the symptoms.

But in the secondary fever, if the patient be faintish, the pustules become suddenly pale, and if there be great coldness of the extremities, blistering-plasters must be applied, and the patient must be supported with generous cordials. Wine, and even spirits, have sometimes been given in such cases with amazing success.

As the secondary fever is in a great measure, if



not wholly, owing to the absorption of the matter, it would seem highly consonant to reason, that the pustules, as soon as they come to maturity, should be opened. This is every day practised in other phlegmons which tend to suppuration; and there seems to be no cause why it should be less proper here. On the contrary, we have reason to believe, that by this means the secondary fever might always be lessened, and often wholly prevented.

The pustules should be opened when they begin to turn of a yellow colour. Very little art is necessary for this operation. They may either be opened with a lancet or a needle, and the matter absorbed by a little dry lint. As the pustules are generally first ripe on the face, it will be proper to begin with opening these, and the others in course as they become ripe. The pustules generally fill again, a second, or even a third time; for which cause the operation must be repeated, or rather continued as long as there is any considerable appearance of matter in the pustules.

It is generally necessary, after the small-pox are gone off, to purge the patient. If, however, the body has been open through the whole course of this disease, or if butter-milk and other things of an opening nature have been drunk freely after the height of the small-pox, purging becomes less necessary; but it ought never wholly to be neglected.

For very young children, an infusion of senna and prunes, with a little rhubarb, may be sweetened with coarse sugar, and given in small quantities till it operates. Those who are further advanced must take medicines of a sharper nature. For example, a child of five or six years of age, may take eight or ten grains of fine rhubarb in powder, over night, and the same quantity of julap in powder next morning. This may be wrought off with fresh broth or water-gruel, and may be repeated three or four times, five or six days intervening between each dose. For



children further advanced, and adults, the dose must be increased in proportion to the age and constitution.

When imposthumes happen after the small-pox, which is not seldom the case, they must be brought to suppuration as soon as possible, by means of ripening poultices, and when they have been opened, or have broken of their own accord, the patient must be purged. The Peruvian bark and a milk diet will likewise be useful in this case.

When a cough, a difficulty of breathing, or other symptoms of a consumption, succeed to the small-pox, the patient must be sent to a place where the air is good, and put upon a course of asses' milk with such exercise as he can bear. For further directions in this case, see the article *Consumptions*.

## OF THE MEASLES.

THE measles appeared in Europe about the same time with the small-pox, and have a great affinity to that disease. They both come from the same quarter of the world, are both infectious, and seldom attack the same person more than once. The measles are most common in the spring season, and generally disappear in summer. The disease itself, when properly managed, seldom proves fatal; but its consequences are often very troublesome.

CAUSE.—This disease, like the small-pox, proceeds from infection, and is more or less dangerous, according to the constitution of the patient, the season of the year, the climate, &c.

SYMPTOMS.—The measles, like other fevers, are preceded by alternate fits of heat and cold, with sickness and loss of appetite. The tongue is white, but generally moist. There is a short cough, a heaviness of the head and eyes, drowsiness, and a running at the nose. Sometimes, indeed, the cough does not come before the eruption has appeared.



There is an inflammation and heat in the eyes, accompanied with a defluxion of fresh rheum, and great acuteness of sensation, so that they cannot bear the light without pain. The eye-lids frequently swell so as to occasion blindness. The patient generally complains of his throat; and a vomiting or looseness often precedes the eruption. The stools in children are commonly greenish; they complain of an itching of the skin, and are remarkably peevish. Bleeding at the nose is common, both before and in the progress of the disease.

About the fourth day, small spots resembling flea-bites appear, first upon the face, then upon the breast, and afterwards on the extremities; these may be distinguished from the small-pox by their scarcely rising above the skin. The fever, cough, and difficulty of breathing, instead of being removed by the eruption, as in the small-pox, are rather increased; but the vomiting generally ceases.

About the sixth or seventh day from the time of sickening, the measles begin to turn pale on the face, and afterwards upon the body, so that, by the ninth day, they entirely disappear. The fever, however, and difficulty of breathing often continue, especially if the patient has been kept upon too hot a regimen. Petechiæ, or purple spots, may likewise be occasioned by this error.

A violent looseness sometimes succeeds the measles; in which case the patient's life is in imminent danger.

Such as die of the measles, generally expire about the ninth day from the invasion, and are commonly carried off by a peripneumony or inflammation of the lungs.

The most favourable symptoms are a moderate looseness, a moist skin, and a plentiful discharge of urine.

When the eruption suddenly falls in, and the patient is seized with a delirium, he is in the greatest



danger. If the measles turn too soon of a pale colour, it is an unfavourable symptom, as are also great weakness, vomiting, restlessness, and difficulty of swallowing. Purple or black spots appearing among the measles are very unfavourable. When a continual cough, with hoarseness, succeeds the disease, there is reason to suspect an approaching consumption of the lungs. Our business in this disease is to assist nature, by proper cordials, in throwing out the eruption, if her efforts are languid; but when they are too violent, they must be restrained by evacuations and cool diluting liquors, &c. We ought likewise to endeavour to appease the most urgent symptoms, as the cough, restlessness, and difficulty of breathing.

REGIMEN.—The cool regimen is necessary here as well as in the small-pox. The food, too, must be light, and the drink diluting. Acids, however, do not answer so well in the measles as in the small-pox, as they tend to exasperate the cough. Small beer likewise, though a good drink in the small-pox, is here improper. The most suitable liquors are decoctions of liquorice, with marsh-mallow roots, and sarsaparilla, infusions of linseed, or of the flowers of elder, balm-tea, clarified whey, barley-water, and such like. These, if the patient be costive, may be sweetened with honey; or, if that should disagree with the stomach, a little manna may occasionally be added to them.

MEDICINE.—The measles being an inflammatory disease, without any critical discharge of matter, as in the small-pox, bleeding is commonly necessary, especially when the fever runs high, with difficulty of breathing, and great oppression of the breast. But, if the disease be of a mild nature, bleeding may be omitted.

Bathing the feet and legs frequently in lukewarm water, both tends to abate the violence of the fever, and to promote the eruption.



The patient is often greatly relieved by vomiting. When there is a tendency this way, it ought to be promoted by drinking lukewarm water or weak camomile-tea.

When the cough is very troublesome, with dryness of the throat and difficulty of breathing, the patient may hold his head over the steam of warm water, and draw the steam into his lungs.

He may likewise lick a little spermaceti and sugar-candy pounded together; or take now and then a spoonful of the oil of sweet almonds, with sugar-candy dissolved in it. These will soften the throat, and relieve the tickling cough.

If at the turn of the disease the fever assumes new vigour, and there appears great danger of suffocation, the patient must be bled according to his strength, and blistering-plasters applied, with a view to prevent the load from being thrown on the lungs, where, if an inflammation should fix itself, the patient's life will be in imminent danger.

In case the measles should suddenly disappear, it will be necessary to pursue the same method which we have recommended when the small-pox recede. The patient must be supported with wine and cordials. Blistering-plasters must be applied to the legs and arms, and the body rubbed all over with warm flannels. Warm poultices may likewise be applied to the feet and palms of the hands.

When purple or black spots appear, the patient's drink should be sharpened with spirits of vitriol; and if the putrid symptoms increase, the Peruvian bark must be administered in the same manner as directed in the small-pox.

Opiates are sometimes necessary, but should never be given except in cases of extreme restlessness, a violent looseness, or when the cough is very troublesome. For children the syrup of poppies is sufficient. A teaspoonful or two may be occasionally given, according to the patient's age, or the violence of the symptoms.



After the measles are gone off, the patient ought to be purged. This may be conducted in the same manner as directed in the small-pox.

If a violent looseness succeed the measles, it may be checked by taking for some days a gentle dose of rhubarb in the morning, and an opiate over night; but if these do not remove it, bleeding will seldom fail to have that effect.

## OF THE SCARLET FEVER.

The scarlet fever is so called from the colour of the patient's skin, which appears as if it were tinged with red wine. It happens at any season of the year, but is most common towards the end of summer; at which time it often seizes whole families: children and young persons are most subject to it.

It begins, like other fevers, with coldness and shivering, without any violent sickness. Afterwards the skin is covered with red spots, which are broader, more florid, and less uniform, than the measles. They continue two or three days, and then disappear; after which the cuticle or scarf-skin falls off.

There is seldom any occasion for medicine in this disease. The patient ought, however, to keep within doors, to abstain from flesh, strong liquors, and cordials, and to drink freely of cool diluting liquors. If the fever runs high, the body must be kept gently open by emollient clysters, or small doses of nitre and rhubarb. A scruple of the former and five grains of the latter may be taken thrice a-day, or oftener if necessary.

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



The scarlet fever, however, is not always of so mild a nature. It is sometimes attended with putrid or malignant symptoms, in which case it is always dangerous. In the malignant scarlet fever, the patient is not only affected with coldness and shivering, but with languor, sickness, and great oppression; to these succeed excessive heat, nausea, and vomiting, with a soreness of the throat; the pulse is extremely quick, but small and depressed; the breathing frequent and laborious; the skin hot, but not quite dry; the tongue moist and covered with a whitish mucus; the tonsils inflamed and ulcerated. When the eruption appears it brings no relief; on the contrary, the symptoms generally grow worse, and fresh ones come on, as purging, delirium, &c.

## OF THE BILIOUS FEVER.

When a continual, remitting, or unremitting fever is accompanied with a frequent or copious evacuation of bile, either by a vomit or stool, the fever is denominated bilious. In Britain, the bilious fever generally makes its appearance about the end of summer, and ceases towards the approach of winter. It is most frequent and fatal in warm countries, especially where the soil is marshy, and when great rains are succeeded by sultry heats. Persons who work without doors, lie in camps, or who are exposed to the night air, are most liable to this kind of fever.

If there are symptoms of inflammation at the beginning of this fever, it will be necessary to bleed, and to put the patient upon the cool diluting regimen, recommended in the inflammatory fever. The saline draught may likewise be frequently administered, and the patient's body kept open by clysters or mild purgatives. But if the fever should remit or intermit, bleeding will seldom be necessary. In this case a vomit may be administered, and, if the



body be bound, a gentle purge, after which the Peruvian bark will generally complete the cure.

In case of a violent looseness, the patient must be supported with chicken broths, jellies of heartshorn, and the like; and he may use the *white decoction* for his ordinary drink. If a bloody flux should accompany this fever, it must be treated in the manner recommended under the article *Dysentery*.

When there is a burning heat, and the patient does not sweat, that evacuation may be promoted by giving him, three or four times a-day, a table-spoonful of Mindererus's spirit, mixed in a cup of his ordinary drink.

If the bilious fever be attended with the nervous, malignant, or putrid symptoms, which is sometimes the case, the patient must be treated in the same manner as directed under these diseases.

After this fever, proper care is necessary to prevent a relapse. For this purpose, the patient, especially towards the end of autumn, ought to continue the use of the Peruvian bark for some time after he is well. He should likewise abstain from all trashy fruits, new liquors, and every kind of flatulent aliment.

## OF THE ERYSIPELAS, OR ST. ANTHONY'S FIRE.

THIS disease, which in some parts of Britain is called *the rose*, attacks persons at any period of life, but is most common between the age of thirty and forty. Persons of a sanguine or plethoric habit are most liable to it. It often attacks young people and pregnant women; and such as have once been afflicted with it, are very liable to have it again. Sometimes it is a primary disease, and at other times only a symptom of some other malady. Every part of the body is liable to be attacked by an erysipelas, but it most frequently seizes the legs or



face, especially the latter. It is most common in autumn, or when hot weather is succeeded by cold or wet.

CAUSES.—The erysipelas may be occasioned by violent passions, or affections of the mind; as fear, anger, &c. When the body has been heated to a great degree, and is immediately exposed to the cold air, so that the perspiration is suddenly checked, an erysipelas will often ensue. It may also be occasioned by drinking to excess, by continuing too long in a warm bath, or by any thing that overheats the blood. If any of the natural evacuations be obstructed, or in too small a quantity, it may cause an erysipelas. The same effect will follow from the stoppage of artificial evacuations; as issues, setons, or the like.

SYMPTOMS.—The erysipelas attacks with a shivering, thirst, loss of strength, pain in the head and back, heat, listlessness, and a quick pulse; to which may be added, vomiting, and sometimes a delirium. On the second, third, or fourth day, the part swells, becomes red, and small pustules appear; at which time the fever generally abates.

When the erysipelas seizes the foot, the parts contiguous swell, the skin shines; and, if the pain be violent, it will ascend to the leg, and will not bear to be touched.

When it attacks the face, it swells, appears red, and the skin is covered with small pustules filled with clear water. One or both eyes are generally closed with a swelling; and there is a difficulty of breathing. If the mouth and nostrils be very dry, and the patient drowsy, there is reason to suspect an inflammation of the brain.

If the erysipelas affects the breast, it swells and becomes exceedingly hard, with great pain, and is apt to suppurate. There is a violent pain in the armpit on the side affected, where an abscess is often formed.



In a day or two the swelling subsides, the heat and pain abate, the colour of the part turns yellow, and the cuticle breaks and falls off in scales; the danger is over.

When the erysipelas is large, deep, and affects a very sensible part of the body, the danger is great. If the red colour changes into a livid or black, it will end in a mortification. Sometimes the inflammation cannot be discussed, but comes to a suppuration; in which case, fistulas, a gangrene, or mortification, often ensue.

REGIMEN.—The patient must neither be kept too hot nor too cold, as either of these extremes will tend to make it retreat, which is always to be guarded against. When the disease is mild, it will be sufficient to keep the patient within doors, without confining him to his bed, and to promote the perspiration, by diluting liquors, &c.

The diet ought to be slender, and of a moderately cooling and moistening quality, as groat-gruel, panado, chicken or barley-broth, with cooling herbs and fruits, &c. avoiding flesh, fish, strong drink, spices, pickles, and all other things that may heat and inflame the blood; the drink may be barley-water, and infusion of elder-flowers, common-whey, and such like.

But if the pulse be low, and the spirits sunk, the patient must be supported with negus, and other things of a cordial nature. His food may be sago-gruel, with a little wine, and nourishing broths, taken in small quantities, and often repeated. Great care, however, must be taken not to overheat him.

MEDICINE.—Do not use external application in an erysipelas; the safer course is to apply nothing. Almost all ointments, salves, and plasters, being of a greasy nature, tend rather to obstruct and repel, than promote any discharge from the part. At the beginning of this disease, it is neither safe to promote a suppuration, nor to repel the matter too



quickly. The erysipelas, in many respects, resembles the gout, and is to be treated with the greatest caution. Fine wool, or very soft flannel, are the safest applications to the part. These not only defend it from external air, but likewise promote the perspiration, which has a great tendency to carry off the disease. In Scotland, the common people generally apply a mealy cloth to the parts affected, which is far from being improper.

Bathing the feet and legs frequently in lukewarm water, when the disease attacks the face or brain, has an excellent effect.

In cases where bleeding is requisite, it is likewise necessary to keep the body open. This may be effected by emollient clysters, or small doses of nitre and rhubarb. Some indeed recommend very large doses of nitre in the erysipelas: but nitre seldom sits easy on the stomach when taken in large doses. It is, however, one of the best medicines when the fever and inflammation run high. Half a drachm of it, with four or five grains of rhubarb, may be taken in the patient's ordinary drink, three or four times a-day.

When the erysipelas leaves the extremities, and seizes the head, so as to occasion a delirium or stupor, it is absolutely necessary to open the body. If clysters and mild purgatives fail to have this effect, stronger ones must be given. Blistering-plasters must likewise be applied to the neck, or behind the ears, and sharp cataplasms laid to the soles of the feet.

When the inflammation cannot be discussed, and the part has a tendency to ulcerate, it will then be proper to promote suppuration, which may be done by the application of ripening poultices, with saffron, warm fomentations, and such like.

When the black, livid, or blue colour of the part shows a tendency to mortification, the Peruvian bark must be administered. It may be taken along with acids, as recommended in the small-pox.



In what is commonly called a *scorbutic erysipelas*, which continues for a considerable time, it will only be necessary to give gentle laxatives, and such things as purify the blood and promote the perspiration. Thus, after the inflammation has been checked, by opening medicines, the decoction of woods may be drunk, after which a course of bitters will be proper.

### OF THE PHRENITIS, OR INFLAMMATION OF THE BRAIN.

THIS is sometimes a primary disease, but oftener only a symptom of some other malady, as the inflammatory, eruptive, or spotted fever, &c. It is very common, however, as a primary disease, in warm climates, and is most incident to persons about the prime or vigour of life. The passionate, the studious, and those whose nervous system is irritable in a high degree, are most liable to it.

CAUSES.—This disease is often occasioned by night watching, especially when joined with hard study; it may likewise proceed from hard drinking, anger, grief, anxiety. It is often occasioned by the stopping of usual evacuations; as the bleeding piles in men, the customary discharges of women, &c. Such as imprudently expose themselves to the heat of the sun, especially by sleeping without doors, in a hot season, with their heads uncovered, are often suddenly seized with an inflammation of the brain, so as to awake quite delirious. When repellents are imprudently used in an erysipelas, an inflammation of the brain is sometimes the consequence. It may likewise be occasioned by external injuries, as blows, or bruises upon the head, &c.

SYMPTOMS.—The symptoms which usually precede a true inflammation of the brain, are pain of the head, redness of the eyes, a violent flushing of the face, disturbed sleep, or a total want of it, great



dryness of the skin, costiveness, retention of urine, a small dropping of blood from the nose, ringing of the ears, and extreme sensibility of the nervous system.

When the inflammation is formed, the symptoms in general are similar to those of an inflammatory fever. The pulse indeed is often weak, irregular, and trembling; but sometimes it is hard and contracted. When the brain itself is inflamed, the pulse is always soft and low; but when the inflammation only affects the integuments of the brain, *viz.* the dura and pia mater, it is hard. A remarkable quickness of hearing is a common symptom of this disease; but that seldom continues long. Another usual symptom is a great throbbing of pulsation in the arteries of the neck and temples. Though the tongue is often black and dry, yet the patient seldom complains of thirst, and even refuses drink. The mind chiefly runs upon such objects as have before made a deep impression on it; and sometimes, from a sullen silence, the patient becomes all of a sudden quite outrageous.

A constant trembling and starting of the tendons, is an unfavourable symptom, as are also a suppression of the urine; a total want of sleep; a constant spitting; a grinding of the teeth: which last may be considered as a kind of convulsion. When a phrenitis succeeds an inflammation of the lungs, of the intestines, or of the throat, &c. it is owing to a translation of the disease from these parts to the brain, and generally proves fatal. This shows the necessity of proper evacuations, and the danger of repellents in all inflammatory diseases.

The favourable symptoms are, a free perspiration, a copious discharge of blood from the nose, the bleeding piles, a plentiful discharge of urine, which lets fall a copious sediment. Sometimes the disease is carried off by a looseness, and in women by an excessive flow of the menses.



As this disease often proves fatal in a few days, it requires the most speedy applications. When it is prolonged, or improperly treated, it sometimes ends in madness, or a kind of stupidity which continues for life.

In the cure, two things are chiefly to be attended to, viz. to lessen the quantity of blood in the brain, and to retard the circulation towards the head.

REGIMEN.—The patient ought to be kept very quiet. Company, noise, and every thing that affects the senses, or disturbs the imagination, increases the disease. Even too much light is hurtful: for which reason the patient's chamber ought to be a little darkened, and he should neither be kept too hot nor too cold. It is not, however, necessary to exclude the company of an agreeable friend, as this has a tendency to soothe and quiet the mind. Neither ought the patient to be kept too much in the dark, lest it should occasion a gloomy melancholy, which is too often the consequence of this disease.

The patient must, as far as possible, be soothed and humoured in every thing. Contradiction will ruffle his mind, and increase his malady. Even when he calls for things, which are not to be obtained, or which might prove hurtful, he is not to be positively denied them, but rather put off with the promise of having them as soon as they can be procured, or by some other excuse. A little of any thing that the mind is set upon, though not quite proper, will hurt the patient less than a positive refusal.

The aliment ought to be light, consisting chiefly of farinaceous substances; as panado, and water-gruel, sharpened with jelly of currants, or juice of lemons, ripe fruits roasted or boiled, jellies, preserves, &c. The drink small, diluting, and cooling; as whey, barley-waters, or decoctions of barley and tamarinds, which latter not only render the liquor



more palatable, but likewise more beneficial, as they are of an opening nature.

**MEDICINE.**—Nothing more certainly relieves the patient than a free discharge of blood from the nose. When this comes of its own accord, apply cloths dipped in warm water to the part. When bleeding at the nose does not happen spontaneously, it may be provoked by putting a straw, or any other sharp body, up the nostril.

When the patient's pulse, and spirits are so low that he cannot bear bleeding with the lancet, leeches may be applied to the temples. These not only draw off the blood more gradually, but, by being applied near to the part affected, generally give more immediate relief.

If the inflammation of the brain be occasioned by the stoppage of evacuations, either natural or artificial, as the menses, issues, setons, or such like, all means must be used to restore them as soon as possible, or to substitute others in their stead.

The patient's body must be kept open by stimulating clysters, or smart purges, and small quantities of nitre ought frequently to be mixed with his drink. Two or three drachms, or more if the case be dangerous, may be used in the space of twenty-four hours.

The head should be shaved, and frequently rubbed with vinegar and rose-water. Cloths dipped in this mixture may likewise be applied to the temples. The feet ought frequently to be bathed in lukewarm water, and soft poultices of bread and milk may be kept constantly applied to them.

If the disease proves obstinate, and does not yield to these medicines, it will be necessary to apply a blistering plaster to the whole head.

### OF THE OPHTHALMIA, OR INFLAMMATION OF THE EYES.

THIS disease may be occasioned by external injuries; as blows, burns, bruises, and the like. It



may likewise proceed from dust, quick-lime, or other substances, getting into the eyes. It is often caused by the stoppage of customary evacuations: as the healing of old sores, drying up of issues, the suppression of gentle morning sweats, or of the sweating of the feet, &c. Long exposure to the night air, especially in cold northerly winds, or whatever suddenly checks the perspiration, especially after the body has been much heated, is very apt to cause an inflammation of the eyes. Viewing snow or other white bodies for a long time, or looking steadfastly at the sun, a clear fire, or any bright object, will likewise occasion this malady. A sudden transition from darkness to a very bright light will often have the same effect.

Nothing more certainly occasions an inflammation of the eyes than night-watching, especially reading or writing by candle-light. Drinking spirituous liquors, and excess of venery, are likewise very hurtful to the eyes. The acrid fumes of metals, and of several kinds of fuel, are also pernicious. Sometimes an inflammation of the eyes proceeds from a venereal taint, and often from a scrofulous or gouty habit. It may likewise be occasioned by hairs in the eye-lids turning inwards and hurting the eyes. Sometimes the disease is epidemic, especially after wet seasons; and I have frequently known it prove infectious, particularly to those who lived in the same house with the patient. It may be occasioned by moist air, or living in low damp houses, especially in persons who are not accustomed to such situations. In children it often proceeds from imprudently drying up scabbed heads, a running behind the ears, or any other discharge of that kind. Inflammations of the eyes often succeed the small-pox, or measles, especially in children of a scrofulous habit.

**SYMPTOMS.**—An inflammation of the eyes is attended with acute pain, heat, redness, and swelling.



The patient is not able to bear the light, and sometimes he feels a pricking pain, as if his eyes were pierced with a thorn. Sometimes he imagines his eyes are full of motes, or thinks he sees flies dancing before him. The eyes are filled with scalding rheum, which rushes forth in great quantities whenever the patient attempts to look up. The pulse is generally quick and hard, with some degree of fever. When the disease is violent, the neighbouring parts swell, and there is a throbbing or pulsation in the temporal arteries, &c.

A slight inflammation of the eyes, especially from an external cause, is easily cured; but when the disease is violent, and continues long, it often leaves specks upon the eyes, or dimness of sight, and sometimes total blindness.

If the patient be seized with a looseness, it has a good effect; and when the inflammation passes from one eye to another, as it were by infection, it is no unfavourable symptom. But when the disease is accompanied with a violent pain in the head, and continues long, the patient is in danger of losing his sight.

REGIMEN.—The diet, unless in scrofulous cases, can hardly be too spare, especially at the beginning. The patient must abstain from every thing of a heating nature. His food should consist chiefly of mild vegetables, weak broths and gruels. His drink may be barley-water, balm-tea, common whey, and such like.

The patient's chamber must be darkened, or his eyes shaded with a cover, so as to exclude the light, but not to press upon the eyes. He should not look at a candle, the fire, or any luminous object; and ought to avoid all smoke, as the fumes of tobacco, or anything that may cause coughing, sneezing, or vomiting. He should be kept quiet, avoiding all violent efforts either of body or mind, and encourage sleep as much as possible.



MEDICINE.—This is one of those diseases wherein great hurt is often done by external applications. Almost every person pretends to be possessed of a remedy for the cure of sore eyes. These remedies generally consist of eye-waters and ointments, with other external applications, which do mischief twenty times for once they do good. People ought therefore to be very cautious how they use such things, as even the pressure upon the eyes often increases the malady.

Leeches are often applied to the temples, or under the eyes, with good effect. The wounds must be suffered to bleed for some hours, and if the bleeding stop soon, it may be promoted by the application of cloths dipt in warm water. In obstinate cases, it will be necessary to repeat this operation several times.

The patient may take a small dose of Glauber's salts, and cream of tartar, every second or third day, or a decoction of tamarinds with senna. If these be not agreeable, gentle doses of rhubarb and nitre, a little of the lenitive electuary, or any other mild purgative, will answer the same end. The patient, at the same time, must drink freely of water-gruel, tea, whey, or any other weak diluting liquor. He ought likewise to take at bed-time, a large draught of very weak wine-whey, in order to promote perspiration. His feet and legs must frequently be bathed in lukewarm water, and his head shaved twice or thrice a-week, and afterwards washed in cold water. This has often a remarkably good effect.

If the inflammation does not yield to these evacuations, blistering-plasters must be applied to the temples, behind the ears, or upon the neck, and kept open for some time by the mild blistering ointment. I have seldom known these, if long enough kept open, fail to remove the most obstinate inflammation of the eyes: but for this purpose it is often



necessary to continue the discharge for several weeks.

When the heat and pain of the eyes are very great, a poultice of bread and milk, softened with sweet oil, or fresh butter, may be applied to them, at least all night: and they may be bathed with lukewarm milk and water in the morning.

If the patient cannot sleep, which is sometimes the case, he may take twenty or thirty drops of laudanum, or two spoonsful of syrup of poppies, over night, more or less according to his age, or the violence of the symptoms.

After the inflammation is gone off, if the eyes still remain weak and tender, they may be bathed every night and morning with cold water and a little brandy, six parts of the former to one of the latter. A method should be contrived by which the eye can be quite immersed in the brandy and water, where it should be kept for some time.

When an inflammation of the eye proceeds from a scrofulous habit, it generally proves very obstinate. In this case the patient's diet must not be too low, and he may be allowed to drink small negus, or now and then a glass of wine. The most proper medicine is Peruvian bark, which may either be given in substance, or prepared in the following manner.

Take an ounce of the bark in powder, with two drachms of Winter's bark, and boil them in an English quart of water to a pint; when it has boiled nearly long enough, add half an ounce of liquorice root sliced. Let the liquor be strained. Two, three, or four table-spoonsful, according to the age of the patient, may be taken three or four times a-day. It is impossible to say how long this medicine should be continued, as the cure is sooner performed in some than in others; but, in general, it requires a considerable time to produce any lasting effects.



OF THE QUINSEY, OR INFLAMMATION  
OF THE THROAT.

THIS disease is very common in Britain, and is frequently attended with great danger. It prevails in the winter and spring, and is most fatal to young people of a sanguine temperament.

CAUSES.—In general it proceeds from the same causes as other inflammatory disorders, *viz.* an obstructed perspiration, or whatever heats or inflames the blood. An inflammation of the throat is often occasioned by omitting some part of the covering usually worn about the neck, by drinking cold liquor when the body is warm, by riding or walking against a cold northerly wind, or any thing that greatly cools the throat, and parts adjacent. It may likewise proceed from the neglect of bleeding, purging, or any customary evacuation.

Singing, speaking loud and long, or whatever strains the throat, may likewise cause an inflammation of that organ. I have often known the quinsy prove fatal to jovial companions, who, after sitting long in a warm room drinking hot liquors, and singing with vehemence, were so imprudent as to go abroad in the cold night air. Sitting with wet feet, or keeping on wet clothes, are very apt to occasion this malady. It is likewise frequently occasioned by continuing long in a moist place, sitting near an open window, sleeping in a damp bed, sitting in a room that has been newly plastered, &c. I know people who never fail to have a sore throat if they sit even but a short time in a room that has been lately washed.

Acrid or irritating food may likewise inflame the throat, and occasion a quinsy. It may also proceed from bones, pins, or other sharp substances, sticking in the throat, or from the caustic fumes of metals, or minerals, as arsenic, antimony, &c. taken in by the



breath. This disease is sometimes epidemical and infectious.

**SYMPTOMS.**—The inflammation of the throat is evident from inspection, the parts appearing red and swelled; besides, the patient complains of pain in swallowing. His pulse, quick and hard, with other symptoms of a fever. If blood be let, it is generally covered with a tough coat, of a whitish colour, and the patient spits a tough phlegm. As the swelling and inflammation increase, the breathing and swallowing become more difficult; the pain affects the ears; the eyes generally appear red; and the face swells. The patient is often obliged to keep himself in an erect posture, being in danger of suffocation; there is a constant nausea, or inclination to vomit; and the drink, instead of passing into the stomach, is often returned by the nose. The patient is sometimes starved at last, merely from an inability to swallow any kind of food.

When the breathing is laborious, with straitness of the breast, and anxiety, the danger is great. Though the pain in swallowing be very great, yet while the patient breathes easy, there is not so much danger. An external swelling is no unfavourable symptom; but if it suddenly falls, and the disease affects the breast, the danger is very great. When a quinsey is the consequence of some other disease, which has already weakened the patient, his situation is dangerous. A frothing at the mouth, with a swelled tongue, a pale, ghastly countenance, and coldness of the extremities, are fatal symptoms.

**REGIMEN.**—The regimen in this disease is in all respects the same as in the pleurisy, or peripneumony. The food must be light, and in small quantity, and the drink plentiful, weak, and diluting, mixed with acids.

It is highly necessary that the patient be kept easy and quiet. Violent affections of the mind, or great efforts of the body, may prove fatal. He should



not even attempt to speak but in a low voice. Such a degree of warmth as to promote a constant, gentle sweat, is proper. When the patient is in bed, his head ought to be raised a little higher than usual.

Gargles for the throat are very beneficial. They may be made of sage-tea, with a little vinegar and honey, or by adding to half an English pint of the pectoral decoction, two or three spoonfuls of honey, and the same quantity of currant-jelly. This may be used three or four times a-day; and if the patient be troubled with tough viscid phlegm, the gargle may be rendered more sharp and cleansing, by adding to it the spirit of *sal ammoniac*.

MEDICINE.—An inflammation of the throat being a most acute and dangerous distemper, which sometimes takes off the patient very suddenly, it will be proper, as soon as the symptoms appear, to bleed in the arm, or rather in the jugular vein, and to repeat the operation if circumstances require.

The body should be kept gently open, by giving the patient, for his ordinary drink, a decoction of figs and tamarinds, or small doses of rhubarb and nitre.

I have often known very good effects from a bit of *sal prunel*, or purified nitre, held in the mouth, and swallowed down as it melted.

The throat ought likewise to be rubbed twice or thrice a-day with a little of the volatile liniment. This seldom fails to produce some good effects. At the same time the neck ought to be carefully covered with wool or flannel, to prevent the cold from penetrating the skin, as this application renders it very tender.

Some recommend the gum-guaiacum as a specific in this disease. Half a drachm of the gum, in powder, may be made into an electuary with the rob of elderberries, or the jelly of currants, for a dose, and repeated occasionally.

Blistering upon the neck, or behind the ears, in



violent inflammations of the throat, is very beneficial ; and in bad cases, it will be necessary to lay a blistering-plaster quite across the throat, so as to reach from ear to ear. After the plasters are taken off, the parts ought to be kept discharging, by the application of issue ointment, till the inflammation is gone ; otherwise upon their drying up, the patient will be in danger of a relapse.

When the patient has been treated as above, a supuration seldom happens. This, however, is sometimes the case, in spite of all endeavours to prevent it. When the inflammation and swelling continue, and it is evident that a suppuration will ensue, it ought to be promoted by drawing the steam of warm water into the throat through a funnel, or the like. Soft poultices ought likewise to be applied outwardly, and the patient may keep a roasted fig constantly in his mouth.

It sometimes happens, before the tumour breaks, that the swelling is so great, as entirely to prevent anything from getting down into the stomach. In this case the patient must inevitably perish, unless he can be supported in some other way. This can only be done by nourishing clysters of broth, or gruel, with milk, &c. Patients have often been supported by these for several days, till the tumour has broken ; and afterwards they have recovered.

When a difficulty of swallowing is not attended with an acute pain or inflammation, it is generally owing to an obstruction of the glands about the throat, and only requires that the part be kept warm, and the throat frequently gargled with something that may gently stimulate the glands, as a decoction of figs, with vinegar and honey ; to which may be added a little mustard, or a small quantity of spirits. But this gargle is never to be used where there are signs of an inflammation.



## OF THE MALIGNANT QUINSEY, OR PUTRID ULCEROUS SORE THROAT.

This kind of quinsy is but little known in the northern parts of Britain, though for some time past it has been fatal in the more southern counties. Children are more liable to it than adults; females, than males, and the delicate than those who are hardy and robust. It prevails chiefly in autumn, and is most frequent, after a long course of damp, sultry weather.

CAUSES.—This is evidently a contagious distemper, and is generally communicated by infection. Whole families, and even entire villages, often receive the infection from one person. This ought to put people upon their guard against going near such patients as labour under the disorder; as by that means they endanger, not only their own lives, but likewise those of their friends and connexions. Whatever tends to produce putrid or malignant fevers, may likewise occasion the putrid ulcerous sore throat, as unwholesome air, damaged provisions, neglect of cleanliness, &c.

SYMPTOMS.—It begins with alternate fits of shivering and heat. The pulse is quick, but low and unequal, and generally continues so through the whole course of the disease. The patient complains greatly of weakness and oppression of the breast; his spirits are low, and he is apt to faint away when set upright; he is troubled with a nausea, and often with a vomiting or purging. The two latter are most common in children. The eyes appear red and watery, and the face swells. The urine is at first pale and crude; but, as the disease advances, it turns more of a yellowish colour. The tongue is white, and generally moist, which distinguishes this from an inflammatory disease. Upon looking into the throat, it appears swelled, and of a florid red colour. Pale or ash



coloured spots, however, are here and there interspersed, and sometimes one broad patch or spot, of an irregular figure, and pale white colour, surrounded with florid red, only appears. These whitish spots or sloughs cover so many ulcers.

An efflorescence, or eruption upon the neck, arms, breast, and fingers, about the second or third day, is a common symptom of this disease. When it appears, the purging and vomiting generally cease.

There is often a slight degree of delirium, and the face frequently appears bloated, and the inside of the nostrils red and inflamed. The patient complains of a disagreeable putrid smell, and his breath is very offensive.

The putrid ulcerous sore throat may be distinguished from the inflammatory, by the vomiting and looseness with which it is generally ushered in; the foul ulcers in the throat covered with a white or livid coat; and by the excessive weakness of the patient; with other symptoms of a putrid fever.

Unfavourable symptoms are, an obstinate purging, extreme weakness, dimness of the sight, a livid or black colour of the spots, and frequent shiverings, with a weak, fluttering pulse. If the eruption upon the skin suddenly disappears, or becomes of a livid colour, with a discharge of blood from the nose or mouth, the danger is very great.

If a gentle sweat break out about the third or fourth day, and continue with a slow, firm, and equal pulse; if the sloughs cast off in a kindly manner, and appear clean and florid at the bottom: and if the breathing is soft and free, with a lively colour of the eyes, there is reason to hope for a salutary crisis.

REGIMEN.—The patient must be kept quiet, and for the most part in bed, as he will be apt to faint when taken out of it. His food must be nourishing and restorative; as sago-gruel with red wine, jellies, strong broths, &c. His drink ought to be generous, and of an antiseptic quality; as red wine negus, white wine whey, and such like.



MEDICINE.—The medicine in this kind of quinsey is entirely different from that which is proper in the inflammatory. All evacuations, bleeding, purging, &c. which weaken the patient, must be avoided. Cooling medicines, as nitre and cream of tartar, are likewise hurtful. Strengthening cordials alone can be used with safety; and these ought never to be neglected.

If at the beginning there is a great nausea, or inclination to vomit, the patient must drink an infusion of green tea, camomile flowers, or *carduus benedictus*, in order to cleanse the stomach. If these are not sufficient, he may take a few grains of the powder of ipecacuanha, or any other gentle vomit.

If the disease be mild, the throat may be gargled with an infusion of sage and rose leaves, to a gill of which may be added a spoonful or two of honey, and as much vinegar as will make it agreeably acid; but when the symptoms are urgent, the sloughs large and thick, and the breath very offensive, the following gargle may be used:—

To six or seven ounces of the pectoral decoction, when boiling, add half an ounce of contrayerva-root; let it boil for some time, and afterwards strain the liquor; to which add two ounces of white-wine vinegar, an ounce of fine honey, and an ounce of the tincture of myrrh. This ought not only to be used as a gargle, but a little of it should frequently be injected with a syringe, to clean the throat before the patient takes any meat or drink. This method is peculiarly necessary for children, who cannot use a gargle.

It will be of great benefit if the patient frequently receives into his mouth, through an inverted funnel, the steam of warm vinegar, myrrh, and honey.

But when the putrid symptoms run high, and the disease is attended with danger, the only medicine that can be depended upon is the Peruvian bark. It may be taken in the substance, if the patient's stomach will bear it. If not, an ounce of bark grossly



powdered, with two drachms of Virginian snake-root, may be boiled with an English pint and a half of water to a half pint; to which a tea-spoonful of the elixir of vitriol may be added, and an ordinary tea-cupful of it taken every three or four hours. Blistering-plasters are very beneficial in this disease, especially when the patient's pulse and spirits are low. They may be applied to the throat, behind the ears, or upon the back part of the neck.

Should the vomiting prove troublesome, it will be proper to give the patient two table-spoonful of the saline julap, every hour. Tea made of mint and a little cinnamon, will be very proper for his ordinary drink, especially if an equal quantity of red wine be mixed with it.

In case of a violent looseness, the size of a nutmeg of *diascordium*, or the japonic confection, may be taken two or three times a-day, or oftener, if necessary. If a discharge of blood from the nose happens, the steam of warm vinegar may be received up the nostrils frequently; and the drink must be sharpened with spirits of vitriol, or tincture of roses.

In case of a strangury, the belly must be fomented with warm water, and emollient clysters given three or four times a-day.

After the violence of the disease is over, the body should still be kept open with mild purgatives; as manna, senna, rhubarb, or the like.

If great weakness and dejection of spirits, or night-sweats, with other symptoms of a consumption, should ensue, we would advise the patient to continue the use of the Peruvian bark, with the elixir of vitriol, and to take frequently a glass of generous wine. These, together with a nourishing diet, and riding on horse-back, are the most likely means for recovering his strength.

The quinsey is generally caught by exposing the throat to a current of cold air from an open window in a room, or still more in a carriage, especially in cold damp weather, or in the night.



## OF COLDS AND COUGHS

No age, sex, or constitution, is exempted from this disease; neither is it in the power of any medicine or regimen to prevent it. The inhabitants of every climate are liable to catch cold, nor can even the greatest circumspection defend them at all times from its attacks. Indeed, if the human body could be kept constantly in an uniform degree of warmth, such a thing as catching cold would be impossible; but as that cannot be effected by any means, the perspiration must be liable to many changes. Such changes, however, when small, do not affect the health; but, when great, they must prove hurtful.

When oppression of the breast, a stuffing of the nose, unusual weariness, pain of the head, &c, give ground to believe that the perspiration is obstructed, or in other words, that the person has caught cold, he ought immediately to lessen his diet, at least the usual quantity of his solid food, and to abstain from all strong liquors. Instead of flesh, fish, eggs, milk and other nourishing diet, he may eat lightbread-pudding, veal, or chicken-broth, panado, gruels, and such like. His drink may be water-gruel sweetened with a little honey; an infusion of balm, or linseed, sharpened with the juice of bitter orange or lemon; a decoction of barley and liquorice, with tamarinds, or any other cool, diluting, acid liquor.

Above all, his supper should be light; as small posset, or water-gruel, sweetened with honey, and a little toasted bread in it. If honey should disagree with the stomach, the gruel may be sweetened with treacle or coarse sugar, and sharpened with the jelly of currants. Those who have been accustomed to generous liquors may take wine-whey instead of gruel, which may be sweetened as above.



The patient ought to lie longer than usual in bed, and to encourage a gentle sweat, which is easily brought on towards morning by drinking tea, or any kind of diluting liquor.

Many attempt to cure a cold by getting drunk; but this, to say no worse of it, is a very hazardous experiment. No doubt it may sometimes succeed, by suddenly restoring the perspiration; but when there is any degree of inflammation, which is frequently the case, strong liquors, instead of removing the malady, will increase it. By this means a common cold may be converted into an inflammatory fever.

Bathing the feet and legs in warm water has a great tendency to restore the perspiration. But care must be taken that the water be not too warm, otherwise it will do hurt. It should never be much warmer than the blood, and the patient should go immediately to bed after using it. Bathing the feet in warm water, lying in bed, and drinking warm water-gruel, or other weak liquors, will sooner take off a spasm, and restore perspiration, than all the hot sudorific medicines in the world. This is all that is necessary for removing a common cold; and if this course be taken at the beginning, it will seldom fail.

But when the symptoms do not yield to abstinence, warmth, and diluting liquors, there is reason to fear the approach of some other disease, as an inflammation of the breast, an ardent fever, or the like. If the pulse, therefore, be hard and frequent, the skin hot and dry, and the patient complains of his head, or breast, it will be necessary to bleed, and to give the cooling powders recommended in the scarlet fever, every three or four hours, till they give a stool.

It will likewise be proper to put a blistering-plaster on the back, to give two table-spoonsful of the saline mixture every two hours, and in short to



treat the patient in all respects as for a slight fever. I have often seen this course, when observed at the beginning, remove the complaint in two or three days, when the patient had all the symptoms of an approaching ardent fever, or an inflammation of the breast.

The chief secret of preventing colds, lies in avoiding, as far as possible, all extremes, either of heat or cold, and in taking care, when the body is heated, to let it cool gradually. These and other circumstances relating to this important subject are so fully treated of under the article *Obstructed Perspiration*, that it is needless here to resume the consideration of them.

### OF A COMMON COUGH.

A cough is generally the effect of a cold, which has either been improperly treated, or entirely neglected. When it proves obstinate, there is always reason to fear the consequences, as this shows the weak state of the lungs, and is often the forerunner of consumption.

If the cough be violent, and the patient young and strong, with a hard quick pulse, bleeding will be proper: but in weak and relaxed habits, bleeding rather prolongs the disease. When the patient spits freely, bleeding is unnecessary, and sometimes hurtful, as it tends to lessen that discharge.

When the cough is not attended with any degree of fever, and the spittle is viscid and tough, sharp pectoral medicines are to be administered: as gum-ammoniac, squills, &c. Two table-spoonsful of the solution of gum-ammoniac may be taken three or four times a-day, more or less, according to the age and constitution of the patient. Squills may be given various ways, two ounces of the vinegar, the oxymel, or the syrup, may be mixed with the same quantity of simple cinnamon water, to which



may be added an ounce of balsamic syrup. Two table-spoonfuls of this mixture may be taken three or four times a-day.

A syrup made of equal parts of lemon juice, honey, and sugar-candy, is likewise very proper in this kind of cough. A table-spoonful of it may be taken at pleasure.

When a cough is occasioned by acrid humours tickling the throat and *fauces*, the patient should keep some soft pectoral lozenges almost constantly in his mouth: as the Pontefract liquorice-cakes, barley-sugar, the common balsamic lozenges, Spanish juice, &c. These blunt the acrimony of the humours, and, by taking off their stimulating quality, help to appease the cough.

About the bulk of a nutmeg of Burgundy pitch may be spread thin upon a piece of soft leather, about the size of the hand, and laid between the shoulder-blades. It may be taken off and wiped every three or four days, and ought to be renewed once a fortnight or three weeks. This is indeed a cheap and simple medicine, and consequently apt to be despised; but we will venture to affirm, that the whole *materia medica* does not afford an application more efficacious in almost every kind of cough.

But coughs proceed from many other causes besides defluxions upon the lungs. In these cases the cure is not to be attempted by pectoral medicines. Thus in a cough, proceeding from a foulness and debility of the stomach, syrups, oils, mucilages, and all kinds of balsamic medicines do hurt. The *stomach cough* may be known from one that is owing to a fault in the lungs, by this, that in the latter, the patient coughs whenever he inspires, or draws in his breath fully; but in the former that does not happen.

The cure of this cough depends chiefly upon cleansing and strengthening the stomach; for which



purpose gentle vomits and bitter purgatives are most proper. Thus, after a vomit or two, the sacred tincture, as it is called, may be taken for a considerable time, in the dose of one or two table-spoonsful twice a-day, or as often as it is found necessary, to keep the body gently open. People may make this tincture themselves, by infusing an ounce of *hiera picra* in an English pint of white wine, letting it stand a few days, and then straining it off for use.

In coughs which proceed from a debility of the stomach, the Peruvian bark is of considerable service. It may either be chewed, taken in powder, or made into a tincture along with other stomachic bitters.

## OF THE HOOPING-COUGH, OR CHIN-COUGH.

This cough seldom affects adults, but proves often fatal to children. Such children as live upon thin watery diet, who breathe unwholesome air, and have too little exercise, are most liable to this disease, and generally suffer most from it.

The chin-cough is so well known even to nurses, that a description of it is unnecessary. Whatever hurts the digestion, obstructs the perspiration, or relaxes the solids, disposes to this disease; consequently its cure must depend upon cleansing and strengthening the stomach, bracing the solids, and at the same time promoting perspiration and the different secretions.

The diet must be light, and of easy digestion; for children, good bread made into pap or pudding, chicken-broth, with other light spoon-meats, are proper; but those who are farther advanced may be allowed sago-gruel, and if the fever be not high, a little boiled chicken, or other white meats. The drink may be hyssop, or penny-royal tea sweetened with honey or sugar-candy, small wine whey, or, if



the patient be weak, he may sometimes be allowed a little negus.

One of the most effectual remedies in the chin-cough is change of air. This often removes the malady, even when the change seems to be from a purer to a less wholesome air. This may in some measure depend on the patient's being removed from the place where the infection prevails. Most of the diseases of children are infectious; nor is it at all uncommon to find the chin-cough prevailing in one town or village, when another at a very small distance is quite free from it. But whatever be the cause, we are sure of the fact. No time ought therefore to be lost in removing the patient to some distance from the place where he caught the disease, and, if possible, into a more pure and warm air.

When the disease proves violent, and the patient is in danger of being suffocated by the cough, he ought to be bled, especially if there be a fever, with a hard full pulse. But the chief intention of bleeding is to prevent an inflammation of the lungs, and to render it more safe to give vomits, it will seldom be necessary to repeat the operation; yet if there are any symptoms of an inflammation of the lungs, a second or even a third bleeding may be requisite.

It is generally reckoned a favourable symptom when a fit of coughing makes the patient vomit. This cleanses the stomach, and greatly relieves the cough. It will therefore be proper to promote this discharge, either by small doses of ipecacuanha, or the vomiting julap recommended in the Appendix.

It is very difficult to make children drink after a vomit. I have often seen them happily deceived, by infusing a scruple or half a drachm of the powder of ipecacuanha in a teapot, with half an English pint of boiling water. If this be disguised with a few drops of milk and a little sugar, they will imagine it tea, and drink very greedily. A small teacupful of this may be given every ten minutes, till it operates.



When the child begins to puke, there will be no occasion for drinking any more, as the water already on the stomach will be sufficient.

Vomits not only cleanse the stomach, which in this disease is generally loaded with viscid phlegm, but they likewise promote the perspiration and other secretions, and ought therefore to be repeated according to the obstinacy of the disease. They should not however be strong; gentle vomits frequently repeated are both less dangerous and more beneficial than strong ones.

The body ought to be kept gently open. The best medicines, for this purpose are rhubarb and its preparations, as the syrup, tincture, &c. Of these a tea-spoonful or two may be given to an infant twice or thrice a-day, as there is occasion. To such as are further advanced, the dose must be proportionably increased, and repeated till it has the desired effect. Those who cannot be brought to take the bitter tincture, may have an infusion of senna and prunes, sweetened with manna, coarse sugar, or honey, or a few grains of rhubarb mixed with a tea-spoonful or two of syrup, or currant-jelly, so as to disguise the taste. Most children are fond of syrups and jellies, and seldom refuse even a disagreeable medicine when mixed with them.

Many people believe that oily, pectoral, and balsamic medicines possess wonderful virtues for the cure of the chin-cough, and accordingly exhibit them plentifully to patients of every age and constitution, without considering that every thing of this nature must load the stomach, hurt the digestion, and of course aggravate the disorder.

Opiates are sometimes necessary to allay the violence of the cough. For this purpose a little of the syrup of poppies, or five, six, or seven drops of laudanum, according to the age of the patient, may be taken in a cup of hyssop or penny-royal tea, and repeated occasionally.



The feet should be bathed once every two or three days in lukewarm water; and a Burgundy-pitch plaster kept constantly between the shoulders. But when the disease proves very violent, it will be necessary, instead of it, to apply a blistering-plaster, and to keep the part open for some time with issue ointment.

## INFLAMMATION OF THE STOMACH AND OTHER VISCERA.

ALL inflammations of the bowels are dangerous, and require the most speedy assistance; as they frequently end in a suppuration, and sometimes in a mortification, which is certain death.

CAUSES.—An inflammation of the stomach may proceed from any of the causes which produce an inflammatory fever; as cold liquor drunk while the body is warm, obstructed perspiration, or the sudden striking in of any eruption. It may likewise proceed from the acrimony of the bile, or from acrid and stimulating substances taken into the stomach; as strong vomits or purges, corrosive poisons, and such like. When the gout has been repelled from the extremities, either by cold or improper applications, it often occasions an inflammation of the stomach. Hard or indigestible substances taken into the stomach, as bones, the stones of fruits, &c., may likewise have that effect.

SYMPTOMS.—It is attended with a fixed pain and burning heat in the stomach: great restlessness and anxiety; a small, quick, and hard pulse; vomiting, or at least a nausea, and sickness; excessive thirst; coldness of the extremities; difficulty of breathing; cold clammy sweats; and sometimes convulsions and fainting fits. The stomach is swelled, and often feels hard to the touch. One of the most certain signs of this disease is the sense of pain which the patient feels upon taking any kind of food, or drink, especially if it be either too hot or too cold.



When the patient vomits everything he eats or drinks, is extremely restless, has a hiccup, with an intermitting pulse, and frequent fainting fits, the danger is very great.

REGIMEN.—All acrimonious, heating, and irritating food and drink are carefully to be avoided. The weakness of the patient may deceive the by-standers, and induce them to give him wines, spirits, or other cordials; but these never fail to increase the disease, and often occasion sudden death. The inclination to vomit may likewise impose on the attendants, and make them think a vomit necessary; but that too is almost certain death.

The food must be light, thin, cool, and easy of digestion. It may be given in small quantities, and should neither be quite cold, nor too hot. Thin gruel made of barley or oat-meal, light toasted bread dissolved in boiling water, or very weak chicken-broth, are the most proper. The drink should be clear whey, barley-water, water in which toasted bread has been boiled, or decoctions of emollient vegetables, as liquorice, and marshmallow roots, sarsaparilla, or the like.

MEDICINE.—Frequent fomentations with lukewarm water, or a decoction of emollient vegetables, are likewise beneficial. Flannel cloths dipped in these must be applied to the region of the stomach, and removed as they grow cool. They must neither be applied too warm, nor be suffered to continue till they become quite cold, as either of these extremes would aggravate the disease.

The feet and legs ought likewise to be frequently bathed in lukewarm water, and warm bricks or poultices may be applied to the soles of the feet. The warm bath, if it can be conveniently used, will be of great service.

In this, and all other inflammations of the bowels, an epispastic or blistering-plaster applied over the part affected, is one of the best remedies I know. I



have often used it, and do not recollect one instance wherein it did not give relief to the patient.

The only internal medicines which we shall venture to recommend in this disease, are mild clysters. These may be made of warm water, or thin water-gruel; and if the patient be costive, a little sweet oil, honey, or manna, may be added. Clysters answer the purpose of an internal fomentation, while they keep the body open, and at the same time nourish the patient, who is often in this disease unable to retain any food upon his stomach. For these reasons they must not be neglected, as the patient's life may depend on them.

### INFLAMMATION OF THE INTESTINES.

This is one of the most painful and dangerous diseases to which mankind are liable. It generally proceeds from the same causes as the inflammation of the stomach; to which may be added costiveness, worms, eating unripe fruits, or great quantities of nuts, drinking hard windy malt liquors, as stale bottled beer or ale, sour wine, cider, &c. It may likewise be occasioned by a rupture, by schirrous tumours of the intestines, or by their opposite sides growing together.

The *symptoms* here are nearly the same as in the foregoing disease; only the pain, if possible, is more acute, and is situated lower. The vomiting is likewise more violent, and sometimes even the excrements, together with the clysters, are discharged by the mouth. The patient is continually belching up wind, and has often an obstruction of his urine.

**REGIMEN.**—The regimen in this disease is in general the same as in an inflammation of the stomach. The patient must be kept quiet, avoiding cold, and all violent passions of the mind. His food ought to be very light, and given in small quantities; his drink weak and diluting; as clear whey, barley-water, and such like.



MEDICINE.—Bleeding in this, as well as in the inflammation of the stomach, is of the greatest importance. It should be performed as soon as the symptoms appear, and must be repeated according to the strength of the patient, and the violence of the disease.

A blistering-plaster is here likewise to be applied immediately over the part where the most violent pain is.

This not only relieves the pain of the bowels, but even clysters, and purgative medicines, which before had no effect, will operate when the blister begins to rise.

Fomentations and laxative clysters are by no means to be omitted. The patient's feet and legs should be frequently bathed in warm water; and cloths dipped in it applied to his belly. Bladders filled with warm water may likewise be applied to the region of the navel, and warm bricks, or bottles filled with warm water, to the soles of the feet. The clysters may be made of barley-water, or thin gruel with salt, and softened with sweet oil or fresh butter. These may be administered every two or three hours, or oftener, if the patient continues costive.

If the disease does not yield to clysters and fomentations, recourse must be had to pretty strong purgatives; but as these, by irritating the bowels, often increase their contraction, and by that means frustrate their own intention, it will be necessary to join them with opiates, which, by allaying the pain, and relaxing the spasmodic contractions of the guts, greatly assist the operation of purgatives in this case.

What answers the purpose of opening the body very well is a solution of the bitter purging salts. Two ounces of these may be dissolved in an English pint of warm water or thin gruel, and a tea-cupful of it taken every half hour till it operates. At the same time, fifteen, twenty, or twenty-five drops of laudanum may be given in a glass of peppermint or



simple cinnamon-water, to appease the irritation, and prevent the vomiting, &c.

Acids have often a very happy effect in staying the vomiting, and appeasing the other violent symptoms of this disease. It will therefore be of use to sharpen the patient's drink with cream of tartar, juice of lemon, or, when these cannot be obtained, with vinegar.

But it often happens that no liquid whatever will stay on the stomach. In this case the patient must take purging pills. I have generally found the following answer very well: Take julap in powder, and vitriolated tartar, of each half a drachm, opium one grain, Castile soap, as much as will make the mass fit for pills. These must be taken at one dose, and if they do not operate in a few hours, the dose may be repeated.

If a stool cannot be procured by any of the above means, it will be necessary to immerse the patient in warm water, up to the breast. I have often seen this succeed when other means had been tried in vain. The patient must continue in the water as long as he can easily bear it without fainting, and if one immersion has not the desired effect, it may be repeated as soon as the patient's strength and spirits are recruited. It is more safe for him to go frequently into the bath, than to continue long at a time; and it is often necessary to repeat it several times before it has the desired effect.

In desperate cases it is common to give quicksilver. This may be given to the quantity of several ounces, or even a pound, but should not exceed that. When there is reason to suspect a mortification of the guts, this medicine ought not to be tried. In that case it cannot cure the patient, and will only hasten his death. But when the obstruction is occasioned by any cause that can be removed by force, quicksilver is not only a proper medicine, but the best that can be administered, as it is the fittest bo-



dy we know for making its way through the intestinal canal.

If the disease proceeds from a rupture, the patient must be laid with his head very low, and the intestines returned by gentle pressure with his hand. If this, with fomentations and clysters, should not succeed, recourse must be had to surgical operation, which may give the patient relief.

Such as would avoid this excruciating and dangerous disease, must take care never to be too long without a stool. Some who have died of it have had several pounds of hard dry *fæces* taken out of their guts. They should likewise beware of eating too freely of sour or unripe fruits, or drinking stale windy liquors, &c. I have known it brought on by living too much on baked fruits, which are seldom good. It likewise proceeds frequently from cold caught by wet clothes, &c. but especially from wet feet.

### OF THE COLIC.

The colic has a great resemblance to the two preceding diseases, both in its symptoms and method of cure. It is generally attended with costiveness and acute pain of the bowels; and requires diluting diet, evacuations, fomentations, &c.

Colics are variously denominated according to their causes, as the *flatulent*, the *bilious*, the *hysteric*, the *nervous*, &c. As each of these requires a particular method of treatment, we shall point out their most general symptoms, and the means to be used for their relief.

The *flatulent*, or wind colic, is generally occasioned by an indiscreet use of unripe fruits, meats of hard digestion, windy vegetables, fermented liquors, and such like. It may likewise proceed from an obstructed perspiration, or catching cold. Delicate people, whose digestive powers are weak, are most liable to this kind of colic.



The flatulent colic may either affect the stomach or intestines. It is attended with a painful stretching of the affected part. The patient feels a rumbling in his bowels, and is generally relieved by a discharge of wind either upwards or downwards. The pain is seldom confined to any particular part, as the vapour wanders from one division to another, till it finds a vent.

When the disease proceeds from windy liquor, green fruits, sour herbs, or the like, the best medicine, on the first appearance of the symptoms, is a dram of brandy, gin, or any good spirits. The patient should likewise sit with his feet upon a warm hearth-stone, or apply warm bricks to them: and warm cloths may be applied to his stomach and bowels.

This is the only colic wherein ardent spirits, spices, or anything of a hot nature, may be ventured upon. Nor indeed are they to be used here unless at the very beginning, before any symptoms of inflammation appear. We have reason to believe that the colic occasioned by windy or flatulent food might always be cured by spirits and warm liquors, if they were taken immediately on perceiving the first uneasiness; but when the pain has continued for a considerable time, and there is reason to fear an inflammation of the bowels is already begun, all hot things are to be avoided as poison, and the patient is to be treated in the same manner as for the inflammation of the intestines.

Several kinds of food, as honey, eggs, &c., occasion colics in some particular constitutions. I have generally found the best method of cure for these was to drink plentifully of small diluting liquors, as water-gruel, small posset, toast and water, &c.

Colics which proceed from excess and indigestion generally cure themselves by occasioning vomiting or purging. These discharges are by no means to



be stopped, but promoted by drinking plentifully of warm water or weak posset. When their violence is over, the patient may take a dose of rhubarb, or any other gentle purge, to carry off the dregs of his debauch.

Colics which are occasioned by wet feet, by catching cold, may generally be removed at the beginning by bathing the feet and legs in warm water, and drinking such warm diluting liquors as will promote the perspiration, as weak wine-whey, or water gruel, with a small quantity of spirits in it.

Those flatulent colics which prevail so much among country people, might generally be prevented were they careful to change their clothes when they get wet. They ought likewise to take a dram, or to drink some warm liquor, after eating any kind of green trash. We do not mean to recommend the practice of dram drinking, but in this case ardent spirits prove a real medicine. A glass of good peppermint water will have nearly the same effect as a glass of brandy, and in some cases is rather to be preferred.

The *bilious* colic is attended with very acute pains about the region of the navel. The patient complains of great thirst, and is generally costive. He vomits a hot, bitter, yellow-coloured bile, which, being discharged, seems to afford some relief, but is quickly followed by the same violent pain as before. As the distemper advances, the propensity to vomit sometimes increases so as to become almost continual, and the proper motion of the intestines is so far perverted that there are all the symptoms of an impending iliac passion.

If the patient be young and strong, and the pulse full and frequent, it will be proper to bleed, after which clysters may be administered. Clear whey or gruel, sharpened with the juice of lemon or cream of tartar, must be drunk freely. Small chicken-



broth, with a little manna dissolved in it, or a slight decoction of tamarinds, is likewise very proper, or any other thin, acid, opening liquor.

Besides bleeding and plentiful dilution, it will be necessary to foment the belly with cloths dipped in warm water, and if this should not succeed, the patient must be immersed up to the breast in warm water.

In the bilious colic the vomiting is often very difficult to restrain. When this happens, the patient may drink a decoction of toasted bread, or an infusion of garden-mint in boiling water. Should these not have the desired effect, the saline draught, with a few drops of laudanum in it, may be given, and repeated according to the urgency of the symptoms. A small quantity of Venice treacle may be spread in form of a cataplasm, and applied to the pit of the stomach. Clysters, with a proper quantity of Venice treacle or liquid laudanum in them, may likewise be frequently administered.

The *hysteric* colic bears a great resemblance to the bilious. It is attended with acute pains about the region of the stomach, vomiting, &c. What the patient vomits in this case is commonly of a greenish colour. There is a great sinking of the spirits, with dejection of mind and difficulty of breathing, which are the characteristic symptoms of this disorder. Sometimes it is accompanied with the jaundice, but this generally goes off of its own accord in a few days.

In this colic, all evacuations, as bleeding, purging, vomiting, &c. do hurt. Everything that weakens the patient, or sinks the spirits, is to be avoided. If, however, the vomiting should prove violent, lukewarm water, or small posset, may be drunk to cleanse the stomach. Afterwards the patient may take fifteen, twenty, or twenty-five drops of liquid laudanum in a glass of cinnamon-water. This may be repeated every ten or twelve hours, till the symptoms abate.



The *nervous* colic prevails among miners, smelters of lead, plumbers, and manufacturers of white lead, &c. It is very common in the cider counties of England, and is supposed to be occasioned by the leaden vessels used in preparing that liquor. It is likewise a frequent disease in the West Indies, where it is termed the dry belly-ache.

No disease of the bowels is attended with more excruciating pain than this. Nor is it soon at an end. I have known it continue eight or ten days with very little intermission, the body all the while continuing bound in spite of medicine, yet at length yield, and the patient recover. It generally, however, leaves the patient weak, and often ends in a palsy.

The Barbadoes tar is said to be an efficacious medicine in this complaint. It may be taken to the quantity of two drachms three times a-day, or oftener if the stomach will bear it. This tar, mixed with an equal quantity of strong rum, is likewise proper for rubbing the spine, in case any tingling, or other symptoms of the palsy, are felt. When the tar cannot be obtained, the back may be rubbed with strong spirits, or a little oil of nutmegs, or of rosemary.

## INFLAMMATION OF THE KIDNEYS.

CAUSES.—This disease may proceed from any of those causes which produce an inflammatory fever. It may likewise be occasioned by wounds or bruises of the kidneys; small stones or gravel lodging within them; by strong diuretic medicines, as spirits of turpentine, tincture of cantharides, &c. Violent motion, as hard riding or walking, especially in hot weather, or whatever drives the blood too forcibly into the kidneys, may occasion this malady. It may likewise proceed from lying too soft, too much on the back, involuntary contractions, or spasms, in the urinary vessels.



**SYMPTOMS.**—There is a sharp pain about the region of the kidneys, with some degree of fever, and a stupor or dull pain in the thigh of the affected side. The urine is at first clear, and afterwards of a reddish colour; but in the worst kind of the disease it generally continues pale, is passed with difficulty, and commonly in small quantities at a time. The patient feels great uneasiness when he endeavours to sit or walk upright. He lies with most ease on the affected side, and has generally a nausea or vomiting, resembling that which happens in the colic.

This disease, however, may be distinguished from the colic by the pain being seated farther back, and by the difficulty of passing urine, with which it is constantly attended.

**REGIMEN.**—Every thing of a heating or stimulating nature is to be avoided. The food must be thin and light; as panado, small broths, with mild vegetables, and the like. Emollient and thin liquors must be plentifully drunk; as clear whey, or balm-tea sweetened with honey, decoctions of marsh-mallow roots, with barley and liquorice, &c. The patient, notwithstanding the vomiting, must constantly keep sipping small quantities of these or other diluting liquors. Nothing so safely and certainly abates the inflammation, and expels the obstructing cause, as copious dilution. The patient must be kept easy, quiet, and free from cold, as long as any symptoms of inflammation remain.

Cloths dipped in warm water, or bladders filled with it, must be applied as near as possible to the part affected, and renewed as they grow cool. If the bladders be filled with the decoction of mallows and camomile-flowers, to which a little saffron is added, and mixed with about a third part of new milk, it will be still more beneficial.

Emollient clysters ought frequently to be admin-



istered; and if these do not open the body, a little salt and honey, or manna, may be added to them.

The same course is to be followed where gravel or a stone is lodged in the kidney, but when the gravel or stone is separated from the kidney, and lodges in the ureter, it will be proper, besides the fomentations, to rub the small of the back with sweet oil, and to give gentle diuretics; as juniper-water, sweetened with the syrup of marsh-mallows; a teaspoonful of the sweet spirits of nitre, with a few drops laudanum may now and then be put in a cup of the patient's drink. He ought likewise to take exercise on horseback, or in a carriage, if he be able to bear it.

When the disease is protracted beyond the seventh or eighth day, and the patient complains of a stupor or heaviness of the part, has frequent returns of chilliness, shivering, &c. there is reason to suspect that matter is forming in the kidney, and that an abscess will ensue.

When matter in the urine shows that an ulcer is already formed in the kidney, the patient must be careful to abstain from all acrid, sour, and salted provisions; and to live chiefly upon mild mucilaginous herbs and fruits, together with the broth of young animals, made with barley and common pot-herbs, &c. His drink may be whey and butter-milk that is not sour. The latter is by some reckoned a specific remedy in ulcers of the kidney. To answer this character, however, it must be drunk for a considerable time. Chalybeate waters have likewise been found beneficial in this disease. This medicine is easily obtained, as it is found in every part of Great Britain. It must likewise be used for a considerable time, in order to produce any salutary effects.

Those who are liable to frequent returns of inflammation, or obstructions of the kidney, must ab-



stain from wines, especially such as abound with tar-tar ; and their food ought to be light and easy of digestion. They should use moderate exercise, not lie too hot, nor too much on their back, and avoid costiveness.

### INFLAMMATION OF THE BLADDER.

THE inflammation of the bladder proceeds in a great measure from the same causes as that of the kidneys. It is known by an acute pain towards the bottom of the belly, and difficulty of passing urine, with some degree of fever, a constant inclination to go to stool, and a perpetual desire to make water.

This disease must be treated on the same principles as the one immediately preceding. The diet must be light and thin, and the drink of a cooling nature. Bleeding is very proper at the beginning, and in robust constitutions it will often be necessary to repeat it. The lower part of the body should be fomented with warm water, or a decoction of mild vegetables ; and emollient clysters ought frequently to be administered, &c.

The patient should abstain from every thing that is of a hot, acrid, and stimulating quality ; and should live entirely upon small broths, gruels, or mild vegetables.

A stoppage of urine may proceed from other causes besides an inflammation of the bladder ; as a swelling of the hæmorrhoidal veins ; hard *fæces* lodged in the *rectum* ; a stone in the bladder, excrescences in the urinary passages, a palsy of the bladder, hysteric affections, &c. Each of these requires a particular treatment, which does not fall under our present consideration. We shall only observe, that in all of them mild and gentle applications are the safest, as strong diuretic medicines, or things of an irritating nature, generally increase the danger. I



have known some persons kill themselves by introducing probes into the urinary passages, to remove, as they thought, somewhat that obstructed the discharge of urine; and others bring on a violent inflammation of the bladder, by using strong diuretics, as oil of turpentine, &c. for that purpose.

### INFLAMMATION OF THE LIVER.

THE liver is less subject to inflammation than most of the other viscera, as in it the circulation is slower; but when an inflammation does happen, it is with difficulty removed, and often ends in a suppuration or schirrus.

CAUSES.—Besides the common causes of inflammation, we may here reckon the following, *viz.* excessive fatness, a schirrus of the liver itself, violent shocks from strong vomits when the liver was before unsound, an adust or atrabilarian state of the blood, any thing that suddenly cools the liver after it has been greatly heated, stones obstructing the course of the bile, drinking strong wines and spirituous liquors, using hot, spicy aliment, obstinate hypochondriacal affections, &c.

SYMPTOMS.—This disease is known by a painful tension of the right side under the false ribs, attended with some degree of fever, a sense of weight, or fulness of the part, difficulty of breathing, loathing of food, great thirst, with a pale or yellowish colour of the skin and eyes.

The *symptoms* here are various, according to the degree of inflammation, and likewise according to the particular part of the liver where the inflammation happens. Sometimes the pain is so inconsiderable that an inflammation is not so much as suspected; but when it happens in the upper or convex part of the liver, the pain is more acute, the pulse quicker, and the patient is often troubled with a dry cough, a hiccup, and a pain extending to the



shoulder, with difficulty of lying on the left side.

This disease may be distinguished from the pleurisy, by the pain being less violent, seated under the false ribs, the pulse not so hard, and by the difficulty of lying on the left side. It may be distinguished from the hysteric and hypochondriac disorders, by the degree of fever with which it is always attended.

This disease, if properly treated, is seldom fatal. A constant hiccuping, violent fever, and excessive thirst, are bad symptoms. If it ends in a suppuration, and the matter cannot be discharged outwardly, the danger is great. When a schirrus of the liver ensues, the patient, if he observes a proper regimen, may nevertheless live a number of years tolerably easy; but if he indulges in animal food and strong liquors, or takes medicines of an acrid or irritating nature, the schirrus will be converted into a cancer, which must infallibly prove fatal.

REGIMEN.—The same regimen is to be observed in this as in other inflammatory disorders. All hot things are to be carefully avoided, and cool diluting liquors, as whey, barley-water, &c. drunk freely. The food must be light and thin, and the body, as well as the mind, kept easy and quiet.

MEDICINE.—Bleeding is proper at the beginning of this disease, and it will often be necessary, even though the pulse should not feel hard, to repeat it. All violent purgatives are to be avoided; the body, however, must be kept gently open. A decoction of tamarinds, with a little honey or manna, will answer this purpose very well. The side affected must be fomented in the same manner as directed in the foregoing diseases. Mild laxative clysters should be frequently administered; and if the pain should notwithstanding continue violent, a blistering plaster may be applied over the part affected; or rather a plaster made of gum-ammoniac and vinegar of squills.



Medicines which promote the secretion of urine have a very good effect here. For this purpose, half a drachm of purified nitre, or a tea-spoonful of the sweet spirits of nitre, may be taken in a cup of the patient's drink, three or four times a-day.

When there is an inclination to sweat, it ought to be promoted, but not by warm sudorifics. The only thing to be used for that purpose is plenty of diluting liquor, drunk about the warmth of the human blood. Indeed the patient in this case, as well as in all other topical inflammations, ought to drink nothing that is colder than the blood.

If the stools should be loose, and even streaked with blood, no means must be used to stop them, unless they be so frequent as to weaken the patient. Loose stools often prove critical, and carry off the disease.

If an abscess or imposthume is formed in the liver, all methods should be tried to make it break and discharge itself outwardly, as fomentations, the application of poultices, ripening cataplasms, &c. Sometimes, indeed, the matter of an abscess comes away in the urine, and sometimes it is discharged by stool; but these are efforts of nature, which no means can promote. When the abscess bursts into the cavity of the *abdomen* at large, death must ensue; nor will the event be more favourable when the abscess is opened by an incision, unless in cases where the liver adheres to the *peritoneum*, so as to form a bag for the matter, and prevent it from falling into the cavity of the *abdomen*; in which case, opening the abscess by a sufficiently large incision will probably save the patient's life.

If the disorder, in spite of all endeavours to the contrary, should end in a schirrus, the patient must be careful to regulate his diet, &c. in such a manner as not to aggravate the disease. He must not indulge in flesh, fish, strong liquors, or any highly-seasoned or salted provisions; but should, for the



most part, live on mild vegetables, as fruits and roots taking gentle exercise, and drinking whey, barley-water, or butter-milk. If he takes anything stronger, it should be fine mild ale, which is less heating than wines or spirits.

### OF THE CHOLERA MORBUS, AND OTHER EXCESSIVE DISCHARGES FROM THE STOMACH AND BOWELS.

THE *cholera morbus* is a violent purging and vomiting, attended with gripes, sickness, and a constant desire to go to stool. It comes on suddenly, and is most common in autumn. There is hardly any disease that kills more quickly than this, when proper means are not used in due time for removing it.

CAUSES.—It is occasioned by a redundancy and putrid acrimony of the bile; cold; food that easily turns rancid or sour on the stomach, as butter, bacon, sweetmeats, cucumbers, melons, cherries, and other cold fruits. It is sometimes the effect of strong acrid purges or vomits, or of poisonous substances taken into the stomach. It may likewise proceed from violent passions or affections of the mind, as fear, anger, &c.

SYMPTOMS.—It is generally preceded by a *cardialgia*, or heart-burn, sour belchings, and flatulencies, with pain of the stomach and intestines. To these succeed excessive vomiting, and purging of green, yellow, or blackish-coloured bile, with a distension of the stomach, and violent griping pains. There is likewise a great thirst, with a very unequal pulse, and often a fixed acute pain about the region of the navel. As the disease advances, the pulse often sinks so low as to become quite imperceptible, the extremities grow cold, or cramped, and are often covered with a clammy sweat, the urine obstructed, and there is a palpitation of the heart. Violent hiccuping, fainting, and convulsions, are the signs of approaching death.



MEDICINE.—At the beginning of this disease, the efforts of nature to expel the offending cause should be assisted by promoting the purging and vomiting. For this purpose the patient must drink freely of diluting liquors, as whey, butter-milk, warm water, thin water-gruel, small posset, or, what is perhaps preferable to any of them, very weak chicken-broth. This should not only be drunk plentifully to promote the vomiting, but a clyster of it given every hour in order to promote the purging.

After these evacuations have been continued for some time, a decoction of toasted oat-bread may be drunk to stop the vomiting. The bread should be toasted till it is of a brown colour, and afterwards boiled in spring water. If oat-bread cannot be had, wheat-bread, or oat-meal well toasted, may be used in its stead. If this does not put a stop to the vomiting, two table-spoonsful of the saline julap, with ten drops of laudanum, may be taken every hour till it ceases.

The vomiting and purging, however, ought never to be stopped too soon. As long as these discharges do not weaken the patient, they are salutary, and may be allowed to go on, or rather ought to be promoted. But when the patient is weakened by the evacuations, which may be known from the sinking of his pulse, &c. recourse must immediately be had to opiates, as recommended above; to which may be added strong wines, with spirituous cinnamon-water, and other generous cordials. Warm negus, or strong wine-whey, will likewise be necessary to support the patient's spirits, and promote the perspiration. His legs should be bathed in warm water, and afterwards rubbed with flannel cloths, or wrapped in warm blankets, and warm bricks applied to the soles of the feet. Flannels wrung out of warm spirituous fomentations should likewise be applied to the region of the stomach.

When the violence of the disease is over, to pre-



vent a relapse it will be necessary for some time to continue the use of small doses of laudanum. Ten or twelve drops may be taken in a glass of wine, at least twice a-day, for eight or ten days.

## OF A DIARRHŒA, OR LOOSENESS.

A looseness, in many cases, is not to be considered as a disease, but rather as a salutary evacuation. It ought therefore never to be stopped, unless when it continues too long, or evidently weakens the patient. As this, however, sometimes happens, we shall point out the most common causes of a looseness, with the proper method of treatment.

When a looseness is occasioned by catching cold, or an obstructed perspiration, the patient ought to keep warm, to drink freely of weak diluting liquors, to bathe his feet and legs frequently in lukewarm water, to wear flannel next his skin, and to take every other method to restore the perspiration.

In a looseness which proceeds from excess or repletion, a vomit is the proper medicine. Vomits not only cleanse the stomach, but promote all the secretions, which render them of great importance in carrying off a debauch. Half a drachm of ipecacuanha in powder will answer this purpose very well. A day or two after the vomit, the same quantity of rhubarb may be taken, and repeated two or three times, if the looseness continues. The patient ought to live upon light vegetable food of easy digestion, and to drink whey, thin-gruel, or barley-water.

A looseness occasioned by the obstruction of any customary evacuation generally requires bleeding. If that does not succeed, other evacuations may be substituted in the room of those which are obstructed. At the same time, every method is to be taken to restore the usual discharges, as not only the cure of the disease, but the patient's life, may depend on this.



A periodical looseness ought never to be stopped. It is always an effort of nature to carry off some offending matter, which, if retained in the body, might have fatal effects. Children are very liable to this kind of looseness, especially while teething. It is, however, so far from being hurtful to them, that such children generally get their teeth with least trouble. If these loose stools should at any time prove sour or griping, a tea-spoonful of *magnesia alba*, with four or five grains of *rhubarb*, may be given to the child in a little panado, or any other food. This, if repeated three or four times, will generally correct the acidity, and carry off the griping stools. The *potio cretacea*, or chalk julap, may be administered in doses of two or three spoonful after each evacuation; or a tea-spoonful of fine powdered chalk may be mixed in a tea-cupful of water-gruel, and given occasionally.

A diarrhœa, or looseness, which proceeds from violent passions or affections of the mind, must be treated with the greatest caution. Vomits in this case are highly improper. Nor are purges safe, unless they be mild, and given in small quantities. Opiates, and other antispasmodic medicines are most proper. Ten or twelve drops of liquid laudanum may be taken in a cup of valerian or pennyroyal tea every eight or ten hours, till the symptoms abate. Ease, cheerfulness, and tranquillity of mind, are here of the greatest importance.

When a looseness proceeds from acrid or poisonous substances taken into the stomach, the patient must drink large quantities of diluting liquors, with oil or fat broths, to promote vomiting and purging. Afterwards, if there be reason to suspect that the bowels are inflamed, bleeding will be necessary. Small doses of laudanum may likewise be taken to remove their irritation.

When the gout, repelled from the extremities, occasions a looseness, it ought to be promoted by



gentle doses of rhubarb, or other mild purgatives. The gouty matter is likewise to be solicited towards the extremities by warm fomentations, cataplasms, &c. The perspiration ought at the same time to be promoted by warm diluting liquors; as wine-whey, with spirits of hartshorn, or a few drops of liquid laudanum in it.

Persons who, from a particular weakness, or too great an irritability of the bowels, are liable to frequent returns of this disease, should live temperately, avoiding crude summer fruits, all unwholesome foods, and meats of hard digestion.

### OF VOMITING.

Vomiting may proceed from various causes; as excess in eating and drinking; foulness of the stomach; the acrimony of the aliments; a translation of the morbid matter of ulcers; the gout; the erysipelas, or other diseases of the stomach. It may likewise proceed from a looseness having been too suddenly stopped; from the stoppage of any customary evacuation, as the bleeding piles, the *menses*, &c., from a weakness of the stomach, the colic, the iliac passion, a rupture, a fit of the gravel, worms; or from any kind of poison taken into the stomach. It is a usual symptom of injuries done to the brain; as contusions, compressions, &c. It is likewise a symptom of wounds or inflammations of the diaphragm, intestines, spleen, liver, &c.

Vomiting is a common symptom of pregnancy. In this case it generally comes on about two weeks after the stoppage of the *menses*, and continues during the first three or four months.

When vomiting proceeds from a foul stomach or indigestion, it is not to be considered as a disease, but as the cure of a disease. It ought therefore to be promoted, by drinking lukewarm water or thin gruel. If this does not put a stop to the vomiting,



a dose of ipecacuanha may be taken, and worked off with weak camomile-tea.

When the retrocession of the gout, or the obstruction of customary evacuations, occasions vomiting, all means must be used to restore these discharges; or, if that cannot be effected, their place must be supplied by others, as bleeding, purging, bathing the extremities in warm water, opening issues, setons, perpetual blisters, &c.

When vomiting is the effect of pregnancy, it may generally be mitigated by bleeding, and keeping the body gently open. The bleeding, however, ought to be in small quantities at a time, and purgatives should be of the mildest kind, as figs, stewed prunes, manna or senna. Pregnant women are most apt to vomit in the morning immediately after getting out of bed, which is owing partly to the change of posture, but more to the emptiness of the stomach. It may generally be prevented, by taking a dish of coffee, tea, or some light breakfast, in bed. Pregnant women who are afflicted with vomiting, ought to be kept easy both in body and mind. They should neither allow their stomachs to be quite empty, nor should they eat much at once. Cold water is a very proper drink in this case; if the stomach be weak, a little brandy may be added to it. If the spirits be low, and the person apt to faint, a spoonful of cinnamon-water, with a little marmalade of quinces or oranges, may be taken.

If vomiting proceeds from weakness of the stomach, bitters will be of service. Peruvian bark infused in wine or brandy, with as much rhubarb as will keep the body gently open, is an excellent medicine in this case. The elixir of vitriol is also a good medicine. It may be taken in the dose of fifteen or twenty drops, twice or thrice a-day, in a glass of wine or water. Habitual vomitings are sometimes alleviated by making oysters a principal part of diet.



A vomiting which proceeds from acidities in the stomach, is relieved by alkaline purges. The best medicine of this kind is the magnesia alba, a tea-spoonful of which may be taken in a dish of tea, or a little milk, three or four times a-day, or oftener if necessary, to keep the body open.

### OF THE DIABETES, AND OTHER DISORDERS OF THE KIDNEYS AND BLADDER.

THE diabetes is a frequent and excessive discharge of urine. It is seldom to be met with among young people; but often attacks persons in the decline of life, especially those who follow the more violent employments, or have been hard drinkers in their youth.

CAUSES.—A diabetes is often the consequence of acute diseases, as fevers, fluxes, &c. where the patient has suffered by excessive evacuations; it may also be occasioned by great fatigue, as riding long journeys upon a hard-trotting horse, carrying heavy burdens, running, &c. It may be brought on by hard drinking, or the use of strong stimulant diuretic medicines, as tincture of cantharides, spirits of turpentine, and such like. It is often the effect of drinking too great quantities of mineral waters. Many imagine that these will do them no service unless they be drunk in great quantities, by which mistake it often happens that they occasion worse diseases than those they were intended to cure. In a word, this disease may either proceed from too great a laxity of the organs which secrete the urine, from something which stimulates the kidneys too much, or from a thin dissolved state of the blood, which makes too great a quantity of it to run off by the urinary passages.

SYMPTOMS.—In a diabetes, the urine generally exceeds in quantity all the liquid food which the



patient takes. It is thin and pale, of a sweetish taste, and agreeable smell. The patient has a continual thirst, with some degree of fever; his mouth is dry, and he spits frequently a frothy spittle. The strength fails, the appetite decays, and the flesh wastes away, till the patient is reduced to skin and bone. There is a heat of the bowels; and frequently the loins, testicles, and feet, are swelled.

This disease may generally be cured at the beginning; but after it has continued long, the cure becomes very difficult. In drunkards, and very old people, a perfect cure is not to be expected.

REGIMEN.—Every thing that stimulates the urinary passages, or tends to relax the habit, must be avoided. For this reason, the patient should live chiefly on solid food. His thirst may be quenched with acids; as sorrel, juice of lemon, or vinegar. The mucilaginous vegetables, as rice, sago, and sallow, with milk, are the most proper food. Of animal substances, shell-fish are to be preferred; as oysters, crabs, &c.

The drink may be Bristol-water. When that cannot be obtained, lime-water, in which a due proportion of oak-bark has been macerated, may be used. The white decoction, with isinglass dissolved in it, is likewise a very proper drink.

The patient ought daily to take exercise, but it should be so gentle as not to fatigue him. He should lie upon a hard bed or mattress. Nothing hurts the kidneys more than lying too soft. A warm dry air, the use of the flesh brush, and every thing that promotes perspiration, is of service. For this reason, the patient ought to wear flannel next his skin. A large strengthening-plaster may be applied to the back; or what will answer better, a great part of the body may be wrapped in plaster.

MEDICINE.—Gentle purges, if the patient be not too much weakened by the disease, have a good effect. They may consist of rhubarb, with carda-



mum-seeds, or any other spiceries, infused in wine, and may be taken in such quantities as to keep the body gently open.

The patient must next have recourse to astringents and corroborants. Half a drachm of powder made of equal parts of alum, and the inspissated juice commonly called *Terra Japonica*, may be taken four times a-day, or oftener, if the stomach will bear it. The alum must first be melted in a crucible: afterwards they may be both pounded together. Along with every dose of this powder, the patient may take a tea-cupful of the tincture of roses.

If the patient's stomach cannot bear the alum in substance, whey may be made of it, and taken in the dose of a tea-cupful three or four times a-day. The alum-whey is prepared by boiling two English quarts of milk over a slow fire, with three drachms of alum, till the curd separates.

Opiates are of service in this disease, even though the patient rests well. They take off spasm and irritation, and at the same time lessen the force of the circulation. Ten or twelve drops of liquid laudanum may be taken in a cup of the patient's drink, three or four times a-day.

### OF A SUPPRESSION OF URINE.

It has already been observed, that a suppression of urine may proceed from various causes; as an inflammation of the kidneys, or bladder; small stones or gravel lodging in the urinary passages, hard *fæces* lying in the *rectum*, pregnancy, a spasm or contraction of the neck of the bladder, clotted blood in the bladder itself, a swelling of the hæmorrhoidal veins, &c.

Fomentations must be used here. These may either consist of warm water alone, or a decoction of mild vegetables: as mallows, camomile-flowers,



&c. Cloths dipped in these may either be applied to the part affected, or a large bladder filled with the decoction may be kept continually upon it. Some put the herbs themselves into a flannel bag, and apply them to the part, which is far from being a bad method.

The body ought to be kept open. This is not, however, to be attempted by strong purgatives, but by emollient clysters, or gentle infusions of senna and manna.

The food must be light, and taken in small quantities. The drink may be weak broth, or decoctions and infusions of mucilaginous vegetables, or marsh-mallow roots, lime-tree buds, &c. A tea-spoonful of nitre, or a drachm of Castile soap, may be frequently put into the patient's drink; and, if there be no inflammation, he may drink small gin punch.

Persons subject to a suppression of urine ought to live very temperate. Their diet should be light, and their liquor diluting. They should avoid all acid and austere wines, should take sufficient exercise, lie hard, and avoid study and sedentary occupations.

## OF THE GRAVEL AND STONE.

WHEN small stones are lodged in the kidneys, or discharged with the urine, the patient is said to be afflicted with the gravel. If one of these stones happen to make a lodgment in the bladder for some time, it accumulates fresh matter, and at length becomes too large to pass off with the urine. In this case the patient is said to have the stone.

CAUSES.—The stone and gravel may be occasioned by high living; the use of strong astringent wines; a sedentary life; lying too hot, soft, or too much on the back; the constant use of water impregnated with earthy or stony particles; aliments of an astringent or windy nature, &c. It may likewise pro-



ceed from an hereditary disposition. Persons in the decline of life, and those who have been much afflicted with the gout or rheumatism, are most liable to it.

**SYMPTOMS.**—Small stones or gravel in the kidneys occasion pain in the loins, sickness, vomiting, and sometimes bloody urine. When the stone descends into the *ureter*, and is too large to pass along with ease, all the above symptoms are increased; the pain extends towards the bladder; the thigh and leg of the affected side are benumbed; the testicles are drawn upwards, and the urine is obstructed.

A stone in the bladder is known from a pain at the time, as well as before and after making water; from the urine coming away by drops, or stopping suddenly when it was running in a full stream; by a violent pain in the neck of the bladder upon motion, especially on horse-back, or in a carriage on a rough road; or from a white, thick, copious stinking mucous sediment in the urine; from an itching in the top of the *penis*; from bloody urine; from an inclination to go to stool during the discharge of urine; from the patient's passing his urine more easily when lying than in an erect posture; from a kind of convulsive motion occasioned by the sharp pain in discharging the last drops of the urine; and lastly, from sounding or searching with the catheter.

**REGIMEN.**—Persons afflicted with the gravel or stone should avoid aliment of a windy or heating nature, as salt meats, sour fruits, &c. Their diet ought chiefly to consist of such things as tend to promote the secretion of urine, and to keep the body open. Artichokes, asparagus, spinage, lettuce, parsley, succory, purslain, turnips, potatoes, carrots, and radishes, may be safely eaten. Onions, leeks, and celery are, in this case, reckoned medicinal. The most proper drinks are whey, butter-milk, milk and water, barley-water, decoctions or infusions of the roots of marsh-mallows, parsley, liquorice, or of



other mild mucilaginous vegetables, as linseed, lime-tree buds or leaves, &c. If the patient has been accustomed to generous liquors, he may drink gin and water not too strong.

Gentle exercise is proper; but violent motion is apt to occasion bloody urine. We would therefore advise that it should be taken in moderation. Persons afflicted with the gravel often pass a great number of stones after riding on horseback, or in a carriage; but those who have a stone in the bladder are seldom able to bear this kind of exercise. Where there is an hereditary tendency to this disease, a sedentary life ought never to be indulged. Were people careful, upon the first symptoms of gravel, to observe a proper regimen of diet, and to take sufficient exercise, it might often be carried off, or at least prevented from increasing; but if the same course which occasioned the disease is persisted in, it must be aggravated.

MEDICINE.—In what is called a fit of the gravel, which is commonly occasioned by a stone sticking in the *ureter* or some part of the urinary passages, the patient must be bled; warm fomentations should likewise be applied to the part affected, emollient clysters administered, and diluting mucilaginous liquors drunk, &c. The treatment in this case has been fully pointed out under the articles *inflammation of the kidneys and bladder*, to which we refer.

## OF INVOLUNTARY DISCHARGES OF BLOOD.

SPONTANEOUS or involuntary discharges of blood, often happen from various parts of the body. These, however, are so far from being always dangerous, that they often prove salutary. When such discharges are critical, which is frequently the case in fevers, they ought not to be stopped. Nor indeed is it proper at any time to stop them, unless they be



so great as to endanger the patient's life. Most people, afraid of the smallest discharge of blood from any part of the body, fly immediately to the use of styptic and astringent medicines, by which means an inflammation of the brain, or some other fatal disease, is occasioned, which, had the discharge been allowed to go on, might have been prevented.

Periodical discharges of blood, from whatever part of the body they proceed, must not be stopped. They are always the efforts of nature to relieve herself; and fatal diseases have often been the consequences of obstructing them. It may, indeed, be sometimes necessary to check the violence of such discharges; but even this requires the greatest caution. Instances might be given where the stopping of a small periodical flux of blood from one of the fingers has proved fatal to the health.

In the early period of life, bleeding at the nose is very common. Those who are farther advanced in years are more liable to hæmoptoe, or discharge of blood from the lungs. After the middle period of life, hæmorrhoidal fluxes are most common; and, in the decline of life, discharges of blood from the urinary passages.

Involuntary fluxes of blood may proceed from very different, and often from quite opposite causes. Sometimes they are owing to a particular construction of the body, as a sanguine temperament, a laxity of the vessels, a plethoric habit, &c. At other times they proceed from a determination of the blood towards one particular part, as the head, the hæmorrhoidal veins, &c. They may likewise proceed from an inflammatory disposition of the blood, in which case there is generally some degree of fever: this likewise happens when the flux is occasioned by an obstructed perspiration, or a stricture upon the skin, the bowels, or any particular part of the system.

But a dissolved state of the blood will likewise occasion hæmorrhages. Thus, in putrid fevers, the



dysentery, the scurvy, the malignant small-pox, &c. there are often very great discharges of blood from different parts of the body. They may likewise be brought on by too liberal a use of medicines which tend to dissolve the blood, as cantharides, the volatile alkaline salt, &c. Food of an acrid or irritating quality may likewise occasion hæmorrhages; as also strong purges and vomits, or any thing that greatly stimulates the bowels.

Violent passions or agitations of the mind will likewise have this effect. These often cause bleeding at the nose; and I have known them sometimes occasion an hæmorrhage in the brain. Violent efforts of the body, by overstraining or hurting the vessels, may have the same effect, especially when the body is long kept in an unnatural posture, as hanging the head very low, &c.

The cure of an hæmorrhage must be adapted to its cause. When it proceeds from too much blood, or a tendency to inflammation,—bleeding, with gentle purges and other evacuations will be necessary. It will likewise be proper for the patient in this case to live chiefly upon a vegetable diet, to avoid all strong liquors, and food that is of an acrid, hot, or stimulating quality. The body should be kept cool, and the mind easy.

When an hæmorrhage is owing to a putrid or dissolved state of the blood, the patient ought to live chiefly upon acrid fruits, with milk, and vegetables of a nourishing nature, as sago, salop, &c. His drink may be wine diluted with water, and sharpened with the juice of lemon, vinegar, or spirits of vitriol. The best medicine in this case is the Peruvian bark, which may be taken according to the urgency of the symptoms.

When a flux of blood is the effect of acrid food, or of strong stimulating medicines, the cure is to be effected by soft and mucilaginous diet. The patient may likewise take frequently about the bulk of a



nutmeg of Locatelli's balsam, or the same quantity of spermaceti.

When an obstructed perspiration, or a stricture upon any part of the system, is the cause of an hæmorrhage, it may be removed by drinking warm diluting liquors, lying a-bed, bathing the extremities in warm water, &c.

## OF BLEEDING AT THE NOSE.

BLEEDING at the nose is commonly preceded by some degree of quickness of the pulse, flushing in the face, pulsation of the temporal arteries, heaviness in the head, dimness of the sight, heat and itching of the nostrils, &c.

To persons who abound with blood, this discharge is very salutary. It often cures a vertigo, the headache, a frenzy, and even an epilepsy. In fevers, where there is a great determination of blood towards the head, it is of the utmost service. It is likewise beneficial in inflammations of the liver and spleen, and often in the gout and rheumatism. In all diseases where bleeding is necessary, a spontaneous discharge of blood from the nose is of much more service than the same quantity let with a lancet.

In a discharge of blood from the nose, the great point is to determine whether it ought to be stopped or not. It is a common practice to stop the bleeding, without considering whether it be a disease, or the cure of a disease. This conduct proceeds from fear, but it has often bad, and sometimes fatal, consequences.

When a discharge of blood from the nose happens in an inflammatory disease, there is always reason to believe that it may prove salutary; and therefore it should be suffered to go on, at least as long as the patient is not weakened by it.

When it happens to persons in perfect health, who



are full of blood, it ought not to be suddenly stopped, especially if the symptoms of plethora mentioned above have preceded it. In this case it cannot be stopped without risking the patient's life.

In fine, whenever bleeding at the nose relieves any bad symptom, and does not proceed so far as to endanger the patient's life, it ought not to be stopped.

## OF THE BLEEDING AND BLIND PILES.

A discharge of blood from the hæmorrhoidal vessels is called the *bleeding piles*. When the vessels only swell and discharge no blood, but are exceedingly painful, the disease is called the *blind piles*.

Persons of a loose spongy fibre, of a bulky size, who live high, and lead a sedentary, inactive life, are most subject to this disease. It is often owing to an hereditary disposition. When this is the case, it attacks persons more early in life than when it is accidental. Men are more liable to it than women, especially those of a sanguine, plethoric, or a scorbutic habit, or of a melancholy disposition.

The piles may be occasioned by an abscess of blood, by strong aloetic purges, high seasoned food, drinking great quantities of sweet wine, the neglect of bleeding or other customary evacuations, much riding, great costiveness, or any thing that occasions hard or difficult stools. Anger, grief, or other violent passions, will likewise occasion the piles. I have often known them brought on by sitting on the damp ground. A pair of thin breeches will excite the disorder in a person who is subject to it, and sometimes even in those who never had it before. Pregnant women are often afflicted with the piles.

A flux of blood from the *anus* is not always to be treated as a disease. It is even more salutary than bleeding at the nose, and often prevents or carries off diseases. It is peculiarly beneficial in the gout,



rheumatism, asthma, and other hypochondriacal complaints, and often proves critical in colics and inflammatory fevers.

In the management of the patient, regard must be had to his habit of body, his age, strength, and manner of living. A discharge which might be excessive and prove hurtful to one, may be very moderate, and even salutary, to another. That only is to be esteemed dangerous, which continues too long, and is in such quantity as to waste the patient's strength, hurt the digestion, nutrition, and other functions necessary to life.

When this is the case, the discharge must be checked by a proper regimen and astringent medicines. The DIET must be cool, but nourishing, consisting chiefly of bread, milk, cooling vegetables and broths. The DRINK may be chalybeate water, orange-whey, decoctions or infusions of the astringent and mucilaginous plants, as the tormentil root, bistort, the marsh-mallow roots, &c.

Old conserve of red roses is a very good medicine in this case. It may be mixed with new milk, and taken in the quantity of an ounce, three or four times a-day. This medicine is in no great repute, owing to it being seldom taken in such quantity as to produce any effects; but when taken as here directed, and duly persisted in, I have known it perform very extraordinary cures in violent hæmorrhages, especially when assisted by the tincture of roses; a tea-cupful of which may be taken about an hour after every dose of the conserve.

The Peruvian bark is likewise proper in this case, both as a strengthener and astringent. Half a drachm of it may be taken in a glass of red wine, sharpened with a few drops of the elixir of vitriol, three or four times a-day.

The bleeding piles are sometimes periodical, and return regularly once a-month, or once in three weeks. In this case they are always to be consider-



ed as a salutary discharge, and by no means to be stopped. Some have entirely ruined their health by stopping a periodical discharge of blood from the hæmorrhoidal veins.

In the *blind piles*, bleeding is generally of use. The diet must be light and thin, and the drink cool and diluting. It is likewise necessary that the body be kept gently open. This may be done by small doses of the flower of brimstone and cream of tartar. These may be mixed in equal quantities, and a tea-spoonful taken three or four times a-day, or oftener if necessary. Or an ounce of the flower of brimstone and half an ounce of purified nitre may be mixed with three or four ounces of the lenitive electuary, and a tea-spoonful of it taken three or four times a-day.

Emollient clysters are here likewise beneficial; but there is sometimes such an astriction of the *anus*, that they cannot be thrown up. In this case I have known a vomit have a very good effect.

When the piles are exceeding painful and swelled, but discharge nothing, the patient must sit over the steam of warm water. He may likewise apply a linen cloth dipped in warm spirits of wine to the part, or poultices made of bread and milk, or of leeks fried with butter. If these do not produce a discharge, and the piles appear large, leeches must be applied as near as possible, or if they will fix upon the piles themselves so much the better. When leeches will not fix, the piles may be opened with a lancet. The operation is very easy, and is attended with no danger.

Various ointments and other external applications are recommended in the piles; but I do not remember to have seen any effects from these worth mentioning. Their principal use is to keep the part moist, which may be done as well by a soft poultice or an emollient cataplasm. When the pain however is very great, a liniment made of two ounces of



Emollient ointment, and half an ounce of the liquid laudanum, beat up with the yolk of an egg, may be applied.

Aloes, which form a principal part of most of the advertised purgative pills, are frequently the cause of the piles. An habitual costiveness is much more effectually and safely removed by a spoonful of castor oil taken occasionally in an evening.

A weak solution of sugar of lead, with a little laudanum, is the best external remedy when the piles are very painful. An ointment made of one third finely powdered galls, and two thirds hogs-lard, is likewise of great service. An injection of lime-water, or an infusion of galls, may be used with advantage when the piles are seated high.

The pain is often removed by an emetic, or taking twice a-day thirty drops of balsam of copaiva on a little moist sugar. A pile having a narrow neck is best extirpated by the knife; if it be large, or have a broad basis, a double ligature may be passed through it, and tied on each side.

### SPITTING OF BLOOD.

We mean here to treat of that discharge of blood from the lungs only, which is called a *hæmoptoe*, or *spitting of blood*. Persons of a slender make, and lax fibre, who have long necks and strait breasts, are most liable to this disease. It is most common in the spring, and generally attacks people before they arrive at the prime or middle period of life. It is a common observation, that those who have been subject to bleeding at the nose when young, are afterwards most liable to a *hæmoptoe*.

CAUSES.—A *hæmoptoe* may proceed from excess of blood, from a peculiar weakness of the lungs, or a bad conformation of the breast. It is often occasioned by excessive drinking, running, wrestling, singing, or speaking aloud. Such as have weak lungs,



ought to avoid all violent exertions of that organ, as they value life. They should likewise guard against violent passions, excessive drinking, and every thing that occasions a rapid circulation of the blood.

This disease may likewise proceed from wounds of the lungs. These may either be received from without, or they may be occasioned by hard bodies getting up the windpipe, and so falling down upon the lungs, and hurting that tender organ. The obstruction of any customary evacuation may occasion a spitting of blood; as neglect of bleeding or purging at the usual seasons, the stoppage of the bleeding piles in men, or the menses in women, &c. It may likewise proceed from a polypus, schirrhous concretion, or any thing that obstructs the circulation of the blood in the lungs. It is often the effect of a long and violent cough; in which case it is generally the forerunner of a consumption. A violent degree of cold suddenly applied to the external part of the body will occasion a hæmoptoe. It may likewise be occasioned by breathing air which is too much rarified to be able properly to expand the lungs.

Spitting of blood is not always to be considered as a primary disease. It is often only a symptom, and in some diseases not an unfavourable one. This is the case in pleurisies, peripneumonies, and sundry other fevers. In a dropsy, scurvy, or consumption, it is a bad symptom, and shows that the lungs are ulcerated.

**SYMPTOMS.**—Spitting of blood is generally preceded by a sense of weight and oppression of the breast, a dry tickling cough, hoarseness, and a difficulty of breathing. Sometimes it is ushered in with shivering, coldness of the extremities, costiveness, great lassitude, flatulence, pain of the back and loins, &c. As these show a tendency of the blood to inflammation, they are commonly the forerunners of a copious discharge. The above symptoms do



not attend a discharge of blood from the gums or fauces, by which means they may always be distinguished from a hæmoptoe. Sometimes the blood that is spit up is thin, and of a florid red colour; and at other times it is thick, and of a dark or blackish colour; nothing however can be inferred from this circumstance, but that the blood has lain a longer or shorter time in the breast before it was discharged.

Spitting of blood, in a strong healthy person, of a sound constitution, is not very dangerous; but when it attacks the tender and delicate, or persons of a weak lax fibre, it is with difficulty removed. When it proceeds from a schirrus or polypus of the lungs, it is bad. The danger is greater when the discharge proceeds from the rupture of a large vessel than of a small one. When the extravasated blood is not spit up, but lodges in the breast, it corrupts, and greatly increases the danger. When the blood proceeds from an ulcer in the lungs, it is generally fatal.

REGIMEN.—The patient ought to be kept cool and easy. Every thing that heats the blood, or quickens the circulation, increases the danger. The mind ought likewise to be soothed, and every occasion of exciting the passions avoided. The diet should be soft, cooling, and slender; as rice boiled with milk, small broths, barley-gruel, panado, &c. —The diet in this case can scarcely be too low. Even water-gruel is sufficient to support the patient for some days. All strong liquors must be avoided. The patient must drink milk and water, barley-water, whey, butter-milk, and such like. Every thing, however, should be drunk cold, and in small quantities at a time. He should observe the strictest silence, or at least speak with a very low voice.

MEDICINE.—This, like the other involuntary discharges of blood, ought not to be suddenly stopped by astringent medicines: more mischief is done by these, than if it were suffered to go on. It may,



however, proceed so far as to weaken the patient, and even endanger his life; in which case proper means must be used for restraining it.

The body should be kept gently open by laxative diet: as roasted apples, stewed prunes, and such like. If these should not have the desired effect, a tea-spoonful of the lenitive electuary may be taken twice or thrice a-day as is found necessary. If the bleeding proves violent, ligatures may be applied to the extremities, as directed for bleeding at the nose.

Bathing the feet and legs in lukewarm water has likewise a very good effect in this disease. Opiates too are sometimes beneficial; but these must be administered with caution. Ten or twelve drops of laudanum may be given in a cup of barley-water twice a-day, and continued for some time, provided they be found beneficial.

The conserve of roses is likewise a very good medicine in this case, provided it be taken in sufficient quantity, and long enough persisted in. It may be taken to the quantity of three or four ounces a-day; and if the patient be troubled with a cough, it should be made into an electuary, with balsamic syrup and a little of the syrup of poppies.

If stronger astringents be necessary, fifteen or twenty drops of the elixir of vitriol may be given in a glass of water three or four times a-day.

### VOMITING OF BLOOD.

THIS is not so common as the other discharges of blood which have already been mentioned; but it is very dangerous, and requires particular attention.

Vomiting of blood is generally preceded by pain of the stomach, sickness, and nausea; and is accompanied with great anxiety and frequent fainting fits.



This disease is sometimes periodical; in which case it is less dangerous. It often proceeds from the stopping of the hæmorrhoidal flux in men. It may be occasioned by any thing that greatly stimulates or wounds the stomach, &c. It is often the effect of obstructions in the liver, the spleen, or some of the other viscera. It may likewise proceed from external violence, as from blows or bruises, or any of the causes which produce inflammation. In hysteric women, vomiting of blood is a very common, but by no means a dangerous, symptom.

A great part of the danger in this disease arises from the extravasated blood lodging in the bowels, and becoming putrid, by which means a dysentery or putrid fever may be occasioned. The best way of preventing this, is to keep the body gently open by frequently exhibiting emollient clysters. Purges must not be given till the discharge is stopt, otherwise they will irritate the stomach, and increase the disorder. All the food and drink must be of a mild nature, and taken in small quantities. Even drinking cold water has sometimes proved a remedy, but it will succeed better with weak spirits of vitriol. When there are signs of an inflammation, bleeding may be necessary; but the patient's weakness will seldom permit it. Opiates may be of use; but they must be given in very small doses, as four or five drops of liquid laudanum twice or thrice a-day.

After the discharge is over, as the patient is generally troubled with gripes, occasioned by the acrimony of the blood lodged in the intestines, gentle purges will be necessary.

### OF BLOODY URINE.

This is a discharge of blood from the vessels of the kidneys or bladder, occasioned by their being either enlarged, broken, or eroded. It is more or



less dangerous, according to the different circumstances which attend it.

When pure blood is voided suddenly, without interruption and without pain, it proceeds from the kidneys; but if the blood be in small quantity, of a dark colour, and emitted with heat and pain about the bottom of the belly, it proceeds from the bladder. When bloody urine is occasioned by a rough stone descending from the kidneys to the bladder, which wounds the *ureter*, it is attended with a sharp pain in the back, and difficulty of making water. If the coats of the bladder are hurt by a stone, and the bloody urine follows, it is attended with the most acute pain, and a previous stopping of urine.

Bloody urine may likewise be occasioned by falls, blows, the lifting or carrying of heavy burdens, hard riding, or any violent motion. It may also proceed from ulcers of the bladder, from a stone lodged in the kidneys, or from violent purges, or sharp diuretic medicines, especially cantharides.

Bloody urine is always attended with some degree of danger, but it is particularly so when mixed with purulent matter, as this shows an ulcer somewhere in the urinary passages. Sometimes this discharge proceeds from excess of blood, in which case it is rather to be considered as a salutary evacuation than a disease. If the discharge, however, be very great, it may waste the patient's strength, and occasion an ill habit of body, a dropsy, or a consumption.

The treatment of this disease must be varied according to the different causes from which it proceeds.

When it is owing to a stone in the bladder, the cure depends upon an operation, a description of which would be foreign to our purpose.

If it be attended with a plethora and symptoms of inflammation, bleeding will be necessary. The bo-



dy must likewise be kept open by emollient clysters or cooling purgative medicines: as cream of tartar, rhubarb, manna, or small doses of lenitive electuary.

When bloody urine proceeds from a dissolved state of the blood, it is commonly the symptom of some malignant disease; as the small-pox, a putrid fever, or the like. In this case the patient's life depends on the liberal use of the Peruvian bark, wine and acids, as has already been shown.

When there is reason to suspect an ulcer in the kidneys or bladder, the patient's diet must be cool, and his drink of a soft, healing, balsamic quality, as decoctions of marsh-mallow roots, with liquorice, solutions of gum-arabic, &c. Three ounces of marsh-mallow roots, and half an ounce of liquorice, may be boiled in two English quarts of water to one; two ounces of gum-arabic, and half an ounce of purified nitre, may be dissolved in the strained liquor, and a teacupful of it taken four or five times a-day.

The early use of astringents in this disease has often bad consequences. When the flux is stopped too soon, the grumous blood, by being confined in the vessels, may produce inflammations, abscess, and ulcers. If, however, the case be urgent, or the patient seems to suffer from the loss of blood, gentle astringents may be necessary. In this case the patient may take three or four ounces of lime-water, with half an ounce of the tincture of Peruvian bark, three times a-day; or he may take an ounce or two of the conserve of roses three or four times a-day, drinking a teacupful of the tincture of roses after it; or if stronger styptics be necessary, a drachm of American bole in a cup of whey may be taken three or four times a-day.



## OF THE DYSENTERY, OR BLOODY FLUX.

THIS disease prevails in the spring and autumn. It is most common in marshy countries, where, after hot and dry summers, it is apt to become epidemic. Persons are most liable to it who are much exposed to the night-air, or who live in places where the air is confined and unwholesome. Hence it often proves fatal in camps, on shipboard, in gaols, hospitals, and such like places.

CAUSES.—The dysentery may be occasioned by any thing that obstructs the perspiration, or renders the humours putrid: as damp beds, wet clothes, unwholesome diet, bad air, &c. But it is most frequently communicated by infection. This ought to make people extremely cautious in going near such persons as labour under the disease. Even the smell of the patient's excrements has been known to communicate the infection.

SYMPTOMS.—It is known by a flux in the belly, attended by violent pain in the bowels, a constant inclination to go to stool, and generally more or less blood in the stools. It begins, like other fevers, with chillness, loss of strength, a quick pulse, great thirst, and an inclination to vomit. The stools are at first greasy and frothy, afterwards they are streaked with blood, and at last have frequently the appearance of pure blood, mixed with small filaments resembling bits of skin. Worms are sometimes passed both upwards and downwards, through the whole course of the disease. When the patient goes to stool, he feels a bearing down, as if the whole bowels were falling out, and sometimes a part of the intestine is actually protruded, which proves exceedingly troublesome, especially in children. Flatulency is likewise a troublesome symptom, especially towards the end of the disease.



This disease may be distinguished from a diarrhœa, or looseness, by the acute pain of the bowels, and the blood which generally appears in the stools. It may be distinguished from the *cholera morbus* by its not being attended with such violent and frequent fits of vomiting, &c.

When the dysentery attacks the old, the delicate, or such as have been wasted by the gout, the scurvy, or other lingering diseases, it generally proves fatal. Vomiting and hiccups are bad signs, as they show an inflammation of the stomach. When the stools are green, black, or have an exceedingly disagreeable cadaverous smell, the danger is very great, as it shows the disease to be of a putrid kind. It is an unfavourable symptom when clysters are immediately returned; but still more so when the passage is so obstinately shut that they cannot be injected. A feeble pulse, coldness of the extremities, with difficulty of swallowing, and convulsions, are signs of approaching death.

REGIMEN.—Nothing is of more importance in this disease than cleanliness. It contributes greatly to the recovery of the patient, and no less to the safety of such as attend him. In all contagious diseases the danger is increased, and the infection spread, by the neglect of cleanliness; but in no one more than this. Every thing about the patient should be frequently changed. The excrement should never be suffered to continue in his chamber, but be removed immediately, and buried under ground. A constant stream of fresh air should be admitted into his chamber; and it ought frequently to be sprinkled with vinegar, juice of lemon, or some other strong acids.

The patient must not be discouraged, but his spirits kept up in hopes of a cure. Nothing tends more to render any putrid disease mortal, than the fears and apprehensions of the sick. All diseases of this nature have a tendency to sink and depress



the spirits, and when that is increased by fears and alarms from those whom the patient believes to be persons of skill, it cannot fail to have the worst effect.

A flannel waistcoat worn next the skin has often a very good effect in the dysentery. This promotes the perspiration without over-heating the body. Great caution, however, is necessary in leaving it off. I have often known a dysentery brought on by imprudently throwing off a flannel waistcoat before the season was sufficiently warm. For whatever purpose this piece of dress is worn, it should never be left off but in a warm season.

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

In a *putrid dysentery* the patient may be allowed to eat freely of most kinds of good ripe fruit; as apples, grapes, gooseberries, currant-berries, strawberries, &c. These may either be eaten raw or boiled, with or without milk, as the patient chooses. The prejudice against fruit in this disease is so great, that many believe it to be the common cause of dysenteries. This however is an egregious mistake. Both reason and experience show, that good fruit is one of the best medicines, both for the prevention and cure of the dysentery. Good fruit is in every respect calculated to counteract that tendency to putrefaction, from whence the most dangerous kind of dysentery proceeds. The patient in such a



case ought therefore to be allowed to eat as much fruit as he pleases, provided it be ripe.

The most proper drink in this disorder is whey. The dysentery has often been cured by the use of clear whey alone. It may be taken both for drink, and in form of clyster. When whey cannot be had, barley-water sharpened with cream of tartar may be drunk, or a decoction of barley and tamarinds; two ounces of the former and one of the latter may be boiled in two English quarts of water to one. Warm water, water-gruel, or water wherein hot iron has been frequently quenched, are all very proper, and may be drunk in turns. Camomile-tea, if the stomach will bear it, is an exceeding proper drink. It both strengthens the stomach, and, by its antiseptic quality, tends to prevent a mortification of the bowels.

**MEDICINE.**—At the beginning of this disease it is always necessary to cleanse the first passages. For this purpose a vomit of ipecacuanha must be given, and wrought off with weak camomile-tea. Strong vomits are seldom necessary here. A scruple, or at most half a drachm, of ipecacuanha, is generally sufficient for an adult, and sometimes a very few grains will suffice. The day after the vomit, half a drachm or two scruples of rhubarb must be taken; or what will answer the purpose rather better, an ounce, or an ounce and a half, of Epsom salts. This dose may be repeated every other day for two or three times. Afterwards small doses of ipecacuanha may be taken for some time. Two or three grains of the powder may be mixed in a table-spoonful of the syrup of poppies, and taken three times a-day.

These evacuations, and the regimen prescribed above, will often be sufficient to effect a cure. Should it, however, happen otherwise, the following astringent medicines may be used:—

A clyster of starch or fat mutton broth, with thirty or forty drops of liquid laudanum in it, may be ad-



ministered once a-day. At the same time an ounce of gum arabic, and half an ounce of gum-tragacanth, may be dissolved in an English pint of barley water, over a slow fire, and a table-spoonful of it taken every hour.

If these have not the desired effect, the patient may take, four times a-day, about the bulk of a nutmeg of the *Japonic confection*, drinking after it a tea-cupful of the decoction of logwood.

Persons who have been cured of this disease are very liable to relapse; to prevent which, great circumspection with respect to diet is necessary. The patient must abstain from all fermented liquors, except now and then a glass of good wine: but he must drink no kind of malt liquor. He should likewise abstain from animal food, as fish and flesh, and live principally on milk and vegetables.

Gentle exercise and wholesome air are likewise of importance. The patient should go to the country as soon as his strength will permit, and he should take exercise daily on horseback, or in a carriage. He may likewise use bitters infused in wine or brandy, and may drink twice a-day a gill of lime-water mixed with an equal quantity of new milk.

When dysenteries prevail, we would recommend a strict attention to cleanliness, a spare use of animal food, and the free use of sound ripe fruits and other vegetables. The night air must be carefully avoided, and all communication with the sick. Bad smells are likewise to be shunned, especially those which arise from putrid animal substances. The necessaries where the sick go are carefully to be avoided.

When the first symptoms of the dysentery appear, the patient ought immediately to take a vomit, to go to bed, and drink plentifully of weak warm liquor, to promote a sweat. This, with a dose or two of rhubarb at the beginning, would often carry off the disease. In countries where dysenteries pre-



vail, we would advise such as are liable to them, to take either a vomit or a purge every spring or autumn, as a preventive.

## OF THE HEAD-ACHE.

ACHES and pains proceed from very different causes, and may affect any part of the body; but we shall point out those only which occur most frequently, and are attended with the greatest danger.

When the head-ache is slight, and affects a particular part of the head only, it is called *cephalgia*; when the whole head is affected, *cephalæa*; and when one side only, *hemicrania*. A fixed pain in the forehead, which may be covered with the end of the thumb, is called the *clavus hystericus*.

There are also other distinctions. Sometimes the pain is internal, sometimes external; sometimes it is an original disease, and at other times only symptomatic. When the head-ache proceeds from a hot bilious habit, the pain is very acute and throbbing, with a considerable heat of the part affected. When from a cold phlegmatic habit, the patient complains of a dull heavy pain, and has a sense of coldness in the part. This kind of head-ache is sometimes attended with a degree of stupidity or folly. Whatever obstructs the free circulation of the blood through the vessels of the head, may occasion a head-ache. In persons of a full habit, who abound with blood, the head-ache often proceeds from a suppression of customary evacuations; as bleeding at the nose, sweating of the feet, &c. It may likewise proceed from any cause that determines a great flux of blood towards the head; as coldness of the extremities, or hanging down of the head for a long time. Whatever prevents the return of the blood from the head, will likewise occasion a head-ache; as looking long obliquely at



one object, wearing any thing tight about the neck, a new hat, or the like.

When a head-ache proceeds from the stoppage of a running at the nose, there is a heavy, obtuse pressing pain in the fore-part of the head, in which there seems to be such a weight, that the patient can scarcely hold it up. When it is occasioned by the caustic matter of the venereal disease, it generally affects the skull, and often produces a *caries* of the bones.

Sometimes the head-ache proceeds from the repulsion or retrocession of the gout, the erysipelas, the small-pox, measles, itch, or other eruptive diseases. What is called a *hemicrania* generally proceeds from crudities or indigestion. Inanition, or emptiness, will occasion head-aches. I have often seen instances of this in nurses who give suck long, or who do not take a sufficient quantity of solid food.

There is likewise a most violent, fixed, constant, and almost intolerable head-ache, which occasions great debility both of body and mind, prevents sleep, destroys the appetite, causes a *vertigo*, dimness of sight, a noise in the ears, convulsions, epileptic fits, and sometimes vomiting, costiveness, coldness of the extremities, &c.

The head-ache is often symptomatic in continual and intermitting fevers, especially quartans. It is likewise a very common symptom in hysteric and hypochondriac complaints.

When a head-ache attends an acute fever, with pale urine, it is an unfavourable symptom. In excessive head-aches, coldness of the extremities is a bad sign.

When the disease continues long, and is very violent, it often terminates in blindness, an apoplexy, deafness, a *vertigo*, the palsy, or the epilepsy.

In this disease the cool regimen in general is to



be observed. The diet ought to consist of such emollient substances as will correct the acrimony of the humours, and keep the body open; as apples boiled in milk, spinnage, turnips, and such like. The drink ought to be diluting, as barley-water, infusions of mild mucilaginous vegetables, decoctions of the sudorific woods, &c. The feet and legs ought to be kept warm, and frequently bathed in lukewarm water; the head should be shaved, and bathed with vinegar. The patient ought, as much as possible, to be in an erect posture, and not to lie with his head too low.

When the head-ache is owing to excess of blood, or a hot bilious constitution, bleeding is necessary. The patient may be bled in the jugular vein, and the operation repeated if there be occasion. Cupping also, or the application of leeches to the temples and behind the ears, will be of service. Afterwards a blistering-plaster may be applied to the neck, behind the ears, or to any part of the head that is most affected. In some cases it will be proper to blister the whole head. In persons of a gross habit, issues, or perpetual blisters, will be of service. The body ought likewise to be kept open by gentle laxatives.

But when the head-ache proceeds from a copious vitiated *serum*, stagnating in the membranes, either within or without the skull, with a dull, heavy, continual pain, which will neither yield to bleeding nor gentle laxatives, then more powerful purgatives are necessary, as pills made of aloes, resin of jalap, or the like. It will also be necessary in this case to blister the whole head, and to keep the back part of the neck open for a considerable time by a perpetual blister.

When the head-ache is occasioned by the stoppage of a running nose, the patient should frequently smell to a bottle of volatile salts: he may likewise take snuff, or any thing that will irritate the nose,



so as to promote a discharge from it; as the herb mastich, ground ivy, &c.

A *hemicrania*, especially a periodical one, is generally owing to a foulness of the stomach, for which gentle vomits must be administered, as also purges of rhubarb. After the bowels have been sufficiently cleared, chalybeate waters, and such bitters as strengthen the stomach, will be necessary. A periodical head-ache has been cured by wearing a piece of flannel over the forehead during the night.

When the head-ache arises from a vitiated state of the humours, as in the scurvy, and venereal disease, the patient, after proper evacuations, must drink freely of the decoction of woods, as the decoction of sarsaparilla, with raisins and liquorice. These if duly persisted in, will produce very happy effects. When a collection of matter is felt under the skin, it must be discharged by an incision, otherwise it will render the bone carious.

When the head-ache is so intolerable as to endanger the patient's life, or is attended with continual watching and delirium, recourse must be had to opiates. These, after proper evacuations by clysters or mild purgatives, may be applied both externally and internally. The affected part may be rubbed with Bate's anodyne balsam, or a cloth dipped in it may be applied to the part. The patient may, at the same time, take twenty drops of laudanum, in a cup of valerian or penny-royal tea, twice or thrice a-day. This is only to be done in case of extreme pain. Proper evacuations ought always to accompany and follow the use of opiates.

When the patient cannot bear the loss of blood, his feet ought frequently to be bathed in lukewarm water, and well rubbed with a coarse cloth. Cataplasms with mustard or horse-radish ought likewise to be applied to them. This course is peculiarly necessary when the pain proceeds from a gouty humour, affecting the head.



When the head-ache is occasioned by great heat, hard labour, or violent exercise of any kind, it may be allayed by cooling medicines; as the saline draught with nitre, and the like.

A little æther dropt into the palm of the hand, and applied to the forehead, will sometimes remove a violent head-ache.

## OF THE TOOTH-ACHE.

THIS disease is so well known that it needs no description. It has great affinity with the rheumatism, and often succeeds pains of the shoulders, and other parts of the body.

The more immediate cause of the tooth-ache is a rotten or *carious* tooth.

In order to relieve the tooth-ache, we must first endeavour to lessen the flux of humours to the part affected. This may be done by mild purgatives, scarifying the gums, or applying leeches to them, and bathing the feet in warm water.

If this fail, and the pain and inflammation still increase, a suppuration may be expected, to promote which a toasted fig should be held between the gum and the cheek; bags filled with boiled camomile flowers, flowers of elder, or the like, may be applied near the part affected, with as great a degree of warmth as the patient can bear, and renewed as they grow cool.

Many herbs, roots, and seeds, are recommended for curing the tooth-ache: as the leaves or roots of millefoil or yarrow chewed, tobacco smoked or chewed, staves-acre, or the seed of mustard chewed, &c. These bitter, hot, and pungent things, by occasioning a greater flow of *saliva*, frequently give ease in the tooth-ache.

After all, when the tooth is carious, it is often impossible to remove the pain without extracting it; and as a spoiled tooth never becomes sound again, it



is prudent to draw it soon, lest it should affect the rest. Tooth-drawing, like bleeding, is very much practised by mechanics, as well as persons of the medical profession. The operation, however, is not without danger, and ought always to be performed with care. A person unacquainted with the structure of the parts, will be in danger of hurting the jaw-bone, or of drawing a sound tooth instead of a rotten one. When a sound tooth has been drawn, if it be replaced immediately, it will grow again.

When the tooth-ache returns periodically, and the pain chiefly affects the gums, it may be cured by Peruvian bark.

### OF THE EAR-ACHE.

THIS disorder chiefly affects the membrane which lines the inner cavity of the ear, called the *meatus auditorius*. It is often so violent as to occasion great restlessness, anxiety, and even delirium. Sometimes epileptic fits, and other convulsive disorders, have been brought on by extreme pain in the ear.

The ear-ache may proceed from any of the causes which produce inflammation. It often proceeds from a sudden suppression of perspiration, or from the head being exposed to cold when covered with sweat. It may also be occasioned by worms, or other insects getting into the ear, or being bred there; or from any hard body sticking in the ear. Sometimes it proceeds from the translation of morbid matter to the ear. This often happens in the decline of malignant fevers, and occasions deafness, which is generally reckoned a favourable symptom.

When the ear-ache proceeds from insects, or any hard body sticking in the ear, every method must be taken to remove them as soon as possible. The



membrane may be relaxed by dropping into the ear oil of sweet almonds, or olive oil. Afterwards the patient should be made to sneeze, by taking snuff, or some strong sternutatory. If this should not force out the body, it must be extracted by art. I have seen insects, which had got into the ear, come out of their own accord upon pouring in oil.

When the pain of the ear proceeds from inflammation, it must be treated like other topical inflammations, by a cooling regimen, and opening medicines. The ear may be fomented with the steam of warm water; or flannel bags filled with boiled mallows and camomile-flowers may be applied to it warm; or bladders filled with warm milk and water. An exceeding good method of fomenting the ear is to apply it close to the mouth of a jug filled with warm water, or a strong decoction of camomile flowers.

The patient's feet should be frequently bathed in lukewarm water, and he ought to take small doses of nitre and rhubarb, *viz.* a scruple of the former, and ten grains of the latter, three times a-day. His drink may be whey, or decoctions of barley and liquorice, with figs or raisins. The parts behind the ear ought frequently to be rubbed with camphorated oil, or a little of the volatile liniment, and a few drops of the camphorated spirit of wine may be put into the ear with wool or cotton. A blister behind the ear, if applied early, will sometimes remove this complaint.

When the inflammation cannot be discussed, a poultice of bread and milk, or roasted onions, may be applied to the ear, and frequently renewed till the abscess breaks, or can be opened. Afterwards the humours may be diverted from the part by gentle laxatives, blisters or issues; but the discharge must not be suddenly dried up by any external application.



## PAIN IN THE STOMACH, &amp;c.

THIS may proceed from various causes, as indigestion; wind; the acrimony of the bile; sharp, acrid, or poisonous substances taken into the stomach, &c. It may likewise be occasioned by worms; the stoppage of customary evacuations; or from a translation of gouty matter to the stomach, the bowels, &c.

Women in the decline of life are very liable to pains of the stomach and bowels, especially such as are afflicted with hysteric complaints. It is likewise very common to hypochondriac men, of a sedentary and luxurious life. In such persons it often proves so extremely obstinate as to baffle all the powers of medicine.

When the pain in the stomach is most violent after eating, there is reason to suspect that it proceeds from some fault either in the digestion or the food. In this case the patient ought to change his diet, till he finds what kind of food agrees best with his stomach, and should continue chiefly to use it. If a change of diet does not remove the complaint, the patient may take a gentle vomit, and afterwards a dose or two of rhubarb. He ought likewise to take an infusion of camomile-flowers, or some other stomachic bitter, either in wine or water. I have often known exercise remove this complaint, especially sailing, or a long journey on horseback, or in a carriage.

When a pain of the stomach proceeds from a flatulency, the patient is constantly belching up wind, and feels an uneasy distention of the stomach after meals. This is a most deplorable disease, and is seldom thoroughly cured. In general, the patient ought to avoid all windy diet, and every thing that sours on the stomach, as greens, roots, &c. This rule, however, admits of some exceptions. There



are many instances of persons much troubled with wind, who have received great benefit from eating parched pease, though that grain is generally supposed to be of a windy nature.

This complaint may likewise be greatly relieved by labour, especially digging, reaping, mowing, or any kind of active employment by which the bowels are alternately compressed and dilated.

When a pain of the stomach is occasioned by the swallowing of acrid or poisonous substances, they must be discharged by vomit; this may be excited by butter, oils, or other soft things, which sheath and defend the stomach from the acrimony of its contents.

When a pain of the stomach proceeds from a translation of gouty matter, warm cordials are necessary, as generous wines, French brandy, &c. It is impossible to ascertain the quantity necessary upon these occasions. This must be left to the feelings and discretion of the patient. The safer way, however, is not to go too far. When there is an inclination to vomit, it may be promoted by drinking an infusion of camomile-flowers, or *carduus benedictus*.

When the stomach is greatly relaxed, and the digestion bad, which often occasion flatulencies, the elixir of vitriol will be of singular service. Fifteen or twenty drops of it may be taken in a glass of wine or water, twice or thrice a-day.

## OF WORMS.

THESE are chiefly of three kinds, viz. the *tænia*, or tape-worm; the *teres*, or round and long worm; and the *ascarides*, or round and short worm. There are many other kinds of worms found in the human body; but as they proceed in a great measure from similar causes, have nearly the same symptoms, and require almost the same method of treatment,



as those already mentioned, we shall not spend time in enumerating them.

The tape-worm is white, very long, and full of joints. It is generally bred either in the stomach or small intestines. The round and long worm is likewise bred in the small guts, and sometimes in the stomach. The round and short worms commonly lodge in the *rectum*, or what is called the end-gut, and occasion a disagreeable itching about the seat.

The long round worms occasion qualmishness, vomiting, a disagreeable breath, gripes, looseness, swelling of the belly, swoonings, loathing of food, and at other times a voracious appetite, a dry cough, convulsions, epileptic fits, and sometimes a privation of speech. These worms have been known to perforate the intestines, and get into the cavity of the belly. The effects of the tape-worm are nearly the same with those of the long and round, but rather more violent.

Andry says, the following symptoms particularly attend the *solium*, which is a species of the tape-worm, *viz.* swoonings, privation of speech, and a voracious appetite. The round worms called *ascarides*, besides an itching of the *anus*, cause swoonings, and tenesmus, or an inclination to go to stool.

CAUSES.—Worms may proceed from various causes; but they are seldom found except in weak and relaxed stomachs, where the digestion is bad. Sedentary persons are more liable to them than the active and laborious. Those who eat great quantities of unripe fruit, or who live much on raw herbs and roots, are generally subject to worms. There seems to be an hereditary disposition, in some persons to this disease. I have often seen all the children of a family subject to worms of a particular kind. They seem likewise frequently to be owing to the nurse. Children of the same family nursed



by one woman have often worms, when those nursed by another have none.

**SYMPTOMS.**—The common symptoms of worms are, paleness of the countenance, and, at other times, an universal flushing of the face; itching of the nose; (this, however, is doubtful, as children pick their noses in all diseases;) starting and grinding of the teeth in sleep; swelling of the upper lip; the appetite sometimes bad and at other times voracious; looseness; a sour or stinking breath; a hard swelled belly; great thirst; the urine frothy, and sometimes of a whitish colour; griping, or colic pains; an involuntary discharge of *saliva*, especially when asleep; frequent pains of the side, with a dry cough, and unequal pulse; palpitations of the heart; swoonings; drowsiness; cold sweats; palsy; epileptic fits, with many other unaccountable nervous symptoms, which were formerly attributed to witchcraft, or the influence of evil spirits. Small bodies in the excrements resembling melon or cucumber seeds are symptoms of the tape-worm. There is no certain symptom of worms but passing them.

**MEDICINE.**—Though numberless medicines are extolled for expelling and killing worms, yet no disease more frequently baffles the physician's skill. In general, the most proper medicines for their expulsion are strong purgatives; and to prevent their breeding, stomachic bitters, with now and then a glass of good wine.

The best purge for an adult is jalap and calomel. Five-and-twenty or thirty grains of the former, with six or seven of the latter, mixed in syrup, may be taken early in the morning for a dose. It will be proper that the patient keep the house all day, and drink nothing cold. The dose may be repeated once or twice a-week, for a fortnight or three weeks. On the intermediate days, the patient may take a



drachm of the filings of tin, twice or thrice a-day, mixed with syrup, honey, or treacle.

Those who do not choose to take calomel, may make use of the bitter purgatives; as aloes, hierapicra, tincture of senna, and rhubarb, &c.

Oily medicines are sometimes found beneficial for expelling worms. An ounce of salad oil, and a table-spoonful of common salt, may be taken in a glass of red port wine thrice a-day, or oftener if the stomach will bear it. But the more common form of using oil is in clysters. Oily clysters, sweetened with sugar or honey, are very efficacious in bringing away the short round worms called *ascarides*, and likewise the *teres*.

The Harrogate water is an excellent medicine for expelling worms, especially the *ascarides*. As this water is impregnated with sulphur, we hence infer that sulphur alone must be good medicine in this case, which is found to be a fact. Many practitioners give flour of sulphur in very large doses, and with great success. It should be made into an electuary with honey or treacle, and taken in such quantity as to purge the patient.

Where Harrogate water cannot be obtained, sea-water may be used, which is far from being a contemptible medicine in this case. If sea-water cannot be had, common salt dissolved in water may be drunk. I have often seen this used by country nurses with very good effect. Some flower of sulphur may be taken over-night, and the salt-water in the morning.

But worms, though expelled, will soon breed again if the stomach remain weak and relaxed; to prevent which, we would recommend the Peruvian bark. Half a drachm of bark in powder may be taken in a glass of red port wine three or four times a-day, after the above medicines have been used. Lime-water is likewise good for this purpose, or a table-spoonful of the chalybeate wine taken twice or thrice



a-day. Infusions or decoctions of bitter herbs may likewise be drunk; as the infusion of tansy, water trefoil, camomile-flowers, tops of wormwood, the lesser centaury, &c.

The above directions are intended for adults; but for children the medicines must be more agreeable, and in smaller doses. For a child of four or five years old, six grains of rhubarb, five of jalap, and two of calomel, may be mixed in a spoonful of syrup or honey, and given in the morning. The child should keep the house all day, and take nothing cold. This dose may be repeated twice a-week for three or four weeks. On the intermediate days, the child may take a scruple of powdered tin, and ten grains of Æthiop's mineral, in a spoonful of treacle, twice a-day. This dose must be increased or diminished according to the age of the patient.

I have frequently known those big bellies which, in children, are commonly reckoned a sign of worms, quite removed by giving them white soap in their pottage, or other food. Tansy, garlic, and rue, are all good against worms, and may be used in various ways.

## OF THE JAUNDICE.

THIS disease is first observable in the white of the eye, which appears yellow. Afterwards the whole skin puts on a yellow appearance. The urine too is of a saffron hue, and dyes a white cloth, if put into it, of the same colour. There is likewise a species of this disease called the Black Jaundice.

CAUSES.—The immediate cause of the jaundice is an obstruction of the bile. The remote or occasional causes are, the bites of poisonous animals, as the viper, mad-dog, &c. the bilious or hysteric colic; violent passions, as grief, anger, &c. Strong purges or vomits will likewise occasion the jaundice. Sometimes it proceeds from obstinate agues,



or from that disease being prematurely stopped by astringent medicines. In infants, it is often occasioned by the *meconium* not being sufficiently purged off. Pregnant women are very subject to it. It is likewise a symptom in several kinds of fever. Catching cold, or the stoppage of the customary evacuations, as the *menses*, the bleeding piles, issues, &c. will occasion the jaundice.

**SYMPTOMS.**—The patient at first complains of excessive weariness, and has great aversion to every kind of motion. His skin is dry, and he generally feels a kind of itching or pricking pain over the whole body. The stools are of a whitish or clay colour, and the urine, as was observed above, is yellow. The breathing is difficult, and the patient complains of an unusual load or oppression on his breast. There is a heat in the nostrils, a bitter taste in the mouth, loathing of food, sickness of the stomach, vomiting, flatulency, and other symptoms of indigestion.

If the patient be young, and the disease complicated with no other malady, it is seldom dangerous; but in old people, where it continues long, returns frequently, or is complicated with the dropsy or hypochondriac symptoms, it generally proves fatal. The black jaundice is more dangerous than the yellow.

**REGIMEN.**—The diet should be cool, light, and diluting, consisting chiefly of ripe fruits and mild vegetables; as apples boiled or roasted, stewed prunes, preserved plums, boiled spinage, &c. Veal or chicken-broth, with light bread, are likewise very proper. Many have been cured by living almost wholly for some days on raw eggs. The drink should be butter-milk, whey sweetened with honey, or decoctions of cool opening vegetables; as marsh-mallow roots, with liquorice, &c.

The patient should take as much exercise as he can bear, either on horseback or in a carriage;



walking, running, and even jumping, are likewise proper, provided he can bear them without pain, and there be no symptoms of inflammation. Patients have been often cured of this disease by a long journey, after medicines had proved ineffectual.

Amusements are likewise of great use in the jaundice. The disease is often occasioned by a sedentary life, joined to a dull melancholy disposition. Whatever therefore tends to promote the circulation, and to cheer the spirits, must have a good effect; as dancing, laughing, singing, &c.

MEDICINE.—If the patient be young, of a full sanguine habit, and complains of pain in the right side, about the region of the liver, bleeding will be necessary. After this, a vomit must be administered; and if the disease proves obstinate, it may be repeated once or twice. No medicines are more beneficial in the jaundice than vomits, especially where it is not attended with inflammation. Half a drachm of ipecacuanha in powder will be a sufficient dose for an adult. It may be wrought off with weak camomile tea, or lukewarm water. The body must likewise be kept open by taking a sufficient quantity of Castile soap.

Fomenting the parts about the region of the stomach and liver, and rubbing them with a warm hand or flesh-brush, are likewise beneficial; but it is still more so for the patient to sit in a bath of warm water up to the breast. He ought to do this frequently, and should continue in it as long as his strength will permit.

I have known Harrogate sulphur water cure jaundice of very long standing. It should be used for some weeks, and the patient must both drink and bathe.

The soluble tartar is a very proper medicine in the jaundice. A drachm of it may be taken every night and morning in a cup of tea or water-gruel.



If it does not open the body, the dose may be increased.

Persons subject to the jaundice ought to take as much exercise as possible, and to avoid all heating and astringent aliment.

## OF THE DROPSY.

THE dropsy is a preternatural swelling of the whole body, or some part of it, occasioned by a collection of watery humour. It is distinguished by different names, according to the part affected, as the *anasarca*, or a collection of water under the skin; the *ascites*, or a collection of water in the belly; the *hydrops pectoris*, or dropsy of the breast; the *hydrocephalus*, or dropsy of the brain, &c.

CAUSES.—The dropsy is often owing to an hereditary disposition. It may likewise proceed from drinking ardent spirits, or other strong liquors. It is true, almost to a proverb, that great drinkers die of a dropsy. The want of exercise is also a very common cause of the dropsy. Hence it is justly reckoned among the diseases of the sedentary. It often proceeds from excessive evacuations, as frequent and copious bleedings, strong purges often repeated, frequent salivations, &c. The sudden stoppage of customary or necessary evacuations, as the menses, the hæmorrhoids, fluxes of the belly, &c. may likewise cause a dropsy.

I have known the dropsy occasioned by drinking large quantities of cold weak watery liquor, when the body was heated by violent exercise. A low, damp or marshy situation is likewise a frequent cause of it. Hence it is a common disease in moist, flat, fenny countries. It may also be brought on by a long use of poor watery diet, or of viscous aliment that is hard of digestion. It is often the effect of other diseases, as the jaundice, a schirrus of the liver, a violent ague of long continuance,



diarrhœa, a dysentery, an empyema, or a consumption of the lungs. In short, whatever obstructs the perspiration or prevents the blood from being duly prepared, may occasion a dropsy.

**SYMPTOMS.**—The *anasarca* generally begins with a swelling of the feet and ancles towards night, which, for some time disappears in the morning. In the evening the parts, if pressed with the finger, will pit. The swelling gradually ascends, and occupies the trunk of the body, the arms, and the head. Afterwards the breathing becomes difficult, the urine is in small quantity, and the thirst great; the body is bound, and the perspiration is greatly obstructed. To these, succeed torpor, heaviness, a slow wasting fever, and a troublesome cough. This last is generally a fatal symptom, as it shows that the lungs are affected.

In an *ascetis*, besides the above symptoms, there is a swelling of the belly, and often a fluctuation, which may be perceived by striking the belly on one side, and laying the hand on the opposite side. This may be distinguished from a *tympany*, by the weight of the swelling, as well as by the fluctuation. When the *anasarca* and *ascites* are combined, the case is very dangerous. Even a simple *ascites* seldom admits of a radical cure. Almost all that can be done is, to let off the water by tapping, which seldom affords more than a temporary relief.

When the disease comes suddenly on, and the patient is young and strong, there is reason to hope for a cure, especially if medicine be given early. But if the patient be old, has led an irregular or a sedentary life, or if there be reason to suspect that the liver, lungs, or any of the viscera are unsound, there is great reason to fear that the consequences will prove fatal.

**REGIMEN.**—The patient must abstain, as much as possible, from all drink, especially weak and wa-



tery liquors, and must quench his thirst with mustard-whey, or acids, as juice of lemons, oranges, sorrel, or such like. His aliment ought to be dry, of a stimulating and diuretic quality, as toasted bread, the flesh of birds or other wild animals, roasted; pungent and aromatic vegetables, as garlic, mustard, onions, cresses, horse-radish, rocambole, shalot, &c. He may also eat sea-biscuits dipped in wine or a little brandy. This is not only nourishing, but tends to quench the thirst. Some have been actually cured of a dropsy by a total abstinence from all liquids, and living entirely upon such things as are mentioned above. If the patient must have drink, the Spa-water, or Rhenish wine, with diuretic medicines infused in it, are the best.

Exercise is of the greatest importance in the dropsy. If the patient be able to walk, dig, or the like, he ought to continue these exercises as long as he can. If he be not able to walk or labour, he must ride on horseback, or in a carriage; and the more violent the motion, so much the better, provided he can bear it. His bed ought to be hard, and the air of his apartment warm and dry. If he live in a damp country, he ought to be removed into a dry one, and if possible into a warmer climate. In a word, every method should be taken to promote the perspiration, and to brace the solids. For this purpose it will likewise be proper to rub the patient's body two or three times a day; with a hard cloth, or the flesh-brush; and he ought constantly to wear flannel next his skin.

MEDICINE.—If the patient be young, his constitution good, and the disease has come on suddenly, it may generally be removed by strong vomits, brisk purges, and such medicines as promote a discharge by sweat and urine. For an adult, half a drachm of ipecacuanha in powder, and half an ounce of oxymel of squills, will be a proper vomit. This may be repeated as often as is found necessary,



three or four days intervening between the doses. The patient must not drink much after taking the vomit, otherwise he destroys its effect. A cup or two of camomile tea will be sufficient to work it off.

Between each vomit, on one of the intermediate days, the patient may take the following purge: Jalap in powder, half a drachm; cream of tartar, two drachms; calomel, six grains. These may be made into a bolus with a little syrup of pale roses, and taken early in the morning. The less the patient drinks after it the better. If he be much griped, he may now and then take a cup of chicken-broth.

The patient may likewise take, every night at bed-time, the following bolus: to four or five grains of camphire add one grain of opium, and as much syrup of orange peel as is sufficient to make them into a bolus. This will generally promote a gentle sweat, which should be encouraged by drinking now and then a small cup of wine-whey, with a tea-spoonful of the spirits of hartshorn in it. A tea-cupful of the following diuretic infusion may likewise be taken every four or five hours through the day: Take juniper-berries, mustard-seed, and horse-radish, of each half an ounce; ashes of broom, half a pound; infuse them in a quart of Rhenish wine or strong ale for a few days, and afterwards strain off the liquor. Such as cannot take this infusion, may use the decoction of seneka root, which is both diuretic and sudorific. I have known an obstinate *anasarca* cured by an infusion of the ashes of broom in wine.

The above course will often cure an incidental dropsy, if the constitution be good; but when the disease proceeds from a bad habit, or an unsound state of the viscera, strong purges and vomits are not to be ventured upon. In this case, the safer course is to palliate the symptoms by the use of such medicines as promote the secretions, and to support



the patient's strength by warm and nourishing cordials.

The secretion of urine may be greatly promoted by nitre. Brookes says, he knew a young woman who was cured of a dropsy by taking a grain of nitre every morning in a draught of ale, after she had been given over as incurable. The powder of squills is likewise a good diuretic. Six or eight grains of it, with a scruple of nitre, may be given in a glass of strong cinnamon water. Ball says, a large spoonful of unbruised mustard-seed, taken every night and morning, and drinking half an English pint of the decoction of the tops of green broom after it, has performed a cure, after other powerful medicines have proved ineffectual.

### OF THE GOUT.

THERE is no disease which shows the imperfection of medicine, or sets the advantages of temperance and exercise in a stronger light, than the gout. Excess and idleness are the true sources from whence it originally sprung, and all who would avoid it must be *active* and *temperate*.

Though idleness and intemperance are the principal causes of the gout, yet many other things may contribute to bring on the disorder in those who are subject to it; as intense study; excess of venery; too free an use of acidulated liquors; night-watching; grief or uneasiness of mind; and obstruction or defect of any of the customary discharges, as the *menses*, sweating of the feet, perspiration, &c.

SYMPTOMS.—A fit of the gout is generally preceded by indigestion, drowsiness, belching of wind, slight head-ache, sickness, and sometimes vomiting. The patient complains of weariness and dejection of spirits, and has often a pain in the limbs, with a sensation as if wind or cold water were passing down the thigh. The appetite is often remarkably keen,



a day or two before the fit, and there is a slight pain in passing urine, and frequently an involuntary shedding of tears. Sometimes these symptoms are much more violent, especially upon the near approach of the fit; and it has been observed, that as is the fever which ushers in the gout, so will the fit be; if the fever be short and sharp, the fit will be so likewise; if it be feeble, long, and lingering, the fit will be such also. But this observation can only hold with respect to very regular fits of the gout.

The regular gout generally makes its attack in the spring or beginning of winter, in the following manner: About two or three in the morning, the patient is seized with a pain in his great toe, sometimes in the heel, and at other times in the ankle or calf of the leg. This pain is accompanied with a sensation as if cold water were poured upon the part, which is succeeded by a shivering, with some degree of fever. Afterwards the pain increases, and fixing among the small bones of the foot, the patient feels all the different kinds of torture, as if the part were stretched, burnt, squeezed, gnawed, or torn in pieces. The part at length becomes so exquisitely sensible, that the patient cannot bear to have it touched, or even suffer any person to walk across the room.

The patient is generally in exquisite torture for twenty-four hours, from the time of the coming on of a fit: he then becomes easier, the part begins to swell, appears red, and is covered with a little moisture. Towards morning he drops asleep, and generally falls into a gentle breathing sweat. This terminates the first paroxysm, a number of which constitute a fit of the gout; which is longer or shorter according to the patient's age, strength, and season of the year, and the disposition of the body to this disease.

The patient is always worse towards night, and easier in the morning. The paroxysms, however,



generally grow milder every day, till at length the disease is carried off by perspiration, urine, and the other evacuations. In some patients this happens in a few days; in others, it requires weeks, and in some months, to finish the fit. Those whom age and frequent fits of the gout have greatly debilitated, seldom get free from it before the approach of summer, and sometimes not till it be pretty far advanced.

REGIMEN.—As there are no medicines yet known that will cure the gout, we shall confine our observations chiefly to regimen, both in and out of the fit.

In the fit, if the patient be young and strong, his diet ought to be thin and cooling, and his drink of a diluting nature; but where the constitution is weak, and the patient has been accustomed to live high, this is not a proper time to retrench. In this case he must keep nearly to his usual diet, and should take frequently a cup of strong negus, or a glass of generous wine. Wine-whey is a very proper drink in this case, as it promotes the perspiration without greatly heating the patient. It will answer this purpose better if a tea-spoonful of *sal volatile oleosum*, or spirits of hartshorn, be put into a cup of it twice a-day. It will likewise be proper to give at bed-time a tea-spoonful of the volatile tincture of *guaiacum*, in a large draught of warm wine-whey. This will greatly promote perspiration through the night.

As the most safe and efficacious method of discharging the gouty matter is by perspiration, this ought to be kept up by all means, especially in the affected part. For this purpose the leg and foot should be wrapt in soft flannel, fur, or wool. The last is most readily obtained, and seems to answer the purpose better than any thing else. The people of Lancashire look upon wool as a kind of specific in the gout. They wrap a great quantity of it about the leg and foot affected, and cover it with a skin of



dressed leather. This they suffer to continue for eight or ten days, and sometimes for a fortnight or three weeks, if the pain does not cease. I never knew any external application answer so well in the gout. I have often seen it applied when the swelling and inflammation were very great, with violent pain, and have found all these symptoms relieved by it in a few days. The wool which they generally use is greased, and carded, or combed. They choose the softest which can be had, and seldom or never remove it till the fit be entirely gone off.

When the pain, however, is very great, and the patient is restless, thirty or forty drops of laudanum, more or less according to the violence of the symptoms, may be taken at bed-time. This will ease the pain, procure rest, promote perspiration, and forward the crisis of the disease.

After the fit is over, the patient ought to take a gentle dose or two of the bitter tincture of rhubarb, or some other warm stomachic purge. He should also drink a weak infusion of stomachic bitters in small wine or ale, as the Peruvian bark with cinnamon, Virginian snake root, and orange-peel. The diet at this time should be light but nourishing, and gentle exercise ought to be taken on horseback, or in a carriage.

Out of the fit, it is in the patient's power to do many things towards preventing a return of the disorder, or rendering the fit, if it should return, less severe. This, however, is not to be attempted by medicine. I have frequently known the gout kept off for several years by the Peruvian bark and other astringent medicines; but in all the cases where I had occasion to see this tried, the person died suddenly, and to all appearance for want of a regular fit of the gout. One would be apt, from hence, to conclude, that a fit of the gout, to some constitutions in the decline of life, is rather salutary than hurtful.

The course which we would recommend for pre-



venting the gout, is as follows: In the first place, *universal temperance*. In the next place, *sufficient exercise*. By this we do not mean sauntering about in an indolent manner, but labour, sweat, and toil. These only can render the humours wholesome, and keep them so. Going early to bed, and rising betimes, are also of great importance. It is likewise proper to avoid night studies and intense thinking. The supper should be light and taken early. The use of milk, gradually increased, till it becomes the principal part of diet, is particularly recommended. All strong liquors, especially generous wines and sour punch, are to be avoided.

### OF THE RHEUMATISM.

THIS disease has often a resemblance to the gout. It generally attacks the joints with exquisite pain, and is sometimes attended with inflammation and swelling. It is most common in spring, and towards the end of autumn. It is usually distinguished into acute and chronic; or the rheumatism with and without a fever.

CAUSES—The causes of a rheumatism are frequently the same as those of an inflammatory fever, *viz.* an obstructed perspiration, the immoderate use of strong liquors, and the like. Sudden changes of the weather, and all quick transitions from heat to cold, are very apt to occasion the rheumatism. The most extraordinary case of a rheumatism that ever I saw, where almost every joint in the body was distorted, was a man who used to work one part of the day by the fire, and the other part in the water. Very obstinate rheumatisms have likewise been brought on by persons, not accustomed to it, allowing their feet to continue long wet. The same effects are often produced by wet clothes, damp beds, sitting or lying on the damp ground, travelling in the night, &c.



The rheumatism may likewise be occasioned by excessive evacuations, or the stoppage of customary discharges. It is often the effect of chronic diseases, which vitiate the humours; as the scurvy, the *lues venerea*, obstinate autumnal agues, &c.

The rheumatism prevails in cold, damp, marshy countries. It is most common among the poorer sorts of peasants, who are ill clothed, live in low damp houses, and eat coarse and unwholesome food, which contains but little nourishment, and is not easily digested.

**SYMPTOMS.**—The *acute* rheumatism commonly begins with weariness, shivering, a quick pulse, restlessness, and other symptoms of fever. Afterwards the patient complains of flying pains, which are increased by the least motion. These at length fix in the joints, which are often affected with swelling and inflammation. If the blood be let in this disease, it has generally the same appearance as in the pleurisy.

In this kind of rheumatism the treatment of the patient is nearly the same as in acute or inflammatory fever. If he be young and strong, bleeding is necessary, which may be repeated according to the exigencies of the case. The body ought likewise to be kept open by emollient clysters, or cool opening liquors; as decoctions of tamarinds, cream of tartar, whey, senna tea, and the like. The diet should be light, and in small quantity, consisting chiefly of roasted apples, groat-gruel, or weak chicken-broth. After the feverish symptoms have abated, if the pain still continues, the patient must keep his bed, and take such things as promote perspiration; as wine-whey, with *spiritus mendereri*, &c. He may likewise take for a few nights, at bed-time, in a cup of wine-whey, a drachm of the cream of tartar, and half a drachm of gum guaiacum in powder.

Warm bathing, after proper evacuations, has often an exceeding good effect. The patient may ei-



ther be put into a bath of warm water, or have cloths wrung out of it applied to the parts affected. Great care must be taken that he do not catch cold after bathing.

The *chronic* rheumatism is seldom attended with any considerable degree of fever, and is generally confined to some particular part of the body, as the shoulders, the back, or the loins. There is seldom any inflammation or swelling in this case. Persons in the decline of life are most subject to the chronic rheumatism. In such patients it often proves extremely obstinate, and sometimes incurable.

In this kind of rheumatism the regimen should be nearly the same as in the acute. Cool and diluting diet, consisting chiefly of vegetable substances, as stewed prunes, coddled apples, currants or gooseberries boiled in milk, is most proper. Arbuthnot says, 'If there be a specific in aliment for the rheumatism, it is certainly whey;' and adds, 'That he knew a person subject to this disease, who could never be cured by any other method but a diet of whey and bread.' He likewise says, 'That cream of tartar in water-gruel, taken for several days, will ease rheumatic pains considerably.' This I have often experienced, but found it always more efficacious when joined with gum guaiacum, as already directed. In this case the patient may take the dose formerly mentioned, twice a-day, and likewise a teaspoonful of the volatile tincture of gum guaiacum at bed-time in wine-whey.

This course may be continued for a week, or longer, if the case proves obstinate, and the patient's strength will permit. It ought then to be omitted for a few days, and repeated again. At the same time leeches, or a blistering-plaster, may be applied to the part affected. What I have generally found answer better than either of these, in obstinate fixed rheumatic pains, is the *warm plaster*. I have likewise known a plaster of Burgundy pitch worn for



some time on the part affected, give great relief in rheumatic pains.

Cold bathing, especially in salt water, often cures the rheumatism. We would also recommend riding on horseback, and wearing flannel next the skin. Issues are likewise very proper, especially in chronic cases. If the pain affects the shoulders, an issue may be made in the arm; but if it affects the loins, it should be put into the leg or thigh.

### OF THE SCURVY.

THIS disease prevails chiefly in cold northern countries; especially in low, damp situations, near large marshes or great quantities of stagnating water. Sedentary people, of a dull melancholy disposition, are most subject to it. It proves often fatal to sailors on long voyages, particularly in ships that are not properly ventilated, have many people on board, or where cleanliness is neglected.

It is not necessary to mention the different species into which this disease has been divided, as they differ from one another chiefly in degree. What is called the *land scurvy*, however, is seldom attended with those highly putrid symptoms which appear in patients who have been long at sea, and which, we presume, are rather owing to confined air, want of exercise, and the unwholesome food eaten by sailors on long voyages, than to any specific difference in the disease.

CAUSES.—The scurvy is occasioned by cold moist air; by the long use of salted or smoke-dried provisions; or any kind of food that is hard of digestion, and affords little nourishment. It may also proceed from the suppression of customary evacuations, as the *menses*, the hæmorrhoidal flux, &c. It is sometimes owing to an hereditary taint, in which case a very small cause will excite the latent disorder. Grief, fear, and other depressing passions,



have a great tendency both to excite and aggravate this disease. The same observation holds with regard to neglect of cleanliness; bad clothing; the want of proper exercise; confined air; unwholesome food; or any disease which greatly weakens the body or vitiates the humours.

**SYMPTOMS.**—This disease may be known by unusual weariness, heaviness, and difficulty of breathing, especially after motion; rottenness of the gums which are apt to bleed on the slightest touch; a stinking breath; frequent bleeding at the nose; crackling of the joints; difficulty of walking; sometimes a swelling and sometimes a falling away of the legs, on which there are livid, yellow, or violet-coloured spots; the face is generally of a pale or leaden colour. As the disease advances, other symptoms come on; as rottenness of the teeth; hæmorrhages, or discharges of blood from different parts of the body, foul obstinate ulcers, pains in various parts, especially about the breast; dry scaly eruptions all over the body, &c. At last a wasting hectic fever comes on, and the miserable patient is carried off by a dysentery, a diarrhœa, a dropsy, the palsy, fainting fits, or a mortification of some of the bowels.

**CURE.**—We know no way of curing this disease but by pursuing a plan directly opposite to that which brings it on. It proceeds from a vitiated state of the humours, occasioned by errors in diet, air, and exercise; and this cannot be removed but by a proper attention to these important articles.

When the scurvy has been brought on by a long use of salted provisions, the proper medicine is a diet consisting chiefly of fresh vegetables; as oranges, apples, lemons, limes, tamarinds, water-cresses, scurvy-grass, brook-lime, &c. The use of these, with milk, pot-herbs, new bread, and fresh beer or cider, will seldom fail to remove a scurvy of this kind, if taken before it be too far advanced; but, to have this



effect, they must be persisted in for a considerable time. When fresh vegetables cannot be obtained, pickled or preserved ones may be used; and where these are wanting, recourse may be had to the chymical acids. All the patient's food and drink should in this case be sharpened with cream of tartar, elixir of vitriol, vinegar, or the spirits of sea-salt.

These things, however, will more certainly prevent than cure the scurvy; for which reason, sea-faring people, especially in long voyages, ought to lay in plenty of them. Cabbages, onions, gooseberries, and many other vegetables, may be kept a long time by pickling, preserving, &c.

The most proper drink in the scurvy is whey or butter-milk. When these cannot be had, sound cider, perry, or spruce-beer, may be used. Wort has likewise been found to be a proper drink in the scurvy, and may be used at sea, as malt will keep during the longest voyage. A decoction of the tops of spruce-fir is likewise proper. It may be drunk in the quantity of an English pint twice a-day. Tar-water may be used for the same purpose, or decoctions of the mild mucilaginous vegetables; as sarsaparilla, marsh-mallow roots, &c. Infusions of the bitter plants, as ground-ivy, the lesser centaury, marsh-trefoil, &c. are likewise beneficial. I have seen the peasants in some parts of Britain express the juice of the last mentioned plant, and drink it with good effect in those foul scorbutic eruptions with which they are often troubled in the spring season.

Harrogate water is certainly an excellent medicine in the land scurvy. I have often seen patients, who had been reduced to the most deplorable condition by this disease, greatly relieved by drinking the sulphur-water, and bathing in it. The chalybeate water may also be used with advantage, especially with a view to brace the stomach after drinking the sulphur-water, which though it sharpen the



appetite, never fails to weaken the power of digestion.

A slight degree of scurvy may be carried off by frequently sucking a little of the juice of a bitter orange or a lemon. When the disease affects the gums only, this practice, if continued for some time, will generally carry it off.

All kinds of salad are good in the scurvy, and ought to be eaten very plentifully, as spinage, lettuce, parsley, celery, endive, radish, dandelion, &c.

I have sometimes seen good effects, in scorbutic complaints of very long standing, from the use of a decoction of the roots of water-dock. It is usually made by boiling a pound of the fresh root in six English pints of water, till about one third of it be consumed. The dose is from half a pint to a whole pint of the decoction every day. But in all cases where I have seen it prove beneficial, it was made much stronger and drunk in large quantities. The safest way, however, is for the patient to begin with small doses, and increase them both in strength and quantity as he finds his stomach will bear it. It must be used for a considerable time.

## OF THE SCROFULA, OR KING'S EVIL.

This disease chiefly affects the glands, especially those of the neck. Children, and young persons of a sedentary life, are very subject to it. It is one of those diseases which may be removed by proper regimen, but seldom yields to medicine. The inhabitants of cold, damp, marshy countries, are most liable to the scrofula.

CAUSES.—This disease may proceed from a hereditary taint, infection, a scrofulous nurse, &c. Children who have the misfortune to be born of sickly parents, whose constitutions have been greatly injured by the pox, or other chronic diseases, are apt to be affected with the scrofula. It may likewise



proceed from such diseases as weaken the habit or vitiate the humours, as the small pox, measles, &c. External injuries, as blows, bruises, and the like, sometimes produce scrofulous ulcers; but we have reason to believe, when this happens, that there has been a predisposition in the habit to this disease. In short, whatever tends to vitiate the humours or relax the solids, paves the way to the scrofula; as the want of proper exercise, too much heat or cold, confined air, unwholesome food, bad water, the long use of poor weak watery aliments, the neglect of cleanliness, &c. Nothing tends more to induce this disease in children than allowing them to continue long wet.

**SYMPTOMS.**—At first, small knots appear under the chin, or behind the ears, which gradually increase in number and size, till they form one large hard tumour. This often continues for a long time without breaking, and when it does break, it only discharges a thin *sanies*, or watery humour. Other parts of the body are likewise liable to its attack, as the arm-pits, groin, feet, hands, eyes, breast, &c. Nor are the internal parts exempt from it. It often affects the lungs, liver, or spleen, and I have frequently seen the glands of the mésentery greatly enlarged by it.

Those obstinate ulcers which break out upon the feet and hands, with swelling, and little or no redness, are of the scrofulous kind. They seldom discharge good matter, and are exceedingly difficult to cure. The *white swellings* of the joints seem likewise to be of this kind. They are with difficulty brought to a suppuration, and, when opened, they only discharge a thin ichor. There is not a more general symptom of the scrofula than a swelling of the upper lip and nose. It sometimes begins in a toe or finger, which continues long swelled, with no great degree of pain, till the bone becomes carious.



REGIMEN.—As this disease proceeds, in a great measure, from a relaxation, the diet ought to be generous and nourishing, but at the same time light and of easy digestion; as well fermented bread made of sound grain, the flesh and broth of young animals, with now and then a glass of generous wine or good ale. The air ought to be open, dry, and not too cold, and the patient should take as much exercise as he can bear. This is of the utmost importance. Children who have sufficient exercise are seldom troubled with the scrofula.

MEDICINE—The vulgar are remarkably credulous with regard to the cure of the scrofula; many of them believing in the virtue of the royal touch, that of the seventh son, &c. The truth is, we know but little of the nature or cure of this disease, and where reason or medicine fail, superstition always comes in their place. Hence it is, that in diseases which are the most difficult to understand, we generally hear of the greatest number of miraculous cures being performed. Here, however, the deception is easily accounted for. The scrofula, at a certain period of life, often cures of itself; and if the patient happens to be touched about this time, the cure is imputed to the touch, and not to nature, who is really the physician. In the same way the insignificant nostrums of quacks and old women often gain applause when they deserve none.

There is nothing more pernicious than the custom of plying children in the scrofula with strong purgative medicines. People imagine it proceeds from humours which must be purged off, without considering that these purgatives increase the debility, and aggravate the disease. It has indeed been found that keeping the body gently open for some time, especially with sea-water, has a good effect; but this should only be given in gross habits, and in such quantities as to procure one, or at most two stools every day.



Bathing in the salt-water has likewise a very good effect, especially in the warm season. I have often known a course of bathing in the salt-water, and drinking it in such quantities as to keep the body gently open, cure a scrofula, after many other medicines had been tried in vain. When salt-water cannot be obtained, the patient may be bathed in fresh water, and his body kept open by small quantities of salt and water, or some other mild purgative.

Next to cold bathing, and drinking the salt-water, we would recommend the Peruvian bark. The cold bath may be used in summer, and the bark in winter. To an adult, half a drachm of the bark in powder may be given in a glass of red wine, four or five times a-day. Children, and such as cannot take it in substance, may use the decoction made in the following manner :

Boil an ounce of Peruvian bark and a drachm of Winter's bark, both grossly powdered, in an English quart of water to a pint; towards the end, half an ounce of sliced liquorice-root and a handful of raisins may be added, which will both render the decoction less disagreeable, and make it take up more of the bark. The liquor must be strained, and two, three, or four table-spoonsful, according to the age of the patient, given three times a-day; but, in place of this, I now use the compound tincture of bark.

The Moffat and Harrogate waters, especially the latter, are likewise very proper medicines in the scrofula. They ought not however, to be drunk in large quantities, but should be taken so as to keep the body gently open, and must be used for a considerable time.

The hemlock may sometimes be used with advantage in the scrofula. Some lay it down as a general rule that the sea water is most proper before there are any suppuration or symptoms of



*tabes*; the Peruvian bark, when there are running sores, and a degree of hectic fever; and the hemlock in old inveterate cases, approaching to the schirrous or cancerous state. Either the extract or the fresh juice of this plant may be used. The doses may be small at first, and increased gradually as far as the stomach is able to bear it.

Medicines which mitigate this disease, though they do not cure it, are not to be despised. If the patient can be kept alive by any means till he arrives at the age of puberty, he has a great chance to get well; but if he does not recover at this time, in all probability he never will.

### OF THE ITCH.

THOUGH this disease is commonly communicated by infection, yet it seldom prevails where due regard is paid to cleanliness, fresh air, and wholesome diet. It generally appears in form of small watery pustules, first about the wrists, or between the fingers; afterwards it affects the arms, legs, thighs, &c. These pustules are attended with an intolerable itching, especially when the patient is warm in bed, or sits by the fire. Sometimes, indeed, the skin is covered with large blotches or scabs, and at other times with a white scurf, or scaly eruption. This last is called the Dry Itch, and is the most difficult to cure.

The itch is seldom a dangerous disease, unless when it is rendered so by neglect or improper treatment. If it be suffered to continue too long, it may vitiate the whole mass of humours: and, if it be suddenly driven in, without proper evacuations, it may occasion fevers, inflammations of the viscera, or other internal disorders.

The best medicine yet known for the itch is sulphur, which ought to be used both externally and internally. The parts most affected may be rubbed



with an ointment made of the flower of sulphur, two ounces; crude sal ammoniac finely powdered, two drachms; hogs-lard or butter, four ounces. If a scruple or half a drachm of the essence of lemon be added, it will entirely take away the disagreeable smell. About the bulk of a nutmeg of this may be rubbed upon the extremities, at bed-time twice or thrice a-week. It is seldom necessary to rub the whole body; but, when it is, it ought not to be done all at once, but by turns, as it is dangerous to stop too many pores at the same time.

Before the patient begins to use the ointment, he ought, if he be of a full habit, to bleed or take a purge or two. It will likewise be proper, during the use of it, to take every night and morning as much of the flower of brimstone and cream of tartar, in a little treacle or new milk, as will keep the body gently open. He should beware of catching cold, should wear more clothes than usual, and take every thing warm. The same clothes, the linen excepted, ought to be worn all the time of using the ointment; and such clothes as have been worn while the patient was under the disease, are not to be used again, unless they have been fumigated with brimstone, and thoroughly cleansed, otherwise they will communicate the infection anew.

I never knew brimstone, when used as directed above, fail to cure the itch; and I have reason to believe that, if duly persisted in, it never will fail: but if it be only used once or twice, and cleanliness neglected, it is no wonder if the disorder returns. The quantity of ointment mentioned above will generally be sufficient for the cure of one person.

Those who would avoid this detestable disease, ought to be aware of infected persons, to use wholesome food, and to study universal cleanliness.



## OF THE ASTHMA.

THE asthma is a disease of the lungs, which seldom admits of a cure. Persons in the decline of life are most liable to it. It is distinguished into the moist and dry, or humoral and nervous. The former is attended with expectoration or spitting; but in the latter the patient seldom spits, unless sometimes a little tough phlegm by the mere force of coughing.

CAUSES.—The asthma is sometimes hereditary. It may likewise proceed from a bad formation of the breast; the fumes of metals or minerals taken into the lungs; violent exercise, especially running; the obstruction of customary evacuations, as the menses, hæmorrhoids, &c.; the sudden retrocession of the gout, or striking in of eruptions, as the small-pox, measles, &c. violent passions of the mind, as sudden fear or surprise. In a word, the disease may proceed from any cause that either impedes the circulation of the blood through the lungs, or prevents their being duly expanded by the air.

SYMPTOMS.—An asthma is known by a quick laborious breathing, which is generally performed with a kind of wheezing noise. Sometimes the difficulty of breathing is so great, that the patient is obliged to keep in an erect posture; otherwise he is in danger of being suffocated. A fit or paroxysm of the asthma generally happens after a person has been exposed to cold easterly winds, or has been abroad in thick foggy weather, or has got wet, or continued long in a damp place under ground, or has taken some food which the stomach could not digest, as pastries, toasted cheese, or the like.

The paroxysm is commonly ushered in with listlessness, want of sleep, hoarseness, a cough, belching wind, a sense of heaviness about the breast, and difficulty of breathing. To these succeed heat, fe-



ver, pain of the head, sickness and nausea, great oppression of the breast, palpitation of the heart, a weak and sometimes intermitting pulse, an involuntary flow of tears, bilious vomitings, &c. All the symptoms grow worse towards night; the patient is easier when up than in bed, and is very desirous of cool air.

REGIMEN.—The food ought to be light and of easy digestion. Boiled meats are to be preferred to roasted, and the flesh of young animals to that of old. All windy food, and whatever is apt to swell in the stomach, is to be avoided. Light puddings, white broths, and ripe fruits, baked, boiled or roasted, are proper. Strong liquors of all kinds, especially malt-liquor, are hurtful. The patient should eat a very light supper, or rather none at all; and should never suffer himself to be long costive. His clothing should be warm, especially in the winter season. As all disorders of the breast are much relieved by keeping the feet warm, and promoting the perspiration, a flannel shirt or waistcoat, and thick shoes, will be of singular service.

But nothing is of so great importance in the asthma as pure and moderately warm air. Asthmatic people can seldom bear either the close heavy air of a large town, or the sharp keen atmosphere of a bleak hilly country; a medium, therefore, between these is to be chosen. The air near a large town is often better than at a distance, provided the patient be removed so far as not to be affected by the smoke. Some asthmatic patients indeed breathe easier in town than in the country; but this is seldom the case, especially in towns where much coal is burnt. Asthmatic persons who are obliged to be in town all day, ought at least to sleep out of it. Even this will often prove of great service. Those who can afford it, ought to travel into a warmer climate. Many asthmatic persons who cannot live in Britain



enjoy very good health in the south of France, Portugal, Spain, or Italy.

Exercise is likewise of very great importance in the asthma, as it promotes the digestion, and greatly assists in the preparation of the blood. The blood of asthmatic persons is seldom duly prepared, owing to the proper action of the lungs being impeded. For this reason, such people ought daily to take as much exercise, either on foot, horseback, or in a carriage, as they can bear.

MEDICINE.—Almost all that can be done by medicine in this disease, is to relieve the patient when seized with a violent fit. This indeed requires the greatest expedition, as the disease often proves suddenly fatal. In the paroxysm or fit, the body is generally bound, a purging-clyster, with a solution of assafoetida, ought therefore to be administered, and, if there be occasion, it may be repeated two or three times. The patient's feet and legs ought to be immersed in warm water, and afterwards rubbed with a warm hand or dry cloth. Bleeding, unless extreme weakness or old age should forbid it, is highly proper. If there be a violent spasm about the breast or stomach, warm fomentations, or bladders filled with warm milk and water, may be applied to the part affected, and warm cataplasms to the soles of the feet. The patient must drink freely of diluting liquors, and may take a tea-spoonful of the tincture of castor and saffron, mixed together in a cup of valerian tea, twice or thrice a-day. Sometimes a vomit has a very good effect, and snatches the patient, as it were, from the jaws of death. This, however, will be more safe after other evacuations have been premised. A very strong infusion of roasted coffee is said to give ease in an asthmatic paroxysm.

In the moist asthma, such things as promote expectoration or spitting, ought to be used; as the syrup of squills, gum-ammoniac, and such like. A



common spoonful of the syrup of oxymel of squills, mixed with an equal quantity of cinnamon-water, may be taken three or four times through the day, and four or five pills made of equal parts of assa-fœtida and gum ammoniac, at bed-time.

For the convulsive or nervous asthma, antispasmodics and bracers are the most proper medicines. The patient may take a tea-spoonful of the paregoric elixir twice a-day. The Peruvian bark is sometimes found to be of use in this case. It may be taken in substance, or infused in wine.

### OF THE APOPLEXY.

THE apoplexy is a sudden loss of sense and motion, during which the patient is to all appearance dead; the heart and lungs still continue to move. Though this disease often proves fatal, yet it may sometimes be removed by proper care. It chiefly attacks sedentary persons of a gross habit, who use a rich and plentiful diet, and indulge in strong liquors. People in the decline of life are most subject to the apoplexy. It prevails most in winter, especially in rainy seasons and very low states of the barometer.

CAUSES.—The immediate cause of an apoplexy is a compression of the brain, occasioned by an excess of blood, or a collection of watery humours. The former is called a *sanguine*, and the latter a *serous*, apoplexy. It may be occasioned by anything that increases the circulation towards the brain, or prevents the return of the blood from the head; as intense study; violent passions; viewing objects for a long time obliquely; wearing any thing too tight about the neck; a rich and luxurious diet; suppression of urine; suffering the body to cool suddenly after having been greatly heated; continuing long in a warm or cold bath; the excessive use of spices, or high-seasoned food; excess of venery;



the sudden striking in of any eruption; suffering issues, setons, &c. suddenly to dry up, or the stoppage of any customary evacuation; a mercurial salivation pushed too far, or suddenly checked by cold; wounds or bruises on the head; long exposure to excessive cold; poisonous exhalations, &c.

**SYMPTOMS, and method of cure.**—The usual forerunners of an apoplexy are giddiness, pain and swimming of the head; loss of the memory; drowsiness: noise in the ears; the night-mare; a spontaneous flux of tears and laborious perspiration. When persons of an apoplectic make, observe these symptoms, they have reason to fear the approach of a fit, and should endeavour to prevent it by bleeding, a slender diet, and opening medicines.

In the sanguine apoplexy, if the patient does not die suddenly, the countenance appears florid, the face is swelled or puffed up, and the blood vessels, especially about the neck and temples, are turgid; the pulse beats strong; the eyes are prominent and fixed, and the breathing is difficult, and performed with a snorting noise. The excrements and urine are often voided spontaneously, and the patient is sometimes seized with vomiting.

In this species of apoplexy, every method must be taken to lessen the force of circulation towards the head. The patient should be kept perfectly easy and cool. His head should be raised pretty high, and his feet suffered to hang down. His clothes ought to be loosened, especially about the neck, and fresh air admitted into his chamber. His garters should be tied pretty tight, by which means the motion of the blood from the lower extremities will be retarded. As soon as the patient is placed in a proper posture, he should be bled freely in the neck or arm, and, if there be occasion, the operation may be repeated in two or three hours. A laxative clyster, with plenty of sweet oil, or fresh butter, and a



spoonful or two of common salt in it, may be administered every two hours, and blistering-plasters applied between the shoulders, and to the calves of the legs.

As soon as the symptoms are a little abated, and the patient is able to swallow, he ought to drink freely of some diluting liquor: as a decoction of tamarinds and liquorice, cream-tartar whey, or common whey with cream of tartar dissolved in it. Or he may take any cooling purge, as Glauber's salts, manna dissolved in an infusion of senna, or the like. All spirits, and other strong liquors, are to be avoided. Even volatile salts held to the nose do mischief. Vomits, for the same reason, ought not to be given, or any thing that may increase the motion of the blood towards the head.

In the serous apoplexy, the symptoms are nearly the same, only the pulse is not so strong, the countenance is less florid, and the breathing less difficult. Bleeding is not so necessary here as in the former case. It may, however, generally be performed once with safety and advantage, but should not be repeated. The patient should be placed in the same posture as directed above, and should have blistering-plasters applied, and receive opening clysters in the same manner. Purges are here likewise necessary, and the patient may drink baln-tea. If he be inclined to sweat, it ought to be promoted by drinking small wine-whey, or an infusion of *carduus benedictus*. A plentiful sweat, kept up for a considerable time, has often carried off a serous apoplexy.

When apoplectic symptoms proceed from opium or other narcotic substances taken into the stomach, vomits are necessary. The patient is generally relieved as soon as he has discharged the poison in this way.

Persons of an apoplectic make, or those who have been attacked by it, ought to use a very spare and



slender diet; avoiding all strong liquors, spiceries, and high-seasoned food. They ought likewise to guard against all violent passions, and to avoid the extremes of heat and cold. The head should be shaved, and daily washed with cold water. The feet ought to be kept warm, and never suffered to continue long wet. The body must be kept open either by food or medicine, and a little blood may be let every spring and fall. Exercises should by no means be neglected; but it ought to be taken in moderation. Nothing has a more happy effect in preventing an apoplexy than perpetual issues or setons; great care, however, must be taken not to suffer them to dry up, without opening others in their stead. Apoplectic persons ought never to go to rest with a full stomach, or to lie with their heads low, or wear any thing tight about their necks.

The above observations are of the greatest importance. A full stomach impedes the circulation, which is naturally slower during sleep than when awake. The head lying low seems to invite stagnation, and tight ligatures around the neck impede the return of the blood from the brain, and can hardly fail to produce an apoplexy.

#### OF COSTIVENESS, AND OTHER AFFECTIONS OF THE STOMACH AND BOWELS.

WE do not here mean to treat of those astrictions of the bowels which are the symptoms of diseases, as of the colic, the iliac passions, &c. but only to take notice of that infrequency of stools which sometimes happens, and which in some particular constitutions may occasion diseases.

Costiveness may proceed from drinking rough red wines, or other astringent liquors: too much exercise, especially on horseback. It may likewise



proceed from a long use of cold insipid food, which does not sufficiently stimulate the intestines. Sometimes it is owing to the bile not descending to the intestines, as in the jaundice; and at other times it proceeds from diseases of the intestines themselves, as a palsy, spasms, torpor, tumours, a cold dry state of the intestines, &c.

Excessive costiveness is apt to occasion pains of the head, vomiting, colics, and other complaints of the bowels. It is peculiarly hurtful in hypochondriac and hysteric complaints, as it generates wind and other grievous symptoms. Some people, however, can bear costiveness to a great degree. I know persons who enjoy pretty good health, yet do not go to stool above once a-week, and others not above once a-fortnight. Indeed, I have heard of some who do not go to stool above once a-month.

Persons who are generally costive should live upon a moistening and laxative diet; as roasted or boiled apples, pears, stewed prunes, raisins, gruels with currants, butter, honey, sugar, and such like. Broths with spinage, leeks, and other soft pot-herbs are likewise proper. Rye-bread, or that which is made of a mixture of wheat and rye together, ought to be eaten. No person troubled with costiveness should eat white bread alone, especially that which is made of fine flour. The best bread for keeping the body soluble is what, in some parts of England they call *meslin*. It is made of a mixture of wheat and rye, and is very agreeable to those who are accustomed to it.

Costiveness is increased by keeping the body too warm, and by every thing that promotes the perspiration; as wearing flannel, lying too long in bed, &c. Intense thought and a sedentary life are likewise hurtful. All the secretions and excretions are promoted by moderate exercise without doors, and by a gay, cheerful, sprightly temper of mind.



The drink should be of an opening quality. All ardent spirits, austere and astringent wines, as port, claret, &c. ought to be avoided. Malt-liquor that is fine, and of a moderate strength, is very proper. Butter-milk, whey, and other watery liquors, are likewise proper, and may be drunk in turns, as the patient's inclination directs.

Those who are troubled with costiveness, ought, if possible, to remedy it by diet, as the constant use of medicines, for that purpose, is attended with many inconveniencies, and often with bad consequences.

When the body cannot be kept open without medicine, we would recommend gentle doses of rhubarb to be taken twice or thrice a-week. This is not near so injurious to the stomach, as aloes, jalap, or the other drastic purgatives so much in use. Infusions of senna and manna may likewise be taken, or half an ounce of soluble tartar dissolved in water-gruel. About the size of a nutmeg of lenitive electuary, taken twice or thrice a-day, generally answers the purpose very well.

### WANT OF APPETITE.

THIS may proceed from a foul stomach : indigestion ; the want of free air and exercise ; grief, fear, anxiety, or any of the depressing passions ; excessive heat ; the use of strong broths, fat meat, or any thing that palls the appetite, or is hard of digestion ; the immoderate use of strong liquors, tea, tobacco, opium, &c.

The patient ought, if possible, to make choice of an open dry air ; to take exercise daily on horse-back or in a carriage ; to rise betimes ; and to avoid all intense thought. He should use a diet of easy digestion ; and should avoid excessive heat and great fatigue.

If want of appetite proceed from errors in diet,



or any other part of the patient's regimen, it ought to be changed. If nausea and retchings show that the stomach is loaded with crudities, a vomit will be of service. After this a gentle purge or two of rhubarb, or any of the bitter purging salts may be taken. The patient ought next to use some of the stomachic bitters infused in wine. Though gentle evacuations be necessary, yet strong purges and vomits are to be avoided, as they weaken the stomach, and hurt digestion. After proper evacuations, bitter elixirs and tinctures with aromatics may be used.

Elixir of vitriol is an excellent medicine in most cases of indigestion, weakness of the stomach, or want of appetite. From twenty to thirty drops of it may be taken twice or thrice a-day in a glass of wine or water. It may likewise be mixed with the tincture of the bark, one drachm of the former to an ounce of the latter, and two tea-spoonsful of it taken in wine and water, as above.

The chalybeate waters, if drunk in moderation, are generally of considerable service in this case. The salt water has likewise good effects; but it must not be used too freely. The waters of Harrogate, Scarborough, Moffat, and most other spas in Britain, may be used with advantage. We would advise all who are afflicted with indigestion and want of appetite, to repair to these places of public rendezvous. The very change of air, and the cheerful company, will be of service; not to mention the exercise, dissipation, amusement, &c.

## OF THE HEART-BURN.

WHAT is commonly called the *heart-burn*, is not a disease of that organ, but an uneasy sensation of heat or acrimony about the pit of the stomach, which is sometimes attended with anxiety, nausea, and vomiting.



It may proceed from a debility of the stomach, indigestion, bile, the abounding of an acid in the stomach, &c. Persons who are liable to this complaint, ought to avoid stale liquors, acids, windy or greasy aliments, and should never use violent exercise soon after a plentiful meal.

When the heart-burn proceeds from debility of the stomach, or indigestion, the patient ought to take a dose or two of rhubarb; afterwards he may use infusions of the Peruvian bark, or any other of the stomachic bitters in wine or brandy. Drinking a cup of camomile-tea, with fifteen or twenty drops of the elixir of vitriol in it, twice or thrice a-day, will strengthen the stomach and promote digestion. Exercise in the open air will likewise be of use.

When bilious humours occasion the heart-burn, a tea-spoonful of the sweet spirit of nitre, in a glass of water or a cup of tea, will generally give ease. If it proceeds from the use of greasy aliments, a dram of brandy or rum may be taken.

If acidity or sourness of the stomach occasions the heart-burn, absorbents are the proper medicines. In this case an ounce of powdered chalk, half an ounce of fine sugar, and a quarter of an ounce of gum-arabic, may be mixed in an English quart of water, and a tea-cupful of it taken as often as is necessary. Such as do not choose chalk, may take a tea-spoonful of prepared oyster-shells, or of the powder called Crab's-eyes, and a glass of cinnamon or peppermint water. But the safest and best absorbent is *magnesia alba*. This not only acts as an absorbent, but likewise as a purgative; whereas chalk and other absorbents of that kind, are apt to lie in the intestines and occasion obstructions. This powder is not disagreeable, and may be taken in a cup of tea, or a glass of mint-water. A large tea-spoonful is the usual dose; but it may be taken in a much greater quantity when there is occasion. These things are now generally made up into loz-



enges, for the conveniency of being carried in the pocket, and taken at pleasure.

If wind be the cause of this complaint, the most proper medicines are those called carminatives; as aniseeds, juniper-berries, ginger, canella alba, cardamom seeds, &c.

## OF NERVOUS DISEASES.

OF all diseases incident to mankind, those of the nervous kind are the most complicated and difficult to cure. Low spirits, timorousness, melancholy, and fickleness of temper, which generally attend nervous disorders, induce many to believe that they are entirely diseases of the mind; but this change of temper is rather a consequence than the cause of nervous diseases.

CAUSES.—Every thing that tends to relax or weaken the body, disposes it to nervous diseases, as indolence, excessive venery, drinking too much tea, or other weak watery liquors warm, frequent bleeding, purging, vomiting, &c. Whatever hurts the digestion, or prevents the proper assimilation of the food, has likewise this effect; as long fasting, excess in eating or drinking, the use of windy, crude, or unwholesome aliments, an unfavourable posture of the body, &c.

Nervous disorders often proceed from intense study. Grief and disappointment likewise produce the same effects. I have known nervous patients who dated the commencement of their disorders from the loss of a husband, a favourite child, or from disappointment in life. In a word, whatever weakens the body, or depresses the spirits, may occasion nervous disorders; as unwholesome air, want of sleep, great fatigue, disagreeable apprehensions, anxiety, vexation, &c.

SYMPTOMS.—We shall only mention some of the most general symptoms of these disorders, as it will



be both a useless and impracticable task to enumerate the whole. They generally begin with windy inflations or distensions of the stomach and intestines; the appetite and digestion are usually bad; yet sometimes there is an uncommon craving for food, and a quick digestion. The food often turns sour on the stomach; and the patient is troubled with vomiting of clear water, tough phlegm, or a blackish-coloured liquor resembling the grounds of coffee. Excruciating pains are often felt about the navel, attended with a rumbling or murmuring noise in the bowels. The body is sometimes loose, but more commonly bound, which occasions a retention of wind and great uneasiness.

The urine is sometimes in small quantity, at other times very copious and quite clear. There is a great tightness of the breast, with difficulty of breathing; violent palpitations of the heart; sudden flushings of heat in various parts of the body; at other times a sense of cold, as if water were poured on them; flying pains in the arms and limbs; pains in the back and belly, resembling those occasioned by gravel; the pulse very variable, sometimes uncommonly slow, and at other times very quick; yawning, the hiccup, frequent sighing, and a sense of suffocation, as if from a ball or lump in the throat; alternate fits of crying and convulsive laughing; the sleep is unsound, and seldom refreshing; and the patient is often troubled with the night-mare.

Nothing is more characteristic of this disease than a constant dread of death. This renders those unhappy persons who labour under it peevish, fickle, impatient, and apt to run from one physician to another; which is one reason why they seldom reap any benefit from medicine, as they have not sufficient resolution to persist in any one course till it has time to produce its proper effects. They are likewise apt to imagine that they labour under diseases, from which they are quite free; and are very



angry if any one attempts to set them right, or laugh them out of their ridiculous notions.

REGIMEN.—Persons afflicted with nervous diseases ought never to fast long. Their food should be solid and nourishing, but of easy digestion. Fat meats and heavy sauces are hurtful. All excess should be carefully avoided. They ought never to eat more at a time than they can easily digest; and heavy suppers are to be avoided. If they feel themselves weak and faint between meals, they ought to eat a bit of bread, and drink a glass of wine. Though wine, in excess, enfeebles the body, and impairs the faculties of the mind, yet, taken in moderation, it strengthens the stomach, and promotes digestion. Wine and water is a very proper drink at meals; but if wine sours on the stomach, or the patient is much troubled with wind, brandy and water will answer better. Every thing that is windy or hard of digestion must be avoided. All weak and warm liquors are hurtful; as tea, coffee, punch, &c. People may find a temporary relief in the use of these, but they always increase the malady, as they weaken the stomach, and hurt digestion. Above all things, drams are to be avoided. Whatever immediate ease the patient may feel from the use of ardent spirits, they are sure to aggravate the malady, and prove certain poisons at last. These cautions are the more necessary, as most nervous people are peculiarly fond of tea and ardent spirits; to the use of which many of them fall victims.

Exercise in nervous disorders is superior to all medicines. Riding on horse-back is generally esteemed the best, as it gives motion to the whole body, without fatiguing it. I have known some patients, however, with whom walking agreed better, and others who were most benefited by riding in a carriage. Every one ought to use that which he finds most beneficial. Long sea-voyages have an excellent effect.



A cool and dry air is proper, as it braces and invigorates the whole body. Few things tend more to relax and enervate than hot air, especially that which is rendered so by great fires or stoves in small apartments. But when the stomach and bowels are weak, the body ought to be well guarded against cold, especially in winter, by wearing a thin flannel waistcoat next the skin. This will keep up an equal perspiration, and defend the alimentary canal from many impressions to which it would otherwise be subject upon every sudden change from warm to cold weather. Rubbing the body frequently with a flesh-brush, or a coarse linen cloth, is likewise beneficial; as it promotes the circulation, perspiration, &c. Persons who have weak nerves ought to rise early, and take exercise before breakfast, as lying too long in bed cannot fail to relax the solids. They ought likewise to be diverted, and to be kept as easy and cheerful as possible. There is not any thing which hurts the nervous system, or weakens the digestive powers more than fear, grief, or anxiety.

MEDICINES.—Though nervous diseases are seldom radically cured, yet their symptoms may sometimes be alleviated, and the patient's life rendered at least more comfortable, by proper medicines.

When the patient is costive, he ought to take a little rhubarb, or some other mild purgative, and should never suffer his body to be long bound. All strong and violent purgatives are, however, to be avoided; as aloes, jalap, &c. I have generally seen an infusion of senna and rhubarb in brandy answer very well. This may be made of any strength, and taken in such a quantity as the patient finds necessary. When the digestion is bad, or the stomach relaxed and weak, the following infusion of Peruvian bark and other bitters may be used with advantage:

Take of Peruvian bark, an ounce; gentian-root, orange-peel, and coriander-seed, of each an ounce;



let these ingredients be all bruised in a mortar, and infused in a bottle of brandy or rum, for the space of five or six days. A table-spoonful of the strained liquor may be taken in half a glass of water, an hour before breakfast, dinner, and supper.

Few things tend more to strengthen the nervous system than cold bathing. This practice, if duly persisted in, will produce very extraordinary effects; but when the liver or other *viscera* are obstructed, or otherwise unsound, the cold bath is improper. It is therefore to be used with very great caution. The most proper seasons for it are summer and autumn. It will be sufficient, especially for persons of a spare habit, to go into the cold-bath three or four times a-week. If the patient be weakened by it, or feels chilly for a long time after coming out, it is improper.

## OF MELANCHOLY.

MELANCHOLY is that state of alienation or weakness of mind which renders people incapable of enjoying the pleasures, or performing the duties, of life. It is a degree of insanity, and often terminates in absolute madness.

CAUSES.—It may proceed from a hereditary disposition; intense thinking, especially where the mind is long occupied about one object; violent passions or affections of the mind, as love, fear, joy, grief, pride, and such like. It may also be occasioned by excessive venery; narcotic or stupefactive poisons; a sedentary life; solitude; the suppression of customary evacuations; acute fevers; or other diseases. Violent anger will change melancholy into madness; and excessive cold, especially of the lower extremities, will force the blood into the brain, and produce all the symptoms of madness. It may likewise proceed from the use of aliment that is hard of digestion, or which cannot be easily assimilated.



lated; from a callous state of the integuments of the brain, or a dryness of the brain itself. To all which we may add gloomy and mistaken notions of religion.

**SYMPTOMS.**—When persons begin to be melancholy, they are dull; dejected; timorous; watchful; fond of solitude; fretful; fickle; captious and inquisitive; solicitous about trifles; sometimes niggardly, and at other times prodigal. The body is generally bound; the urine thin and in small quantity; the stomach and bowels inflated with wind; the complexion pale; the pulse slow and weak. The functions of the mind are also greatly perverted, insomuch that the patient often imagines himself dead, or changed into some other animal. Some have imagined their bodies made of glass, or other brittle substances, and were afraid to move lest they should be broken to pieces. The unhappy patient, in this case, unless carefully watched, is apt to put an end to his own miserable life.

When the disease is owing to any obstruction of customary evacuations, or any bodily disorder, it is easier cured than when it proceeds from affections of the mind, or a hereditary taint. A discharge of blood from the nose, looseness, scabby eruptions, the bleeding piles, or the *menses*, sometimes carry off this disease.

**REGIMEN.**—The diet should consist chiefly of vegetables of a cooling and opening quality. Animal food, especially salted, or smoke-dried fish or flesh, ought to be avoided. All kinds of shell-fish are bad. Aliments prepared with onions, garlic, or any thing that generates thick blood, are likewise improper. All kinds of fruit that are wholesome may be eaten with advantage. Boerhaave gives an instance of a patient who, by a long use of whey, water, and garden fruit, recovered, after having evacuated a great quantity of black-coloured matter.



Strong liquors of every kind ought to be avoided as poison. The most proper drink is water, whey, or very small beer. Tea and coffee are improper. If honey agrees with the patient, it may be eaten freely, or his drink may be sweetened with it. Infusions of balm-leaves, penny-royal, the roots of wild valerian, or the flowers of the lime tree, may be drunk freely, either by themselves, or sweetened with honey, as the patient shall choose.

The patient ought to take as much exercise in the open air as he can bear.

MEDICINE.—In the cure of this disease, particular attention must be paid to the mind. When the patient is in a low state, his mind ought to be soothed and diverted with a variety of amusements, as entertaining stories, pastimes, music, &c. This seems to have been the method of curing the melancholy among the Jews, as we learn from the story of King Saul; and, indeed, it is a very rational one. Nothing can remove diseases of the mind so effectually as applications to the mind itself, the most efficacious of which is music. The patient's company ought likewise to consist of such persons as are agreeable to him. People in this state are apt to conceive unaccountable aversions against particular persons; and the very sight of such persons is sufficient to distract their minds, and throw them into the utmost perturbation. In all kinds of madness, it is better to soothe and calm the mind, than to ruffle it by contradiction.

When the patient is high, evacuations are necessary. In this case he must be bled, and have his body kept open by purging medicines, as manna, rhubarb, cream of tartar, or the soluble tartar. I have seen the last have very happy effects. It may be taken in the dose of half an ounce, dissolved in water-gruel, every day for several weeks, or even for months, if necessary. More or less may be given according as it operates. Vomits have likewise a



good effect; but they must be pretty strong, otherwise they will not operate.

Whatever increases the evacuation of urine, or promotes perspiration, has a tendency to remove this disease. Both these secretions may be promoted by the use of nitre and vinegar. Half a drachm of purified nitre may be given three or four times a-day, in any manner that is most agreeable to the patient; and an ounce and a half of distilled vinegar may be daily mixed with his drink. Dr. Locker seems to think vinegar the best medicine that can be given in this disease.

Camphire and musk have likewise been used in this case with advantage. Ten or twelve grains of camphire may be rubbed in a mortar with half a drachm of nitre, and taken twice a-day, or oftener, if the stomach will bear it. If it will not sit upon the stomach in this form, it may be made into pills with gum assafoetida and Russian castor, and taken in the quantity above directed. If musk is to be administered, a scruple or twenty-five grains of it may be made into a bolus with a little honey or common syrup, and taken twice or thrice a-day. The antimonial wine, is by some extolled for the cure of madness; it may be taken in a dose of forty or fifty drops twice or thrice a day in a cup of tea. We do not mean that all these medicines should be administered at once; but whichever of them is given must be duly persisted in, and where one fails another may be tried.

### OF THE PALSY.

THE palsy is a loss or diminution of sense and motion, or of both, in one or more parts of the body. Of all the affections called nervous, this is the most suddenly fatal. It is more or less dangerous, according to the importance of the part affected. A palsy of the heart, lungs, or any other part neces-



sary to life, is mortal. When it affects the stomach, the intestines, or the bladder, it is highly dangerous. If the face be affected, the case is bad, as it shows that the disease proceeds from the brain. When the part affected feels cold, is insensible, or wastes away, or when the judgment and memory begin to fail, there is small hope of a cure.

CAUSES.—The immediate cause of palsy is any thing that prevents the regular exertion of the nervous power upon any particular muscle or part of the body. The occasional and predisposing causes are various, as drunkenness; wounds of the brain and spinal marrow; pressure upon the brain or nerves; very cold or damp air; the suppression of customary evacuations; sudden fear; want of exercise; or whatever greatly relaxes the system, as drinking much tea or coffee. The palsy may likewise proceed from wounds of the nerves themselves, from the poisonous fumes of metals or minerals, as mercury, lead, arsenic, &c.

In young persons of a full habit, the palsy must be treated in the same manner as the sanguine apoplexy. The patient must be bled, blistered, and have his body opened by sharp clysters of purgative medicines. But in old age, or when the disease proceeds from relaxation or debility, which is generally the case, a quite contrary course must be pursued. The diet must be warm and invigorating, seasoned with spicy and aromatic vegetables, as mustard, horse-radish, &c. The drink may be generous wine, mustard-whey, or brandy and water. Friction, with the flesh-brush or a warm hand, is extremely proper, especially on the parts affected. Blistering plasters may likewise be applied to the affected parts with advantage. When this cannot be done, they may be rubbed with the volatile liniment, or the nerve ointment of the Edinburgh Dispensary. One of the best external applications is electricity. The shocks, or rather vibrations, should be received on



the part affected; and they ought daily to be repeated for several weeks.

Vomits are very beneficial in this kind of palsy, and ought frequently to be administered. Cephalic snuff, or anything that makes the patient sneeze, is likewise of use. Some pretend to have found great benefit from rubbing the part affected with nettles; but this does not seem to be any way preferable to blistering. If the tongue be affected, the patient may gargle his mouth frequently with brandy and mustard; or he may hold a bit of sugar in his mouth, wet with the palsy drops, or compound spirit of lavender. The wild valerian-root is a very proper medicine in this case. It may either be taken in an infusion with sage-leaves, or half a drachm of it in powder may be given in a glass of wine three or four times a-day. If the patient cannot use the valerian, he may take of *sal volatile oleosum*, compound spirits of lavender, and tincture of castor, each half an ounce; mix these together, and take forty or fifty drops in a glass of wine three or four times a-day. A tablespoonful of mustard seed taken frequently is a very good medicine. The patient ought likewise to chew cinnamon bark, ginger, or other warm spices.

Exercise is of the utmost importance in the palsy; but the patient must beware of cold, damp, and moist air. He ought to wear flannel next his skin; and, if possible, should remove into a warmer climate.

## OF THE EPILEPSY, OR FALLING SICKNESS.

THE epilepsy is a sudden deprivation of all the senses, wherein the patient falls suddenly down, and is affected with violent convulsive motions. Children, especially those who are delicately brought up, are most subject to it. It more frequently attacks men



than women, and is very difficult to cure. When the epilepsy attacks children, there is reason to hope it may go off about the time of puberty. When it attacks any person after twenty years of age, the cure is difficult; but when after forty, a cure is hardly to be expected. If the fit continues only for a space, and returns seldom, there is reason to hope; but if it continues long, and returns frequently, the prospect is bad. It is a very unfavourable symptom when the patient is seized with the fits in his sleep.

CAUSES.—The epilepsy is sometimes hereditary. It may likewise proceed from blows, bruises, or wounds in the head; a collection of water, blood, or serous humours in the brain; a polypus; tumours or concretions within the skull; excessive drinking; intense study; excess of venery; worms; teething; suppression of customary evacuations; too great emptiness or repletion; violent passions or affections of the mind, as fear, joy, &c. hysteric affections; contagion received into the body, as the infection of the small-pox, measles, &c.

SYMPTOMS.—An epileptic fit is generally preceded by unusual weariness; pain of the head; dullness; giddiness; noise in the ears; dimness of the sight; palpitation of the heart; disturbed sleep; difficult breathing; the bowels are inflated with wind; the urine is in great quantity, but thin; the complexion is pale; the extremities are cold; and the patient often feels as it were, a stream of cold air ascending towards his head.

In the fit, the patient generally makes an unusual noise; his eyes are distorted; he starts, and foams at the mouth; his extremities are bent or twisted various ways; he often discharges his seed, urine, and fæces, involuntarily; and is quite destitute of all sense and reason. After the fit is over, his senses gradually return, and he complains of a kind of stupor, weariness, and pain of his head; but has no



remembrance of what happened to him during the fit.

The fits are sometimes excited by violent affections of the mind, a debauch of liquor, excessive heat, cold, or the like.

REGIMEN.—Epileptic patients ought, if possible, to breathe a pure and free air. Their diet should be light and nourishing. They ought to drink nothing strong, to avoid swine's flesh, water-fowl, and likewise all windy and oily vegetables, as cabbage, nuts, &c. They ought to keep themselves cheerful, carefully guarding against all violent passions, as anger, fear, excessive joy, and the like.

Exercise is likewise of great use; but the patient must be careful to avoid all extremes either of heat or cold, all dangerous situations, as standing upon precipices, riding, deep waters, and such like.

MEDICINE.—The intentions of cure must vary according to the cause of this disease. If the patient be of a sanguine temperament, and there be reason to fear an obstruction in the brain, bleeding and other evacuations will be necessary. When the disease is occasioned by the stoppage of customary evacuations, these, if possible, must be restored; if this cannot be done, others may be substituted in their place. Issues or setons in this case have often a very good effect. When there is reason to believe that the disease proceeds from worms, proper medicine must be used to kill or carry off these vermin. When the disease proceeds from teething, the body should be kept open by emollient clysters, the feet frequently bathed in warm water, and, if the fits prove obstinate, a blistering-plaster may be put betwixt the shoulders. The same method is to be followed, when epileptic fits precede the eruption of the small-pox or measles, &c.

When the disease is hereditary, or proceeds from a wrong formation of the brain, a cure is not to be expected. When it is owing to debility, or too great



an irritability of the nervous system, such medicines as tend to brace and strengthen the nerves may be used, as the Peruvian bark and steel; or the *anti-epileptic electuaries* recommended by Fuller and Mead.

The flowers of zinc have of late been highly extolled for the cure of epilepsy. Though this medicine will not be found to answer the expectations which have been raised concerning it, yet in obstinate epileptic cases it deserves a trial. The dose is from one to three or four grains, which may be taken either in pills or a bolus, as the patient inclines. The best method is to begin with a single grain four or five times a-day, and gradually to increase the dose as far as the patient can bear it. I have known this medicine, when duly persisted in, prove beneficial.

Musk has sometimes been found to succeed in the epilepsy. Ten or twelve grains of it, with the same quantity of factitious cinnabar, may be made into a bolus, and taken every night and morning. Sometimes the epilepsy has been cured by electricity.

Convulsion fits proceed from the same causes, and must be treated in the same manner as the epilepsy.

## OF THE HICCUP.

THE hiccup is a spasmodic or convulsive affection of the stomach and midriff, arising from any cause that irritates the nervous fibres.

It may proceed from excess in eating or drinking; from a hurt in the stomach; poisons; wind; inflammations of schirrous tumours of the stomach, intestines, bladder, midriff, or the rest of the *viscera*. In gangrenes, acute and malignant fevers, a hiccup is often the forerunner of death.

When the hiccup proceeds from the use of ali-



ment that is flatulent, or hard of digestion, a draught of generous wine, or a dram of any spirituous liquor, will generally remove it. If poison be the cause, plenty of milk and oil must be drunk, as has been formerly recommended. When it proceeds from an inflammation of the stomach, &c. it is very dangerous. In this case the cool regimen ought to be strictly observed. The patient must be bled, and take frequently a few drops of the sweet spirits of nitre in a cup of wine-whey. His stomach should likewise be fomented with cloths dipped in warm water, or have bladders filled with warm milk and water applied to it.

When the hiccup proceeds from a gangrene or mortification, the Peruvian bark, with other antiseptics, are the only medicines which have a chance to succeed. When it is a primary disease, and proceeds from a foul stomach, loaded either with a pituitous or a bilious humour, a gentle vomit and purge, if the patient be able to bear them, will be of service. If it arises from flatulencies, the carminative medicines directed for the heart-burn must be used.

When hiccup proves very obstinate, recourse must be had to the most powerful aromatic and antispasmodic medicines; the principal of these is musk, fifteen or twenty grains of which may be made into a bolus, and repeated occasionally. Opiates are likewise of service; but they must be used with caution. A bit of sugar dipped in compound spirits of lavender, or the volatile aromatic tincture may be taken frequently.

### CRAMP OF THE STOMACH.

THIS disease often seizes people suddenly, is very dangerous, and requires immediate assistance. It is most incident to persons in the decline of life, especially the nervous, gouty, hysteric, and hypochondriac.



If the patient has an inclination to vomit, he ought to take some draughts of warm water, or weak camomile-tea, to cleanse the stomach. After this, if he has been costive, a laxative clyster may be given. He ought then to take laudanum. The best way of administering it is in a clyster. Sixty or seventy drops of liquid laudanum may be given in a clyster of warm water. This is much more certain than laudanum given by the mouth, which is often vomited, and in some cases, increases the pain and spasms in the stomach.

If the pain and cramps return with great violence, after the effects of the anodyne clysters are over, another, with an equal or larger quantity of opium, may be given; and every four or five hours a bolus, with ten or twelve grains of musk, and half a drachm of the Venice treacle. In the meantime the stomach ought to be fomented with cloths dipped in warm water, and bladders filled with warm milk and water should be applied to it. I have often seen these produce the most happy effects. The anodyne balsam may also be rubbed on the part affected; and an anti-hysteric plaster worn upon it for some time after the cramps are removed, to prevent their return.

In very violent and lasting pains of the stomach, some blood ought to be let, unless the weakness of the patient forbids it. When the pain or cramps proceed from a suppression of the *menses*, bleeding is of use. If they be owing to the gout, recourse must be had to spirits, or some of the warm cordial waters. Blistering plasters ought likewise in this case to be applied to the ancles. I have often seen violent cramps and pains of the stomach removed by covering it with a large plaster of treacle of the London Dispensatory.



## OF THE NIGHT-MARE.

IN this disease the patient, in time of sleep, imagines he feels an uncommon oppression or weight about his breast or stomach, which he can by no means shake off. He groans, and sometimes cries out, though oftener he attempts to speak in vain. Sometimes he imagines himself engaged with an enemy, and in danger of being killed, attempts to run away, but finds he cannot. Sometimes he fancies himself in a house that is on fire, or that he is in danger of being drowned in a river. He often thinks he is falling down a precipice, and the dread of being dashed to pieces suddenly awakes him.

This disorder has been supposed to proceed from too much blood; from a stagnation of blood in the brain, lungs, &c. But it is rather a nervous affection, and arises chiefly from indigestion. Hence we find that persons of weak nerves, who lead a sedentary life, and live full, are most commonly afflicted with the night-mare. Nothing tends more to produce it than heavy suppers, especially when eaten late, or the patient goes to bed soon after. Wind is likewise a very frequent cause of this disease; for which reason those who are afflicted with it ought to avoid all flatulent food. Deep thought, anxiety, or any thing that oppresses the mind, ought also to be avoided.

As persons afflicted with the night-mare generally moan or make some noise in the fit, they should be waked or spoken to by such as hear them, as the uneasiness generally goes off as soon as the patient is awake. Dr. Whyte says, he generally found a dram of brandy taken at bed-time prevent this disease. This however, is a bad custom, and in time loses its effect. We would rather have the patient depend upon the use of food of easy digestion, cheer-



fulness, exercise through the day, and a light supper taken early, than to accustom himself to drams. A glass of peppermint-water will often promote digestion as much as a glass of brandy, and is much safer. After a person of weak digestion, however, has eaten flatulent food, a dram may be necessary; in this case we would recommend it as the most proper medicine.

Persons who are young, and full of blood, if troubled with the night-mare, ought to take a purge frequently and use a spare diet.

### OF SWOONINGS.

PEOPLE of weak nerves or delicate constitutions are liable to swoonings or fainting fits. These, indeed, are seldom dangerous when duly attended to; but when wholly neglected, or improperly treated, they often prove hurtful, and sometimes fatal.

The general causes of swoonings are sudden transitions from cold to heat; breathing air that is deprived of its proper spring or elasticity; great fatigue; excessive weakness; loss of blood; long fasting; fear, grief, and other violent passions or affections of the mind.

It is well known, that persons who have been long exposed to cold, often faint or fall into a swoon, upon coming into the house, especially if they drink hot liquor, or sit near a large fire. This might easily be prevented by people taking care not to go into a warm room immediately after they have been exposed to the cold air, to approach the fire gradually, and not to eat or drink anything hot, till the body has been gradually brought into a warm temperature.

When any one in consequence of neglecting these precautions, falls into a swoon, he ought immediately to be removed to a cooler apartment, to have ligatures applied above the knees and elbows, and to



have his hands and face sprinkled with vinegar or cold water. He should likewise be made to smell to vinegar, and should have a spoonful or two of water, if he can swallow, with about a third part of vinegar mixed with it, poured into his mouth. If these should not remove the complaint, it may be necessary to bleed the patient, and afterwards to give him a clyster.

As the air that is breathed frequently loses its elasticity or spring, it is no wonder if persons who respire in it often fall into a swoon or fainting fit. They are in this case deprived of the very principle of life. Hence it is that fainting fits are so frequent in all crowded assemblies, especially in hot seasons. Such fits however, must be considered as a kind of temporary death; and, to the weak and delicate, they sometimes prove fatal. They ought therefore with the utmost care to be guarded against. The method of doing this is obvious. Let assembly-rooms, and all other places of public resort, be large and well ventilated; and let the weak and delicate avoid such places, particularly in warm seasons.

A person who faints in such a situation, ought immediately to be carried into the open air; his temples should be rubbed with strong vinegar or brandy, and volatile salts held to his nose. He should be laid upon his back with his head low, and have a little wine or some other cordial, as soon as he is able to swallow it, poured into his mouth. If the person has been subject to hysteric fits, castor or assafoetida should be applied to the nose, or burnt feathers, horn, or leather, &c.

When fainting fits proceed from mere weakness or exhaustion, which is often the case after great fatigue, long fasting, loss of blood, or the like, the patient must be supported with generous cordials, as jellies, wines, spirituous liquors, and such like. These however, must be given at first in very small quantities, and increased gradually as the patient is able



to bear them. He ought to be allowed to lie quiet, still, and easy, upon his back, with his head low, and should have fresh air admitted into his chamber. His food should consist of nourishing broths, sago-gruel with wine, new milk and other things of a light and cordial nature. These things are to be given out of the fit. All that can be done in the fit is, to let him smell to a bottle of Hungary-water, *eau de luce*. or spirits of hartshorn, and to rub his temples with warm brandy, or to lay a compress dipped in it to the pit of the stomach.

— In fainting fits that proceed from fear, grief, or other violent passions or affections of the mind, the patient must be very cautiously managed. He should be suffered to remain at rest, and only made to smell to some vinegar. After he has come to himself, he may drink freely of warm lemonade, or balm-tea, with some orange or lemon peel in it. It will likewise be proper, if the fainting fits have been long and severe, to cleanse the bowels by throwing in an emollient clyster.

It is common in fainting fits, from whatever cause they proceed, to bleed the patient. The practice may be very proper in strong persons of a full habit; but in those who are weak and delicate, or subject to nervous disorders, it is dangerous. The proper method with such people is to expose them to the free air, and to use cordials and stimulating medicines, as volatile salts, Hungary-water, spirits of lavender, tincture of castor, and the like.

## OF FLATULENCIES, OR WIND.

ALL nervous patients, without exception, are afflicted with wind or flatulencies in the stomach and bowels, which arise chiefly from the want of tone or vigour in these organs. Crude flatulent aliment, as green peas, beans, coleworts, cabbages, and such like, may increase this complaint; but strong and



healthy people are seldom troubled with wind, unless they either overload their stomachs, or drink liquors that are in a fermented state, and consequently full of elastic air. While therefore the matter of flatulence proceeds from our aliments, the cause which makes air separate from them in such quantity as to occasion complaints, is almost always a fault of the bowels themselves, which are too weak either to prevent the production of elastic air, or to expel it after it is produced.

To relieve this complaint, such medicines ought to be used as have a tendency to expel wind, and by strengthening the alimentary canal, to prevent its being produced there.

The list of medicines for expelling wind is very numerous; they often however disappoint the expectations of both the physician and his patient. The most celebrated among the class of carminatives are juniper-berries; the roots of ginger and zedoary; the seeds of anise, caraway, and coriander; gum assafoetida, and opium; the warm waters, tinctures, and spirits, as the aromatic water, the tincture of wood-foot, the volatile aromatic spirit, æther, &c.

Take of Bate's anodyne balsam an ounce; of the expressed oil of mace half an ounce; oil of mint two drachms. Let these ingredients be mixed together, and about a table-spoonful well rubbed on the parts at bed-time.

For strengthening the stomach and bowels, and consequently for lessening the production of flatulence, the Peruvian bark, bitters, chalybeates, and exercise are good. In flatulent cases, some nutmeg or ginger should be added to the tincture of the bark and bitters, and the aromatic powder should be joined with the filings of iron.

When windy complaints are attended with costiveness, which is often the case, few things will be found to answer better than four or five of the following pills taken every night at bed-time:



Take of assafoetida two drachms; succotrine aloes, salt of iron, and powdered ginger, of each one drachm; as much of the *elixir proprietatis* as will be sufficient to form them into pills.

On the other hand, when the body is too open, twelve or fifteen grains of rhubarb, with half a drachm, or two scruples of the Japonic confection given every other evening, will have very good effects.

In those flatulent complaints which come on about the time the *menses* cease, repeated small bleedings often give more relief than any other remedy.

### OF LOW SPIRITS.

ALL who have weak nerves are subject to low spirits in a greater or less degree. Generous diet, the cold bath, exercise, and amusements, are the most likely means to remove this complaint. It is greatly increased by solitude and indulging gloomy ideas, but may often be relieved by cheerful company and sprightly amusements.

When low spirits are owing to a weak relaxed state of the stomach and bowels, an infusion of the Peruvian bark with cinnamon or nutmeg will be proper. Steel joined with aromatics may likewise in this case be used with advantage; but riding, and a proper diet, are most to be depended on.

When they arise from a foulness of the stomach and intestines, or obstructions in the hypochondriac viscera, aloetic purges will be proper. I have sometimes known the Harrogate or Tunbridge water of service in this case.

When low spirits proceed from a suppression of the menstrual or of the hæmorrhoidal flux, these evacuations may either be restored, or some others substituted in their place, as issues, setons, or the like. Dr. Whyte observes, that nothing has such sudden good effects in this case as bleeding.



## OF HYSTERIC AFFECTIONS.

THESE likewise belong to the numerous tribe of nervous diseases, which may be justly reckoned the reproach of medicine. Women of a delicate habit, whose stomach and intestines are relaxed, and whose nervous system is extremely sensible, are most subject to hysteric complaints. In such persons an hysteric fit, as it is called, may be brought on by an irritation of the nerves of the stomach or intestines, by wind, acrid humour, or the like. A suppression of the *menses* often gives rise to hysteric fits. They may likewise be excited by violent passions or affections of the mind, as fear, grief, anger, or great disappointments.

Sometimes the hysteric fit resembles a swoon or fainting fit, during which the patient lies as in a sleep, only the breathing is so low as scarcely to be perceived. At other times the patient is affected with catchings and strong convulsions. The symptoms which precede hysteric fits are likewise various in different persons. Sometimes the fit comes on with coldness of the extremities, yawning and stretching, lowness of spirits, oppression and anxiety. At other times the approach of the fit is foretold by a feeling, as if there were a ball at the lower part of the belly, which gradually rises towards the stomach, where it occasions inflation, sickness, and sometimes vomiting; afterwards it rises into the throat, and occasions a degree of suffocation, to which, quick breathing, palpitation of the heart, giddiness of the head, dimness of the sight, loss of hearing, with convulsive motions of the extremities and other parts of the body, succeed. The hysteric paroxysm is often introduced by an immoderate fit of laughter, and sometimes it goes off by crying. Indeed there is not much difference between the laughing and crying of an hysteric lady.



Our aim in the treatment of this disease must be to shorten the fit or paroxysm when present, and to prevent its return. The longer the fits continue, and the more frequently they return, the disease becomes the more obstinate. Their strength is increased by habit, and they induce so great a relaxation of the system, that it is with difficulty removed.

It is customary, during the hysteric fit or paroxysm, to bleed the patient. In strong persons of a plethoric habit, and where the pulse is full, this may be proper; but in weak and delicate constitutions, or where the disease has been of long standing, or arises from inanition, it is not safe. The best course in such cases is to rouse the patient by strong smells as burnt feathers, assafœtida, or spirits of harts-horn, held to the nose. Hot bricks may also be applied to the feet; and the legs, arms, and belly, may be strongly rubbed with a warm cloth. But the best application is, to put the feet and legs into warm water. This is particularly proper when the fits precede the flow of the menses. In case of costiveness, a laxative clyster with assafœtida will be proper: and as soon as the patient can swallow, two table-spoonsful of a solution of assafœtida, or of some cordial julep, may be given frequently.

The radical cure of this disorder will be best attempted at a time when the patient is most free from the fits. It will be greatly promoted by a proper attention to diet. A milk and vegetable diet, when duly persisted in, will often perform a cure. If, however, the patient has been accustomed to a more generous diet, it will not be safe to leave it off at once, but by degrees. The most proper drink is water with a small quantity of spirits. A cool dry air is the best. Cold-bathing, and everything that braces the nerves, and invigorates the system, is beneficial; but lying too long in bed, or whatever



relaxes the body, is hurtful. It is of the greatest importance to have the mind kept constantly easy and cheerful, and if possible, to have it always engaged in some agreeable and interesting pursuit.

The proper medicines are those which strengthen the alimentary canal, and the whole nervous system, as the preparations of iron, the Peruvian bark, and other bitters. Twenty drops of the elixir of vitriol, in a cup of the infusion of the bark may be taken in substance, provided the stomach can bear them; but they are generally given in too small doses to have any effect. The chalybeate waters generally prove beneficial in this disorder.

If the stomach is loaded with phlegm, vomits will be of use, but they should not be too strong, nor frequently repeated, as they tend to relax and weaken the stomach. If there is a tendency to costiveness, it must be removed either by diet, or by taking an opening pill as often as it shall be found necessary.

To lessen the irritability of the system, antispasmodic medicines will be of use. The best antispasmodic medicines are musk, opium, and castor. When opium disagrees with the stomach, it may either be applied externally, or given in clysters. It is often successful in removing those periodical head-aches to which hysteric and hypochondriac patients are subject. Castor has in some cases been found to procure sleep where opium failed; for which reason Dr. Whyte, advises, that they should be joined together. He likewise recommends the anti-hysteric plaster to be applied to the *abdomen*.

Hysteric women are often afflicted with cramps in various parts of the body, which are most apt to seize them in bed, or when asleep. The most efficacious medicines in this case are opium, blistering plasters, and warm bathing or fomentations. When the cramp or spasm is very violent, opium is the remedy most to be depended on. In milder cases,



immersing the feet and legs in warm water, or applying a blistering plaster to the part affected, will often be sufficient to remove the complaint. In patients whose nerves are uncommonly delicate and sensible, it will be better to omit the blistering plaster, and to attempt the cure by opiates, musk, camphire, and the warm bath.

Cramps are often prevented or cured by compression. Thus cramps in the legs are prevented, and sometimes removed, by tight bandages; and when convulsions arise from a flatulent distention of the intestines, or from spasms beginning in them, they may be often lessened or cured by making a pretty strong compression upon the *abdomen* by means of a broad belt. A roll of brimstone held in the hand is frequently used as a remedy for cramps. Though this seems to owe its effect chiefly to imagination, yet, as it sometimes succeeds, it merits a trial. When spasms or convulsive motions arise from sharp humours in the stomach or intestines, no lasting relief can be procured till these are either corrected or expelled. The Peruvian bark has sometimes cured periodic convulsions after other medicines had failed.

### OF THE HYPOCHONDRIAC AFFECTIONS.

THIS disease generally attacks the indolent, the luxurious, the unfortunate, and the studious. It has so near a resemblance to the immediately preceding, that many authors consider them as the same disease, and treat them accordingly. They require however a very different regimen; and the symptoms of the latter, though less violent, are more permanent than those of the former.

Men of a melancholy temperament, whose minds are capable of great attention, and whose passions are not easily moved, are, in the advanced period of



life, most liable to this disease. It is usually brought on by long and serious attention to abstruse subjects, grief, the suppression of customary evacuations, excess of venery, the repulsion of cutaneous eruptions, long-continued evacuations, obstructions in some of the viscera, as the liver, spleen, &c.

Hypochondriac persons ought never to fast long, and their food should be solid and nourishing. All acescent and windy vegetables are to be avoided. Flesh meats agree best with them, and their drink should be old claret, or good Madeira. Should these disagree with the stomach, water with a little brandy or rum in it may be drunk.

Cheerfulness and serenity of mind are by all means to be cultivated. Exercise of every kind is useful. The cold-bath is likewise beneficial; and where it does not agree with the patient, friction with the flesh-brush or a coarse cloth, may be tried. If the patient has it in his power, he ought to travel, either by sea or land. A voyage, or a long journey, especially towards a warmer climate, will be of more service than any medicine.

The general intentions of cure in this disease, are to strengthen the alimentary canal, and to promote the secretions. These intentions will be the best answered by the different preparations of iron and the Peruvian bark, which, after proper evacuations, may be taken in the same manner as directed in the preceding disease.

If the patient be costive, it will be necessary to make use of some gentle opening medicine, as pills composed of equal parts of aloes, rhubarb, and assa-fœtida, with as much of the *elixir proprietatis* as is necessary to form the ingredients into pills. Two, three, or four of these may be taken as often as it shall be found needful to keep the body gently open. Such as cannot bear the assa-fœtida, may substitute Spanish soap in its place.

Though a cheerful glass may have good effects in



this disease, yet all manner of excess is hurtful. Intense study, and every thing that depresses the spirits, are likewise pernicious.

In all persons afflicted with nervous disorders, there is a great delicacy and sensibility of the whole system, and an uncommon degree of weakness of the organs of digestion. These may be either natural or acquired. When owing to a defect in the constitution, they are hardly to be removed, but may be mitigated by proper care. When induced by diseases, as long or repeated fevers, profuse hæmorrhages, or the like, they prove also very obstinate, and will yield only to a course of regimen calculated to restore and invigorate the habit.

But nervous affections arise more frequently from causes which it is in a great measure in our own power to avoid, than from diseases, or an original fault in the constitution, &c. Excessive grief, intense study, improper diet, and neglect of exercise, are the great sources of this extensive class of diseases.

With regard to diet, I shall only observe, that nervous diseases may be induced either by excess or inanition. Both of these extremes hurt the digestion, and vitiate the humours. When nature is oppressed with fresh loads of food, before she has had time to digest and assimilate the former meal, her powers are weakened, and the vessels are filled with crude humours. On the other hand, when the food is not sufficiently nourishing, or is taken too seldom, the bowels are inflated with wind, and the humours, for want of regular, fresh supplies of wholesome chyle, are vitiated. These extremes are therefore with equal care to be avoided. They both tend to induce a relaxation and debility of the nervous system, with all its dreadful train of consequences.

But the most general cause of nervous disorders is *indolence*. The active and laborious are seldom troubled with them. They are reserved for the chil-



dren of ease and affluence, who generally feel their keenest force. All we shall say to such persons is, that the means of prevention and cure are both in their own power. If the constitution of human nature be such, that man must either labour or suffer diseases, surely no individual has any right to expect an exemption from the general rule.

## DISORDERS OF THE SENSES.

WE do not mean to treat of the nature of our sensations, or to give a minute description of the various organs by which they are performed; but to point out some of the diseases to which these organs are most liable, and to show how they may be prevented or remedied.

### OF THE EYE.

IN all diseases of the eyes, especially those attended with inflammation, the cold regimen ought to be observed. The patient must abstain from all spirituous liquors. The smoke of tobacco, smoky rooms, the vapours of onions and garlic, and all vivid lights and glaring colours, are carefully to be avoided. The drink may be water, whey, or small beer; and the aliment must be light and of easy digestion.

For preventing disorders of the eyes, issues and setons are of prime use. Every person, whose eyes are tender, ought to have one or more of these in some part of the body. It will likewise be of use to keep the body gently open, and either to bleed or purge every spring and fall. All excess and night studies are to be avoided. Such as do not choose a seton or an issue, will reap benefit from wearing a small Burgundy-pitch plaster between their shoulders.

A *gutta serena*, or *amaurosis*, is an abolition of the sight, without any apparent cause or fault in the



eyes. When it is owing to a decay or wasting of the optic nerve, it does not admit of a cure; but when it proceeds from a compression of the nerves by redundant humours, these may in some measure be drained off, and the patient relieved. For this purpose the body must be kept open with the laxative mercurial pills. If the patient be young and of a sanguine habit, he may be bled. Cupping, with scarifications on the back part of the head, will likewise be of use. A running at the nose may be promoted by volatile salts, stimulating powders, &c. But the most likely means for relieving the patient are issues or blisters kept open for a long time on the back part of the head, behind the ears, or on the neck. I have known these restore sight, even after it had been for a considerable time lost.

Should these fail, recourse must be had to mercurial salivation; or, what will perhaps answer the purpose better, twelve grains of the corrosive sublimate of mercury may be dissolved in an English pint and a half of brandy, and a table-spoonful of it taken twice a-day, drinking half a pint of the decoction of sarsaparilla after it.

A *cataract* is an obstruction of the pupil, by the interposition of some opaque substance, which either diminishes or totally extinguishes the sight. It is generally an opacity of the crystalline humour. In a recent or beginning cataract, the same medicines are to be used as in the gutta serena; and they will sometimes succeed. But when this does not happen, and the cataract becomes firm, it must be couched, or rather extracted. I have resolved a recent cataract by giving the patient frequent purges with calomel, keeping a poultice of fresh hemlock constantly upon the eye, and a perpetual blister on the neck.

*The myopia, or short-sightedness, and the presbyopia, or seeing only at too great a distance,* are disorders which depend on the original structure or fi-



gure of the eye; therefore admit of no cure. The inconveniences arising from them may however be in some measure remedied by the help of proper glasses. The former requires the aid of a concave, and the latter of a convex glass.

A *strabismus* or *squinting*, depends upon an irregular contraction of the muscles of the eye, from a spasm, palsy, epilepsy, or an ill habit. Children often contract this disorder by having their eyes unequally exposed to the light. They may likewise acquire it by imitation from a squinting nurse, or play-fellow, &c. As this disorder can hardly be cured, parents ought to be careful to prevent it. Almost the only thing which can be done for it is to contrive a mask for the child to wear, which will only permit him to see in a straight direction.

*Spots* or *specks* on the eyes are generally the effect of inflammation, and often appear after the small-pox, the measles, or ophthalmia. They are very difficult to cure, and often occasion total blindness. If the specks are soft and thin, they may sometimes be taken off by gentle caustics and discutients: as vitriol, the juice of celandine, &c. When these do not succeed, a surgical operation may be tried; the success of this, however, is always very doubtful.

The *blood-shot* eye may be occasioned by a stroke, a fall, retching, vomiting, violent coughing, &c. I have frequently known it happen to children in the whooping-cough. It appears at first like a bit of scarlet, and is afterwards of a livid or blackish colour; this disorder generally goes off without medicine. Should it prove obstinate, the patient may be bled, and have his eyes fomented with a decoction of comphry roots and elder flowers. A soft poultice may be applied to the eyes; and the body should be kept open by gentle purgatives.

The *watery* or *weeping eye*, is generally occasioned by a relaxation or weakness of the glandular parts



of that organ. These may be braced and strengthened by bathing the eye with brandy and water, Hungary-water, rose-water, with white vitriol dissolved in it, &c. Medicines which make a revulsion are likewise proper; as mild purgatives, perpetual blisters on the neck, bathing the feet frequently in lukewarm water, &c.

When this disease proceeds from an obstruction of the lachrymal duct or natural passage of the tears, it is called a *fistula lachrymalis*, and can only be cured by a surgical operation.

## OF A SCHIRRUS AND CANCER.

A SCHIRRUS is a hard indolent tumour, usually seated in some of the glands, as the breast, the armpits, &c. If the tumour becomes large, unequal, of a livid, blackish, or leaden colour, and is attended with violent pain, it gets the name of an *occult cancer*. When the skin is broken, and a *sanies* or ichorous matter of an abominably foetid smell is discharged from the sore, it is called an open or ulcerated cancer. Persons after the age of forty-five, particularly women, and those who lead an indolent sedentary life are most subject to this disease.

CAUSES.—This disease is often owing to suppressed evacuations; hence it proves so frequently fatal to women of a gross habit, particularly old maids and widows, about the time when the menstrual flux ceases. It may likewise be occasioned by excessive fear, grief, anger, religious melancholy, or any of the depressing passions. Hence the unfortunate, the choleric, and those persons who devote themselves to a religious life in convents or monasteries, are often afflicted with it. It may also be occasioned by the long-continued use of food that is too hard of digestion, or of an acrid nature; by barrenness, celibacy, indolence, colds, blows, friction, pressure, or the like. Women often suffer from the last of



these, by means of their stays, which squeeze and compress their breasts so as to occasion great mischief. Sometimes the disease is owing to an hereditary disposition.

**SYMPTOMS.**—This disorder seems often very trifling at the beginning. A hard tumour about the size of a hazel-nut, or perhaps smaller, is generally the first symptom. This will often continue for a long time without seeming to increase, or giving the patient great uneasiness; but if the constitution be hurt, or the tumour irritated by pressure or improper treatment of any kind, it begins to extend itself towards the neighbouring parts, by pushing out a kind of roots and limbs. It then gets the name of *cancer*, from a fancied resemblance between these limbs and the claws of a crab. The colour of the skin begins to change, which is first red, afterwards purple, then bluish, livid, and at last black. The patient complains of heat, with a burning, gnawing, shooting pain. The tumour is very hard, rough, and unequal, with a protuberance, or rising, in the middle; its size increases daily, and the neighbouring veins become thick, knotty, and of a blackish colour.

The skin at length gives way, and a thin sharp ichor begins to flow, which corrodes the neighbouring parts till it forms a large unsightly ulcer. More occult cancers arise and communicate with neighbouring glands. The pain and stench become intolerable; the appetite fails; the strength is exhausted by a continual hectic fever; at last a violent hæmorrhage, or discharge of blood, from some part of the body, with faintings or convulsion fits, generally puts an end to the miserable patient's life.

**REGIMEN.**—The diet ought to be light, but nourishing. All strong liquors, and high-seasoned or salted provisions, are to be avoided. The patient may take as much exercise as he can easily bear; and should use every method to divert thought, and



amuse his fancy. All kinds of external injury are carefully to be guarded against, particularly of the affected part, which ought to be defended from all pressures, and even from the external air, by covering it with fur or soft flannel.

MEDICINE.—This is one of those diseases for which no certain remedy is yet known. Its progress, however, may sometimes be retarded, and some of its most disagreeable symptoms mitigated, by proper applications. One misfortune attending the disease is, that the unhappy patient often conceals it too long. Were proper means used in due time, a cancer might often be prevented: but after the disorder has arrived at a certain height, it generally sets all medicine at defiance.

When a schirrous tumour is first discovered, the patient ought to observe a proper regimen, and to take twice or thrice a-week a dose of the common purging mercurial pill. Some blood may also be let, and the part affected may be gently rubbed twice a-day, with a little of the mercurial ointment, and kept warm with fur or flannel. The food must be light, and an English pint of the decoction of woods of sarsaparilla may be drunk daily. I have sometimes discussed hard tumours, which had the appearance of beginning cancers, by a course of this kind.

Should the tumour, however, not yield to this treatment, but on the contrary, become larger and harder, it will be proper to extirpate it, either by the knife or caustic. Indeed, whenever this can be done with safety, the sooner it is done the better. It can answer no purpose to extirpate a cancer after the constitution is ruined, or the whole mass of humours corrupted by it. This, however, is the common way, which makes the operation so seldom succeed. Few people will submit to the extirpation till death stares them in the face; whereas, if it were done early, the patient's life would not be endangered by



the operation, and it would generally prove a radical cure.

When the cancer is so situated that it cannot be cut off, or if the patient will not submit to the operation, such medicines as will mitigate or relieve the most urgent symptoms may be used. Dr. Home says, that half a grain of corrosive sublimate of mercury, dissolved in a proper quantity of brandy, and taken every night and morning, will often be of service in cancers of the face and nose. He likewise recommends an infusion of the *solanum*, or night-shade, in cancers of the breasts.

But the medicine most in repute at present for this disease is hemlock. Dr. Storck, a physician at Vienna, has of late recommended the extract of this plant as very efficacious in cancers of every kind. The Doctor says he has given some hundred weights of it without ever hurting any body, and often with manifest advantage. He advises the patient, however, to begin with very small doses, as two or three grains, and to increase the dose gradually, till some good effect be perceived, and there to rest without further increase. From two or three grains at first, the Doctor says he has increased the dose to two, three, or four drachms a-day, and finds that such doses may be continued for several weeks without any bad consequences.

The regimen which the Doctor recommends during the use of the medicine is to avoid farinaceous substances not fermented, and too acrid aromatics. He says, good wine will not be hurtful to those who are accustomed to it, nor a moderate use of acids; and adds, that the patient should live in a pure free air, and keep his mind as quiet and cheerful as possible.

The Doctor does not pretend to fix the time in which a cancer may be resolved by the use of hemlock, but says, he has given it for above two years in large doses without any apparent benefit; never-



theless the patient has been cured by persisting in the use of it for half a year longer. This is, at least encouragement to give it a fair trial. Though we are far from thinking the hemlock merits those extravagant encomiums which the Doctor has bestowed upon it, yet, in a disease which has so long baffled the boasted powers of medicine, we think it ought always to be tried.

The powder of hemlock is by some preferred to the extract. They are both made of the fresh leaves, and may be used nearly in the same manner. Dr. Nicholson, of Berwick, says, he gradually increased the dose of the powder from a few grains to half a drachm, and gave nearly four drachms of it in a day with remarkably good effects. The hemlock may also be used externally either as a poultice or fomentation. The sore may likewise be kept clean by injecting daily a strong decoction of the tops of leaves into it.

Few things contribute more to the healing of foul sordid ulcers of any kind, than keeping them thoroughly clean. This ought never to be neglected. The best application for this purpose seems to be the carrot poultice. The root of the common carrot may be grated, and moistened with as much water as will bring it to the consistence of a poultice or cataplasm. This may be applied to the sore, and renewed twice a-day. It generally cleans the sore, eases the pain, and takes away the disagreeable smell, which are objects of no small importance in such a dreadful disorder.

Wort, or an infusion of malt, has been recommended not only as a proper drink, but as a powerful medicine in this disease. It must be frequently made fresh, and the patient may take it at pleasure. Two, three, or even four English pints of it may be drunk every day for a considerable time. No benefit can be expected from any medicine in this disease, unless it be persisted in for a long time. It is



of too obstinate a nature to be soon removed; and, when it admits of a cure at all, it must be brought about by inducing an almost total change of the habit, which must always be a work of time. Setons or issues in the neighbourhood of the cancer have sometimes good effects.

When all other medicines fail, recourse must be had to opium, as a kind of solace. This will not indeed cure the disease, but it will ease the patient's agony, and render life more tolerable while it continues.

## OF POISONS.

EVERY person ought, in some measure, to be acquainted with the nature and cure of poisons. They are generally taken unawares, and their effects are often so sudden and violent, as not to admit of delay, or allow time to procure the assistance of physicians. Happily indeed no great degree of medical knowledge is here necessary; the remedies for most poisons being generally at hand, are easily obtained, and nothing but common prudence needful in the application of them.

The vulgar notion that every poison is cured by some counter-poison, as a specific, has done much hurt. People believe they can do nothing for the patient, unless they know the particular antidote to that kind of poison which he has taken. Whereas the cure of all poisons taken into the stomach, without exception, depends chiefly on discharging them as soon as possible.

There is no case wherein the indications of cure are more obvious. Poison is seldom long in the stomach before it occasions sickness, with an inclination to vomit. This shows plainly what ought to be done. Indeed, common sense dictates to every one, that, if any thing has been taken into the stomach which endangers life, it ought immediately



to be discharged. Were this duly regarded, the danger arising from poisons might generally be avoided. The method of prevention is obvious, and the means are in the hands of every one.

Poisons either belong to the mineral, the vegetable, or the animal kingdom.

Mineral poisons are commonly of an acrid or corrosive quality; as arsenic, cobalt, the corrosive sublimate of mercury, &c.

Those of the vegetable kind are generally of a narcotic or stupefactive quality; as poppy, hemlock, henbane, berries of the deadly night-shade, &c.

Poisonous animals communicate their infection either by the bite or sting. This poison is very different from the former, and only produces its effects when received into the body by a wound.

**MINERAL POISONS.**—Arsenic is the most common of this class; and as the whole of them are pretty similar both in their effect and method of cure, what is said with respect to it will be applicable to every other species of corrosive poison.

When a person has taken arsenic, he soon perceives a burning heat, and a violent pricking pain in his stomach and bowels, and an intolerable thirst, and an inclination to vomit. The tongue and throat feel rough and dry; and, if proper means be not soon administered, the patient is seized with great anxiety, hiccuping, faintings, and coldness of the extremities. To these succeed black vomits, foetid stools, with a mortification of the stomach and intestines, which are the immediate forerunners of death.

On the first appearance of these symptoms, the patient should drink large quantities of new milk and salad-oil till he vomits; or he may drink warm water mixed with oil. Fat broths are likewise proper, provided they can be got ready in time. Where no oil is to be had, fresh butter may be melted and mixed with the milk or water. These things are to



be drunk as long as the inclination to vomit continues. Some have drunk eight or ten English quarts before the vomiting ceased; and it is never safe to leave off drinking while one particle of the poison remains in the stomach.

These oily or fat substances not only provoke vomiting, but likewise blunt the acrimony of the poison, and prevent its wounding the bowels; but if they should not make the person vomit, half a drachm or two scruples of the powder of ipecacuanha must be given, or a few spoonfuls of the oxymel or vinegar of squills may be mixed with the water which he drinks. Vomiting may likewise be excited by tickling the inside of the throat with a feather. Should these methods however fail, half a drachm of white vitriol, or five or six grains of emetic tartar, must be administered.

If tormenting pains are felt in the lower belly, and there is reason to fear that the poison has got down to the intestines, clysters of milk and oil must be very frequently thrown up; and the patient must drink emollient decoctions of barley oatmeal, marshmallows, and such like. He must likewise take an infusion of senna and manna, a solution of Glauber's salts, or some other purgative.

After the poison has been evacuated, the patient ought, for some time, to live upon milk, broth, gruel, light puddings, and other spoon-meats of easy digestion. His drink should be barley-water, linseed tea, or infusions of any of the mild mucilaginous vegetables.

**VEGETABLE POISONS**, besides heat and pain of the stomach, commonly occasion some degree of giddiness, and often a kind of stupidity or folly. Persons who have taken these poisons, must be treated in the same manner as for the mineral corrosive.

Though the vegetable poisons, when allowed to remain in the stomach, often prove fatal; yet the



danger is generally over as soon as they are discharged. Not being of such a caustic or corrosive nature, they are less apt to wound or inflame the bowels, than mineral substances; no time however ought to be lost in having them discharged.

Opium, being frequently taken by mistake, merits particular attention. It is used as a medicine both in a solid and liquid form, which latter commonly goes by the name of laudanum. It is, indeed, a valuable medicine when taken in proper quantity; but, as an over-dose proves a strong poison, we shall point out its common effects, together with the method of cure.

An over-dose of opium generally occasions great drowsiness, with stupor and other apoplectic symptoms. Sometimes the person has so great an inclination to sleep, that it is almost impossible to keep him awake. Every method, however, must be tried for this purpose. He should be tossed, shaken, and moved about. Sharp blistering plasters should be applied to his legs or arms, and stimulating medicines, as salts of hartshorn, &c. held under his nose. It will also be proper to let blood. At the same time every method must be taken to make him discharge the poison. This may be done in the manner directed above, *viz.* by the use of strong vomits, drinking plenty of warm water, with oil, &c.

Mead, besides vomits, in this case, recommends acid medicines with laxival salts. He says, that he has often given salt of wormwood mixed with juice of lemon, in repeated doses, with great success.

If the body should remain weak and languid after the poison has been discharged, nourishing diet and cordials will be proper; but when there is reason to fear that the stomach or bowels are inflamed, the greatest circumspection is necessary, both with regard to food and medicine.



## OF THE BITES OF POISONOUS ANIMALS.

WE shall begin with the bite of a mad-dog, as it is both the most common and dangerous animal poison in this country.

The creatures naturally liable to contract this disease are, as far as we yet know, all of the dog-kind, viz. foxes, dogs, and wolves. Hence it is called the *rabies canina*, or dog-madness. Of the last we have none in this island; and it so seldom happens that any body is bit by the first, that they scarcely deserve to be taken notice of. If such a thing should happen, the method of treatment is precisely the same as for the bite of a mad-dog.

The symptoms of madness in a dog are as follows: At first he looks dull, shows an aversion to food and company: he does not bark as usual, but seems to murmur, is peevish, and apt to bite strangers; his ears and tail droop more than usual, and he appears drowsy; afterwards he begins to loll out his tongue, and froth at the mouth, his eye seeming heavy and watery; he now, if not confined, takes off, runs panting along with a kind of dejected air, and endeavours to bite every one he meets. Other dogs are said to fly from him. Some think this a certain sign of madness, supposing that they know him by the smell; but it is not to be depended on. If he escapes being killed, he seldom runs above two or three days, till he dies exhausted with heat, hunger, and fatigue.

The disease is most frequent after long dry, hot seasons; and such dogs as live upon putrid stinking carrion, without having enough fresh water, are most liable to it.

When any person has been bit by a dog, the strictest inquiry ought to be made whether the dog was really mad. Many disagreeable consequences



arise from neglecting to ascertain this point. Some people have lived in continual anxiety for many years, because they had been bit by a dog which they believed to be mad; but, as he had been killed on the spot, it was impossible to ascertain the fact. This should induce us, instead of killing a dog the moment he has bit any person, to do all in our power to keep him alive, at least till we can be certain whether he be mad or not.

Many circumstances may contribute to make people imagine a dog mad. He loses his master, runs about in quest of him, is set upon by other dogs, and perhaps by men. The creature, thus frightened, beat, and abused, looks wild, and lolls out his tongue as he runs along. Immediately a crowd is after him; while he, finding himself closely pursued, and taking every one he meets for an enemy, naturally attempts to bite him in self-defence. He soon gets knocked on the head, and it passes currently that he was mad, as it is then impossible to prove the contrary.

This being the true history of by far the greater part of those dogs which pass for mad, is it any wonder that numberless whimsical medicines have been extolled for preventing the effects of their bite? This readily accounts for the great variety of infallible remedies for the bite of a mad-dog, which are to be met with in almost every family. Though not one in a thousand has any claim to merit, yet they are all supported by numberless vouchers. No wonder that imaginary diseases should be cured by imaginary remedies. In this way, credulous people first impose upon themselves, and then deceive others. The same medicine which was supposed to prevent the effects of the bite, when the dog was not mad, is recommended to a person who has had the misfortune to be bit by a dog that was really mad. He takes it, trusts to it, and is undone.

To these mistakes we must impute the frequent



ill success of the medicines used for preventing the effects of the bite of a mad dog. It is not owing so much to a defect in medicine, as to wrong applications. I am persuaded, if proper medicines were administered immediately after the bite is received, and continued for a sufficient length of time, we would not lose one in a thousand of those who have the misfortune to be bit by a mad dog.

This poison is generally communicated by a wound, which nevertheless heals as soon as a common wound; but afterwards it begins to feel painful, and as the pain spreads towards the neighbouring parts, the person becomes heavy and listless. His sleep is unquiet, with frightful dreams; he sighs, looks dull, and loves solitude. These are the forerunners, or rather the first symptoms, of that dreadful disease occasioned by the bite of a mad dog. But as we do not propose to treat fully on the disease itself, but to point out the method of preventing it, we shall not take up time in showing its progress from the first invasion to its commonly fatal end.

The common notion, that this poison may lie in the body for many years, and afterwards prove fatal, is both hurtful and ridiculous. It must render such persons as have had the misfortune to be bit very unhappy, and can have no good effects. If the person takes proper medicines for forty days after the time of his being bit, and feels no symptoms of the disease, there is reason to believe him out of danger. Some have indeed gone mad twelve months after being bit, but seldom later.

The medicines recommended for preventing the effects of the bite of a mad dog, are chiefly such as promote the different secretions, and antispasmodics.

Dr. Mead recommends a preventive medicine, which he says he never knew fail, though in the space of thirty years he had used it a thousand times.



The Doctor's prescription is as follows :—

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

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

‘The person must be bled before he begins to use the medicine.’

We shall next mention the famous East-India specific, as it is called. This medicine is composed of cinnabar and musk. It is esteemed a great antispasmodic; and by many extolled as an infallible remedy for preventing the effects of the bite of a mad dog.

‘Take native and factitious cinnabar, of each twenty-four grains; musk, sixteen grains. Let these be made into a fine powder, and taken in a glass of arrack or brandy.’

This single dose is said to secure the person for thirty days, at the end of which it must be repeated; but if he has any symptoms of the disease, it must be repeated in three hours.

The following is likewise reckoned a good antispasmodic medicine.

‘Take of Virginian snake-root in powder, half a drachm; gum assafœtida, twelve grains; gum camphire, seven grains; make these into a bolus with a little syrup of saffron.’

Camphire may also be given in the following manner :—



‘Take purified nitre, half an ounce; Virginian snake-root in powder, two drachms; camphire, one drachm; rub them together in a mortar, and divide the whole into ten doses.’

Mercury is likewise recommended as of great efficacy both in the prevention and cure of this kind of madness. When used as a preventive, it will be sufficient to rub daily a drachm of the ointment into the parts about the wound.

Vinegar is likewise of considerable service, and should be taken freely, either in the patient's food or drink.

These are the principal medicines recommended for preventing the effects of the bite of a mad-dog. We would not, however, advise people to trust to any one of them; but from a proper combination of their different powers, there is the greatest reason to hope for success.

The great error in the use of these medicines lies in not taking them for a sufficient length of time. They are used more like charms, than medicines intended to produce any change in the body. To this, and not to the insufficiency of the medicines, we must impute their frequent want of success.

Dr. Mead says, that the virtue of his medicine consists in promoting urine. But how a poison should be expelled by urine, with only three or four doses of any medicine, however powerful, it is not easy to conceive. More time is certainly necessary, even though the medicines were more powerful than that which the Doctor prescribes.

The East-India specific is still more exceptionable on this account.

As these and most other medicines, taken singly, have frequently been found to fail, we shall recommend the following course:—

If the person be bit in a fleshy part, where there is no hazard of hurting any large blood-vessel, the parts adjacent the wound may be cut away. But if



this be not done soon after the bite has been received, it will be better to omit it.

The wound may be dressed with salt and water, or a pickle made of vinegar and salt, and afterwards dressed twice-a day with yellow basilicon with red precipitate of mercury.

The patient should begin to use either Dr. Mead's medicine, or some of the others, mentioned above. If he takes Mead's medicine, he may use it, as the Doctor directs, for four days successively. Let him then omit it for two or three days, and again repeat the same number of doses as before.

During this course, he must rub into the parts about the wound, daily, one drachm of mercurial ointment. This may be done for ten or twelve days at least.

When this course is over, he may take a purge, or two, and wait a few days till the effect of the mercury be gone off. He must then begin to use the cold-bath, into which he may go every morning for five or six weeks. If he should feel cold and chilly for a long time after coming out of the cold bath, it will be better to use a tepid one, or to have the water a little warmed.

In the meantime, we would advise him not to leave off all internal medicines, but to take either one of the boluses of snake-root, assafœtida, and camphire; or one of the powders of nitre, camphire, and snake-root, twice a-day. These may be used the whole time he is bathing.

During the use of the mercurial ointment, the patient must keep within doors, and take nothing cold.

A proper regimen must be observed throughout the whole course. The patient should abstain from flesh, and all salted and high-seasoned provisions. He must avoid strong liquors, and live mostly upon a light and rather spare diet. His mind should be kept as easy and cheerful as possible, and all ex-



cessive heat and violent passions avoided with the utmost care.

I have never seen these courses of medicine, with proper regimen, fail to prevent the hydrophobia; and cannot help observing, that the want of success must generally be owing either to the application of improper medicines, or not using proper ones for a sufficient length of time.

It is a common notion, if a person be bit by a dog which is not mad, that, if he should go mad afterwards, the person would be affected with the disorder at the same time; but this notion is too ridiculous to deserve a serious consideration. It is a good rule, however, to avoid dogs as much as possible, as the disease is often upon them for some time before the violent symptoms appear. The hydrophobia has been occasioned by the bite of a dog which showed no other symptoms of the disease, but listlessness and a sullen disposition.

Though we do not mean to treat fully of the cure of the hydrophobia, yet we are far from reckoning it incurable. The notion that this disease could not be cured, has been productive of the most horrid consequences. It was usual to abandon the unhappy persons, as soon as they were seized with the disease, to their fate, to bleed them to death, or to suffocate them between mattresses or feather beds, &c. This conduct certainly deserved the severest punishment. We hope, for the honour of human nature, it will never again be heard of.

I have never had an opportunity of treating this disease, and therefore can say nothing of it from my own experience; but the learned Dr. Tissot says, it may be cured in the following manner:—

1. The patient must be bled to a considerable quantity, and this may be repeated twice or thrice, or even a fourth time, if circumstances require it.

2. The patient should be put, if possible, into a warm bath; and this should be used twice a-day.



3. He should every day receive two, or even three emollient clysters.

4. The wound and the parts adjoining to it, should be rubbed with mercurial ointment twice a-day.

5. The whole limb which contains the wound should be rubbed with oil, and be wrapped up in an oily flannel.

6. Every three hours a dose of Cob's powder should be taken in a cup of the infusion of lime-tree and elder flowers. This powder is made by rubbing together in a mortar, to a very fine powder, of native and factitious cinnabar, each twenty-four grains; of musk, sixteen grains.

7. The following bolus is to be given every night, and to be repeated in the morning, if the patient be not easy; washing it down with the infusion mentioned above: take one drachm of Virginian snake-root in powder; of camphire and assafoetida, ten grains each; of opium, one grain; and with a sufficient quantity of conserve, or rob of elder, make a bolus.

8. If there be a great nausea at the stomach, with a bitterness in the mouth, thirty-five or forty grains of ipecacuanha, in powder, may be taken for a vomit.

9. The patient's food, if he takes any, must be light; as panado, soups made of farinaceous or mealy vegetables, &c.

10. If the patient should long continue weak, and subject to terrors, he may take half a drachm of the Peruvian bark thrice a-day.

The next poisonous animal which we shall mention is the VIPER. The grease of this animal rubbed into the wound, is said to cure the bite. Though that is all the viper-catchers generally do when bit, we should not think it sufficient for a bite of an enraged viper. It would surely be more safe to have the wound well sucked, and afterwards rubbed with warm salad-oil. A poultice of bread and milk, soft-



ened with salad-oil, should likewise be applied to the wound; and the patient ought to drink freely of vinegar, whey, or water-gruel with vinegar in it, to make him sweat. Vinegar is one of the best medicines which can be used to any kind of poison, and ought to be taken very liberally. If the patient be sick, he may take a vomit. This course will be sufficient to cure the bite of any of the poisonous animals of this country.

### OF THE VIRULENT GONORRHŒA.

THE Virulent Gonorrhœa is an involuntary discharge of infectious mucus from the parts of generation in either sex. It generally makes its appearance within eight or ten days after the infection has been received; sometimes it appears in two or three days, and at other times not before the end of four or five weeks. Previous to the discharge, the patient feels an itching, with a small degree of pain, in the genitals. Afterwards a thin glary matter begins to distil from the urinary passage, which stains the linen, and occasions a small degree of titillation, particularly at the time of making water; this gradually increasing, arises at length to a degree of heat and pain, which are chiefly perceived about the extremity of the urinary passage, where a slight degree of redness and inflammation likewise begins to appear.

As the disorder advances, the pain, heat of urine, and running, increase, while fresh symptoms daily ensue. In men, the erections become painful and involuntary, and are more frequent and lasting than when natural. This symptom is most troublesome when the patient is warm in bed.

The pain which was at first only perceived towards the extremity, now begins to reach up all the urinary passage, and is more intense just after the patient has done making water. The running gra-



dually recedes from the colour of semen, grows yellow, and at length puts on the appearance of mucus.

When the disorder has arrived at its height, all the symptoms are more intense; the heat of urine is so great, that the patient dreads the making water; and though he feels a constant inclination this way, yet it is rendered with the greatest difficulty, and often only by drops; the involuntary erections now become extremely painful and frequent; there is also a pain, heat, and sense of fulness about the seat, and the running is plentiful and sharp, of a brown, greenish, and sometimes of a bloody colour.

By a proper treatment, the violence of the symptoms gradually abates; the heat of urine goes off; the involuntary and painful erections, and the heat and pain about the seat, become easier; the running gradually decreases, grows whiter and thicker, till at last it entirely disappears.

By attending to these symptoms, the gonorrhœa may be generally distinguished from any other disease. There are, however, some few disorders for which it may be mistaken, as an ulcer of the kidneys or bladder, the *fluor albus*, or whites, in women, &c. But in the former of these, the matter comes away only with the urine, or when the sphincter or the bladder is open; whereas in a gonorrhœa the discharge is constant. The latter is more difficult to distinguish, and must be known chiefly from its effects; as pain, communicating the infection, &c.

REGIMEN.—When a person has reason to suspect that he has caught the venereal infection, he ought most strictly to observe a cooling regimen, to avoid every thing of a heating nature, as wines, spirituous liquors, rich sauces, spices, salted, high-seasoned, and smoke dried provisions, particularly salt itself in every shape; as also all aromatic and stimulating



vegetables, as onions, garlic, shalot, nutmeg, mustard, cinnamon, mace, ginger, and such like. His food ought chiefly to consist of mild vegetables, milk, broths, light puddings, panado, gruels, &c. His drink may be barley-water, milk and water, or clear whey. Of these he ought to drink plentifully. Violent exercise of all kinds, especially riding on horseback, and venereal pleasures, are to be avoided. The patient must beware of cold, and when the inflammation is violent, he ought to keep his bed.

**MEDICINE.**—A virulent gonorrhœa can rarely be cured speedily and effectually at the same time. The patient ought, therefore, not to expect, nor the physician to promise it. It will often continue for two or three weeks, and sometimes for five or six, even where the treatment has been very proper.

Sometimes, indeed, a slight infection may be carried off in a few days, by bathing the parts in warm milk and water, and injecting frequently up the urethra a little sweet oil or linseed tea, about the warmth of new milk. Should these not succeed in carrying off the infection, they will at least have a tendency to lessen its virulence.

To effect a cure, however, astringent injections will generally be found necessary. These may be various ways prepared, but I think those made with the white vitriol are both more safe and efficacious. They can be made stronger or weaker as circumstances may require; but it is best to begin with the more gentle, and increase their power if necessary. I generally ordered a drachm of white vitriol to be dissolved in eight or nine ounces of common or rose-water, and an ordinary syringe-full of it to be thrown up three or four times a-day. If this quantity does not perform a cure, it may be repeated, and the dose increased.

Whether injections be used or not, cooling pur-



ges are always proper in the gonorrhœa. They ought not, however, to be of the strong or drastic kind. Whatever raises a violent commotion in the body, increases the danger, and tends to drive the disease deeper into the habit. Procuring two or three stools every second or third day for the first fortnight, and the same number every fourth or fifth day for the second, will generally be sufficient to remove the inflammatory symptoms, to diminish the running, and to change its colour and consistence. It gradually becomes more white and ropy, as the virulence abates.

When the inflammatory symptoms run high, bleeding is always necessary at the beginning. This operation, as in other topical inflammations, must be repeated according to the strength and constitution of the patient, and the vehemence and urgency of the symptoms.

Medicines which promote the secretion of urine, are likewise proper in this stage of the disorder. For this purpose, an ounce of nitre and two ounces of gum-Arabic, pounded together, may be divided into twenty-four doses, one of which may be taken frequently in a cup of the patient's drink. If these should make him pass his urine so often as to become troublesome to him, he may either take them less frequently, or leave out the nitre altogether, and take equal parts of gum-Arabic and cream of tartar. These may be pounded together, and a tea-spoonful taken in a cup of the patient's drink four or five times a-day. I have generally found this answer extremely well, both as a diuretic, and for keeping the body gently open.

When the pain and inflammation are seated high, towards the neck of the bladder, it will be proper frequently to throw up an emollient clyster, which, besides the benefit of procuring stools, will serve as a fomentation to the inflamed parts.

Soft poultices, when they can conveniently be



applied to the parts, are of great service. They may be made of the flour of linseed, or of wheat-bread and milk softened with fresh butter or sweet oil. When poultices cannot be conveniently used, cloths wrung out of warm water, or bladders filled with warm milk and water, may be applied. I have often known the most excruciating pains, during the inflammatory state of the gonorrhœa, relieved by one of these applications.

Few things tend more to keep off inflammation in the spermatic vessels, than a proper suspensory for the scrotum. It ought to be so contrived as to support the testicles, and should be worn from the first appearance of the disease, till it has ceased some weeks.

The above treatment will sometimes remove the gonorrhœa so quickly, that the person will be in doubt whether he really laboured under that disease. This, however, is too favourable a turn to be often expected. It more frequently happens, that we are able to procure an abatement or remission of the inflammatory symptoms, so far as to make it safe to have recourse to the great antidote, *mercury*.

Many people, on the first appearance of a gonorrhœa, fly to the use of mercury. This is a bad plan. Mercury is often not at all necessary in a gonorrhœa ; and, when taken too early, it does mischief. It may be necessary to complete the cure, but can never be proper at the commencement of it.

When bleeding, purging, fomentations, and the other, things recommended above, have eased the pain, softened the pulse, relieved the heat of urine, and rendered the involuntary erections less frequent, the patient may begin to use mercury in any form that is least disagreeable to him.

If he takes the common mercurial pill, two at night and one in the morning will be a sufficient



dose at first. Should they affect the mouth too much, the dose must be lessened; if not at all, it may be increased to five or six pills in the day. If calomel be thought preferable, two or three grains of it formed into a bolus, with a little of the conserve of hips, may be taken at bed-time, and the dose gradually increased to eight or ten grains. One of the most common preparations of mercury now in use is the corrosive sublimate. This may be taken in the manner afterwards recommended under the confirmed lues or pox. I have always found it one of the most safe and efficacious medicines when properly used.

The above medicines may either be taken every day, or every other day, as the patient is able to bear them. They ought never to be taken in such quantity as to raise a salivation, unless in a very slight degree. This disease may be more safely, and as certainly, cured without a salivation as with it. When the mercury runs off by the mouth, it is not so successful in carrying off the disease, as when it continues longer in the body, and is discharged gradually.

Should the patient be purged or griped in the night by the mercury, he may take half a drachm of the opiate confection dissolved in an ounce of cinnamon-water, to prevent bloody stools, which are apt to happen should the patient catch cold, or if the mercury has not been duly prepared. When the bowels are weak, and the mercury is apt to gripe or purge, these disagreeable consequences may be prevented by taking, with the above pills or bolus, half a drachm or two scruples of diascordium, or of the Japonic confection.

To prevent the disagreeable circumstance of the mercury's affecting the mouth too much, or bringing on a salivation, it may be combined with purgatives. With this view, the laxative mercurial pill has been contrived, the usual dose of which is half



a drachm, or three pills night and morning, to be repeated every other day; but the safer way is for the patient to begin with two or even with one pill, gradually increasing the dose.

To such persons as can neither swallow a bolus nor a pill, mercury may be given in a liquid form, as it can be suspended even in a watery vehicle, by means of gum-Arabic, which not only serves this purpose, but likewise prevents the mercury from affecting the mouth, and renders it in many respects a better medicine.

It happens very fortunately for those who cannot be brought to take mercury inwardly, and likewise for persons whose bowels are too tender to bear it, that an external application of it will answer equally well, and in some respects better. It must be acknowledged, that mercury, taken inwardly for any length of time, greatly weakens and disorders the bowels; for which reason, when a plentiful use of it becomes necessary, we would prefer rubbing in, to the mercurial pills. The common mercurial or blue ointment will answer very well. Of that which is made by rubbing together equal quantities of hogslard and quicksilver, about a drachm may be used at a time. The best time for rubbing it in is at night, and the most proper place the inner side of thighs. The patient should sit beside the fire when he rubs, and should wear flannel drawers next his skin at the time he is using the ointment. If ointment of a weaker or stronger kind be used, the quantity must be increased or diminished in proportion.

If, during the use of the ointment, the inflammation of the genital parts, together with the heat and feverishness, should return, or if the mouth should grow sore, the gums tender, and the breath becomes offensive, a dose or two of Glauber's salts, or some other cooling purge, may be taken, and the rubbing intermitted for a few days. As soon, however, as



the signs of spitting are gone off, if the virulency be not quite corrected, the ointment must be repeated, but in smaller quantities, and at longer intervals than before. Whatever way mercury is administered, its use must be persisted in as long as any virulency is suspected to remain.

During this, which may be called the second stage of the disorder, though so strict a regimen is not necessary as in the first or inflammatory state, yet intemperance of every kind ought to be avoided. The food must be light, plain, and of easy digestion; and the greatest indulgence that may be allowed, with respect to drink, is a little wine diluted with a sufficient quantity of water. Spirituous liquors are to be avoided in every shape. I have often known the inflammatory symptoms renewed and heightened, the running increased, and the cure rendered extremely difficult and tedious, by one fit of excessive drinking.

When the above treatment has removed the heat of urine, and soreness of the genital parts; when the quantity of running is lessened, without any pain or swelling in the groin or testicle supervening; when the patient is free from involuntary erections; and lastly, when the running becomes pale, whitish, thick, void of ill smell, and tenacious or ropy; when all or most of these symptoms appear, the gonorrhœa is arrived at its last stage; then we may gradually proceed to treat it as a gleet, with astringent and agglutinating medicines.

### OF GLEETS.

A gonorrhœa frequently repeated, or improperly treated, often ends in a gleet, which may either proceed from a relaxation, or from some remains of the disease. It is, however, of the greatest importance in the cure of the gleet, to know from which of these



causes it proceeds. When the discharge proves very obstinate, and receives little or no check from astringent remedies, there is ground to suspect that it is owing to the latter; but if the drain is constant, and is chiefly observable when the patient is stimulated by lascivious ideas, or upon straining to go to stool, we may reasonably conclude that it is chiefly owing to the former.

In the cure of a gleet proceeding from relaxation, the principal design is to brace and restore a proper degree of tension to the debilitated and relaxed vessels. For this purpose, besides the medicine recommended in the gonorrhœa, the patient may have recourse to stronger and more powerful astringents, as the Peruvian bark, alum, vitriol, galls, tormentil, bistort, ballustines, tincture of gum kino, &c. The injections may be rendered more astringent by the addition of a few grains of alum, or increasing the quantity of vitriol as far as the parts are able to bear it.

The last remedy which we shall mention in this case, is the cold bath, than which there is not a more powerful bracer in the whole compass of medicine. It ought never to be omitted in this species of gleet, unless there be something in the constitution of the patient which renders the use of it unsafe. The chief objections to the use of the cold bath are, a full habit, and an unsound state of the viscera. The danger from the former may always be lessened, if not removed, by purging and bleeding; but the latter is an unsurmountable obstacle, as the pressure of the water, and the sudden contraction of the external vessels, by throwing the blood with too much force upon the internal parts, are apt to occasion ruptures of the vessels, or a flux of humours upon the diseased organs. But where no objections of this kind prevail, the patient ought to plunge over head in water every morning, fasting, for three or



four weeks together. He should not, however, stay long in the water, and should take care to have his skin dried as soon as he comes out.

The regimen proper in this case is the same as was mentioned in the last stage of the gonorrhœa: the diet must be drying and astringent, and the drink Spa, Pyrmont, or Bristol waters, with which a little claret or red wine may sometimes be mixed. Any person may now afford to drink these waters, as they can be every where prepared at almost no expense, by a mixture of common chalk and oil of vitriol.

When the gleet does not in the smallest degree yield to these medicines, there is reason to suspect that it proceeds from ulcers. In this case recourse must be had to mercury, and such medicines as tend to correct any predominant acrimony with which the juices may be affected, as the decoction of China, sarsaparilla, sassafras, or the like.

Mr. Fordyce says, he has seen many obstinate gleet, of two, three, or four years standing, effectually cured by a mercurial inunction, when almost every other medicine has been tried in vain. Dr. Chapman seems to be of the same opinion; but says, he has always found the mercury succeed best in this case when joined with terebinthinate and other agglutinating medicines. For which reason the Doctor recommends pills made of calomel and Venice turpentine; and desires that their use may be accompanied with a decoction of guaiacum or sarsaparilla.

The last kind of remedy which we shall mention for the cure of ulcers in the urinary passage, are the suppurating candles or bougies. As these are prepared various ways, and are generally to be bought ready made, it is needless to spend time in enumerating the different ingredients of which they are composed, or teaching the manner of preparing them. Before a bougie be introduced into the ure-



thra, however, it should be smeared all over with sweet oil, to prevent it from stimulating too suddenly. It may be suffered to continue in from one to seven hours, according as the patient can bear it. Obstinate ulcers are not only often healed, but tumours and excrescences in the urinary passages taken away, and an obstruction of urine removed, by means of bougies. Obstinate gleans may be removed by the use of bougies.

### OF THE SWELLED TESTICLE.

THE swelled testicle may either proceed from infection lately contracted, or from the venereal poison lurking in the body; the latter indeed is not very common, but the former frequently happens both in the first and second stages of a gonorrhœa; particularly when the running is unseasonably checked, by cold, hard drinking, strong drastic purges, violent exercise, the too early use of astringent medicines, or the like.

In the inflammatory stage, bleeding is necessary, which must be repeated according to the urgency of the symptoms. The food must be light, and the drink diluting. High-seasoned food, flesh, wines, and every thing of a heating nature, are to be avoided. Fomentations are of singular service. Poultices of bread and milk, softened with fresh butter or oil, are likewise very proper, and ought constantly to be applied when the patient is in bed; when he is up, the testicles should be kept warm, and supported by a suspensory, which may easily be contrived in such a manner as to prevent the weight of the testicle from having any effect.

If it should be found impracticable to clear the testicle by the cooling regimen now pointed out, and extended according to circumstances, it will be necessary to lead the patient through such a complete antivenereal course as shall ensure him against



any future uneasiness. For this purpose, besides rubbing the mercurial ointment on the thighs as directed in the gonorrhœa, the patient must be confined to bed, if necessary, for five or six weeks, suspending the testicle, all the while, with a bag or truss, and plying him inwardly with strong decoctions of sarsaparilla.

## OF BUBOES.

VENEREAL buboes are hard tumours seated in the groin, occasioned by the venereal poison lodged in this part. They are of two kinds, *viz.* such as proceed from a recent infection, and such as accompany a confirmed lues.

The cure of recent buboes, that is, such as appear soon after impure coition, may be first attempted by *dispersion*; and, if that should not succeed, by *suppuration*. To promote the dispersion of a bubo, the same regimen must be observed as was directed in the first stage of a gonorrhœa. The patient must likewise be bled, and take some cooling purges, as the decoction of tamarinds and senna, Glauber's salts, and the like. If by this course the swelling and other inflammatory symptoms abate, we may safely proceed to use the mercury, which must be continued till the venereal virus is quite subdued.

But if the bubo should, from the beginning, be attended with great heat, pain, and pulsation, it will be proper to promote its suppuration. For this purpose the patient may be allowed to use his ordinary diet, and to take now and then a glass of wine. Emollient cataplasms, consisting of bread and milk softened with oil or fresh butter, may be applied to the part; and, in cold constitutions, where the tumour advances slowly, white lily roots boiled, or sliced onions raw, and a sufficient quantity of yellow basilicon, may be added to the poultice.

When the tumour is ripe, which may be known



by its conical figure, the softness of the skin, and a fluctuation of the matter plainly to be felt under the finger, it may be opened either by a caustic or a lancet, and afterwards dressed with digestive ointment.

It sometimes however happens, that buboes can neither be dispersed nor brought to a suppuration, but remain hard indolent tumours. In this case the indurated glands must be consumed by caustic; if they should become schirrous, they must be dissolved by the application of hemlock, both externally and internally, as directed in the schirrous testicle.

## OF CHANCRES.

CHANCRES are superficial, callous, eating ulcers; which may happen either with or without gonorrhœa. They are commonly seated about the glands, and make their appearance in the following manner:—First a little red pimple arises, which soon becomes pointed at top, and is filled with a whitish matter inclining to yellow. This pimple is hot, and itches generally before it breaks; afterwards it degenerates into an obstinate ulcer, the bottom of which is usually covered with a viscid mucus, and whose edges gradually become hard and callous. Sometimes the first appearance resembles a simple excoriation of the cuticle; which, however, if the cause be venereal, soon becomes a true chancre.

A chancre is sometimes a primary affection, but it is much oftener symptomatic, and is the mark of a confirmed lues. Primary chancres discover themselves soon after impure coition, and are generally seated in parts covered with a thin cuticle, as the lips, the nipples of women, the *glans penis* of men, &c.

When a chancre appears soon after impure coition, its treatment is nearly similar to that of the



virulent gonorrhœa. The patient must observe the cooling regimen, lose a little blood, and take some gentle doses of salts and manna. The parts affected ought frequently to be bathed, or rather soaked, in warm milk and water; and if the inflammation be great, an emollient poultice or cataplasm may be applied to them. This course will, in most cases, be sufficient to abate the inflammation, and prepare the patient for the use of mercury.

Symptomatic chancres are commonly accompanied with ulcers in the throat, nocturnal pains, scabby eruptions about the roots of the hair, and other symptoms of a confirmed lues. Though they may be seated in any of the parts mentioned above, they commonly appear upon the private parts, or the inside of the thigh. They are less painful, but frequently much larger and harder than primary chancres. As their cure must depend upon that of the pox, of which they are only a symptom, we shall take no further notice of them till we come to treat of a confirmed lues.

Thus we have related most of the symptoms which accompany or succeed a violent gonorrhœa, and have also given a short view of their proper treatment; there are, however, several others which sometimes attend this disease, as a *strangury*, or obstruction of urine, a *phymosis*, *paraphymosis*, &c.

A strangury may be occasioned either by a spasmodic constriction, or an inflammation of the urethra and parts about the neck of the bladder. In the former case, the patient begins to void his urine with tolerable ease: but, as soon as it touches the galled or inflamed urethra, a sudden constriction takes place, and the urine is voided by spurts, sometimes by drops only. When the strangury is owing to an inflammation about the neck of the bladder, there is a constant heat and uneasiness of the part, a perpetual desire to make water, while the patient



can only render a few drops, and a troublesome *tenesmus*, or constant inclination to go to stool.

When the strangury is owing to spasm, such medicines as tend to dilute and blunt the salts of the urine will be proper. For this purpose, besides the common diluting liquors, soft and cooling emulsions, sweetened with the syrup of poppies, may be used. Should these not have the desired effect, bleeding and emollient fomentations will be necessary.

When the complaint is evidently owing to an inflammation about the neck of the bladder, bleeding must be more liberally performed, and repeated according to the urgency of the symptoms. After bleeding, if the strangury still continues, soft clysters, with a proper quantity of laudanum in them, may be administered, and emollient fomentations applied to the region of the bladder. At the same time, the patient may take every four hours, a tea-cupful of barley-water, to an English pint of which, six ounces of the syrup of marsh-mallows, four ounces of the oil of sweet almonds, and half an ounce of nitre, may be added. If these remedies should not relieve the complaint, and a total suppression of urine should come on, bleeding must be repeated, and the patient set in a warm bath up to the middle. It will be proper in this case to discontinue the diuretics, and to draw off the water with a catheter; but as the patient is seldom able to bear its being introduced, we would rather recommend the use of mild bougies. These often lubricate the passage, and greatly facilitate the discharge of urine. Whenever they begin to stimulate or give any uneasiness, they may be withdrawn.

The *phymosis* is such a constriction of the prepuce over the glands, as hinders it from being drawn backwards; the *paraphymosis*, on the contrary, is such a constriction of the prepuce behind the glands, as hinders it from being brought forward.



The treatment of these symptoms is so nearly the same with that of the virulent gonorrhœa, that we have no occasion to enlarge upon it. In general, bleeding, purging, poultices, and emollient fomentations, are sufficient. Should these, however, fail of removing the stricture, and the parts be threatened with a mortification, twenty or thirty grains of ipecacuanha, and one grain of emetic tartar, may be given for a vomit, and may be worked off with warm water or thin gruel.

It sometimes happens, that in spite of all endeavours to the contrary, the inflammation goes on, and symptoms of a beginning mortification appear. When this is the case, the prepuce must be scarified with a lancet, and, if necessary, divided, in order to prevent a strangulation, and set the imprisoned glands at liberty. We shall not describe the manner of performing this operation, as it ought always to be done by a surgeon. When a mortification has actually taken place, it will be necessary, besides the above operations, to foment the parts frequently with cloths wrung out of a strong decoction of camomile-flowers and bark, and to give the patient a drachm of the bark in powder every two or three hours.

With regard to the *priapism*, *chordee*, and other distortions of the *penis*, their treatment is no way different from that of the gonorrhœa. When they prove very troublesome, the patient may take a few drops of laudanum at night, especially after the operation of a purgative through the day.

## OF A CONFIRMED LUES.

THE symptoms of a confirmed lues are, buboes in the groin, pains of the head and joints, which are peculiarly troublesome in the night, or when the patient is warm in bed; scabs and scurfs on various parts of the body, especially on the head, of a yel-



lowish colour, resembling a honey-comb; corroding ulcers in various parts of the body, which generally begin about the throat, from whence they creep gradually, by the palate, towards the cartilage of the nose, which they destroy; excrescences or exostoses arise in the middle of the bones, and their spongy ends become brittle, and break upon the least accident; at other times they are soft, and bend like wax; the conglobate glands become hard and callous, and form in the neck, armpits, groin, and mesentery, hard moveable tumours, like the king's-evil; tumours of different kinds are likewise formed in the lymphatic vessels, tendons, ligaments, and nerves, as the *gummata*, *ganglia*, *nodes*, *tophs*, &c.; the eyes are affected with itching, pain, redness, and sometimes with total blindness, and the ears with a singing noise, pain, and deafness, whilst their internal substance is exulcerated and rendered carious; at length all the animal, vital, and natural functions are depraved; the face becomes pale and livid; the body emaciated and unfit for motion; and the miserable patient falls into an atrophy or wasting consumption.

Women have symptoms peculiar to the sex; as cancers of the breast; a suppression or overflowing of the menses; the whites; hysteric affections; an inflammation, abscess, schirrus, gangrene, cancer, or ulcer of the womb: they are generally either barren or subject to abortion; or if they bring children into the world, they have universal erysipelas, are half rotten, and covered with ulcers.

The only certain remedy hitherto known in Europe for the cure of this disease, is mercury, which may be used in a great variety of forms, with nearly the same success. Some time ago it was reckoned impossible to cure a confirmed lues without a salivation. This method is now, however, pretty generally laid aside, and mercury is found to be as efficacious, or rather more so, in expelling the venereal



poison, when administered in such manner as not to run off by the salivatory glands.

Though many are of opinion that the mercurial ointment is as efficacious as any other preparation of that mineral; yet experience has taught me to think otherwise. I have often seen the most obstinate venereal cases, where great quantities of mercurial ointment had been used in vain, yield to the saline preparations of mercury. Nor am I so singular in this opinion. Mr. Clare, an eminent surgeon of this city, assures me, that for some time past he has employed in venereal cases a saline preparation of mercury, with most happy success; this rubbed with a sufficient quantity of any mild powder, he applies, in small portions, to the tongue, where, with a gentle degree of friction, it is immediately absorbed, and produces its full effect upon the system, without doing the least injury to the stomach or bowels; a matter of great importance in the application of this most active and powerful remedy.

It is impossible to ascertain either the exact quantity of medicines that must be taken, or the time they ought to be continued, in order to perform a cure. These will ever vary according to the constitution of the patient, the season of the year, the degree of infection, the time it has lodged in the body, &c. But though it is difficult, as Astruc observes, to determine, *a priori*, what quantity of mercury will, in the whole, be necessary to cure this distemper completely, yet it may be judged of, *a posteriori*, from the abatement and ceasing of the symptoms. The same author adds, that commonly not less than two ounces of the strong mercurial ointment is sufficient, and not more than three or four ounces necessary.

The only chemical preparation of mercury which we shall take notice of is the corrosive sublimate. This was some time ago brought into use for the



venereal disease in Germany, by the illustrious Baron Van Swieten; and was soon after introduced into Britain by the learned Sir John Pringle, at that time physician to the army. The method of giving it is as follows; one grain of corrosive sublimate is dissolved in two ounces of French brandy or malt spirits; and of this solution an ordinary table-spoonful, or the quantity of half an ounce, is to be taken twice a-day, and to be continued as long as any symptoms of the disorder remain. To those whose stomach cannot bear the solution, the sublimate may be given in form of a pill.

Several roots, woods, and barks, have been recommended for curing the venereal disease; but none of them have been found, upon experience, to answer the high encomiums which had been bestowed upon them. Though no one of these is to be depended upon alone, yet, when joined with mercury, some of them are found to be very beneficial in promoting a cure. One of the best we know yet is sarsaparilla, which may be prepared and taken according to the directions in the Appendix.

The mezereon-root is likewise found to be a powerful assistant to the sublimate, or any other mercurial. It may either be used along with the sarsaparilla, as directed in the Appendix, or by itself. Those who choose to use the mezereon by itself, may boil an ounce of the fresh bark, taken from the root, in twelve English pints of water, to eight, adding, towards the end, an ounce of liquorice. The dose of this is the same as of the decoction of sarsaparilla.

We have been told, that the natives of America cure the venereal disease, in every stage, by a decoction of the root of a plant called the Lobelia. It is used either fresh or dried; but we have no certain accounts with regard to the proportion. Sometimes they mix other roots with it, as those of the ranunculus, the ceanothus, &c.; but whether these



are designed to disguise or assist it, is doubtful. The patient takes a large draught of the decoction early in the morning, and continues to use it for his ordinary drink through the day.

Many other roots and woods might be mentioned which have been extolled for curing the venereal disease, as the china-root, the roots of soap-wort, burdock, &c. as also the wood of guaiacum and sassafras ; but as none of these have been found to possess virtues superior to those already mentioned, we shall, for the sake of brevity, pass them over.

### OF THE MENSTRUAL DISCHARGE.

FEMALES generally begin to menstruate about the age of fifteen, and leave it off about fifty, which renders these two periods the most critical of their lives. About the first appearance of this discharge, the constitution undergoes a very considerable change, generally indeed for the better, though sometimes for the worse. The greatest care is now necessary, as the future health and happiness of the female depends, in a great measure, upon her conduct at this period.

If a girl about this time of life be confined to the house, kept constantly sitting, and neither allowed to romp about, nor employed in any active business, which gives exercise to the whole body, she becomes weak, relaxed, and puny ; her blood not being duly prepared, she looks pale and wan ; her health, spirits, and vigour decline, and she sinks into a valetudinarian for life. Such is the fate of numbers of those unhappy females, who, either from too much indulgence, or their own narrow circumstances, are, at this critical period, denied the benefit of exercise and free air.

A lazy, indolent, disposition, proves likewise very hurtful to girls at this period. One seldom meets with complaints from obstructions, amongst the



more active and industrious part of the sex; whereas the indolent and lazy are seldom free from them. These are in a manner eaten up by the *chlorosis*, or green sickness, and other diseases of this nature. We would, therefore, recommend it to all who wish to escape these calamities, to avoid indolence and inactivity, as their greatest enemies, and to be as much abroad in the open air as possible.

Another thing which proves very hurtful to girls about this period of life, is unwholesome food. Fond of all manner of trash, they often indulge in it, till their whole humours are quite vitiated. Hence ensue indigestion, want of appetite, and a numerous train of evils. If the fluids be not duly prepared, it is utterly impossible that the secretions should go properly on. Accordingly we find, that such girls as lead an indolent life, and eat great quantities of trash, are not only subject to obstructions of the *menses*, but likewise to glandular obstructions; as the *scrofula*, or king's evil, &c.

A dull disposition is also very hurtful to girls at this period. It is a rare thing to see a sprightly girl who does not enjoy good health, while the grave, moping, melancholy, creature, proves the very prey of vapours and hysterics. Youth is the season for mirth and cheerfulness; let it therefore be indulged; it is an absolute duty. To lay in a stock of health in the time of youth, is as necessary a piece of prudence, as to make provision against the decays of old age. While, therefore, wise Nature prompts the happy youth to join in sprightly amusements, let not the severe dictates of hoary age forbid the useful impulse, nor damp, with serious gloom, the season destined to mirth and innocent festivity.

Another thing very hurtful to females, about this period of life, is strait clothes. They are fond of a fine shape, and foolishly imagine that this can be acquired by lacing themselves tight. Hence, by squeezing the stomach and bowels, they hurt the



digestion, and occasion many incurable maladies. This error is not indeed so common as it has been, but, as fashions change, it may come about again; we therefore think it not improper to mention it. I know many females who, to this day, feel the dreadful effects of that wretched custom which prevailed some years ago, of squeezing every girl into as small a size in the middle as possible. Human invention could not possibly have devised a practice more destructive to health.

After a female has arrived at that period of life when the *menses* usually begin to flow, and they do not appear, but, on the contrary, her health and spirits begin to decline, we would advise, instead of shutting the poor girl up in the house, and dosing her with steel, assafoetida, and other nauseous drugs, to place her in a situation where she can enjoy the benefit of free air and agreeable company. There let her eat wholesome food, take sufficient exercise, and amuse herself in the most agreeable manner; and we have little reason to fear but Nature, thus assisted, will do her proper work. Indeed she seldom fails, unless where the fault is on our side.

This discharge in the beginning is seldom so instantaneous as to surprise females unawares. It is generally preceded by symptoms which foretell its approach; as a sense of heat, weight, and dull pains in the loins; distension and hardness of the breast; head-ache; loss of appetite; lassitude; paleness of the countenance; and sometimes a slight degree of fever. When these symptoms appear about the age at which the menstrual flux usually begins, every thing should be carefully avoided which may obstruct that necessary and salutary evacuation; and all means used to promote it; as sitting frequently over the steams of warm water, drinking warm diluting liquors, &c.

After the *menses* have once begun to flow, the greatest care should be taken to avoid every thing



that may tend to obstruct them. Females ought to be exceedingly cautious of what they eat or drink at the time they are out of order. Every thing that is cold, or apt to sour on the stomach, ought to be avoided; as fruit, butter-milk, or such like. Fish, and all kinds of food that are hard of digestion, are also to be avoided. As it is impossible to mention every thing that may disagree with individuals at this time, we would recommend it to every female to be very attentive to what disagrees with herself, and carefully to avoid it.

Cold is extremely hurtful at this particular period. More of the sex date their diseases from colds caught while they are out of order, than from all other causes. This ought surely to put them upon their guard, and to make them very circumspect in their conduct at such times. A degree of cold that will not in the least hurt them at another time, will, at this period, be sufficient entirely to ruin their health and constitution.

The greatest attention ought likewise to be paid to the mind, which should be kept as easy and cheerful as possible. Every part of the animal economy is influenced by the passions, but none more so than this. Anger, fear, grief, and other affections of the mind, often occasion obstructions of the menstrual flux, which prove absolutely incurable.

From whatever cause this flux is obstructed, except in the state of pregnancy, proper means should be used to restore it. For this purpose we would recommend sufficient exercise, in a dry, open, and rather cool air; wholesome diet, and if the body be weak and languid, generous liquors; also cheerful company and all manner of amusements. If these fail, recourse must be had to medicine.

When obstructions proceed from a weak, relaxed state of the solids, such medicines as tend to promote digestion, to brace the solids, and assist the



body in preparing good blood, ought to be used. For this purpose I have of late made use of pills composed of prepared steel, powdered myrrh, and the best aloes, equal parts. These must be formed into pills of the common size, and two or three of them given every night at bed-time. The principal medicines, however, are iron, and the Peruvian bark, with other bitters and astringents. Filings of iron may be infused in wine or ale, two or three ounces to an English quart, and after it has stood for two or three weeks, it may be filtered, and about half a wine-glass of it taken twice a-day; or prepared steel may be taken in the dose of half a drachm, mixed with a little honey or treacle, three or four times a-day. The bark and other bitters may be either taken in substance or infusion, as is most agreeable to the patient.

When obstructions proceed from a viscid state of the blood; or for women of a gross or full habit, evacuations, and such medicines as attenuate the humours, are necessary. The patient in this case ought to be bled, to bathe her feet frequently in warm water, to take now and then a cooling purge, and to live upon a spare thin diet. Her drink should be whey, water, or small beer, and she ought to take sufficient exercise. A tea-spoonful of the tincture of black hellebore may be also taken twice a-day, in a cup of warm water.

When obstructions proceed from affections of the mind, as grief, fear, anger, &c. every method should be taken to amuse and divert the patient. And that she may the more readily forget the cause of her affliction, she ought, if possible, to be removed from the place where it happened. A change of place, by presenting the mind with a variety of new objects, has often a very happy influence in relieving it from the deepest distress. A soothing, kind, and affable behaviour to females in this situation, is also of the last importance.



An obstruction of the *menses* is often the effect of other maladies. When this is the case, instead of giving medicines to force that discharge, which might be dangerous, we ought by all means to endeavour to restore the patient's health and strength. When that is effected, the other will return of course.

But the menstrual flux may be too great as well as too small. When this happens, the patient becomes weak, the colour pale, the appetite and the digestion bad, to which, œdematous swellings of the feet, dropsies, and consumptions, often ensue. This frequently happens to women about the age of forty-five or fifty, and is very difficult to cure. It may proceed from a sedentary life; a full diet, consisting chiefly of salted, high-seasoned, or acrid food; the use of spirituous liquors; excessive fatigue; relaxation; a dissolved state of the blood; violent passions of the mind, &c.

The treatment of this disorder must be varied according to its cause. When it is occasioned by an error in the patient's regimen, an opposite course to that which induced the disorder must be pursued, and such medicines taken as have a tendency to restrain the flux, and counteract the morbid affections of the symptoms whence it proceeds.

To restrain the flux, the patient should be kept quiet and easy both in body and mind. If it be very violent, she ought to lie in bed with her head low; to live upon a cool and slender diet, as veal or chicken broths, with bread; and to drink decoction of nettle roots, or the greater comfrey. If these be not sufficient to stop the flux, stronger astringents may be used, as Japan earth, alum, elixir of vitriol, the Peruvian bark, &c.

The *uterine flux* may offend in quality as well as in quantity. What is usually called the *fluor albus*, or whites, is a very common disease, and proves extremely hurtful to delicate women. This discharge



however, is not always white, but sometimes a pale yellow, green, or blackish colour; sometimes it is sharp and corrosive, sometimes foul and foetid, &c. It is attended with a pale complexion, pain in the back, loss of appetite, swelling of the feet, and other signs of debility. It generally proceeds from a relaxed state of the body, arising from indolence, the excessive use of tea, coffee, or other weak and watery diet.

To remove this disease, the patient must take as much exercise as she can bear without fatigue. Her food should be solid and nourishing, but of easy digestion; and her drink rather generous, as red port or claret, mixed with Pyrmont, Bristol, or lime-water. Tea and coffee are to be avoided. I have often known strong broths have an exceeding good effect, and sometimes a milk diet alone, will perform a cure. The patient ought not to lie too long in bed. When medicine is necessary, we know none preferable to the Peruvian bark, which in this case, ought always to be taken in substance. In warm weather the cold-bath will be of considerable service.

That period of life at which the menses cease to flow, is likewise very critical to the sex. The stoppage of any customary evacuation, however small, is sufficient to disorder the whole frame, and often to destroy life itself. Hence it comes to pass that so many women either fall into chronic disorders, or die about this time. Such of them, however, as survive without contracting any chronic disease, often become more healthy and hardy than they were before, and enjoy strength and vigour to a very great age.

If the *menses* cease all of a sudden in women of a full habit, they ought to abate somewhat of their usual quantity of food, especially of the more nourishing kind, as flesh, eggs, &c. They ought likewise to take sufficient exercise, and to keep the body open. This may be done by taking once or twice a-



week, a little rhubarb, or an infusion of *hiera-picra* in wine and brandy.

It often happens that women of a gross habit, at this period of life, have ulcerous sores break out about the ancles, or in other parts of the body. Such ulcers ought to be considered as critical, and should either be suffered to continue open, or have artificial drains substituted in their stead. Women who will have such sores dried up, are often soon after carried off by acute diseases, or fall into those of a chronic nature.

## OF PREGNANCY.

THOUGH pregnancy is not a disease, yet that state is often attended with a variety of complaints which merit attention, and which sometimes require the assistance of medicine. Some women indeed are more healthy during their pregnancy, than at any other time; but this is by no means the general case; most of them *breed in sorrows*, and are frequently indisposed during the whole time of pregnancy. Few fatal diseases, however, happen during that period, and hardly any, except abortion, that can be called dangerous.

Pregnant women are often afflicted with the heart-burn. The method of treating this complaint has been already pointed out. They are, likewise, in the more early periods of pregnancy, often harassed with sickness and vomiting, especially in the morning. The method of relieving these complaints has also been shown. Both the head-ache and tooth-ache are very troublesome symptoms of pregnancy. The former may generally be removed by keeping the body gently open, by the use of prunes, figs, roasted apples, and such like. When the pain is very violent, bleeding may be necessary. For the treatment of the latter, we must refer to that article. Several other complaints incident to pregnant wo-



men might be mentioned, as a cough and difficulty of breathing, suppression and incontinency of urine, &c.; but as all of these have been taken notice of before, it is needless to repeat them.

Every pregnant woman is more or less in danger of abortion. This should be guarded against with the greatest care, as it not only weakens the constitution, but renders the woman liable to the same misfortune afterwards. Abortion may happen at any period of pregnancy, but it is most common in the second or third month. If it happens within the first month, it is usually called a false conception; if after the seventh month, the child may often be kept alive by proper care.

The common causes of abortion, are, the death of the child; weakness or relaxation of the mother; great evacuations; violent exercise; raising great weights; reaching too high; jumping or stepping from an eminence; vomiting; coughing; convulsion-fits; blows on the belly; falls; fevers; disagreeable smells; excess of blood; indolence; high living, or the contrary; violent passions or affections of the mind, as fear, grief, &c.

The signs of approaching abortion are, pain in the loins, or about the bottom of the belly; a dull heavy pain in the inside of the thighs; a slight degree of coldness, or shivering; sickness; palpitation of the heart; the breasts become flat and soft; the belly falls; and there is a discharge of blood or watery humours from the womb.

To prevent abortion, we would advise women of a weak and relaxed habit to use solid food, avoiding great quantities of tea, and other weak and watery liquors; to rise early and go soon to bed; to shun damp houses; to take frequent exercise in the open air, but to avoid fatigue; and never to go abroad in damp foggy weather, if they can help it.

Women of a full habit ought to use a spare diet; avoiding strong liquors, and every thing that may



tend to heat the body, or increase the quantity of blood. Their diet should be of an opening nature, consisting chiefly of vegetable substances. Every woman with child ought to be kept cheerful and easy in her mind. Her appetite, even though depraved, ought to be indulged as far as prudence will permit.

When any signs of abortion appear, the woman ought to be laid in bed on a mattress, with her head low. She should be kept quiet, and her mind soothed and comforted. She ought not to be kept too hot, nor to take any thing of a heating nature. Her food should consist of broths, rice and milk, jellies, gruels made of oatmeal, and the like; all of which ought to be taken cold.

If she be able to bear it, she should lose at least half a pound of blood from the arm. Her drink ought to be barley-water sharpened with juice of lemon; or she may take half a drachm of powdered nitre, in a cup of water-gruel, every five or six hours. If the woman be seized with a violent looseness, she ought to drink the decoction of calcined hartshorn prepared. If she be affected with vomiting, let her take frequently two table-spoonsful of the saline mixture. In general, opiates are of service; but they should always be given with caution.

Sanguine, robust women, who are liable to miscarry at a certain time of pregnancy, ought likewise to be bled a few days before that period arrives. By these means, and observing the regimen above prescribed, they might often escape that misfortune.

Though we recommend due care for preventing abortion, we would not be understood as restraining pregnant women from their usual exercises. This would generally operate quite the contrary way. Want of exercise not only relaxes the body, but induces a plethora, or too great a fulness of the vessels, which are the two principal causes of abortion. There are, however, some women of so delicate a



texture, that it is necessary for them to avoid almost every kind of exercise during the whole period of pregnancy.

## OF CHILD-BIRTH.

MANY diseases proceed from the want of due care in child-bed; and the more hardy part of the sex are most apt to despise the necessary precautions in this state. This is peculiarly the case with young wives. They think, when the labour pains are ended, the danger is over; but in truth it may only then be said to be begun. Nature, if left to herself, will seldom fail to expel the *fœtus*: but proper care and management are certainly necessary for the recovery of the mother. No doubt, mischief may be done by too much, as well as too little, care. Hence females who have the greatest number of attendants in child-bed, generally recover worst. But this is not peculiar to the state of child-bed. Excessive care always defeats its own intentions, and is generally more dangerous than none at all.

During actual labour, nothing of a heating nature ought to be given. The woman may now and then take a little panado, and her drink ought to be toast and water, or thin groat gruel. Spirits, wines, cordial waters, and other things which are given with a view to strengthen the mother and promote the birth, for the most part tend only to increase the fever, inflame the womb, and retard the labour. Besides, they endanger the woman afterwards, as they often occasion violent and mortal hæmorrhages, or dispose her to eruptive and other fevers.

When the labour proves tedious and difficult, to prevent inflammations, it will be proper to bleed. An emollient clyster ought likewise frequently to be administered, and the patient should sit over the steams of warm water. The passage ought to be gently rubbed with a little soft pomatum, or fresh



butter, and cloths wrung out of warm water applied over the belly. If nature seems to sink, and the woman is greatly exhausted with fatigue, a draught of generous wine, or some other cordial, may be given, but not otherwise. These directions are sufficient in natural labours; and in all preternatural cases, a skilful surgeon, or man-midwife, ought to be called as soon as possible.

After delivery, the woman ought to be kept as quiet and easy as possible. Her food should be light and thin, as gruel, panado, &c. and her drink weak and diluting. To this rule, however, there are many exceptions. I have known several women, whose spirits could not be supported, in child-bed, without solid food and generous liquors; to such, a glass of wine and a bit of chicken may be allowed.

Sometimes an excessive hæmorrhage or flooding happens after delivery. In this case, the patient should be laid with her head low, be kept cool, and be in all respects treated as for an excessive flux of the menses. If the flooding proves violent, linen cloths, which have been wrung out of a mixture of equal parts of vinegar and water, or red wine, should be applied to the belly, the loins, and the thighs; these must be changed as they grow dry; and may be discontinued as soon as the flooding abates.

If there be violent pains after delivery, the patient ought to drink plentifully of warm diluting liquors, as groat-gruel, or tea with a little saffron in it; and to take small broths, with caraway seeds or a bit of orange-peel in them; an ounce of the oil of sweet almonds may likewise be frequently taken in a cup of any of the above liquors; and if the patient be restless, a spoonful of the syrup of poppies may now and then be mixed with a cup of her drink. If she be hot or feverish, one of the following powders may be taken in a cup of her usual drink, every five or six hours: Take of crabs' claws prepared, half an ounce; purified nitre, two drachms; saffron powder-



ed, half a drachm ; rub them together in a mortar, and divide the whole into eight or nine doses.

An inflammation of the womb is a dangerous and not unfrequent disease after delivery. It is known by pains in the lower parts of the belly, which are greatly increased upon touching ; by the tension or tightness of the parts ; great weakness ; change of countenance ; a constant fever, with a weak and hard pulse ; a slight delirium, or raving ; sometimes incessant vomiting ; a hiccup ; a discharge of reddish, stinking, sharp water from the womb ; an inclination to go frequently to stool ; a heat, and sometimes a total suppression of urine.

This must be treated like other inflammatory disorders, by bleeding and plentiful dilution. The drink may be thin gruel or barley-water ; in a cup of which, half a drachm of nitre may be dissolved, and taken three or four times a-day. Clysters of warm milk and water must be frequently administered ; and the belly should be fomented with cloths wrung out of warm water, or by applying bladders filled with warm milk and water to it.

A suppression of the *lochia*, or usual discharges after delivery, and the milk-fever, must be treated nearly in the same manner as an inflammation of the womb. In all these cases, the safest course is plentiful dilution, gentle evacuations, and fomentations of the parts affected. In the milk-fever, the breasts may be embrocated with a little warm linseed-oil, or the leaves of red cabbage may be applied to them. The child should be often put to the breast, or it should be drawn by some other person.

Nothing would tend more to prevent the milk-fever than putting the child early to the breast. The custom of not allowing children to suck for the first two or three days, is contrary to nature and to common sense, and is very hurtful both to the mother and child.

Every mother who has milk in her breasts, ought



either to suckle her own child, or to have her breasts frequently drawn, at least for the first month. This would prevent many of the diseases which prove fatal to women in child-bed.

When an inflammation happens in the breast, attended with redness, hardness, and other symptoms of suppuration, the safest application is a poultice of bread and milk, softened with oil or fresh butter. This may be renewed twice a-day, till the tumour be either discussed or brought to suppuration. The use of repellents, in this case, is very dangerous; they often occasion fevers, and sometimes cancers; whereas a suppuration is seldom attended with any danger, and has often the most salutary effects.

When the nipples are fretted or chapped, they may be anointed with a mixture of oil and bees-wax, or a little powdered gum-Arabic may be sprinkled on them. I have seen Hungary water, applied to the nipples, have a very good effect. Should the complaint prove obstinate, a cooling purge may be given, which generally removes it.

The miliary fever is a disease incident to women in child-bed; but as it has been treated of already, we shall take no farther notice of it. The celebrated Hoffman observes, that this fever of child-bed women might generally be prevented, if they, during their pregnancy, were regular in their diet, used moderate exercise, took now and then a gentle laxative of manna, rhubarb, or cream of tartar; not forgetting to bleed in the first months, and avoid all sharp air. When the labour is coming on, it is not to be hastened with forcing medicines, which inflame the blood and humours, or put them into unnatural commotions. Care should be taken, after the birth, that the natural exertions proceed regularly; and if the pulse be quick, a little nitrous powder, or some other cooling medicine, should be administered.

The most fatal disorder consequent upon delivery is the *puerperal*, or child-bed fever. It generally makes



its attack upon the second or third day after delivery. Sometimes, indeed, it comes on sooner, and at other times, though rarely, it does not appear before the fifth or sixth day.

It begins, like most other fevers, with a cold or shivering fit, which is succeeded by restlessness, pain of the head, great sickness at the stomach, and bilious vomiting. The pulse is generally quick, the tongue dry, and there is a remarkable depression of spirits and loss of strength. A great pain is usually felt in the back, hips, and region of the womb; a sudden change in the quantity or quality of the *lochia* also takes place; and the patient is frequently troubled with a *tenesmus*, or constant inclination to go to stool. The urine, which is very high-coloured, is discharged in small quantity, and generally with pain. The belly sometimes swells to a considerable bulk, and becomes susceptible of pain from the slightest touch. When the fever has continued for a few days, the symptoms of inflammation usually subside, and the disease acquires a more putrid form. At this period, if not sooner, a bilious or putrid looseness, of an obstinate and dangerous nature, comes on, and accompanies the disease through all its future progress.

There is not any disease that requires to be treated with more skill and attention than this; consequently the best assistance ought always to be obtained as soon as possible. In women of plethoric constitutions, bleeding will generally be proper at the beginning; it ought, however, to be used with caution, and not to be repeated, unless where the signs of inflammation rise high; in which case it will also be necessary to apply a blistering-plaster in the region of the womb.

During the rigour, or cold fit, proper means should be used to abate its violence and shorten its duration. For this purpose, the patient may drink freely of warm diluting liquors, and, if low, may take now and



then a cup of wine-whey; warm applications to the extremities, as heated bricks, bottles or bladders filled with warm water, and such like, may also be used with advantage.

Emollient clysters of milk and water, or of chicken water, ought to be frequently administered through the course of the disease. These prove beneficial, by promoting a discharge from the intestines, and also by acting as a kindly fomentation to the womb and parts adjacent. Great care, however, is requisite in giving them, on account of the tenderness of the parts in the *pelvis* at this time.

To evacuate the offending bile from the stomach, a vomit is generally given. But as this is apt to increase the irritability of the stomach, already too great, it will be safer to omit it, and to give in its stead a gentle laxative, which will both tend to cool the body, and to procure a free discharge of the bile.

The medicine which I have always found to succeed best in this disease, is the saline draught. This, if frequently repeated, will often put a stop to the vomiting, and at the same time lessen the violence of the fever. If it runs off by stool, or if the patient be restless, a few drops of laudanum, or some syrup of poppies, may occasionally be added.

If the stools should prove so frequent as to weaken and exhaust the patient, a starch clyster, with thirty or forty drops of laudanum in it, may be administered as occasion shall require; and the drink may be rice-water, in every English pint of which half an ounce of gum-Arabic has been dissolved. Should these fail, recourse must be had to Columbo-root, or the powder of bole combined with opium.

Though in general the food ought to be light, and the drink diluting, yet when the disease has been long protracted, and the patient is greatly spent by evacuations, it will be necessary to support her with nourishing diet and generous cordials.



It was observed, that this fever, after continuing for some time, often acquires a putrid form. In this case, the Peruvian bark must be given, either by itself, or joined with cordials, as circumstances may require. As the bark in substance will be apt to purge, it may be given in decoction or infusion, mixed with the tincture of roses, or other gentle astringents; or a scruple of the extract of bark, with half an ounce of spirituous cinnamon-water, two ounces of common water, and ten drops of laudanum, may be made into a draught, and given every second, third, or fourth hour, as shall be found necessary.

When the stomach will not bear any kind of nourishment, the patient may be supported for some time by clysters of beef-tea or chicken-broth.

To avoid this fever, every woman in child-bed ought to be kept perfectly easy; her food should be light and simple, and her bed-chamber cool and properly ventilated. There is not anything more hurtful to a woman in this situation than being kept too warm. She ought not to have her body bound too tight, nor to rise too soon from bed, after delivery; catching cold is also to be avoided; and a proper attention should be paid to cleanliness.

To prevent the milk-fever, the breasts ought to be frequently drawn; and if they are filled previous to the onset of the fever, they should, upon its first appearance, be drawn, to prevent the milk from becoming acrid, and its being absorbed in this state. Costiveness is likewise to be avoided. This will be best effected by the use of mild clysters and a laxative diet.

We shall conclude our observations on child-bed women, by recommending it to them, above all things, to beware of cold. Poor women, whose circumstances oblige them to quit their bed too soon, often contract diseases from cold, of which they ne-



ver recover. It is a pity the poor are not better taken care of in this situation.

### OF BARRENNESS.

BARRENNESS may be very properly reckoned among the diseases of females, as few married women, who have not children, enjoy a good state of health. It may proceed from various causes, as high living, grief, relaxation, &c.; but it is chiefly owing to an obstruction or irregularity of the menstrual flux.

It is very certain that high living vitiates the humours and prevents fecundity. We seldom find a barren woman among the poor, while nothing is more common among the rich and affluent. The inhabitants of every country are prolific in proportion to their poverty; and it would be an easy matter to adduce many instances of women who, by being reduced to live entirely upon milk and vegetable diet, have conceived and brought forth children, though they never had any before. Would the rich use the same sort of food and exercise as the better sort of peasants, they would seldom have cause to envy their poor vassals and dependents the blessing of a numerous and healthy offspring, while they pine in sorrow for want of even a single heir to their extensive domains.

Affluence begets indolence, which not only vitiates the humours, but induces a general relaxation of the solids; a state highly unfavourable to procreation. To remove this, we would recommend the following course: First, sufficient exercise in the open air; secondly, a diet consisting chiefly of milk and vegetables: thirdly, the use of astringent medicines, as steel, alum, dragon's blood, elixir of vitriol, the Spa or Tunbridge waters, Peruvian bark, &c.; and, lastly, above all, the cold-bath.



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

## DISEASES OF CHILDREN.

It must be obvious, to every attentive person, that the first diseases of infants arise chiefly from their bowels. Nor is this in the least to be wondered at, as they are in a manner poisoned with indigestible drugs and improper diet, as soon as they come into the world. Every thing that the stomach cannot digest may be considered as a poison; and unless it can be thrown up, or voided by stool, it must occasion sickness, gripes, spasmodic affections of the bowels, or what the good women call inward fits, and at last convulsions and death.

As these symptoms evidently arise from somewhat that irritates the intestines, doubtless the proper method of cure must be to expel it as soon as possible. The most safe and effectual method of doing this is by gentle vomits. Five or six grains of the powder of ipecacuanha may be mixed in two table-spoonsful of water, and sweetened with a little sugar. A tea-spoonful of this may be given to the infant every quarter of an hour till it operates; or, what will more certainly answer the purpose, a grain of emetic tartar may be dissolved in three ounces of water, sweetened with a little syrup, and given as above. Those who are unwilling to use the emetic tartar, may give six or seven drops of the antimonial wine, in a tea-spoonful of water or thin gruel. Small doses of the ipecacuanha wine



will be found more gentle than any of the above, and ought to be preferred.

These medicines will not only cleanse the stomach, but will generally likewise open the body. Should this, however, not happen, and if the child be constive, some gentle purge will be necessary; for this purpose, some manna and pulp of cassia may be dissolved in boiling water, and given in small quantities till it operates; or, what will answer rather better, a few grains of *magnesia alba* may be mixed in any kind of food that is given to the child, and continued till it has the desired effect. If these medicines be properly administered, and the child's belly and limbs be frequently rubbed with a warm hand before the fire, they will seldom fail to relieve those affections of the stomach and bowels from which infants suffer so much.

These general directions include most of what can be done for relieving the internal disorders of infants. They will likewise go a considerable way in alleviating those which appear externally, as the rash, *gum* or *fellon*, &c. These, as was formerly observed, are principally owing to the hot regimen, and consequently will be most effectually relieved by gentle evacuations. Indeed, evacuations of one kind or other constitute a principal part of the medicine of infants, and will seldom, if administered with prudence, in any of their diseases, fail to give relief.

## OF THE MECONIUM.

THE stomach and bowels of a new-born infant are filled with a blackish coloured matter, of the consistence of syrup, commonly called the *meconium*. This is generally passed soon after birth, by the mere effort of nature; in which case it is not necessary to give the infant any kind of medicine. But if it



should be retained, or not sufficiently carried off, a little manna or *magnesia alba* may be given as mentioned above; or, if these should not be at hand, a common spoonful of whey, sweetened with a little honey or moist sugar, will answer the purpose.

The most proper medicine for expelling the *meconium* is the mother's milk, which is always at first of a purgative quality. Were children allowed to suck as soon as they show an inclination for the breast, they would seldom have occasion for medicines to discharge the *meconium*; but even where this is not allowed, they ought never to have daubs of syrup, oils, and other indigestible stuff, crammed down their throats.

### OF THE APHTHÆ, OR THRUSH.

THE aphthæ are little whitish ulcers, affecting the whole inside of the mouth, tongue, throat, and stomach, of infants. Sometimes they reach through the intestinal canal; in which case they are very dangerous, and often put an end to the infant's life.

If the aphthæ are of a pale colour, pellucid, few in number, soft, superficial, and fall easily off, they are not dangerous; but if opaque, yellow, brown, black, thick, or running together, they ought to be dreaded.

It is generally thought that the aphthæ owe their origin to acid humours; we have reason, however, to believe, they are more frequently owing to too hot a regimen both of mother and child. It is a rare thing to find a child who is not dosed with wine, punch, cinnamon-waters, or some other hot and inflaming liquors, almost as soon as it is born. It is well known that these will occasion inflammatory disorders even in adults; is it any wonder, then, that they should heat and inflame the tender bodies of infants, and set, as it were, the whole constitution on a blaze?



The most proper medicines for the aphthæ are vomits, such as have been already recommended, and gentle laxatives. Five grains of rhubarb, and half a drachm of *magnesia alba*, may be rubbed together, and divided into six doses, one of which may be given to the infant every four or five hours till they operate. These powders may either be given in the child's food, or a little of the syrup of pale roses, and may be repeated as often as is found necessary to keep the body open. It is common in this case to administer calomel; but as that medicine sometimes occasions gripes, it ought always to be given to infants with caution.

Many things have been recommended for gargling the mouth and throat in this disease; but it is not easy to apply these in very young children; we would therefore recommend it to the nurse to rub the child's mouth frequently with a little borax and honey; or with the following mixture: Take fine honey, an ounce; borax, a drachm; burnt alum, half a drachm; rose-water, two drachms; mix them together. A very proper application, in this case, is a solution of ten or twelve grains of white vitriol in eight ounces of barley-water. This may be applied with the finger, or by means of a bit of soft rag tied to the end of a probe.

### OF ACIDITIES.

THE food of children being for the most part of an acescent nature, it readily turns sour upon the stomach, especially if the body be any way disordered. Hence most diseases of children are accompanied with evident signs of acidity, as green stools, gripes, &c. These appearances have induced many to believe that all the diseases of children were owing to an acid abounding in the stomach and bowels; but whoever considers the matter attentively, will find that these symptoms of acidity are oftener the effect, than the cause, of their diseases.



Nature evidently intended that the food of children should be acescent; and unless the body be disordered, or the digestion hurt, from some other cause, we will venture to say, that the acescent quality of their food is seldom injurious to them. Acidity, however, is often a symptom of disorder in children; and, as it is sometimes a troublesome one, we shall point out the method of relieving it.

When green stools, gripes, purgings, sour smells, &c. show that the bowels abound with an acid, the child should have a little small broth, with light white bread in it; and should have sufficient exercise, in order to promote the digestion. It has been customary in this case to give the pearl-julep, chalk, crabs'-eyes, and other testaceous powders. These, indeed, by their absorbent quality, may correct the acidity; but they are attended with this inconvenience, that they are apt to lodge in the bowels, and occasion costiveness, which may prove very hurtful to the infant. For this reason they should never be given unless mixed with purgative medicines; as rhubarb, manna, or such like.

The best medicine which we know in all cases of acidity, is that fine insipid powder, called *magnesia alba*. It purges, and, at the same time, corrects the acidity; by which means it not only removes the disease, but carries off its cause. It may be given in any kind of food, or in a mixture, as recommended in the Appendix.

When an infant is troubled with gripes, it ought not at first to be dosed with brandy, spiceries and other hot things; but should have its body opened with an emollient clyster, or the medicine mentioned above; and at the same time, a little brandy may be rubbed on its belly with a warm hand before the fire. I have seldom seen this fail to ease the gripes of infants. If it should happen, however, not to succeed, a little brandy or other spirits may be mixed with thrice the quantity of warm water,



and a tea-spoonful of it given frequently, till the infant be easier. Sometimes a little peppermint-water will answer this purpose as well.

### GALLING AND EXCORIATION.

THESE are very troublesome to children. They happen chiefly about the groin and wrinkles of the neck, under the arms, behind the ears, and other parts that are moistened with sweat or urine.

As these complaints are, in a great measure, owing to want of cleanliness, the most effectual means of preventing them are, to wash the parts frequently with cold water, to change the linen often, and, in a word, to keep the child in all respects thoroughly clean. When this is not sufficient, the excoriated parts may be sprinkled with absorbent or drying powders; as burnt hartshorn, tutty, chalk, crabs'-claws prepared, and the like. When the parts affected are very sore, and tend to real ulceration, it will be proper to add a little sugar of lead to the powders; or to anoint the place with the camphorated ointment. If the parts be washed with spring water, in which a little white vitriol has been dissolved, it will dry and heal them very powerfully. One of the best applications for this purpose is to dissolve some fullers'-earth in a sufficient quantity of hot water: and after it has stood till it is cold, to rub it gently upon the galled parts once or twice a day; or to wash them gently now and then with a mixture of equal parts of rose-water and spirits of wine.

### STOPPAGE OF THE NOSE.

THE nostrils of infants are often plugged up with a gross *mucus*, which prevents their breathing freely, and likewise renders it difficult for them to suck or swallow.



Some in this case order, after a suitable purge, two or three grains of white vitriol, dissolved in half an ounce of marjoram-water, and filtered, to be applied now and then to the nostrils with a linen rag. Wedelus says, if two grains of white vitriol, and the same quantity of *elaterium*, be dissolved in half an ounce of marjoram-water, and applied to the nose, as above directed, that it brings away the *mucus* without sneezing.

In obstinate cases, these medicines may be tried; but I have never found anything necessary, besides rubbing the nose at bed-time with a little sweet oil or fresh butter. This resolves the filth, and renders the breathing more free.

### OF VOMITING.

FROM the delicate state of children, and the great sensibility of their organs, a vomiting or looseness may be induced by any thing that irritates the nerves of the stomach or intestines. Hence these disorders are much more common in childhood than in the more advanced periods of life. They are seldom, however, dangerous, and ought never to be considered as diseases, unless when they are violent, or continue so long as to exhaust the strength of the patient.

Vomiting may be excited by an over quantity of food; by food that is of such a nature as to irritate the nerves of the stomach too much; or by the sensibility of the nerves being so much increased as to render them unable to bear the stimulus of even the mildest aliment.

When vomiting is occasioned by too much food, it ought to be promoted, as the cure will depend upon cleansing the stomach. This may be done either by a few grains of ipecacuanha, or a weak solution of emetic tartar, as mentioned before. When it is owing to food of an acrid or irritating quality,



the diet ought to be changed, and aliment of a milder nature substituted in its stead.

When vomiting proceeds from an increased degree of sensibility, or too great an irritability of the nerves of the stomach, such medicines as have a tendency to brace and strengthen that organ, and to abate its sensibility, must be used. The first of these intentions may be answered by a slight infusion of the Peruvian bark, with the addition of a little rhubarb and orange peel; and the second by the saline draught, to which a few drops of liquid laudanum may occasionally be added.

In obstinate vomitings, the operation of internal medicines may be assisted by aromatic fomentations made with wine, applied warm to the pit of the stomach; or the use of the stomach plaster, with the addition of a little *theriaca*.

### OF A LOOSENESS.

A looseness may generally be reckoned salutary, when the stools are sour, slimy, green, or curdled. It is not the discharge, but the production of such stools, which ought to be remedied. Even where the purging is thin and watery, it ought not to be checked too suddenly, as it often proves critical, especially when the child has caught cold, or an eruption on the skin has disappeared. Sometimes an evacuation of this kind succeeds a humid state of the atmosphere, in which case it may also prove of advantage, by carrying off a quantity of watery humours, which would otherwise tend to relax the habit.

As the principal intention, in the cure of a looseness, is to evacuate the offending matter, it is customary to give the patient a gentle vomit of ipecacuanha, and afterwards to exhibit small and frequent doses of rhubarb; interposing absorbent medicines to mitigate the acrimony of the humours.



The best purge, however, in this case, is *magnesia alba*. It is at the same time absorbent and laxative, and operates without exciting gripes.

The antimonial wine, which acts both as an emetic and purge, is also an excellent medicine in this case. By being diluted with water, it may be proportioned to the weakest constitution; and, not being disagreeable to the palate, it may be repeated as often as occasion requires. Even one dose will frequently mitigate the disease, and pave the way for the use of absorbents. If, however, the patient's strength will permit, the medicine ought to be repeated every six or eight hours, till the stools begin to assume a more natural appearance; afterwards a longer space may be allowed to intervene between the doses. When it is necessary to repeat the medicine frequently, the dose ought always to be a little increased, as its efficacy is generally diminished by use.

Some, upon the first appearance of a looseness, fly immediately to the use of absorbent medicines and astringents. If these be administered before the offending humours are discharged, though the disease may appear to be mitigated for a little time, it soon afterwards breaks forth with greater violence, and often proves fatal. After proper evacuations, however, these medicines may be administered with considerable advantage.

Should any gripings or restlessness remain, after the stomach and bowels have been cleansed, a teaspoonful of the syrup of poppies may be given in a little cinnamon water, three or four times a-day, till these symptoms have ceased.

## OF ERUPTIONS.

CHILDREN, while on the breast, are seldom free from eruptions of one kind or other. These, however, are not often dangerous, and ought never to be dried



up but with the greatest caution. They tend to free the bodies of infants from hurtful humours, which, if retained, might produce fatal disorders.

The eruptions of children are chiefly owing to improper food and neglect of cleanliness. If a child be stuffed at all hours with food that its stomach is not able to digest, such food, not being properly assimilated, instead of nourishing the body, fills it with gross humours. These must either break out in form of eruptions upon the skin, or remain in the body, and occasion fevers and other internal disorders. That neglect of cleanliness is a very general cause of eruptive disorders, must be very obvious to every one. The children of the poor, and of all who despise cleanliness, are almost constantly found to swarm with vermin, and are generally covered with the scab, itch, and other eruptions.

When eruptions are the effect of improper food, or want of cleanliness, a proper attention to these alone will generally be sufficient to remove them. If this should not be the case, some drying medicines will be necessary. When they are applied, the body ought at the same time to be kept open, and cold is carefully to be avoided. We know no medicine that is more safe for drying up cutaneous eruptions than sulphur, provided it be prudently used. A little of the flower of sulphur may be mixed with fresh butter, oil, or hogslard, and the parts affected frequently touched with it.

The most obstinate of all the eruptions incident to children, are the *tinea capitis*, or scabbed head, and chilblains. The scabbed head is often exceedingly difficult to cure, and sometimes, indeed, the cure proves worse than the disease. I have frequently known children seized with internal disorders, of which they died, soon after their scabbed heads had been healed by the application of drying medicines. The cure ought always first to be attempted by keeping the head very clean, cutting off



the hair, combing and brushing away the scabs, &c. If this is not sufficient, let the head be shaved once a week, washed daily with yellow soap, and gently anointed with a liniment made of train oil, eight ounces; red precipitate, in fine powder, one drachm. And if there be proud flesh, it should be touched with a bit of blue vitriol, or sprinkled with a little burnt alum. While these things are doing, the patient must be confined to a regular light diet, the body should be kept gently open; and cold, as far as possible ought to be avoided. To prevent any bad consequences from stopping this discharge, it will be proper, especially in children of a gross habit, to make an issue in the neck or arm, which may be kept open till the patient becomes more strong, and the constitution be somewhat mended.

Chilblains commonly attack children in cold weather. They are generally occasioned by the feet or hands being kept long wet or cold, and afterwards suddenly heated. When children are cold, instead of taking exercise to warm themselves gradually, they run to the fire. This occasions a sudden refraction of the humours, and an infraction of the vessels; which being often repeated, the vessels are at last over-distended, and forced to give way.

To prevent it, violent cold and sudden heat must be equally avoided. When the parts begin to look red and swell, the patient ought to be purged, and to have the affected parts frequently rubbed with mustard and brandy, or something of a warming nature. They ought likewise to be covered with flannel, and kept warm and dry. Some apply warm ashes between cloths to the swelled parts, which frequently help to reduce them. When there is a sore, it must be dressed with Turner's cerate, the ointment of tutty, the plaster cerus, or some other drying ointment. These sores are indeed



troublesome but seldom dangerous. They generally heal as soon as the warm weather sets in.

## OF THE CROUP.

CHILDREN are often seized very suddenly with this disease, which, if not quickly relieved, proves mortal. It is known by various names in different parts of Britain. On the east coast of Scotland, it is called the *croup*. On the west, they call it the *chock* or *stuffing*. In some parts of England where I have observed it, the good women call it the *rising of the lights*. It seems to be a species of the *asthma*, attended with the acute and violent catarrhal symptoms.

This disease generally prevails in cold and wet seasons. It is most common upon the sea coast, and in low marshy countries. Children of a gross and lax habit are most liable to it. I have sometimes known it hereditary. It generally attacks children in the night, after having been much exposed to damp, cold, easterly winds through the day. Damp houses, wet feet, thin shoes, wet clothes, or any thing that obstructs the perspiration, may occasion the croup.

It is attended with a frequent pulse, quick and laborious breathing, which is performed with a peculiar kind of croaking noise, that may be heard at a considerable distance. The voice is sharp and shrill, and the face is generally much flushed, though sometimes it is of a livid colour.

When a child is seized with the above symptoms, his feet should be immediately put into warm water. He ought likewise to be bled, and to have a laxative clyster administered as soon as possible. He should be made to breathe over the steam of warm water and vinegar; or an emollient decoction, and emollient cataplasms or fomentations, may be applied round his neck. If the symptoms do not abate, a



blistering-plaster must be applied round the neck, or between the shoulders; and the child may take frequently a table-spoonful of the following julep: Take penny-royal water, three ounces; syrup of althea and of poppies, each one ounce; mix them together.

Assafœtida is found to have a good effect in this case. It may be both given in the form of clyster, and taken by the mouth. Two drachms of assafœtida may be dissolved in one ounce of Mindererus's spirit and three ounces of penny-royal water. A table-spoonful of this mixture may be given every hour, or oftener, if the patient's stomach be able to bear it. If the child cannot be brought to take this medicine, two drachms of assafœtida may be dissolved in a common clyster, and administered every six or eight hours, till the violence of the disease abates.

To prevent a return of the disorder, all those things which occasion it must be carefully avoided; as wet feet, cold, damp, easterly winds, &c. Children who have had frequent returns of this disease, or whose constitutions seem to dispose them to it, ought to have their diet properly regulated; all food that is viscid or hard of digestion, and all crude, raw, trashy fruits, are to be avoided. They ought likewise to have a drain constantly kept open in some part of their body, by means of a seton or issue. I have sometimes known a Burgundy-pitch plaster, worn continually between the shoulders for several years, have a very happy effect in preventing the return of this dreadful disorder.

## OF TEETHING.

ABOUT the sixth or seventh month the teeth generally begin to make their appearance; first, the *incisores*, or fore-teeth; next, the *canini*, or dog-teeth; and, lastly, the *molaes*, or grinders. About the se-



venth year, there comes a new set: and about the twentieth, the two inner grinders called *dentes sapientiæ*, the teeth of wisdom.

Children about the time of cutting their teeth, suffer much, and have generally a looseness. When the teething is difficult, especially when the dog-teeth begin to make their way through the gums, the child has startings in his sleep, tumours of the gums, watchings, gripes, green stools, the thrush-fever, difficult breathing, and convulsions.

Difficult teething requires nearly the same treatment as an inflammatory disease. If the body be bound, it must be opened either by emollient clysters or gentle purgatives; as manna, *magnesia alba*, rhubarb, senna, or the like. The food should be light and in small quantity: the drink plentiful, but weak and diluting, as infusions of balm, or of the lime-tree flowers; to which about a third or fourth part of milk may be added.

If the fever be high, bleeding will be necessary; but this in very young children ought always to be sparingly performed. It is an evacuation which they bear the worst of any. Purging, vomiting, or sweating, agree much better with them, and are generally more beneficial. Harris, however, observes, that when an inflammation appears, the physician will labour in vain, if the *cure* be not begun with applying a leech under each ear. If the child be seized with convulsion fits, a blistering-plaster may be applied between the shoulders, or one behind each ear.

Several things have been recommended for rubbing the gums, as oils, mucilages, &c.; but from these much is not to be expected. If any thing of this kind is to be used, we would recommend a little fine honey, which may be rubbed on with the finger three or four times a-day. Children are generally at this time disposed to chew whatever they get into their hands. For this reason they ought never to be



without something that will yield to the pressure of their gums, as a crust of bread, a wax candle, a bit of liquorice-root, or such like.

With regard to cutting the gums, we have seldom known it of any benefit. In obstinate cases, however, it ought to be tried. It may be performed by the finger nail, the edge of a sixpenny piece that is worn thin, or any sharp body which can be with safety introduced into the mouth; but the lancet, in a skilful hand, is certainly the most proper.

In order to render the teething less difficult, parents ought to take care that their children's food be light and wholesome, and that their nerves be braced by sufficient exercise without doors, the use of the cold-bath, &c. Were these things duly regarded, they would have a much better effect than *teething necklaces*, or other nonsensical amulets, worn for that purpose.

## OF THE RICKETS.

THIS disease generally attacks children between the age of nine months and two years. It appeared first in England about the time when manufactures began to flourish, and still prevails most in towns where the inhabitants follow sedentary employments, by which means they neglect either to take proper exercise themselves, or to give it to their children.

CAUSES.—One cause of the rickets is diseased parents. Mothers of a weak, relaxed habit, who neglect exercise, and live upon weak, watery diet, can neither be expected to bring forth strong and healthy children, or to be able to nurse them, after they are brought forth. Accordingly we find that the children of such women generally die of the rickets, the scrofula, consumptions, or such like diseases. Children begotten by men in the decline of life, who are subject to the gout, the gravel, or other chronic diseases, or who have been often afflicted with the ve-



nereal disease in their youth, are likewise very liable to the rickets.

Any disorder that weakens the constitution or relaxes the habit of children, as the small-pox, measles, teething, the hooping-cough, &c. disposes them to this disease. It may likewise be occasioned by improper diet, as food that is either too weak and watery, or so viscid that the stomach cannot digest it.

But nursing is the chief cause of this disease. When the nurse is either diseased, or has not enough of milk to nourish the child, it cannot thrive. But children suffer oftener by want of care in nurses than want of food. Allowing an infant to lie or sit too much, or not keeping it thoroughly clean in its clothes, has the most pernicious effects.

The want of free air is likewise very hurtful to children in this respect. When a nurse lives in a close small house, where the air is damp and confined, and is too indolent to carry her child abroad into the open air, it will hardly escape this disease. A healthy child should always be in motion, unless when asleep; if it be suffered to lie or sit, instead of being tossed and dandled about, it will not thrive.

SYMPTOMS.—At the beginning of this disease, the child's flesh grows soft and flabby; its strength is diminished; it loses its wonted cheerfulness, looks more grave and composed than is natural for its age, and does not choose to be moved. The head and belly become too large in proportion to the other parts; the face appears full, and the complexion florid. Afterwards the bones begin to be affected, especially in the more soft and spongy parts. Hence the wrists and ancles become thicker than usual; the spine or back-bone puts on an unnatural shape; the breast is likewise often deformed; and the bones of the arms and legs grow crooked. All these symptoms vary according to the violence of the disease. The pulse is generally quick, but feeble; the appe-



tite and digestion for the most part bad ; the teeth come slowly and with difficulty, and they often rot and fall out afterwards. Ricketty children have generally great acuteness of mind, and an understanding above their years. Whether this is owing to their being more in the company of adults than other children, or to the preternatural enlargement of the brain, is not material.

REGIMEN.—As this disease is always attended with evident signs of weakness and relaxation, our chief aim in the cure must be to brace and strengthen the solids, and to promote digestion and the due preparation of the fluids. These important ends will be best answered by wholesome and nourishing diet, suited to the age and strength of the patient, open dry air, and sufficient exercise. If the child has a bad nurse, who either neglects her duty, or does not understand it, she should be changed. If the season be cold, the child ought to be kept warm ; and when the weather is hot, it ought to be kept cool ; as sweating is apt to weaken it, and too great a degree of cold has the same effect. The limbs should be rubbed frequently with a warm hand, and the child kept as cheerful as possible.

The diet ought to be dry and nourishing, as good bread, roasted flesh, &c. Biscuit is generally reckoned the best bread ; and pigeons, pullets, veal, rabbits, or mutton, roasted or minced, are the most proper meat. If the child be too young for animal food, he may have rice, millet, or pearl-barley, boiled with raisins, to which may be added a little wine and spice. His drink may be good claret, mixed with an equal quantity of water. Those who cannot afford claret, may give the child now and then a wine-glass of mild ale or good porter.

MEDICINE.—Medicines are here of little avail. The disease may often be cured by the nurse, but seldom by the physician. In children of a gross habit, gentle vomits and repeated purges of rhubarb



may sometimes be of use, but they will seldom carry off the disease; that must depend chiefly upon such things as brace and strengthen the system: for which purpose, besides the regimen mentioned above, we would recommend the cold-bath, especially in the warm season. It must however be used with prudence, as some ricketty children cannot bear it. The best time for using the cold-bath is in the morning, and the child should be well rubbed with a dry cloth immediately after he comes out of it. If the child should be weakened by the cold-bath, it must be discontinued.

Sometimes issues have been found beneficial in this disease. They are peculiarly necessary for children who abound with gross humours. An infusion of the Peruvian bark in wine or ale would be of service, were it possible to bring children to take it. We might here mention many other medicines which have been recommended for the rickets; but as there is far more danger in trusting to these than in neglecting them altogether, we choose rather to pass them over, and to recommend a proper regimen as the thing chiefly to be depended on.

### OF CONVULSIONS.

CONVULSIONS proceed from an irritation of the stomach or bowels; whatever clears them of their acrid contents, or renders these mild and inoffensive, will generally perform a cure; if the child be costive the best way will be to begin with a clyster, and afterwards to give a gentle vomit, which may be repeated occasionally, and the body in the mean time kept open by gentle doses of *magnesia alba*, or small quantities of rhubarb mixed with the powder of crabs' claws.

Convulsions which precede the eruption of the small pox or measles, generally go off upon these making their appearance. The principal danger in



this case arises from the fear and apprehension of those who have the care of the patient. Convulsions are very alarming; and something must be done to appease the affrighted parents, nurses, &c. Hence the unhappy infant often undergoes bleeding, blistering, and several other operations, to the great danger of its life, when a little time, bathing the feet in warm water, and throwing in a mild clyster, would have set all to rights.

When convulsion fits arise from the cutting of teeth, besides gentle evacuations, we would recommend blistering, and the use of antispasmodic medicines, as the tincture of soot, assafœtida, or castor. A few drops of any of these may be mixed in a cup of white-wine whey, and given occasionally.

When convulsions proceed from an external cause, as the pressure occasioned by strait clothes or bandages, &c. these ought immediately to be removed; though in this case taking away the cause will not always remove the effect, yet it ought to be done. It is not likely that the patient will recover, as long as the cause which first gave rise to the disorder continues to act.

When a child is seized with convulsions, without having any complaint in the bowels, or symptoms of teething; or any rash or other discharge which has been suddenly dried up; we have reason to conclude that it is a primary disease, and proceeds immediately from the brain. Cases of this kind, however, happen but seldom; which is very fortunate, as little can be done to relieve the unhappy patient. When a disease proceeds from an original fault in the formation or structure of the brain itself, we cannot expect that it should yield to medicine. But as this is not always the cause, even of convulsions which proceed immediately from the brain, some attempts should be made to remove them. The chief intention to be pursued for this purpose, is to make some derivation from the head,



by blistering, purging, and the like. Should these fail, issues or setons may be put in the neck, or between the shoulders.

### OF WATER IN THE HEAD.

THOUGH water in the head, or a dropsy of the brain, may affect adults as well as children, yet, as the latter are more peculiarly liable to it, we thought it would be most proper to place it among the diseases of infants.

CAUSES.—A dropsy of the brain may proceed from injuries done to the brain itself, by falls, blows, or the like; it may likewise proceed from an original laxity or weakness of the brain; from schirrous tumours or excrescences within the skull; a thin watery state of the blood; a diminished secretion of urine; a sudden check of the perspiration; and, lastly, from tedious and lingering diseases, which waste and consume the patient.

SYMPTOMS.—This disease has at first the appearance of a slow fever; the patient complains of a pain in the crown of his head, or over his eyes; he shuns the light; is sick, and sometimes vomits; his pulse is irregular and generally low; though he seems heavy and dull, yet he does not sleep; he is sometimes delirious, and frequently sees objects double; towards the end of this commonly fatal disease, the pulse becomes more frequent, the pupils are generally dilated, the cheeks flushed, the patient becomes comatose, and convulsions ensue.

MEDICINE.—No medicine has hitherto been found sufficient to carry off a dropsy of the brain. It is laudable, however, to make some attempts, as time or chance may bring many things to light, of which, at present, we have no idea. The medicines generally used are, purges of rhubarb or jalap, with calomel, and blistering-plasters applied to the neck or back part of the head. To which we would beg



leave to add, diuretics, or medicines which promote the secretion of urine, such as are recommended in the common dropsy. A discharge from the nose ought likewise to be promoted, by causing the patient to snuff the powder of asarum, white hellebore, or the like.

Some practitioners have of late pretended to cure this disease by the use of mercury. I have not been so happy as to see any instance of a cure being performed in a confirmed dropsy of the brain; but in so desperate a malady, every thing deserves a trial.

### OF BLEEDING.

BLEEDING is proper at the beginning of all inflammatory fevers, as pleurisies, peripneumonies, &c. It is likewise proper in all topical inflammations, as those of the intestines, womb, bladder, stomach, kidneys, throat, eyes, &c. as also in the asthma, sciatic pains, coughs, head-aches, rheumatisms, the apoplexy, epilepsy, and bloody flux. After falls, blows, bruises, or any violent hurt received either externally or internally, bleeding is necessary. It is likewise necessary for persons who have had the misfortune to be strangled, drowned, suffocated with foul air, the fumes of metal, or the like. In a word, whenever the vital motions have been stopped from any cause whatever, except in swoonings occasioned by mere weakness, or hysteric affections, it is proper to open a vein. But in all disorders proceeding from a relaxation of the solids, and an impoverished state of the blood, as dropsies, cacochymies, &c. bleeding is improper.

Bleeding for topical inflammations ought always to be performed as near the part affected as possible. When this can be done with a lancet, it is to be preferred to any other method; but when a vein cannot be found, recourse must be had to leeches or cupping.



The quantity of blood to be let must always be regulated by the strength, age, constitution, manner of life, and other circumstances relating to the patient. It would be ridiculous to suppose that a child could bear to lose as much blood as a grown person, or that a delicate lady should be bled to the same extent as a robust man.

From whatever part of the body blood is to be let, a bandage must be applied between that part and the heart. As it is often necessary, in order to raise the vein, to make the bandage pretty tight, it will be proper in such cases, as soon as the blood begins to flow, to slacken it a little. The bandage ought to be applied at least an inch, or an inch and a half, from the place where the wound is intended to be made.

Persons not skilled in anatomy ought never to bleed in a vein that lies over an artery or a tendon, if they can avoid it. The former may easily be known from its pulsation or beating, and the latter from its feeling hard or tight like a whipcord under the finger.

## OF INFLAMMATIONS AND ABSCESSSES.

FROM whatever cause an inflammation proceeds, it must terminate either by dispersion, suppuration, or gangrene. Though it is impossible to foretel with certainty in which of these ways any particular inflammation will terminate, yet a probable conjecture may be formed with regard to the event, from a knowledge of the patient's age and constitution. Inflammations happening in a slight degree upon colds, and without any previous indisposition, will most probably be dispersed; those which follow close upon a fever, or happen to persons of a gross habit of body, will generally suppurate; and those which attack very old people, or persons of a dropsical habit, will have a strong tendency to gangrene.



If the inflammation be slight, and the constitution sound, the dispersion ought always to be attempted. This will be best promoted by a slender diluting diet, plentiful bleeding, and repeated purges. The part itself must be fomented; and, if the skin be very tense, it may be embrocated with a mixture of three-fourths of sweet oil and one-fourth of vinegar, and afterwards covered with a piece of wax-plaster.

If, notwithstanding these applications, the symptomatic fever increases, and the tumour becomes larger, with violent pain and pulsation, it will be proper to promote the suppuration. The best application for this purpose is a soft poultice, which may be renewed twice a-day. If the suppuration proceeds but slowly, a raw onion cut small or bruised, may be spread upon the poultice. When the abscess is ripe, or fit for opening, which may easily be known from the thinness of the skin in the most prominent part of it, fluctuation of matter, which may be felt under the finger, and, generally speaking, an abatement of the pain, it may be opened either with a lancet or by means of a caustic.

The last way in which an inflammation terminates, is in a gangrene or mortification, the approach of which may be known by the following symptoms; the inflammation loses its redness, and becomes duskish or livid; the tension of the skin goes off, and it feels flabby; little bladders, filled with ichor of different colours, spread all over it; the tumour subsides, and from a duskish complexion becomes black; a thick low pulse, with cold clammy sweats, are the immediate forerunners of death.

When these symptoms first appear, the part ought to be dressed with London treacle, or a cataplasm made of lixivium and bran. Should the symptoms become worse, the part must be scarified, and afterwards dressed with basilicum softened with oil of turpentine. All the dressings must be applied



warm. With regard to internal medicines, the patient must be supported with generous cordials, and the Peruvian bark exhibited in as large doses as the stomach will bear. If the mortified parts should separate, the wound will become a common ulcer, and must be treated accordingly.

This article includes the treatment of all those diseases which, in different parts of the country, go by the names of *boils*, *imposthumes*, *whitloes*, &c. They are all abscesses in consequence of a previous inflammation, which, if possible, ought to be discussed: but when this cannot be done, the suppuration should be promoted, and the matter discharged by an incision, if necessary; afterwards the sore may be dressed with yellow basilicum, or some other digestive ointment.

## OF WOUNDS.

THE first thing to be done when a person has received a wound, is to examine whether any foreign body be lodged in it, as wood, iron, lead, glass, dirt, bits of cloth, or the like. These, if possible, ought to be extracted, and the wound cleansed, before any dressing be applied. When that cannot be effected with safety on account of the patient's weakness or loss of blood, they must be suffered to remain in the wound, and afterwards extracted, when he is more able to bear it.

When a wound penetrates into any of the cavities of the body, as the breast, the bowels, &c. or where any considerable blood-vessel is cut, a skilful surgeon ought immediately to be called; otherwise the patient may lose his life. But sometimes the discharge of blood is so great, that, if it be not stopped, the patient may die, even before a surgeon, though at no great distance, can arrive. In this case, something must be done by those who are present. If the wound be in any of the limbs, the bleeding may



generally be stopped by applying a tight ligature or bandage round the member, a little above the wound. The best method of doing this is to put a strong broad garter round the part, but so slack as to admit a small piece of stick to be put under it, which must be twisted, in the same manner as a countryman does his cart-rope to secure his loading, till the bleeding stops. Whenever this is the case, he must take care to twist it no longer, as straining it too much might occasion an inflammation of the parts, and endanger a gangrene.

In other parts, where this bandage cannot be applied, various other methods may be tried to stop the bleeding, as the application of styptics, astringents, &c. Cloths dipped in a solution of blue vitriol and water, or the *styptic water* of the dispensaries, may be applied to the wound. When these cannot be obtained, strong spirits of wine may be used. Some recommend the *agaric* of the oak, as preferable to any of the other styptics; and indeed it deserves considerable encomiums. It is easily obtained, and ought to be kept in every family, in case of accidents. A piece of it must be laid upon the wound, and covered with a good deal of lint, above which a bandage may be applied so tight as to keep it firmly on.

Though spirits, tinctures, and hot balsams, may be used, in order to stop the bleeding, when it is excessive, they are improper at other times. They do not promote, but retard, the cure; and often change a simple wound into an ulcer. People imagine, because hot balsams congeal the blood, and seem, as it were, to solder up the wound, that they therefore heal it; but this is only a deception. They may indeed stop the flowing blood, by searing the mouths of the vessels; but, by rendering the parts callous, they obstruct the cure.

In slight wounds, which do not penetrate much deeper than the skin, the best application is a bit of



the common black sticking-plaster. This keeps the sides of the wound together, and prevents the air from getting into it, which is all that is necessary. When a wound penetrates deep, it is not safe to keep its lips quite close; this keeps in the matter, and is apt to make the wound fester. In this case the best way is to fill the wound with soft lint, commonly called *caddice*. It, however, must not be stuffed in too hard, otherwise it will do hurt. The lint may be covered with a cloth dipped in oil, or spread with common wax plaster; and the whole must be kept on by a proper bandage.

The first dressing ought to continue on for at least two days; after which it may be removed, and fresh lint applied as before. If any part of the first dressing sticks so close as not to be removed with ease or safety to the patient, it may be allowed to continue, and fresh lint dipped in sweet oil laid over it. This will soften it, so as to make it come off easily at the next dressing. Afterwards the wound may be dressed twice a-day in the same manner, till it be quite healed. Those who are fond of salves or ointments, may, after the wound has become very superficial, dress it with the yellow *basilicum*; and if fungus, or what is called *proud flesh*, should rise in the wound, it may be checked, by mixing with the ointment a little burnt alum, or red precipitate of mercury.

When a wound is greatly inflamed, the most proper application is a poultice of bread and milk, softened with a little sweet oil, or fresh butter. This must be applied instead of a plaster, and should be changed twice a-day.

If the wound be large, and there is great reason to fear an inflammation, the patient should be kept on very low diet. He must abstain from flesh, strong liquors, and every thing that is of a heating nature. If he be of a full habit, and has lost but little blood from the wound, he must be bled; and,



if the symptoms be urgent, the operation may be repeated. But when the patient has been greatly weakened by loss of blood from the wound, it will be dangerous to bleed him, even though a fever should ensue. Nature should never be too far exhausted. It is always more safe to allow her to struggle with the disease in her own way, than to sink the patient's strength by excessive evacuations.

Wounded persons ought to be kept perfectly quiet and easy. Every thing that ruffles the mind, or moves the passions, as love, anger, fear, excessive joy, &c. are very hurtful. The body should be kept gently open, either by laxative clysters, or by a cool vegetable diet, as roasted apples, stewed prunes, boiled spinnage, and such like.

### OF BURNS.

IN slight burns, which do not break the skin, it is customary to hold the part near the fire for a competent time, or rub it with salt, or to lay a compress upon it, dipped in spirits of wine or brandy. But when the burn has penetrated so deep as to blister or break the skin, it must be dressed with some of the liniments for burns mentioned in the Appendix, or with the emollient and gentle drying ointment, commonly called *Turner's cerate*. This may be mixed with an equal quantity of fresh olive-oil, and spread upon a soft rag, and applied to the part affected. When this ointment cannot be had, an egg may be beat up with about an equal quantity of the sweetest salad oil. This will serve very well, till a proper ointment can be prepared. When the burning is very deep, after the first two or three days, it should be dressed with equal parts of yellow *basilicum* and *Turner's cerate*, mixed together.

When the burn is violent, or has occasioned a high degree of inflammation, and there is reason to fear a gangrene or mortification, the same means



must be used to prevent it, as are recommended in other violent inflammations. The patient, in this case, must live low, and drink freely of low diluting liquors. He must likewise be bled, and have his body kept open. But if the burnt parts should become livid or black, with other symptoms of mortification, it will be necessary to bathe them frequently with warm camphorated spirits of wine, tincture of myrrh, or other antiseptics, mixed with a decoction of the bark. In this case the bark must likewise be taken internally, and the patient's diet must be more generous, with wine, &c.

### OF BRUISES.

BRUISES are generally productive of worse consequences than wounds. The danger from them does not appear immediately, by which means it often happens that they are neglected. It is needless to give any definition of a disease so universally known; we shall therefore proceed to point out the method of treating it.

In slight bruises it will be sufficient to bathe the part with warm vinegar, to which a little brandy or rum may be occasionally added; and to keep cloths wet with this mixture constantly applied to it. This is more proper than rubbing it with brandy, spirits of wine, or other ardent spirits, which are commonly used in such cases.

In some parts of the country, the peasants apply to a recent bruise a cataplasm of fresh cow-dung. I have often seen this cataplasm applied to violent contusions, occasioned by blows, falls, bruises, and such like, and never knew it fail to have a good effect.

When a bruise is very violent, the patient ought immediately to be bled, and put upon a proper regimen. His food should be light and cool, and his drink weak and of an opening nature; as whey,



sweetened with honey, decoctions of tamarinds, barley, cream-tartar whey, and such like. The bruised part must be bathed with vinegar and water, as directed above; and a poultice made by boiling crumb of bread, elder-flowers, and camomile flowers, in equal quantities of vinegar and water, applied to it. This poultice is peculiarly proper when a wound is joined to the bruise. It may be renewed two or three times a-day.

As the structure of the vessels is totally destroyed by a violent bruise, there often ensues a great loss of substance, which produces an ulcerous sore, very difficult to cure. If the bone be affected, the sore will not heal before an exfoliation takes place; that is, before the diseased part of the bone separates, and comes out through the wound. This is often a very slow operation, and may even require several years to be completed. Hence it happens that these sores are frequently mistaken for the king's evil, and treated as such, though in fact they proceed solely from the injury which the solid parts received from the blow.

## OF ULCERS.

ULCERS may be the consequence of wounds, bruises, or imposthumes, improperly treated; they may likewise proceed from an ill state of the humours, or what may be called a bad habit of the body.

In the latter case they ought not to be hastily dried up, otherwise it may prove fatal to the patient. Ulcers happen most commonly in the decline of life; and persons who neglect exercise, and live grossly, are most liable to them. They might often be prevented by retrenching some part of the solid food, or by opening artificial drains, as issues, setons, or the like.

An ulcer may be distinguished from a wound, by



its discharging a thin watery humour, which is often so acrid as to inflame and corrode the skin; by the hardness and perpendicular situation of its sides or edges; by the time of its duration, &c.

The most proper regimen for promoting the cure of ulcers, is to avoid all spices, salted and high-seasoned food, all strong liquors, and to lessen the usual quantity of flesh meat. The body ought to be kept gently open by a diet consisting chiefly of cooling laxative vegetables, and by drinking buttermilk, whey, sweetened with honey or the like. The patient ought to be kept cheerful, and should take as much exercise as he can easily bear.

When the bottom and sides of an ulcer seem hard and callous, they may be sprinkled twice a-day with a little red precipitate of mercury, and afterwards dressed with the yellow *basilicum* ointment. Sometimes it will be necessary to have the edges of the ulcer scarified with the lancet.

Lime-water has frequently been known to have very happy effects in the cure of obstinate ulcers. It may be used in the same manner as directed for the stone and gravel.

## OF DISLOCATIONS.

WHEN a bone is moved out of its place or articulation, so as to impede its proper functions, it is said to be *luxated* or *dislocated*. As this oftens happens to persons in situations where no medical assistance can be obtained, by which means, limbs, and even lives, are frequently lost, we shall endeavour to point out the method of reducing the most common luxations, and those which require immediate assistance. Any person of common sense and resolution, who is present when a dislocation happens, may often be of more service to the patient, than the most expert surgeon can, after the swelling and inflammation have come on. When these



are present, it is difficult to know the state of the joint, and dangerous to attempt a reduction; and by waiting till they are gone off, the muscles become so relaxed, and the cavity filled up, that the bone can never afterwards be retained in its place.

A recent dislocation may generally be reduced by extension alone, which must always be greater or less according to the strength of the muscles which move the joint; the age, robustness, and other circumstances, of the patient. When the bone has a swelling or inflammation has come on, it will be necessary to bleed the patient, and, after fomenting the part, to apply soft poultices with vinegar to it, for some time, before the reduction is attempted.

All that is necessary after the reduction, is to apply cloths dipt in vinegar or camphorated spirits of wine, to the part, and to keep it perfectly easy. Many bad consequences proceed from the neglect of this rule. A dislocation seldom happens without the tendons and ligaments of the joint being stretched, and sometimes torn. When these are kept easy till they recover their strength and tone, all goes on very well; but, if the injury be increased by too frequent an exertion of the parts, no wonder if they be found weak and diseased ever after.

### DISLOCATION OF THE JAW.

THE lower jaw may be luxated by yawning, blows, falls, chewing hard substances, or the like. It is easily known from the patient's being unable to shut his mouth, or to eat any thing, as the teeth of the under jaw do not correspond with those of the upper; besides, the chin either hangs down or is thrown towards one side, and the patient is neither able to speak distinctly, nor to swallow without considerable difficulty.



The usual method of reducing a dislocated jaw, is to set the patient upon a low stool, so that an assistant may hold the head firm by pressing it against his breast. The operator is then to thrust his thumbs, being first wrapt up with linen cloths, that they may not slip, as far back in the patient's mouth as he can, while his fingers are applied to the jaw externally. After he has got firm hold of the jaw, he is to press it strongly downwards and backwards, by which means the elapsing heads of the jaw may be easily pushed into their former cavities.

### DISLOCATION OF THE SHOULDER.

THE upper bone of the arm may be dislocated in various directions; it happens, however, most frequently downwards. From the nature of its articulation, as well as from its exposure to external injuries, this bone is the most subject to dislocation of any in the body. A dislocation of the humerus may be known by a depression or cavity on the top of the shoulder, and an inability to move the arm. When the dislocation is downward or forward, the arm is elongated, and a ball or lump is perceived under the arm-pit; but when it is backward, there appears a protuberance behind the shoulder, and the arm is thrown forward towards the breast.

The usual method of reducing dislocations of the shoulder, is to seat the patient upon a low stool, and to cause an assistant to hold his body so that it may not give way to the extension, while another lays hold of the arm a little above the elbow, and gradually extends it. The operator then puts a napkin under the patient's arm, and causes it to be tied behind his own neck; by this, while a sufficient extension is made, he lifts up the head of the bone, and with his hands directs it into its proper place.



## DISLOCATION OF THE ELBOW.

THE bones of the fore-arm may be dislocated in any direction. When this is the case, a protuberance may be observed on that side of the arm towards which the bone is pushed, from which, and the patient's inability to bend his arm, a dislocation of this joint may easily be known.

Two assistants are generally necessary for reducing a dislocation of the elbow; one of them must lay hold of the arm above, and the other below, the joint, and make a pretty long extension, while the operator returns the bones into their proper place. Afterwards the arm must be bent, and suspended for some time with a sling about the neck.

Luxations of the wrist and finger are to be reduced in the same manner as those of the elbow, *viz.* by making an extension in different directions, and thrusting the head of the bone into its place.

## OF BROKEN BONES, &amp;c.

WHEN a large bone is broken, the patient's diet ought in all respects to be the same as in an inflammatory fever. He should likewise be kept quiet and cool, and his body open by emollient clysters; or, if these cannot be conveniently administered, by food that is of an opening quality; as stewed prunes, apples boiled in milk, boiled spinnage, and the like. It ought, however, to be here remarked that persons who have been accustomed to live high, are not all of a sudden to be reduced to a very low diet. This might have fatal effects. There is often a necessity for indulging even bad habits, in some measure, where the nature of the disease might require a different treatment.

It will generally be necessary to bleed the patient, immediately after a fracture; especially if he be



young, of a full habit, or has at the same time received any bruise or contusion. This operation should not only be performed soon after the accident happens, but, if the patient be very feverish, it may be repeated next day. When several of the ribs are broken, bleeding is peculiarly necessary.

If any of the large bones which support the body are broken, the patient must keep his bed for several weeks. It is by no means necessary, however, that he should lie all that time, as is customary, upon his back. This situation sinks the spirits, galls and frets the patient's skin, and renders him very uneasy. After the second week he may be gently raised up, and may sit several hours, supported by a bed-chair, or the like, which will greatly relieve him. Great care, however, must be taken, in raising him up and laying him down, that he make no exertion himself; otherwise the action of the muscles may pull the bone out of its place.

It is of great importance to keep the patient dry and clean, while in this situation. By neglecting this, he is often so galled and excoriated, that he is forced to keep shifting places for ease. I have known a fractured thigh-bone, after it has been kept straight for above a fortnight, displaced by this means, and continue bent for life, in spite of all that could be done.

It has been customary, when a bone was broken, to keep the limb for five or six weeks continually upon the stretch. But this is in a bad posture. It is both uneasy to the patient, and unfavourable to the cure. The best situation is to keep the joint a little bent. This is the posture into which every animal puts its limbs when it goes to rest, and in which fewest muscles are upon the stretch. It is easily effected, by either laying the patient upon his side, or making the bed so as to favour this position of the limb.



Bone-setters ought carefully to examine whether the bone be not shattered or broken in several pieces. In this case, it will sometimes be necessary to have the limb immediately taken off, otherwise a gangrene or mortification may ensue. The horror which attends the very idea of an amputation often occasions its being delayed in such cases till too late. I have known this principle operate strongly, that a limb, where the bones were shattered into more than twenty pieces, was not amputated before the third day after the accident, when the gangrene had proceeded so far as to render the operation useless.

When a fracture is accompanied with a wound, it must be dressed in all respects as a wound.

All that art can do towards the cure of a broken bone, is to lay it perfectly straight, and to keep it quite easy. All tight bandages do hurt. They had much better be omitted altogether. A great many of the bad consequences which succeed to fractured bones, are owing to tight bandages. This is one of the ways in which the excess of art, or rather the abuse of it, does more mischief than would be occasioned by the want of it. Some of the most sudden cures of broken bones which were ever known, happened where no bandages were applied at all. Some method, however, must be taken to keep the member steady; but this may be done many ways, without bracing it with a tight bandage.

The best method of retention is by two or more splints made of leather or pasteboard. These, if moistened before they are applied, soon assume the shape of the included member, and are sufficient by the assistance of a very slight bandage, for all the purposes of retention. The bandage which we would recommend is that made with twelve or eighteen tails. It is much easier applied and taken off than rollers, and answers all the purposes of retention equally well. The splints should always be as long



as the limb, with holes cut for the ancles, when the fracture is in the leg.

In fractures of the ribs, where a bandage cannot be properly used, an adhesive plaster may be applied over the part. The patient in this case ought to keep himself quite easy, avoiding every thing that occasions sneezing, laughing, coughing, or the like. He ought to keep his body in a straight posture, and should take care that his stomach be constantly distended, by taking frequently some light food, and drinking frequently of weak watery liquors.

The most proper external application for a fracture is *oxycrate*, or a mixture of vinegar and water. The bandages should be wet with this at every dressing.

## OF STRAINS.

STRAINS are often attended with worse consequences than broken bones. The reason is obvious; they are generally neglected. When a bone is broken, the patient is obliged to keep the member easy, because he cannot make use of it; but when a joint is only strained, the person, finding he can still make a shift to move it, is sorry to lose his time for so trifling an ailment. In this way he deceives himself, and converts into an incurable malady, what might have been removed by only keeping the part easy for a few days.

Country people generally immerse a strained limb in cold water. This is very proper, provided it be done immediately, and not kept in too long. But the custom of keeping the part immersed in cold water for a long time is certainly dangerous. It relaxes, instead of bracing the part, and is more likely to produce a disease than cure one.

Wrapping a garter, or some other bandage, pretty tight about the strained part, is likewise of use. It helps to restore the proper tone of the vessels,



and prevents the action of the parts from increasing the disease. It should not, however, be applied too tight. I have frequently known bleeding near the affected part have a very good effect; but what we would recommend above all, is *ease*. It is more to be depended on than any medicine, and seldom fails to remove the complaint.

## OF RUPTURES.

CHILDREN and old people are most liable to this disease. In the former, it is generally occasioned by excessive crying, coughing, vomiting, or the like. In the latter, it is commonly the effect of blows or violent exertions of the strength, as leaping, carrying great weights, &c. In both, a relaxed habit, indolence, and an oily or very moist diet, dispose the body to this disease.

A rupture sometimes proves fatal before it is discovered. Whenever sickness, vomiting, and obstinate costiveness, give reason to suspect an obstruction of the bowels, all those places where ruptures usually happen, ought carefully to be examined. The protrusion of a very small part of the gut will occasion all these symptoms; and, if not returned in due time, will prove fatal. On the first appearance of a rupture in an infant, it ought to be laid upon its back, with its head very low. While in this posture, if the gut does not return of itself, it may easily be put up by gentle pressure. After it is returned, a piece of sticking-plaster may be applied over the part, and a proper truss or bandage must be constantly worn for a considerable time. The method of making and applying rupture bandages for children is pretty well known. The child must, as far as possible, be kept from crying, and from all violent exertions, till the rupture is quite healed.

In adults, when the gut has been forced down



with great violence, or happens from any cause to be inflamed, there is often great difficulty in returning it, and sometimes the thing is quite impracticable without an operation; a description of which is foreign to our purpose. As I have been fortunate enough, however, always to succeed in my attempts to return the gut, without having recourse to any other means than what are in the power of every man, I shall briefly mention the method which I generally pursue.

After the patient has been bled, he must be laid upon his back, with his head very low, and his breech raised high with pillows. In this situation, flannel cloths wrung out of a decoction of mallows and camomile flowers, or if these are not at hand, of warm water, must be applied for a considerable time. A clyster made of this decoction, with a large spoonful of butter, and an ounce or two of salt, may afterwards be thrown up. If these should not prove successful, recourse must be had to pressure. If the tumour be very hard, considerable force will be necessary; but it is not force alone which succeeds here. The operator, at the same time that he makes a pressure with the palms of his hands, must with his finger artfully conduct the gut in by the same aperture through which it came out. The manner of doing this can be much easier conceived than described. Should these endeavours prove ineffectual, clysters of the smoke of tobacco may be tried. These have been often known to succeed where every other method failed.

There is reason to believe that, by persisting in the use of these, and such other means as the circumstances of the case may suggest, most *hernias* might be reduced without an operation. Cutting for the *hernia* is a nice and difficult matter. I would therefore advise surgeons to try every method of returning the gut, before they have recourse to the knife. I have once and again succeeded by perse-



vering in my endeavours, after eminent surgeons had declared the reduction of the gut impracticable, without an operation.

## OF SUBSTANCES STOPT BETWEEN THE MOUTH AND STOMACH.

THOUGH accidents of this kind are very common and extremely dangerous, yet they are generally the effect of carelessness. Children should be taught to chew their food well, and to put nothing into their mouths which it would be dangerous for them to swallow. But children are not the only persons guilty of this piece of imprudence. I know many adults who put pins, nails, and other sharp-pointed substances, in their mouths upon every occasion, and some who even sleep with the former there all night. This conduct is exceedingly injudicious, as a fit of coughing, or twenty other accidents, may force over the substance, before the person is aware.

When any substance is detained in the gullet, there are two ways of removing it, *viz.* either by extracting it or pushing it down. The safest and more certain way is to extract it; but this is not always the easiest; it may therefore be more eligible sometimes to thrust it down, especially when the obstructing body is of such a nature that there is no danger of its reception into the stomach. The substances which may be pushed down without danger are all common nourishing ones, as bread, flesh, fruits, and the like. All indigestible bodies, as cork, wood, bones, and pieces of metal, and such like, ought, if possible, to be extracted, especially if those bodies be sharp-pointed, as pins, needles, fish-bones, bits of glass, &c.

If the fingers or pincers cannot be applied, crotchets a kind of hooks, must be employed. These may be made at once, by bending a piece of pretty strong iron wire at one end. It must be introduced in the



flat way ; and for the better conducting it, there should likewise be a curve or bending at the end it is held by, to serve as a kind of handle to it ; which has this farther use, that it may be secured by a string tied to it ; a circumstance not to be omitted in any instrument employed on such occasions, to avoid such ill accidents as have sometimes ensued from these instruments slipping out of the operator's hand. After the crotchet has passed below the substance that obstructs the passage, it is drawn up again, and hooks up the body along with it. The crotchet is also very convenient, when a substance somewhat flexible, as a pin, or fish-bone, sticks across the gullet ; the hook, in such cases, seizing them about their middle part, crooks and thus disengages them, or, if they are very brittle substances, serves to break them.

When the obstructing bodies are small, and only stop up a part of the passage, and which may either easily elude the hook, or straighten it by their resistance, a kind of rings, made either of wire, wool, or silk, may be used. A piece of fine wire of a proper length may be bent into a circle, about the middle, of an inch diameter, and the long unbent sides brought parallel, and near each other ; these are to be held in the hand, and the circular part or ring introduced into the gullet, in order to be conducted about the obstructing body, and so to extract it. More flexible rings may be made of wool, thread, silk, or small pack-thread, which may be waxed for their greater strength and consistence. One of these is to be tied fast to a handle of iron wire, whalebone, or any kind of flexible wood, and by this means introduced in order to surround the obstructing substance, and to draw it out. Several of these rings passed through one another may be used, the more certainly to lay hold of the obstructing body, which may be involved by one, if another should miss it. These rings have one advantage, which is that,



when the substance to be extracted is once laid hold of, it may then, by turning the handle, be retained so strongly in the ring thus twisted, as to be moved every way, which must in many cases be a considerable advantage.

Another material employed on these unhappy occasions is the sponge. Its property of swelling considerably on being wet, is the principal foundation of its usefulness here. If any substance is stopped in the gullet, but without filling up the whole passage, a bit of sponge may be introduced into that part which is unstopped, and beyond the substance. The sponge soon dilates, and grows larger in this moist situation; and indeed the enlargement of it may be forwarded by making the patient swallow a few drops of water. Afterwards it is to be drawn back by the handle to which it is fastened; and as it is now too large to return through the small cavity by which it was conveyed in, it draws out the obstructing body along with it.

The compressibility of sponge is another foundation of its usefulness in such cases. A pretty large piece of sponge may be compressed or squeezed into a small size, by winding string or tape closely about it, which may be easily unwound and withdrawn, after the sponge has been introduced. A bit of sponge may likewise be compressed by a piece of whalebone split at one end; but this can hardly be introduced in such a manner as not to hurt the patient.

I have often known pins and other sharp bodies, which had stuck in the throat, brought up by causing the person to swallow a bit of tough meat tied to a thread, and drawing it quickly up again. This is safer than swallowing sponge, and will often answer the purpose equally well.

When all these methods prove unsuccessful, there remains one more, which is, to make the patient vomit; but this can scarcely be of any service, unless,



when such obstructing bodies are simply engaged in, and not hooked or stuck into the sides of, the gullet, as in this case vomiting might sometimes occasion farther mischief. If the patient can swallow, vomiting may be excited, by taking half a drachm or two scruples of ipecacuanha in powder made into a draught. If he is not able to swallow, an attempt may be made to excite vomiting, by tickling his throat with a feather; and, if that should not succeed, a clyster of tobacco may be administered. It is made by boiling an ounce of tobacco in a sufficient quantity of water. This has often been found to succeed when other attempts to excite vomiting had failed.

When the obstructing body is of such a nature that it may with safety be pushed downwards, this may be attempted by means of a wax candle, oiled, and a little heated, so as to make it flexible; or a piece of whalebone, wire, or flexible wood, with a sponge fastened to the end.

Should it be impossible to extract even those bodies which it is dangerous to admit into the stomach, we must then prefer the least of two evils, and rather run the hazard of pushing them down, than suffer the patient to perish in a few minutes; and we ought to scruple this resolution the less, as a great many instances have happened, where the swallowing of such hurtful and indigestible substances has been followed by no disorder.

When it is manifest that all endeavours either to extract or push down the substance must prove ineffectual, they should be discontinued: because the inflammation occasioned by persisting in them, might be as dangerous as the obstruction itself. Some have died in consequence of the inflammation, even after the body which caused the obstruction had been entirely removed.

While the means recommended above are made use of, the patient should swallow, or, if he cannot, he



should frequently receive by injection, through a crooked tube or pipe that may reach down the gullet, some emollient liquor, as warm milk and water, barley-water, or a decoction of mallows. Injections of this kind not only soften and soothe the irritated parts, but, when thrown in with force, are often more successful in loosening the obstruction, than all attempts with instruments.

When, after all our endeavours, we are obliged to leave the obstructing body in the part, the patient must be treated as if he had an inflammatory disease. He should be bled, kept upon a low diet, and have his whole neck surrounded with emollient poultices. The like treatment must also be used, if there be any reason to suspect an inflammation of the passages, though the obstructing body be removed.

A proper degree of agitation has sometimes loosened the inhering body more effectually than instruments. Thus a blow on the back has often forced up the substance which stuck in the gullet; but this is still more proper and efficacious when the substance gets into the wind-pipe. In this case, vomiting and sneezing are likewise to be excited. Pins, which stuck in the gullet, have been frequently discharged by riding on horseback, or in a carriage.

When any indigestible substance has been forced down into the stomach, the patient should use a very mild, smooth diet, consisting chiefly of fruits and farinaceous substances, as puddings, pottage, and soups. He should avoid all heating and irritating things, as wine, punch, pepper, and such like; and his drink should be milk and water, barley-water, or whey.

When the gullet is so strongly and fully closed, that the patient can receive no food by the mouth, he must be nourished by clysters of soup, jelly, and the like.



When the patient is in danger of being immediately suffocated, and all hope of freeing the passage is vanished, so that death seems at hand, if respiration be not restored, the operation of *bronchotomy*, or opening the wind-pipe, must be directly performed. As this operation is neither difficult to an expert surgeon, not very painful to the patient, and is often the only method which can be taken to preserve life in these emergencies, we thought proper to mention it, though it should only be attempted by persons skilled in surgery.

### OF DROWNED PERSONS.

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

Though cold was by no means the cause of the person's death, yet it will prove an effectual obstacle to his recovery. For this reason, after stripping him of his wet clothes, his body must be strongly rubbed for a considerable time with coarse linen cloths as warm as they can be made; and, as soon as a well-heated bed can be got ready, he may be laid in it, and the rubbing should be continued. Warm cloths ought likewise to be frequently applied to the stomach and bowels; and hot bricks, or bottles of warm water, to the soles of the feet, and to the palms of his hands.

Strong volatile spirits should be frequently applied to the nose; and the spine of the back and pit of the stomach may be rubbed with warm brandy, or spirits of wine. The temples ought also to be chafed with volatile spirits; and stimulating powders, as that of tobacco or marjoram, may be blown up the nostrils.



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

If the lungs cannot be inflated in this manner, it may be attempted by blowing through one of the nostrils, and at the same time keeping the other closed. Dr. Monro, for this purpose, recommends a wooden pipe fitted at one end for filling the nostril, and the other for being blown into by a person's mouth, or for receiving the pipe of a pair of bellows, to be employed for the purpose, if necessary.

When air cannot be forced into the chest by the mouth or nose, it may be necessary to make an opening into the windpipe for this purpose. It is needless, however, to spend time in describing this operation, as it should not be attempted unless by persons skilled in surgery.

To stimulate the intestines, the fumes of tobacco may be thrown up in form of a clyster. There are various pieces of apparatus contrived for this purpose, which may be used when at hand; but where these cannot be obtained, the business may be done by a common tobacco pipe. The bowl of the pipe must be filled with tobacco well kindled, and, after the small tube has been introduced into the fundament, the smoke may be forced up by blowing through a piece of paper full of holes, wrapped round the mouth of the pipe. Should it be found impracticable to throw up the smoke of tobacco, clysters of warm water and a little salt, and some wine or spirits, may be frequently administered.

Prepare a warm bath, into which the person should



be put, if the above endeavours prove ineffectual. Where there are no conveniences for using the warm bath, the body may be covered with warm salt, sand, ashes, grains, or such like.

Till the patient shows some signs of life, and is able to swallow, it would be useless and even dangerous to pour liquors into his mouth. His lips, however, and tongue may be frequently wet with a feather dipped in warm brandy or other strong spirits; and, as soon as he has recovered the power of swallowing, a little warm wine, or some other cordial, ought every now and then to be administered.

Some recommend a vomit after the patient is a little reanimated; but if he can be made to puke without the sickening draught, it will be more safe; this may generally be done by tickling the throat and fauces with an oiled feather, or some other soft substance, which will not injure the parts. Tissot, in this case, recommends the oxymel of squills, a table-spoonful of which, diluted with water, may be given every quarter of an hour, till the patient has taken five or six doses. Where that medicine is not at hand, a strong infusion of sage, camomile flowers, or *carduus benedictus*, sweetened with honey, or some warm water, with the addition of a little salt, may, he says, supply its place. The Doctor does not intend that any of these things should be given in such quantity as to occasion vomiting. He thinks emetics in this situation are not expedient.

By no means discontinue assistance as soon as the patients discover some tokens of life, since they sometimes expire after these first appearances of recovering. The warm and stimulating applications are still to be continued, and small quantities of some cordial liquor ought frequently to be administered.



## EFFECTS OF EXTREME COLD.

WHEN cold is extremely severe, and a person is exposed to it for a long time, it proves mortal, in consequence of its stopping the circulation in the extremities, and forcing too great a proportion of blood towards the brain : so that the patient dies of a kind of apoplexy, preceded by great sleepiness. The traveller, in this situation, who finds himself begin to grow drowsy, should redouble his efforts to extricate himself from the imminent danger he is exposed to. This sleep, which he might consider as some alleviation of his sufferings, would, if indulged, prove his last.

Such violent effects of cold are happily not very common in this country; it frequently happens, however, that the hands or feet of travellers are so benumbed or frozen, as to be in danger of a mortification, if proper means are not used to prevent it. The chief danger in this situation arises from the sudden application of heat. It is very common, when the hands or feet are pinched with cold, to hold them to the fire; yet reason and observation show that this is a most dangerous and imprudent practice.

When the hands or feet are greatly benumbed with cold, they ought either be immersed in cold water, or rubbed with snow, till they recover their natural warmth and sensibility; after which the person may be removed into an apartment a little warmer, and may drink some cups of tea, or an infusion of elder-flowers sweetened with honey. Every person must have observed, when his hands were even but slightly affected with cold, that the best way to warm them was by washing them in cold water, and continuing to rub them well for some time.

When a person has been so long exposed to the cold, that all appearances of life are gone, it will be



necessary to rub him all over with snow or cold water; or what will answer better, if it can be obtained, to immerse him in a bath of the very coldest water. There is the greatest encouragement to persist in the use of these means, as we are assured that persons who had remained in the snow, or had been exposed to the freezing air, during five or six successive days, and who had discovered no marks of life for several hours, have nevertheless been revived.

### OF FAINTING FITS, AND OTHER CASES WHICH REQUIRE IMMEDIATE ASSISTANCE.

STRONG and healthy persons, who abound with blood, are often seized with sudden fainting fits, after violent exercise, drinking freely of warm or strong liquors, exposure to great heat, intense application to study, or the like.

In such cases the patient should be made to smell to some vinegar. His temples, forehead, and wrists, ought at the same time to be bathed with vinegar, mixed with an equal quantity of warm water; and two or three spoonful of vinegar, with four or five times as much water, may, if he can swallow, be poured into his mouth.

If the fainting proves obstinate, or degenerates into a *syncope*, that is, an abolition of feeling and understanding, the patient must be bled. After the bleeding, a clyster will be proper, and then he should be kept easy and quiet, only giving him, every half hour, a cup or two of an infusion of any mild vegetable, with the addition of a little sugar and vinegar.

When swoonings, which arise from this cause, occur frequently in the same person, he should, in order to escape them, confine himself to a light diet, consisting chiefly of bread, fruits, and other vegeta-



bles. His drink ought to be water or small beer, and he should sleep but moderately, and take much exercise.

But fainting fits proceed much oftener from a defect, than an excess, of blood. Hence they are ready to happen after great evacuations of any kind, obstinate watching, want of appetite, or such like. In these an almost directly opposite course to that mentioned above must be pursued.

The patient should be laid in bed with his head low, and being covered, should have his legs, thighs, arms, and his whole body, rubbed strongly with hot flannels. Hungary-water, volatile salts, or strong smelling herbs, as rue, mint, or rosemary, may be held to his nose. His mouth may be wet with a little rum or brandy; and, if he can swallow, some hot wine, mixed with sugar and cinnamon, which is an excellent cordial, may be poured into his mouth. A compress of flannel, dipt in hot wine or brandy, must be applied to the pit of his stomach; and warm bricks, or bottles filled with hot water, laid to his feet.

As soon as the patient is recovered a little, he should take some strong soup or broth, or a little bread or biscuit soaked in hot spiced wine. To prevent the return of the fits, he ought to take often, but in small quantities, some light yet strengthening nourishment, as panado made with soup instead of water, new-laid eggs lightly poached, chocolate, light roast meats, jellies, and such like.

Those fainting fits which are the effect of bleeding, or of the violent operation of purges, belong to this class. Such as happen after artificial bleeding are seldom dangerous, generally terminating as soon as the patient is laid upon the bed; indeed, persons subject to this kind, should always be bled lying, in order to prevent it. Should the fainting, however, continue longer than usual, volatile spirits may be held to the nose, and rubbed on the temples, &c.



When fainting is the effect of too strong or acrid purges or vomits, the patient must be treated in all respects as if he had taken poison. He should be made to drink plentifully of milk, warm water and oil, barley-water, or such like; emollient clysters will likewise be proper; and the patient's strength should afterwards be recruited, by giving him generous cordials and anodyne medicines.

Faintings are often caused by indigestion. This may either proceed from the quantity or quality of the food. When the former of these is the cause, the cure will be best performed by vomiting, which may be promoted by causing the patient to drink a weak infusion of camomile-flowers, *carduus benedictus*, or the like. When the disorder proceeds from the nature of the food, the patient, as in the case of weakness, must be revived by strong smells, &c; after which he should be made to swallow a large quantity of light, warm fluid, which may serve to drown, as it were, the offending matter, to soften its acrimony, and either to effect a discharge of it by vomiting, or force it down into the intestines.

Even disagreeable smells will sometimes occasion swoonings, especially in people of weak nerves. When this happens, the patient should be carried into the open air, have stimulating things held to his nose, and those substances which are disagreeable to him ought immediately to be removed. But we have already taken notice of swoonings which arise from nervous disorders, and shall therefore say no more upon that head.

Fainting fits often happen in the progress of diseases. In the beginning of putrid diseases, they generally denote an oppression of the stomach, or a mass of corrupted humours, and they cease after evacuations either by vomit or stool. When they occur in the beginning of malignant fevers, they indicate great danger. In each of these cases, vine-



gar, used both externally and internally, is the best remedy during the paroxysm, and plenty of lemon-juice and water after it. Swoonings which happen in diseases accompanied with great evacuations, must be treated like those which are owing to weakness, and the evacuations ought to be restrained. When they happen towards the end of a violent fit of an intermitting fever, or at that of each exacerbation of a continual fever, the patient must be supported by small draughts of wine and water.

Delicate and hysteric women are very liable to swooning or fainting fits, after delivery. These might be often prevented by generous cordials, and the admission of fresh air. When they are occasioned by excessive flooding, it ought by all means to be restrained. They are generally the effect of mere weakness or exhaustion. Dr. Engleman relates the case of a woman in childbed, who, after being happily delivered, suddenly fainted, and lay upwards of a quarter of an hour apparently dead. A physician was sent for; her own maid, in the meanwhile, being out of patience at his delay, attempted to assist her herself, and extended herself upon her mistress, applied her mouth to her's, blew in as much breath, as she possibly could, and in a very short time the exhausted woman awaked, as out of a profound sleep, when, proper things being given her, she soon recovered.

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

We mention this case chiefly that other midwives may be induced to follow so laudable an example. Many children are born without any signs of life; and others expire soon after the birth, who might without all doubt, by proper care, be restored to life.

From whatever cause fainting fits proceed, fresh



air is always of the greatest importance to the patient. By not attending to this circumstance, people often kill their friends, while they are endeavouring to save them. Alarmed at the patient's situation, they call in a crowd of people to his assistance, or perhaps to witness his exit, whose breathing exhausts the air and increases the danger. There is not the least doubt but this practice, which is very common among the lower sort of people, often proves fatal, especially to the delicate, and such persons as fall into fainting fits from mere exhaustion, or the violence of some disease. No more persons ought ever to be admitted into the room where a patient lies in a swoon, than are absolutely necessary for his assistance, and the windows of the apartment should always be open, at least as far as to admit a stream of fresh air.

Persons subject to frequent swoonings, or fainting fits, should neglect no means to remove the cause of them, as their consequences are always injurious to the constitution. Every fainting fit leaves the person in dejection and weakness; the secretions are thereby suspended; the humours disposed to stagnation; coagulations and obstructions are formed; and, if the motion of the blood be totally intercepted, or very considerably checked, *polypuses* are sometimes formed in the heart or larger vessels. The only kinds of swooning not to be dreaded, are those which sometimes mark the *crisis* in fevers; yet even these ought, as soon as possible, to be removed.

## OF SUFFOCATION AND STRANGLING.

THESE may sometimes proceed from an infraction of the lungs, produced by viscid, clammy, humours, or a spasmodic affection of the nerves of that organ. Persons who feed grossly, and abound in rich blood, are very liable to suffocating fits from the former of



these causes. Such ought, as soon as they are attacked, to be bled, to receive an emollient clyster, and to take frequently a cup of diluting liquor with a little nitre in it. They should likewise receive the steam of hot vinegar into their lungs by breathing.

Nervous and asthmatic persons are most subject to spasmodic affections of the lungs. In this case, the patient's legs should be immersed in warm water, and the steam of vinegar applied as above. Warm diluting liquors should likewise be drunk; to a cup of which a teaspoonful of the paregoric elixir, may occasionally be added. Burnt paper, feathers, or leather, may be held to the patient's nose, and fresh air should be freely admitted to him.

Infants are often suffocated by the carelessness or inattention of their nurses. An infant, when in bed, should always be laid so that it cannot tumble down with its head under the bed-clothes; and when in a cradle, ought never to be covered. A small degree of attention to these two simple rules would save the lives of many infants, and prevent others from being rendered weak and sickly all their days by the injuries done to their lungs.

#### OF COLD-BATHING, WITH REMARKS ON THE CASES IN WHICH THE WARM BATH IS MORE ADVISABLE.

IMMERSION in cold water is a custom which lays claim to the most remote antiquity. Indeed it must have been coeval with man himself. The necessity of water for the purpose of cleanliness, and the pleasure arising from its application to the body in hot countries, must very early have recommended it to the human species. Even the example of other animals was sufficient to give the hint to man. By instinct, many of them are led to apply cold water in this manner; and some, when deprived of its use,



have been known to languish and even to die. But whether the practice of cold-bathing arose from necessity, reasoning, or imitation, is an inquiry of little consequence; our business is to point out the advantages which may be derived from it, when judiciously resorted to, and the danger attending its improper use.

People are apt to imagine that the simple element of water can do no hurt, and that they may plunge into it at any time with impunity. In this, however, they are much mistaken. I have known apoplexies occasioned by going into the cold bath,—fevers excited by staying long in it. There are also instances of maladies being so much aggravated by its constant use, as to be rendered incurable.

Absurd prejudices against cold-bathing are no less blameable and injurious. As a preservative of health, its regular use cannot be too much inculcated. It strengthens the lax fibres of children; and, in all periods of life, gives tone and vigour to the body, and enables the vital organs fully to perform their functions. It steels the frame against cold, damp, and changeable weather, and is the best preventive of diseases arising from debility, a relaxed skin, or from obstructed or excessive perspiration.

Remaining too long in the water, however, is dangerous; and, instead of strengthening, is apt to relax the system, and to chill the blood, cramp the muscles, and occasion an excessive flow of humours towards the head. A single plunge is sufficient; though swimmers, accustomed to the water may continue their favourite amusement for five or six minutes, and, if in the sea, considerably longer, without injury.

The morning is in every respect the best time for persons in health using this exercise, and it never should be used immediately after dinner, after much fatigue, or when over-heated. At the same time, the body ought to have a gentle glow or temperate



warmth, by a little exercise, before bathing, and after it is over, and the body rubbed dry instantly on coming out of the water: half an hour's exercise will be essentially serviceable.

With respect to the cold bath used as a remedy in disease, much will depend upon the nature and state of the disease; if it be a case of delicacy and danger, this remedy should not be resorted to without the best advice. In less essential situations, the following rules and observations may be of service.

It is always important to consider whether the patient have strength to bear the shock; for although it is true that the bath is an excellent bracer, in all cases of relaxation, languor, muscular or nervous weakness, yet it must ever be understood with a proviso that there remain sufficient stamina to produce a due re-action of the heart and arteries, on which all the salutary effects of cold bathing depend. If the immersion be followed by an agreeable glow, and sense of alacrity, it is a sure sign that it agrees with the constitution.

In scrofula, the cold bath, and particularly in the sea, has been found of the greatest service, especially if the sea-water be taken also inwardly. It will then act both as a tonic or bracer, and a detergent or purifier; and certainly a regular course of sea-bathing, with the internal use of salt water, with good air, exercise, and a light nourishing diet, are the best means of checking the progress of the evil, and counteracting its morbid effects. But this is only with respect to the external symptoms of the malady, and before it has arrived at a certain pitch, or reduced the patient to extreme weakness. In this case, and where any external effects of the disorder are present, salt-water bathing or drinking would be extremely injurious.

In cutaneous diseases in general, the cold bath should not be ventured upon without medical advice. There are many of them, and many stages, where it



would repel the eruption, and perhaps drive its seeds into some vital part, in spite of nature's efforts to throw them off. In such cases, the warm bath must have the decided preference. Wherever sea-bathing is used, in cases where blotches or pimples appear externally, the sea-water should be taken at the same time as a moderate and cooling aperient, to carry off impurities. Half a pint, taken in the morning, immediately on coming out of the sea, and as much half an hour after, will generally be sufficient; but, if necessary, the dose may be increased without inconvenience.

In diseases of the skin and habit, sea-water, from the gently stimulating, detergent, and healing properties of its saline impregnation, is much preferable to river-water. It cleanses sores, and promotes the process of granulation, and has been often known to discuss swellings that have resisted the most powerful medicines. Deep-seated ulcers, beyond the reach of other applications, sometimes yield to its penetrating action.

A great advantage of the sea-water in chronic diseases is, that it may be persevered in for a long time, without weakening the intestines or the constitution. Both the external and internal use of it, however, (which it is to be remembered should always go together) must be employed at first only two or three times a-week, and proceed gradually till the patient can bear it properly every day; and it should be gradually discontinued in the same manner.

When the cold bath occasions chillness, loss of appetite, listlessness, pain of the breasts, headaches, or bowel-disorders, such consequences prove its disagreement with the patient.

But it may sometimes be highly dangerous to try the experiment. In all obstinate obstructions, and in diseases of the lungs or brain, as well as particular affections of the stomach and bowels, the



consequences may be fatal. A nervous asthma, or atrophy, may be mistaken for a consumption of the lungs, yet for the two first the cold-bath is beneficial, and in the last, injurious, and probably fatal.

Persons of a plethoric or full habit ought not, without precaution, to use the cold-bath. They run the risk of bursting a blood-vessel, or producing an inflammation in an important part; but if they previously employ proper evacuants, and particularly the sea-water, for some time, bathing will have the best effects, either in plethoric, or extremely nervous debilitated habits; even a single dip may produce fevers, palsies, apoplexies, and death.

Persons of extreme nervous debility, however, will be much benefited by the cold bath, if not taken too precipitately. Not only women of delicate habits, and weakly children, but men in the same predicament, should begin with a tepid bath, at the same degree as that of animal heat, namely ninety-six degrees of Fahrenheit's thermometer, and reduce it gradually, according to the increase of the patient's strength, and internal powers of re-action.

This mode of beginning with the warm bath, reducing it gradually, and almost imperceptibly, till perfectly cold, and persevering in the cold bath, is particularly to be recommended in hysteric and hypochondriac cases; in rheumatic complaints; in the convulsive motions and muscular contractions, called St. Vitus's dance; and generally in all that branch of nervous disorders which comprehend spasms, convulsions, epilepsies, and other symptoms of debility, or irritability of the system.

The principal exceptions to these rules are, in the treatment of spasmodic affections of the intestines, whooping-coughs, and coughs in general, convulsive asthmas, and complaints of the bowels or chest, where the cold bath would, at any time, and under any management, be extremely improper. In coughs, and bowel-complaints, bathing the feet in



warm water is of great service, but to immerge the whole body either in the warm or cold bath would aggravate the symptoms.

Where there are any symptoms of paralytic affections discoverable, the inconsiderate use of the cold bath cannot be too strictly prohibited. This complaint requires a great degree of external heat; the hot bath is a sovereign remedy. Here, and indeed in every case, friction should never be neglected immediately after bathing.

After immoderate drinking, the cold bath should never be resorted to. It will certainly cool the body, but it will be too powerful a refrigerant, and may for ever extinguish animal heat; or should nature resist the shock, still it must increase the disorder of the stomach, the violence of the headache, and the derangement of the circulation, and will probably be attended with fever, or very troublesome eruptions.

In this case, however, the shower-bath, which can be easily procured, or which may be supplied by a common watering pan, may afford beneficial relief. This application is in many cases extremely useful. Its action may be regulated at pleasure; and as the water descends like rain, it gently impels the blood towards the lower extremities, and prevents the danger which would arise from its sudden and too rapid determination to the lungs and head, in some of the cases before mentioned.

In hæmorrhages of every description, cold water may be applied with good effect, as also in immoderate fluxes of the menses, and in the interval of menstruation, cold bathing, and drinking chalybeate waters. But where the discharge of blood proceeds from affections of the brain, lungs, &c. or is habitual, as in piles, nothing could be so improper as to check the evacuation.

In the gout, and all its symptoms, cold-bathing would repel the disorder, and probably throw it into some vital part.



Although the warm bath is in general to be recommended in obstruction of the menses, there are cases of retention after the usual age, when the cold bath may contribute to restore the tone of the system; of these, however, a skilful physician must judge.

Persons returning from a hot climate, will find the warm-bath not only safer than the cold, but more conducive to restore their strength. It may be reduced by degrees to the cold bath, as recommended in cases of debility.

### OF MINERAL WATERS.

MINERAL waters are classed as hot and cold, and as Chalybeate, Saline, Sulphurous, and Calcareous, as they are impregnated with iron, salts, sulphur, or lime.

Chalybeates may be distinguished as simple chalybeates, having no prominent impregnation but iron; and saline or purgative chalybeates, having a strong mixture of purging salt, which are very different from the other, both in taste and effect. Tunbridge is at the head of the former, and Cheltenham of the latter, class.

The Tunbridge waters greatly stimulate the relaxed nerves, and brace the system; afford relief in flatulencies, bilious vomitings, irregular digestion, and other consequences, either of debility or intemperance, and promote the circulation of the blood, and the various secretions. They are particularly serviceable in obstructions of the menses; but in flooding they are injurious. They are beneficial in obstructions of the urinary passages; and may be used with great advantage in chronic diseases, which arise from slow beginnings, and are attended with laxity of the solids, without much organic disease. But if the weakness proceeds from morbid affections of the mysentery, lungs, or other important organs, they are improper.



Plethoric persons should not use these waters without blood-letting, or other gentle attenuants.

They are often at first an active purgative, but their continued use is rather apt to produce costiveness; in which case, gentle laxatives are necessary. The water itself may be converted to a purgative chalybeate, by the addition of a little magnesia or Glauber's salts. In the removal of obstructions, the warm bath is also recommended.

At first, the patient should take a quarter of a pint, half an hour before breakfast, repeating the same at intervals in the forenoon, and augmenting the doses according to the sensations they excite. The usual hours for these doses, are, eight, ten, and twelve o'clock. At first, however, they should not be taken fasting.

They may, in the first instance, produce giddiness, nausea, vomiting, pain of the head and of the heart, and sense of fulness over the whole body: but unless these symptoms continue obstinately, they should not be considered as unfavourable. It is a judicious practice to immerge a bottle of the chalybeate in hot water, to take off the chill.

The waters of Islington and Hampstead, are, in their qualities, not much inferior to the Tunbridge.

A great matter, however, in the use of all the waters, is to attend to a proper regimen. Pure air, temperate living, early and regular hours, active diversions, agreeable company, and relaxation from business, are essentially proper.

The waters of the German Spa and Pyrmont, being more active, their use requires greater caution.

The Spa water is four times as strong as the Tunbridge, and of course the dose must be proportionate. At first a sufficient quantity of warm water mixed with it will be useful both to reduce it, and bring it to temperature proper for the constitution of the patient; and here it is particularly indispensable for persons of a plethoric habit previously to use attenuants.



The Pyrmont waters contain as much iron, and twice as much fixed air, as those of the German Spa; a necessary and appropriate caution must therefore be observed. The waters of Pyrmont and Spa afford the most refreshing and wholesome draught, to relieve, in the morning, weakness of the stomach, occasioned by too free a use of the bowl or the bottle the night before.

Pyrmont waters, when diluted with new milk, are found very serviceable in gouty cases, and may be safely prescribed in this form, during the intervals of the fits and the absence of inflammatory symptoms.

Those waters may be conveyed to any distance; and will retain their medical properties, with little or no diminution, for two years, if inclosed in bottles well corked and covered with cement. They contain so much fixed air, that it is usual, after filling the bottles, to leave them uncorked for a while, to let the excess of the fixed air escape.

*Purging chalybeates*, as those of Cheltenham and Scarborough, besides their iron impregnation, contain such a portion of purgative salt, as to give them a regular determination to the bowels. On first drinking they are apt to create a giddiness and slight head-ache; but this soon goes off, and their good effects are sensibly felt. Of all laxatives, they are perhaps the most agreeable, as they never occasion griping or languor. They improve the appetite, give tone to the stomach, promote vivaciousness, and cleanse the body. Half a pint, repeated three or four times a-day, is enough for any patient; but this must be determined by the habit and the effects they produce. When taken as an alterative, a considerably smaller quantity will of course suffice. The best time to take them is in summer, and they may be well accompanied with the warm bath. They are beneficial in glandular and visceral obstructions, in the first symptoms of dropsy, in



scrofula, in bilious complaints, and in scorbutic eruptions.

The Scarborough waters contain not above one-third of the purging salts of those of Cheltenham, and thus act for the most part only as an alterative, unless when they receive the addition of some purgative salt, similar to what they hold in solution. Scarborough, however, to counterbalance this, enjoys an uncommon salubrious air and excellent sea-bathing; and there is here also a simple chalybeate spring, convenient for patients, where a determination to the kidneys may be desirable.

*Simple saline mineral waters* are of the same nature, but not so strongly impregnated with purging salts, nor so efficacious, as sea-water. They are numerous about the metropolis; as Bagnigge-wells, Kelburn, and Acton: but they are now of little repute. When they were in vogue, it was usual and necessary to add a further solution of a similar salt.

The most celebrated saline water is that of Seltzer, which may be said to form a particular species, being also slightly alkaline, with a strong impregnation of fixed air. A great deal of it is brought to this country; and to preserve its virtue, it must be instantly bottled, and kept close corked, otherwise the fixed air will quickly evaporate, and the water become not only vapid, but putrescent. If well preserved, it sparkles when poured into a glass, and has a gentle saline and somewhat pungent or acidulous taste. One of the stone bottles in which it is imported, may be taken at three intervals. It is by no means disagreeable to the taste, and its effects are generally exhilarating. In cases of hectic fever, it is very serviceable, diluted with milk. It corrects expectoration, checks sweating, and contributes much to the patient's repose.

Its rapid determination to the kidneys, the action of its stimulus, and perhaps some power as a sol-



vent, concur to produce very agreeable effects from it, particularly in nervous affections of the stomach and bowels, indigestion, bile, acidity, heart-burn, spasmodic pains in the alimentary canal, and diseases of the urinary organs. In these cases, with the addition of a proper quantity of vitriolated magnesia, taken every two or three days, it will form a proper aperient.

Several of the foregoing waters have a slight impregnation of sulphur; but there are also waters where this is the chief ingredient, and which are accordingly termed sulphurous. The principal of these is Harrogate.

Great benefit has been derived from the proper use of the Harrogate waters, in eruptions of the skin, in rheumatisms combined with scurvy, in obstructions, and in disorders of the first passages; acidity, indigestion, vitiated bile, worms, putrid sores, piles, and jaundice. They answer two important purposes; first, acting as an alterative, and inducing, by a mild operation, a gradual change in the habit; and secondly, when employed in larger doses, are an easy and delicate purge, which does not weaken the patient so much as laxatives. There are also, at Harrogate, baths of the same mineral, which, in many disorders, are powerful auxiliaries to the drinking.

It only now remains to speak of the calcareous minerals, better understood under the description of hot springs. Of these, the hot springs of Bath have a decided superiority.

The Bath waters, drunk fresh from the spring, increase heat, raise the pulse, and excite the secretions, acting at the same time on the nervous system. They not only promote perspiration and urine, but increase saliva, and quench thirst better than any other liquid, but should not be taken when there is any tendency to fever. The relief they afford in colics and convulsive retchings at-



tending the gout in the stomach, and similar affections, evince their antispasmodic powers.

This, like the saline mineral, is strongly purgative, and, as constant purging for months together must debilitate the strongest constitution, the popular idea of perseverance in its use should be corrected. Purgings are often necessary in acute diseases, to cleanse the body, and in chronical cases it may pave the way for the operation of other medicines; but it will seldom effect a cure, and, by exhausting the patient, it will generally leave him in a worse condition than when it found him. A powerful stimulant like sulphur, however useful when taken in moderation, and at proper intervals, must, if improperly and habitually employed, weaken and destroy the digestive organs.

Those who take the sulphurous or saline waters to cure any obstinate malady, should use them as an alterative, and so as to produce hardly any effect on the bowels. With this view, a half-pint glass may be taken at bed-time, (but by no means after eating a hearty supper), and the same quantity an hour before breakfast, dinner, and supper, varying the dose according to the chalybeate.

These waters give a great stimulus to the appetite, but it ought to be checked. A light and rather diluting food is most proper; and no person, during such a course, should eat to the full extent of his stomach. Moderate exercise and exhilarating amusements are also highly necessary.

The Bath waters, used externally, unite all the virtues of warm baths, and may be used at any heat, from one hundred and six degrees, and under; the baths are also commodious and extensive, so as to afford the patient room to move freely about in them, with an uniform warmth. They are more stimulant than the common warm bath, raise the pulse and heat of the body to a higher degree, without being violently sudorific; they are an ex-



cellent diuretic, and, instead of debilitating, they impart vigour and alertness, and promote the appetite.

The diseases in which they are to be recommended, are, the green sickness, before it has gone too far; visceral obstructions; palsy; gout, when the inflammatory symptoms have abated; swellings of the knee; hypochondria; weakness of the organs of digestion; colic; jaundice, when arising from obstructions of the biliary ducts; hysterics; spasmodic affections of the womb, and painful menstruation; and cutaneous and leprous eruptions.

It is safest to begin with a wine-glassful before breakfast. If this feel easy and cordial, and excite no pain or sense of fulness in the head or eyes, it may be repeated at noon, and increased by degrees as it suits the constitution.

The Cross-water bath, the warmth of which, when fresh from the spring, is one hundred and twenty degrees, is usually recommended to begin with. After that, the King's or hot bath, which is twelve degrees higher in temperature, may be resorted to.

In respect to the bath, the patient should at first continue in it only five or six minutes. Should this produce no disagreeable symptoms, but improve the health, strength, and spirits, it may be gradually increased, till even half an hour, but never so as to create lassitude or faintness. The waters of the hot-bath are twelve degrees warmer than the Cross-bath, which is a much greater difference than at the pumps.

There are also private baths of any temperature, to suit the patient's habit or complaint. The best time for bathing is early in the morning; and it may be repeated twice, or at most thrice a-week. A partial bathing is in many respects preferable to a total immersion.

Buxton waters approach nearest to those of Bath



of any in the kingdom ; but their temperature is only eighty-two degrees.

Taken internally, in doses of near a pint before breakfast, and as much before dinner, they afford relief in flatulence, heartburn, nausea, indigestion, and affections of the kidneys and bladder. As a bath, they contribute to restore the action of limbs that have lost their power, from violent inflammation, either occasioned by external injury, or preceding acute rheumatism ; but if it be the consequence of a paralytic stroke or gout, the warmer temperature of the Bath waters affords more benefit.

Matlock tepid springs are sixteen degrees cooler than those of Buxton, and form a good intermediate bath between Buxton and the sea. They are, therefore, properly employed in preparing invalids for the latter, when this is necessary to complete a cure. Taken internally, they have little medicinal virtue.

The hot well of Bristol is of an intermediate warmth between Buxton and Matlock, being seventy-four degrees. It is not used to bathe in, but has acquired great reputation in consumptive cases.

It is also efficacious in relaxations of the stomach or bowels, occasioned by long residence in hot climates, bilious diarrhœa, dysentery, and diabetes. A regular course of these waters is excellent in quenching the thirst, keeping the skin moist, allaying fever, and correcting a preternatural discharge of urine. Being impregnated with a little purgative salt, aperient medicines ought in many cases to accompany their use.

The full dose is half a pint, drunk early in the morning, and repeated before breakfast, after an interval of half an hour's gentle exercise. The same two doses to be repeated midtime between breakfast and dinner.



## OF THE COW-POX.

The cow-pox is a sort of mild disorder of pustules on the teats, to which this animal is subject, and which is prevalent in Gloucester, Dorset, Somerset, and other counties in the west of England. It has also been traced in Ireland, and in Italy, and some other parts of the continent. This disorder is communicated to the milkers; and it having been observed, that no person who had ever had this disease was ever afterwards subject to the contagion of small-pox; and that it never proved fatal, Dr. Jenner, a physician at Berkeley, in Gloucestershire, made a full investigation of the fact, and proved, that the inoculation first from the cow, and then from one human being to another, indefinitely, may be done without any diminution of its specific power; and that it is a complete preservative against the small-pox. Having ascertained the truth of these circumstances, Dr. Jenner attempted to render his observations generally useful, by communicating the disease, received by the milkers, to children who had never been infected with the small-pox. This he successfully accomplished; and the happy results of these experiments has facilitated the introduction of the inoculated cow-pox into almost every corner of the world. For this invaluable discovery, the British parliament have rewarded him with £10,000; and he has received the most ample testimonies of respect and gratitude, from the most illustrious public bodies and individuals of all nations.

In propagating the cow-pox by inoculation, the greatest care must be taken to procure proper matter, otherwise a spurious disease may be produced, which does not preserve the constitution from the small-pox, and yet may readily be mistaken for the genuine cow-pox, by those who are not accurately



acquainted with the appearances of this disease. To guard against accidents of this kind, cow-pox matter should be taken from the pustule on one of the days between the fifth and ninth, inclusive, from the inoculation. The matter may fail in producing the genuine disease, if it be not thin and limpid; but after the ninth day, it usually becomes thick and purulent, and cannot often be procured sooner than the fifth. The matter first taken is the strongest; and when a large quantity is discharged it becomes proportionally weaker.

The puncture at which the matter is to be inserted, should be made in the hollow that is perceptible in each arm, nearly half way between the shoulder and the elbow. The manner of performing the operation is, to take a clean lancet, the end of which, being held upright is made to puncture the pustule. There soon arises a globule of the cow-pox matter, which keeps gradually rising on the surface. The point of the lancet is immersed in this fluid, and inverted beneath the scarf-skin, and carried so deep as just to scratch and irritate the true skin. In this part of the operation, the lancet should be held in such a direction, that the matter may run down towards the point; then being withdrawn, it is wiped over the inoculated part. To prevent failure, two separate incisions may be made. Instead of a lancet, a common needle may be used, which will be found to answer the purpose equally well.

The following account of the symptoms which commonly attend the genuine cow-pox, we extract from an excellent treatise on the subject, by the learned and ingenious Dr. George Bell, of Edinburgh.

‘ On the third day from the insertion of the virus, if the infection has taken place, a small inflamed circular spot will be observed, with the puncture in its centre. At this early period, a slight swelling may be felt, and even seen on looking sideways at the part.



' On the fourth day, the inflammation has spread, and the swelling and hardness have evidently increased; the puncture, which hitherto appeared like a particle of hardened blood, begins to assume a yellowish brown colour, and forms into a crust.

' On the fifth day, these appearances have advanced; and on touching the tumour, or on viewing its profile, a slight depression is discovered in the centre, owing to the edges being elevated by a transparent bluish, or pearl coloured-fluid, that is secreted into the vesicle; and the inflamed circular spot, which was visible on the third day, is now, in a great measure, occupied by a new formed vesicle.

' In most instances, the virus, which is now in its most active state, may be taken at this time for the purpose of inoculation; but, in some cases, it cannot be collected in sufficient quantity till the sixth or seventh day.

' About this period, the swelling gradually increases, and the vesicle contains a larger quantity of lymph.

' On the eighth day, although it sometimes happens on the sixth or seventh, a slight degree of inflammation appears near the basis of the vesicle, of a dark red colour, which lessens in brightness till it reaches the extremity of the swelling, where it is lost as it were in the surrounding skin. Within the circumference of this circular inflammation, or areola, the skin is hard and irritable, so that the least degree of pressure excites pain; and the glands, in the arm pits, in some instances, are stiff, swelled, and painful, but seldom in any considerable degree. The patient becomes sick and restless; has sudden changes from heat to cold; his pulse is quick; he complains of thirst; and is apt to start on falling asleep.

' This constitutional affection is by no means an uniform occurrence; and it is not requisite it should be so, in order to ascertain that perfect vaccination



has taken place ; but at the same time its appearance, in conjunction with the other symptoms, must certainly increase our confidence in the efficacy of the inoculation. Dr. Jenner, had, at one time, some doubts with regard to this, but he is now quite decided as to vaccination giving security, "when no indisposition has been perceptible, throughout the whole progress of the pustules on the arm."

' But although these symptoms appear occasionally in a slight degree, they are commonly not so severe as to require any medical treatment, and seldom continue longer than twenty-four hours.

' As soon as this feverish attack takes place, the vesicle, which had been advancing slowly and regularly to maturity, increases more rapidly ; the inflamed ring, or areola, with which it was surrounded, spreads in the course of a few hours, to nearly double its former size, and, on the tenth day, or sometimes sooner, is an inch and a half, often two inches in diameter. This inflammation, or efflorescence, which seems to be of the erysipelatous kind, when it takes place to a sufficient extent, may be considered as a pretty certain test of the matter having been genuine, and its having produced the real vaccine disease.

' Hitherto the vesicle has been most elevated at the margin, and has had an evident depression, begins to fill up, and on the tenth or eleventh day, the whole surface is either plain, or the centre is more elevated than the margin.

' Some time between the eighth and tenth days, an eruption of small pimples, or rather a rash, now and then appears on different parts of the body, bearing a strong resemblance to that which is frequently observed before the eruption of the inoculated small-pox.

' This rash is of no farther consequence than as it affords an additional proof of the disease having entered the constitution ; and it requires no particular medical treatment.



‘ On the eleventh day, the vesicle has attained its full maturity ; and, about this time, the virus contained in it is very similar to purulent matter : it becomes less fluid than it was before, and also loses much of its activity, as is found to be the case on its being used.

‘ On the twelfth day, the inflammation is much diminished, leaving a slight degree of redness at the base of the vesicle, and an inflamed ring round the circumference of the aureola, while the intermediate space is nearly of the same colour with the sound skin.

‘ This double ring, as it may be termed, is a distinctive mark of the real cow-pox, provided it takes place after the symptoms already enumerated ; although, as it is not perceptible in every case, especially where the inflammation has been more severe than usual, the want of it does not necessarily imply that the disease is of a spurious kind. The fluid in the vesicle now begins to dry up, the cuticle to separate, and the crust, which was before brown, acquires a darker hue, and becomes more extensive.

‘ On the twelfth or thirteenth day, the external margin of the aureola completely disappears ; and on the fifteenth, scarcely a vestige of inflammation is perceived.

‘ From the time of the matter becoming dry, the crust is perceived to be thicker and more elevated, and of a darker colour ; and some time between the eighteenth and twenty-second day, it separates, and falls off, when it is found to be semi-transparent, and leaves either a pit, somewhat larger than that of a single small-pock, or a slightly ulcerated surface.

‘ The cicatrix, or scar that remains, is permanent, corresponding in size and shape with the vesicle to which it succeeded ; and a number of minute indentations may be observed in the skin, showing the cellular structure of the original vesicle.



‘ Lastly, it must be remembered, as I have observed already, that, in the genuine cow-pox, the inflammation does not commonly take place, in any considerable degree, till the third day; from which time to the eleventh day, it continues gradually to increase. Yet this is not the case universally; I have known inflammation follow the insertion of the virus immediately, and the vesicle pass afterwards through all its stages, in the most regular manner.

‘ The time at which the puncture becomes inflamed is various, and seems to depend on one or other of the following circumstances.

‘ 1. On the age and habit of the patient.—In weakly infants, the inflammation is not so rapid in its progress, and does not proceed to such a height, as in adults, or in robust children. The sickness and febrile symptoms are commonly more severe in adults, than in early infancy. In young children, indeed, they are often scarcely to be observed, if it be not by their making them more fretful than usual for a few hours.

‘ 2. On the kind of matter that is used in the inoculation.—If the matter has been taken at a late period of the disease, when it approaches to purulency, it loses much of its specific activity, and often has no farther effect than that of exciting an immediate and slight inflammation, similar to what any irritating substance inserted beneath the cuticle might be supposed to induce; but this dies away on the third or fourth day from the inoculation. In some cases, again, it produces a good deal of inflammation, and a variety of irregular appearances, which have been occasionally mistaken for the genuine cow-pox, by those who were not aware that such irregularities sometimes take place, or who had not attended sufficiently to the progress of the symptoms. At other times, the matter lies in a manner torpid till the fourth or fifth day, when the



part inflames suddenly, and the disease runs its course regularly from that period in the usual manner.

‘3. On the season of the year.—The cow-pox, like the small-pox, has been observed in many cases to proceed with greatest rapidity in warm weather; and, in winter, the progress of the pustule is less rapid than it is in summer.

‘It is necessary, therefore, that practitioners should be aware of these circumstances, that they may not be surprised at their occurrence; that they may guard against them as much as possible; and that mistakes on their part, which might be ascribed to the failure of the cow-pox, may be avoided.

‘From all that has been said, it appears, that the indisposition arising from the inoculated cow-pox is so slight, as scarcely to deserve the name of a disease; but the greatest degree of fever that has ever taken place, from the concurrence of several unfavourable circumstances, such as the inoculation being performed during very hot weather, on a very robust patient, or during a fit of teething, has uniformly yielded to the means that are usually adopted in the common febrile attacks in children, whether these arise from accidental cold, or some other occasional irritation; I mean, keeping the patient on a cool moderate diet, his body open, and bathing him for two or three minutes, up to the neck in warm water at bed-time. As it is, however, a point of much importance to know that the virus has entered the constitution; and as the febrile symptoms, which appear about the eighth day, form one of the strongest proofs that this has taken place; we should not, in any instance, attempt to prevent their accession. When the irritation arising from the vesicle is considerable, and excites much inflammation, a gentle laxative or two of calomel, senna, or jalap, seldom fails to remove it; and dusting the inflamed



parts with flour or hair-powder, is the best local application that can be made.

‘ From scratching, or other causes, the vesicle is sometimes ruptured, and a sore is formed, which, if it is not checked in its progress, will, in bad habits of body, such as where there is a scrofulous or scorbutic taint in the patient’s constitution, occasionally spread in different directions, as frequently happens in small-pox. Whenever the vesicle inflames too much, and afterwards ulcerates, if it does not, in the course of a few days, yield to the mildest dressings, such as simple ointment, the sore should be sprinkled every second day with calcined alum, in fine powder, by which it is commonly cured.

‘ But this is seldom necessary. Except in a few instances, I have not had occasion to make use of any kind of dressings.’

Inoculation may be advised at all ages, in every season of the year, and in whatever habit of body the patient is, except in the first six or eight weeks of infancy, or in severe fits of teething; during the continuance of measles, scarlet fever, itch, and in general all other eruptive and febrile diseases. It may be proper to observe, however, that there are some states of the body which do not readily admit the vaccine disease, as is said to be the case with patients infected with the itch, as well as those who have been recently using much mercury or sulphur.



# A LIST OF SIMPLES,

AND OF SUCH MEDICAL PREPARATIONS AS OUGHT TO BE  
KEPT IN READINESS FOR PRIVATE PRACTICE.

—0—

## AGARIC

Alum

Antimony, crude

———— cinnabar of

———— sulphur of

Balsam of Capiivi

———— of Peru

———— of Tolu

Bark, cascarilla

———— cinnamon

———— Mezereon

———— Peruvian

———— Winter's or canella

Borax [alba]

Calamine stone, levigated

Castor, Russian

Caustic, common

———— lunar

Earth, Fuller's

———— Japan

———— Armenian bole

———— French ditto

Extracts of gentian

———— guaiacum

———— hellebore, black

———— hemlock

———— jalap

———— liquorice

———— Peruvian bark

———— poppies

———— wormwood

Flowers of camomile

———— coltsfoot

———— elder

———— rosemary

Flowers of damask roses

———— red ditto

Fruits, almond

———— bitter apple

———— cassia fistularis

———— Curasso oranges

———— figs, dried

———— French prunes

———— Jamaica pepper

———— Juniper berries

———— nutmegs

———— tamarinds

Gum, aloes

———— ammoniac, in tears

———— Arabic

———— assafoetida

———— camphor

———— galbanum

———— gamboge

———— guaiacum

———— kino

———— myrrh

———— opium

Hartshorn, calcined

———— shavings of

Herbs, lesser centaury

———— peppermint

———— spearmint

———— penny-royal

———— savin

———— trefoil

———— uva ursi

———— wormwood

Lead, litharge

———— white



Lead, sugar of	Roots, lily, white
Lemon-peel	—— liquorice
Mace	—— marshmallow
Magnesia alba	—— mezereon
Manna	—— rhubarb
Mercury, crude	—— sarsaparilla
—— calcined	—— seneka
—— Æthiop's mineral	—— squills
—— calomel	—— tormentil
—— corrosive sublimate	—— turmeric
—— red precipitate	—— Virginian snake
—— white ditto	—— wild valerian
Musk	—— zedoary
Oil, essential, of amber	Saffron
—— of anise	Sal ammoniac, crude
—— of cinnamon	—— volatile
—— of juniper	Salt Epsom
—— of lemon-peel	—— of Glauber
—— of peppermint	—— of hartshorn
—— expressed, of almonds	—— nitre purified or pru-
—— of linseed	—— polychrest [nel
—— of olives, or Florence	—— Rochel
—— of palms [oil	—— of tartar
—— of turpentine	Seeds, anise
Orange-peel	—— caraway
Oyster-shells, prepared	—— cardamom
Poppy-heads	—— coriander
Resin, benzoin	—— cummin
—— flowers	—— mustard
—— Burgundy pitch	—— sweet fennel
—— dragon's blood	—— wild carrot
—— frankincense	Senna
—— liquid storax	Spanish flies
—— white, or resin	Spermaceti
—— scammony	Spirits, æthereal or æther
Roots, birthwort	—— of hartshorn
—— calamus aromaticus	—— lavender, com-
—— contrayerva	—— nitre [pound
—— garlic	—— ditto, dulcified
—— gentian	—— sal ammoniac
—— ginger	—— sea salt
—— hellebore, black,	—— vinegar
—— jalap [white	—— vitriol
—— ipecacuanha	—— wine, rectified



Spirits, of volatile, aromatic	Tutty, levigated
Steel, filings of	Turpentine, Venice
—— rust of, prepared	Verdegrise
—— soluble salt of	Vitriol, green
Sulphur vivum	—— blue
—— balsam of	—— white
—— flowers of	Wax, white
Tar	—— yellow
—— Barbadoes	Woods, guaiacum
Tartar, cream of	—— logwood
—— emetic	—— sassafras
—— soluble	—— sanders, red
—— vitriolated	Zinc, flowers of
Tin, prepared	







# GENERAL CATALOGUE OF MEDICINES, IN COMMON USE;

*According to their English names; with their Doses.*

—o—

N. B. The doses here set down are the smallest and the largest usually given to adults, or full grown persons; for younger persons and infants, the dose must be reduced in the proportion mentioned in the Appendix, page 354, but must always be regulated by the strength as well as the age of the patient.

—o—

The New Names of Drugs are in *Italic*.

—o—

ACID, the acetous .....	from 1 scruple to 1 drachm
— <i>muriatic</i> (spirit of salt) ..	10 drops .. 40 drops
— <i>nitrous diluted</i> (aqua- fortis) .....	} 10 drops .. 40 drops
— vitriolic diluted ... ..	
Æther vitriolic .....	15 drops .. 40 drops
Æthiop's mineral. See <i>Quick-</i> <i>silver with Sulphur</i>	30 drops .. 2 drachms
Aloes .....	5 grains .. 30 grains
Alum .....	6 grains .. 20 grains
— burned... ..	3 grains .. 12 grains
Amber prepared.....	$\frac{1}{2}$ drachm . $1\frac{1}{2}$ drachm
<i>Ammonia prepared</i> (volatile) salt of ammoniac .....	} 10 grains .. 1 scruple
Ammoniac gum .....	
— milk of.....	5 grains .. 30 grains
Angelica powdered .....	$\frac{1}{2}$ oz. .. 1 oz.
Anise, the seeds of.....	$\frac{1}{2}$ drachm . $1\frac{1}{2}$ drachm
	10 grains .. 1 drachm



Antimony .....	10 grains ..	1 drachm
——— <i>calcined</i> (calx of } antimony) .... }	10 grains ..	40 grains
——— glass of .....	$\frac{1}{2}$ grain ..	$1\frac{1}{2}$ grains
——— powder of, a suc- } cedaneum for Dr. James's } fever powders..... }	4 grains ..	15 grains
It often produces nausea and vomiting.		
——— <i>tartarised</i> (tartar } emetic)..... }	$\frac{1}{2}$ grain ..	4 gr.emet.
Assafœtida .....	$\frac{1}{2}$ grain ..	$\frac{1}{2}$ gr.alter.
——— milk of.....	6 grains ..	$\frac{1}{2}$ drachm
Asarum, powder of, provokes } sneezing .....	$\frac{1}{2}$ oz. ..	1 oz.
Balsam of capivi.....	3 grains	
——— Canadian .....	20 drops ..	60 drops
——— of Peru .....	1 scruple .	1 drachm
——— of Tolu .....	6 grains ..	30 grains
Bark, Peruvian, See <i>Cinchona</i> ..	6 grains ..	30 grains
Bear's foot powder .....	2 scruples .	2 drachms
Benzoin, resin of .....	10 grains ..	20 grains
——— flowers of .....	4 grains ..	20 grains
Bistort, powder of.....	5 grains ..	15 grains
Bole, Armenian .....	1 scruple .	1 drachm
——— French.....	10 grains ..	2 drachms
Borax.....	1 drachm .	2 drachms
Broom, ashes of the tops ....	10 grains ..	40 grains
Burdock, powder of the root..	1 scruple..	1 drachm
Calomel .....	10 grains ..	1 drachm
Camomile in powder .....	1 grain ..	3 gr.alter.
Camphor .....	3 grains ..	10 gr.purg.
Canella alba.....	15 grains ..	2 scruples
Cantharides .....	2 grains ..	$\frac{1}{2}$ drachm
Caraway seeds .....	1 scruple..	2 drachms
Cardamoms .....	$\frac{1}{2}$ grain ..	3 grains
Cascarilla bark powder.....	5 grains ..	20 grains
Cassia, the pulp.....	5 grains ..	20 grains
Castor .....	10 grains ..	40 grains
<i>Catechu</i> (Japan earth) .....	2 drachms .	1 oz.
<i>Ceruse acetated</i> (sugar of lead)	3 grains ..	1 scruple
Chalk .....	20 grains ..	1 drachm
<i>Cinchona</i> powder (Peruvian } bark) .....	$\frac{1}{2}$ grain ..	2 grains
	20 grains ..	2 scruples
	2 scruples .	2 drachms



Cinnamon.....	from 5 grains to	1 drachm
Columbo powder .....	10 grains ..	1 drachm
Confection, aromatic (cardiac confection) .....	15 grains ..	1 drachm
———— opiate (London Philonium) .....	10 grains ..	$\frac{1}{2}$ drachm
Conserve of arum .....	1 scruple..	1 drachm
———— hips .....	as much as you please	
———— oranges .....		
———— roses.....		
———— squills .....	1 scruple..	1 drachm
———— wood sorrel.....	$\frac{1}{2}$ oz. ..	1 oz.
Contrayerva.....	10 grains ..	1 drachm
Coriander seed .....	1 scruple..	1 drachm
Cowhage, the spicula contain- ed in one pod, mixed with honey or molasses.....	or 5 grains.	10 grains
Crabs' claws, prepared.....	10 grains ..	1 drachm
Dandelion, expressed juice....	1 oz. ..	2 oz.
Decoction of hartshorn (white decoction).....	1 oz. ..	6 oz.
Decoction of broom tops; one ounce slightly boiled in a pint and a half of water to a pint; strain the liquor. To be ta- ken by tea-cupsful at a time		
———— cinchona, decoction of Peruvian bark }	1 oz. ..	4 oz.
———— the inner bark of elm	4 oz. ..	16 oz. daily
———— sarsaparilla.....	4 oz. ..	16 oz. daily
———— of guaiacum, three drachms to a pint of water }	1 pint or more daily	
Electuary of cassia.....	1 drachm .	1 oz.
———— scammony .....	20 grains ..	1 drachm
———— senna (lenitive electuary).....	$\frac{1}{2}$ drachm .	1 drachm
Elecampane, powder of the root	20 grains ..	1 drachm
Extract of cascarilla.....	10 grains ..	$\frac{1}{2}$ drachm
———— cinchona (extract of Peruvian bark) .....	10 grains ..	$\frac{1}{2}$ drachm
———— broom-tops.....	$\frac{1}{2}$ drachm .	1 drachm
———— camomile.....	1 scruple .	1 drachm
———— colocynth compound (cathartic extract) .....	5 grains ..	25 grains



Extract of gentian .....	from 10 grains to	$\frac{1}{2}$ drachm
_____ guaiacum .....	10 grains ..	1 scruple
_____ black hellebore .....	2 grains ..	10 grains
_____ jalap .....	10 grains ..	1 scruple
_____ liquorice .....	1 drachm .	3 drachms
_____ logwood .....	10 grains ..	$\frac{1}{2}$ drachm
_____ white poppies.....	1 grain ..	5 grains
_____ rue.....	10 grains ..	1 scruple
_____ savin .....	10 grains ..	$\frac{1}{2}$ drachm
_____ senna .....	10 grains ..	$\frac{1}{2}$ drachm
Fennel-seed .....	1 scruple .	1 drachm
Fern, powder of the root	$\frac{1}{2}$ drachm .	$\frac{1}{2}$ oz.
Fox-glove, powder of the leaves	$\frac{1}{2}$ grain ..	3 grains
or a drachm infused in a pint of boiling water, of which the dose is an ounce, once, twice, or thrice a-day. This should be used with great care and circumspection.		
Galbanum.....	10 grains ..	30 grains
Galls .....	10 grains ..	20 grains
Garlic, cloves of, stripped of the exterior skin.....	No. I. .. No. V.	
Gentian .....	10 grains ..	2 scruples
Germander .....	15 grains ..	1 drachm
Ginger .....	5 grains ..	20 grains
Ginseng .....	20 grains ..	30 grains
Guaiacum gum-resin .....	10 grains ..	30 grains
Gum Arabic .....	15 grains ..	1 drachm
_____ gamboge .....	2 grains ..	10 grains
Hartshorn, prepared .....	1 scruple .	1 drachm
_____ liquor volatile of, } (spirits of hartshorn) .....	$\frac{1}{2}$ drachm .	2 drachms
_____ salt of .....	10 grains ..	20 grains
Hellebore, black .....	5 grains ..	10 grains
Hemlock, powdered leaves of..	2 grains ..	15 grains
_____ inspissated juice of..	1 gram ..	5 grains
Begin these in small doses, and gradually increase as the constitution will bear.		
Honey of roses .....	1 drachm .	2 drachms
_____ squills .....	10 grains ..	2 scruples
Jalap powder .....	10 grains ..	30 grains







Oil of castor .....	from 2 drachms to 1 oz.	
— linseed .....	$\frac{1}{2}$ oz. ..	1 oz.
Olibanum .....	10 grains ..	$\frac{1}{2}$ drachm
Opium, purified (Thebaic ex-tract) .....	$\frac{1}{4}$ grain, 1 grain, 3 grains	
In hydrophobia, frenzy, and some other desperate disease the dose may be augmented		
Opoponax .....	10 grains ..	$\frac{1}{2}$ drachm
Oxymel of colchicum .....	$\frac{1}{2}$ drachm .	1 drachm
Petroleum.....	10 drops ..	30 drops
Pills, aloetic compound .....	10 grains ..	25 grains
— of the gums .....	10 grains ..	$\frac{1}{2}$ drachm
— quicksilver (mercurial pills) ..	10 grains ..	1 scruple
Pomegranate rind, powder of .	1 scruple .	1 drachm
Powder of aloes with canella } (hiera picra)..... }	$\frac{1}{2}$ scruple .	2 scruples
— with guaiacum .....	$\frac{1}{2}$ scruple .	1 scruple
— contrayerva com- pound .....	15 grains ..	$\frac{1}{2}$ drachm
— chalk compound ..	$\frac{1}{2}$ drachm .	1 drachm
— with opium..	1 scruple .	2 scruples
— crabs' claws com- pound .....	1 drachm .	2 drachms
— ipecacuanha, com- pound (Dover's powder) .. }	$\frac{1}{2}$ scruple .	$\frac{1}{2}$ drachm
Quassia .....	5 grains ..	30 grains
Two drachms to a pint of boiling water, and of cloves one drachm, for an infusion : dose .....	1 oz. ..	2 oz.
Quicksilver, crude (mercury) ..	$\frac{1}{2}$ oz. ..	4 oz.
— calcined (calcined mercury)..... }	$\frac{1}{2}$ grain ..	1 $\frac{1}{2}$ grain
— with chalk .....	10 grains ..	$\frac{1}{2}$ drachm
— cinnabar of .....	6 grains ..	30 grains
— muriated (corro- sive sublimate .....	$\frac{1}{8}$ grain ..	$\frac{1}{2}$ grain
— with sulphur } (Ethiop's mineral) .....	1 scruple .	1 drachm
— vitriolated (yellow emetic mercury) .....	$\frac{1}{2}$ grain ..	2 gr. alter
— vitriolated, as ster- nutatory .....	1 grain ..	3 grains



<i>Quicksilver, vitriolated</i> as emetic	2 grains	to	8 grains
Quince-seeds, mucilage of, at pleasure; to obtund acrimony.			
Rhubarb, powder of	10 grains	..	2 scruples
Resin, yellow	3 grains	..	1 scruple
Rue powder	1 scruple	..	2 scruples
St. John's wort	20 grains	..	1 drachm
Saffron	5 grains	..	20 grains
Sagapenum	10 grains	..	30 grains
Sal ammoniac	8 grains	..	1 scruple
Salt of tartar	10 grains	..	$\frac{1}{2}$ drachm
Sarsaparilla, powder of	1 scruple	..	1 drachm
Scammony	5 grains	..	1 scruple
Seneka	1 scruple	..	2 scruples
Soap	$\frac{1}{2}$ drachm	..	$\frac{1}{2}$ oz.
Spirit of <i>ammonia</i> (sweet spirit of sal ammoniac)	1 drachm	..	2 drachm.
— <i>ammonia, compound</i> (volatile aromatic spirit)	$\frac{1}{2}$ drachm	..	1 drachm
— <i>ammonia, fœtid</i> (volatile fœtid spirit)	$\frac{1}{2}$ drachm	..	1 drachm
— <i>nitrous æther</i> (dulcified spirit of nitre)	$\frac{1}{2}$ drachm	..	2 drachms
— <i>vitriolic æther</i> (dulcified spirit of vitriol)	$\frac{1}{2}$ drachm	..	2 drachms
Sponge, burnt	1 scruple	..	1 drachm
Squills, fresh	5 grains	..	12 grains
Sulphur, flowers of	20 grains	..	1 drachm
— <i>precipitated</i> (milk of sulphur)	1 drachm	..	2 drachms
— of anti-mony	1 grain	..	5 grains
Syrup of buckthorn	1 drachm	..	2 drachms
— ginger	1 drachm	..	2 drachms
— poppies	1 drachm	..	2 drachms
Syrups in general	the same		
Tartar, cream of	2 drachms.	..	1 oz.
Tar water	a pint daily		
Tin, powder of	1 scruple	..	1 drachm
Turmeric	$\frac{1}{2}$ scruple	..	1 drachm
Turpentine, spirit of	10 drops	..	15 drops
Tincture of aloes	$\frac{1}{2}$ oz.	..	1 oz.



Tincture of aloes, <i>compound</i> } (elixir of aloes) .... from }	$\frac{1}{2}$ drachm to 2 drachms
— <i>assafœtida</i> (foetid } tincture) ..... }	$\frac{1}{2}$ drachm . 2 drachms
— <i>benzoin</i> , <i>compound</i> } (traumatic balsam) . . . . }	10 drops .. 40 drops
— <i>cantharides</i> .....	1 scruple .. 1 drachm
— <i>cardamoms</i> (com- } pound stomachic tincture }	1 drachm . 3 drachms
— <i>castor</i> .....	$\frac{1}{2}$ drachm . $1\frac{1}{2}$ drachms
— <i>catechu</i> (Japan earth) .....	1 drachm . 2 drachms
— <i>cinchona</i> (tincture } of Peruvian bark) ..... }	1 drachm . $\frac{1}{2}$ oz.
— <i>columba</i> .....	1 drachm . 3 drachms
— <i>gentian</i> , <i>compound</i> } (bitter tincture) ..... }	1 drachm . 3 drachms
— <i>guaiacum</i> , <i>ammoniat-</i> } <i>ed</i> (tincture of guaiacum) }	1 drachm . $\frac{1}{2}$ oz.
— black hellebore .....	1 scruple . 1 drachm
— <i>jalap</i> .....	1 drachm . $\frac{1}{4}$ oz.
— <i>myrrh</i> .....	30 drops . 2 drachms
— <i>opium</i> (Thebaic tinc- } ture) ..... }	10 drops , 40 drops
— <i>camphorated</i> } (paregoric elixir) ..... }	1 drachm . $\frac{1}{2}$ oz.
— <i>rhubarb</i> .....	$\frac{1}{2}$ oz. .. 2 oz.
— <i>senna</i> .....	2 drachms. 1 oz.
— <i>snake-root</i> .....	1 drachm . 2 drachms
— <i>valerian</i> .....	1 drachm . 3 drachms
Valerian, powder of .....	1 scruple . 2 drachms
Vinegar, distilled .....	1 drachm . $\frac{1}{2}$ oz.
— of squills.....	$\frac{1}{2}$ drachm . $1\frac{1}{2}$ drachms
— as an e- } metic .....	$\frac{1}{2}$ oz. .. 1 oz.
Vitriol, blue, (vitriolated cop- } per)..... }	$\frac{1}{4}$ grain .. 2 grains
— violently emetic..	5 grains .. 1 scruple
Uva ursi, in powder .....	15 grains .. 1 drachm
Water, the simple distilled } waters may generally be }	$\frac{1}{2}$ oz. .. 2 oz.
given .....	
Wine of aloes (sacred tincture)	$\frac{1}{2}$ oz. .. 1 oz.
— <i>antimony</i> .....	20 drops .. 2 drachms
— <i>ippecacuanha</i> .....	1 drachm . $1\frac{1}{2}$ oz.



<i>Wine of rhubarb</i> (vinous tincture of rhubarb ..... from	$\frac{1}{2}$ oz.	to	2 oz.
Winter's bark, or canella alba	1 scruple .		2 drachms
Worm-seed .....	$\frac{1}{2}$ drachm ,		1 drachm
<i>Zinc, calcined</i> (flowers of zinc)	1 grain ..		5 grains
— <i>vitriolated</i> (white vitriol or salt of vitriol as a tonic)	1 grain ..		5 grains
———— as a quickly operating emetic in cases of poison or the like being swallowed.....	10 grains ..		$\frac{1}{2}$ drachm



## MEDICINAL PREPARATIONS.

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### BALSAMS.

THE subject of this section is not the natural balsams, but certain compositions, which, from their being supposed to possess balsamic qualities, generally go by that name. This class of medicines was formerly very numerous, and held in great esteem. Modern practice, however, has justly reduced it to a very narrow compass.

*Anodyne Balsam.*—Take of white Spanish soap, one ounce; opium, unprepared, two drachms; rectified spirit of wine, nine ounces. Digest them together in a gentle heat, for three days; strain off the liquor, and add to it three drachms of camphor.

This balsam, as its title expresses it, is intended to heal pain. It is of service in violent strains and rheumatic complaints, when not attended with inflammation. It must be rubbed with a warm hand on the part affected; or a linen rag, moistened with it, may be applied to the part, and renewed every third or fourth hour, till the pain abates. If the opium be left out, this will be the Saponaceous Balsam.

*Locatelli's Balsam.*—Take of olive oil, one pint; Strasburg turpentine and yellow wax, of each, half a pound; red sanders, six drachms. Melt the wax with some part of the oil, over a gentle fire; then, adding the remaining part of the oil of turpentine, afterwards mix them in the sanders, previously reduced to a powder, and keep stirring together till the balsam is cold.



This balsam is recommended in erosions of the intestines, the dysentery, hæmorrhages, internal bruises, and in some complaints of the breast. Outwardly it is used for healing and cleansing wounds and ulcers. The dose, when taken internally, is from two scruples to two drachms.

*The Vulnerary Balsam.*—Take, of benzoin, powdered, three ounces; balsam of Peru, two ounces; hepatic aloes, in powder, half an ounce; rectified spirits of wine, two pints. Digest them in a gentle heat for three days, and then strain the balsam.

This balsam, or rather tincture, is applied externally to heal recent wounds and bruises. It is likewise employed internally to remove coughs, asthmas, and other complaints of the breast; it is said to ease the colic, cleanse the kidneys, and to heal internal ulcers, &c. The dose is from twenty to sixty drops.

This, though a medicine of some value, does not deserve the extravagant encomiums which have been bestowed on it. It has been celebrated under the different names of the Commander's Balsam, Persian Balsam, Balsam of Borne, Wade's Balsam, Friar's Balsam, Jesuit's Drops, Torlington's Drops, &c.

## BOLUSES.

As boluses are intended for immediate use, volatile salts, and other ingredients improper for being kept, are admitted into their composition. They are generally composed of powders, with a proper quantity of syrup, conserve, or mucilage. The lighter powders are commonly made up with syrup, and the more ponderous, as mercury, &c. with conserve; but those of the lighter kind would be more conveniently made up with mucilage, as it increases their bulk less than the other additions, and likewise occasions the medicine to pass down more easily.

*Astringent Bolus.*—Take of alum, in powder, fif-



teen grains; gum kino, five grains; syrup, sufficient quantity to make a bolus.

In an excessive flow of the menses, and other violent discharges of blood, proceeding from relaxation, this bolus may be given every four or five hours, till the discharge abates.

*Diaphoretic Bolus.*—Take of gum guaiacum, in powder, ten grains; flowers of sulphur and cream of tartar, of each one scruple; simple syrup, a sufficient quantity.

In rheumatic complaints, and disorders of the skin, this bolus may be taken twice a-day. It will also be of service in the inflammatory quinsey.

*Mercurial Bolus*—Take of calomel, six grains; conserve of roses, half a drachm. Make a bolus.

Where mercury is necessary, this bolus may be taken twice or thrice a-week. It may be taken over night; and if it does not operate, a few grains of jalap will be proper next day to carry it off.

*Bolus of Rhubarb and Mercury.*—Take of the best rhubarb in powder, from a scruple to half a drachm; of calomel from four to six grains; simple syrup, a sufficient quantity to make a bolus. This is a proper purge in hypochondriac constitutions; but its principal intention is to expell worms. Where a stronger purge is necessary, jalap may be used instead of the rhubarb.

*Pectoral Bolus.*—Take of spermaceti, a scruple; gum ammoniac, ten grains; salt of hartshorn, six grains; simple syrup, as much as will make them into a bolus.

This bolus is given in colds and coughs, of long standing, asthmas, and beginning consumptions of the lungs. It is generally proper to bleed the patient before he begins to use it.

*Purging Bolus.*—Take of jalap, in powder, a scruple; cream of tartar, two scruples. Let them be rubbed together, and formed into a bolus, with simple syrup.



Where a mild purge is wanted, this will answer the purpose very well. If a stronger dose is necessary, the jalap may be increased to half a drachm or upwards.

### CATAPLASMS AND SINAPSISMS.

CATAPLASMS possess few or no virtues superior to a poultice, which may be so made as in most cases to supply their place. They are chiefly intended either to act as discutients, or to promote suppuration; and as they may be of service in some cases, we shall give a specimen of each kind.

*Discutient Cataplasm.*—Take, of barley meal, six ounces; fresh hemlock leaves, bruised, two ounces; vinegar, a sufficient quantity. Boil the meal and hemlock in the vinegar for a little time, and then add two drachms of the sugar of lead.

*Ripening Cataplasm.*—Take of white lily root, four ounces; fat figs and raw onions, bruised, of each, one ounce; yellow basilicum ointment, two ounces; gum galbanum, half an ounce; linseed as much as necessary. Boil the roots along with the figs in a sufficient quantity of water, then bruise and add to them the other ingredients, so as to form the whole into a soft cataplasm. The galbanum must be previously dissolved with the yolk of an egg.

Where it is necessary to promote suppuration, this cataplasm may be used by those who choose to be at the trouble and expense of making it. For my part, I have never found any application more proper for this purpose than a poultice of bread and milk, with a sufficient quantity of either boiled or raw onion in it, and softened with oil or fresh butter.

*Sinapsisms.*—Sinapsisms are employed to recall the blood and spirits to a weak part, as in the palsy or atrophy. They are also of service in deep-seated pains, as the sciatica, &c. When the gout seizes the head or the stomach, they are applied to the feet



to bring the disorder to these parts. They are likewise applied to the patient's soles, in the low state of fevers. They should not be suffered to lie on, however, till they have raised blisters, but till the parts become red, and will continue so when pressed by the finger.

The sinapsism is only a poultice made with vinegar instead of milk, and rendered warm and stimulating by the addition of mustard, horse-radish, or garlic.

The common sinapsism is made by taking crumb of bread and mustard-seed in powder, of each equal quantities; strong vinegar, as much as is sufficient, and mixing them so as to make a poultice.

When sinapsisms of a more stimulating nature are wanted, a little bruised garlic may be added to the above.

### CLYSTERS.

THIS class of medicines is of more importance than is generally imagined. Clysters serve not only to evacuate the contents of the belly, but also to convey very active medicines into the system. Opium, for example, may be administered in this way when it will not sit on the stomach, and also in larger doses than at any time it can be taken by the mouth. The Peruvian bark may likewise be, with good effect, administered in the form of clyster, to persons who cannot take it by the mouth.

A simple clyster can seldom do hurt, and there are many diseases where it may be good. A clyster even of warm water, by serving as a fomentation to the parts, may be of considerable service in inflammations of the bladder and the lower intestines, &c.

Some substances, as the smoke of tobacco, may be thrown into the bowels in this way, which cannot be done by any other means whatever. This may be easily effected by means of a pair of hand-bel-



lows, with an apparatus fitted to them for that purpose.

Nor is the use of clysters confined to medicines. Aliments may also be conveyed in this way. Persons unable to swallow, have been for a considerable time supported by clysters.

*Emollient Clyster.*—Take of linseed tea and new milk, each six ounces. Mix them.

If fifty or sixty drops of laudanum be added to this, it will supply the place of the Anodyne Clyster.

*Laxative Clyster.*—Take of milk and water, each six ounces ; sweet oil or fresh butter, and brown sugar, of each two ounces. Mix them. If an ounce of Glauber's salt, or two table-spoonfuls of common salt be added to this, it will be a Purging Clyster.

*Carminative Clyster.*—Take of camomile flowers, an ounce ; aniseseeds, half an ounce. Boil in a pint and a half of water to one pint.

In hysteric and hypochondriac complaints, this may be administered instead of the Fœtid Clyster, the smell of which is so disagreeable to most patients.

*Oily Clyster.*—To four ounces of the infusion of camomile flowers, add an equal quantity of Florence oil.

This clyster is beneficial in bringing off small worms lodged in the lower parts of the alimentary canal. When given to children, the quantity must be proportionably lessened.

*Starch Clyster.*—Take jelly of starch, four ounces ; linseed oil, half an ounce. Liquify the jelly over a gentle fire, and then mix in the oil. In the dysentery or bloody flux, this clyster may be administered after every loose stool, to heal the ulcerated intestines, and blunt the sharpness of corroding humours. Forty or fifty drops of laudanum may occasionally be added ; in which case it will generally supply the place of the Astringent Clyster.



*Turpentine Clyster.*—Take of common decoction, ten ounces; Venice turpentine, dissolved with the yolk of an egg, half an ounce; Florence oil, one ounce. Mix them.

This diuretic is proper in obstructions of the urinary passages, and in colicky complaints, proceeding from gravel.

*Vinegar Clyster.*—This clyster is made by mixing three ounces of vinegar with five of water-gruel.

It answers all the purposes of a common clyster, with the peculiar advantage of being proper either in inflammatory or putrid fevers, especially in the latter.

We think it unnecessary to give more examples of this class of medicines, as ingredients adapted to any particular intention may be occasionally added to one or other of the above forms.

## COLLYRIA, OR EYE-WATERS.

EYE-WATERS have been multiplied without number; almost every person pretending to be possessed of some secret preparation for the cure of sore eyes. I have examined many of them, and find that they were very much alike, the basis of most of them being either alum, vitriol, or lead. Their effects evidently are, to brace and restore the tone of the parts; hence they are principally of service in slight inflammations, and in that relaxed state of the parts which is induced by obstinate ones.

Camphor is commonly added to these compositions; but, as it seldom incorporates properly with water, it can be of little use. Boles and other earthy substances, as they do not dissolve in water, are also unfit for this purpose.

*Collyrium of Alum.*—Take of alum, half a drachm; agitate it well together with the white of an egg. This is the collyrium of Riverius. It is used in inflammations of the eyes, to allay heat, and restrain



the flux of humours. It must be spread upon linen, and applied to the eyes; but should not be kept above two or three hours at a time.

*Vitriolic Collyrium*.—Take, of white vitriol, half a drachm; rose-water, six ounces. Dissolve the vitriol in the water, and filter the liquor.

This, though simple, is perhaps equal in virtue to most of the celebrated collyria. It is a useful application in weak, watery, and inflamed, eyes. Though the slighter inflammations will generally yield to it, yet, in those of a more obstinate nature, the assistance of bleeding and blistering will be often necessary.

When a strong astringent is judged proper, a double or triple quantity of the vitriol may be used. I have seen a solution of four times the strength of the above used with manifest advantage.

*Collyrium of Lead*.—Take sugar of lead, and crude sal ammoniac, of each four grains. Dissolve them in eight ounces of common water.

Forty or fifty drops of laudanum may occasionally be added to this collyrium.

Those who choose may substitute, instead of this, the collyrium of lead, recommended by Goulard; which is made by putting twenty-five drops of his *Extract of Lead* to eight ounces of water, and adding a tea-spoonful of brandy.

Indeed, common water and brandy, without any other addition, will in many cases answer very well as a collyrium. An ounce of the latter may be added to five or six ounces of the former; and the eyes, if weak, bathed with it night and morning.

I have of late been troubled with a rheum in my eyes, for which I have found great benefit, by washing them frequently with rose-water. Many experience the like good effect from anointing the eyelids with Smelhom's salve.



## CONFECTIONS.

CONFECTIONS, containing above sixty ingredients, are still to be found in some of the most reformed dispensatories. As most of their intentions, however, may be more certainly, and as effectually answered by a few glasses of wine or grains of opium, we shall pass over this class of medicines very slightly.

*Japonic Confection.*—Take of Japan earth, three ounces; tormentil root, nutmeg, olibanum, of each two ounces; opium dissolved in a sufficient quantity of Lisbon wine, a drachm and a half; simple syrup and conserve of roses, of each, fourteen ounces. Mix, and make them into an electuary. This supplies the place of the Diascordium.

The dose of this electuary is from a scruple to a drachm.

## CONSERVES AND PRESERVES.

EVERY Apothecary's shop was formerly so full of these preparations, that it might have passed for a confectioner's warehouse. They possess very few medicinal properties, and may rather be classed among sweetmeats than medicines. They are sometimes, however, of use, for reducing into boluses or pills, some of the more ponderous powders, as the preparations of iron, mercury, and tin.

Conserves are compositions of fresh vegetables and sugar beaten together into a uniform mass. In making these preparations, the leaves of vegetables must be freed from their stalks, the flowers from their cups, and the yellow part of orange-peel taken off with a rasp. They are then to be pounded in a marble mortar, with a wooden pestle, into a smooth mass; after which, thrice their weight of fine sugar is commonly added by degrees, and the beating con-



tinued till they are uniformly mixed; but the conserve will be better if only thrice its weight of sugar be mixed.

Those who prepare large quantities of conserves, generally reduce the vegetables to a pulp by the means of a mill, and afterwards beat them up with sugar.

*Conserve of Red Roses.*—Take a pound of red rose-buds, cleared of their heels; beat them well in a mortar, and adding by degrees two pounds of double refined sugar, in powder, make a conserve.

After the same manner are prepared the conserves of orange-peel, rosemary flowers, sea-wormwood, the leaves of wood-sorrel, &c.

The conserve of roses is one of the most agreeable and useful preparations belonging to this class. A drachm or two of it, dissolved in warm milk, is ordered to be given as a gentle restringent in weakness of the stomach, and likewise in phthisical coughs, and spitting of blood. To have any considerable effects, however, it must be taken in large quantities.

*Conserve of Sloes.*—This may be made by boiling the sloes gently in water, being careful to take them out before they burst; afterwards expressing the juice, and beating it up with three times its weight of fine sugar.

In relaxations of the *uvula* and glands of the throat, this makes an excellent gargle, and may be used at discretion.

*Preserves* are made by steeping or boiling fresh vegetables first in water, and afterwards in syrup, or a solution of sugar. The subject is either preserved moist in the syrup, or taken out and dried, that the sugar may candy on it. The last is the most useful method.

*Candied Orange-Peel.*—Soak Seville orange-peel in several waters, till it loses its bitterness; then boil



it in a solution of double-refined sugar in water, till it becomes tender and transparent.

Candied lemon-peel is prepared in the same manner.

It is needless to add more of these preparations, as they belong rather to the art of the confectioner than to the apothecary.

## DECOCTIONS.

WATER readily extracts the gummy and saline parts of vegetables, and, though its action is chiefly confined to these, yet the resinous and oily, being intimately blended with the gummy and saline, are in great part taken up along with them. Hence, watery decoctions and infusions of vegetables constitute a large and not unuseful class of medicines. Although most vegetables yield their virtues to water, as well by infusion as decoction, yet the latter is often necessary, as it saves time, and does in a few minutes what the other would require hours, and sometimes days, to effect.

The medicines of this class are all intended for immediate use.

*Decoction of Althæa.*—Take of the roots of marshmallows, moderately dried, three ounces; raisins of the sun, one ounce; water three, pints.

Boil the ingredients in the water till one third of it is consumed; afterwards strain the decoction and let it stand for some time to settle. If the roots be thoroughly dried, they must be boiled till one half of the water be consumed.

In coughs, and sharp defluxions upon the lungs, this decoction may be used for ordinary drink.

*The Common Decoction.*—Take of camomile flowers, one ounce; elder flowers, and sweet fennel seeds, of each, half an ounce; water, two quarts. Boil them for a little, and then strain the decoction.



A medicine equally good may be prepared by infusing the ingredients for some hours in boiling water.

This decoction is chiefly intended as the basis of clysters, to which other ingredients may be occasionally added. It will likewise serve as a common fomentation, spirit of wine or other things being added in such quantity as the case may require.

*Decoction of Logwood.*—Boil three ounces of the shavings, or chips, of logwood, in four pints of water, till one half of the liquor is wasted. Two or three ounces of simple cinnamon-water may be added to this decoction.

In fluxes of the belly, where the stronger astringents are improper, a tea-cupful of this decoction may be taken with advantage three or four times a day.

*Decoction of the Bark.*—Boil an ounce of the Peruvian bark, grossly powdered, in a pint and a half of water to one pint; then strain the decoction. If a tea-spoonful of the weak spirit of vitriol be added to this medicine, it will render it both more agreeable and efficacious.

*Compound Decoction of the Bark.*—Take of Peruvian bark, and Virginian snake-root, grossly powdered, each three drachms. Boil them in a pint of water to one-half. To the strained liquor add an ounce and a-half of aromatic water.

Sir John Pringle recommends this as a proper medicine towards the decline of malignant fevers, when the pulse is low, the voice weak, and the head affected with a stupor, but with little delirium.

The dose is four spoonful every fourth or sixth hour.

*Decoction of Sarsaparilla.*—Take of fresh sarsaparilla root, sliced and bruised, two ounces; shavings of guaiacum wood, one ounce. Boil over a slow fire in three quarts of water, to one; adding towards the



end, half an ounce of sassafras wood, and three drachms of liquorice. Strain the decoction.

This may either be employed as an assistant to a course of mercurial alteratives, or taken after the mercury has been used for some time. It strengthens the stomach, and restores flesh and vigour to habits emaciated by the venereal disease. It may also be taken in the rheumatism, and cutaneous disorders proceeding from foulness of the blood and juices. For all these intentions, it is greatly preferable to the *Decoction of Woods*.

This decoction may be taken, from a pint and a half to two quarts in the day.

The following decoction is said to be similar to that used by *Kennedy*, in the cure of the venereal disease, and may supply the place of Lisbon diet-drink.

Take of sarsaparilla, three ounces; liquorice and mezereon root, of each, half an ounce; shavings of guaiacum and sassafras wood, of each, one ounce; crude antimony, powdered, an ounce and a half. Infuse these ingredients in eight pints of boiling water, for twenty-four hours, then boil them till one half of the water is consumed; afterwards strain the decoction.

This decoction may be used in the same manner as the preceding.

*Decoction of Seneka*.—Take of seneka rattle-snake root, one ounce; water, a pint and a half. Boil to one pint, and strain.

This decoction is recommended in the pleurisy, dropsy, rheumatism, and some obstinate disorders of the skin. The dose is two ounces, three or four times a-day, or oftener, if the stomach will bear it.

*White Decoction*.—Take of the purest chalk, in powder, two ounces; gum Arabic, half an ounce; water, three pints. Boil to one quart, and strain the decoction.

This is a proper drink in acute diseases, attended



with, or inclining to, a looseness, and where acidities abound in the stomach and bowels. It is peculiarly proper for children when afflicted with sourness of the stomach, and for persons who are subject to the heartburn. It may be sweetened with sugar, as it is used, and two or three ounces of simple cinnamon-water added to it.

An ounce of powdered chalk, mixed with two pints of water, will occasionally supply the place of this decoction, and also of the chalk jalap.

### DRAUGHTS.

THIS is a proper form for exhibiting such medicines as are intended to operate immediately, and which do not need to be frequently repeated; as purges, vomits, and a few others which are to be taken at one dose. Where a medicine requires to be used for any length of time, it is better to make up a large quantity of it at once, which saves both trouble and expense.

*Anodyne Draught.*—Take of liquid laudanum, twenty-five drops; simple cinnamon water, an ounce; common syrup, two drachms. Mix them. In excessive pains, where bleeding is necessary, and in great restlessness, this composing draught may be taken and repeated occasionally.

*Diuretic Draught.*—Take of the diuretic salt, two scruples, syrup of poppies, two drachms; simple cinnamon water, and common water, of each an ounce. This draught is of service in an obstruction or deficiency of urine.

*Purging Draughts.*—Take of manna, an ounce; soluble tartar, or Rochel salt, from three to four drachms. Dissolve in three ounces of boiling water, to which, add Jamaica pepper-water, half an ounce.

As manna sometimes will not sit upon the stomach, an ounce or ten drachms of the bitter purging salts, dissolved in four ounces of water, may be taken instead of the above.



Those who cannot take salts may use the following draught:

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

*Sweating Draught.*—Take spirit of Mindererus, two ounces; salt of hartshorn, five grains; simple cinnamon water, and syrup of poppies, of each, half an ounce. Mix them into a draught.

In recent colds and rheumatic complaints, this draught is of service. To promote its effects, however, the patient ought to drink freely of warm water gruel, or of some other weak diluting liquor.

*Vomiting Draughts.*—Take of ipecacuanha, in powder, a scruple; water, an ounce; simple syrup, a drachm. Mix them.

Persons who require a stronger vomit, may add to the above, half a grain, or a grain, of emetic tartar.

Those who do not choose the powder, may take ten drops of the ipecacuanha wine; or half an ounce of the wine, and an equal quantity of the syrup of squills.

## ELECTUARIES.

ELECTUARIES are generally composed of the lighter powders, mixed with syrup, honey, conserve, or mucilage, into such a consistence, that the powders may neither separate by keeping, nor the mass prove too stiff for swallowing. They receive chiefly the milder alterative medicines, and such as are not ungrateful to the palate.

Astringent electuaries, and such as have pulps of fruit in them, should be prepared only in small quantities; as astringent medicines lose their virtue by being kept in this form; and the pulps of fruits are apt to ferment.



For the extraction of pulps, it will be necessary to boil unripe fruits, and ripe ones, if they are dried, in a small quantity of water, till they become soft. The pulp is then to be pressed out through a strong hair sieve, or thin cloth, and afterwards boiled to a due consistence, in an earthen vessel, over a gentle fire, taking care to prevent the matter from burning, by continually stirring it. The pulps of fruits that are both ripe and fresh may be pressed out without any previous boiling.

*Lenitive Electuary.*—Take of senna, in fine powder, eight ounces; coriander seed, also in powder, four ounces; pulp of tamarinds and of French prunes, each, a pound; mix the pulp and powders together, and, with a sufficient quantity of simple syrup, reduce the whole into an electuary.—A tea-spoonful of this electuary, taken two or three times a-day, generally proves an agreeable laxative. It likewise serves as a convenient vehicle for exhibiting more active medicines, as jalap, scammony, and such like.

This may supply the place of the electuary of *Cassia*.

*Electuary for the Dysentery.*—Take of the Japonic confection, two ounces; Locatelli's balsam, one ounce; rhubarb, in powder, half an ounce; syrup of marshmallows, enough to make an electuary.

It is often dangerous in dysenteries to give opiates and astringents, without interposing purgatives. The purgative is here joined with these ingredients, which renders this a very safe and useful medicine for the purposes expressed in the title. About the bulk of a nutmeg should be taken twice or thrice a-day, as the symptoms and constitution may require.

*Electuary for the Epilepsy.*—Take of Peruvian bark, in powder, an ounce; of powdered tin, and wild valerian root, each, half an ounce; simple syrup, enough to make an electuary.



Dr. Mead directs a drachm of an electuary similar to this, to be taken evening and morning in the epilepsy, for the space of three months. It will be proper, however, to discontinue the use of it for the space of a few days, every now and then. I have added the powdered tin, because the epilepsy often proceeds from worms.

*Electuary for the Gonorrhœa.*—Take of lenitive electuary, three ounces: jalap and rhubarb, in powder, of each, two drachms; nitre, half an ounce; simple syrup, enough to make an electuary.

During the inflammation and tension of the urinary passages, which accompany a virulent gonorrhœa, this cooling laxative may be used with advantage.

The dose is a drachm, or about the size of a nutmeg, two or three times a-day, more or less as may be necessary to keep the body gently open.

An electuary made of cream of tartar and simple syrup will occasionally supply the place of this.

After the inflammation is gone off, the following electuary may be used:

Take of lenitive electuary, two ounces; balsam of capivi, one ounce; gum guaiacum and rhubarb, in powder, of each, two drachms; simple syrup, enough to make an electuary. The dose is the same as of the preceding.

*Electuary of the Bark.*—Take of Peruvian bark, in powder, three ounces; cascarilla, half an ounce; syrup of ginger, enough to make an electuary.

In the cure of obstinate intermitting fevers, the bark is assisted by the cascarilla. In hectic habits, however, it will be better to leave out the cascarilla, and put three drachms of crude sal ammoniac in its stead.

*Electuary for the Piles.*—Take flower of sulphur, one ounce; cream of tartar, half an ounce; treacle, a sufficient quantity to form an electuary.



A tea-spoonful of this may be taken three or four times a-day.

*Electuary for the Palsy.*—Take of powdered mustard-seed and conserve of roses, each, an ounce; syrup of ginger, enough to make an electuary.

A tea-spoonful of this may be taken three or four times a-day.

*Electuary for the Rheumatism.*—Take of conserve of roses, two ounces; cinnabar of antimony, levigated, an ounce and a half; gum guaiacum, in powder, an ounce; syrup of ginger, a sufficient quantity to make an electuary.

In obstinate rheumatisms, which are not accompanied with a fever, a tea-spoonful of this electuary may be taken twice a-day with considerable advantage.

## EMULSIONS.

EMULSIONS, besides their use as medicines, are also proper vehicles for certain substances, which could not otherwise be conveniently taken in a liquid form. Thus, camphor, triturated with almonds, readily unites with water into an emulsion. Pure oils, balsams, resins, and other similar substances, are likewise rendered miscible with water, by the intervention of mucilages.

*Common Emulsion.*—Take of sweet almonds, an ounce; bitter almonds, a drachm; water, two pints. Let the almonds be blanched, and beat up in a mortar; adding the water by little and little, so as to make an emulsion: afterwards let it be strained.

*Arabic Emulsion.*—This is made in the same manner as the above, adding to the almonds, while beating, two ounces and a half of the mucilage of gum Arabic. Where soft cooling liquors are necessary, these emulsions may be used as ordinary drink.

*Camphorated Emulsion.*—Take of camphor, half a drachm; sweet almonds, half a dozen; white sugar,



half an ounce; mint water, eight ounces. Grind the camphor and almonds well together in a stone mortar, and add by degrees the mint water; then strain the liquor, and dissolve in it the sugar. In fevers, and other disorders which require the use of camphor, a table-spoonful of this may be taken every two or three hours.

*Emulsion of Gum Ammoniac.*—Take of gum ammoniac, two drachms; water, eight ounces. Grind the gum with the water poured upon it by little and little, till it is dissolved. This emulsion is used for attenuating tough and viscid phlegm, and promoting expectoration. In obstinate coughs, two ounces of the syrup of poppies may be added to it. The dose is two table-spoonful three or four times a day.

*Oily Emulsion.*—Take of soft water, six ounces; volatile aromatic spirit, two drachms; Florence oil, an ounce; shake them well together, and add of simple syrup half an ounce.

In recent colds and coughs, this emulsion is generally of service; but if the cough proves obstinate, it will succeed better when made with the paregoric elixir of the Edinburgh Dispensatory, instead of the volatile aromatic spirit. A table-spoonful of it may be taken every two or three hours.

## EXTRACTS.

EXTRACTS are prepared by boiling the subject in water, and evaporating the strained decoction to a due consistence. By this process some of the more active parts of plants are freed from the useless, indissoluble earthy matter, which makes the larger share of their bulk. Water, however, is not the only menstruum used in the preparation of extracts: sometimes it is joined with spirits, and at other times rectified spirits alone are used for that purpose.



Extracts are prepared from a variety of different drugs, as the bark, gentian, jalap, &c.; but, as they require a troublesome and tedious operation, it will be more convenient for a private practitioner to purchase what he needs of them from a professed druggist, than to prepare them himself. Such of them as are generally used, are inserted in our list of such medicines as are to be kept for private practice.

### FOMENTATIONS.

FOMENTATIONS are generally intended either to ease pain, by taking off tension and spasm; or to brace and restore the tone and vigour of those parts to which they are applied. The first of these intentions may generally be answered by warm water, and the second by cold. Certain substances, however, are usually added to water, with a view to heighten its effects, as anodynes, aromatics, and astringents, &c. We shall therefore subjoin a few of the most useful medicated fomentations, that people may have it in their power to make use of them as they choose.

*Anodyne Fomentation.*—Take of white poppy-heads two ounces; elder-flowers, half an ounce; water, three pints. Boil till one pint is evaporated, and strain out the liquor.—This fomentation, as its title expresses, is used for relieving acute pain.

*Aromatic Fomentation.*—Take of Jamaica pepper, half an ounce; red wine, a pint. Boil them for a little, and then strain the liquor.

This is intended, not only as a topical application for external complaints, but also for relieving the internal parts. Pains of the bowels, which accompany dysenteries and diarrhœas, flatulent colics, uneasiness of the stomach, and retchings to vomit, are frequently abated by bathing the abdomen and region of the stomach with the warm liquor.



*Common Fomentation.*—Take tops of wormwood and camomile flowers, dried, of each, two ounces; water, two quarts. After a slight boiling, pour off the liquor.—Brandy or spirits of wine may be added to this fomentation, in such quantity as the particular circumstance of the case shall require; but these are not always necessary.

*Emollient Fomentation.*—This is the same as the common decoction.

*Strengthening Fomentation.*—Take of oak bark, one ounce; granate-peel, half an ounce; alum, two drachms; smith's forge water, three pints. Boil the water with the bark and peel to the consumption of one third; then strain the remaining decoction, and dissolve in it the alum.—This astringent liquor is employed as an external fomentation to weak parts; it may also be used internally.

## GARGLES.

HOWEVER trifling this class of medicines may appear, they are by no means without their use. They seldom indeed cure diseases, but they often alleviate very disagreeable symptoms; as parchedness of the mouth, foulness of the tongue and fauces, &c. They are peculiarly useful in fevers and sore throats. In the latter, a gargle will sometimes remove the disorder; and in the former, few things are more refreshing or agreeable to the patient, than to have his mouth washed with some soft detergent gargle.

One advantage of these medicines is, that they are easily prepared. A little barley-water and honey may be had anywhere; and if to these be added as much vinegar as will give them an agreeable sharpness, they will make a very useful gargle for softening and cleansing the mouth.

Gargles have the best effect when injected with a syringe.

*Attenuating Gargle.*—Take of water, six ounces;



honey, one ounce ; nitre, a drachm and a half. Mix them.—This cooling gargle may be used either in the inflammatory quinsey, or in fevers, for cleansing the tongue and fauces.

*Common Gargle.*—Take of rose-water, six ounces ; syrup of clove July-flowers, half an ounce ; spirit of vitriol, a sufficient quantity to give it an agreeable sharpness. Mix them.

This gargle, besides cleansing the tongue and fauces, acts as a gentle repellent, and will sometimes remove a slight quinsey.

*Detergent Gargle.*—Take of the emollient gargle, a pint ; tincture of myrrh, an ounce ; honey, two ounces. Mix them.—When exulcerations require to be cleansed, or the excretion of tough, viscid saliva promoted, this gargle will be of service.

*Emollient Gargle.*—Take an ounce of marshmallow roots, and two or three figs ; boil them in a quart of water till near one half of it be consumed, then strain out the liquor.

If an ounce of honey, and half an ounce of spirit of sal ammoniac, be added to the above, it will be an exceeding good *attenuating gargle*.

This gargle is beneficial in fevers, where the tongue and fauces are rough and parched, to soften these parts, and promote the discharge of saliva.

The learned and accurate Sir John Pringle observes, that in the inflammatory quinsey, or strangulation of the fauces, little benefit arises from the common gargles ; that such as are of an acid nature do more harm than good, by contracting the emunctories of the saliva and mucus, and thickening those humours ; that a decoction of figs in milk and water has a contrary effect, especially if some sal ammoniac be added ; by which the saliva is made thinner, and the glands are brought to secrete more freely ; a circumstance always conducive to the cure.



## INFUSIONS.

VEGETABLES yield nearly the same properties to water by infusion as by decoction; and, though they may require a longer time to give out their virtues in this way, yet it has several advantages over the other; since boiling is found to dissipate the finer parts of many bitter and aromatic substances, without more fully extracting their medicinal principles.

The author of the New Dispensatory observes, that even from those vegetables which are weak in virtue, rich infusions may be obtained, by returning the liquor upon fresh quantities of the subject, the water loading itself more and more with the active parts; and that these loaded infusions are applicable to valuable purposes in medicine, as they contain, in a small compass, the finer, more subtle, and active principles of vegetables, in a form readily miscible with the fluids of the human body.

*Bitter Infusion.*—Take, tops of the lesser centaury and camomile flowers, of each, half an ounce; yellow rind of lemon and orange-peel, carefully freed from the inner white part, of each, two drachms. Cut them in small pieces, and infuse them in a quart of boiling water.

For indigestion, weakness of the stomach, or a want of appetite, a tea-cupful of this infusion may be taken twice or thrice a-day.

*Infusion of the Bark.*—To an ounce of the bark, in powder, add four or five table-spoonsful of brandy, and a pint of boiling water. Let them infuse for two or three days.—This is one of the best preparations of the bark for weak stomachs. In disorders where the corroborating virtues of that medicine are required, a tea-cupful of it may be taken two or three times a-day.

*Infusion of Carduus.*—Infuse an ounce of the dried



leaves of *carduus benedictus*, or blessed thistle, in a pint of common water, for six hours, without heat; then filter the liquor through paper.

This light infusion may be given with great benefit, in weakness of the stomach, where the common bitters do not agree. It may be flavoured, at pleasure, with cinnamon, or other aromatic materials.

*Infusion of linseed.*—Take, of linseed, twospoonsful; liquorice-root, sliced, half an ounce; boiling water, three pints. Let them stand to infuse by the fire for some hours, and then strain off the liquor.

If an ounce of the leaves of coltsfoot be added to these ingredients, it will then be the *Pectoral Infusion*. Both these are emollient, mucilaginous liquors, and may be taken with advantage as ordinary drink, in difficulty of making water, and in coughs and other complaints of the breast.

*Infusion of Roses.*—Take, of red roses, dried, half an ounce; boiling water, a quart; vitriolic acid, commonly called oil of vitriol, half a drachm; loaf sugar, an ounce.

Infuse the roses in the water for four hours, in an unglazed earthen vessel; afterwards pour in the acid, and, having strained the liquor, add to it the sugar.

In an excessive flow of the *menses*, vomiting of blood, and other hæmorrhages, a tea-cupful of this gently astringent infusion may be taken every three or four hours. It likewise makes an exceeding good gargle.

As the quantity of roses used here can have little or no effect, an equally valuable medicine may be prepared by mixing the acid and water without infusion.

*Infusion of Tamarinds and Senna.*—Take, of Tamarinds, one ounce; senna and crystals of tartar, each, two drachms. Let these ingredients be infused four or five hours, in a pint of boiling water; afterwards let the liquor be strained, and an ounce or two of



the aromatic tincture added to it. Persons who are easily purged may leave out either the tamarinds or the crystals of tartar. This is an agreeable, cooling purge. A tea-cupful may be given every half-hour till it operates.

This supplies the place of the *Decoction of Tamarinds and Senna*.

*Spanish Infusion*.—Take, of Spanish juice, cut into small pieces, an ounce; salt of tartar, three drachms. Infuse in a quart of boiling water for a night. To the strained liquor add an ounce and a half of syrup of poppies.—In recent colds, coughs, and obstructions of the breast, a tea-cupful of this infusion may be taken with advantage three or four times a-day.

*Infusion for the Palsy*.—Take, of horse-radish root, shaved, mustard seed, bruised, each, four ounces; outer rind of orange-peel, one ounce. Infuse them in two quarts of boiling water, in a close vessel, for twenty-four hours.

In paralytic complaints, a tea-cupful of this warm stimulating medicine may be taken three or four times a-day. It excites the action of the solids, proves diuretic, and, if the patient be kept warm, promotes perspiration.

If two or three ounces of the dried leaves of marsh trefoil be used instead of the mustard, it will make the *Antiscorbutic Infusion*.

## JULAPS.

THE basis of Julaps is generally common water, or some simple distilled water, with one-third or one-fourth its quantity of distilled spirituous water, and as much sugar or syrup as is sufficient to render the mixture agreeable. This is sharpened with vegetable or mineral acids, or impregnated with other medicines suitable to the intention.

*Camphorated Julap*.—Take of camphor, one drachm;



rectified spirit of wine, ten drops; double-refined sugar, half an ounce; boiling distilled water, one pint. Rub the camphor first with the spirit of wine, then with the sugar; lastly, add the water, by degrees, and strain the liquor.

In hysterical and other complaints, where camphor is proper, this julap may be taken in the dose of a spoonful or two, as often as the stomach will bear it.

*Cordial Julap.*—Take of simple cinnamon water, four ounces; Jamaica pepper-water, two ounces; volatile aromatic spirit, and compound spirit of lavender, of each, two drachms; syrup of orange-peel, an ounce. Mix them.—This is given in the dose of two spoonful three or four times a-day, in disorders accompanied with weakness and depression of spirits.

*Expectorating Julap.*—Take of the emulsion of gum ammoniac, six ounces; syrup of squills, two ounces. Mix them.

In coughs, asthmas, and obstructions of the breast, two table-spoonful of the julap may be taken every three or four hours.

*Musk Julap.*—Rub half a drachm of musk well together with half an ounce of sugar, and add to it, gradually, of simple cinnamon and peppermint-water, each, two ounces; of the volatile aromatic spirit, two drachms.

In the low state of nervous fevers, hiccuping, convulsions, and other spasmodic affections, two table-spoonful of this julap may be taken every two or three hours.

*Saline Julap.*—Dissolve two drachms of salt of tartar in three ounces of fresh lemon-juice, strained; when the effervescence is over, add, of mint-water and common water, each, two ounces; of simple syrup, one ounce.—This removes sickness at the stomach, relieves vomiting, promotes perspiration, and



may be of some service in fevers, especially of the inflammatory kind.

*Vomiting Julap.*—Dissolve four grains of emetic tartar in eight ounces of water, and add to it half an ounce of the syrup of clove July flowers.—In the beginning of fevers, where there is no topical inflammation, this julap may be given in the dose of one table-spoonful every quarter of an hour till it operates. Antimonial vomits serve not only to evacuate the contents of the stomach, but likewise to promote the different secretions. Hence they are found in fevers, to have nearly the same effects as *Dr. James's Powder*.

## MIXTURES.

A MIXTURE differs from a julap in this respect, that it receives into its composition not only salts, extracts, and other substances dissoluble in water, but also earths, powders, and such substances as cannot be dissolved. A mixture is seldom either an elegant or an agreeable medicine. It is nevertheless necessary. Many persons can take a mixture, who are not able to swallow a bolus or an electuary; besides, there are medicines which act better in this than in any other form.

*Astringent Mixture.*—Take simple cinnamon-water, and common water, of each, three ounces; spirituous cinnamon-water, an ounce and a half; Japonic confection, half an ounce. Mix them.

In dysenteries, which are not of long standing, after the necessary evacuations, a spoonful or two of this mixture may be taken every four hours, interposing, every second or third day, a dose of rhubarb.

*The Astringent Mixture*, which I have lately made use of with great success, is prepared thus:

Take powder of bole with opium, two drachms; cinnamon-water and penny-royal water of each, three



ounces; spirituous cinnamon-water, six drachms; simple syrup, one ounce. Mix them, and take a table-spoonful four or five times a-day.

*Diuretic Mixture.*—Take of mint-water, five ounces; vinegar of squills, six drachms; sweet spirit of nitre, half an ounce; syrup of ginger, an ounce and a half. Mix them.

In obstructions of the urinary passages, two spoonful of this mixture may be taken twice or thrice a-day.

*Laxative Absorbent Mixture.*—Rub one drachm of magnesia alba in a mortar with ten or twelve grains of the best Turkey rhubarb, and add to them three ounces of common water; simple cinnamon-water, and syrup of sugar, of each, one ounce.—As most diseases of infants are accompanied with acidities, this mixture may either be given with a view to correct these, or to open the body. A table-spoonful may be taken for a dose, and repeated three times a-day. To a very young child, half a spoonful will be sufficient.

When the mixture is intended to purge, the dose may either be increased, or the quantity of rhubarb doubled.

This is one of the most generally useful medicines for children with which I am acquainted.

*Saline Mixture.*—Dissolve a drachm of the salt of tartar in four ounces of boiling water; and, when cold, drop into it spirit of vitriol till the effervescence ceases; then add, of peppermint-water, two ounces; simple syrup, one ounce.

Where fresh lemons cannot be had, this mixture may occasionally supply the place of the saline julap.

*Squill Mixture.*—Take of simple cinnamon-water, five ounces; vinegar of squills, one ounce; syrup of marshmallows, an ounce and a half. Mix them. This mixture, by promoting expectoration and the



secretion of urine, proves serviceable in asthmatic and dropsical habits. A table-spoonful of it may be taken frequently.

### OINTMENTS, LINIMENTS, AND CERATES.

NOTWITHSTANDING the extravagant encomiums which have been bestowed on different preparations of this kind, with regard to their efficacy in the cure of wounds, sores, &c., it is beyond a doubt that the most proper application to a green wound is dry lint. But though ointments do not heal wounds and sores, yet they serve to defend them from the external air, and to retain such substances as may be necessary for drying, deterging, destroying proud flesh, and such like. For these purposes, however, it will be sufficient to mention only a few of the most simple forms, as ingredients of a more active nature can occasionally be added to them.

*Yellow Basilicum Ointment.*—Take of yellow wax, white resin, and frankincense, each, a quarter of a pound; melt them together over a gentle fire, then add, of hogslard, prepared, one pound. Strain the ointment while warm.—This ointment, is employed for cleansing and healing wounds and ulcers.

*Ointment of Calamine.*—Take of olive oil, a pint and a half; white wax, and calamine stone, levigated, of each, half a pound. Let the calamine stone, reduced into a fine powder, be rubbed with some part of the oil, and afterwards added to the rest of the oil and wax previously melted together, continually stirring them till quite cold. This ointment, which is commonly known by the name of *Turner's Cerate*, is an exceeding good application in burns and excoriations, from whatever cause.

*Emollient Ointment.*—Take of palm oil, two pounds; olive oil, a pint and a half; yellow wax, half a pound; Venice turpentine, a quarter of a pound.



Melt the wax in the oils, over a gentle fire; then mix in the turpentine, and strain the ointment.

This supplies the place of *Althæa Ointment*. It may be used for anointing inflamed parts, &c.

*Eye Ointment*.—Take of hogslard, prepared, four ounces; white wax, two drachms; tutty, prepared, one ounce; melt the wax with the lard over a gentle fire, and then sprinkle in the tutty, continually stirring them till the ointment is cold.—This ointment will be more efficacious, and of a better consistence, if two or three drachms of camphor be rubbed up with a little oil, and intimately mixed with it.

*Another*.—Take of camphor and calamine stone levigated, each, six drachms; verdigrise, well prepared, two drachms; hogslard and mutton suet, prepared, of each, two ounces. Rub the camphor well on with the powder; afterwards mix in the lard and suet, continuing the triture till they be perfectly united.—This ointment has been long in esteem for disease of the eyes. It ought, however, to be used with caution, when the eyes are inflamed or very tender.

*Issue Ointment*.—Mix half an ounce of Spanish flies, finely powdered, in six ounces of yellow basilicum ointment. This ointment is chiefly intended for dressing blisters, in order to keep them open during pleasure.

*Ointment of Lead*.—Take of olive oil, half a pint; white wax, two ounces; sugar of lead, three drachms. Let the sugar of lead, reduced into a fine powder, be rubbed up with some part of the oil, and afterwards continually stirring them till quite cold.—This cooling and gently astringent ointment may be used in all cases where the intention is to dry and skin over the part, as in scalding, &c.

*Mercurial Ointment*.—Take of quicksilver, two ounces; hogslard, three ounces; mutton suet, one ounce. Rub the quicksilver with an ounce of the hogslard in a warm mortar, till the globules be per-



fectly extinguished; then rub it up with the rest of the lard and suet, previously melted together.

The principal intention of this ointment is to convey mercury into the body by being rubbed upon the skin.

*Ointment of Sulphur.*—Take of hogslard, prepared, four ounces; flowers of sulphur, an ounce and a half; crude sal ammoniac, two drachms; essence of lemon, ten or twelve drops. Make them into an ointment.—This ointment rubbed upon the parts affected, will generally cure the itch. It is both the safest and best application for that purpose, and, when made in this way, has no disagreeable smell.

*Ointment for Diseases of the Skin.*—Take of the ointment commonly called *unguentum citrinum*, a drachm and a half; flower of brimstone and powder of hellebore, of each, an ounce; hogslard, three ounces; essence of lemon, or oil of thyme, from twenty to thirty drops, to correct the offensiveness of the smell. Make them into an ointment.—I have not only known many ordinary affections of the skin cured by this ointment, but even some of a very malignant nature, and approaching to leprosy.

*White Ointment.*—Take of olive oil, one pint; white wax and spermaceti, of each, three ounces. Melt them with a gentle heat, and keep them constantly and briskly stirring together, till quite cold.

If two drachms of camphor, previously rubbed with a small quantity of oil, be added to the above, it will make the *White Camphorated Ointment*.

*Liniment for Burns.*—Take equal parts of Florence oil, or fresh-drawn linseed oil, and lime-water; shake them well together in a wide-mouthed bottle, so as to form a liniment.—This is found to be an exceeding proper application for recent scalds or burns. It may either be spread upon a cloth, or the parts affected may be anointed with it twice or thrice a day.

*White Liniment.*—This is made in the same man-



ner as the white ointment, two-thirds of the wax being left out.—This liniment may be applied in cases of excoriation, where, on account of the largeness of the surface, the ointments with lead or calamine might be improper.

*Liniment for the Piles.*—Take of emollient ointment, two ounces; liquid laudanum, half an ounce. Mix these ingredients with the yolk of an egg, and work them well together.

*Volatile Liniment.*—Take of Florence oil, an ounce; spirit of hartshorn, half an ounce. Shake them together.—This liniment, made with equal parts of the spirit and oil, will be more efficacious where the patient's skin is able to bear it.

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

*Camphorated Oil.*—Rub an ounce of camphor, with two ounces of Florence oil, in a mortar, till the camphor be entirely dissolved.

This antispasmodic liniment may be used in obstinate rheumatisms, and some other cases accompanied with extreme pain and tension of the parts.

## PILLS.

MEDICINES which operate in a small dose, and whose disagreeable taste or smell make it necessary that they should be concealed from the palate, are most commodiously exhibited in this form. No medicine, however, that is intended to operate quickly, ought to be made into pills, as they often lie a considerable time on the stomach before they are dissolved, so as to produce any effect.



As the ingredients which enter the composition of pills are generally so contrived that one pill of an ordinary size may contain about five grains of the compound, in mentioning the dose we shall only specify the number of pills to be taken ; as one, two, three, &c.

*Composing Pill.*—Take of purified opium, ten grains ; Castile soap, half a drachm. Beat them together, and form the whole into twenty pills.—When a quieting draught will not sit upon the stomach, one, two, or three of these pills, may be taken, as occasion requires.

*Deobstruent Pill.*—Take salt of steel ; succotrine aloes ; myrrh, in powder ; of each, a drachm. Make into forty pills, of which two are to be taken evening and morning.

I have found these pills of excellent service in obstructions of the *menses*. The late Dr. Watkinson made it his dying request, that I would insert this prescription in the ‘*Domestic Medicine*,’ which he said would be immortal, and that ‘his soul panted for immortality.’

*Fœtid Pill.*—Take of assafœtida, half an ounce ; simple syrup, as much as is necessary to form it into pills.—In hysteric complaints, four or five pills of an ordinary size may be taken twice or thrice a-day. They may likewise be of service to persons afflicted with the asthma.

When it is necessary to keep the body open, a proper quantity of rhubarb, aloes, or jalap, may occasionally be added to the above mass.

*Hemlock Pill.*—Take any quantity of the extract of hemlock, and, adding to it about a fifth part its weight of the powder of the dried leaves, form it into pills of the ordinary size.

The extract of hemlock may be taken from one grain to several drachms in the day. The best method, however, of using these pills, is to begin with one or two, and to increase the dose gradually,



as far as the patient can bear them, without any remarkable degree of stupor or giddiness.

*Mercurial Pill.*—Take of purified quicksilver and honey, each, half an ounce. Rub them together in a mortar, till the globules of mercury are perfectly extinguished; then add, of Castile soap, two drachms; powdered liquorice, or crumb of bread, a sufficient quantity to give the mass a proper consistence for pills. When stronger mercurial pills are wanted, the quantity of quicksilver may be doubled.

The dose of these pills is different according to the intention with which they are given. As an alterant, two or three may be taken daily. To raise a salivation, four or five will be necessary.

Equal parts of the above pill and powdered rhubarb made into a mass, with a sufficient quantity of simple syrup, will make a *Mercurial Purging Pill*.

*Mercurial Sublimate Pill.*—Dissolve fifteen grains of the corrosive sublimate of mercury, in two drachms of the saturated solution of crude sal ammoniac, and make it into a paste, in a glass mortar, with a sufficient quantity of the crumb of bread. This mass must be formed into one hundred and twenty pills.

This pill, which is the most agreeable form of exhibiting the sublimate, has been found efficacious, not only in curing the venereal disease, but also in killing and expelling the *worms*, after other powerful medicines had failed.

For the venereal disease, four of these pills may be taken twice a-day; as an alterant, three, and, for worms, two.

*Plumber's Pill*—Take of calomel, or sweet mercury, and precipitated sulphur of antimony, each, three drachms; extract of liquorice, two drachms. Rub the sulphur and mercury well together; afterwards add the extract, and, with a sufficient quantity of the mucilage of gum Arabic, make them into pills.



This pill has been found a powerful, yet safe, alterative in obstinate cutaneous disorders; and has completed a cure, after salivation had failed. In venereal cases it has likewise produced excellent effects. Two or three pills of an ordinary size may be taken night and morning, the patient keeping moderately warm, and drinking, after each dose, a draught of decoction of the woods, or of sarsaparilla.

*Purging Pills.*—Take of succotrine aloes and Castile soap, each, two drachms; of simple syrup, a sufficient quantity to make them into pills.

Four or five of these pills will generally prove a sufficient purge. For keeping the body gently open, one may be taken night and morning. They are reckoned both deobstruent and stomachic, and will be found to answer all the purposes of Dr. Anderson's pills, the principal ingredient of which is aloes.

Where aloetic purges are improper, the following pills may be used: Take extract of jalap and vitriolated tartar, of each, two drachms; syrup of ginger, as much as will make them of a proper consistence for pills.

These pills may be taken in the same quantity as the above.

*Pills for the Bile.*—Take gum pill and colocynth pill, each, a drachm. Beat them together, and make the mass into thirty pills.

In bilious and nervous patients, where it was necessary to keep the body gently open, I have found these pills answer the purpose extremely well. I generally give one over-night and another next morning, once or twice a-week. But the dose must be regulated by the effect.

*Pill for the Jaundice.*—Take of Castile soap, succotrine aloes, and rhubarb, of each, one drachm. Make them into pills, with a sufficient quantity of syrup or mucilage.—These pills, as their title expresses, are chiefly intended for the jaundice, which,



with the assistance of proper diet, they will often cure. Five or six of them may be taken twice a-day, more or less, as is necessary to keep the body gently open. It will be proper, however, during their use, to interpose now and then a vomit of ipecacuanha or tartar emetic.

*Stomachic Pill.*—Take extract of gentian, two drachms; powdered rhubarb and vitriolated tartar, of each, one drachm; oil of mint, thirty drops; simple syrup, a sufficient quantity. Three or four of these pills may be taken twice a-day, for invigorating the stomach, and keeping the body gently open.

*Squill Pills.*—Take powder of dried squills, a drachm and a half; gum ammoniac, and cardamom seeds, in powder, of each, three drachms; syrup, a sufficient quantity. In dropsical and asthmatic complaints, two or three of these pills may be taken twice a-day, or oftener if the stomach will bear them.

*Strengthening Pills.*—Take soft extract of the bark and salt of steel, each, a drachm. Make into pills. In disorders arising from excessive debility or relaxation of the solids, as the *chlorosis*, or green sickness, two of these pills may be taken three times a-day.

## PLASTERS.

PLASTERS ought to be of a different consistence, according to the purposes for which they are intended. Such as are to be applied to the breasts or stomach, ought to be soft and yielding; while those designed for the limbs should be firm and adhesive.

It has been supposed, that plasters might be impregnated with the virtues of different vegetables, by boiling the recent vegetable with the oil employed for the composition of the plaster; but this treatment does not communicate to the oils any valuable qualities.



The *calces* of lead boiled with oils unite with them into a plaster of a proper consistence, which makes the basis of several other plasters. In boiling these compositions, a quantity of hot water must be added from time to time, to prevent the plaster from burning or growing black. This, however, should be done with care, lest it cause the matter to explode.

*Common Plaster.*—Take of common olive oil, six pints; litharge, reduced to a fine powder, two pounds and a half. Boil the litharge and oil together over a gentle fire, continually stirring them, but keeping always about half a gallon of water in the vessel; after they have boiled about three hours, a little of the plaster may be taken out and put into cold water, to try if it be of a proper consistence: when that is the case, the whole may be suffered to cool, and the water well pressed out of it with the hands.

This plaster is generally applied in slight wounds and excoriations of the skin. It keeps the part soft and warm, and defends it from the air, which is all that is necessary in such cases. Its principal use, however, is to serve as a basis for other plasters.

*Adhesive Plaster.*—Take of common plaster, half a pound; of Burgundy Pitch, a quarter of a pound. Melt them together.

This plaster is principally used for keeping on other dressings.

*Anodyne Plaster.*—Melt an ounce of adhesive plaster, and, when it is cooling, mix with it a drachm of powdered opium, and the same quantity of camphor, previously rubbed up with a little oil.

This plaster generally gives ease in acute pains, especially of the nervous kind.

*Blistering Plaster.*—Take of Venice turpentine, six ounces; yellow wax, two ounces; Spanish flies, in fine powder, three ounces; powdered mustard, one ounce. Melt the wax, and, when it is warm, add to it the turpentine, taking care not to evaporate it by too much heat. After the turpentine and wax



are sufficiently incorporated, sprinkle in the powders, continually stirring the mass till it be cold.

Though this plaster is made in a variety of ways, one seldom meets with it of a proper consistence. When compounded with oils and other greasy substances, its effects are blunted, and it is apt to run; while pitch and resin render it too hard, and very inconvenient.

When the blistering plaster is not at hand, its place may be supplied by mixing with any soft ointment a sufficient quantity of powdered flies; or by forming them into a paste with flour and vinegar.

Blistering plasters prove highly disagreeable to many people, by occasioning stranguary. I have therefore of late used a plaster in which a small quantity of blistering salve has been mixed with the Burgundy pitch plaster. I lay it over the part affected, and suffer it to remain as long as it will stick. The blistering plaster loses its effect in a few hours; whereas this will act for many days, or even weeks, and seldom fails to remove pain or slight obstructions.

*Gum Plaster.*—Take of the common plaster, four pounds; gum ammoniac and galbanum, strained, of each, half a pound. Melt them together, and add of Venice turpentine, six ounces. This plaster is used as a digestive, and likewise for discussing indolent tumours.

*Mercurial Plaster.*—Take of the common plaster, one pound; of gum ammoniac, strained, half a pound. Melt them together, and, when cooling, add eight ounces of quicksilver, previously extinguished by triture, with three ounces of hogslard.

This plaster is recommended in pains of the limbs arising from a venereal cause. Indurations of the glands, and other indolent tumours, are likewise found sometimes to yield to it.

*Stomach Plaster.*—Take of gum plaster, half a pound; camphorated oil, an ounce and a half; black



pepper, or capsicum, where it can be had, one ounce. Melt the plaster, and mix with it the oil; then sprinkle in the pepper, previously reduced to a fine powder.

An ounce or two of this plaster, spread upon soft leather and applied to the region of the stomach, will be of service in flatulencies arising from hysteric and hypochondriac affections. A little of the expressed oil of mace, or a few drops of the essential oil of mint, may be rubbed upon it before it is applied.

This may supply the place of the *Antihysteric Plaster*.

*Warm Plaster*.—Take of gum plaster, one ounce; blistering plaster, two drachms. Melt them together, over a gentle fire.

This plaster is useful in the sciatica and other fixed pains of the rheumatic kind; it ought, however, to be worn for some time, and to be renewed at least once a-week. If this be found to blister the part, which is sometimes the case, it must be made with a smaller proportion of the blistering.

*Wax Plaster*.—Take of yellow wax, one pound; white resin, half a pound; mutton suet, three quarters of a pound. Melt them together.

This is generally used instead of the *Melilot Plaster*. It is a proper application after blisters, and in other cases where a gentle digestive is necessary.

## POULTICES.

THROUGH some oversight, this article was omitted in the earlier editions, though it relates to a class of medicines by no means unimportant. Poultices are often beneficial, even in the most simple form; but more so, when employed to retain more active medicines, to keep them in contact with the skin, and to fit it for their absorption. Every nurse knows how to make a poultice.



A poor woman, who had received a very dangerous wound in the tendons of her thumb from a rusty nail, called upon me some little time since. As her case properly belonged to the department of surgery, I advised her to apply to the hospital; but the official hirelings there refused to take her in, though I always understood that they were *obliged to take in accidents*. It seems however, that some very confined meaning was annexed to this word by the surgeon on duty, and that he did not think the danger of a locked jaw, to be an *accident* as deserving of his pity and immediate assistance, as a broken arm or dislocated ancle.

The poor woman came back to me; and as her situation became every moment more and more alarming, the pain and inflammation having reached as high as the arm-pit, I advised her to apply to the whole hand and arm a large poultice, with an ounce of laudanum sprinkled over it, and to renew the poultice twice a-day. This she did with so much success, that the thumb recovered in less than three weeks.

## POWDERS.

THIS is one of the most simple forms in which medicine can be administered. Many medicinal substances, however, cannot be reduced into powder, and others are too disagreeable to be taken in this form.

The lighter powders may be mixed in any agreeable thin liquor, as tea or water gruel. The more ponderous will require a more consistent vehicle, as syrup, conserve, jelly, or honey.

Gums, and other substances which are difficult to powder, should be pounded along with the drier ones; but those which are too dry, especially aromatics, ought to be sprinkled, during their pulverization, with a few drops of any proper water.



Aromatic powders are to be prepared only in small quantities at a time, and kept in glass bottles, closely stopped. Indeed no powder ought to be exposed to the air, or kept too long, otherwise their virtues will be in great measure destroyed.

*Astringent Powder.*—Take of alum and Japan earth, each, two drachms. Pound them together, and divide the whole into ten or twelve doses.

In an immoderate flow of the *menses*, and other hæmorrhages, one of these powders may be taken every hour, or every half hour, if the discharge be violent.

*Powder of Bole.*—Take of bole armenic, or French bole, two ounces; cinnamon, one ounce; tormentil root and gum arabic, of each, six drachms; long pepper, one drachm. Let all these ingredients be reduced into a powder.

This warm, glutinous astringent powder, is given in fluxes and other disorders where medicines of that class are necessary, in the dose of a scruple, or half a drachm.

If a drachm of opium be added, it will make the *Powder of Bole with Opium*, which is a medicine of considerable efficacy. It may be taken in the same quantity as the former, but not above twice or thrice a-day.

*Carminative Powder.*—Take of coriander seed, half an ounce; ginger, one drachm: nutmegs, half a drachm; fine sugar, a drachm and a half. Reduce them into powder for twelve doses.

This powder is employed for expelling flatulencies arising from indigestion, particularly those to which hysteric and hypochondriac persons are so liable. It may likewise be given in small quantities to children in their food, when troubled with gripes.

*Diuretic Powder.*—Take of gum arabic, four ounces; purified nitre, one ounce. Pound them together, and divide the whole into twenty-four doses. During the first stage of the venereal disease, one



of these powders may be taken three times a-day, with considerable advantage.

*Aromatic Opening Powder.*—Take the best Turkey rhubarb, cinnamon, and fine sugar, each, two drachms. Let the ingredients be pounded, and afterwards mixed well together.

When flatulency is accompanied with costiveness, a tea-spoonful of this powder may be taken once or twice a day, according to circumstances.

*Saline Laxative Powder.*—Take of soluble tartar, and cream of tartar, each, one drachm; purified nitre, half a drachm. Make them into a powder.

In fevers and other inflammatory disorders, where it is necessary to keep the body gently open, one of these cooling laxative powders may be taken in a little gruel, and repeated occasionally.

*Steel Powder.*—Take filings of steel, and loaf sugar, of each, two ounces; ginger, two drachms. Pound them together.

In obstructions of the *menses*, and other cases where steel is proper, a tea-spoonful of this powder may be taken twice a-day, and washed down with a little wine or water.

*Sudorific Powder.*—Take purified nitre, and vitriolated tartar, of each, half an ounce; opium and ipecacuanha, of each, one drachm. Mix the ingredients, and reduce them to a fine powder.

This is generally known by the name of *Dover's Powder*. It is a powerful sudorific. In obstinate rheumatisms, and other cases where it is necessary to excite a copious sweat, this powder may be administered in the dose of a scruple or half a drachm. Some patients will require two scruples. It ought to be accompanied with the plentiful use of some warm diluting liquor.

*Worm Powder.*—Take of tin reduced into a fine powder, an ounce; Æthiop's mineral, two drachms. Mix them well together, and divide the whole into six doses.



One of these powders may be taken in a little syrup, honey, or treacle, twice a-day.—After they have been all used, the following anthelmintic purge may be proper.

*Purging Worm Powder.*—Take of powdered rhubarb, a scruple; scammony and calomel, of each, five grains. Rub them together in a mortar, for one dose.—For children, the above doses must be lessened according to their age.

If the powder of tin be given alone, its dose may be considerably increased. The late Dr. Alston gave it to the amount of two ounces in three days, and says, when thus administered, that it proved an egregious anthelmintic. He purged his patients both before they took the powder, and afterwards.

*Powder for the Tape Worm.*—Early in the morning, the patient is to take, in any liquid, two or three drachms, according to his age and constitution, of the root of the male fern, reduced into a fine powder. About two hours afterwards, he is to take, of calomel, and resin of scammony, each, ten grains; gum gamboge, six grains. These ingredients must be finely powdered, and given in a little syrup, honey, treacle, or any thing that is most agreeable to the patient. He is then to walk gently about, now and then drinking a dish of weak green tea, till the worm is passed. If the powder of the fern produce nausea or sickness, it may be removed by sucking an orange or lemon.

This medicine, which has been long kept a secret abroad for the cure of the tape worm, was some time ago purchased by the French King, and made public for the benefit of mankind. Not having had an opportunity of trying it, I can say nothing from experience concerning its efficacy. It seems, however, from its ingredients, to be an active medicine, and ought to be taken with care. The dose here prescribed is sufficient for the strongest patient; it must, therefore, be reduced according to the age and constitution.



## SYRUPS.

SYRUPS were some time ago looked upon as medicines of considerable value. They are, at present, however, regarded chiefly as vehicles for medicines of greater efficacy, and are used for sweetening draughts, julaps, or mixtures; and for reducing the lighter powders into boluses, pills, and electuaries. As all these purposes may be answered by the simple syrup alone, there is little occasion for any other; especially as they are seldom found but in a state of fermentation; and as the dose of any medicine given in this form is very uncertain. Persons who serve the public must keep whatever their customers call for, but, to the private practitioner, nine-tenths of the syrups usually kept in the shops are unnecessary.

*Simple Syrup* is made by dissolving in water, either with or without heat, about double its weight of fine sugar.

If twenty-five drops of laudanum be added to an ounce of the simple syrup, it will supply the place of diacodium, or the syrup of poppies, and will be found a more safe and certain medicine.

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

Those who choose to preserve the juice of lemon in form of syrup, may dissolve in it, by the heat of a warm bath, nearly double its weight of fine sugar. The juice ought to be previously strained, and suffered to stand till it settles.

The syrup of ginger is sometimes of use as a warm vehicle for giving medicines to persons afflicted with flatulency. It may be made by infusing two ounces of bruised ginger in two pints of boiling water for twenty-four hours. After the liquor has been strain-



ed, and has stood to settle for some time, it may be poured off, and a little more than double its weight of fine-powdered sugar dissolved in it.

### TINCTURES, ELIXIRS, &c.

Rectified spirit is the direct menstruum of the resins and essential oils of vegetables, and totally extracts these active principles from sundry substances, which yield them to water either not at all or only in part.

It dissolves, likewise, those parts of animal substances in which their peculiar smells and tastes reside. Hence the tinctures prepared with rectified spirits form a useful and elegant class of medicines, possessing many of the most essential virtues of simples, without being clogged with their inert or useless parts.

Water, however, being the proper menstruum of the gummy, saline, and saccharine parts, of medicinal substances, it will be necessary, in the preparation of several tinctures, to make use of a weak spirit, or a composition of rectified spirit and water.

*Aromatic Tincture.*—Infuse two ounces of Jamaica pepper in two pints of brandy, without heat, for a few days; then strain off the tincture.—This simple tincture will sufficiently answer all the intentions of the more costly preparations of this kind. It is rather too hot to be taken by itself; but is very proper for mixing with such medicines as might otherwise prove too cold for the stomach.

*Compound Tincture of the Bark.*—Take of Peruvian bark, two ounces; Seville orange-peel and cinnamon, of each, half an ounce. Let the bark be powdered, and the other ingredients bruised; then infuse the whole in a pint and a half of brandy, for five or six days, in a close vessel; afterwards strain off the tincture.—This tincture is not only beneficial in intermitting fevers, but also in the slow,



nervous, and putrid kinds, especially towards their decline.

The dose is from one drachm to three or four, every fifth or sixth hour. It may be given in any suitable liquor, and occasionally sharpened with a few drops of the spirit of vitriol.

*Volatile Fœtid Tincture.*—Infuse two ounces of assafœtida in one pint of volatile aromatic spirit, for eight days, in a close bottle, frequently shaking it; then strain the tincture.

This medicine is beneficial in hysteric disorders, especially when attended with lowness of spirits and faintings. A tea-spoonful of it may be taken in a glass of wine or a cup of penny-royal tea.

*Volatile Tincture of Gum Guaiacum.*—Take of gum guaiacum, four ounces; volatile aromatic spirit, a pint. Infuse, without heat, in a vessel well stopped, for a few days; then strain off the tincture.

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

*Tincture of Black Hellebore.*—Infuse two ounces of the roots of black hellebore, bruised, in a pint of proof spirit, for seven or eight days; then filter the tincture through paper. A scruple of cochineal may be infused along with the roots, to give the tincture a colour.

In obstructions of the *menses*, a tea-spoonful of this tincture may be taken in a cup of camomile or penny-royal tea twice a-day.

*Astringent Tincture.*—Digest two ounces of gum kino in a pint and a half of brandy, for eight days; afterwards strain it for use.—This tincture, though not generally known, is a good astringent medicine. With this view, an ounce or more of it may be taken three or four times a-day.

*Tincture of Myrrh and Aloes.*—Take of gum myrrh, an ounce and a half; hepatic aloes, an ounce. Let them be reduced to a powder, and infused in two



pints of rectified spirits, for six days, in a gentle heat; then strain the tincture.

This is principally used by surgeons for cleansing foul ulcers, and restraining the progress of gangrenes. It is also, by some, recommended as a proper application to green wounds.

*Tincture of Opium, or Liquid Laudanum.*—Take of crude opium, two ounces; spirituous aromatic waters and mountain wine, of each, ten ounces. Dissolve the opium, sliced in the wine, with a gentle heat, frequently stirring it; afterwards add the spirit, and strain off the tincture. As twenty-five drops of this tincture contain a grain of opium, the common dose may be from twenty to thirty drops.

*Sacred Tincture, or Tincture of Hiera Picra.*—Take of succotrine aloes, in powder, one ounce; Virginian snake-root and ginger, of each, two drachms. Infuse in a pint of mountain wine and half a pint of brandy, for a week, frequently shaking the bottle, then strain off the tincture. This is a safe and useful purge for persons of a phlegmatic habit; but it is thought to have better effects taken in small doses as a laxative.

The dose, as a purge, is from one to two ounces.

*Compound Tincture of Senna.*—Take of senna, one ounce; jalap, coriander seeds, and cream of tartar, of each, an ounce. Infuse them in a pint and a half of French brandy for a week; then strain the tincture, and add to it four ounces of fine sugar. This is an agreeable purge, and answers all the purposes of the *Elixir Salutis*, and of *Daffy's Elixir*.

The dose is from one to two or three ounces.

*Tincture of Spanish Flies.*—Take of Spanish flies, reduced to a fine powder, two ounces; spirit of wine, one pint. Infuse for two or three days; then strain off the tincture. This is intended as an acrid stimulant for external use. Parts affected with the palsy, or chronic rheumatism, may be frequently rubbed with it.



*Tincture of the Balsam of Tolu.*—Take of the Balsam of Tolu, an ounce and a half; rectified spirit of wine, a pint, Infuse in a gentle heat until the balsam is dissolved; then strain the tincture.

This tincture possesses all the virtues of the balsam. In coughs, and other complaints of the breast, a tea-spoonful or two of it may be taken on a bit of loaf sugar. But the best way of using it is in syrup. An ounce of this tincture properly mixed with two pounds of simple syrup, will make what is commonly called the *Balsamic Syrup*.

*Tincture of Rhubarb.*—Take of rhubarb, two ounces and a half; lesser cardamom seeds, half an ounce; brandy, two pints. Digest for a week, and strain the tincture.

Those who choose to have a vinous tincture of rhubarb, may infuse the above ingredients in a bottle of Lisbon wine, adding to it about two ounces of proof spirits.

If half an ounce of gentian-root, and a drachm of Virginian snake-root be added to the above ingredients, it will make the bitter tincture of rhubarb.

All these tinctures are designed as stomachics and corroborants, as well as purgatives. In weakness of the stomach, indigestion, laxity of the intestines, fluxes, colicky and such like complaints, they are frequently of great service. The dose is from half a spoonful to three or four spoonful or more, according to the circumstances of the patient, and the purposes it is intended to answer.

*The Tonic Tincture.*—Mix two ounces of the compound tincture of Peruvian bark with the like quantity of the volatile tincture of valerian; and of this mixture, a tea-spoonful in a glass of wine or water is to be taken three or four times a-day.

I have long made use of this tincture for the relief of those peculiar affections of the stomach and bowels, such as indigestion, &c. which generally accompany nervous diseases. I do not say that the



tincture will cure those complaints, nor do I know of any medicine that will; but where a complete cure cannot be rationally expected, relief is certainly a very desirable object.

*Paregoric Elixir.*—Take of flowers of benzoin, half an ounce; opium, two drachms. Infuse in one pint of volatile aromatic spirit, for four or five days, frequently shaking the bottle; afterwards strain the elixir.

This is an agreeable and safe way of administering opium. It eases pain, allays tickling coughs, relieves difficult breathing, and is useful in many disorders of children, particularly the whooping cough.

The dose to an adult is from fifty to a hundred drops.

*Sacred Elixir.*—Take of rhubarb, cut small, ten drachms; succotrine aloes, in powder, six drachms; lesser cardamom seeds, half an ounce; French brandy, two pints. Infuse for two or three days, then strain the elixir. This useful stomachic purge may be taken from one ounce to an ounce and a half.

*Stomachic Elixir.*—Take of gentian-root, two ounces; Curassoa oranges, one ounce; Virginian snake-root, half an ounce. Let the ingredients be bruised, and infused for three or four days in two pints of French brandy; afterwards strain out the elixir.

This is an excellent stomachic bitter. In flatulencies, indigestion, want of appetite, and such like complaints, a small glass of it may be taken twice a-day. It likewise relieves the gout in the stomach, when taken in a large dose.

*Acid Elixir of Vitriol.*—Take of aromatic tincture, one pint; oil of vitriol, three ounces. Mix them gradually, and, after the fæces have subsided, filter the elixir through paper, in a glass funnel.

This is one of the best medicines which I know for hysteric and hypochondriac patients, afflicted



with flatulencies, arising from relaxation or debility of the stomach and intestines. It will succeed where the most celebrated stomachic bitters have no effect. The dose is from ten to forty drops in a glass of wine or water, or a cup of any bitter infusion, twice or thrice a-day. It should be taken when the stomach is most empty.

*Camphorated Spirit of Wine.*—Dissolve an ounce of camphor in a pint of rectified spirits.

This solution is chiefly employed as an embrocation in bruises, palsies, the chronic rheumatism, and for preventing gangrenes.

The above quantity of camphor, dissolved in half a pint of the volatile aromatic spirits, makes *Ward's Essence*.

*Spirit of Mindererus.*—Take of volatile sal ammoniac, any quantity. Pour on it gradually, distilled vinegar, till the effervescence ceases. This medicine is useful in promoting a discharge both by the skin and urinary passages. It is also a good external application in strains and bruises.

When intended to raise a sweat, half an ounce of it in a cup of warm gruel may be given to the patient, in bed, every hour till it has the desired effect,

## VINEGARS.

VINEGAR is an acid produced from vinous liquors by a second fermentation. It is a useful medicine both in inflammatory and putrid disorders. Its effects are to cool the blood, quench thirst, counteract a tendency to putrefaction, and allay inordinate motions of the system. It likewise promotes the natural secretions, and in some cases excites a copious sweat, where the warm medicines, called alexipharmic, tend rather to prevent that salutary evacuation.

Weakness, faintings, vomitings, and other hysterical affections, are often relieved by vinegar applied



to the mouth and nose, or received into the stomach. It is of excellent use also in correcting many poisonous substances, when taken into the stomach; and in promoting their expulsion, by the different emunctories, when received into the blood.

Vinegar is not only a useful medicine, but serves likewise to extract, in tolerable perfection, the virtues of several other medical substances. Most of the odoriferous flowers impart to it their fragrance, together with a purplish or red colour. It also assists or coincides with the intention of squills, garlic, gum ammoniac, and several other valuable medicines.

These effects, however, are not to be expected from every thing that is sold under the name of vinegar, but from such as is sound and well prepared.

The best vinegars are those prepared from French wines.

It is necessary for some purposes, that the vinegar be distilled; but as this operation requires a particular chemical apparatus, we shall not insert it.

*Vinegar of Litharge.*—Take of litharge, half a pound; strong vinegar, two pints. Infuse them together in a moderate heat for three days, frequently shaking the vessel; then filter the liquor for use.

This medicine is little used from a general notion of its being dangerous. There is reason, however, to believe that the preparations of lead with vinegar are possessed of some valuable properties, and that they may be used in many cases with safety and success.

A preparation of a similar nature with the above has of late been extolled by Goulard, a French surgeon, as a safe and extensively useful medicine, which he calls the *Extract of Saturn*, and orders to be made in the following manner:

Take of litharge, one pound; vinegar made of French wine, two pints. Put them together in a



glazed earthen pipkin, and let them boil, or rather simmer, for an hour, or an hour and a quarter, taking care to stir them all the while with a wooden spatula. After the whole has stood to settle, pour off the liquor which is upon the top, into bottles for use.

With this extract Goulard makes his *vegeto-mineral water*, which he recommends in a great variety of external disorders, as inflammations, burns, bruises, sprains, ulcers, &c.

He likewise prepares with it a number of other forms of medicine, as poultices, plasters, ointments, powders, &c.

*Vinegar of Roses.*—Take of red roses half a pound, strong vinegar, half a gallon. Infuse in a close vessel, for several weeks, in a gentle heat, and strain off the liquor.

This is principally used as an embrocation for head-aches, &c.

*Vinegar of Squills.*—Take of dried squills, two ounces; distilled vinegar, two pints. Infuse for ten days or a fortnight in a gentle degree of heat, afterwards strain off the liquor, and add to it about a twelfth part its quantity of proof spirits.

This medicine has good effects in disorders of the breast, occasioned by a load of viscid phlegm. It is also of use in hydrophic cases, for promoting a discharge of urine.

The dose is from two drachms to two ounces, according to the intention for which it is given. When intended to act as a vomit, the dose ought to be large. In other cases, it must not only be exhibited in small doses, but also mixed with cinnamon water, or some other agreeable aromatic liquor, to prevent the nausea it might otherwise occasion.



## WATERS BY INFUSION, &amp;c

*Lime-water.*—Pour two gallons of water gradually upon a pound of fresh-burnt quicklime, and when the ebullition ceases, stir them well together; then suffer the whole to stand at rest, that the lime may settle, and afterwards filter the liquor through paper, which is to be kept in vessels closely stopt.

The lime-water from calcined oyster-shells is prepared in the same manner.

Lime-water is principally used for the gravel; in which case, from a pint or two or more of it may be drunk daily. Externally it is used for washing foul ulcers, and removing the itch and other diseases of the skin.

*Compound Lime-Water.*—Take shavings of guaiacum wood, half a pound; liquorice-root, one ounce; sassafras bark, half an ounce; coriander seeds, three drachms; simple lime-water, six pints.

Infuse without heat for two days, then strain off the liquor.

In the same manner may lime-water be impregnated with the virtues of other vegetable substances. Such impregnations not only render the water more agreeable to the palate, but also a more efficacious medicine, especially in cutaneous disorders, and foulness of the blood and juices.

*Sublimate Water.*—Dissolve eight grains of the corrosive sublimate in a pint of cinnamon water.

If a stronger solution be wanted, a double or treble quantity of sublimate may be used.

The principal intention of this is to cleanse foul ulcers and consume proud flesh.

*Styptic Water.*—Take of blue vitriol and alum, each, an ounce and a half; water, one pint. Boil them until the salts are dissolved; then filter the liquor, and add to it a drachm of the oil of vitriol.

This water is used for stopping a bleeding of the



nose and other hæmorrhages; for which purpose, cloths or dossils dipt in it must be applied to the part.

*Tar Water.*—Pour a gallon of water on two pounds of Norway tar, and stir them strongly together with a wooden rod; after they have stood to settle for two days, pour off the water for use.

Though tar-water falls greatly short of the character which has been given it, yet it possesses some medicinal virtues. It sensibly raises the pulse, increases the secretions, and sometimes opens the body, or occasions vomiting.

A pint of it may be drunk daily, or more if the stomach can bear it. It is generally ordered to be taken on an empty stomach, viz. four ounces morning and evening, and the same quantity about two hours after breakfast and dinner.

## SIMPLE DISTILLED WATERS.

A great number of distilled waters were formerly kept in the shops, and are still retained in some Dispensatories. But we consider them chiefly in the light of grateful dilutents, suitable vehicles for medicines of greater efficacy, or for rendering disgusting ones more agreeable to the palate and stomach. We shall therefore insert only a few of those which are best adapted to these intentions.

The management of a still being now generally understood, it is needless to spend time in giving directions for that purpose.

*Cinnamon Water.*—Steep one pound of cinnamon bark, bruised, in a gallon and a half of water and one pint of brandy, for two days; and then distill off one gallon.

This is an agreeable aromatic water, possessing, in a high degree, the fragrance and cordial virtues of the spice.

*Pennyroyal Water.*—Take of pennyroyal leaves,



dried, a pound and a half; water, from a gallon and a half to two gallons. Draw off, by distillation, one gallon.

This water possesses, in a considerable degree, the smell, taste, and virtues, of the plant. It is given in mixtures and julaps, to hysteric patients.

An infusion of the herb in boiling water answers nearly the same purposes.

*Peppermint Water.*—This is made in the same manner as the preceding.

*Spear-mint Water.*—This may also be prepared in the same way as the pennyroyal water.

Both these are useful stomachic waters, and will sometimes relieve vomiting, especially when it proceeds from indigestion or cold viscid phlegm. They are likewise useful in colicky complaints, the gout in the stomach, &c. particularly the peppermint water.

An infusion of the fresh plant is frequently found to have the same effect as the distilled water.

*Rose Water.*—Take of roses, fresh gathered, six pounds; water, two gallons. Distill off one gallon. This water is principally valued on account of its fine flavour.

*Jamaica Pepper Water.*—Take of Jamaica pepper, half a pound; water, a gallon and a half. Distill one gallon.

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

## SPIRITUOUS DISTILLED WATERS.

*Spirituos Cinnamon Water.*—Take of cinnamon bark, one pound; proof spirit and common water, of each, one gallon. Steep the cinnamon in the liquor for two days, then distill off one gallon.

*Spirituos Jamaica Pepper Water.*—Take of Jamaica pepper, half a pound; proof spirit, three gal-



lons; water, two gallons. Distill off three gallons.

This is a sufficiently agreeable cordial, and may supply the place of the *Aromatic Water*.

## WHEYS.

*Alum Whey*.—Boil two drachms of powdered alum in a pint of milk till it is curdled; then strain out the whey.

This whey is beneficial in an inordinate flow of the menses, and in a diabetes or excessive discharge of urine.

The dose is two, three, or four ounces, according as the stomach will bear it, three times a day. If it should occasion vomiting, it may be diluted.

*Mustard Whey*.—Take milk and water, of each, a pint; bruised mustard seed, an ounce and an half. Boil them together till the curd is perfectly separated; afterwards strain the whey through a cloth.

This is the most elegant, and by no means the least efficacious, method of exhibiting mustard. It warms and invigorates the habit, and promotes the different secretions. Hence in the low state of nervous fevers, it will often supply the place of wine. It is also of use in the chronic rheumatism, palsy, dropsy, &c. The addition of a little sugar will render it more agreeable.

The dose is an ordinary tea-cupful four or five times a-day.

*Scorbutic Whey*.—This whey is made by boiling half a pint of the scorbutic juices in a quart of cows' milk. More benefit, however, is to be expected from eating the plants, than from their expressed juices.

The scorbutic plants are, bitter oranges, brooklime, garden scurvy-grass, and water cresses.

A number of other wheys may be prepared nearly in the same manner, as orange whey, cream of tartar whey, &c. These are cooling, pleasant drinks in



fevers, and may be rendered cordial, when necessary, by the addition of wine.

## WINES.

The effects of wine are, to raise the pulse, promote perspiration, warm the habit, and exhilarate the spirits. The red wines, besides these effects, have an astringent quality, by which they strengthen the tone of the stomach and intestines, and by this means prove serviceable in restraining immoderate secretions.

The thin sharp wines have a different tendency. They pass off freely by the different emunctories, and gently open the body. The effects of the full-bodied wines are, however, much more durable than those of the thinner.

All sweet wines contain a glutinous substance, and do not pass off freely. Hence they will heat the body more than an equal quantity of any other wine, though it should contain fully as much spirit.

From the obvious qualities of wine, it must appear to be an excellent cordial medicine. Indeed, to say the truth, it is worth all the rest put together.

But, to answer this character, it must be sound and good. No benefit is to be expected from the common trash that is often sold by the name of wine, without possessing one drop of the juice of the grape. Perhaps no medicine is so rarely obtained genuine than wine.

Wine is not only used as a medicine, but is also employed as a *menstruum* for extracting the virtues of other medicinal substances; for which it is not ill adapted, being a compound of water, inflammable spirit, and acid; by which means it is enabled to act upon vegetable and animal substances, and also to dissolve some bodies of the metallic kind, so as to impregnate itself with their virtues, as steel, antimony, &c.



*Anthelmintic Wine.*—Take of rhubarb, half an ounce; worm seed, an ounce. Bruise them and infuse without heat in two pints of red port wine for a few days, then strain off the wine.

As the stomachs of persons afflicted with worms are always debilitated, red wine alone will often prove serviceable. It must, however, have still better effects when joined with bitter and purgative ingredients, as in the above form.

A glass of this wine may be taken twice or thrice a-day.

*Antimonial Wine.*—Take glass of antimony, reduced to a fine powder, half an ounce; Lisbon wine, eight ounces. Digest without heat, for three or four days, now and then shaking the bottle; afterwards filter the wine through paper.

The dose of this wine varies according to the intention. As an alterative and diaphoretic, it may be given from ten to fifty or sixty drops. In a large dose it generally proves cathartic, or excites vomiting.

*Bitter Wine.*—Take of gentian-root, yellow rind of lemon-peel, fresh, each, one ounce; long pepper, two drachms; mountain wine, two pints. Infuse without heat for a week, and strain out the wine for use.

In complaints arising from weakness of the stomach, or indigestion, a glass of this wine may be taken an hour before dinner and supper.

*Ipecacuanha Wine.*—Take of ipecacuanha, in powder, one ounce; mountain wine, a pint. Infuse for three or four days; then filter the tincture. This is a safe vomit, and answers extremely well for such persons as cannot swallow the powder, or whose stomachs are too irritable to bear it.

The dose is from an ounce to an ounce and a half.

*Chalybeate or Steel Wine.*—Take filings of steel, two ounces; cinnamon and mace, of each, two drachms; Rhenish wine, two pints. Infuse for



three or four weeks, frequently shaking the bottle ; then pass the wine through a filter.

In obstructions of the *menses*, this preparation of steel may be taken in the dose of half a wine-glass twice or thrice a-day.

This medicine would probably be as good if made with Lisbon wine, sharpened with half an ounce of the cream of tartar, or a small quantity of the vitriolic acid.

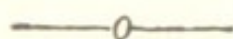
*Stomachic Wine*.—Take of Peruvian bark, grossly powdered, an ounce ; cardamom seeds, and orange-peel, bruised, of each, two drachms. Infuse in a bottle of white port or Lisbon wine for five or six days ; then strain off the wine.

This wine is not only of service in debility of the stomach and intestines, but may also be taken as a preventive, by persons liable to the intermittent fever, or who reside in places where the disease prevails. It will be of use likewise to those who recover slowly after fevers of any kind, as it assists digestion, and helps to restore the tone and vigour of the system.

A glass of it may be taken two or three times a-day.



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