

Popular directions for the prevention and cure of headaches, colds and indigestion ... Interspersed with the most useful remarks ... in the works of Mr. Abernethy, Sir Astley Cooper, Dr. Hamilton, and Dr. W. Philip / By a medical practitioner.

Contributors

Abernethy, John, 1764-1831.
Cooper, Astley, Sir, 1768-1841.
Hamilton, Dr.
Philip, W., Dr.

Publication/Creation

London : J. Anderson & J. Smith, 1822.

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POPULAR DIRECTIONS
FOR THE
Prebention and Cure
OF
HEADACHACHES.
COLP

The number of the Pulsation
of the heart is considerable; it
is generally greater in proportion
as the person is younger.

At birth it is from — 130 to 140.

1 Year ————— 120 to 130

2 Years ————— 110 to 115

3 Years ————— 90 to 100

7 ————— 85 to 90

14 ————— 80 to 85

Adult ————— 75 to 80

First old age ————— 65 to 75

Old age ————— 60 to 65

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POPULAR DIRECTIONS
FOR THE
Prevention and Cure
OF
HEADACHES,
COLDS AND INDIGESTION;
- WITH
MEDICAL PRESCRIPTIONS AND CASES.

INTERSPERSED WITH
THE MOST USEFUL REMARKS ON THESE SUBJECTS IN THE
WORKS OF

MR. ABERNETHY,		DR. HAMILTON,
SIR ASTLEY COOPER.		AND DR. W. PHILIP.

By A MEDICAL PRACTITIONER.

LONDON :
PRINTED FOR JOHN ANDERSON,
MEDICAL BOOKSELLER, 40, WEST SMITHFIELD ;
AND JAMES SMITH, 163, STRAND.

1822.



Printed by C. SMITH,
163, Strand.

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ON THE
PREVENTION AND CURE
OF
HEADACHES AND COLDS.

Introduction.

1. DESIGN OF THE WORK.

WITH the exception of common colds, there is, perhaps, no class of diseases which prevails so universally as those distressing affections of the head, the varieties of which are comprehended under the general name of *headaches*. No age nor sex is free from their assault; and even the best general health affords no exemption from their occasional attacks. The healthy and the sickly; the corpulent and the meager; the cheerful and the melancholic, the temperate and the intemperate, are all

in turn subjected to the painful invasions of these pertinacious disorders.

An evil so universal as headache, therefore, certainly deserves a more minute and particular investigation than it is possible to give it in books of popular medicine, which embrace a view of all diseases, and of course have but small space for a subject like the present. What is too general in works of this description, to be of practical utility, and too brief to comprehend the requisite particulars of the causes, prevention, and cure of headaches, it is purposed in the present little Manual to supply, and the author is sanguine enough to believe that his remarks will be found of considerable utility to those who are liable to headache, and anxious to prevent its recurrence.

To the medical profession, an explanation rather than an apology is due. Were these remarks and directions intended to supersede professional advice, there might be good reason to accuse the author of acting improperly in publishing them, as books on popular medicine frequently do much more harm than good. But it is only by going too far that they do so. It is only by pretending to instruct their readers in the niceties and difficulties of the profession that they go astray; for to make such instructions practical, and capable of being properly acted upon by unprofessional readers, is, it is conceived, altogether impossible. All such difficulties and niceties which require learned discrimination, as well as a long and extensive experience, ought never to be left to popular readers who make only an occasional dip into a book to

consult it with respect to some particular and pressing disorder, and cannot, of course, have the slightest notion of the multitudinous forms of disease, and the infinite variety of symptoms which any one disease may assume by being complicated with others. Such matters should never be intermeddled with by mere dipping and consulting readers who are not of the profession, as by a single mistake (giving a dram of hollands or brandy, for example, in inflammation of the bowels, supposing it to be windy colic) fatal consequences may be speedily produced.

A very striking case of this kind, among many others, deserves to be related as a warning to those who tamper with remedies before they know the disease which they pretend to treat. A young woman, of a healthy look and

full habit, was seized with violent pain in the head and ringing in the ears, and she imagined she heard noises like that of a strong wind rushing through a forest. At the same time her face was flushed and her eyes bloodshot, and she could not bear the light. Now all this clearly indicated inflammation;—but mark the treatment. A village gardener, who dabbled in physic, felt no hesitation in prescribing, as he did in all affections of the head and eyes, a large pinch of his *herb snuff*, which would, as he said, clear the brain better than any thing he could think of. The poor girl was accordingly persuaded to take the snuff, which operating violently, and of course forcing a greater quantity of blood to the head, increased her suffering so much as almost to drive her distracted. In this extremity, an old grandame, who had adopted the notion that

all diseases arise from wind, and that brandy is the best thing for expelling it, recommended the patient to have a glass of hot brandy with sugar and nutmeg, to drive the wind, as she said, from her head. This prescription was also literally followed, the consequence of which was that the girl very soon after became delirious, and, in all probability, would have died of inflammation of the brain, had not a regular surgeon been sent for, who subdued the attack by immediate copious bleedings, followed by active purgatives.

The chief aim indeed, of books on popular medicine, should be directed to the prevention of diseases more than to their cure ; and when any thing is said of remedies, it ought to relate chiefly to cases of slight and trifling complaints, such as are not deemed of suffi-

cient importance to call for professional advice, and yet are troublesome enough to require something to be done for their alleviation or removal.

The truth is, that something is usually done in most cases, for example, of slight colds—deranged appetite—headache, and the like. Perhaps it may not be an exaggeration to say, that in nine cases in ten of such trifling but troublesome disorders, no advice is taken except that of some friend, who has had a similar ailment, or knew somebody who had, and who got better by the use of this or the other remedy. Now, when this is the case ;—when people will prescribe in the slightest kinds of disease, and very often prescribe erroneously for want of proper knowledge—it must certainly be of great utility, to circulate among

the people more correct information on the subject, than they can pick up from mere hearsay and ignorant experience. Besides, it is of the utmost advantage to the medical profession that just and unprejudiced opinions and principles should be popularly diffused, as it is one of the most disagreeable things connected with practice, to oppose the absurd prejudices which so frequently stand forth in open hostility to rational treatment and prescription. Amidst much injury indeed, which has followed from the extensive circulation of Buchan's work, and others of the same description, it cannot be denied that much good has also been effected, and chiefly with respect to the point in question—the undermining of erroneous notions of the animal economy, and of the power of medicines; and the diffusing of more correct and practical principles and informa-

tion. The opinion that such works injure professional men, by anticipating their advice and preventing their being called in, seems to be altogether erroneous ; for the more justly unprofessional persons are taught to reason upon diseases and their causes, the more anxious and ready will they be to have professional advice upon the first appearance of any serious disorder ; and whoever in such cases is so foolish as to attempt to be his own apothecary, has a thousand chances to one of mistreating his complaint, and rendering professional aid ultimately indispensable.

Holding, therefore, such views as these of popular medical knowledge, the author goes forward to his design with the laudable wish of performing a useful task both to the public and the profession. With what success he

shall be able to perform it, remains to be determined by those readers for whom it is designed. The author can only say that he has spared no pains to render his little work correct and practically useful, having derived his materials for the most part from his own observation during a considerable experience, while at the same time he has carefully examined what has been written on the subjects of headache and indigestion by the most celebrated Physicians and Physiologists, and selected from them every observation which appeared important and practically useful.

2. SYMPATHY OF THE HEAD WITH OTHER PARTS OF THE BODY.

It is a fact very generally known, though not always sufficiently attended to, that different parts and members of the human body

sympathise with one another ; that is, if one part be affected with disease, the pain produced may not be felt in that part, but in some different and perhaps distant quarter. For example, when there is disease of the liver, pain is often felt severely in the right shoulder, and little, if any at all, in the liver ; from which circumstance, it is sometimes mistaken for rheumatism : and when a gall-stone obstructs the passage of the gall-bladder, the pain is felt at the pit of the stomach, and not in the gall-bladder. The same is very frequently observed also from the application of too much cold, or too much heat to the skin ; in which case it is seldom the skin that suffers disturbance, but the lungs and throat, which are thence affected with cough and a feeling of rawness ; or the bowels which are affected with looseness or other derangements ;

or the head, (as will bye and bye be shown), may be affected with pain while the eyes and nose run with water.

There are but few parts indeed of the body which do not thus mutually sympathise ; but the head, from its important connections, is perhaps more under the influence of sympathy with even the remote members of the body than any other part, with the exception perhaps of the stomach and the rest of the organs of digestion. This extensive sympathetic connection is the reason why headaches may arise from a very great multiplicity of causes, which must be carefully taken into account and considered before any rational method can be pursued for cure or for prevention. As examples of the fact, it may be necessary to advert to a few of these sympa-

thetic affections of the head, the details of which will be more amply described under their several heads.

As the healthy state of the head depends very much on the quantity of blood which circulates through it, any cause which increases or diminishes this quantity beyond or below the due proportion will, by consequence, give rise to headache. Cold applied to the feet or the lower extremities will have this effect, by contracting the blood-vessels, and preventing the usual portion of blood from circulating through the feet and legs. The superabundant portion being thus driven upwards mounts to the head, distends the vessels, and of course produces pain. In the same way, heat applied to the head itself and upper part of the body, relaxes the blood-

vessels there, and more blood rushes in than the due proportion, also producing headache. The stomach, again, when disordered, very frequently, if not always, affects the head by a sympathy which is only known as a fact, the manner in which it takes place being but little understood, though it is usually referred to nervous connection. The consequences of this affection, as we shall see, are giddiness, noises in the ears, swimming of the eyes, with partial and occasional loss of sight, and clouds or other obscurities floating before the eyes. Affections of the lungs, of the liver, and of the heart, have also a very great influence over the head, producing not only headache but sometimes apoplexy itself.

When the connections, therefore, of the head, by its sympathising so extensively with

all parts of the body, are properly known and considered, it will direct us in following up the cure and the prevention of headaches on rational and philosophical principles, and teach us to avoid what is but too much the practice—merely considering the headache without thinking of its cause, and of course giving remedies quite at random—a practice which must, in the greater number of cases, be highly injurious and often fatal. To think of curing a headache, or any other complaint, without first knowing its cause, is as preposterous as to think of curing a gunshot wound without discovering whether or not the bullet may be lodged in it; or to treat an inflamed eye without examining whether the disorder have been produced by a hair, or a particle of dust, or any other cause.

In the detail of the varieties of headache

which is to be immediately given, the sympathies of the head with the rest of the body shall be more minutely stated, so as to afford a guide to those who are anxious to avoid this troublesome complaint, by avoiding the several causes by which it may be produced.

3. VARIETIES OF HEADACHE.

There are almost as many varieties of headache as there are diseases of the human body; for few diseases of any severity are unaccompanied by headache. It will be proper, as we proceed, to advert to these varieties severally, at the same time directing our chief attention to those in which it assumes the character of a leading disease. The most simple arrangement, perhaps, of these varieties will be into PRIMARY and SECONDARY; comprehending, under the first division, those

headaches which are not derived from other diseases, but in which the head is first affected ; and under the second, those headaches which are consequent upon some other disease, or symptomatic of affections of other parts of the body. In drawing these distinctions, it has been more an object to keep utility in view, than to exhibit a learned and sounding classification, than which nothing could be more easy to make, though nothing perhaps would be more useless when it was made. The following is the arrangement which is meant to be observed.

CLASS I.

Primary Headaches.

1. Headaches from organic disease in any part of the head.

2. Headaches from obstructed circulation of blood in the vessels of the head.
3. Headaches from a superabundance of blood in the vessels of the head.
4. Headaches from great exertion of the mind in business, study, emotion, passion, &c.
5. Headaches from indulging in sleep, or the contrary.

CLASS II.

Secondary Headaches.

1. Headaches from bile, and from disorders of the liver and stomach.
2. Headaches from nervous debility—Migrain, &c.
3. Headaches from intemperance.
4. Headaches from gout and rheumatism.

5. Headaches at the commencement of fever.
6. Venereal headaches.
7. Scrophulous and consumptive headaches.

Primary Headaches.

1. HEADACHES FROM ORGANIC DISEASE IN ANY PART OF THE HEAD.

By organic disease, is meant some fixed disorder in some particular place. A pimple, for example, is an organic disease of the skin; cancer, an organic disease of the eye, the lip, or wherever else it may be situated; and when there is blood or water effused upon the brain, it may be called organic disease of the head. From this description it will appear, that many of the headaches arising from organic diseases are hopelessly incurable, though all of them are not so. Unprofessional readers,

however, ought here to be cautioned not to let their fancy raise up images of horror which have no foundation, by supposing they have such diseases when they are wholly free from them.

A much more frequent cause of headache than is usually thought, is a small quantity of water, and sometimes of blood, contained in the cavities of the brain, and of course pressing by its bulk and weight upon other parts of it. This may be occasioned by blows, falls, or any thing which shall produce concussion, or throw a sudden quantity of blood into the brain, and burst some of its smaller vessels ; or it may arise from debility and relaxation, on the same principle that sweat is frequently profuse in weak people ; for if the water effused on the brain is similar to the sweat of

perspiration, and in weak habits is not only superabundant, but the absorbent vessels which in the strong would carry it off, are in the cases in question too weak to perform their office, it must remain and cause disorder.

The characteristic marks of such headaches, when the quantity of water or blood effused is small, cannot be very precisely distinguished. The only sure symptom is, that the pain is fixed to one spot and does not shift, while it is rather dull and deep-seated, with a sense of weight in the head, as if something pressed upon it. When the quantity is large, it produces stupor, and all the dreadful symptoms of water in the head, or apoplexy, or palsy.

The method of cure, when the nature of the complaint is properly ascertained, is to en-

deavour to promote the absorption of the effused water or blood, for till this is removed the pain must continue. One of the best things for this purpose is to diminish the fluid part of the blood by a large blister on the head itself, or between the shoulders, which will draw a great quantity of water ;—by smart doses of Epsom salts, which will also take a considerable quantity of fluid out of the system, and remove the tendency to costiveness which is usually present ;—by leaching the temples and forehead ;—by cupping on the back part of the neck ;—by avoiding liquids in diet, and living chiefly upon a rather sparing portion of the more solid and dry sorts of food ;—and lastly by mercury, which is very powerful in stimulating the absorbent vessels, and ought never in such cases to be neglected. In recommending mercury, however, it is

proper to say, that it should never be tampered with except under the direction of a person of skill ; the neglect, indeed, of this caution has brought against it much undeserved obloquy and injurious prejudice. It can never injure when judiciously applied. In the present case, it is frequently the only medicine which can be trusted to, as the following case shows.

Mr. —, age 45, after receiving a slight blow on the temples, was for several weeks affected with dull headache, and sense of weight, as if something lay heavy on his brain. He was ordered a smart cathartic, and a strong mustard poultice was applied to the back of the neck. This relieved him, but the weight and pain remaining trouble-

some, he was blistered between the shoulders and put on a slight course of mercury. He recovered in a few days after this plan was begun.

At the beginning of this section, pimples were mentioned as an example of organic disease: It is not, perhaps, so commonly known that their appearance is often attended with severe headache; that is, the headache precedes their growth, and disappears when the pimples are formed on the face or neck. The author is not aware of any cure for this headache during the fit; but as pimples are usually the consequence of indigestion or disordered liver, chiefly from habits of intemperance and also from amorous propensities, their formation may be checked, and the headache prevented, by avoiding such causes. Any

external injury, or disorder of the head, as a bruise, a wound, or even a scratch, as well as boils and other tumours, will produce headache.

One of the worst species of headache, because it is incurable, arises from cancer or malignant fungus of the eye, or the parts of the eye, or from any other deep-seated and unmanageable disease, such as small pieces of bone forming in the brain ; tumours forming on the nerves ; (see *WARDROP on the Eye*, vol. ii.) an enlargement of the blood-vessels of the brain, &c. In such cases, nothing can be done, except trying to palliate the severe sufferings of the patient, by soothing treatment and opiates, under professional direction.

Headaches of this kind also occur from dis-

eases of the ear, of the bones of the face, and from decaying teeth. The following is a very instructive case of the latter, though in one view it may be considered as more properly belonging to secondary headaches.

Mrs. ———, aged 30, was seized with violent pain on the right side of the head, which had continued a whole day before she was examined, and was then so severe as to threaten convulsions. Neither a decaying tooth, nor a tender one, could be detected either by the eye, or striking them with a tea spoon. The case, however, admitted not of delay, and the last tooth of the under jaw was immediately extracted, but without any benefit. She was then directed to lose blood and take a brisk purgative, and after it had operated, sixty drops of laudanum were given her with

bark, which removed the pain. In a fortnight, the pain returned, after taking a strong purgative by ill-advice, and was so violent as to bring on a stroke of palsy in the face and limbs of the right side. About a year afterwards, she had as violent a pain as at first of the other side of the head, and on examining the mouth the second grinder of the under-jaw of the right side was found decayed—which, there is little doubt, caused the former pains and the subsequent palsy. Inferring from this, that it was the second grinder in the under-jaw of the right side which now occasioned the violent headache, it was forthwith extracted, and the pain vanished as if by a charm, to the astonishment of her attendants. It in all probability prevented another stroke of palsy, which would have reduced her to the greatest degree of helplessness.—(DARWIN'S *Zoonomia*.)

2. HEADACHES FROM OBSTRUCTED CIRCULATION OF BLOOD IN THE VESSELS OF THE HEAD.

This is one of the most common causes of headaches, and may be produced by whatever interrupts the return of blood from the head. When it was the custom, for example, to wear very tight neckcloths, the pressure thus produced on the jugular veins, and on the other blood vessels of the neck, obstructed the circulation of the blood, and was the frequent source of headaches. It is in this manner also, that lying awry in bed, or looking for a long time with the head in an oblique position, will often produce severe headaches, for the muscles are thus made to compress the veins and impede the current of the blood.

These affections may not terminate with simple headache, but go on to occasion, according to circumstances, either apoplexy, or palsy, or delirium ; and though the cause have been temporary the effect may not be so, for when the veins within the head have become distended by a quantity of stagnating or obstructed blood, they may not so readily return to their natural calibre by the removal of the cause. It will be therefore of importance, if the headache continue after the cause is removed, to take some blood either from the jugular vein, the temporal artery, or from the arm. It is not of much moment which of these be chosen, as the whole mass of the blood circulates in a few minutes through the body. It is very different, however, with leaching and cupping, as by these methods, blood is taken only from the small vessels near the

surface, and not at once from the mass of circulating blood, as when it is taken by the lancet. Should the loss of blood not prove successful, the same means should be pursued as in the last variety, with the exception of mercury, which, in the present case, might not probably answer any good purpose. It would in this case be very prejudicial to take emetics, to take *cephalic snuff*, as it is called, or even to smell volatile salts. Those who venture upon these remedies, do so at their own peril, as the effect may in many cases be fatal, and in all will do harm.

E. W. Esq. aged —, some years ago being anxious to appear fashionable, wore his neckcloth so tight that it produced compression in the jugular veins, and subsequently a most violent headache, the torture of which

was almost insupportable. The original cause was removed but no abatement of the symptoms could be produced, till a pound of blood was taken from the right temporal artery, after which he obtained ease, but was far from being cured. The bowels were then cleared by a smart purgative, and a blister was applied to the nape of the neck ; but still there was a slight headache, which was increased by the least exertion. The bleeding was repeated from the left temple, and he got well.

S. M. Esq. student of medicine, aged 18, was accustomed, when reading or writing, to stoop very much, hanging his head forward so as to obstruct the blood in returning from the head. After spending several hours more than usual in his studies, he was seized with a severe headache with giddiness, and a sense

of weight in his forehead, and dull pain in the orbits of the eyes. He lost 12 ounces of blood from the arm, had a bolus of jalap and scammony, and the pain was relieved, though there still remained a sensation of fulness and of weariness about the forehead and eyes. By relaxing from his studies a few weeks, observing a light and cooling regimen, and taking a few doses of Epsom salts, he recovered.

3. HEADACHES FROM A SUPERABUNDANCE OF BLOOD IN THE VESSELS OF THE HEAD.

Those who are in high health, as well as the intemperate and the corpulent, and sometimes, though more rarely, the weak and debilitated, are most liable to be affected with headaches whose cause can be traced to a superabundance of blood in the brain; not

so much from obstruction of its return as from an actual increase and overflow of the quantity. In the case of those who are in high health, the overflow arises from the copiousness of blood in the whole body. In the other instances, the cause lies in the blood being impelled from other parts of the body to the head in greater quantities than usual. In both these, the flow of blood may often be occasioned by the stopping of some customary evacuation, such as bleeding at the nose ; abstaining from venery ; or suppressed perspiration, particularly of the lower extremities. Exposure of the head to a burning sun, or covering it with too warm a head-dress, may also give rise to this sort of headache. In Scotland, the disease is often produced by wearing thick, heavy woollen bonnets ; and travellers who ensconce themselves

in warm fur caps, are assured that they need not think headache a strange companion.

Plethoric Headaches from

COLDS.

Nothing, can be more preposterous than wrapping the head up in a thick, warm, woollen night-cap, under the notion of preventing colds. If the feet and the throat are kept warm, there is little danger of colds affecting the head, which is, perhaps, less susceptible of being affected by cold than any other part of the body. The keeping of the feet warm, is almost a sovereign preventive against both colds and headaches, provided that the patient is not liable to gout, chilblains, &c., which, from the weakening of the tone of the parts, will only be fostered by fur

shoes and fleecy hosiery. When the feet, on the other hand, are exposed to cold the blood is driven upwards to the head, and headache, or perhaps apoplexy, ensues ; whereas no injury can arise from exposing the head to cold, provided it is not a stream of cold air, or wind directed to one part of it, while the rest is protected ; and that the neck and ears are not left bare. In that case, the blood will be driven from the exposed to the protected parts, and diseases will be produced—headaches, namely, inflammation of the eyes, deafness, and the like.

When headaches of this kind arise from cold, the best method of cure is to apply heat and stimulants at the commencement, to prevent what medical men call the stage of collapse. The head may be covered with a warm

woollen night-cap, and a lamb's wool or fleecy hosiery stocking, wrapped round the neck on going to bed, taking care also to bathe the feet in warm water, and putting on a pair of warm stockings immediately afterwards, and sleeping with them for two or three nights, till the complaint be fairly banished.

But if this does not succeed in removing the headache and other symptoms of cold; and if the stage of collapse supervenes, the disease will become established and run its course, which, in ordinary circumstances, it will do in ten or fourteen days. In this stage, it will be necessary to keep within doors, and protect the skin from cold, while medicines are taken to excite the diminished action of the skin and promote perspiration. The following are very good prescriptions for remov-

ing all the pain and uneasy heaviness of the fore-head and stuffing of the nose.

Sweating Draught.

Take One sixth of a grain of Tartar Emetic ;

One drachm of Syrup of Poppies ;

One scruple of subcarbonate of Potass ;

Four drachms of fresh Lemon juice;

And an ounce and a half of pure Water.

Mix them together for a draught, and repeat it every four or six hours as may be found necessary *.

* Those who have not a Family Medicine chest may copy the following Recipe, which any Apothecary will make up :

℞. Antimon. Tartariz. gr. 1-6th.

Syrup. Papav. fʒi.

Potass. Subcarb. ʒi.

Succ. Limon. recent. fʒiv.

Aquæ distill. fʒiiss. Ft. Haustus.

Sweating Powder.

Take Sixteen grains of Nitre ;

Two grains of Ipecacuanha;

And one grain of Opium.

Mix them together for a dose, to be taken on going to bed *.

Those who dislike taking these prescriptions, which it must be confessed are not very pleasant to the taste, may take a similar one in the form of Pill.

Sweating Pills.

Take two grains of Tartar Emetic.

Six grains of Ipecacuanha.

Six grains of Opium.

Thirty grains of Camphor.

And a sufficient quantity of Confection of Roses.

Powder.

* ℞. Nitrat. Potass. gr. xvj.

Pulv. Ipecacun. gr. ij.

—— Opii. gr. j.

Ft. Pulvis.

Mix, and make one dozen pills, one to be taken every four hours till perspiration ensues*.

If there be much derangement of the stomach, with bad taste and furred tongue, an emetic will be advantageous, with a dose of calomel combined with antimonial powder, and wrought off the following day with Epsom salts dissolved in senna tea.

The regimen to be observed in this stage must be strictly antiphlogistic—that is, all stimulant and nourishing food must be avoided, and even the usual quantity of food diminished. Meat, wine, and strong beer are

℞. Opii. gr. vj.

Pulv. Ipecacuan. gr. vj.

Antimon. Tartariz. gr. ij.

Camphor. gr. xxx.

Confect. Rosar. q. s.

Ft. Pilul. No. xij.

Una sumenda quarta quaque hora.

improper, but if meat is taken it ought to be of the sort which is called light, such as rabbit, veal, lamb, and sucking pig. Fowl, however, is perhaps in this respect to be preferred. Gruel, barley water, toast and water, or small beer, may be used for drink.

To prevent catching colds in the head, it is necessary to avoid exposing the body to cold, particularly after great fatigue either of body or mind, or after a debauch; and as weak persons may be said to be always in a state of fatigue, they must of course be always upon their guard. *Moist* cold, it is to be observed, is more hurtful than *dry* cold; and damp clothes, but particularly damp feet, the most injurious. These causes, however, seldom affect those who are in high health, except they are fatigued; nor those who are much exposed to the open air, even though they be

fatigued or constitutionally weak. One of the best preventives of cold, therefore, is free exposure every day to fresh air, conjoined with cold or tepid bathing. In avoiding a relapse, which is exceedingly apt to occur, the return to a full diet with meat or strong liquor ought to be very gradual, and the bowels ought to be kept regular with some mild laxative, such as cream of tartar and sulphur ; or rhubarb ; or small doses of Epsom salts.

A young gentleman, aged 17, after a hard contested game at cricket, went in the evening to a ball, returning to his bed about four o'clock next morning, through a grass field wet with dew. Though the night was warm, being in the month of July, the previous fatigue made the impression of the damp

and of the cold much greater; and in the morning he was found in a high fever with most violent headache. The means above recommended were followed, and he recovered in a few days.

Another of the cricket party, after dinner drank rather deep, and on going home stumbled in his father's court, and lay for some hours on the cold stones. He was seized with cold and a violent headache, and though he was treated with much care, he lingered for several months before he could be restored to his usual health.—Had these young men been aware of the danger of exposing themselves to cold in their state of exhaustion and fatigue, both might have escaped the consequence which followed their ignorance and imprudence.

Headaches, depending upon increased circulation of the blood, may also arise from sudden or violent fits of passion, from great bodily exertion, and from bruises or concussion of the head. These are the most dangerous of all the varieties, as the complaint may often terminate in speedy dissolution, or, what is perhaps worse, in raging madness. It is also frequently the forerunner of apoplexy.

When this severe form of headache has advanced, the pain becomes most intense about the vertex or upper part of the head, though the whole head beats and throbs like a strong pulse from the increased action of the blood vessels, which is indicated also for the most part by a quick hard pulse. Giddiness and swimming of the eyes are likewise very troublesome, with a feeling about the

eyes and brow as if they were loaded with a heavy weight, or tightly girded with a cord; a feeling which sometimes extends round the head, and even along the tendons of the neck. The vision is affected with partial dimness and obscurity, and occasionally, objects disappear as if a cloud snatched them from the sight, or as if the eye became too weak or too stiff and immoveable to perceive them. Imaginary sounds are also heard in the ear, described by patients as resembling the ringing of bells, the sound of distant waters, the murmuring of wind, the buzzing of insects, or the roll of carriages along remote streets. All these symptoms are much increased by moving the head quickly, or by stooping—particularly the temporary loss of sight and the humming in the ears: the first, supposed to be occasioned by the pressure of the blood on the nerves of

the eye ; and the last, by the rushing of blood through the vessels in the vicinity of the ear.

In the milder attacks of sanguineous headache it will be requisite to commence the cure by the immediate abstraction of blood either from the arm, the jugular vein, or the temporal artery, or by free cupping, all of which of course require professional aid. Leeches, unless employed in great numbers, are scarcely sufficient. The blood letting is to be followed up by purgatives or laxatives, as the circumstances shall appear to require. If purgatives are necessary the following is a very good prescription :—

Purgative Draught.

Take Twenty grains of Magnesia ;

Two drachms of Epsom Salts ;

Twenty-five grains Carbonate of Potass ;

Twenty grains of Extract of Liquorice.

And enough of Peppermint or Cinnamon water to make a draught.

To be taken every four hours till it act freely on the bowels*.

Above all it is necessary to live very low, taking barely enough to sustain life, and that of the most cooling and least nourishing sorts of food and drink. All butcher meat must of course be given up, and every kind of stimulant, so long as the symptoms threaten to advance. The patient ought likewise to be

* The prescription to be taken to the Apothecary is—

℞ Magnesiae, gr. xx.

Sulphat. Magnes. ʒij.

Carbon. Potass. gr. xxv.

Extract. Glycyrrh. gr. xx.

Aq. menth. q. s. ut ft. Haustus.

kept in the greatest possible quiet, and not suffered to converse much, nor to see visitors. If there be much heat of the skin, and other signs of fever, the apartment ought to be well ventilated, as nothing is of more importance in such cases than abundance of fresh cool air.

When the severity of the symptoms are by these means subdued, it will be requisite to be very careful for some time afterwards, least the disease recur. For this purpose, all violent exercise must be strictly avoided, as well as violent passions, and the same abstemious regimen as above recommended must be rigidly adhered to. If the patient be of a full habit of body, this plan must be continued, till the plethora be somewhat diminished, on the peril of a second attack, which may not yield so readily as the first to the remedies

employed; but may terminate in apoplexy or madness.

It is indeed very usual for sanguineous headaches to run on till they end either in an apoplectic fit; or, what is worse, in madness itself. When either of these dreadful complaints threaten, the measures above recommended must be followed up with firmness and decision; and the medical attendant should not be interrupted by the needless fears of the patient's friends from abstracting large quantities of blood, as it is upon this alone being promptly performed, that success must be expected. As derivatives and counter-irritants—mustard poultices may also in such cases be applied to the soles of the feet, and blisters to the calves of the legs.

F. T. Esq. aged 40, of a florid complexion and full habit, was suddenly seized, without any cause that could be traced, with a most violent headache, particularly severe on the crown of the head and extending along the tendons of the neck. His sight was also affected by temporary dimness, and his ears were stunned with a constant humming like the sound of distant water-falls. Without applying for medical advice, he was advised by a friend who was subject to sick headaches, to take an emetic, which, as he said, always cured him. The emetic was accordingly taken, but instead of curing Mr. T. it exasperated the symptoms so much that he became delirious, and though, according to the practice just recommended, he lost a large quantity of blood (about two pounds and a half) the vein being kept open till he fainted,

the symptoms of mental derangement continued. Subsequent depletion was productive of benefit, but the slightest bodily exertion, exposure to cold, or drinking a glass of wine, always brought back both the severe headache and the incoherence of mind.

W. T. Esq. merchant, aged 60, of a corpulent habit, and with a very short neck, was seized at midnight, after eating heartily of a hot supper, with swimming of the head, humming in the ears, and a dull, heavy, distressing headache. Fearing apoplexy, which had more than once threatened him, he instantly sent for his cupper and had some blood taken from the nape of the neck. It appears, however, that the quantity taken was not sufficient, for before morning he became speechless and soporose, with loud nasal

breathing, marking the access of apoplexy. He was therefore ordered to lose a pound and a half of blood from the arm, and also to be cupped on each temple, and to take a strong dose of Epsom salts dissolved in senna tea; and if this did not relieve him, to have a blister applied to the calf of each leg. The blisters were not found necessary; for before twelve o'clock the most alarming symptoms had gone off, though a slight headache continued. This yielded to a small dose of tincture of rhubarb taken on going to bed.

He was advised, in order to complete the cure and prevent another attack, to live low, to rise early, and take country exercise on horseback. But this did not accord with his habits, and he indulged as before in gormandizing hot suppers, lying in bed till ten o'clock, and

never going out except in his coach. He was soon seized again with similar symptoms, and in spite of copious bleeding, died apoplectic in a few hours after being attacked.

Under the present division, I might rank many of the headaches which arise from intemperance ; but as, perhaps, the greater number of these depend upon nervous irritation, and as all of them are secondary affections proceeding from the stomach, they will come with more propriety to be considered in a subsequent page.

4.—HEADACHES FROM EXERTION OF THE MIND IN BUSINESS, STUDY, EMOTIONS, &c.

This variety of headache is incident to every human being, who is called to make more mental exertion than his system is capable of

supporting without injury. Gentlemen who have more business, either public or private, than they can easily manage; scholars, students, and authors, who often make extraordinary exertions in thinking, examining, or in fancying; and all who may be exposed to strong emotions or passions, whether pleasurable or painful, are liable to be affected with this kind of headache. The usual way of accounting for it is on the principle, that in whatever part of the body an exertion is made, the circulation of the blood will be increased in that part. According to others, what they call the nervous fluid or the nervous energy, is from the same cause augmented. As nobody, however, has ever seen this nervous fluid, and as the nerves are solid, and could not, of course, circulate a fluid, this theory is quite a fancy.

At all events, we are certain of headache being produced by extraordinary exertions of mind, whatever be its immediate cause ; and it is unfortunate that the symptoms often run high, and are very intractable. It has very much the character of the preceding variety, though from the nerves being, for the most part, affected as well as the circulation of the blood, the irritation is consequently greater, and it is more apt to terminate in intellectual derangement.

In the treatment, copious blood-lettings may not be here so necessary, though it ought in most cases to be immediately employed. Our chief dependance, however, must be on purgatives and blisters, and when the complaint remains obstinate a seton in the neck, or a perpetual blister may be advantageous. The following is a very good prescription as a purgative in this case :

Take of Antimonial powder two grain ;

Of Calomel four grains ;

Of Rhubarb in powder eight grains ;

And of Ginger, or Cardamom, or Cinnamon, in
powder, a sufficient quantity.

Mix them together, and take the whole on going to bed *.

If it does not operate before ten next morning, a small dose of Epsom salts in senna tea may be taken every three hours till effectual.

Those who are subject to headaches of this kind should rise early and go soon to

* For the Apothecary.

R. Pulv. Antimon. gr. ij.

Submur. Hydrarg. gr. iv.

Pulv. Rhei. Palmat. gr. viii.

Pulv. Zinzib. q. s.

M. ut ft. pulvis, hora somni summand.

bed, for nothing is more hurtful than late hours, particularly when the mind is actively engaged. Long fasting, the author has often observed to be very injurious, and a slight repast, if taken with relish, will frequently accomplish a cure in milder cases, without further medicine. It is unfortunate, however, that those who engage deeply in business or study, have usually their meals very irregular, or at long intervals.

Mr. —, a merchant in the city, aged 35, of spare habit, was accustomed to breakfast at eight, attend to his business till four, and to dine at five, and frequently, in pressing cases, to sit up at his ledger till a late hour. From this course, he became afflicted with constantly recurring headaches. He was advised to keep his bowels regular with tinc-

ture of rhubarb, or the compound rhubarb pill, and to take a hot lunch with a glass or two of wine between twelve and two according to his convenience. By steadily following this advice, and employing an additional clerk to save him the trouble of being late at his books, he got rid in a few weeks of the headaches which had annoyed him for more than a year, and which had baffled all the medicines he had repeatedly taken for the complaint.

F. —, Esq. of the Inner Temple, who from applying too closely to his profession, and from dining irregularly, was afflicted with almost constant headache, and dull pain in the balls of the eyes. He had been cupped and blistered, and purged without effect; and had taken country exercise with evident in-

crease of his symptoms. Regular diet and sleep were recommended, with rhubarb to keep the bowels open, and in five weeks he was completely cured.

5.---HEADACHE FROM TOO MUCH OR TOO LITTLE SLEEP.

The proportion of sleep necessary for health, cannot be encroached upon to any extent, without producing disease. It is true, that different individuals require very different proportions of sleep, but when this proportion is once ascertained, it ought to be attended to. Seven or eight hours, is about the average quantity required; but many cannot do well without nine hours, while others require no more than four. It may be remarked, that exertion of the mind requires more sleep than

exertion of the body, and therefore merchants, scholars, students, &c. usually require eight or nine, while farmers and fox-hunters can do very well with five and six.

When a person accustomed to seven hour's sleep chooses to lie in bed for nine or ten hours, he is almost certain of having headache all day; and if he persist in this new arrangement of his hours of sleep, the headache may become a very constant and troublesome companion. On the contrary, when a person accustomed to nine hours sleep has to put up with two or three, headache will almost certainly ensue. The cure, in the first case, will be best accomplished by country exercise, and in the latter by a laxative followed by light warm soups, or several cups of good coffee or tea, with a good proportion of bread.

H. ———, aged 24, of spare habit and nervous temperament, had occasion to be up the greater part of the night, for nearly a week, without having leisure to sleep during the day. He was, in consequence, seized with a violent headache, for which he was cupped by an ignorant apothecary, and the complaint was of course exasperated from the increased debility thus induced. His bowels being rather confined and his stomach deranged, he was ordered to take five grains of carbonate of Potass; one drachm of Peruvian bark; and four grains of Rhubarb, mixed with honey*.

* For the Apothecary :

℞. Carbon. Potass. gr. v.

Pulv. Cinchon. ʒj.

Pulv. Rhei. gr. iv.

M. cum melle Anglici pro dos.

He was also recommended to drink strong coffee, and to live chiefly upon light soups and puddings. He recovered speedily.

Lady B——, aged about 50, had from habits of inactivity a strong propensity to indulge in dosing away the morning hours in bed. This practice had, from its commencement, brought with it the usual consequence of headache, but this becoming daily more troublesome and obstinate, she was advised to remove the cause, and to take country airings in an open carriage, for at least four hours every favourable day. The powder, prescribed at page 31, was ordered for her in the form of pills made with conserve of roses. She got better, but on resuming her old habits soon relapsed.

Secondary Headaches.

1. HEADACHES FROM BILE, AND DISORDERS OF THE LIVER AND THE STOMACH.

The effect of disorders of the stomach on the head, is supposed to arise from the sensibility of the nerves of the stomach, or more generally from the connection of the stomach with all the primary organs of life. In consequence also of the vicinity of the liver to the stomach, and the importance of bile in the process of digestion, the stomach usually partakes of the derangement of the liver and of the bile.

In referring headaches, however, so indiscriminately to bilious affections as is often done, Professor Frank well remarks, that many serious errors may be committed which the cautious observer may readily avoid. The

liver, indeed, being so large an organ, is capable of copious secretion ; and bile, from the heat of the weather, or of slight feverish affections, is very liable to accumulate and become disordered, either in the liver itself, the gall bladder, or the bowels, and of course when too copious, or when unhealthy, it must give rise to diseased irritation ;—yet does experiment upon healthy individuals clearly prove, that the great quantities of bile sometimes ejected from the stomach are not accumulated from disease either in the gall bladder or the intestines, before vomiting is excited, as happens to those in the best health, who are accustomed to the motion of a coach or of a ship, and in the early stage of pregnancy.

In such cases, it would certainly be wrong

to infer, that the ejected bile has been the cause of the vomiting. Neither ought we to depend too much on the altered colour of the bile as a proof of its being unhealthy, for it may be ejected of a green colour, in consequence of accidental mixture with acids, from painful teething, from the affections of passion, and many other causes. We might as well infer a diseased superabundance of salt in the tears to have been previously accumulated, because from grief a copious flow of the saltiest tears is excited. The nature and the abundance, indeed, of the secretion, depends chiefly on the increased action or diseased state of the secreting organ—the liver.

Taking all these circumstances into consideration, it would, perhaps, be most correct to say, that the overflow or the alteration

of the bile is rather the effect than the cause of what is called bilious headache, which probably lies in something very different from the matters in the stomach and bowels. We cannot depend much more on the appearance of bile in the blood, as a similar appearance may take place in health, or even when the bile is not superabundant, though the colour is pronounced bilious, yet can it not be proved that the bile superabounds in the blood; and though this could be proved it would bring us no nearer the cause of the headache; for when, as in jaundice, the bile is copiously found in the veins, neither headache nor bitterness in the mouth is necessarily produced. Since it appears, therefore, that bile is not so frequently as is supposed the cause of headaches, and since emetics and other evacuants, by increasing its secretion, may be the only

cause of its appearing copiously in what is ejected from the stomach or bowels;—the *rash* exhibition of these, as it may give rise to other diseases, ought to be carefully avoided. Whatever, therefore, it is concluded, determines the blood to the liver, or stimulates it to increased action, such as heat, anger, lust, and the suppression of perspiration, will give rise to an overflow of diseased looking bile in the highest state of health.

When extraneous, irritating substances accumulate in the stomach, &c. such as the remains of indigested food, in consequence of feasting and surfeit, or putrid intestinal worms, they often become the cause of sick headaches. Those who think that such headaches are more readily produced by animal than by vegetable food, forget that when

eaten in moderation, animal food is much more easily digested than vegetable food, and is less liable to putrefaction. The fact also, of the poor, who are every where forced to be contented with vegetable food, being very frequently afflicted with headaches of this kind; and there being no apparent disproportion, in this respect, between those who, under a warmer sky, consume less animal food, and those who, in the northern climes, indulge in it copiously, leads to the same conclusion.

Mr. Abernethy, in his valuable lectures, gives us also some important facts respecting the healthy and diseased appearances of the bile. In a state of health, a sufficient quantity of bright yellow bile ought to flow into the bowels, to tinge the motions of the colour

just mentioned. Sometimes, indeed, green bile is found in the gall bladder, when the health is not apparently disturbed; but we may rely upon it, that this is not natural, but the commencement of some disorder.

When the bile is deficient in quantity from obstructions of the liver, the motions of course are very much of the colour of the food of the individual. In children they will be white; in adults, for the most part like whitish brown paper, as is the case in jaundice. The motions may also be too light a yellow, when only a small quantity of bile is secreted.

If the bile is disordered, it is usually changed and unnatural in colour, and the motions partaking of this will appear of a

deep olive, of a clay brown, of a blackish brown, and sometimes as black as pitch; all of which indicate some material disorder in the liver.

These observations of men who stand in the very first rank of their profession, will give us some useful principles to go by in discriminating and treating headaches arising from derangements of the stomach or liver.

The symptoms of bilious and sick headaches vary considerably in different individuals. Sometimes the pain is dull and heavy, with stiffness of the eyes and sense of weight in the forehead; in other cases, the headache is extremely acute and throbbing, and the patient is unable to bear noise, or attend to any thing that requires thinking; and in other

cases again, the pain is confined to one side of the head, darting along the temple and into the eye of the side affected: this last variety is sometimes called *hemicrania*.

Along with these affections of the head, we usually find all the indications of disordered digestion, such as nausea, sickness, squeamishness; the colour is sallow, and the face and hands frequently break out into clammy perspiration; the tongue, particularly in the morning, is covered with a viscid mucus, sometimes white, at other times brownish; this mucus is often also found on the teeth and gums; the mouth is at the same time affected with a bitter disagreeable taste, and during sleep is apt to become parched and dry. The bowels are always out of order, being most generally costive, though in some cases they may be

loose or irregular. There is usually a great languor and disinclination to all movement or exercise, with feeling of lassitude after the slightest exertion.

In slighter cases, it will only be necessary to take some compound rhubarb pills for a night or two, and live upon light broths and puddings; or the following powder may be given at night :—

Take Ipecacuanha in powder one grain and a half;

Antimonial powder half a grain;

Calomel two grains;

Powdered Ginger two or three grains;

Mix the whole with Honey or Jelly *.

* For the Apothecary :

℞ Pulv. Ipecacuan. gr. jss.

— Antimon. gr. ss.

Submur. Hydrarg. gr. ij.

Pulv. Zinzib. q. s. M. ut ft. pulvis.

Where there is much nausea and acrid or sour belching, an emetic will be adviseable such as

Take One scruple of Ipecacuanha in powder ;
Two drachms of Ipecacuanha wine ;
And six drachms of water, to mix for a draught ;
or,

Take Half a drachm of Ipecacuanha in powder ;
Two grains of Tartar emetic,
And a small quantity of water to mix for an emetic *,

When the liver is disordered and the bile

* For the Apothecary:

R. Pulv. Ipecacuan. ℥j.
Vin. Ipecacuan. ℥ij.
Aquæ font. ℥vj. M. ut ft. haustus.
vel,

R. Pulv. Ipecacuan. ℥ss.
Antimon. Tartariz. gr. ij.
Aquæ fontan. q. s. M. ut ft. linctus.

unhealthy, and in cases of some standing, it will be necessary to go through a course of Plummer's pill, or of the mercurial blue pill, taking one or two of the latter every alternate night for a few weeks, according to the effect produced. The preparations of aloes are also useful where there is no tendency to piles; and where there is—copaiba, or the extracts of rhubarb, or colocynth. Piles, indeed, are supposed by many to relieve headache. Dr. Arbuthnot even acted upon this principle, and to produce the piles artificially, employed suppositories of rock salt, aloes, and honey. This, however, was certainly making the cure almost, if not altogether, as bad as the disease.

When worms are found, as they often are, both in the old and young, to be the cause of

sick headache, it will be proper to give a slight purgative of calomel and rhubarb, and follow it up with bitters and a course of elixir of vitriol to prevent their formation again. Strong purgatives, which are usually given in such cases, are often hurtful from irritating and weakening the intestines, and thereby fostering rather than checking the production of worms and the headache caused by them.

Along with these medicines, the diet ought to be attended to, avoiding all food and drink of highly stimulant or indigestible quality. The patient himself is usually the best judge, in such cases, of what agrees or disagrees with his stomach, which ought to regulate his practice. Violent exercise is always hurtful, but gentle exercise in the open air is indispensable.

2. HEADACHES FROM NERVOUS DEBILITY.

From the prevalence of nervous habits in this age of luxury and indulgence, and from headache being almost their inseparable attendant, this variety requires to be noted with some minuteness.

1.—The symptoms are marked by a general disquiet and confusion, with obtuse rather than acute pain, and a sense of heaviness extending over the whole head, and unfitting the patient for any exertion of thinking or of attention. The sight becomes dim, the hearing dull, and the memory vacant.

This species may be caused by whatever tends to produce nervous debility,

such as exhaustion, fatigue either of body or mind, profuse evacuations, such as diarrhœa, loss of blood, venery, &c., but most commonly it is caused by indigestion of long continuance. The stomach in the last of these three cases does not, however, seem to be the seat of the disorder so clearly as in bilious and sick headache, in consequence of the disease being of longer standing, and of its being transferred in some degree from a primary to a secondary seat. This circumstance also renders it much more obstinate and difficult to remove.

When it becomes distressing the more troublesome symptoms may be relieved by applying round the temples a bandage steeped in cold water, or, if the bowels are not costive, by a cold or tepid shower bath. As a

general palliative, strong coffee has often proved serviceable; and when it is not found sufficient of itself, it forms one of the best vehicles for the administration of laudanum, which may be taken in doses of eighteen or twenty drops. The coffee prevents the laudanum in some measure from producing drowsiness, while it also prevents it from rendering the bowels costive. Laudanum taken in coffee will thus often ease the headache without inducing sleep, whereas, when laudanum is taken alone, sleep will probably follow, but will more probably be succeeded by nausea and a return of the headache.

Mrs. L——, aged 35, of spare habit and nervous temperament, was subject to frequent attacks of this variety of headache, which continued sometimes for several days and

even weeks. She was advised, on the access of the attack, to take from fifteen to twenty drops of laudanum in a large breakfast cup of coffee, in order to give immediate relief. She was then ordered to

Take An ounce and a half of Senna,

A drachm of powdered Ginger,

Half a drachm of tincture of Rhubarb,

Mixed for a draught * :

She was next put upon a tonic course of elixir of vitriol, with the tepid shower bath and regular exercise. She recovered very slowly, but by persevering in this plan she got rid of the constantly recurring nervous

* For the Apothecary,

R. Fol. Sennæ. ʒj.

Pulv. Zinzib. ʒj.

Tinct. Rhei. ʒss. M. ut ft. haustus.

headache in about six months, though she still remained nervous and weak.

2.—Another species of nervous headache usually known by the name of *megrin*, is characterised by violent pain usually confined to the forehead or to one side of the head, the seat of the pain being tender to the touch and slightly red, while the eyes are suffused and the stomach disordered as in sick headache, though it is not easy to say whether this is a cause or a consequence; perhaps it may be sometimes the one and sometimes the other. In some patients it is PERIODICAL, in which case, the pain mostly fixes itself in the same side, or the same part of the head, being often limited to a small portion of the surface, though sometimes striking deeply into the interior of the head, and dow

towards the eye which cannot bear the least glimmer of light.

In many instances, its intermissions are perfectly regular, the fit returning daily at the hour of noon; but more commonly its attacks are produced by some incidental excitement, and are consequently of uncertain recurrence, though more frequently in the afternoon than the morning. In one CASE, in which the disease still remains obstinate, it returns at the interval of two or three weeks, soon after the digestion of dinner, continues through the whole of the night and the ensuing day, and does not subside till the evening. The attack lasts, therefore, about twenty-four hours. In another CASE, of a very active and otherwise healthy man, about thirty years of age, who has no apparent disorder of the

stomach and bowels, the headache commences uniformly before breakfast, continues with great violence about six hours, and then subsides, with intermissions of about six weeks or a month.*—(GOOD'S *Study of Medicine*.)

3.—A third species of the nervous kind is the throbbing headache, which is distinguished by pulsatory or throbbing pain, chiefly at the temples; often with sleeplessness and a sense of humming in the ears. The throbbing sometimes accords with the beating of the heart and sometimes not. It is always a spasmodic, and consequently a nervous affection.

During the fit, in either of these two latter

* The treatment will be given under the next species.

species it may be adviseable to give the following draught :

Take an ounce of infusion of Valerian,

A drachm and a half of spirits of Hartshorn,

Twenty drops of tincture of Henbane,

And a sufficient quantity of Peppermint water
to make a draught,

It will also be useful to apply round the head a linen or muslin cloth soaked with cold salt water, or with the spirit of Mindererus diluted with cold water. In some cases, thinning the hair, when profuse and thick,

* For the Apothecary.

R. Infus. Valer. officinal. ℥j.

Ammoniaë. ℥jss.

Tinct. Hysocyam. gutt. xx.

Aq. Menth-Piper. q. s. M. ut ft. haustus.

has been found serviceable, though in other cases, this does more harm than good. Dr. Parr, the author of the Medical Dictionary, was for many years a sufferer from a headache, which returned irregularly, and for which he could at first assign no cause; but at last, he discovered that it frequently returned after shaving his head. He consequently suffered his hair to grow, and from that time the disease gradually lessened in violence, in duration, and in the frequency of its return, and from being a complaint highly serious, and beginning to affect his memory, its returns became rare, and never violent.

Immediate relief may often be obtained also from applying to the temples either cajeput oil, spirits of hartshorn, or the campho-

rated liniment. In some cases, a cure has been obtained by drinking lavender, rosemary, or marjoram tea; and the arum or cuckoo pint has been also extolled, taken in the dose of sixty grains of the compound powder. When the cases prove very intractable and obstinate, it may be useful to try a perpetual blister or a seton issue in the neck, which has often succeeded when the headache baffled all other attempts.

A. M. Esq. aged 30, had a most vehement periodic megrim, which returned at irregular intervals of four, six, nine, and twelve weeks, coming on usually in the morning, and continuing altogether about a day and a half. He was advised to watch the return of the attack, and whenever he observed its approaches, to take fifteen drops of laudanum

and the same quantity of tincture of henbane, in a large bason of strong coffee, and to follow it up with one of James's powders, applying warm fomentations to his stomach and a poultice of vinegar and mustard to the calves of his legs, with a cloth dipped in cold water to his head. By attending to these active measures he was enabled to ward off the attacks, and from being thus interrupted in their progress, they gradually diminished in frequency. By persevering in the tepid shower bath, and taking nourishing diet and regular exercise, he is now quite free from the distressing complaint to which he had for several years been a martyr.

The same treatment has been found successful in many other cases. The calybeate waters are found exceedingly beneficial in the

tonic and preventive treatment, in conjunction with laxative medicines, such as the compound rhubarb pill, to keep the bowels regular.

3. HEADACHE FROM INTEMPERANCE.

The headache of drunkards is so common as to be proverbial. It is in some measure a secondary affection from the influence of the stomach on the head, though it may also be partly primary, from the effect of the noisy mirth which is usually indulged in over a bottle, and which would produce headache, independent altogether of the effects of drink or intoxication. This headache may become permanent from long continued indulgence in the cause, but it is usually temporary, and limited to the day following a debauch. The symptoms are very similar to those of bilious

or sick headache, and the treatment must also be similar.

The thirst, which is usually a troublesome attendant of the headache, is best allayed by the warm or cold bath, or by soda water; but as this has little effect in removing the headache, a bason of strong coffee, with twenty or thirty drops of laudanum, or tincture of hyoscyamus, will, in most cases, produce immediate relief. Some people, who indulge in potations, wrap their head in a wet towel before going to bed, a practice which appears to be fraught with danger, particularly as they are much more apt to catch colds after the exhaustion of a night's debauch. It would be preferable, to take, on going to bed, two or three soda pills, and a few grains of rhubarb and calomel, which would neutralize

the acid of the drink, whence most of its bad consequences originate.

A medical gentleman in the East Indies was in the frequent practice over nights of getting intoxicated with wine; and in order to prevent the fatal effects of this on his liver and head, he regularly took, when intoxicated, from twenty to thirty grains of calomel before going to bed, and rose quite fresh next morning. It would be great rashness to take so large a dose in this temperate climate; but it would be worth while to try the effect of perhaps ten or fifteen grains of calomel in similar cases. Bitter tinctures, so much in fashion among some classes of the dissipated, are only an apology for dram drinking, and always injurious when not purgative, such as the tincture of rhubarb.

4. HEADACHE FROM GOUT AND RHEUMATISM.

When gout or rheumatism, which are very similar in their nature, recede from their usual seat in the limbs and joints, to the head, it is rather a dangerous case, and requires very prompt measures to subdue the attack. Sometimes rheumatism, but gout, rarely if ever, makes its first assault on the head, fixing most commonly on the muscles of the temple and jaw, and thence spreading over the head. The cases in which rheumatism attacks the head first, are usually very slight, and are for the most part easily cured.

The most powerful medicine hitherto discovered for subduing gout or rheumatism is the colchicum, or meadow saffron ; and it is this which forms the principal ingredient in

all the celebrated patent and quack medicines, such as the Eau Medicinale, Wilson's Tincture, Reynold's Specific, Want's Powder, &c. The powers of the medicine are, however, somewhat unmanageable and capricious, and liable to produce dangerous consequences, even when it is most skillfully administered. The following may be tried :—

Take Of the Powder of Ipecacuanha, three grains.

Of Tartar Emetic, one fourth of a grain.

Of Laudanum, twenty drops.

Of Tincture of Hyoscyamus, twenty drops.

Of Epsom Salts, three drams.

Of Peperment Water, a sufficient quantity to mix
for a draught*.

* For the Apothecary.

℞. Pulv. Ipecacuan. gr. iij.

Antimon. Tartarizat. gr. 1-4.

Tinct. Opii. gutt. xx.

—— Hyoscyam. gutt. xx.

Sulph. Magnes. ʒiij.

Aq. Menth. Piper. q. s. M. ut ft. Haustus.

This will in most cases produce a similar effect to the Colchicum, and with more certainty of operation. The prevention of relapse will be best obtained by avoiding all excessive indulgences in eating and drinking; by taking regular exercise in the open air; at the same time guarding against sudden changes of temperature, and all gusts of passion, and mental agitation.

Lord B., aged 40, subject to gout, had a severe attack of gouty headache which threatened to become fatal. The above prescription was ordered, and soon produced nausea, copious perspiration, and a relief from the pain. The draught was repeated with equal success on the following night when a relapse threatened.

Mrs. T. after exposure to a stream of cold air at a window, was seized with rheumatism of the arms, which soon shifted to the head. She was speedily relieved by the same means.

The following pills are also useful in promoting perspiration :—

Take Of crude opium, twelve grains.

Of James's powder, twenty-four grains.

Of conserve of roses, a sufficient quantity.

Make into twelve pills, of which one or two may be taken at bed time.*

* For the Apothecary.

℞ Opii. gr. xij.

Pulv. Jacobi. gr. xxiv.

Conserv. Rosar. q. s. ut ft. pilul. No. xij.

If the Colchicum is resolved upon it may be taken in the following draught:—

Take of Colchicum vinegar from one to two drachms;

Of Magnesia, from fifteen to twenty grains;

Of Epsom salts, one to two drams;

Of liquorice extract, twenty grains;

Mix for a draught.*

Mr. Want's Tincture, which is exactly the same with Reynold's and Hyden's Specifics, is prepared by infusing for two or three days a quantity of the fresh sliced root of the meadow saffron in proof spirits, in the proportion

* For the Apothecary.

℞ Acet. Colchici Autumn. ʒj. ad ʒij.

Magnes. gr. xv. ad gr. xx.

Sulph. Magnes. ʒj. ad ʒij.

Extract. Glycyrrhiz. gr. xx. M. ut ft. Haustus.

of four ounces of the root to eight of the spirits. Reynolds colours his with syrup of red poppies, and flavours it with rum. From one to three tea-spoons full is a dose. It allays the pain most wonderfully, but often produces great nausea, vomiting, purging, and perspiration. Dr. Williams, of Ipswich, prefers the unbruised seeds of the plant, gathered when ripe, and infused for eight or ten days in sherry wine, or of proof spirits, in the proportion of two ounces Troy to the pint, agitating it from time to time, then bottling up for use. A tea-spoonful is the ordinary dose.

5. HEADACHE AS A SYMPTOM OF FEVER.

It may not be amiss here to state, that fever usually commences with headache, and

may be mistaken for that common disorder, till it be too late to interrupt its career. Most headaches, indeed, are accompanied, when severe, by feverish affections; but at the commencement of typhus, ague, scarlet fever, measles, small pox, &c. there is a much more decided effect on the constitution than in ordinary headaches. There is a sense of languor, weariness, and great disinclination to move, with wandering pains as if from slight twists or bruises of the parts, with quick pulse, and what is still more characteristic of fever, there is always either an unnatural sensation of cold or of heat. The coldness amounts in most cases to shivering, even in a warm room and when well protected, and is chiefly felt about the small of the back, as if a stream of cold air or of cold water were playing upon it. In such

cases, no time should be lost in taking an emetic, such as that in page 72, and when unnatural heat succeeds to the shivering, a bucket of cold water thrown over the patient will frequently stop the fever at once. This must only be done, however, in the warm stage of the patient's feelings; it would be hurtful in the cold stage. Purgatives should follow, and careful regimen for a day or two till the health be confirmed, and to prevent its recurrence.

6. VENEREAL HEADACHE.

Of this variety of headache we may distinguish two species. One may arise without infection from too much indulgence; a cause of disease much more frequent than is usually imagined by those who are not of the

profession. This species, however, is so much of a nervous kind, produced by exhaustion, that the reader is referred to the second variety of the sympathetic class, page 75, and also to the fourth variety of the primary class, page 54, under the effect of violent emotions of the mind, for the treatment and prevention.

The second species is a much more serious ailment, arising from constitutional infection by the most dreadful of all poisons. When the venereal poison is diffused through the body it affects the very bones, which moulder and rot under its influence. The bones particularly which have little external covering of flesh are most liable to be thus affected, and of course the bones of the head, are in this respect like the bones of the shins, the elbows, &c.

which are usually the seat of *nodes* and venereal rotting. Every body has remarked, that the bones of the nose thus suffer; but when the bones of the forehead are attacked, it becomes a more dreadful affection. The author has repeatedly seen holes in the forehead deep in the substance of the bone, and most exquisitely painful. In other cases, he has seen skulls after death with the bones completely perforated like a sieve, as if it had been done by worms. What terrible sufferings such patients must endure, thus living and rotting. In this stage, all attempts at cure are quite hopeless, and opium is the only resource for the wretched sufferers.

In the early stages, before the bones become thus affected, mercury is well known to be the grand specific; and those who pre-

tend to cure the venereal without it are, for the most part, money-making impostors. The severe salivations, however, formerly much used, are now nearly abandoned, and mild courses of mercury are substituted,—merely keeping the mouth slightly tender. The decoction of sarsaparilla and the nitric acid diluted with water, are often also of great use in contributing to the cure.

7. SCROPHULOUS AND CONSUMPTIVE HEADACHES.

Those who are consumptive, scrophulous, or delicate, are extremely subject to headaches, which, according to circumstances, are either of the nervous or bilious kind, and must be treated accordingly. It is not a good symptom, when severe and often recurring headache makes its appearance at the

commencement of declines or consumptive coughs, as it indicates the existence of fever or considerable constitutional derangement. Active measures and great precaution are therefore requisite to check the disease if possible in the bud, by attending to the regimen, and by keeping the bowels regularly open. The advice and prescriptions already given under the several varieties, will direct the judicious reader how to manage in this respect.

Digestion and Indigestion.

When the food is properly comminuted and mixed with the fluid, it is prepared for the subsequent process of digestion in the stomach ; but it is most important to remark, that if it is not thoroughly mixed with this fluid in the mouth, it will be unfitted for digestion, and will probably derange the stomach. So important is this, that serious diseases arising from indigestion, have been cured simply by ordering the food to be eaten slowly, and properly mixed with the saliva of the mouth. It is on the same principle that we can account for the difficult digestion of all minced meats and beat vegetables ; for as the teeth in this instance are spared half their labour, the fluid is not pressed out in suffi-

ent supply by the motion of the jaws, and the morsel passes to the stomach before it be properly mixed with saliva.

When the food passes into the stomach, it has still to be farther diluted with the gastric juice, which is the immediate agent in digestion. From the experiments of Dr. Wilson Philip, it appears that the gastric fluid has little effect on the food which is not near or touching the stomach, and when the food is diluted with water, beer, wine, &c. digestion cannot proceed till these are removed from the stomach; and how fluid soever the food may be in the first part of the stomach it is always found to be little so in the second. On opening the stomach of rabbits, &c. Dr. W. Philip found this to be uniform. Much fluid therefore of any kind completely pre-

vents digestion till it passes from the stomach; a fact which drinkers ought always to bear in mind.

1. CAUSES OF INDIGESTION.

The *remote* causes of indigestion may be divided into those which affect the nerves, by whose influence the gastric juice is secreted; and those which affect the muscular power of the stomach in propelling the digested food from the stomach into the intestines. Of the former causes, may be mentioned wine in every form, opium, and other narcotics, such as tea, coffee, and tobacco; or hard study; indulgence in venery, and other sensualities; violent passions, &c. Among the latter causes, distention of the stomach is the chief. This may arise from eating too fast, in which

case more is eaten than there is gastric fluid to dissolve ; or from high seasoning and great variety of food ; or from drinking wine during meals, in which case too much is eaten in order to satiate the overflow of the gastric fluid excited by the stimulus ; and from eating food which swells much after it is taken into the stomach :—I say *much*, for all sorts of food swell more or less.

Distension acts on the nervous power, and in this view may be ranked in the first division of causes. Besides these, all extensive diseases in any part of the body affect the stomach by sympathy ; a principle which has been amply illustrated in a preceding page ; and it is important to notice, that all sympathetic affections become causes, which support and aggravate the primary disease. For

example, indigestion causes debility of the skin, and this debility reacting, increases the indigestion. It is this which so often protracts disease, and baffles the utmost sagacity and skill to devise remedies.

The *immediate* causes of a disease are the most important to be ascertained. The immediate cause of the first symptoms, is the debility induced by the remote causes preventing a due change in the food, and affecting the stomach, the bowels, and the parts which sympathise with them. This sympathy is usually referred to a communication of nerves; but as many parts sympathise where there is no trace of communication, Dr. Hamilton, Dr. Wilson Philip, Mr. Abernethy, and other enlightened physiologists, think that it takes place in the brain and spinal

marrow ; in the case, for example, of continuing to refer pain or cold to an amputated limb, which is very common with those who have lost a leg, or an arm, or even a finger.

Contact or vicinity of parts very frequently produces a diffusion of disease when there is no direct nervous communication, on the same principle perhaps as contagion from contact. In this way, the liver's being affected with diseases of the stomach, may be accounted for. The pain and tenderness experienced at the lower part of the stomach, when the disease has advanced, is evidently an inflammatory affection of that part as well as of the thin edge of the liver that lies over it and in contact with it ; which disorder goes on to produce hard pulse and fever. This ought to make us wary, not to continue the

treatment proper to the commencement of the disease when it has advanced to this stage, as this would otherwise infallibly aggravate the affection.

Feverish affections and inflammatory diseases always begin with debility of the capillary or finer vessels, and consequent increased action of the larger vessels; while nervous diseases, on the contrary, begin with debility of the larger vessels, though this always ends, if the disease is prolonged, in debility of the finer vessels, producing chronic inflammation, which is most difficult to cure. This is eminently the case with indigestion in the advanced stage, the access of which, as it can only be effectually counteracted at the first, ought to be watched with great care; for the disease has generally made

progress before the patient is aware of his danger. In these circumstances, the state of the blood, and consequently of all the fluids of the body, must be deranged and corrupted in consequence of diseased digestion, and this also must cause fresh disorders in all parts of the system. Mr. Abernethy was among the first who found many wounds and ulcers that resisted every other treatment, yield to medicines which restored and invigorated digestion; and since he published his observations, the same has been observed in numerous instances.

2. SYMPTOMS OF INDIGESTION.

It has been customary among most writers to consider the symptoms of indigestion under three distinct stages; but as nothing of

this kind is ever really observed in the disease, which goes on, if not checked, gradually increasing,—the author begs leave to discard this arrangement as not only fanciful, but as very apt to mislead the inexperienced to adopt injurious remedies.

The commencement of indigestion is characterised, by such symptoms as arise from food remaining undigested in the stomach and bowels, though the functions of digestion be previously healthy and natural. These symptoms are flatulency, distention, and disagreeable belchings and eructations; which indeed may at times occur in the healthiest individuals, although occasioning only temporary uneasiness. But when, from incautiously eating indigestible food, or from overloading the stomach, these symptoms fre-

quently recur, the hitherto healthy state of the stomach and bowels is changed, and the secretions become disordered and unhealthy. The mouth becomes clammy, and the tongue white or brownish; the appetite is impaired; there is considerable thirst; and the feet are apt to be cold even when the weather is not uncomfortable.

The first strongly marked symptom which makes its appearance is depression of strength, or great feebleness and langour, both of body and mind. The natural discharges then become altered; the stools are either darker, from the bile being too copious, or vitiated; or they are too light, from a deficiency of bile—sometimes indeed they become quite black, and at other times are whitish and like clay in appearance. The urine is apt to deposit a

sediment of a pink or of a brick-dust colour, which experiment proves to indicate too much acid in the system; or it is turbid with white mucous-like flakes, indicating a superabundance of alkaline matter.

When the bowels are loose, the urine is copious and pale, as is the case in high nervous excitement; when costive, the urine is scanty and high coloured. The skin separates nearly the same sort of matter from the blood as the kidneys; and when from debility it becomes dry and torpid, or is constricted by cold, both the urine and the stools are by consequence increased.

The symptoms arising from sympathy are innumerable: headaches, dimness of sight, spectral objects floating before the eyes, ring-

ing in the ears, with pains and uneasiness in the limbs, are some of the most usual. Great care should be taken to distinguish between debility and depression of strength, as they require very opposite treatment. Recovery from debility must always be slow; while from depression, it may be rapid in proportion as the cause has been of short duration, or is easily removed. Debility, in fact, is produced by long continued exhaustion, and a loss of substance or strength in the whole body; while depression may be merely a state of temporary fatigue, which will disappear with the cause by which it was produced.

As the disease advances there is perceived a tenderness, on pressure, of the soft parts on the right side, in a spot about the size of a shilling, lying between the pit of the sto-

mach and the bend of the ribs, and corresponding, as Dr. Wilson Philip ascertained by dissection, to the termination of the stomach. The patient is seldom aware of this till the physician points it out—and it hence becomes an admirable professional secret, by which the reputation of skill and sagacity is often easily obtained.

When this tenderness is considerable, or has been of some continuance, the pulse becomes hard, but to feel this the slightest possible pressure must be employed, by withdrawing the finger till it barely touches the skin; for much pressure will make even a hard pulse feel somewhat soft. As the disease advances, the thirst increases—and instead of the hands and feet being chilly, as at the commencement, they are apt to burn and

flush—night or morning, sweats often supervene—and there is increased languor and heaviness, with reluctance to motion and to all kinds of exercise.

After the disease is confirmed, and has been of long continuance, the secondary symptoms of the head, chest, bowels, &c. become the most prominent, and frequently lead to organic disease, which, singular to remark, never occurs in the parts primarily affected. It is thus that water in the head, blindness, deafness, cancerous liver, and consumptions, as well as unhealthy sores and ulcers, may arise from indigestion; while the stomach, which was first affected, recovers, or is apparently little affected, in the same way as a blister, which induces a secondary disease, will often remove a primary one.

The principle is general. When extensive disease of the liver, for example, spreads to the lungs, the liver frequently recovers while the patient is sinking in a decline.

It is also an important remark that nervous pains, such as that in the right shoulder in diseases of the liver, and in the arm from slow inflammation of the heart, may at length, by continuance, produce inflammation and fever. The liability of one part rather than another to be affected with such secondary symptoms Dr. Wilson Philip ascribes to original peculiarity of constitution, weakness and irritability at birth, or to some accidental injury of a part.

TREATMENT OF INDIGESTION.

The treatment of indigestion must be begun by removing the causes stated in the preceding pages, and by attending to the due exercise, both of body and mind, particularly to the stomach.

As to DIET, food should be eaten slowly, as has been already remarked, in order that it may be well mixed with saliva; and it ought not to be taken in too great quantity to oppress the stomach, as indigestion usually arises from the stomach being irritated, either by food not well masticated, or by food of difficult digestion. It is of much moment, therefore, to ascertain what sorts of food are of easiest digestion; though in some rarer

cases, we are baffled in referring to general principles by constitutional peculiarities. The celebrated Dr. Gall, the founder of the system of Craniology, cannot eat mutton, however it may be disguised, without suffering violent irritation of the stomach.

When the stomach is weak, the gastric fluid does not answer to be diluted with much liquid; nor does it agree with oily or ascescent food; in such cases, animal food and stale bread, or biscuit with spare drink, is best fitted for the patient. All mucilages are of difficult digestion, and therefore the flesh of all young animals which abound in mucilage, is improper for weak stomachs: we may, perhaps, except veal from this character. Food abounding in mucilage is popularly called light, but this relates merely to its less tendency to produce

fever and inflammation than beef, or even mutton ; and the same observation applies to the white sorts of fish. All food thus called light is of difficult digestion, but may be allowed in fever or inflammation. Fat meat is the most oppressive ; and of course pork, goose, and duck, are not proper for weak stomachs. That eggs, if they are eaten soft boiled, with stale bread or biscuit, disagree with the bilious is an erroneous opinion, though it is a very common error.

New bread is perhaps the most difficult of all substances to digest, as the paste formed from it presents an impenetrable mass to the gastric fluid, which, according to Dr. Wilson Philip's experiments, acts only on the surface next the stomach ; hot rolls ought therefore to be avoided in all cases of indigestion. The

same remark applies more or less to all mashes and jellies. Mashed potatoes, for example, contrary to popular opinion, are always harder of digestion than when simply masticated.

Simple roasting or boiling moderately is the only proper mode of cooking; all the refinements of the art beyond this are injurious. The concentrating of much nutriment in a small compass, as in beef tea, is seldom proper; for, however strong it may be, it will not allay hunger in the least, without the mixture of something solid. A patient of Dr. W. Philip's was attacked with severe pain of the face when even the smallest quantity of solid food was put on the stomach, even a single mouthful of bread never failed to bring on the attack; and, as he at length refused all solid

food, he was confined for some weeks to a strong decoction of beef; but, however strong, and in whatever quantity it was taken, it never relieved the calls of hunger, and he rapidly emaciated.

Fresh vegetables, particularly peas, beans, cabbage, waxy potatoes, cucumbers, &c. are bad; mealy potatoes, turnips, brocoli, lettuce, &c. are less so. Butter, cheese, and all preparations of milk are oppressive, and generally so in proportion to their richness.

Water is the most proper fluid for diluting our food, and its quantity ought to be regulated so as not to over-dilute the gastric fluid, nor to leave the food too dry, to prevent its solution. But this is not the main use of drink. It is chiefly important in supplying

the secreted fluids, such as the insensible perspiration; and it is for this reason, when it is superabundant, (as well as in looseness of the bowels, in which the fluid secretion is so much increased) that thirst is strongly felt.

In health, thirst is never troublesome; and it is, consequently, very erroneous in some to drink copiously during meals, for the purpose, as they think, of promoting digestion; though, as they have no thirst, it is more likely that this will impair the powers of the stomach by overdiluting the gastric fluid. The patient should rather be sparing in his drink, as the want of the healthy fluids in the mouth and stomach will often excite him to drink, when it would be injurious. Other fluids besides water may have nourishing and other qualities; but when the contents of the stomach are

very fluid, digestion cannot go on, for the gastric fluid mixes with the whole mass, rather than with the layer in contact with the stomach, and the strength of the gastric fluid is consequently dissipated and lost, as it has no power unless it be in contact with the stomach.

Soups and broth, when bread is taken with them, may be digested; but it is not the most suitable sort of food in indigestion; for if there is much broth, there will be too much liquid, and if much bread be eaten, a tough and indigestible paste will be formed. It is found, indeed, that soups are the first thing observed to disagree with the patient at the beginning of the disease. Soups likewise, when taken before other food, induce patients to eat too much, and of course lay the foundation of indigestion from surfeits and repletion.

According to the prevailing habits of society in this country, alcohol is used almost universally, and can seldom be dispensed with, except the abstinence be commenced in early youth. We have, therefore, only to choose it in the least injurious form, which is as it exists in foreign wines. After distillation it is rendered more injurious, and therefore brandy, hollands, rum, &c. are all bad; beer and ale, if strong, are likewise improper for weak stomachs.

Tea and coffee have been greatly decried by some; but it does not appear, except when drank too strong or too hot, that facts prove them to be very injurious. Their effects are but slowly perceived, but from their action on the nervous system, these must ultimately tell on weak constitutions.

Patients in indigestion should beware of *too great variety* in their meals, and, except in particular cases, should not take more than three or four moderate meals in twenty-four hours. Between meals nothing should be eaten: to be always taking something is very injurious, as it disturbs the natural process, and produces weakness. When it is impossible to avoid this altogether, the bad habit should be gradually broken off.

Exercise both of body and mind is indispensable to the cure of indigestion. No part however of medicine is, I am convinced, more improperly followed by the generality of patients. We may, as has often been done, give precise and positive directions for moderate walking and riding on horse-back, to be persisted in daily for weeks, months, or years;

but according to my experience the patient in all probability will omit this regimen three days in four, and on the fourth, make up as he thinks for his neglect by fatiguing himself into a debilitating perspiration, like the patient who thought to make up for omitting his pills by taking four or five doses at once.

This error is still more obvious in mental exercise. The languor of the mind, attending every stage of the disease, is not to be subdued, except by the most determined efforts; and the occasional excitement produced by attending places of public amusement, or by dinner or evening parties, will in the end aggravate, rather than allay the distressing bias to despondency, which is unfortunately prevalent in this disease. Travelling, and country excursions, with a cheerful companion, we

should consider by far the best combination of exercise for both the mind and body. Cool, dry air, and early rising, are also of great service, and are strongly recommended. The latter has been deemed of importance enough for a little work entitled, *Letters on Early Rising*, ascribed to the Taylors of Ongar.

MEDICAL TREATMENT.

The more strictly medical treatment of the commencement of indigestion, Dr. Wilson Philip has illustrated with some skill, by following up the enlightened views of Hamilton, Abernethy, and Cooper. After strictly pursuing the regimen just stated, the action of medicines on the stomach and bowels will be greatly promoted. It will frequently be advantageous to commence with an emetic, (not if possible to be repeated) followed by some of

the milder purgatives or laxatives, in order to unload the stomach and bowels ; prescription for which will be found in a preceding page. Emetics have lately fallen into unmerited neglect, perhaps from their unpleasant operation. When emetics fail to dislodge and clear away offensive and irritating matter, it is probable the secretions are deranged, and mild stimulants and aromatics may be tried, to promote a better action of the secreting organs.

Alkalies such as potass, soda, magnesia, or lime-water, are of course, to be exhibited when acidity prevails ; but their action is only temporary, and more animal food, if the patient relish it, may be eaten ; but this diet should not be carried to excess. Pains and spasms arising from acid irritation, if not thus relieved are combated by opiates ; looseness or

flux, by gentle purgatives, sudorifics, and astringents; vomiting, by soda water, or the following mixture:—

Take Thirty or forty drops of Elixir of Vitriol,

And a sufficient quantity of Conserve of Roses,

and Peppermint water to make a draught *.

In more obstinate cases, blisters, opium, and camphor are to be employed. Bitters and astringents, with mild stimulants and anodynes maintain a healthy activity of the bowels; the first of which soothing nervous irritation and exciting particular functions; the second, tending to establish a more permanent vigour in the organs of digestion.

* For the Apothecary.

R_x Acid. Sulph. Aromat. gutt. xxx, ad. gutt. xl.

Conserv. Rosar. et Aq. Menth. q. s.

Ut. ft. haustus.

In the case of stimulants and anodynes, I would recommend very small doses of aromatic tinctures, ammonia pure or carbonated, camphor, very warm water applied externally to the stomach; opium and ipecacuanha, the last of which in the form of the compound powder of ipecacuanha from two to four grains every six or eight hours. A small dose of opium after dinner has also been found useful in many cases. Myrrh, castor, valerian, and asafoetida, Dr. Wilson Philip esteems more highly in nervous irritation, than we believe is now fashionable amidst the prevailing rage for innovation. Of bitters—chamomile, orange peel, colomba root, cascarilla, and Peruvian bark, are those on which we may chiefly rely for perfecting a cure; combined with astringents, among which the preparations of iron and elixir of vitriol stand in the first rank.

When the liver is deranged, mercury in the form of the blue pill, or calomel in very small doses, followed up by laxatives, is to be tried ; or the nitric acid, or elixir of vitriol in doses of twenty drops, three or four times a day ; or dandelion may be substituted. Dandelion, however, is nearly an obsolete drug of the Boerhaave school. Every one knows the amusing scenes which Zimmerman had with Frederick the Great, in persuading him to take large doses of this nauseous and probably very inefficient medicine. Even the name of Dr. Wilson Philip will scarcely, we think, have influence to restore it to much repute.

When the disease is farther advanced, and marked by symptoms of slight or approaching inflammation, bitters or aromatics must be intermitted, till leeches, mustard poultices and

blisters, applied over the stomach, have in some measure reinduced the symptoms of the commencement, when the tonic treatment may again be cautiously commenced. As this more advanced stage is commonly a consequence of derangement of the liver, this must be attended to and removed, by giving mercurials in very small doses, such as a grain, or even half a grain, of the blue pill, twice or three times a day, which I have seen successful, when larger doses and all other means had failed: when these doses, small as they are, prove irritating, I would combine with them extract of poppies or of henbane. As a substitute for mercury, the cautious use of acids externally, as recommended by Dr. Scott, may be tried with advantage.

I shall conclude these remarks with the fol-

lowing interesting observations by Mr. Abernethy. It is difficult in many cases, to regulate the actions of the bowels either by diet or medicine. They are costive for a time, and then fits of purging come on. The former state must be obviated, in order to prevent the latter. Medicines which excite a healthy action of the bowels in one person, are either inert or too active in another. Doses, which would have no effect in a state of health, become purgative in this disorder; a circumstance which shews that the bowels are irritable. There are some rare instances of the contrary, in which it is exceedingly difficult to excite the actions and secretions of the intestines. The object which I have had in view, in all cases, is to excite the peristaltic action of the bowels, without irritating them, so as to induce them to pour forth and eva-

cuates their own fluids. The administration of purgative medicines in very small doses, at regular intervals, is in many cases the best mode of effecting this purpose.

In giving purgative medicines, I have endeavoured to combine them, so as to excite and strengthen at the same time. Rhubarb, columbo, and Glauber's salts, have been given together; or an infusion of gentian with senna or tincture of rhubarb. When the infusion of gentian with senna has been given, it has been prescribed, in the subsequent cases, according to the following formula, which is in use at St. Bartholomew's hospital :—

Take one ounce of Infusion of Gentian ;

Two drachms of Infusion of Senna ;

One drachm of compound Tincture of Cardamom.

Mix for a draught to be taken two or three times a day
as required *.

It is sometimes necessary to increase the quantity of infusion of senna. I have found in some cases, that the purgative medicines and spices dissolved in spirit and water, have answered better than any thing else, in producing a sufficient, but not too copious discharge from the bowels. Equal parts of compound tincture of rhubarb and senna is the formula to which I allude. When irritation in the large intestines has been denoted by the

* For the Apothecary :

℞. Infus. Gentian. comp. ʒj.

Infus. Sennæ, ʒ ij.

Tinct. Cardamom. comp. ʒj.

M. ft. haustus, bis quotide, vel pro re nata, sumendus.

mixture of mucus and jelly with the fæces, and sudden and urgent calls to void them, I have advised oily and mucilaginous medicines as aperients : as castor oil, mixed with a large proportion of mucilage. My sole object, however, has been to regulate the state of the bowels ; and when they have been regular without medicine, I have rarely recommended any.

At the same time. I have not been inattentive to the error in the biliary secretion, which exists in the greater number of such cases. I have endeavoured to correct this error by the administration of such small doses of mercury, as do not irritate the bowels, and are not likely to affect the constitution, even though persevered in for a considerable time. In this state of the digestive organs, calomel,

in small quantities, sometimes proves irritating. I have, therefore, combined it, as in Plummer's pill, and have given one grain every other night. Where this dose produced uneasy sensations, or acted as an aperient, five grains of the blue pill were substituted in its place; and even this quantity has been diminished in some cases. When it appeared necessary, on account of the biliary secretion, and when the calomel did not irritate the bowels, I have increased the dose. The relief, which arises from the increase or correction of the biliary secretion, in the majority of these cases, shews how much the liver is concerned in causing or aggravating the symptoms in these diseases.

There are numerous and undoubted proofs of the utility of mercury, in correcting and

augmenting the biliary secretion ; but the mode of administering it has not, perhaps, been sufficiently attended to. I have known patients, who had voided nothing but blackish stools for some months, discharge *facæ*s of a light yellow colour, denoting a healthy, but deficient secretion of bile, upon taking such small doses of mercury. The effect of this change on the constitution and spirits has been surprisingly great ; though the state of the stomach did not appear to be altered. The use of mercury by rubbing in the ointment, sometimes acts beneficially in correcting the biliary secretion ; but if the constitution be irritated, and weakened by it, the actions of the liver disturbed ; and the digestive organs in general, become deranged. Mercury, in my opinion acts, most certainly and efficaciously, when taken into the bowels,

and a much smaller quantity will suffice, when its application is in this manner rendered chiefly local.

Although experience has made me think very highly of the efficacy of small doses of mercury, in exciting and correcting the biliary secretion; yet it ought to be mentioned, that in some few cases, this medicine fails to produce its usual effects, and that the biliary secretion becomes healthy without its administration.—(ABERNETHY *on Local Diseases.*)

THE END.

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