

**The cottage physician, and family adviser; or every man his own doctor and herbalist. On the plain principles of "Medicine without mystery." [Vol. I] / edited by W. Buchan, M.D. and the members of a private medical society.**

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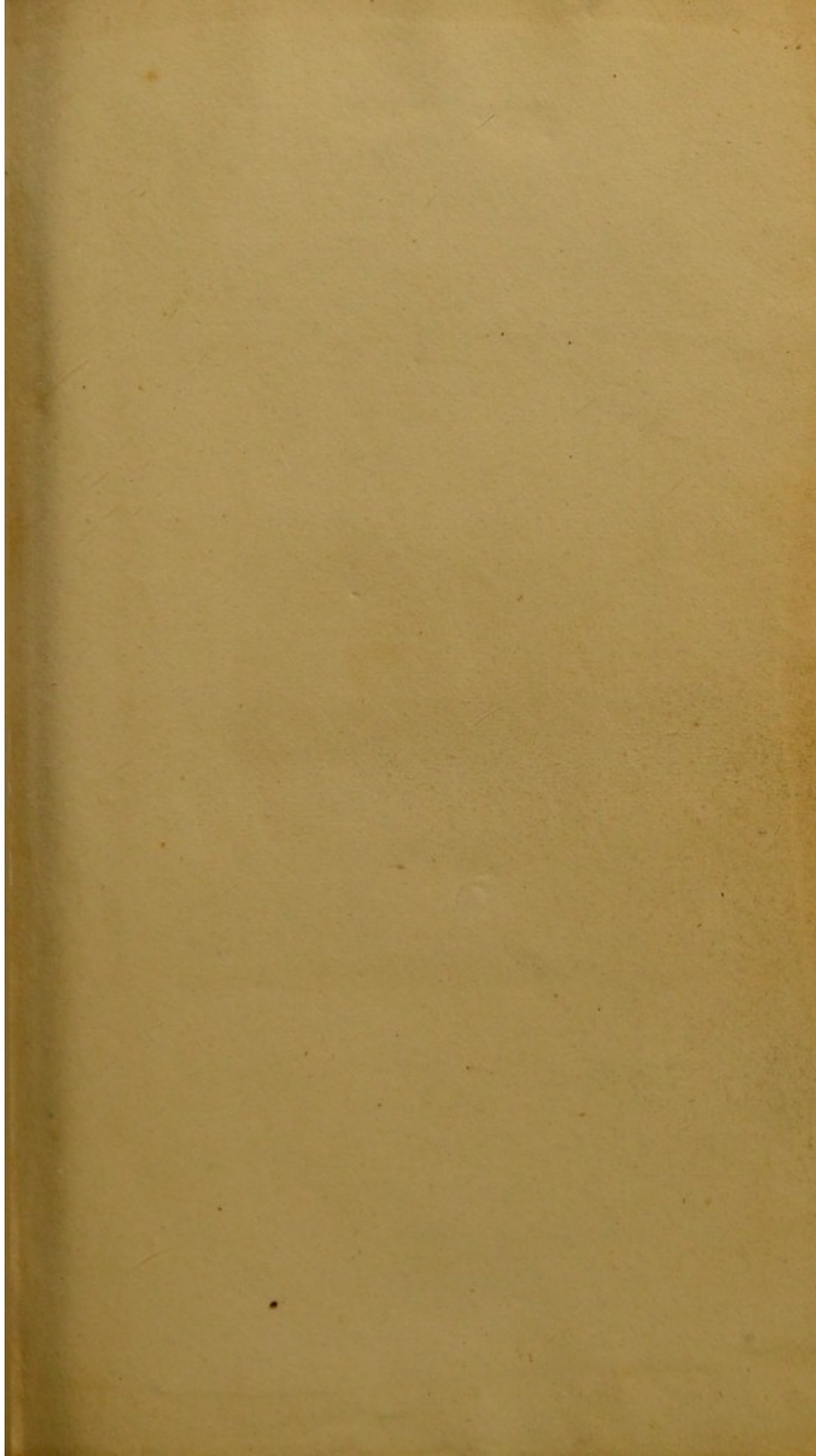


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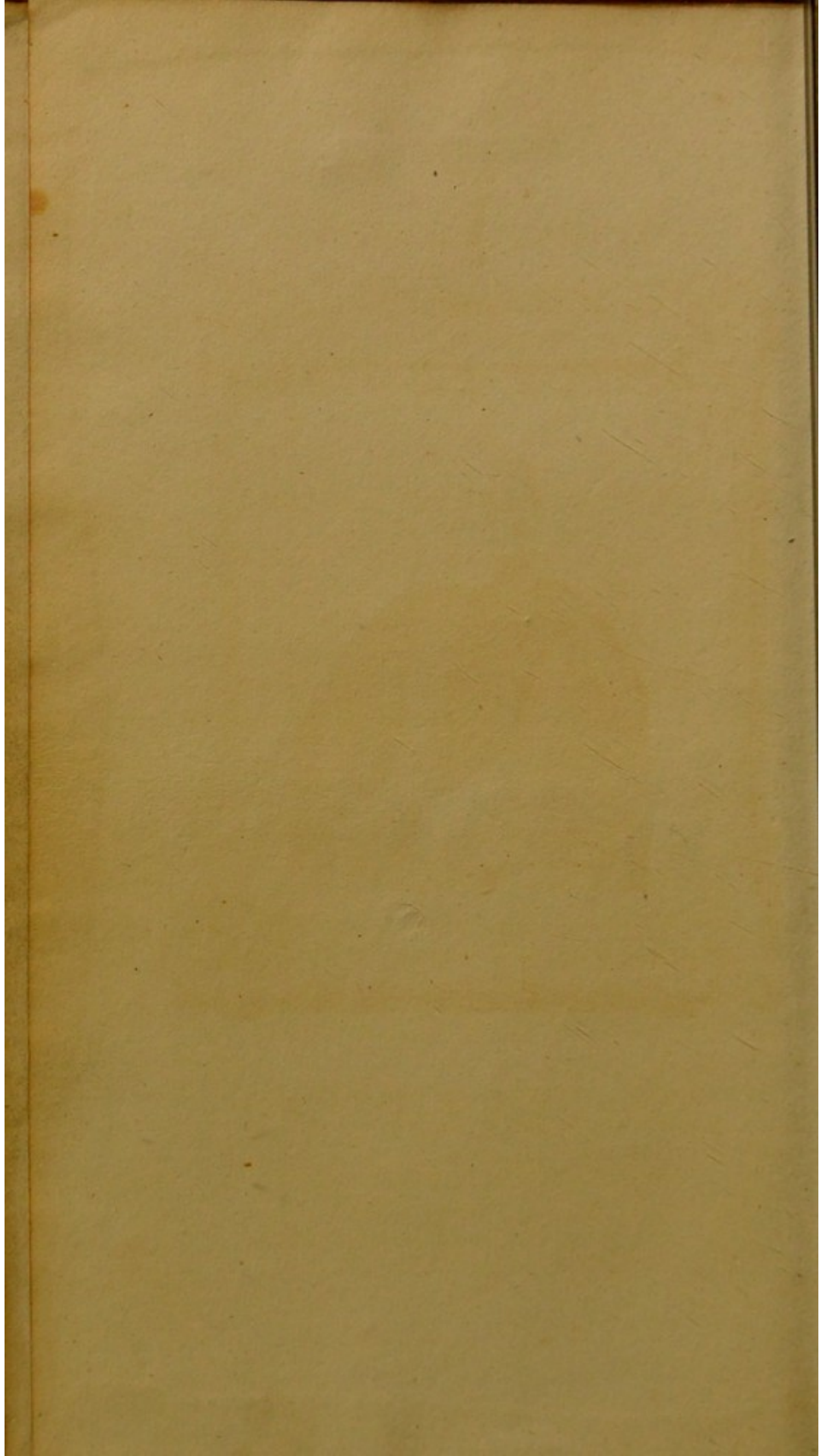


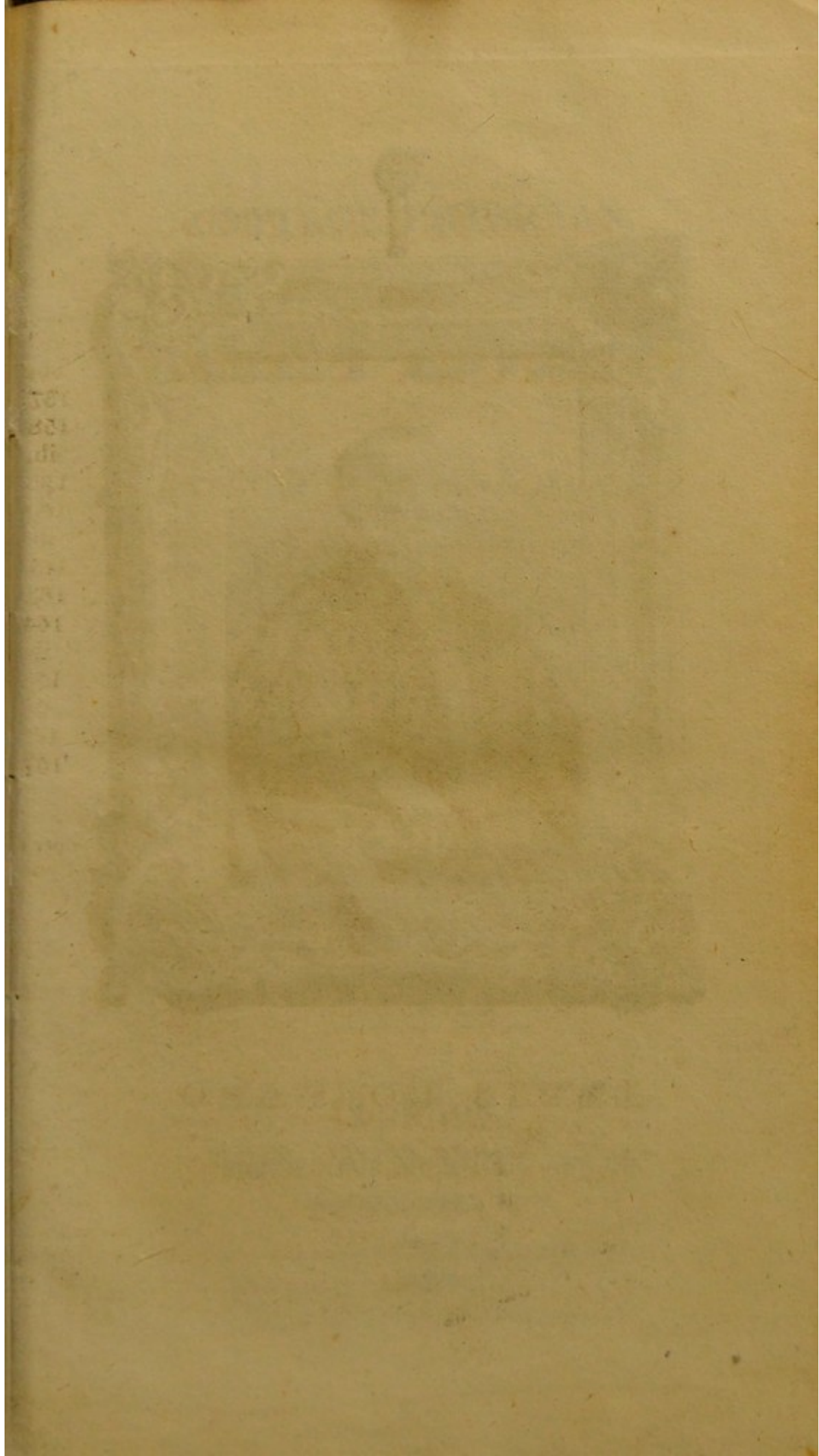


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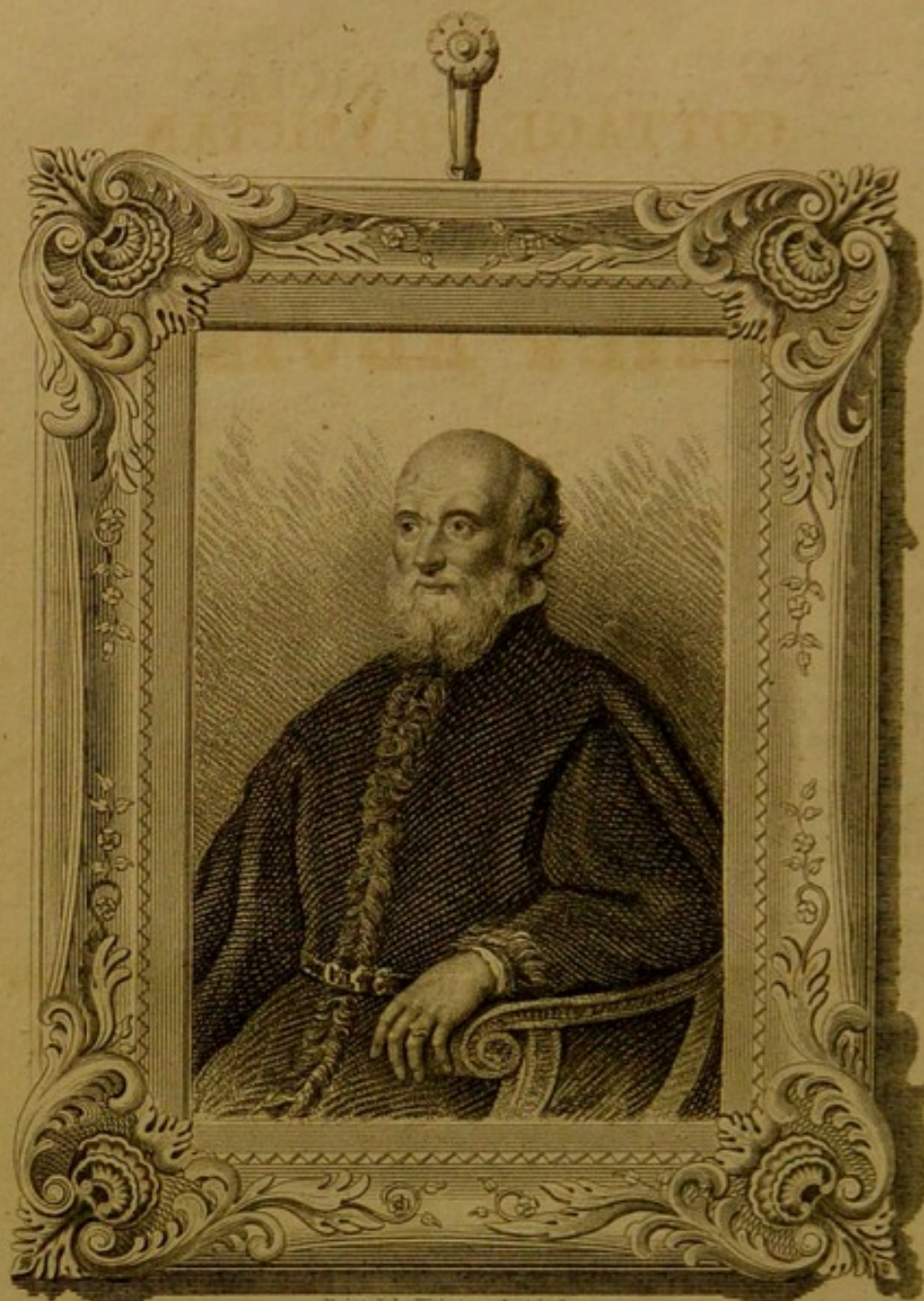












*Painted by Tiddart. — Smith Sc.*

LEWIS CORNARO  
*At the age of 100 years.*

*Published by J. Anderson 20 West Smithfield.*



THE  
COTTAGE PHYSICIAN,  
AND  
**FAMILY ADVISER;**  
OR  
EVERY MAN HIS OWN DOCTOR  
AND HERBALIST,  
ON THE PLAIN PRINCIPLES OF  
*"MEDICINE WITHOUT MYSTERY."*

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EDITED BY W. BUCHAN, M.D. AND THE MEMBERS  
OF A PRIVATE MEDICAL SOCIETY.

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*Third Edition.*

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LONDON:  
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PATERNOSTER ROW.

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1825.



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TO THE  
**READERS**  
OF  
**THE COTTAGE PHYSICIAN,  
AND FAMILY ADVISER,**

*(To be continued Monthly).*

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THE well-earned and established reputation of this popular Work, is best attested by its extensive and still increasing circulation. It is, in fact, one of the few productions of the day, which, from its acknowledged transcendent utility, has been found to possess merit enough, not only to survive, but to soar above many of its less fortunate contemporaries. The Rich and Poor have alike courted, felt, and patronised the genial influence of the COTTAGE PHYSICIAN, &c.; and they have equally appreciated and acknowledged the truth, force, and validity of its humble pretensions. Physicians and Philosophers have not disdained to contribute to its pages, for the general good; they have also admired, and approved of the plainness and simplicity with which its correct and useful observations are inculcated and diffused, for the benefit of that portion of society who stand most in need of good advice.

THE COTTAGE PHYSICIAN, AND FAMILY ADVISER, is now indeed the Fire-side Companion and Consulting Oracle of high and low. The Rich and Benevolent have, in imitation of the good Samaritan, been taught from its pages, to pour the "wine and oil" into the wounds of the afflicted poor with security and ease to the objects of their sympathy, and with that glowing satisfaction to themselves—the certain result of virtuous actions;—whilst all classes, without exception, have invariably found something in them, to contribute to their domestic health and comforts, as well as towards those of



their fellow-creatures. The time, however, is now arrived, when, in the discharge of their important duty, it devolves upon the Conductors of this Publication, respectfully to announce to their Readers, and the Public, the changes and improvements that are about to be effected for its further continuance under the present auspicious circumstances, upon a more enlarged scale, which, doubtless, must considerably add to its claims as a valuable Book in the Family Library, as constituting an authentic source of information and reference to the most important and useful domestic occurrences.

In compliance with the opinions of numerous Readers, and in conformity with the improvements and new features which have been suggested and devised, it has been resolved, that, henceforward, and on the last day of each month, the "COTTAGE PHYSICIAN, AND FAMILY ADVISER," be published, to contain forty-eight closely-printed octavo pages, (PRICE ONE SHILLING).

Under this form, the plan and features will be considerably enlarged and diversified, as well as rendered more extensively and beneficially applicable to general domestic interests. With these objects, therefore, before them, the Editors purpose, additionally, to take an uniform and comprehensive View of the Essence of the Useful Arts, Manufactures, &c. as far as regards their application to internal and external Domestic Economy. The London Markets, with their various Productions, Animal and Vegetable, will also form a combined feature, with other equally desirable information of what only is practically useful, &c.

The Medical Department of the COTTAGE PHYSICIAN will be conducted as usual, assisted by Gentlemen whose known talents, extensive connexions, and constant correspondence with the most Eminent Men of all nations, require neither further eulogy nor explanation.

Advice will be given in all cases of disease, through the medium of the COTTAGE PHYSICIAN, to those applying in the usual way; and the greatest attention paid to their cases, &c.

Printed for SHERWOOD, JONES, and Co. Paternoster-row.



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THE WIZARD





# VIEW OF THE CHEST, STOMACH, LIVER, AND BOWELS, WITH THEIR BLOOD-VESSELS AND NERVES.



A, A, A, A, the cut ends of the ribs;—B, B, the Midriff or “diaphragm,” a strong fleshy partition between the chest and the belly;—C, C, heart-purse, or bag enclosing the heart, cut open to expose, D, the heart;—E, the great canal called the “Aorta,” carrying out the blood to all parts of the body;—F, (the upper one) the canal called the “Pulmonary artery,” carrying out blood to the lungs;—G, G, the lungs;—H, H, the blood-vessels to the shoulders;—I, the gullet;—K, the wind-pipe;—L, a muscle of the neck;—M, N, O, P, Q, R, S, T, U, X, important blood-vessels;—a, a, a, the fleshy parts of the belly cut open and laid back, covered on the inside with a fine skin, *a*, called the “Peritoneum;”—b, the stomach;—F, (the lower one) the spleen;—c, the twelve-inch-gut, called, “duodenum;”—d, one of the reservoirs of the heart;—e, the gall-bladder, or bile-bag;—f, g, the bands which suspend the liver;—h, the great caul, or fatty web, covering the bowels;—i, i, the liver;—m, the bladder with the “Peritoneum,” *a*, turned back. p, q, r, s, the blood-vessels of the stomach. Except, 2, 2, marking a blood-vessel of the lungs, all the figures, 1, 3, 6, 7, 8, 10, 11, &c., mark the nerves which are seen branching out in white lines and twigs, over the midriff, the stomach, and the caul.



THE  
COTTAGE PHYSICIAN,  
AND  
**FAMILY ADVISER.**

*We Promise,*

1st, To give you useful advice in plain words, and to keep our pages free from medical slang, mystical jargon, and learned nonsense, which is often unintelligible (if they durst confess it), even to the doctors themselves who use it. We say with Burns—

What's all the jargon of the schools,  
Their Latin names for horns and stools;  
If honest Nature made them *fools*—

What sairs their grammars?

But if at any time we be forced to use a hard word, we shall do our best to explain its meaning, that every reader may understand it as well as the doctors. We must, of course, use the learned names for drugs, or you could not procure them. Apothecaries, poor fellows, know no other.

*We promise, 2dly,* To make what is **USEFUL**, and all that is useful, the main commodity of our publication; and to accomplish this by drawing largely from our own experience, and that of our numerous friends and correspondents at home and abroad, as well as by ransacking libraries and expensive books, both in English and Foreign languages. Besides, we shall not keep to the beaten track, but often go into eccentric bye-paths. The useful advice derived from these sources shall always be carefully translated for you into the plain language of common life, and the books of medicine, hitherto sealed from the people, shall be laid open to all.



*We promise, 3dly,* To consider cheapness and economy in whatever we advise; it being one of our principal intentions to diminish to our readers the present extravagant and extortionable charges of apothecaries. With this view, we shall revive the too much neglected use of herbs and simples, according to the wisdom handed down to us by the great Herbalists and Botanists of old. For this purpose also we shall give gratis advice to all our subscribers, who send us a distinct account of their cases.

*We promise, 4thly,* With the same views of usefulness and cheapness, to expose most fearlessly the impositions both of some regular doctors, and of the pocket-picking Quacks. Upon such no libel can be written, except they be called honest men, or disinterested philanthropists. We shall make no ceremony, therefore, of scourging all such, without mercy; for, till they amend their ways, they deserve none, and cannot expect it, as they have no mercy on the purses, and much less on the lives, of those whom they gull.

*We promise, 5thly,—*That as good humour and fun are often the best promoters of health, and the cheapest remedies in disease—to keep this in remembrance, and indulge occasionally, as may seem fit, in cracking a joke, exposing a humbug, cutting up a knave, or quizzing a ninny, for the benefit of our more melancholy readers.

*We promise, 6thly,* to abide faithfully by what we have now set forth—and we shall take it kind if our readers remind us of our duty, should we ever forget the interests of any particular class.

#### SIR ASTLEY COOPER'S METHOD OF PRESERVING HIS OWN HEALTH.

“Physician cure thyself,” may often, and very justly be said to our doctors, who prescribe rather to earn money than to cure their patients. This taunt, however, cannot be applied to Sir Astley Cooper; for he not only cures his patients, but by following his own rules and prescriptions, he has preserved his own health unimpaired for many



years, though he is so greatly exposed to the daily and nightly fatigues of his laborious profession. Mr. Abernethy, his great rival, on the contrary, forbids his patients not only all sorts of liquor, but often prohibits drink altogether, particularly at dinner, though he himself swigs his wine without fear of the consequences. His practice is right; his advice, wrong and unnatural. To prohibit a man from drinking, we think equally foolish with advising him to tipple.

The first rule Sir Astley observes with care, in his own person, is "Temperance," without which, it is impossible for the strongest constitution to escape disease. Now there is much meaning in this word *temperance*; for it refers not only to food and drink, but to exercise, clothing, and every sort of sensual indulgence. All these Sir Astley attends to, and he is well and vigorous.

Sir Astley's second rule is "Early Rising," on the principle that the night was given for the rest of the body, and the day for business and labour. But he who sits up till midnight and beyond it, must sleep in the morning, even, as Harvey expresses it, after "the vigorous sun is up and going on his Maker's errand." Whoever does so, must have his nerves loosened, and his strength enfeebled: there is no help for him. Sir Astley attends to this, and he is well and vigorous.

The third rule practised by Sir Astley, is "sponging his body with cold water immediately after getting out of bed." He informs us that he has continued this practice since he was twenty-four years of age; and the effect has been that he does not know what it is to get a cold; and though he go from a warm room, or a crowded assembly into the open air, in the severest winter nights, and with merely *silk* stockings on his legs—his health never suffers by cough or catarrh\*.

Sir Astley's fourth rule is, that whenever he feels indisposed in consequence of the fatigues of his profession

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\* The word *Catarrh* is Greek, and means a *running* [from the nose, the lungs, or the bladder.] The Latin for it is "*distillatio*."



or otherwise, he takes a dose of "a medicine which never fails to restore him." As our readers may be pleased to know this valuable medicine which the learned Baronet has prepared for his own use, we shall here give the

*Receipt for Sir A. Cooper's Restorative Pills.*

Take four grains of cathartic extract,  
one grain of submuriate of mercury,

Make into one pill to be taken at bed time; and if not effectual, another pill may be taken on the following morning.

*Another Restorative Pill by Sir Astley.*

Take two grains of blue pill mass,  
three grains of compound extract of colocynth,

Make into one pill to be taken and repeated as the last.

These are medicines of great value in all those slight indispositions, which though troublesome enough, and heavy on the spirits, do not quite oblige the patient to leave his business and go to bed. We cannot too strongly recommend them; though we think it necessary to say, that like other good things, Sir Astley's pills may be abused, namely, by taking them too often. Nobody for example, unless fairly invalided, could possibly require a pill a day. Recollect the rule of "Temperance," even in your medicines. Thousands are every day sent to their graves by intemperance in the use of drugs, taken either by their own advice, or by that of the apothecary whose aim it is to glut the stomachs and suck the purses of his patients by his poisonous draughts.—Beware of such, as you value your life. We have devised a proposal for ridding the country of this drug-plague, which shall soon be forthcoming.

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DISEASES OF THE WORKING CLASSES.

The people are destroyed in thousands by drugs. The fact cannot be disputed. One half of the children born in this blessed country die before they are five years old. Two thirds of these at least, and probably many more, are literally drugged and dozed to death by apothecaries,



quacks\*, and ignorant gossips. Those who survive the poisons given in infancy, have their constitutions shattered and enfeebled often for life. At all events, it requires the utmost care to repair the injury. The misery is, that the drugging system is continued from infancy to old age, if the vigour of the constitution can hold out so long. We intend to blow up this horrid practice, root and branch; and for this purpose we appeal to the people—the reading and the intelligent people—to resist as one man, the insidious poisoning of themselves and their infants, as soon as any trifling ailment happens, by such blood-sucking harpies as we have just denounced.

In order to found a rational system for preventing and curing disease, and to diffuse the principles of the same among all ranks, we shall undertake to do what has never been done before in any popular work—we shall take up the particular species of diseases incident to every kind of trade and handicraft, with the simplest means of prevention and cure—and shall set down our directions so plainly, that he who runs may read them. We shall take all in turn, and shall be guided in our priority of selection, chiefly by the importance of trades as to the numbers employed in them. We begin with the

#### *Diseases of Weavers.*

We comprehend under this head, the very numerous, and respectable class employed in fabricating all sorts of stuffs of woollen—linen—cotton—or silk; for though there is some difference among these in minor points, (which we shall attend to as we proceed) yet they all agree in the important particulars of long confinement and injurious position of the body, which are the chief causes of disease among weavers. We therefore omit for the present, the injurious smells of oil and rancid tallow; of sour paste and other unwholesome matters used in many of the branches of weaving, to the great detriment

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\* Mrs. Johnson's Soothing Syrup, Godfrey's Cordial, Infant's Balm, Hive Water, Syrup of Poppies, Diacodium, and Veln's Syrup have poisoned millions of fine Babies.



### *Diseases of Weavers.*

of health. We also leave, for another opportunity, the bad effect of damp and airless workshops, often, we understand, chosen in some of the branches on purpose to preserve the threads in good working order. These and other matters, we shall come to as we proceed. At present we shall attend to the

#### *Position of the Body.*

The different sorts of looms may be very ingeniously contrived for the manufacture of particular stuffs; but we are certain that the health of the weaver was never thought of in their construction, otherwise it would have been easy to have altered the worst circumstance in this respect—we mean the unavoidable pressure of the cloth-beam, or whatever it is called, upon the stomach and bowels, and more particularly in the heavier sorts of woollen and linen weaving. By this unwholesome pressure the process of digestion is greatly injured, and half the food taken goes for nothing; but even if the digestion were perfect, the same pressure squeezes and disturbs the liver and bowels, hinders the free play of the heart and the lungs, and of course is very injurious to health.

Not only so—but the free circulation of the blood is prevented; for all the blood which goes to the lower parts of the body before it can return to the heart, must force its way through the veins which are pressed by the beam, at the same time that the blood has less force than it ought, in consequence of the hanging position of the workman's legs. To prove this, you have only to try

#### *Sir Astley Cooper's experiments on the Blood.*

Drop your arm down by your side, and look at the veins on the back of your hand and you will see them swell and bulge out with blood, which has not sufficient force of circulation to mount up the arm in a full stream, and of course only a part of it can get up, and the rest stagnates. Now raise the same arm over your head, look at the same veins, and you will see them flat and almost empty of blood, which now streams down the arm towards the heart. We request our readers to bear this in mind, as



we shall often refer to it.—The position of the body, in weaving, will appear from this, to be very prone to derange the health. We have stated the case strongly, as a stimulus for ingenuity to improve the loom so far as it regards health, for which we should be happy to receive proposals.—We now go on to the particular complaints arising from these causes, and shall first take notice of

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SALLOW LOOKS, WITH NERVOUS AND RHEUMATIC PAINS.

There is no help for it—the blood must be weak, watery, and bad, when it is not daily furnished with a fresh supply from the proper digestion of wholesome food and drink; and if the blood is not rich and pure, it is clearly impossible that the cheek can have the bright hue of health, or that the body can be active, vigorous, and free from uneasiness. The weaver, therefore, who has his digestion, and the circulation of his blood, in some measure, prevented by the pressure of the cloth-beam, and the position of his body, must (unless his constitution be uncommonly strong) expect to have a pale sallow countenance, and to be often the prey of nervous heaviness, as if he cared not to move; and this will often lead to distressing pains, sometimes fixed and sometimes wandering all over his body, and he will feel a sort of gnawing uneasiness of his stomach. His appetite will be sometimes voracious, and at other times he will dislike food; with a bad taste in his mouth and a foul tongue particularly in the morning. His bowels will sometimes be too costive and at other times too loose, and occasionally he may have bilious vomiting. His feet will sometimes sweat or be cold, and at other times his hands will burn. Pimples on the face, and styes on the eyelids, are also very common, even in those who never take strong liquors, and are a very bad symptom of deranged health. We need not say that scurvy and other eruptions of the skin are still worse.



*Remedies and Regimen.*

To prevent these symptoms, which are, according to our experience, very prevalent among weavers, we recommend, in the first place, nourishing diet if possible, taken in small quantities, and frequently—say four times a day; and this followed by exercise, for at least two hours daily in the open air, even if it should be taken from the hours of sleep, which ought never to exceed seven or eight hours. The best exercise is gardening; if that cannot be had, walking briskly, or playing at cricket, or some active game. The great evil is, that the disease makes the patient unwilling to move, and he usually spends the time he should devote to exercise in reading (for weavers are very literary and intelligent), in lounging, or in playing cards, dominos, draughts, &c., which should all give place to exercise in the open air, otherwise few weavers can expect either good health or long life, unless, as we said before, their original constitution is uncommonly good, and therefore able to withstand the unwholesome causes. As it may not be in every one's power to follow our advice to the letter, our next best course will be to prescribe some medicine to carry off, by stool, the obstructions in the stomach, the liver, and the bowels, and to sweeten the blood, and invigorate the body and nerves. We know nothing better than what we may well call

*Strengthening Pills for the Weak.*

Take half a drachm of submuriate of mercury,  
half a drachm of præcipitated sulphuret of antimony,  
one drachm of gum guaiac.

The sulphuret and the submuriate to be well mixed before adding the gum. Make the whole into a mass with mucilage, and divide into thirty pills. One or two for a dose, every night or third night at bed-time, in a cup of elm bark tea. If they purge much, diminish the dose.

If these pills are regularly persisted in for a couple of months or so, they will, in most cases—not too far gone—give a fresher colour to the face, and free it from pimples,



and at the same time remove pains and laziness, and give activity and vigour to the whole body.

\* \* Other diseases incident to weavers, such as piles, sore legs, asthma, consumption, &c., with the scrofulous diseases of weavers' apprentices, and the pains of over-growth, shall be attended to in their due place as we proceed.

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DEAFNESS, AS INCIDENT TO SOME TRADES, AND ITS  
CURE.

The hearing is very easily injured, and as deafness makes a person look stupid, and deprives him of the pleasure of conversation, we think it important to touch upon one frequent cause of it among a numerous class of workmen. We refer to dust and other foreign matters getting into the ear, and combining with the wax, which forms hard masses of stuff, often completely plugs up the passage to the drum of the ear, and of course prevents the sound from striking on it, and renders the person deaf. This often happens to cotton-spinners, from the flue of the cotton; but is more prevalent among bakers, millers, stone-masons, bricklayers, plasterers, statuaries, snuff-makers, &c., from the dust occasioned by their business.

The method of cure is easy and simple. Go to a respectable surgeon, and have the ears well syringed with tepid water. Once, and even twice, will seldom be sufficient to syringe out the hardened wax. We recommend you to have it done at least four times, and within two days, and be sure your surgeon is respectable. A quack, or a scoundrel, may injure the drum of your ear, on purpose to make a job of you. There are many such going: Beware!

\* \* Nervous deafness, and runnings from the ear, afterwards.

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TEA PROVED TO PROMOTE HEALTH AND LONG LIFE.

Every old gossip, and every ignorant doctor, are ready on all occasions to preach against tea, as the destroyer of the nerves, and the grand enemy to health and strength. We deny it positively. We deny that tea injures either the nerves or the strength of young or old; and more-



over, we can make good our denial by substantial proof, which is more, we will be bound, than the gossips and the doctors can do, though they put all their wise heads together for the purpose. Tea has undoubtedly a strong effect on the nerves, but it is the very reverse of what they so ignorantly ascribe to it; for instead of weakening and relaxing the nerves, it most powerfully braces them, and gives them tone and strength.

Recollect you not some time when you have been fatigued almost to fainting, and the effect which a single cup of tea has produced on you, rousing your spirits, bracing your nerves, and banishing your fatigues, as if by magic? If you have ever felt such reviving effects from tea, you will be prepared with us to give the lie direct to the vulgar error, that it hurts the nerves and weakens the body.

Nay, we go farther, and say, that the stronger it is the better for the nerves, and that it is only weak watery slops that do harm. To say with some ill-informed persons whom we could name, that tea contains no nourishment, is equally false as to say that peruvian bark or home-brewed ale is not nourishing. Tea is a strong astringent, and the longer it is infused in the tea-pot the more of the astringent matter will be drawn into the water. Now every body knows, that astringents are the most powerful tonic or strengthening medicines which we have. It is, therefore, we maintain, a gross error in both principle and practice to say that tea contains no nourishment. We have a stronger proof:—

Mary Noble, of Penrith, Cumberland, is now in the 107th year of her age, and as the intelligent Dr. Barnes informs us, tea has been her favourite food for the last 65 years!! This venerable old woman now resides with a woman aged 69, whom she nursed when a child. She is still vigorous and healthy, and has but lately used a stick to walk with. Now, what do our slanderers of tea say to this? The fact is indisputable; let them explain it if they can. On our principles, it is plain enough.

\*.\* In our next, we shall teach you an easy and cheap way to make tea at 5s. a pound equal in flavour to tea at 12s. per lb.



DANGEROUS POISON IN ROASTED CORN, WITH ITS  
FATAL EFFECTS.

The late fashion of using rye as a substitute for coffee, under the notion of economy, makes it our duty to warn our readers, if they take not our advice, of the danger they may run from the practice; the danger, namely, of dreadful disorders, and even of death itself. We marvel, indeed, that none of our numerous medical periodicals has ever even hinted at the subject, though in all countries, where this grain is used, it is but too well known, under the name of the "Rye-plague," of which thousands have died in France, Switzerland, Saxony, Silesia, Bohemia, Lusatia, Prussia, and Sweden.

*Description of the Poison.*

On the grain of rye, particularly when exposed to damp or moisture, there grows a very small species of a plant, of the nature of a mushroom, or rather a kind of blue mould, and called by Botanists *Sclerotium clavus*. It is sometimes very small, though it occasionally grows like a spur of two inches long, being of a brownish violet colour on the outside, but often sprinkled with a black mouldy powder. The taste of this poison (which is called, both in French and in English, the *ergot* of rye), is somewhat acrid and biting, producing a slight roughness, or soreness in the mouth and throat. It has a smell something like burnt feathers.

*Effects of the Poison.*

When the mouldy rye is used in small quantity, the disorders produced, though dangerous and distressing, are of course less than when it is taken largely. In this case, the effects are almost the same as the plague itself. It usually begins with disinclination to move, succeeded by horror, burning heat, delirium, loss of strength, with violent pain of the back and head. On the fourth day, the burning matter breaks forth in the arm-pits and groin, and spreads to the feet, producing foul ulcers, and mortification; the toes and fingers often dropping off quite mortified.



Dr. Sring, who saw five hundred cases of this terrible disease at Wurtemberg, informs us, that it began there with uneasy feelings of stinging about the feet, with great heartburn, followed by contractions of the fingers, and burning of the hands and feet; giddiness, madness, fainting, foaming at the mouth, and intolerable cramps, with voracious appetite. Those who survived were often under the disease for three months. Three hundred children died from it.

It may be important to mention, that it is strongly supposed that the spotted fever of America is caused by this rye-poison, as we learn from Professor Bigelow's account in the *New England Journal*, vol. v. p. 133; and from Professor Beck's *Medical Jurisprudence*, vol. ii. p. 442. Those who wish for farther information on the poison of rye, we refer to the *Philosophical Transactions*, vols. 2, 52, and 55; *Orfila on Poisons*, vol. 2. p. 349; *Dr. Good's Study of Medicine*, vol. 4. p. 54, and vol. 2. p. 644.; and *Dr. Raige-Delorme*, in *Dict. de Médecine*, tome 8. p. 263. We give these authorities to shew, that we do not speak without the strongest foundation for our facts.

*Effects of poisoned Roasted Corn.*

We do not mean to say that the use of roasted corn, in which the rye-poison may be, and often is, contained, will produce effects quite so violent, as when it is eaten in rye-bread, or drank in rye-gin (and a great part of English gin is made from rye), but we maintain, that even a small quantity of the poison will do much harm. It has lately been used in the dose of about ten grains, to quicken labour pains in bad midwifery cases; and it certainly does this, but often kills the child, while it eases the mother (*Dr. Beck's Medical Jurisprudence*, vol. i. p. 212.) It is also used extensively, by the lower orders in America, for the felonious purpose of procuring abortion, but always, like all other things of this kind, to the greatest danger of the mother's life.

In the dose of ten grains, which is exactly one forty-eighth part of an ounce, the rye-poison produces great



headache, burning heat, and pain in the stomach. Now we have known many instances in which the use of roasted corn for coffee produced the very same symptoms, with dry gripes similar to colic; and we have no doubt whatever, that this arose from the rye-poison. Whoever then has felt loss of strength, disinclination to move, dull pain of the head, bad taste in the mouth, heartburn, or pains in the stomach and bowels, within three days after using roasted corn, may be almost certain that it has been more or less poisoned.

*Preventives and Remedies of the Poison.*

The best way to avoid the evil is to use no roasted corn, except what you prepare at home, and know what you are using. Buy your rye yourself of the grain merchant, and examine every grain of it well before you roast it, to see whether it is discoloured, or has any little spur-looking mushrooms or mouldiness on it. Then you will be safe, and may roast it in a common frying-pan, with a bit of butter. It will cost you in this case only about a penny or three halfpence a pound; besides it will have a much stronger flavour than the stuff which has been quite spoiled by lying for weeks in the air, or sun, in shop windows.

If you feel actually affected by the poison, in the way we have mentioned, your speediest remedy will be a good emetic of twenty grains of ipecacuan, or a smart dose of Epsom salts, dissolved in senna tea. We may mention, that the rye-poison, or ergot of rye, or, as it is stupidly called by surgeons, *secale cornutum*, may be seen in its genuine state at the shop of Mr. Charles Butler, Covent Garden.

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MEANS OF STRENGTHENING WEAK CHILDREN.

The great source of weakness in infants, and we may say the same of adults, is in the bowels, and as we shall see, may be divided into two causes. The stomach of the young usually digests well; but what is digested cannot get into the blood for disorders of the bowels. Now if we



can set the bowels to rights, we clear out a free passage for the digested food to carry a rich supply of nourishment to the blood, which will of course give strength to the body, and rapidly too, however weak or shrivelled it may be.

Now attend. The bowels may be so crammed with the rubbish and refuse of the digested food, that the mouths of the little canals that should carry the nourishment into the blood may be quite or nearly blocked up. The child, in a word, is costive, and is daily losing strength. In such cases, the remedy is plain. Clear out the rubbish that blocks up the mouths of the little canals of nourishment, and you will enrich the blood by a full supply. This is easily done by the

*Strengthening Laxative.*

Take three grains of rhubarb,  
one grain of jalap,  
one tea-spoonful of sugar,

Mix, and give in a little jelly, honey, or treacle ; and repeat it twice a day till effectual.

Again, the bowels may be so irritable and ticklish, from unwholesome acids or worms, that the digested food runs past the mouths of the nourishing canals, and of course the blood is deprived of its supply as before, and the child, as before, loses its firmness and flesh. In a word, it has a looseness, or *lax*. In this case, your plan is to destroy the acid or the worms—which, by the way, are produced, as we shall soon see, by the slime and weakness of the bowels. The best simple remedy for this is the

*Soothing Mixture for the Bowels.*

Take five grains of compound powder of chalk,  
five grains of magnesia,  
a tea-spoonful of sugar,

Mix these with a little milk or tea ; and repeat it once in about eight hours, or less, as occasion may require.

Unless the bowels are right, therefore, the most nourishing food, as you plainly see, must all go for nothing.



## BEAUTY WASH FOR THE EYES.

As we mean to devote a portion of our work to the modes of improving and preserving beauty as well as health; and as the eyes are one of the most prominent features of beauty, we shall begin by telling you how to strengthen weak eyes, and to brighten their faded lustre, or their morning stiffness or smartings. For this purpose, it will first be necessary for you to study with particular attention what we have just said, in last page, about the bowels; for so long as they are out of order, and so long as your blood is not properly nourished, it would be folly to expect that either the eyes, the cheeks, or the lips, should look fresh and healthy. Well then, after your bowels have been brought into proper order, if your eyes still continue to feel weak, clouded, muddy, or as if sand had got into them, we recommend the following

*Superior Eye-Water.*

Take four ounces of eye-bright tea, cold,  
 sixty drops of tincture of opium,  
 three tea-spoonfuls of pure acetated  
 spirit of ammonia.

Mix, and apply it to the eye by means of a bit of fine old linen rag, so as to let some get within the eye-lid.—Be sure that the spirit of ammonia is genuine.

Cold water dashed about the forehead and temples, or poured over the whole head, every morning on coming out of bed, is also one of the best things for strengthening and brightening the eyes.

MR. JACKSON'S RULES FOR TRAINING MEN INTO  
CONDITION.

"The ancients were wiser than we. The Training Rules were not, in Greece and Rome, confined to Pugilists and Gladiators. Every body observed them."

JEREMY BENTHAM.

The great Lord Bacon, the celebrated founder of our rational philosophy, was of the same opinion with respect to Training, as what we have now quoted from Bentham; and we may add that among much that is fanciful in



his system, Mr. Owen has shown very good sense in adopting many of the training plans in the school at New Lanark. The Duke of York has also sanctioned its partial introduction into the army; and Captain Clias, a professor of Gymnastics from Berne, in Switzerland, has been very properly engaged to superintend the new plans.

We think this excellent and judicious; we heartily rejoice at the reformation; and we wish that training were extensively followed in every family. If it were so, it would do much to further our plans, in doing-up the present lamentable system of quacking, drugging, and draught-swallowing. With these views of its benefits, therefore, we shall proceed, in our following Numbers, to sketch out the most approved system of rules for training; and we call on all who value their health and strength to attend to them as far as circumstances and opportunity may permit. In order to give you a strong motive for beginning to train, we shall in the mean time shew you

*The Powerful Effects of Training on the Health and Strength of the Body.*

All are agreed, both physicians, philosophers, and men of the fancy, that nothing produces so wonderful an effect on the powers of the body as a course of Training; and it must therefore, we think, be of the highest value to invalids, and those who are weakly, nervous, gouty, or recovering from illness. It certainly very much improves the manly form of the body, and also tends to preserve it, and to prolong health, vigour, and long life.

*Effects on the Stomach.*—One of the first observed consequences of training is on the appetite and the powers of digestion, which it strengthens in a surprising manner. Hunger becomes keen, food is taken with eager relish, (which is well known to be one of the best signs of health); and if the person trained was formerly bilious or nervous, all the symptoms of this sort gradually disappear, under the influence of Mr. Jackson's rules. We, therefore, in-



vite all who have diseases of the liver, the stomach, or the nerves, or who are gouty or rheumatic, to try, without delay, the aid of this grand instrument of health and strength.

*Effects on the Blood.*—If your blood is foul, and your body in consequence covered with blotches, scurvy, or other unsightly eruptions, you will not find any medicine half so efficacious as Training. To a certainty it will purify foul blood, strengthen weak blood, and enrich poor blood. Mr. Owen, of New Lanark, finds that his adoption of only part of the system does much to produce this effect among the children in his schools; and Mr. Jackson never saw it fail in the case of pugilists and pedestrians. This testimony, we think, will be sufficient to persuade all those who are desirous of having good, rich, pure blood, to try a course.

*Effects on the Head.*—Training has also much influence over the head in strengthening it, and relieving it from weight and giddiness; it, moreover, makes it much clearer as to thinking, reasoning, and remembering, and must be of great advantage therefore, not only to scholars and men of much business; but also to those who are threatened or affected with apoplexy, palsy, epilepsy, or mental derangement.

*Effects on the Lungs:*—One of the chief aims of the trainers is to produce what they call a *good-wind*, that is, to strengthen the lungs and promote free and easy breathing. The whole course of training indeed, is directed to this point, and with great success, insomuch so, that we venture to say that few if any of those who attend to proper training early enough in life, and keep it up occasionally, will ever be afflicted with asthma or consumption. This is saying a great deal; but facts prove it. It is rather unfortunate, however, that when consumption is once fairly formed, training is seldom proper or useful.

To put it in your power, therefore, to produce those desirable effects on your own person, we shall carefully lay down the Training Rules in our future pages, as de-



rived from Mr. Jackson, Captain Barclay, Fewterel, John Smith, Cribb, Spring, Langan, &c. OUR system of Training, therefore, we shall endeavour to make the best that has hitherto been published.

**TIPSYNESS CURED, INSTANTLY AND EASILY.**

BY DR. GREY.

We do not advocate tippling, God forbid! but as there is nobody who may not some time or other take an extra glass, or who from weakness may be made tipsy by a single glass of wine, or other liquor, we think it important to give an effectual cure. This will be useful also in many cases where tipsyness is not so much caused by excess, as by the deleterious drugs employed by the brewers of malt liquor, and the distillers of spirits and strong waters to adulterate their goods and give them false strength. In pity, moreover, to those whom misfortunes, or, what is worse, bad habits, have prompted to drown their cares by the tankard or the bottle, we think we shall do some good by publishing the

*New French Remedy for Tipsyness.*

Take twelve drops of liquor of ammonia,  
a large wine glass full of milk, or of water,

Mix and give immediately, and if not effectual give the same quantity in ten minutes after, and repeat the same in half an hour.

We would do wrong to affirm that this cure will never fail: there never was any remedy always successful; but experience warrants us to say, that it will, in nine cases in ten, instantly remove the feelings of tipsyness. Read the following instances:—

*Case 1.*—When Mr. G—— was canvassing hard for his election for \* \* \* \* \*, he had been prevailed upon to take an extra glass of wine (and somebody had put brandy in it) to brush up his courage before he appeared on the hustings to make his speech; but he soon became too tipsy either to walk steadily or speak plainly. What was to be done! if he went to the hustings drunk, he was done for. He seized the moment—procured the above



medicine—and the second glassful made him as fresh as if nothing had happened, and he got through his speech in great style.

*Case 2.*—Mr. John Clough, master Carpenter and Joiner, was enjoying himself with a few friends, when he was sent for express by Mr. Telfer, the Engineer, to undertake some extensive jobs. But unfortunately he had made too free with his glass—though this was very rare with him. A person present had heard of the case of Mr. G—— above, and of the remedy used, which was procured accordingly, and Mr. Clough was fit to go out, well, after a single dose.

*Case 3.*—Miss L—— a young delicate lady, exhausted by walking too fast, was persuaded, somewhat against her will, to take a glass of wine. We cannot say whether the wine had been drugged or not, by the wine-merchant or his cooper; but she became very soon so tipsy, that her tongue faltered, and her eyes rolled wildly. Mrs. G——, the lady of our hero of the hustings chanced to be in the house, instantly procured the medicine, and Miss L—— was restored by taking two doses.

*Case 4.*—Dr. Plet relates the case of J. V——, a young man of nervous and irritable constitution, who, on the 15th January, 1822, became so violently drunk, that he did the most indecent things, and broke every thing he could get at. When Dr. Plet saw him, he was armed with a knife, and running at his parents, with his eyes glaring, and his mouth foaming. Twelve drops of the liquor of ammonia were given him in a glass of sugared water, and he was calmed in an instant, ashamed and confused at his own conduct\*.

\* \* We shall be glad to hear, from correspondents, of its more extensive success. We shall, by and bye, give the receipt for a Preventive of Tipsyness.

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\* See *Revue Médicale, Française, et Etrangère*, Nov. 1823. Page 292.



## THE QUACK-DRILLER'S SONG.

[TUNE.—“*Anacreon in Heaven.*”]

Come, ye Knights and ye Dames of the bolus! appear!

Rigg'd out in full armour of pestle and clyster,

From Lynch, the mulatto, to old Goody Greer\*,

Sir, Doctor, or Madam; Miss, Mistress, or Mister.

Turn out in Review,

Ye humbugging crew,

Whatever your rank, and whatever your hue;

And, good people of England, attend every soul,

While I rap all their pates with my jolly long pole.

See, Whitlaw comes first, with his gulls—Mr. Key †,—

Yorke, Sir Joseph (you know him), and Moore, baptized

Yankee herbs, all-a-growing in London, found he, [Peter,

Even the Aurist, Squire Curtis, himself is not greater;

The old quacking blade,

Well remembers his trade,

For a gardener was he, and he still loves the spade;

His own shovel, 'tis true, he has long cast away,

But the sexton's—his nostrums keep still in full play.

O Eady! great Eady! who rivals in chalk,

The renown of Bob Warren's most mirror-like blacking,

You may bless that Gazette which condemned you to walk

From your counter a bankrupt, and sent you a quacking;

All the fustian you sold

Was not worth half the gold,

As the fustian you since have to jackanapes told:

That they'll smell out your knav'ry there's no one supposes;

For your mercury-trash always pinks in their noses.

Drs. C. and J. Jordan, of Abraham's breed,

You *Mixers* of gin, that's yclep'd Rakasiri,

Though as doctors, you find that you cannot succeed,

Yet as alchymist Jews who can fail to admire ye?

Gin and rosemary oil,

With small chemical toil,

Form a balsam all Dover street dangers to foil,

And your gulls must old hats and old habits give up ‡,

(A trade you well know)—if your cordial they sup.

\* Mrs. Greer, the lady Quack of Bloomsbury-square, who prescribes butter-cups for cancer, and calls them American herbs.

† The Paper Alderman; a first rate Quack-puffer.

‡ Drs. Jordan, owing to the decline of trade, now exchange Rakasiri for old clothes, at a profit of 500 per cent.!



Mother Johnson, the soother, the queen of the tribe,  
The rest named with her I don't value a button,  
Here's a health (not in syrup) to her that can bribe,  
Lean parsons for puffs, with fat gobbets of mutton ;  
E'en M'Donald, *M. D.*

Rather scurvy must be,  
If compar'd with the spunk of th' American she,  
On cheese, he his lobby of beggars may feast \* ;  
But the mutton be mine, and the paunch of the priest.

Goss and Co. †—'tis no matter, that none should be found,  
Of the surname of Goss—while it lives in Life's Ægis ;  
Happy title! for search the mythology round,  
None fitter you'd find for this humbugger's pages.

That shield 'tis well known,  
Would turn into stone,

Any luckless poor gemman to whom it was shewn ;  
So he who buys Goss, and gulps down what's in't,  
Will shew ere 'tis long no more life than a flint.

There's Cameron,—flash title—who, poking his nose,  
In a chamber-pot—smells out all sorts of diseases.  
And Courtney, once Currie, who, now—his repose  
In the Bench of the King—taking quite at his ease, is,  
'Twould vex ev'n a saint,

That a bailiff should taint,  
Itch-doctors with touch of a taking complaint ;  
And that he who cur'd strictures is destin'd, alas !  
To find there's one stricture he cannot now pass.

But, goodbye, for a space, my dear Squires of the pill,—  
I have mark'd for my sport all the rest of the covey ;  
I shall bag one by one, and then stew you, until  
You're as savoury to gulp as was ever anchovy.

Cancer Aldis, the knight,  
And that true Israelite,

Friedeberg, Sloan and Co., and Quack-lozenges White ‡,  
Worm-Gairdner, besides, and the rest of the roll,  
Must next time be drilled with my jolly long pole.

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\* \* We soon intend for the public behoof, to analyse and cut

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\* Dr. M'Donald, of the Kent Road, cancer and scurvy undertaker, treats the patients who call on him with bread, cheese, and small beer! Many tragical things happen in his Baths.

† We have a black story of Goss in readiness.

‡ Charles White, Esq. puffer of Chalk Lozenges for Gout, &c., as sold by Savory, Moore, and Co., Bond-street.



up, piece-meal (most mercifully of course), the following trumpery nostrums, viz. Rowland's Macassar oil, Kalydor, and Essence of Tyre; Reynold's Specific; Roche's Embrocation; Spilsbury's Drops; Carrington's Life Pills; Widow Welch's Pills; Godfrey's Cordial; Godbold's Balsam, &c. &c.; and the following prime puffers in print—Caton—SquireCurtis—Lynch—Kiernan—Courtney—Jones—Aldis—Peede—Rickets—James—Lamert—Taylor and Son—Lake—Mitchell—Hall—Churchill, Harvey, &c. &c.

If those who have been taken in, or injured, will give us a hint, we shall drill the ragged regiment of Quacks to their heart's content, in our Tread-mill. We also announce, that we shall hold all Chemists, Druggists, and Apothecaries as Quacks, who sell Patent and Quack Medicines, and shall show them up accordingly, if they do not take timely warning, and give up the trade.

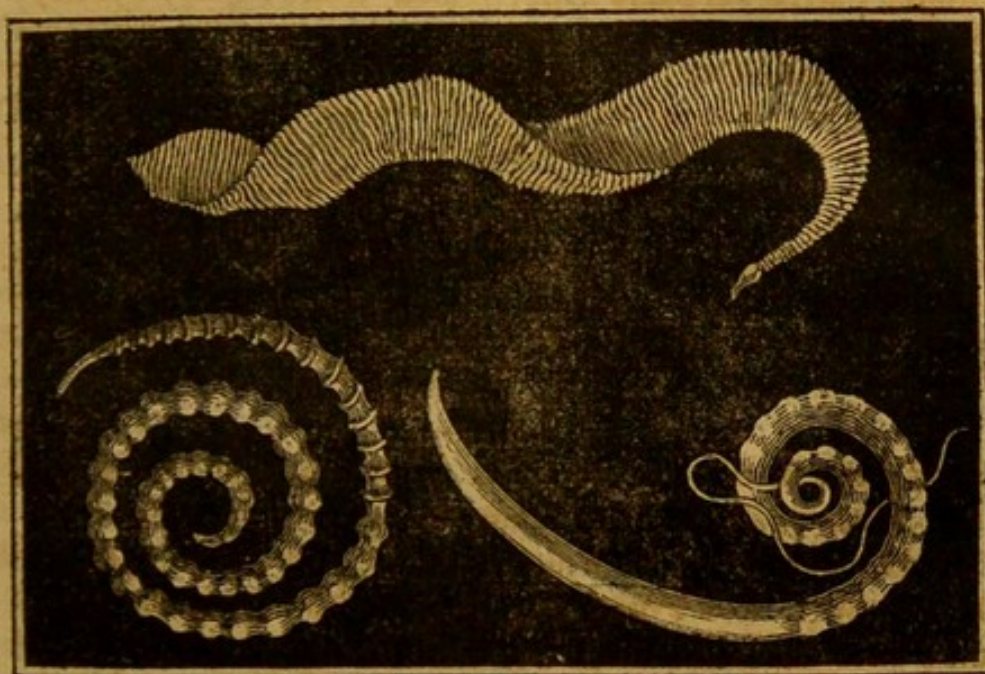
#### PHRENOLOGY DEFENDED, OR PLAIN LESSONS ON THE BRAIN, APETITES, FEELINGS, AND POWERS.

It is a shame—it is a disgrace to the public press of this country, that every thing novel, however rational or true, is attacked, not by argument and fact, but by burlesque and ridicule. The reason is plain enough—the writers do not like to go to school again—they cling obstinately to what they have been taught. It puts us in mind of the first American Congress (we hope, it is not so now), when it was found impossible to alter any old law, however bad, because the lawyers, who formed two-thirds of the House, abhorred the trouble of new study. For this reason, and this alone, has Phrenology been ridiculed by superficial, half-educated, ignorant fellows, who know nothing about it. It was accordingly averred by such smatterers, that the head of Thurtell disproved the doctrine; though those who did know the system, strongly proved the contrary.

Phrenology is yet in its infancy; but as we think it of great importance, we intend to begin with Plain Lesson—free from foreign slang—to teach the rudiments of the science; and to illustrate this as we go on, with Sketches of the heads of eminent and notorious persons, such as Canning, Kean, Cobbet, Irving, Eady, Owen, Rothschild, Bentham, Sir W. Scott, &c.



## WORMS IN THE YOUNG AND THE OLD.



We have here given you a sketch of three worms, rather of uncommon occurrence; the more common being familiar to all, and requiring not to be thus exhibited. They are faithfully copied from the splendid plates of Professor Bremser, just published by Strauss of Vienna, and but lately received in London. It shall be our aim, indeed, to give you in this way all that is most novel and important on the subject of our publication. But, however uncommon these worms may be, it is important to know that the treatment is much the same as for those kinds of worms, which are but too well known.

It is a vulgar error, adopted too hastily from Hippocrates, the father of Physic, that infants and young people are more affected with worms than grown persons. This error has lately been completely exposed both in England and on the Continent, experience having demonstrated that as many grown persons are affected with worms as children, particularly females, and men whose employ-



ment requires constant sitting; very extensive observation, indeed, has taught us that worms chiefly affect those who are subject to indigestion, nervous ailments, and disordered bowels whatever be the age or sex.

Nobody can tell how worms are produced and propagated in the bowels. Some maintain that they are hatched from eggs taken in with the food and drink, or by insects getting into the bowels and laying their eggs. Others say, that they are produced spontaneously from the slime or corrupted matter in the bowels. You may adopt either of these views, according as you think it the most rational: we profess no opinion on the subject. It is too dark for us: we cannot comprehend it, and it is not of much importance to speculate upon it.

As worms are of many species, and as we cannot now describe all these, we shall content ourselves with the small thread-worms of the lower bowels\*, which crowd together in thousands, to feed upon the slime and corrupted matter of the intestines.

#### *Symptoms of Thread-Worms.*

The most certain sign of the thread-worm is an itching of the fundament and lower intestine, which is often distressing and almost intolerable. The disturbance produced here is communicated by the nerves to all parts of the body, occasioning a crowd of disorders of the bowels, the stomach, and the head, as enumerated in the following description, which we translate into plain English, from the Latin of the celebrated Dr. Heberden.

The evils arising from worms, says the Doctor, are headaches, giddiness, loss of activity, frightful dreams, sleep broken off by terror and screaming, convulsions, feverishness, thirst, sickly paleness of the countenance, bad taste in the mouth, offensive breath, cough, oppressed

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\* The thread-worms are usually called *Ascarides*, by medical men. By those who affect a sort of trumpery learning, this sort of worm is called *Oxyuris Vermicularis*!!! A humbug name.



breathing, itching of the nostrils, pains in the stomach, sickness, nausea, squeamishness, voracious appetite, wasting of the flesh, frequent desire to go to stool, and itching of the fundament particularly towards night. The Doctor observed several instances in which worms produced epileptic fits, madness, and idiotism.

We may add to this excellent description the grinding of the teeth in sleep, the flushing of one cheek while the other is pale, nervous trembling of the lips, a lead colour under the eyes, redness of the nostrils and a propensity to pick them, pimples or scabby eruptions about the mouth and face, and particularly oppressive weakness of the legs and arms. All these symptoms are seldom found in one patient; but when there is the itching of the fundament at night, you may dread many of the rest, as they will certainly follow.

#### *Remedies for Thread-Worms.*

As we approve not of the strong purgatives, now so fashionable and so destructive to health, we bid you beware of all the quack trash called worm cakes, worm nuts, worm lozenges, &c., whether these be prepared by Gardner, Ching, Story, or any other impostor of the same stamp. Your first aim must be to get rid of the slime of the bowels on which the worms feed; for if you deprive them of their food, they must inevitably die. It is natural enough for the half-educated apothecary to think that he can carry away this slime by purging; but any body who thinks a moment must see that purgatives, as they make the stools more watery, only increase the slime, and of course supply the worms with more food. Though the apothecary therefore, or the quack, may carry off a great number of worms by a purge of his calomel, or of his cakes, he provides so much food for those which remain, that they soon multiply faster than ever; and he is again ready to pocket your cash for a fresh dose, which continues the evil; yet all the while you think he is doing wonders, because his poisonous purgatives bring



away a parcel of worms. He is too deep for you: be advised, take counsel of us, and try our

*Excellent Worm Medicine.*

Take one ounce of good quick-lime,  
a pint and a half of rain water;

Pour the water over the lime, cover it up for an hour in a pipkin, then pour off the water into a bottle, and keep it corked for use. For a child, a wine glassful is to be taken thrice a day, in a cup of camomile tea, or, to make it more palatable, in beef tea or other soup. Double this dose, or more for a grown person. An over dose will do no harm.

If you continue this for a month or six weeks, you will find the worms will disappear, and the health and strength will be rapidly improved. It may be necessary, perhaps, to give a little Epsom salts and senna, once or twice a week, though this depends upon the state of the bowels. If the itching of the fundament is very troublesome, inject in the usual way a little of the lime water mixed with beef tea, which will kill every worm it touches. Even cold water will be effectual if thus injected. Professor Brera recommends introducing a bit of fat bacon tied to a string, and withdrawing it again from the fundament with the worms adhering to it. We think this very clumsy, and not at all so effectual as the injection of the lime water.

Rue, tansy, worm-seed, angelica, and all bitter herbs, are good against worms, but only because they strengthen the bowels. None of them are so effectual as our draught; but any of them you please may be taken with advantage in the form of tea, along with it. The old herbalists, who prescribed these, were much wiser and more successful than our present fashionable calomel doctors; for the latter much oftener kill than cure their patients.

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CURE FOR GHOST TERRORS AND NIGHT FEARS.

The night fears produced in infancy and childhood, by the cruel custom of terrifying children with hobgoblins and ghosts, or stories of raw head and bloody bones, can



seldom be got rid of for life, and they particularly tyrannise over the weak, nervous, and bilious, as strongly as when the ignorant and gossiping nurse, or the foolish and criminal mother first mentioned them. To threaten a child with a chimney-sweeper, or an old clothes-man, or a black dog, or any thing of a similar kind, is the most barbarous piece of cruel savagism a nurse or a mother can be guilty of, as it may, and often does, produce terrible consequences, such as fits, convulsions, falling-sickness, and water in the head; or lays the foundation for palsy, and even idiotcy, or madness. Many mothers and many nurses thus become guilty of what is little short of murder, not to speak of the nervous disorders, and cases of hypochondriasm, with fretful and peevish tempers, they thus produce. We call most earnestly on parents to attend to this in time, before serious diseases are in this way brought on by their own heedless and criminal folly. Too many parents recollect cases of this kind with unavailing sorrow. What evils will not folly and ignorance produce!

To remedy the evil when once it is unfortunately confirmed, and to prevent its preying upon the mind and imagination, till it derange the nerves, and bring on any of the above alarming complaints, the first thing to be done is to strengthen the body. Open the bowels gently with some rhubarb or senna, destroy any lurking acid in the stomach or bowels with magnesia, in summer use the shower bath every other evening on going to bed, or in cold weather have a jug or two of cold water dashed over the whole head. We know nothing so powerful as this for removing gloomy fancies, and giving a cheerful turn to the whole mind.

When the body has thus been strengthened, and the mind rendered cheerful, the poor ghost-fearer should be cautiously and gradually accustomed to go into wild and solitary places, such as a country church-yard during the day, and as he becomes able to do this with some fortitude, he should then try, by cautious degrees, to make the same effort in the dusk, or even at midnight. The



gentle purgatives, the magnesia, and the cold water, are to be still kept up during this trial of his courage; and if all these are properly persevered in for two or three months, we could answer for the cure being effected in nine cases out of ten.

If the head is at all light or giddy, or if there is much nervous trembling, similar to what occurs in the hands of drunkards, you may with great advantage substitute for the magnesia the prescription at page 20. The old herbalists recommend hysop and ground ivy tea, the latter of which is the best; but neither of them sufficiently powerful, unless you add the other things which we have recommended.

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### SHAMEFUL PARISH DOCTORING.

The richest man in England may, by misfortune, become a beggar, may come on the parish, or be reduced to the workhouse. Now, though the fact cannot be disputed, as it occurs every day, yet the rich do not attend as they ought to the rights of the poor, in some of the most important circumstances of life. They never fancy that it may be their lot to be farmed out like cattle to a grazier or a farrier, while they are farming out the parish poor to be fed and doctored, that is, in plain English, to be first starved, or dieted into disease, and then to be drugged to death by the parish Caleb Quotem. This shameful practice loudly demands reform; and we call on all who are interested in it to ponder on the following facts, collected by Dr. Kerrison, and published by authority of the Associated Apothecaries of England and Wales, though for a purpose very different from ours. The dates are a few years back, but this does not alter the facts.

#### *Parishes farmed out to Quacks and Apothecaries.*

Parish of Bognor farmed at a very inadequate salary. The overseers, when it was not farmed, were very backward in signing orders, now they are equally profuse; and the Apothecaries, to avoid a loss, must, we infer,



give them inferior drugs, or withhold them though necessary.

Parish of Brighton, usually farmed by ignorant unqualified men, who are neither able nor willing to give proper medical assistance to the poor. Mr. Battcock had only 60*l.*, and had to furnish both phials and medicine. There were sixty midwifery cases in one year! Eighty pounds would not pay more than half his expences.

Parish of Smallburgh, near Norwich, two united parishes, formerly under the care of three surgeons, farmed at 80*l.* by an ignorant and incompetent man. This is nothing, — an apprentice of this unlicked cub of the pestle, farms about twenty parishes for 50*l.* He attended only one course of lectures at the Borough!

Parish of Stroud, Kent, farms out 250 poor people, at 27*l.*, that being the lowest tender. It was usually farmed at 60*l.*

Stourport, Worcestershire, farmed to the lowest bidder. The poor often die without help, rather than trust the parish doctor. A person, who calls himself Dr. Dodd attends a large parish in the neighbourhood for 5*l.*

Heddingham, Essex, 1,500 poor farmed at 30*l.* which cannot pay for half the medicines.

St. Thomas's street, Borough, the poor generally farmed like slaves in the West Indies, to the lowest bidder, without respect to the qualifications of the apothecary.

Mr. Tinewell, of the Borough, knows a large parish farmed at 5*l.* a-year, including medicine. The apothecary who farms it lives two miles off!

At Gainsborough, in consequence of a poor creature being nearly dead from medical neglect, the overseers were forced to give up the farming system.

At Mayfield, Sussex, the contract was reduced from 10*l.* to 5*l.* a-year, by competition of two apothecaries.

At Weymouth, an ignorant quack, who had been a barber and an innkeeper, farms the poor! Much quackery prevails in Weymouth, and consequently many deaths.

Crediton, put up to auction to the lowest bidder. Death, from bad and improper drugs, is frequent!



Newport Pagnell, farmed at a low rate by an apothecary, who lives five miles off.

In cases where a medical man attends a poor person, on an emergency, or accident, he cannot obtain any remuneration, unless he has attended by a written order from one of the overseers. This is proved by the authority of Mr. Cammell, of Bungay, Norfolk; Mr. Newenham, of Alton; Mr. Seward, of Alton; Mr. Young, of Montgomery, and many others.

We shall keep this subject in view, and shall be glad of properly authenticated facts, exposing such shameful sporting with the health and the lives of the poor. We cannot too strongly recommend parish meetings (not vestries), to petition Parliament to pass an Act against such inhuman conduct of overseers. The apothecaries are no less culpable for accepting the disgraceful office, and degrading themselves into drug farmers.

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#### MR. EARLE ON TOBACCO AND SNUFF CAUSING CANCER.

Mr. Henry Earle, of St. Bartholomew's Hospital—a smartish sort of a chap in his own way, but very apt, as in the case of Langstaff's bones, to fall into some deuced mistake before he takes time to think—has lately we perceive by the journals been grossly libelling the use of tobacco and snuff, and threatening smokers and snuffers with cancers, and we know not what terrible things. Why does not Earle keep himself and his cancers among soot and chimney-sweepers, and allow us to enjoy our segars and our pinch of Macouba without raising such an unfounded clamour? Pray does Mr. Earle himself never take a pinch of snuff, nor smoke a segar? We think we can recollect him doing both: but memory is treacherous. At all events, he says smoking and taking snuff produce cancer.

“Avast you there!” cries Tom Pipes, “never had a messmate but loved his 'bacca, and saving the worm and dry rot, never heard of a cancer in his Majesty's navy in my life.” We think honest Pipes right and Earle quite



wrong. If snuff-taking and smoking produced cancers they would be "as plenty as blackberries," and Sir Cancer Aldis might soon puff himself into a fortune, instead of being, as he now is, forced to keep a poor lodging-house in the Borough to help out his income from his plaster trade.

If we were to believe Mr. Earle and Mr. Stanley of St. Bartholomew's, smoking segars, besides cancer, which is bad enough, will also produce venereal or something very like it; and for this reason that it did so in the case of a young gentleman! We advise them to think better before they publish, and to think better of tobacco, which is so great a comfort to the weary, so excellent a consolation and care-killer to the afflicted, and so very innocent an indulgence to all. Accidents may happen—we deny it not—but if it were as bad as Earle represents it, mercy upon us! half the noses and mouths of the country would be eaten up of cancer. Youth is thoughtless naturally, and prone to say rash things; we say it, therefore, in seriousness—"Mr. Henry Earle, think well what you are about before you again commit to the press a libel on tobacco."

\* \* We shall afterwards take up tobacco and snuff more at length.

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TO RENDER TEA AT 5s. A POUND, EQUAL TO TEA AT 12s. A POUND.

The cheapest and most expensive teas are all the leaves of the same tree, at least they should be so, and if there were no sloe leaves nor privet leaves, they would be so. The high flavour, therefore, of some of the sorts of tea, and the want of flavour in others, must arise from the manner of preparing them, and must consequently be in some measure artificial. It follows, that if we can discover any fine flavoured substance, and add it to the tea in a proper manner, so as to make it agree and harmonize with the original flavour, we shall be able to improve low priced and flavourless tea, into a high priced article of fine flavour.



We have, for this purpose, made some experiments on tea with various fine flavoured substances. Cinnamon is too rank if added in any quantity; but a single drop of the oil, or a pinch of the powder to a quarter of a pound of tea will improve it to some tastes. Peppermint will not do, nor ginger, except for particular purposes. Eau de Cologne does better, but is too dear. Rejecting, therefore, all these we come to the point.

*The secret disclosed.*

We do not claim the discovery of this, though it is not generally known except among some dealers and curious inquirers. The flavouring substance then, found to agree best with the original flavour of tea, is the oil of bergamot, by the proper management of which, you may produce from the cheapest teas the finest flavoured Bloom, Hyson, Gunpowder, and Cowslip.

There are two ways of managing the bergamot. Purchase at the perfumers, some of the perfumed pieces of wood, which they call bergamot fruit. Keep one such piece in your canister, and it will flavour the tea in the same way as a Tonquin bean flavours snuff. If the canister be a small one, the flavour perhaps would be too strong. In that case you may chip the bergamot fruit in pieces, and put only a little bit among your tea. Or—

Procure a small phial of the oil of bergamot; take some of the smallest of your tea and add to it a few drops of the oil till you form a sort of paste, which is to be carefully mixed with the whole tea, in proportion to its quantity and the degree of flavour you like best. A few trials will enable you to hit the proportions better than any directions which we can give, and if you make the flavour too strong, you have always an easy remedy, namely, by adding more unflavoured tea. When it is thus improved, it is often sold at 18s. and a guinea a pound. Cowslip tea has been as high as 32s.

\* \* In our next we shall teach you a method of economizing tea, by making it go one third farther than it will do in the common way.



## CURE FOR HABITUAL DRUNKENNESS.

You have heard the story of the Highland chieftain who was advised to put small shot in his bumper-glass to diminish by degrees its capacity for holding whiskey\*, and thus to wean himself from drinking. We shall teach you a trick worth two of this, for though it was ingenious enough for the last century, it showed great ignorance of chemistry, and we have improved in this department as well as in making steam engines, gas lamps, and water-proof great-coats. We think it was Dr. Pitcairn who advised the small shot remedy; the name of our modern discoverer is Baron Brühl-Cramer, a celebrated German, who has found out a method of making the most confirmed tippler have the greatest loathing and repugnance to all sorts of spirits and strong liquor.

The small shot remedy of Dr. Pitcairn, had some chance of poisoning the drinker, or at least of giving him a horrible fit of the lead-colic; for the acid contained in the spirits (and every spirit contains an acid) would dissolve some of the lead as soon as it touched it, and this dangerous poison the drinker would, of course, unthinkingly swallow with his liquor. The baron's remedy, on the other hand, is not only safe, but powerfully strengthening to the whole body, and the drinker will have the great satisfaction that while he is acquiring a loathing for strong liquor, he is at the same time improving his health, and adding to his bodily strength. To keep you no longer in suspense, we shall now give you the receipt of the

*New German Remedy for Tippling.*

Take one tea spoonful of the tincture of calumba,  
one tea spoonful of the tincture of cascarilla,  
one tea spoonful of the compound tincture of gentian,  
a wine glassful of infusion of quassia,  
twenty drops of elixir of vitriol.

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\* The word "whiskey," is a corruption of the Gaelic word *uisge*, which simply means *water*; whence *uisge bhagh*, the water of life; in Latin, *Aqua vitæ*; and in French, *Eau-de-vie*.



Mix, and take twice or thrice a day, and have a jug of cold water dashed over the head every morning on coming out of bed, and the feet bathed in warm water every night. Continue this for six or eight weeks.

Dr. Röth, of Swinmünde, has succeeded with this remedy in completely curing many poor creatures, both men and women, who were actually killing themselves by continual tipping and drunkenness. We hope it may be equally successful in this country. We have not yet had an opportunity of trying it, as we only received the account of it a few days ago as contained in a Berlin magazine \*. We shall be glad to hear from any of our readers how it answers.

\* \* \* How to drink without being tipsy in our next.

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#### DREADFUL DEATH BY DRINKING FROM A FOUL GLASS.

Few are aware what danger they run in buying fruit, sweet-meats, cakes, syllabubs, and the like at street stalls, the poor creatures who keep these being often affected with diseases, which may be thus caught by the unwary without thinking what they are about. Oranges indeed, and fruit which you can skin, may be safe enough; but any thing that passes through the hands of stall-keepers is not safe to be eaten. The following case is one of many which could easily be collected.

Last summer, Louisa B——, a pretty little girl, of the age of nine or ten years, on taking a holiday walk in the neighbourhood of town, persuaded her mother who accompanied her to let her have a glass of the curds and whey, a preparation of milk which a stall-woman was selling to the young holiday folks. The circumstance was never thought of till some days after, when a painful sore appeared on the inside of the lip, and quickly spread in an alarming manner. The medical men who were consulted were much puzzled what to think of it, as the sore had all the look of the venereal ulcer, called

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\* Magazin der gesammte Heilkünde. Von Hufeland, page 352.



a chancre ; but how it could have come there, they were unable to discover, and unfortunately between one doubt and delay and another, the proper remedies were not tried till it was too late.

The sore spread back to the throat, and after destroying what are called the almonds of the ears, it attacked the bones of the nose and destroyed them, the roof of the mouth began to rot away, and painful swellings arose on the forehead, which afterwards broke out into sores. In short, after some months of dreadful agony and loathsome suffering, the poor girl died with all the horrible symptoms of confirmed venereal.

There cannot be a doubt, we think, that the infection was caught from the stall-woman's glass, which probably some low creature had just drank from the moment before. We can scarcely blame the medical men ; for it has now become quite unfashionable to follow old Boerhaave's advice to his pupils, namely, whenever they met with a doubtful or puzzling disease to consider it venereal. We have many other cases of a similar kind which we shall give as we proceed ; for we think them of great importance to put our readers on their guard. By and bye we shall also lay down the proper treatment of such cases.

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#### ALL OF US IN DANGER OF BEING BURIED ALIVE.

Any one of us, without forewarning or intimation may at once fall down in a swoon, or go into a trance, with all the apparent signs of death so unequivocal as to leave no doubt on the minds of the bystanders, nor even of the man of medicine, that life is quite gone. The body may be breathless, stiff, cold, insensible, and have all the marks of the death-face as described so well by Hippocrates more than two thousand years ago, namely, (as we shall translate the Greek for you) "the forehead wrinkled and dry ; the eyes half shut, hollow, and encircled with a purplish black colour ; the nostrils pressed together as if pinched ; the temples and cheeks sunk and hol-



low ; the ears erect ; the under lips drooping ; the chin sharp and wrinkled ; the hair within the nostrils, and the eye-lashes as if dusted over with a whitish yellow powder ; and the whole skin blackish blue." Some of all these we say may happen to any one of us, so as to deceive the most skilful ; the death may be pronounced certain, and the unhappy person may be actually buried alive.

We grant that burying alive is certainly not frequent in this country ; but if it do take place once in a thousand, or even in five thousand funerals, it must alarm individuals ; for why you will say—"I may be that very thousandth person, and, horrible to think, I may be buried alive." One great test we have, is that in all long continued diseases, such as consumption, palsy, liver complaints, dropsy, &c. there can be little doubt ; but in sudden swoonings, fits, apoplexy, and the like, the danger of burying alive is always great, for we have many instances well authenticated of recovery after persons had been pronounced dead for several days. Some of these we shall afterwards give you as an awful lesson of caution, in all such cases as may happen under your own eyes, or in your own neighbourhood.

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#### FEMALE DISEASES.

We should deserve severe censure were we not to attend to all the improvements of modern discovery, in the very numerous and troublesome disorders peculiar to females. Delicacy, of course, requires that we should speak of many of these in a particular way ; but still we consider ourselves bound to speak plain enough to be really useful. We shall accordingly, as we proceed, take up all the most common and most troublesome complaints of females, and give the newest and most successful modes of treatment. In the mean time, we shall mention one of the greatest discoveries in this branch, which has been made for some hundred years, we mean the new



*Italian Remedy for Female Suppressions* \*.

Take from 10 to 15 drops of spirits of hartshorn,  
a wine glassful of warm milk or water.

Mix, and by means of the common bone syringe, inject this thrice a day till it brings on the discharge.

Any midwife will shew how it is done, and then the patient may do it herself. The discoverer of this most successful and valuable remedy, Dr. F. Lavagna, of Milan, says it produces a rather disagreeable feeling at first; but that is a trifle when compared with the distressing symptoms always occasioned by irregularities, complete suppression, violent pains, or when the quantity is much smaller than natural. The feet ought, while using the injection, to be well bathed every night in warm water. It will probably bring on the desired effect in two or three days. In cases where there has been suppression for some months, it may require a week. No girl of thirteen or upwards, and no woman between forty and fifty, who may be thus affected, ought to neglect trying it. Since it was first announced in England, in July 1823, it has been very extensively and successfully tried. It has the great recommendation of being safe, which cannot be said of savin, and other violent remedies, usually given in such cases. When the hartshorn is not at hand, a tea spoonful of white wine may be substituted.

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DISEASES OF APPRENTICE BOYS AND GROWING LADS.

One of the most distressing complaints that is apt to trouble young lads from the age of eight, or even younger, till the age of sixteen or eighteen, arises from an acid, or sour corrupted stuff produced in the stomach, by taking either food difficult to digest, such as greens, fat meat, cakes, or puddings, made with rancid dripping; sweet-meats, coloured with poisonous pigments, and the like. When the stomach cannot digest and stow away all that you eat and drink, what remains will corrupt, ferment,

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\* We translate from the *Biblioteca Italiana*.



and form a kind of bad vinegar, and this will cause a sort of feeling in the stomach like what a crab apple will do in the mouth. Worms are also caused, and the consequence is a disorder which we shall take the liberty of calling

*Unnatural Hunger.*

This we say is a very common complaint among growing boys and lads, and gives them a great deal of trouble, often even inciting them to steal food to gratify their appetite, which may afterwards bring them to attempt more serious thefts, and end in the gallows. We cannot therefore conceive any thing more important than an explanation of this unnatural hunger.

Parents and masters are even deceived as to the cause of such voracious eating; and it is thought that every thing is explained, when they say, "it is natural for growing boys to be hungry." So it is we grant; but in nine boys out of ten, the hunger is a disease, and produced, as we have seen, by an acid; while every meal, and every fresh bit of bread that is eaten, instead of stopping the cravings of the stomach, only adds to the acid, and the hunger is worse than ever. We need not dwell on these particulars; they are but too well known to both apprentices and masters; it will be more useful to tell you, that in chemistry every acid is easily destroyed by an alkali, upon which chemical principle we found our

*Remedy for a Voracious Appetite.*

Take a tea spoonful of magnesia,

a tea spoonful of sugar,

a table spoonful of milk or beer.

Mix this, and take it whenever you feel hungry between meals, or have any sour belchings or heartburns.

We disclaim the intention of not allowing growing boys as much as they can eat at meals, of which they should have at least three good ones every day; but we disapprove decidedly of their eating lunches every two or three hours, as very injurious to their health, and as very apt to dwarf them in their growth; cramming indeed is much



more likely to do so than pinching. Many a growing lad will thank us for this hint.

\* \* We shall return to the diseases of boys another time, and shall be glad to hear from our readers how the remedy succeeds.

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MR. JACKSON'S RULES FOR TRAINING.

We have already seen, in our last, the very wonderful effects which a proper course of training has upon the strength of the body in general, and also on some of its most important parts, improving the stomach; purifying the blood; clearing the skin; invigorating the head; and producing a *good wind*. We repeat these, to induce our readers to look upon a course of training, as being of much greater use than merely to fit a man for running or boxing—an erroneous opinion of the thing, by far too common. To put you upon the way of managing a course of training, we shall begin with the manner of clearing the stomach and bowels.

The first thing Mr. Jackson and Captain Barclay do in commencing a course of training, is to remove all superfluous and corrupted matters from the stomach, the bowels, and the blood, by the

*Training Emetic.*

Take one grain of tartarised antimony,  
a scruple of ipecacuanha powder,

Mix in a table spoonful of warm water, and take an hour before going to bed, and half an hour after eating some bread pap. Plenty of lukewarm camomile tea should also be drunk during the operation of the emetic.

This tends to wash out all corrupted and undigested food from the stomach, while at the same time it strengthens it for digesting the training diet afterwards to be taken. It is therefore impossible to begin a course of training without completely washing out the stomach in this manner. If the stomach show any signs of indigestion, or appear loaded and heavy, the emetic may be repeated within ten or fifteen days. The bowels must in the same way be cleared out by the



*Training Purgative.*

Take one or two ounces of Glauber's salts,  
 a small tea cupful of boiling water,  
 a table spoonful of peppermint water.

Dissolve the salts in the hot water, and as soon as cool enough for drinking, take the whole on an empty stomach, at least an hour before breakfast or supper.

This draught is to be repeated three times, always missing two days between each dose. "It is supposed," Mr. Jackson informs, "that one emetic and three doses of physic will clear any man; and after the body is thus cleared of all noxious matter, it must be kept in good condition. The object is partly to get all superfluities away, either of the blood or any thing else, and also to promote good digestion afterwards." In training for running, the famous John Smith, of Yorkshire, sometimes omitted the emetic, and gave only one dose of the salts; but this depended upon the condition of the man before beginning to train. We should say positively that the emetic should never be omitted, and we are supported in the opinion by Crib, Spring, Langan, and the whole of the London ring, with Jackson at the head.

\* \* The Rules for Training Diet next.

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PLAIN LESSONS ON THE BRAIN-APPETITES, FEELINGS,  
 AND POWERS.

The Otaheitans say that they think with their bellies! (See *Capt. Cook's Voyages*.)—But except these South-Sea savages, the turtle-eating aldermen, and some foolish philosophers—most philosophers being a little cracked or crazed—every body is certain that thinking is performed within the head.—Now as thinking and feeling, as well as our appetites, are all so closely connected with the head, it surely becomes of importance to study those parts of the head, where each particular feeling or appetite resides; for by this kind of study we may, at length, perhaps, be able to correct and restrain vicious appetites, and foster and promote good feelings, as well as increase genius and invention; while those who ignorantly look



upon the brain as a confused mass of jelly, must be ever in the dark, and in short are no farther advanced in knowledge than the poor Otaheitans with their brains, as they say, in their bellies.

It is to promote this very useful study, and make it popular among the reading and intelligent classes, that we have undertaken to strip the science of phrenology of its outlandish jargon, and teach the principles of it in plain English. But before going farther, we must push out of our way, a miserable posse of scribblers, usually called *bumpists*, who are ignorant enough to say that every appetite, feeling, and power of the brain, is, or should be, marked on the head by the bone rising up into what they call a *bump*; and this ignorant nonsense of their own absurd fancies, they call the science of phrenology! and thinking, withal, that it is very ludicrous, as it assuredly is, they set up a Merry-andrew laugh at their own folly, unconsciously quizzing themselves without mercy, to the great amusement of the bystanders! Leaving the bumpists, therefore, to flounder about in the slough of ignorance, a much more hopeless concern than honest John Bunyan's slough of despond, we shall now go on to something more promising.

The foundation of the doctrine of phrenology, is the highly rational and reasonable principle, that different parts of the brain are appropriated to different appetites, feelings, and powers, in the same way as the eyes, the ears, and the nose, which are parts of the head, are each appropriated to a different purpose. Now it has been discovered, that whenever any appetite or feeling is very strong, the part of the brain where it is situated is large; and when weak, that part of the brain is small. The greater size of the brain is sometimes marked by a greater fulness of the bone that covers it, but oftener by an increase in the diameter of the head at that place. In the case of Thurtell's head, there was no greater fulness of the part appropriated to murder, and of course the bumpist smatterers were quite out; but the diameter of his head, measured from the one appetite of murder to the



other, was the greatest yet on record. While the bumpists, therefore, pronounced Thurtell to be no murderer, the genuine scientific phrenologists corroborated the verdict of the jury, that he was a murderer of the very first class. Without farther preface, we shall here give you a small sketch of the organs, as they lie, according to the usual numbers, though we have taken the liberty of altering some of the names.



*Brain-Appetites.*—1. Lust. 2. Parental love. 3. Concentration. 4. Attachment. 5. Fighting. 6. Destruction and Murder. 7. Construction. 8. Collecting, Avarice, and Theft. 9. Concealment.

*Brain-Feelings.*—1. Pride. 11. Vanity. 12. Caution. 13. Benevolence. 14. Superstition. 15. Hope. 16. Fanev and Romance. 17. Conscience. 18. Firmness.

*Brain-Powers.*—19. Observation. 20. Painting. 21. [not marked, but lies between 21 and 24.] Estimating Magnitude. 22. Estimating Weight and Resistance. 23. Discriminating Colours. 24. Migration. 25. Order. 26. Chronologizing. 27. [marked 21 on the figure by mistake] Numbering. 28. Music. 29. Word-memory. 30. Comparison. 31. Reasoning. 32. Wit. 33. Mimicry.

Though we do not propose these names as perfect, they certainly must be confessed to have a more Christian like appearance than “amativeness, philoprogenitiveness, acquisitiveness,” and other outlandish and absurd terms used by the phrenologists. We can excuse Dr. Spurzheim for these, because he was a foreigner; but there is no excuse for Mr. Combe, Sir George Mackenzie, Dr. Poole,



and Dr. Elliotson, for continuing the same tongue-trying words.

The most important fact which we consider it necessary to mention at present is, that the more actively any of these operate, the larger they become, and the contrary. If, therefore, a person who finds that he has murder or theft very prominent, strives manfully to subdue these vicious appetites, the bone covering them will sink by degrees, and the appetites will accordingly cease to goad him on to the commission of crime. This fact must be of intense interest to parents and masters.

\* \* In our next, a portrait of Mr. Henry Hunt, Orator and Corn roaster, with a phrenological sketch of his character and doings. Hamilton, the radical school master and lecturer, is also in preparation.

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ROCHE'S EMBROCATION FOR HOOPING COUGH.

As many buy this expensive quack medicine, we shall put it in their power to procure it at an easy price. We must tell them, however, that it can do little good beyond making the skin somewhat red, and that can be done much easier, with a little scraped horse raddish or table mustard spread on the chest, and left on for 15 or 20 minutes. We do not say it is of no use to make the skin red; it is certainly beneficial, though in a very weak degree, if you depend only on this humbug embrocation. The expense, on the contrary, leads you to expect it to prove quite miraculous.

*Receipt.*

Take two ounces of olive oil,  
one ounce of oil of amber,  
a sufficient quantity of oil of cloves to scent it  
strongly.

Mix and keep in a phial for use. To be rubbed on the chest.

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QUACKS AND APOTHECARIES PUT ON THE TREADMILL.

It is much the same whether you be drugged by the quack or the ignorant apothecary, as you may be certain that either the one or the other will drug you out of your



health, probably out of your life—while they are both scrambling hard to get all the cash out of your pockets, before the sexton come in for a share of it. To cure you, or attempt to cure you, is the last thing in the world they would ever think of, so long as they can come by a penny of your money; though perhaps, when they have sucked your purse dry, they may endeavour to cure you, for the rascally purpose of making you a gull-bait to catch others. This is the plain matter of fact, whether you believe it or not; and if you can spare a few shillings in order to be convinced of it, you have nothing more to do than feign to be ill, go to one of this drugging crew, and you will soon see what a fine regiment of trumpery draughts, pills, and powders, will be poured into your stomach (if you should be fool enough to take them), while your pence, shillings, and pounds, are being poured into the pocket of the merciless drug-dealer.

It shall be our great endeavour to put you upon the way of starving such fellows out of the kingdom; by shewing you rational, reasonable, and cheap methods of curing all your ailments; and by analysing and exposing the ingredients of the trash sold at extortionable prices by such mountebank ragamuffins as Gardner, the worm-quack—Lignum, the scurvy-man—or old Mother Johnson, who will *sooth* you most smoothly and slily out of your sovereigns, for her child-murdering nostrums. We see that Gardner, or as he calls himself *Doctor Gardner*, has taught his quacking trade to his old snuffling house-keeper, *Mistress Gardner*, who attends the worm museum when his quackship goes to chapel to fish for methodist patients, and she puffs you off her own “Essence of Roses, for sore nipples, by the blessing of God, if you please to try it, Ma’am.” This male and female partnership in quackery is coming fast into fashion: there are Mr. and Mrs. Speed, corn and scurvy doctors, in a miserable crib in Somers’-town; Mr. and Mrs. Elms, at Sadlers’ Wells, Doctors for all incurable complaints, which they pretend to discover, like the vagabond Cameron, by smelling and tasting the patient’s water; and



there is Whitlaw, the Emperor of all quacks and swindlers, who has one old wrinkled hag at his asylum at Bayswater, and has lately got another, rather younger, whom he calls *Mistress Whitlaw*, for his house in Great Russell-street. Besides these female partnerships in the drugging and poisoning line, we have, as you know, "the rump-fed-runyon," Mother Johnson, and old Goody Greer, of Bloomsbury; Mrs. Vincent, with her dangerous Gowland's lotion; Widow Welch, the pill-woman, which is an alias for Kearsley, Davidson, and others;—"the old woman clothed in grey," of Whitechapel; and the Cancer woman of Goswell-street.

All these, and thrice as many more, we consign, without mercy, to our Quack-Tread-mill, and shall, from time to time, give you a full report in prose or rhyme how they bear their just punishment,

While our merry wheel goes whack—

Our spareless scourge comes thwack—

Our jolly long pole comes smack—

And so, as there's ne'er any lack—

(In their humpity-dumpity track)—

Of the pinching and punishing rack—

Alas!—alas!—and alack!

Their chorus is still quack!—quack!

Like hunted ducks in a pond.

We intend soon to make an addition to our tread-mill, to make room for certain old women and young ones too, who ignorantly gossip about prescriptions, without fee or reward—rich fools and old maids, who having more time than they can spend, betake themselves, like my Lady Bountiful, to drugging the poor, and poisoning them out of sheer charity. There is such a thing, therefore, as "killing with kindness," and we warn you to beware of lady-doctors, and old nurses and gossips, who dispense calomel as if it were sugar-candy, and murder your infants with their opium, which they call syrup of poppies.

#### OXALIC ACID.

Why do apothecaries, chemists, and druggists, still



persist to sell oxalic acid, which is no drug, and is never used in medicine? Why is it not confined to the shops of shoemakers and small chandlers, along with Day and Martin's, or Bob. Warren's blacking? As the only use of oxalic acid is to clean boot tops, why keep it in the same nest of drawers with Epsom salts? But since it is so, that druggists will sell this poison, we advise all our readers, who dislike to try what they take by tasting, to have recourse to the ink-test before venturing on a dose.

Take a penful of common ink, and drop into it a bit of the stuff to be tried. If it change the colour of the ink to a pale brownish red, it is oxalic acid; if it produce no change, it is Epsom salts. This is much more easy and simple than the farrago of test papers, proposed in an omne-gatherum, two-shilling pamphlet, by one Venables, whom, from the style of this, which he calls his lecture, we should guess to be a blundering Irishman, on the half-pay list or so.

The recent melancholy death of Mr. John Bell, of Tooley Street, April 8th, 1824, has called the public attention again to this dreadful poison, which, we are assured, is fraudulently and extensively used as a souring for punch and lemonade, though it may be remarked, that in small quantities it does not prove fatal no more than arsenic does, or the poison in roasted corn. It requires from half an ounce, to an ounce of oxalic acid to produce death; but as Epsom salts are often taken in this quantity, it affords no protection. One of the great evils of keeping this poison, or any other poison among drugs, is the

*Blunders of Apothecaries' and Chemists' Boys.*

Never, if you are wise, take any thing from the hands of a boy in a drug shop; for death may be the consequence. In the first place, most boys are very ignorant, and cannot well be otherwise; but even where they know a little, they are almost uniformly careless and heedless, and will as readily give you oxalic acid as Epsom salts, and arsenic, as calomel.





MR. HENRY HUNT, RADICAL ORATOR, AND CORN  
ROASTER.

You will see at a glance, that this is a very uncommon head, in a phrenological point of view; for though several parts of it are not seen in this print, such as the appetite for fighting, which lies behind, and is concealed by the ear; yet enough is shewn, to prove the wearer of such a head to have a character very strongly marked.



The prominent appetites which will first strike you in the head, are those numbered 8 and 9, in our sketch, page 44, viz. the appetites of collecting and concealment, and are, according to Dr. Spurzheim, usually found large in persons of an avaricious or thievish disposition, and in those who have a propensity for hoarding. We have not heard that Hunt has ever been fairly accused of direct dishonesty, though there was some outcry among his radical friends respecting certain monies not accounted for to *their* satisfaction. Of his avarice, we have decided proof in his selling his roasted corn for one shilling a pound, when it did not cost himself above three halfpence. Now, when rye has risen a little in price, the same large appetite of avarice, as you see in the print, prompts him to lower his corn to fourpence a pound, but only (he takes care to say) for "a limited time;" for, mark you, as soon as he can again get the monopoly, by beating down his opponents in the market (which he could not do by placarding their corn as "nauseous and unwholesome,") he will again give up the fourpenny corn, which affords him only a profit of fifty per cent., and will charge a profit of tenpence or eleven pence on the shilling.

We must be a little more particular respecting his appetite for concealment, aided as it is by No. 18, viz. fancy and romance, which you observe are very large in the print. These two will lead the possessor both to conceal the truth, and to invent convenient stories to help out facts when these are deficient. In reference to roasted corn, Hunt asserts that he is the inventor of the process of roasting, which, but for his benevolence, he could and would have secured by patent. Now all this is untrue; for the French used rye for coffee many years before Hunt ever dreamed of making money by it, and it is roasted precisely like coffee, the only difference is, that his is quite spoiled by lying about in his shop-windows, till all the flavour and the nourishment evaporate.



Hunt farther asserts, that his roasted corn is recommended as wholesome and nutritious, by two hundred eminent physicians and surgeons. We doubt this very strongly, and call upon him for the names of any half dozen of medical men, above the rank of low drugging apothecaries, or venders of quack medicines, such as his own roasted-corn agents at Edinburgh, who will maintain it to be wholesome. If he get any man of character in the profession to assert this, we hesitate not to pronounce that man, whoever he may be, most grossly and culpably ignorant, and refer for proof to page 13, of our work. We have many more instances of the rye poison to give. He likewise affirms, that the king himself uses his corn. This we hesitate not to say, and on high authority, is a falsehood, and a libel on the well known taste of his Majesty. After this, we need say nothing of the nobility buying hundred weights of the corn, and his hoax of it being all of British growth. So much for Nos. 9 and 18.

The next prominent organs of Mr. Hunt's head are Nos. 12 and 18, viz. caution and firmness. These are also strongly associated with 11 and 14, viz. vanity and superstition. It must have been No. 11 which prompted him at first to become a radical, and Nos. 12 and 18, which carried him through every difficulty and mishap he had to encounter. He has evidently, from the print, all the powers necessary to form a daring, intrepid, and at the same time a cautious demagogue; but if you will look at his forehead, and contrast it with that of Buonaparte, you will at once perceive what a miserable lack of intellect there is in the corn-roaster, and how super-eminent the intellectual powers of the late Emperor of France appear. It is unnecessary to go over each power in detail; the preceding selection will shew how very strongly the head of Mr. Hunt proves the doctrines of phrenology.

\* \* We intend to give Mr. Hamilton, the author of the Hamiltonian system of education, as our next phrenological portrait.



## REMEDY FOR BALDNESS AND THIN HAIR.

We do not vouch for the efficacy of the following preparation, as we have not tried it; but as we are certain it can do no harm, we give it as we find it in an old herbalist, that our readers, who require such a thing, may try its virtues for thickening and beautifying the hair.

Take two handfuls of each of the following, viz. roots of a maiden vine, roots of hemp, and cores of soft cabbages; dry and burn the whole, preserving the ashes to make a lye with, and with this lye wash your head, after rubbing it well with virgin honey. You must continue this every other morning for two months; when, our author tells us, the hair will be found much improved in thickness and in gloss.

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## TO IMPROVE THE BEAUTY OF THE COMPLEXION.

Many things of this kind are puffed off by money-making quacks and perfumers, which certainly, for the most part, do more injury than good. The following is innocent, and among other things will help to remove freckles:—

Dissolve two ounces of Venetian soap in two ounces of lemon juice, an ounce of oil of bitter almonds, and an ounce of oil of tartar; beat the whole up together till it form a thick paste, and use it for washing your hands and face instead of soap. It will give the skin a delicacy and clearness, which both common and fancy soaps commonly destroy.

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## WATER IN THE HEAD. BY DR. YEATS.

This being a disease which, in its advanced stages, can seldom or ever be cured, it becomes of intense interest to parents to watch and check its first approaches, before it is established and rendered hopeless. We have met with only two good descriptions of the thief-like ap-



proaches of this alarming disorder, one by a German physician, Dr. Gölis, of Vienna, the other by Dr. Yeats, of London. We shall translate the description by Dr. Gölis in a future page, and content ourselves in the mean time, with that by Dr. Yeats, whose learned terms we shall, as usual, interpret for you into plain language.

*Age most liable to Water in the Head.*

We premise, that water in the head usually makes its attack at three important periods of life—during teething, at the time of weaning, in girls about the age of 13, and in boys about the age of 14 or 15, when the voice changes. During teething, the pain produced about the head weakens it, and disposes the watery parts of the blood to escape from the blood-vessels of the brain. At the time of weaning, the infant has its stomach deranged by change of diet, by cramming with sweet things and dainties, and by fretting; by all which the brain is equally weakened, as in the case of teething. The change produced in the whole body, and particularly in the circulation of the blood at the age of puberty, when girls first become *unwell*, and boys lose their shrillness of voice, has a similar effect on the head, and may give rise to water in the head. These periods, therefore, ought to be carefully watched. We do not mean to say, however, that water in the head may not arise at any other period, from causes affecting the head and weakening it, though these are the most usual and most dangerous periods of its attack. It is not common after the age of 15.

*Early and curable Symptoms.*

At the very commencement, Dr. Yeats informs us, of water in the head, before any body but an experienced physician can take alarm, or possibly imagine that such a disease is approaching, you may observe an occasional languor or weakness, as if arising from fatigue, though at intervals this goes off, and is succeeded by spirit and activity. But this glimpse of sunshine is of short continuance, and is soon again overclouded with a gloomy le-



thargy. The healthy look of the countenance is often at this stage of the disease succeeded at intervals with paleness, while the features lose their firmness, and become loose, toneless, and flabby.

Under the eyes, a line of a dark leaden hue begins to appear, while the brightness of the eye itself becomes dull. The skin loses its softness and natural moisture, and becomes harsh, parched, and hot. The appetite is inconstant and capricious, sometimes refusing every thing, and sometimes voracious and keen. The increased heat naturally gives rise to thirst, and the tongue, from the same cause, is dryish and white, particularly in the morning. The bowels are always uncommonly costive; and when the costiveness does not yield readily, this is one of the unfailing and most alarming marks of the disease. There is often a cough of a very teasing kind. The urine becomes at times high coloured.

The head itself is not usually at first affected with any pain, but with a very disagreeable and stupifying noise and confusion, often accompanied with giddiness, and painful sensibility of the eyes, when they are exposed to a bright light. The outside of the head, however, is sometimes painful, or sore upon being touched or rubbed, and there is often some stiffness of the neck. The sleep is often disturbed by restlessness, tossing and tumbling in bed, and by grinding the teeth. If you examine the stomach at this time, you will now and then observe it and the belly, as far as the navel, to be too full, and feeling puffy to the touch, while the child complains of pain when you press on these parts with your finger.

#### **TREATMENT OF APPROACHING WATER IN THE HEAD.**

The first thing to be done when you observe a child to become costive, accompanied with harsh dry skin, and with fretting, languor, or low spirits, is to remove these (if possible) as we shall direct you, by powerful and proper remedies. One of the safest and easiest is to open the pores of the skin by warm bath-



ing, and afterwards rubbing the skin dry with a piece of soft calico. This will give vent to a great quantity of water by perspiration, which will consequently be thus prevented from collecting in the head. This should be persevered in at least every other night, and the child be put to bed immediately afterwards, having first given the

*Sweating Mixture for Water in the Head.*

Take five drops of ipecacuan wine,  
a tea spoonful of diacodium,  
a sufficient quantity of sugar to sweeten it.

Mix, and take immediately. This dose to be doubled in older patients, and to be repeated as occasion may require along with the bathing, every, or every other night, till perspiration is freely produced.

The next thing of the utmost importance to stop water in the head, is to carry off as much water from the bowels as you conveniently can, by purgatives and keeping the bowels steadily and constantly open. For this purpose, if you dislike calomel, which is the most powerful remedy in such complaints, you may try with safety the

*Mild Purgative for Children.*

Take two drachms of Rochelle salts,  
one ounce of infusion of senna with tamarinds,  
five drops of ipecacuan wine.

Mix for a draught to be given in the morning.

As you are not likely, however, to find this answer if the disease has set fairly in, you must try calomel; for nothing else is so trust-worthy. The best form to take the calomel, is to mix it with some other purgative, and when the patient can be got to take a pill, one of Sir Astley's (page 6.) will answer the purpose, if repeated every second night, but as few children can swallow pills you may try the

*Radical Remedy for Water in the Head.*

Take one grain of calomel,  
eight grains of rhubarb powder.

Mix, and give the powder at night in a little treacle or honey, with a small dose of Epsom salts on the following morning.



In the mean time the patient should have light nourishing diet, and be as much abroad in the open air as possible.

\* \* \* The more advanced stages of water in the head, we must postpone till another opportunity.

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ECONOMICAL METHOD OF TEA-MAKING. BY THE  
REV. DR. TRUSLER.

When you have convinced yourself that tea is one of the best promoters of health and long life, by our observations at page 11 ; and when you have improved the flavour of your five shilling tea so as to render it of more than double value, as directed at page 33, you will then be prepared to read with interest the method proposed by our great English economist, the Rev. Dr. Trusler, who by following his own maxims of thrift, accumulated from very small beginnings a considerable property, and died wealthy.

Dr. Trusler's method of economizing tea, is pretty well known to the keepers of small public houses and cheap coffee shops, where it is to be had as low as two-pence per cup. Were they to manage their tea in the common way, it would never pay them. It becomes then of great interest to families who act on the saving plan, to be instructed in the same, which we have no doubt will henceforth be universally followed. Attend then to our directions.

In the first place, it is requisite that your tea-pot be a metal one, and that it be bright and shining. You may think this is of no consequence ; but if you try a china or stone-ware pot experimentally, you will lose about a fourth of your tea which would be saved by a metal one. Black ware is the worst of all, and a great waster of tea. Having got your metal pot then, put in a spoonful of tea for each person, and pour over it one cupful of boiling water for every spoonful. Let this stand, to infuse, not less than twenty minutes, when it will be ready in the form of a strong, rich-flavoured tincture.



Do not add any more water to the tea-pot, for that will spoil the tea ; but fill each cup about two thirds full of boiling water with the proper quantity of sugar, and milk or cream, and stir these well before you add the tea. Now fill up the cups with your strong infusion from the tea-pot, and you will have an excellent cup of hot tea at one half the cost you could have it of the same goodness, by the usual process of letting it only stand five or ten minutes, in a stone-ware pot, then filling up the tea-pot, and putting in the milk or cream after the tea is mixed with the sugar. To mix the sugar with the milk first, is, indeed, one of the great secrets of making good tea. You may think it of no consequence ; but you may easily convince yourself, that we are right, by trying both ways, with the same quantities and proportions. The tea is much improved by the milk being hot when added to the sugar.

There are fourteen spoonfuls of tea in an ounce, and of course twenty-eight spoonfuls or two ounces will serve one person, morning and evening, for a week ; and by attending to our directions this quantity will produce better and more comfortable tea, than ten ounces badly managed.

\* \* We shall next treat of Coffee and its management.

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#### ON THE MEANS OF PROCURING ABORTION.

We tread on dangerous ground, but we step boldly forward to crush (so far as our influence will go) the dangerous and erroneous prejudices on this subject, which unhappily prevail to a great extent, among all ranks of society. We imagine that we are under the mark when we say that more than two thirds of all those unmarried females, who through imprudence or misfortune have become pregnant, usually endeavour to conceal their shame by recourse to drugs, supposed to be capable of causing miscarriage. In a case so important as this, we think it would be neglecting our



duty not to sift, to the very bottom, every thing of this kind connected with the criminality of illegitimate mothers and their seducers or paramours, and not to mince the matter, as has often been done in books, for fear of the consequences, but to set down every thing plainly and openly, that those who thus tamper with life may see the certain effects of their measures.

Without reserve, then, we state that there is not known nor ever was, either in the regular profession of medicine nor among quacks or midwives, any drug or combination of drugs, which will have the certain effect of procuring a miscarriage ; and those who pretend that there are such things, do so with the knavish design of making money of the ignorant, or the benevolent one of amusing the criminal. We can easily foresee, that neither these ignorant persons nor those who are intent upon accomplishing their purpose, will give credit to our assertion ; but we shall show you facts for its support that cannot be refuted. As we cannot get through so important a subject in one paper, we must confine ourselves, for the present, to one or two of the usual drugs given with the above design.

*Cantharides*.—This powerful drug, which is powdered blistering flies, is abused more ways than one for improper and criminal purposes, as we shall afterwards notice. It is given either in substance or a tincture of it is made with spirits, which is the more dangerous that it can be concealed in beer, wine, or other liquor, and thus given without the knowledge of the person who takes it. Its effects when taken in a large dose, are burning heat of the stomach, vomiting more or less bloody, intolerable griping pains of the belly and bladder, great pain in making water, which is usually bloody. These distressing symptoms often end in delirium, convulsions, and death. Violent however as these effects are, there is not commonly produced any tendency to miscarriage when cantharides are given with that view, as is proved by the following case among many others.



*Case.*—Mr. Lucas, surgeon to the Leeds Infirmary, informs us that he was called to a woman who had taken about a drachm of powdered cantharides in order to bring on miscarriage; but though it produced frequent and violent vomiting, violent pains, great desire to go to stool, painful and frequent making of water, and acute fever, which reduced her to such weakness as to endanger her life, yet no signs of miscarriage appeared, and about five months after she was delivered of a healthy child come to the full time. The usual dose of powdered cantharides is half a grain or a grain, and of the tincture from ten drops to a teaspoonful, and in these doses it may be given safely as a medicine in some complaints. This woman, however, took sixty doses at once, and yet she did not miscarry. We may be quite sure, therefore, that cantharides will not produce abortion.

*Salts.*—In some of the manufacturing districts the use of large doses of Epsom or Glauber's salts to procure abortion, is understood to be very common, and this is so much the worse that no danger is apprehended from what is esteemed so safe and so common a purgative as salts. This is a woeful error; for though in the usual doses salts are a safe enough purgative, yet in the enormous quantities used for procuring abortion they become a violent poison, and often endanger or destroy the life of the mother, while the purpose for which they are thus taken is very rarely if ever accomplished. The greater number, indeed, of the drugs employed to produce miscarriage, are violent purgatives; and as their effect can only be secondary, it must be trifling indeed unless the dose be carried so far as to endanger the mother's life.

If salts, says Dr. Beck, are given in very large doses often repeated, and especially in the case of a woman naturally weak, irritable, and enfeebled by disease, there can be no question that miscarriage may be produced, though the death of the mother will be much more certain than the destruction of the child. On a



healthy mother the salts will not tend to produce miscarriage.

To show you how uncertain the use of such means are, we have only to mention that the famous Dr. Rush, when attending pregnant women in yellow fever, gave very large doses of strong purgative medicines often repeated, and not one of them miscarried, not even a woman who had miscarried twice within the two or three years preceding, and might be reckoned disposed to it. This woman bore a healthy child three months after her recovery.

\* \* In our next paper on this subject we shall treat of *savin*, and of repeated blood-letting, as causing abortion.

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#### MR. JACKSON'S RULES FOR TRAINING.

In regulating diet for training, there are two things which require the utmost attention, we mean what food and drink are to be avoided, and what used ; for improper things are more likely to prove injurious, than either the want or the too great quantity of what is proper. The rules are all founded upon the experience of what food tends to weaken, and what to strengthen the body, and what best enables it to bear violent exercise without fatigue. They are not, therefore, like the prohibitions of medical men, founded on fancy, or caprice, or prejudice ; but are practically exemplified in training pugilists and predestrians to a degree of strength and vigour almost beyond conception. In order to put you in full possession of this powerful method of strengthening the body, we shall now mention the sorts of

##### *Food to be avoided in Training.*

After taking your emetic and your purgative, then, as above directed, you must not, during the whole course of your training, touch a bit of new bread. Hot rolls, muffins and crumpits, are particularly bad and weakening ; and hard dumplings, plumb-pudding,



and in short every kind of cake, pudding, and pie, are still worse, and must not, on any account, be tasted if you wish to gain strength, as they fatigue the stomach to digest them, and supply little or no nourishment for its trouble.

Greens, cabbage, cauliflower, spinage, turnip tops, asparagus, green peas, beans, turnips, carrots, parsnips, onions, leeks, lettuce, cresses, radishes, celery, all greens and salads, and in short all vegetables, not even excepting potatoes (unless they are very dry and mealy), are strictly to be avoided during a course of training, as these produce only a weak and watery sort of food. Indeed few of the vegetables which we have now enumerated, contain any thing else besides water, a little sugar, and green indigestible fibres, which become refuse in the bowels.

For a similar reason, trainers are not allowed milk, cream, butter, nor cheese; as these, though useful to children and persons in certain diseases, tend to produce soft flabby flesh, and to increase fatness, which is very justly esteemed, in the ring, a sure mark of weakness and bad wind. No man who is fat is in condition to undertake any great exertion. On the same principle all fat meat is forbid to be eaten, as it contains little nourishment, and besides is windy and bad for the lungs.

Of course it will follow, that if fat meat be thus strictly prohibited, pork in all its forms of bacon, ham, &c., must also be avoided. We also prohibit pig's face, and sucking pig, lamb, veal, fowl, and fish, as too weak a diet for training. Rabbit, hare, and all sorts of game are also to be avoided. Those who are weak or recovering from illness, even though they do not actually go into training, would do well to attend to these prohibitions, and avoid such food as has thus been proved, by long experience, to diminish, rather than add to the strength of the body.

\* \* \* The kinds of food proper for Training in our next.



## NOVEL USE OF BLISTERS. BY MR. HOULTON.

Nothing is more common, when a doctor is non-plussed what to do than to give a *placebo*, that is, any thing likely to please the patient and make him think well of his doctor, such for example, as a brandified tincture of ginger to an old hysteric lady, or coloured honey water, to a love-sick girl. The draught or the mixture is accordingly put in the bill at a high charge, and the patient's purse pays well for the doctor's ignorance. To be called in and do nothing, or confess ignorance, is unknown in the drug trade.

This has been long established; but we had no notion, heretofore, of torturing patients for the purpose of amusing them, till we were informed that this novel practice is followed and recommended by Mr. Houlton, of Grove Place, Lisson Green, who blisters his ague patients, in order, as he says, to engage their attention by the constant pain, and thus to amuse and divert them by medical torture. Mr. Houlton's newly invented blister-amusement is not, we may inform you, the usual way of applying a single blister, and removing and dressing it when it has risen. This would be too trite and common place a matter for a man of genius to adopt. Mr. Houlton's plan is to begin by putting on a small blister between the shoulders, and six hours afterwards another below the first, adding another and another every six hours, till he has the whole back in one continued chain of blisters, frying and broiling the spine from the neck downwards. This he calls, "engaging the attention of the patient;" and we doubt not that it will as successfully do so, as would the executioner's whip if applied smartly to the back of Mr. Houlton himself, supposing him to be sentenced, as a reward for his blistering invention, to receive 500 lashes at a cart's tail. We recommend it to Sir Peter Laurie, to inquire into the legality of Houlton's blister-amusement.



TO PREVENT TIPSYNESSE, WHEN FORCED TO DRINK.

It has long been a custom, in making bargains in certain trades and for certain things, for the buyer and seller to discuss the subject over a glass or a tankard. The custom is a social one, and we can see no harm in it when it is not abused. The abuse of it, besides, is no argument that the thing itself is bad, no more than the abuse of the laws would be any reason why law should be abolished altogether. We should not, therefore, object to a social glass or a friendly pot in the case of striking a bargain, with the exception (be it understood) of all our readers who may be going through a course of training. But though this is our general opinion, we admit that there may be other exceptions. Some individuals, for example, may be very easily tipsified, and a single glass or a pint of beer, (particularly if it be drugged) may take the head, and then farewell to sober bargaining.

Independently of bargaining, also, you may some time or other in your life, fall into company, or be invited to the house of a *good-fellow*, who thinks he cannot show his politeness or his hospitality better than by pressing you hard to drink, plying you with glass after glass, and by almost compelling you if you refuse. Or you may perhaps have drunk no more than what you have been accustomed to without becoming tipsy; but by being suddenly called out into the open air and obliged to walk hard, for some distance, even the smallest quantity of liquor may take your head and tipsify you—a circumstance which it is in most instances better to avoid.

In all such cases, we shall now teach you how you may prevent, at least in a considerable degree, the effects of liquor on the head, and preserve yourself sober when compelled, contrary to your wish, to drink more than shall be good for you. In the first place, then, it is necessary that you have your stomach well lined with solid food before you begin to drink, for as



tipsyness is mainly caused, as we shall show in another paper, by the nerves of the stomach acting on the head. Now if you shield the nerves of the stomach by a good covering of beef and potatoes, or of bread and cheese it will so far prevent the liquor from getting at the nerves, and of course tipsyness will not be so readily produced as when the stomach is empty, and the nerves undefended. The liquor, however, if you take much of it, will soon soak through the thickest paste of beef, or bread and cheese, which you can stow, and will at length, in this way, reach the nerves of the stomach and make you tipsy. In that case, you must deaden the feelings of these nerves by eating a raw onion, or if you dislike that, as many will no doubt do, you must procure at a chemists, and keep in your pocket to be in readiness a small phial of liquor of ammonia, and another of tincture of opium, with which you may make

*TOM BROWN'S Sobering Draught.*

Take fifteen drops of tincture of opium,  
ten drops of liquor of ammonia,  
one glassful of whatever liquor you are drinking.

Mix, and take immediately. To be repeated every two hours while you continue to drink.

We have not seen this tried, and of course can give no opinion upon it; but we shall take it kind in those who do try it, if they inform us of its effects.

\* \* \* Occasional tipsyness, as a remedy for various diseases, shall appear in an early page.

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COUNTERFEIT DISEASES.

You are all interested in detecting imposture, and unmasking knavery, both in the impudent pretenders to cure real disease, and in those who feign diseases while they are well, or work pranks on their bodies, to excite pity. Some are more interested than others in such detections of fraud; but as any one may be liable to be imposed upon by servants, workmen, or



apprentices, or by beggars to extort charity, we shall try to put you up to the tricks devised for counterfeiting diseases.

*Diseases counterfeited.*—The diseases which are most commonly counterfeited are dropsy—pregnancy—incontinence, or suppression of urine—bloody or black urine—gravel—stone—swellings and inflammation—sores and ulcers—deformity—maiming—spitting and vomiting of blood—fever—altered pulse—fainting—convulsions—locked jaw—palsy—apoplexy—madness—blindness—near sightedness—deafness—jaundice—wasting—tympany, &c. All of these we shall occasionally and carefully investigate as we proceed with our work, in order to put it in the power of our readers to discover when diseases have been counterfeited for hope of gain, or to save the party from some unpleasant exposure, or from being set to a disagreeable task. Two instances of such imposture must suffice for the present.

*Counterfeit Cancer.*—You might imagine that it would scarcely be possible to imitate a large cancerous sore, with its loathsome discharge of putrid matter from the deep and ugly holes eaten into the very substance of the flesh. Yet all this has been so well counterfeited in order to extort charity, that surgeons themselves, though familiar with the disorder, have been sometimes taken in. When this can be so dexterously, and (as you shall see) so easily performed, you will be less surprised at impostors being successful in counterfeiting disorders of a minor kind, such as ulcers on the arms or legs, or white swellings of the knee.

*Case.*—It was not many years ago the custom for those afflicted with scrofula, cancer, and other disorders, to present themselves to kings and princes to be cured through virtue of the royal touch. A woman presented herself for this purpose to the late king of France, appearing to have a very large ill-looking cancer of her breast, and so very natural did



it seem, that all the bystanders were deceived, and thinking it a real cancer pitied the poor woman's distress, and were about to contribute something handsome for her in the way of charity. This was precisely what she wanted. M. Pigray, however, shrewdly suspected from her youth and her healthy look, that there was some trick; for cancer, rarely, if ever, comes on in youth, and never without rendering the countenance emaciated, and of a pale leaden hue. He accordingly examined the supposed cancer very narrowly, and soon found that it was nothing more than the spleen of some animal, glued with its smooth side to the breast, and when it was removed the nipple remained healthy, plump, and well formed \*.

*Spitting of Blood.*—This is a very common pretence among those who are anxious to be excused from working, such as apprentices and those who expect to get time to lounge in idleness, or delicacies to please the taste. The trick is performed by pricking or sucking the gums till they bleed, or by keeping a little Armenian bole under the tongue, which will give the spittle the appearance of blood. M. Sauvages, a celebrated French physician, informs us, that a young lady, in order to get away from a convent, had ox-blood brought to her, which she secretly drank, and then vomited in the presence of her physician, and, as he suspected no deceit, he advised her removal. It would be well were no impostures of this sort undertaken for a worse purpose than this.

\* \* \* This extensive subject of counterfeit diseases will be continued.

#### SHOCKING IGNORANCE OF MIDWIFERY.

We advise mothers, as they value their lives and the lives of their infants, never to employ ignorant midwives or apothecaries' apprentices, in whose hands

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\* This case we take from Professor Mahon's *Médecine Légale*, published at Paris, 1811.



*Lignum, the Antiscorbutic Quack.*

many dreadful tragedies occur. We have known one old hag, who called herself a midwife, and was a good deal employed too, actually sit herself down with her great fat breech upon the belly of a woman in labour, in order, as she said, to hasten the process, and this was thought by those who knew no better, to manifest great skill in the art. This, however, bad as it is, is nothing to the shocking cruelties often perpetrated. The following makes us shudder to think of it:—

Mr. Spencer, surgeon of Alfreton, informs us that a woman at Swanwick, was attended by a young man who seems to have been deplorably ignorant of the art which he had begun to profess. As the labour went on, the face of the child presented, but not knowing what to do, he sent for another young man equally ignorant with himself. This pair of novices consulted, and agreed to turn the child; but having got hold of it by the foot they again did not know what to do, though after consulting they agreed to cut it off, which they accordingly did at the knee joint! The child, thus maimed by the two butchering apothecaries, was afterwards easily delivered.—These cases ought to be a warning to all, not to intrust improper persons in so important a business.

*LIGNUM, THE ANTI-SCORBUTIC QUACK.*

The success of the late Dr. Solomon, the manufacturer of Balm of Gilead, in Jewing the public, and gaining a princely fortune, produced a number of imitators, among whom the most notorious is old Lignum and his Anti-scorbutic drops. Lignum was a hawking pedlar, who sold small wares about the villages in Westmorland, Lancashire, and the West Riding. His original name was Wood; but as he had run a score at Sheffield and other places for his wares, and was either unable or unwilling to pay the same, he thought it better to conceal himself by changing his name, than foolishly declaring himself bankrupt,



like Dr. Eady, the tape-man. His quacking scheme was conceived when walking pensively with his miserable basket in front of Gilead House, at Liverpool, and moralizing on the difference between himself and Dr. Solomon in point of wealth.

Wood lost not a moment in putting his plan in operation. He sold off his wares that very night at what they would bring, and in their place filled his travelling basket with drugs for all diseases, curable and incurable, and changing his name to Lignum (which he was told is Latin for *wood*), he commenced his trade of quacking by advertising his stuff in person. He soon found that quacking was a much better trade than hawking, and he was soon able to take lodgings, and to sport a few bills and a few advertisements in the newspapers. These brought in guinea after guinea, from the gulls, till Lignum, *alias* Wood, found himself first comfortable and then rich.

Of late years Lignum has relaxed in his exertions of puffing; but whether he finds he has now enough to support him in his old age, or whether he finds the anti-scorbutic drops yielding in fashion to the new humbug of Whitlaw's American extracts, Jordan's Rakasiri, and other impositions—we cannot tell. We may inform our readers that Lignum's drops, like Velno's syrup, Solomon's anti-impetigines, Spilsbury's anti-scorbutic drops, Ward's white drops, and Gowland's lotion, are composed chiefly of that violent and dangerous poison corrosive sublimate, a single grain of which is more than can with safety be given by the regular physician.

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#### THE SURREY QUACKS.

We think that even Mr. Briscoe, with all his horror for the tread-mill (though the love of fame is evidently uppermost with the man) will not object to have the following fellows sent to Brixton, to abide their due deserts for drugging and poisoning the public. Surrey, indeed, is the quack's paradise; for,



with the exception of a few about Soho, and some miserable creatures in the vicinity of Wapping and Spitalfields, the main body have their head-quarters in and about Blackfriar's-Road and the Obelisk. Here it was that Harlequin Daniels, the Jew, assumed the name of A. Cooper, Monro, and Co., and inviegled the lieges to his den of plunder—an imitation of which has lately commenced by the name of the "Army Medical Board," under the auspices of a Grub-street hack author. Here it is that *Dr. M'Donald*, an old ignorant sailor, has shifted his tragical baths from Woolwich, and deals out daily, his suffocating vapour, and his health-destroying trash. Here it is that Jordan, another Jew, manufactures gin into what he calls Rakasiri, at 11s. per pint, by a little rosemary oil to conceal the fraud; and here it is that he hires scoundrels to swear to lying stories, of cures, before the Lord Mayor. Here it is, in sweet Surrey, that Sir Cancer Aldis paces about, on his Rosinante, with his broad-brimmed hat, to make you believe he is a sedate honest quaker; and he applies his arsenic plaster to those whom he gulls, with as much cold bloodedness, as if it were a bit of satin velvet. Here it is that *Dr. Eady* has recently opened a new shop to prop his falling concern in Dean-street, Soho. And hither all the fraternity of quacks, from Brodum, down to the present day, bend their steps, when they are desirous of cutting a dash in the humbug line.

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#### DISEASES OF COTTON SPINNERS.

In pursuing our design of embracing the peculiar diseases of the working classes, we shall here mention a species of disease to which the operatives employed in cotton factories are much subject. We have already stated, at page 11, that deafness is very often caused by the dust and particles of cotton getting into the ears and forming a hard mass with the wax. The deafness thus begun is also increased by the incessant noise of the machinery keeping the nerves of the ear



at an unnatural stretch of tone. This, however, though a very troublesome complaint, is trifling when compared with the dangerous disorders often caused by the particles of cotton taken in with the breath.

The air, loaded with this cotton dust, passes, in breathing, into the throat and the lungs, and combining with the spittle and the moisture of the throat, as we have seen it does with the wax of the ear, it forms a cake or paste, which lines and sticks to the inside of the throat, the windpipe, and the lungs, and tickles and irritates them, while the sufferer endeavours in vain to cough up the firmly adhering paste. The consequence is, at first, a constant hacking dry cough, for the most part accompanied with hoarseness, from the above mentioned cottony paste covering and obstructing the organs of voice. Wheezing is also frequent in such cases, and the termination, unless something be done, is usually either a confirmed asthma, or an incurable and fatal consumption.

We have known the dust of cotton getting into the nose produce that very troublesome, and almost incurable disease, a polypus, or as it may well be called, a soft growing cancer. The usual remedy, when this disease occurs, is wrenching the polypus out, which can only be done by a surgeon. If this painful and butchering operation be objected to, you may try

*DR. MAYER'S New Remedy for Polypus.*

Take an ounce of the herb marum,  
half an ounce of white hellebore.

Reduce both to a fine powder, and use of it about five or six pinches a-day, as snuff. If it be found too strong, you can weaken it with common snuff. It should cause the nose to bleed largely.

Dr. Mayer, of Copenhagen, by this means cured a man of a polypus of the nose, which he had had from the age of 15, and which had baffled the most eminent surgeons in Germany, Italy, and France, to cure. As polypus, however, is far from being a common disorder, we must attend more particularly to the diseases of the chest, produced by the dust from cotton.



Whenever then a tickling cough, or hoarseness is felt, in such cases, you may be certain it is the paste above described, which is the cause of it, and it is sure to produce more or less inflammation, if you do not take care to have it speedily removed. We must, therefore, tell you how to prevent the danger of a threatening consumption or asthma, by removing this pasty lining of the throat and lungs. This is best done by first taking the

*Expectorant Pills for Coughs.*

Take six grains of ipecacuanha in powder,  
twelve grains of myrrh,  
thirty grains of nitrate of potass.

Mix, and divide into one dozen pills, of which three are to be taken every four hours, to loosen the cough.

When the pills have rendered the cough more free, and when you can bring up some of the phlegm, you may consider that you have got a good way towards the removal of the cause. But in order to expel it thoroughly, it will be necessary to take at least one dose of the

*Emetic Powder for Consumption.*

Take twenty grains of ipecacuanha in powder,  
one grain of tartar emetic.

Mix, and take in a little honey or treacle, and drink warmish camomile tea during the operation of it.

We hope that this treatment, joined to abstinence from fish, butcher meat, and strong liquors, and with carefully bathing the feet in warm water every night, will remove these troublesome complaints at their commencement. If the disease has gone farther, as it often does, aggravated as it is by the confinement, and the unwholesome steam heat of cotton factories, you must take necessary measures to ward off the attack of a confirmed consumption, as we shall afterwards direct you.—This subject will be continued.

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INDIGESTION.

Your men of mystery, who are ever ready to dis-

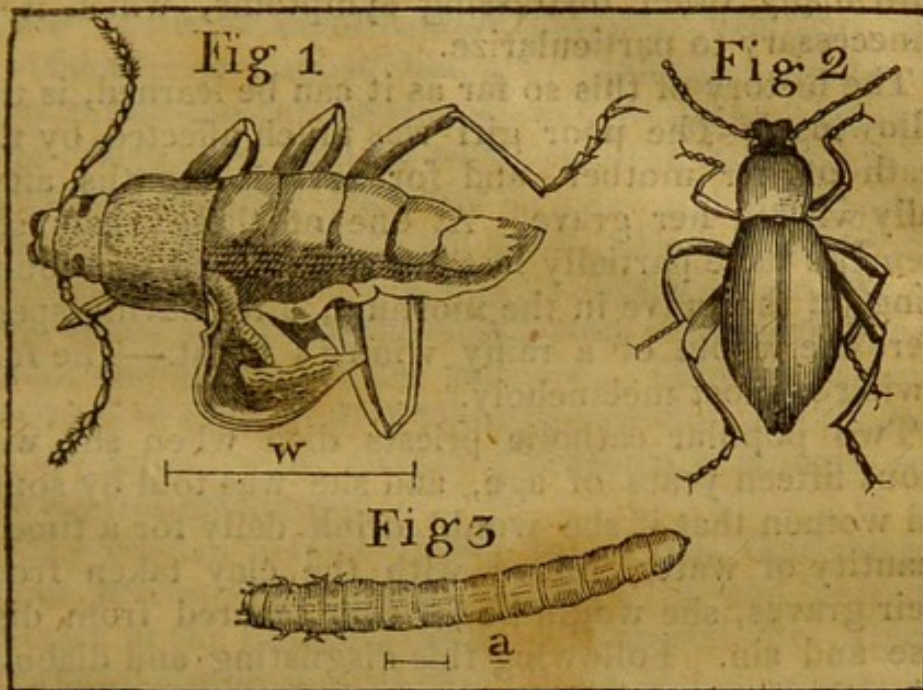


play their trashy and trumpery learning, by jabbering outlandish words, have agreed to call "Indigestion" by the name of *Dyspepsia*, in order to make fools stare at the word, and think that the fellows who use it are men of great skill. As we heartily despise all such nonsense, more particularly when it is used, as it commonly is, as a cloak to conceal ignorance, we shall take the liberty of unveiling the mystery, and tell you plainly that this humbug word, *dyspepsia*, is barbarous Greek, for "difficult digestion." Now we should be glad to know what end is served by using such a word, except it be to blind people with the shew of a bastard kind of learning. We will be bound to prove, indeed, that not one apothecary in a thousand, who uses this trumpery word could tell whether it is Greek or Hebrew, much less understand any thing of its meaning, or of its component parts. Having thus kicked those shallow-pated humbugging fellows out of our way, we shall now endeavour to give you some plain remarks on the very common and troublesome complaint of indigestion, which is usually bad enough in all conscience for the poor patient, without needing any mysterious alarm from a Greek word.

*Dangers of Indigestion.*

The symptoms produced by indigestion are almost infinite, varying according to the cause which produced them, so as to put on the appearance of many diseases, often opposite in character. One of the most singular and most important facts connected with it is, that indigestion frequently gives rise to serious diseases of the liver, the lungs, the head, the heart, and the kidneys; but strange to say, as soon as these second diseases are established, the first complaint, namely indigestion, disappears. We say that this is of great importance, for the first hints of indigestion are seldom thought much about, and unless you keep a sharp look-out, you may be in for consumption, apoplexy, or inflammation of the liver, before you are aware of the approaching danger.—This subject will be continued.





CASE OF A WOMAN WHO VOMITED UPWARDS OF 700  
LIVE BEETLES, &c. By W. PICKELLS, M.B. of Cork.

This is clearly no counterfeit affair, but a very distressing and lamentable consequence, so far as we can discover, of the infatuation of Catholic superstition, so prevalent in the sister kingdom. We hope the day will come when Ireland will be reformed, and freed from the thralldom of impostor priests and the tyranny of lordling protestants, who now make her their alternate prey. But to the case so minutely detailed by Dr. Pickells in the Transactions of King and Queen's College of Physicians Dublin, just published.

Mary Riordan, aged 28, much subject to religious melancholy, has, for several years, been discharging by vomiting, and by stool, immense numbers of living insects of different sorts, particularly beetles, and caterpillars, or *larvae*, such as are represented in the preceding plate. She often discharges blood also, and is subject to fits resembling epilepsy or falling sickness. She has also been afflicted with fever, dropsical swelling, retention of urine, and urinous vomiting,



with many other distressing symptoms, which it is unnecessary to particularize.

The history of this so far as it can be learned, is the following:—The poor girl was much affected by the death of her mother, and for several months after daily visited her grave. At one of these visits she seems to have partially lost her senses, and was found lying on the grave in the morning, after having spent there the whole of a rainy winter's night.—The following is most melancholy.

Two popular catholic priests died when she was about fifteen years of age, and she was told by some old women that if she would drink daily for a time a quantity of water, mixed with the clay taken from their graves, she would be for ever secured from disease and sin. Following this disgusting and diabolical catholic prescription, she took from time to time large quantities of this church-yard draught.

When she began to have burning pain of the stomach, with vomiting of blood, she was in the daily habit of eating large lumps of chalk, till the quantity she consumed became enormous, and when her father and brother refused to let her have it of them, she spent what money she could get in purchasing chalk secretly, which she softened in milk before she used it.

Now, whether the beetles or their eggs have been swallowed in any or in all of these circumstances is not clear; but it is by far the most probable that the eggs were swallowed in the clay water, the particular sort of beetle of which she discharged the greatest number, being frequent in church yards. The beetles vomited were in all stages of their progress, from the caterpillar, Fig. 3, to the full grown beetle, Fig. 2, and even in intermediate stages, as in Fig. 1, where the wing is not fully disengaged. Both this and Fig. 3 are magnified, the lines, a, and w, showing the natural size. The beetles when discharged were so lively that some flew away, and others escaped into chinks in the floor.



Mr. Clear, a naturalist of Cork, has kept some of them alive for twelve months after they were vomited.

What proves most distinctly that there is no deception on the part of the woman is, that she has always been most anxious to conceal the fact, and it was only by accident that the medical gentlemen, Drs. Pickells, Herrick, and Thomson, discovered the circumstance. It does not appear, besides, that she has ever made any use of the circumstance to extort money, or for any other sinister purpose. They were never discharged except after taking an emetic, and the medical gentlemen, by attending personally, actually saw the beetles discharged.

The woman is further in so bad health, that she has about fifteen times been subjected to the extreme unction of the Catholics as the last mortal rite. Under all these circumstances we cannot but consider the history as quite authentic, coming as it does from gentlemen of known and highly respected character, and appearing under the authority of the College of Physicians. If we had been able to detect in the narrative any motive for imposture we should have rejected it; but we confess that it seems to us true and satisfactory.

It ought to render us active in destroying the beetles which so commonly infest our houses, lest their eggs get into our food and be swallowed and propagated in the stomach, as in this case, they evidently have done. We shall be glad to be informed of the means of destroying them.

The woman still continued to discharge the live caterpillars of beetles on December 28th, the date of Dr. Pickells' last letter on the subject.

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#### BILIOUS HEADACHE.

You cannot possibly escape a severe attack of bilious headache, if you indulge beyond due measure—mark we say *due* measure—in eating, drinking, smoking, or other sensual indulgences, for all these have



an immediate effect on the liver, where the bile is formed, by sending to it a deluge of blood from all parts of the body. Now the office of the liver being to separate bile from the blood, as you would separate whey from curds, by throwing them on a sieve or a cullender—the instant the deluge of blood is driven to the liver by the weight of the beef, pork, or potatoes in your stomach, or by the strength of your porter, your gin, or your tobacco—the liver drains off a gush of bile, which falls right into the bowels. Then there is nothing for you but twitching and gripping and twisting of the bowels—trying to get out of the way of the bile, which is as disagreeable to them as crab-juice or wormwood is to the mouth, and the stomach heaving like an earthquake to throw off the rascally load.

Then you have the nerves which come from the head to the stomach, liver, and bowels, (as you will see by our plate,) fretted and worried by the same load of bile, and sending the pain along the twigs of the nerves, which all meet in the central mass of the brain, till the junction of all the little pains forms one very severe pain, and the headache is confirmed and intolerable. You may call this *sick* headache if you will, but we call it *bilious* headache, and shall show you in another place that sick headache is as different from this, as cancer is different from scrofula, in as far as the cause is concerned, though it is of little consequence to the feelings of the poor sufferer, who has his torment all the same. But before we proceed, we must dissect for you the common

*Medical Slang about the Bile.*

The apothecaries are proper fellows for throwing dust in your eyes, on such occasions, with their mysterious nonsense, and will talk to you with solemn looks and upturned eyes, of *hepatic* derangement, obstructions of the *choledoch* duct, gorged *duodenum*, *icteric* symptoms, *cystic* accumulations, and we know not what other outlandish, and nonsensical gabblement. We,



therefore, give you this one plain mark to know a medical blockhead by—— it is the genuine mark of the beast—the sure brand of ignorance and imposition—the humbug of mystery—the mask of the robber, assumed for the purpose of picking your pocket, by hocus pocus and slight of hand—the conjurer's art of drugging your ears with jabber, and your stomach with abominable draughts.

Our mark of a true medical blockhead then, is, that he talks a language which no man knoweth, not even his own dear self, who slangs it “trippingly on the tongue.” If you ask him what he means, he answers you with a shrug, it would require you years of study to learn the *technicalities*. This is another barbarous Greek word, which has of late been bandied about in all sorts of books, and which, (if it mean any thing at all,) seems to us to mean the Slough of Despond. The moment you see this word in a book, then you may be certain the author has got into the Slough of Despond, and does not know what he is talking about. Now we shall try to give you a little plain sense on the subject; as the dose we have just given to the drugmen of Babel, or rather babble, if you please, will insure us, we think, from their interruption.

*Remedies for Bilious Headache.*

When you have got your stomach and bowels deluged with bile, in the manner we have just described, the first thing you must do to remove your headache is to get rid of the bile which has caused it by its attacks on the twigs and branches of the nerves. There are four ways of managing this. You may, for instance, try the stomach pump, but as every body cannot afford to give two guineas and a half to Mr. Read, nor to pay Mr. Jukes a pumping fee for every time a little bile gets into the stomach, and as the pump cannot reach the bile in the bowels, though that is the worst for producing headache, we should recommend in place of this, the first dose given in Training, as at page 41. This should be done at night, and the feet bathed in warm



water. If the headache still continues on the following morning, we should recommend the

*Aperient for Bilious Headaches.*

Dissolve one ounce of Rochelle salts in  
a wine glassful of senna tea, and add  
twelve grains of subcarbonate of potass.

Mix, and take an hour before breakfast.

This treatment will usually do for a sudden fit of bilious headache; but if you are subject to the complaint, then you must go for a month into Training, or if that is inconvenient, you may try a course of the pills, page 10, or the following

*Alterative Pills.*

Take twenty grains of blue pill,  
twenty grains of extract of Taraxacum,  
twenty grains of compound aloetic pill.

Make into a mass, and divide into twelve pills. One or two pills every night, and occasionally the aperient next morning.

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ECONOMICAL COFFEE-MAKING.

If you have ever seen a pot of coffee boiling over a strong fire, you may recollect what a fine flavour was sent all over the house, most delightful to the smell, and giving "note of grateful preparation" to every eye and palate, which prefer its rich brown colour to the thin watery appearance of green tea. How woe-ful then must the disappointment be, after all this anticipated enjoyment of a delicious treat, when you find the coffee in your cup, brown enough, indeed, and thick enough—but tasteless, mawkish, and weak; the flavour and the spirit all gone, and nothing remaining of the real stuff, save the shadow, which mocks the lip and the palate with "unreal seeming"—a flat, flavourless, "baseless fabric of a vision,"—the very corpse of a cup of good coffee.

The coffee, however, is not to blame, if you spoil it in the making; and the best coffee that ever grew in Arabia will be totally spoiled, if you are barbarous



enough to boil it. Common sense, indeed, if you will think a moment, will tell you, that the fine flavour floating in the air all over the house must have come from the coffee, and you could not have the conscience to expect this flavour both in the air and in your cup at the same time. In one word, the best parts of the coffee, namely, its fine strong flavour, are so spiritual and airy, that boiling drives them off instantly, and what remains in the pot is the mere dregs and refuse, heavy, earthy, and thick, and fit only to be thrown to the pigs.

We ask you not to take this on trust—we have no wish to set up our authority in opposition to facts. Try it, and learn wisdom by experiment and experience. It would be better, indeed, to give your hard-earned pence to the poor, than thus to waste them on the thankless air, by filling it with all the strongest and best parts of your coffee, and leaving only “the ghost of vanished sweets” for your own use.

But if we are not to boil our coffee because it wastes all the best of it, “what,” you will ask, “are we to do?” You recollect that the doctor who was asked a similar question, replied, “take advice.” So say we. Be advised by us, and you shall have excellent coffee at least for less than one half the expense of those who foolishly boil it. In the first place then, you must buy a Rumford coffee-pot with drainers in it, and if you cannot afford five, six, or seven shillings for this, you must give up the idea of coffee till you can; for it cannot be made either good or cheap without. You will lose more money, indeed, in a few weeks by boiling your coffee, and wasting it on the air, than would buy you such a pot, which would last you ten years or more. Your coffee is to be put into the lowest drainer, boiling water poured over it, and as soon as it has run through it is ready. If you do this rightly, it ought to be as clear and high coloured as brandy, and of a fine strong flavour.

Recollect, we do not say coffee is a cheap article;



for manage it as you will, it must, if you make it good, be much dearer than tea. If you use roasted corn, it is to be made the same way. Never boil it if you wish to have it fine. Of course, you will take care not to poison yourselves with the damaged stuff often sold by every one of the corn-roasters. A description of this poison you will find above, at page 13. We shall now give you some particulars.

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#### ROASTED CORN AND RYE-POISON.

The interested venders of roasted corn have, one and all, accused us of exaggeration in our former account, though, on the contrary, we kept much under the mark, and could have added extensively to what we there said. Rye is but sparingly cultivated in Britain, and of course most of what is used is imported from abroad; yet do our canting fellows, whose business is falsehood, hypocrisy, and money-making, tell us that their roasted corn is all of British growth. We shall give you the history of an attempt to cultivate rye extensively at home.

Rye grows best on a light, sandy, or gravelly soil, which is not favourable either to potatoes or wheat. The late Mr. Anderson, of Fermoy, in Ireland, who was a zealous improver, thought that on this account it would be advantageous to introduce rye on a large track of land of this sort, near Fermoy. Some hundred acres were accordingly sown with rye, and the peasants had rye-bread instead of potatoes to eat with their butter-milk. Unhappily for them, poor creatures, the rye, as so often happens, was infected with the ergot, the poisonous effects of which were soon extensively felt. In addition to the symptoms before mentioned, the people at Fermoy who used the rye-bread, had their legs and bellies become swelled and dropsical, and were reduced to a most alarming state of disease.

Since the publication of our former paper on the



poison in roasted corn, we have received accounts of several people who have been affected by its use with all the symptoms produced by the poison, such as severe griping and alarming attacks of bile, headache, burning at the stomach; while others, who had fortunately taken a smaller quantity, escaped with a fit of languor, weariness, and unwillingness to move, accompanied with sour belchings and disordered bowels, which continued for several days.

In answer to several inquiries, we have to mention, that the roasting does not destroy the virulence of the poison; though, by what Hunt calls his peculiar method, it takes away a great part of the nourishment and flavour of the grain. We are glad to see that Hunt will make nothing of his fourpenny scheme, as others now sell as good roasted corn as his for three-pence halfpenny per pound.

\* \* \* Rye-poison in Gin and Whiskey, in our next.

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OCCASIONAL TIPSYNNESS, A REMEDY FOR CERTAIN DISEASES.

We well recollect while we were attending the hospitals during our studentship, that one of the visiting doctors who was a bit of a wag, after examining a patient, turned to his clerk, with a grave face, and bid him write "Recipe—a bowl of rum punch." The patient was a poor man who had no discoverable disease except weakness, and the doctor thought, and thought wisely, that a comfortable drop of punch might rouse the dying powers of life, and set the man a-jogging again. The recipe was more successful than could have been anticipated; it put some life, for a time, into the feeble and emaciated limbs of the patient, spurred up his languid stomach to digest a slice of beef steak, and the poor fellow actually got round from a very hopeless-like state to comparative health.

The remedy is as ancient as the times of the old



Greeks and Romans. Celsus, the most esteemed medical writer of Rome, says that occasional tipsyness is useful even to persons in health as a preventive of disease; and a similar opinion has been held by the most eminent of his disciples. In fact, it is nothing more than a strong stimulus applied to the stomach, and, by means of the nerves of the stomach to all parts of the body. The result in most cases will either be advantage or injury.

If there is any tendency to inflammation or to gout, rheumatism, palsy, or apoplexy, nothing will be so certain to bring on these as getting tipsy. The only exception to this, is at the commencement of a cold, which though it be confessedly inflammatory can often be cured by a good dose of punch or spirits. You must understand, however, that this can only succeed at the very beginning of a cold, for if you allow it to run on for a week or more—drinking strong liquors will only tend to aggravate the disease, and may possibly enough land you in consumption, or inflammation of the lungs. The time to cure your cold by strong drink, is the first day you perceive it. In such a case, you need not be afraid of an extra glass; as the sooner it takes your head, it will carry off your cold the sooner, first by the kidneys, and then by the skin; for cold you know is caused by the suppression of perspiration, and when the strong liquor opens a way for the obstructed moisture, the disease is consequently cured.

There are many other diseases, and particularly alarming and hopeless cases of mortification, which we have ourselves actually seen completely cured by wine or punch, given so as to keep the patient constantly tipsy; but as this is a subject of great interest, and little known, even among the doctors, we shall reserve the details for a future page. We shall then give the history of some of these cases, as an example of the principle.



**COUNTER-DRUGGING AND MEDICAL JOBBERY.**

Quacking is not confined to self-called and self-dubbed doctors in medicine, such as Cameron, Eady, Jordan, Lamert, or M'Donald of the Tragical Baths. You will find quackery—shameless and disgraceful quackery in almost every drug-shop, whether the proprietor choose to call himself a chemist or an apothecary. As this growing abuse has not hitherto been unmasked and exposed, as it should have been by that portion of the press which pretends to open the eyes of the public, but often, as we know, is either bribed to silence, or even to the actual puffing of knavish and extortionable articles—we shall forthwith endeavour to do justice to the subject and to our readers.

We therefore denounce all those chemists, druggists, or apothecaries as undoubted quacks, who aid and abet the sale of secret or patent medicines, whether these be their own manufacture or the preparations of others. Unblushing money-making fellows they must be who sell such humbug articles of imposition as Tonic and Digestive wine, Velno's syrup, Gowland's lotion, Balm of Gilead, Kalydor, Anti-scorbutic drops, Infants balm, Absorbent lozenges, Anodyne necklaces, Life pills, Specifics for gout, Worm cakes, Godfrey's cordial, and a thousand other things of the same kind at extortionable prices, and to the imminent hazard of the health and lives of the buyers. If honest John Bull will dose himself, in the name of common sense, let him keep to known medicines, and not give up his stomach to be a warehouse for quack poisons. This evil, however, great as it proves to be, is nothing when compared with the regular quackery of the drug shop counter.

The case is this. You have some slight ailment which you think the apothecary can remedy, and you attend him at his counter. "Another fish in the net," whispers the shop boy to his master, who immediately sets about studying the best way of fishing money out



of your pocket. He accordingly recommends for your complaint whatever will bring him most money, whether it be a box of ointment or a box of pills, a draught, a blister, or a phial of drops. An upright conscientious man would, in nine cases out of ten, prescribe some particular diet, clothing, or exercise, and the drugs would be the last thing to come into his mind, as they are always first and only in the thoughts of the drug-dealer. We say without fear or without hesitation, that such a practice is discreditable and dishonourable, and those who cannot earn their living otherwise well deserve to starve. The honourable members of the profession despise and lament it; but it has lately prevailed so widely, that it has almost ceased to bring disgrace to the parties.

A still worse case is that of the physicians who league with apothecaries to prescribe draughts by the quart and the gallon, so that you have not only the physician to fee, but you have a whole shopful of draughts to pay for besides; if you swallow them (though few patients are fools enough to do this) you will infallibly derange your stomach and make another job of pocket picking for this pair of blood-hounds, the humbug physician and his job apothecary, who always hunt in company.

If the physician gives gratis advice, you may be almost certain he is in confederacy with some apothecary, who allows him part payment upon all drugs and prescriptions for which he thus procures customers. These abuses, and many more, are so notoriously known to every body, that we wonder they have not, ere now, been taken public notice of, and put down, either by general acclamation, or by the law of the land. We shall try what we can do.

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#### PROPOSAL FOR PUTTING DOWN THE DRUG-SYSTEM BY LAW.

Let every man live by his business; but let that



business be fair, honourable, and upright, in principle and practice. Now we say it is neither fair, honourable nor upright, in an apothecary to stuff as many drugs as he can into the stomach of his patients. In midwifery cases, for example, nothing can be more injurious, generally speaking, than drugging either the mother or the child; yet it is the well known order of the day, at least in London, for the man-midwife to make more by his drugs than by his fee for the delivery. We know one case where both the mother and child did well from the first; yet the scoundrel doctor sent in, during the month, no less than 100 draughts and powders. To conceal the humbug, he pretended that he had no advantage in the sale of the medicines, which were merely made up from his prescriptions at a neighbouring shop. This shop, however, was secretly his own, and the pretended proprietor of it his hired shopman. This drugging knave boasts that he is now making £1500 a year by his iniquitous proceedings, and chiefly among the middling and working classes.

The flagrant nature of such infernal work going on in the bosoms of our families, ought, we think, to rouse every man to come forward and help to purge the country of this drug plague. The best means, perhaps, of accomplishing this would be by public meetings to represent the national grievance to the attention of parliament. There never was a more favourable opportunity for such a measure; as the members seem not to be overburdened with business in either house. The stamp act which protects the sale of quack medicines, the apothecaries act, and the charters of the medical colleges which legalize a nefarious monopoly, ought to be abolished or reformed; and that they may be so, it is requisite that a spirited public representation be made of the extensive evils produced by them upon almost every individual in the empire, calling loudly upon all to raise their voices against them.



We are quite convinced that our two popular—and deservedly popular ministers, Mr. Canning and Mr. Robinson, would at once agree to any rational proposal coming from the people, the object of which might be to abolish medical humbug, the iniquitous drug-jobbing of apothecaries, and the poisonous stamp-protected trash of quacks. We hesitate not to say, indeed, that more of his majesty's subjects are annually murdered under the auspices of the stamp act, and the imposing look of the royal arms on the quack bills, than were ever destroyed by typhus, small-pox, or consumption. Yet parliament would not hesitate to vote away thousands of the public money, for the abolition or amelioration of these diseases, though it legalizes, with monstrous inconsistency, the patent act, the stamp act, and the apothecaries' act, which do more diabolical mischief than the plague itself ever produced. We pledge ourselves to keep this subject steadily before the public, till the overthrow of drugging and quackery is completed, by the revision of the existing laws which establish and protect them.

#### MR. JACKSON'S RULES FOR TRAINING.

We have now got you in the fair way for acquiring strength by nourishing diet; for you have by the "previous question," page 41, got your stomach and bowels clear and comfortable—free from all the corrupted refuse of your former food—and eager to begin to manufacture your beef steaks and ale into strong rich blood, for the supply of vigour to your nerves, firmness to your flesh, hardness to your bones, and, above all, endurance to your lungs, or in other words, a good wind. Before you stir another step in this affair, you must study the list of prohibited food at page 60, till you have it as pat as A, B, C; for a single slip in any of these important rules will ruin all, and leave you precisely where you were at your outset—



feeble in body, funk'd in spirit, and unable to walk five miles an hour without puffing and blowing like a broken winded horse. To keep you no longer in suspense, we proceed to the

*Directions for Strengthening Diet.*

The articles which are found most powerful by trainers in contributing strength and vigour to the body, are beef steaks and mutton chops, all the fat being carefully removed. It is to be observed that the lean of fat meat is always to be preferred to that of lean meat, as being more tender, juicy, and easily digested, and consequently affording a more abundant supply of strong rich blood. The only variety ever allowed, is occasionally, but not often, the sinewy leg of a fowl. The beef is also better for strengthening than the mutton, and ought, therefore, to be used in the proportion of two to one.

You should be very careful in choosing your eat. If it be too old, it will be tough and hard to digest. If it be too young, it has too much jelly in it to be sufficiently nourishing. Both bull and cow beef are to be rejected, if you can get prime young ox-beef; and you ought only to use wether mutton. Lamb and veal are only fit for milksops and boarding-school misses.

Half the good things of this life are destroyed by villainous cookery.—Meat is usually done to rags, burnt to a cinder, or highly seasoned—to please the palate indeed, but to the utter ruin of digestion. In training, we only allow of two sorts of cookery, broiling, and roasting. Boiling, or stewing, are considered to be only fit for pumping the nourishing juices out of the meat into the water; and frying is still worse, for it not only pumps out the rich juices, but fills up their place with oil, butter, or melted grease, always most injurious to digestion and to strength. Your beef, and your mutton therefore, must only be cooked on the gridiron, or roasted, and that very slightly, for if it is much done it will be spoiled for the purposes of



training. We do not say it should be absolutely raw, or merely warmed, but it ought to look fresh and red when cut into.

The only vegetable food which is considered proper, is biscuit and stale bread. We do not, however, see that there could be any objection to the occasional use of boiled rice or plain unseasoned rice pudding, without eggs or butter, eaten to the meat as is the custom in India. We mention this for the sake of variety, as persons under training usually complain of the tiresome sameness of their fare.

\* \* \* Our next article on Training, will contain the subjects of drink and liquid food.

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#### DANGER OF TONICS IN INDIGESTION.

The dangers which we have pointed out to you, page 72, as incident to indigestion, will at once open your eyes to the shallowness of symptom-hunting apothecaries, who attack the symptom only, whatever it be, but are too ignorant to be able to discover that the root of your disease is in the stomach, where alone it can be properly attacked and completely mastered. We owe the exposure of all the nonsense about the weakness of the nerves, which was a century ago in fashion, to the philosophical penetration of Abernethy. It is now quite exploded and laughed out of all good society, and nobody at present above the rank of a village Caleb Quotem, or his shop-boy, ever dreams of a weakness of the nerves causing indigestion. The very contrary is the fact, as Mr. Abernethy proves, namely, that indigestion causes a weakness of the nerves.

There is then produced of course, the secondary symptoms of headache, wandering pains, weakness, bilious complaints, disorders of the heart, cough, restlessness, low spirits, drowsiness, and an infinity of others ; but all taking their origin from food lying undigested and corrupted in the stomach and bowels,



and consequently not supplying the nerves with their proper nourishment of pure fresh blood. Our training rules will teach you a much plainer lesson on this subject, than the doctors, who give their opinions and their advice upon absurd theory, and are too obstinate to be taught by experience.

Eat nourishing and digestible food, and take proper exercise in the open air, and we venture to say that you will soon get rid of your indigestion without drugs or quack tonics, that is, if you have not already drugged your stomach till it is incurable, or swallowed tonics till the tone of the nerves is utterly destroyed. The truth is, the nerves in indigestion, are much in the same predicament as a starved and jaded horse. They have been starved by not being supplied from the stomach with proper nourishment, and jaded by being spurred on when they were unable to do their usual task of moving the members of the body. Now, mark you, if you spur on the nerves thus wearied and exhausted with tonics and cordials, which are all neither more nor less than brandy or gin, with something to flavour or colour them—you can only expect that they will make temporary efforts beyond their strength and must be ultimately ruined. Hundreds of miserable patients have thus been prematurely hurried to their graves by Tonic Drops, Nervous Cordials, Balms, Balsams, and other villainous trash. The great deception is, that such medicines by spurring up the nerves for a few days, weeks, or months, make the deluded patient think he is the better for the medicine, though it is all the while hurrying him into the jaws of death, and spurring on his nerves beyond their ability. Beware—O beware, as you value your lives, of the villainy which lurks under the quacking word Tonic. Genuine tonics, (we deny it not) are often useful, in many diseases, but no secret and quack medicines falsely called so.

In all cases of Indigestion, as the disease is clearly in the stomach, the first thing to be done is to com-



mence as in training, page 41, with sweeping away all the corrupted refuse of undigested food, and then to follow the training diet as closely as possible, drinking nothing but mild ale, which is the only safe and substantial tonic, in the quantity of a pint or a quart a day. Good tea or coffee, if not drunk too hot, or in too great quantity, is much better than chocolate, which is heavy, greasy, and most injurious to a weak stomach, consequently worse for the nerves than tea. A chop or steak for lunch when sinking and exhaustion is felt, with a glass of good ale or port wine, often does wonders. Above all, recollect to keep the bowels open and easy, by means of Sir A. Cooper's restorative pills, page 6, or the strengthening pills, page 10. If costiveness be troublesome, however, and you cannot keep it under in this way, you may try the

*Supper Pills.*

Take thirty grains of socotrine aloes,  
ten grains of conserve of roses,  
ten grains of gum mastiche,

A sufficient quantity of syrup of wormwood.

Beat into a paste and divide into one dozen pills, one to be occasionally taken two hours before supper.

We shall, in a future page, give you farther directions how to complete the cure of Indigestion.

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**TOBACCO PROVED TO PROMOTE HEALTH.**

It is no use to deny it, and it is much better, we think, to confess at once, that we like a whiff of prime Virginia to relish our evening glass of ale, or our pot of brown stout, and Henry Earle may go to Davy Jones if he will, with his blarney about cancers, and "all that sort of thing." (See page 32.) We affirm, and let who dares contradict us, that tobacco is an excellent balsam for a fatigued body, as well as for a disturbed mind or low spirits. We have known it also produce most wonderful cures by its power over the nerves and the blood; and though we will not say that it is not,



and may not be abused, (what good thing is not ?) yet we are sure it does much more good than harm, and particularly in the way of brisking up the spirits and giving strength to the limbs, when nothing else that is yet known, not even brandy, can produce equal effects.

We shall let you into a secret upon this subject, which is kept carefully among the doctors for promoting their own money-making craft. You know already, from what we have proved to you respecting the good effects of tea, page 11, that the doctors who have raised a clamour and a prejudice against tea, alleging it to be the main cause of all the nervous and other diseases which prevail—only do so to favour their own scheme of drugging and cash-fingering. They well know that if people would take universally to tea and tobacco, and give up drugging, like old Mary Noble, of Penrith, they might expect, like her, to live healthy and well, above 100 years. (see page 12.) But the doctors are deep, cunning fellows. They swear, and you believe them, that tea and tobacco injure the nerves, and that the only remedy is a course of their draughts, pills, or powders; though, if you were in the secret, it is the drugs, and not the tea and tobacco that undermines your health, and shortens your days. To shew you that we are not singular in our opinions respecting tobacco, we shall let you hear what old Burton says of it in his work called the *Anatomie of Melancholie*:—

“Tobacco! divine, rare, super-excellent tobacco, which goes farre beyond all their panaceas, potable gold, and philosopher's stones, as a soveraigne remedie in all diseases. A good vomit, I confesse, a virtuous herbe, if it be well qualified, opportunielie taken, and medicinallie used; but as it is commonlie used by men, which take it as tinkers do ale, 'tis a plague, a mischiefe, a violent purger of goods, lands, healthe—hellish, devilish, and damned tobacco, the ruine and overthrowe of soule and bodie.”



It is only, however, as you observe, when it is abused, or improperly taken, that Burton stigmatises it with all his stock of scandalizing expressions. To take tobacco as tinkers do ale, at all hours, and at all seasons, and in unmeasured quantities, we pronounce, without hesitation, to be wrong and unwholesome. We are certain indeed that if you take it in the improper manner which Burton denounces, you may expect that it will first injure your stomach, and then ruin your nerves, and last, not least, will destroy your teeth.

It is the way of the world, that what is good and excellent should be most frequently slandered; and consequently tobacco, notwithstanding its fascinating influence, has suffered similar changes in its fame and character. It has been successively opposed and condemned by physicians, condemned and eulogised by priests and kings, and proscribed and protected by governments. At length, however, this once insignificant production of a little island in an obscure district, has succeeded in diffusing itself through every climate, and in subjecting the inhabitants of every country to its dominion. The Arab cultivates it in the burning desert; the Laplander and Esquimaux risk their lives to procure a refreshment so delicious in their wintry solitude; the seaman, grant him but the luxury of tobacco, and he will endure with cheerfulness every other privation, and defy the fury of the raging elements. In the higher walks of fashion, in the palace and in the cottage, the fascinating influence of this singular plant commands an equal tribute of devotion and attachment. But we must pause for a while in our praise of tobacco, in order to make room for other topics.

\* \* \* Tobacco proved by the list of Greenwich pensioners to promote long life, with its influence in cure of diseases—in our next, when we shall also take notice of some objections which have been made to its use by physicians.



COCKNEY IMPOSTURE, OF THE FRENCH TONIC AND  
DIGESTIVE WINE.

Quackery assumes as many shapes as the fabled creature Proteus is said to have done; but the aim of all is the same, namely, to pick your pocket of money, while your health is undermined by the trash which you are gulled to buy and to swallow. The Rakasiri imposture, of the infamous Jordans, being now blown up, some scheming fellows, who, though we know them *all*, shall for the present be nameless, thought it would be a good opportunity to start something of the same kidney.

The plot was laid, and means devised for puffing the new quack production somewhat similar to those employed by Caton, Courtney, and Lynch, but through channels where quackery could least be suspected to lurk, under the mask of private letters, or gratuitous prescription; and least of all through half-pay army surgeons, who would, we suppose, forfeit their commissions should they be convicted of aiding and abetting quackery, either for their own behoof, or for others, in lieu of a bribe. Those shameless fellows, who have been thus engaged in writing numerous quack letters (copies of which are now before us), to filch money out of the pockets of the unsuspecting invalid, well deserve a course of the tread-mill, and they shall have that or worse before we have done with them, unless they give up their iniquitous jobbing, which is more disgraceful to the army than any thing ever known within the sphere of the "Tenth." Let us see the official printed puff of this new and extortionable quack drug:—

"Tonic and Digestive Wine, an effectual Remedy against Indigestion, Nervous Debility, Worms, Head-aches, Eruptions, &c. A certain promoter of Vigour and Health, an excellent Assistant in Training, and a Safeguard against the Injuries of Hard Drinking.—Sold in bottles, at 6s. and 11s. each."



Now mark you, the six shilling bottle contains six small glasses, so that whoever buys it, pays at least eight or ten times what it cost the proprietors. We should say, that what they sell at 11s. does not cost them one shilling. The humbug agents, however, are instructed by their pocket-picking principals, to say, "that deducting duty, bottles, expensive wine, and the more expensive medicines employed in the composition, we have scarcely an eighth profit." Now, with half a pint of rubbishing Cape Madeira, which you may have for 6d., and another half pint of senna tea, which you can make for about a penny, with the addition of that deadly poison the prussic acid, and a few disguising articles, for colour and flavour, but of no importance whatever, and which cannot cost above twopence, in all about ninepence, but say a shilling for even money, you may easily make as much Tonic French Wine as you can buy of the Cockney quacks for 11s. and it will be as certain also to drug your stomach.

We believe that this is the first time that the powerful agency of Training, in restoring lost strength, has been polluted and blasphemed by quackery, and we hope it will be the last. Every body who knows the least smattering of the Training rules is aware that all the drugs, and most of all such quack drugs, as this extortionable and poisonous French Wine, are strictly forbidden. Wine of all kinds is prohibited in Training, and, of course, all drugged and poisoned wine, most particularly. As one of the ingredients of the quack wine consists of the strongest poison yet known, we think it will be useful to give a sketch of the

*Poison of Prussic Acid.*

The chemists, who are dextrous fellows for making humbug words, call this *hydro-cyanic acid*, a barbarous Greek term, meaning "Water Blue," because it is used in making Prussian blue, and thence most commonly called prussic acid. This poison, which is but a late discovery of chemistry, is infinitely stronger than



arsenic. M. Magendie applied a single drop of this poison to the tongue of a cat, and she fell down dead, as if she had been shot through the heart. M. Orfila applied a single drop of the poison to a scratch on the leg of a strong horse, and he died within the minute. These experiments have been again and again repeated, for the purpose of shewing its danger. So very dangerous indeed it is, that several chemists have been poisoned by the fumes when they were manufacturing it; and the consequence is, that they now only make a weaker sort for fear of accidents.

One of the very worst properties which a poison could have belongs to prussic acid—it has a fine flavour, similar to that of peach blossoms, or of bitter almonds. Arsenic is acrid, and opium is bitter, so that it is not so easy to make people take much of these against their will; but prussic acid tastes exactly like Madeira or Sherry wine, with a fine nutty flavour, and you may be poisoned by it before you are aware. M. Magendie's maid-servant found a small phial of the poison in his study, and liking the flavour of it, she thought it would be no harm to taste it. She had scarcely applied it to her lips when she dropped down and died in great agony.

You may wonder why the cockney quacks venture to put such a virulent poison into their humbug wine. We shall tell you the secret. It serves two important purposes. It disguises by its flavour the cheap trash of wine or spirits, which they employ in the manufacture; and, as it is in but small quantity, it stimulates the stomach and the nerves into an unnatural state of excitement, which continues for a time and makes the deluded patient think it is doing him good, while it is, in reality, undermining his health and strength, and hurrying him prematurely on to all the debilities of old age. The cockney quacks, as you perceive, have laid their scheme deeply; for if you take a glass of this deleterious trash every day, or every other day, a habit will soon be formed and increase upon you



like a habit of dram-drinking, while the quacks go on plundering and pocketing till you are sent to an untimely grave.

We shall narrowly watch the course of this imposture, and shall be obliged to correspondents for a few more copies of the humbug letters, recommending the Tonic Wine, as we are preparing a file of them for a show up of the hireling "Tenth" quacks, and their cockney task-masters. There is or was religious cant connected with this pie too, as is now most lamentably common among quacks. Alderman Key, the paper-man, we observe, has lately been spouting speeches in the Methodist spouting clubs, as a proper sequel to his puffs of Mr. Quack Whitlaw. As quacks are good paper customers, Mr. Key might, perhaps, open his way to a good thing, by calling a public meeting to puff off the French Tonic Wine.

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#### ANOTHER COCKNEY QUACK.

A great proportion of quacks are designing Jews, who have failed in other lines of business to dupe the credulous. Sir Harlequin Daniells, of the Medical Board, Blackfriars, was a jew apothecary, who was starved out of Woolwich; the history of Solomon of Liverpool, is known to every body; the Jordans were a couple of pencil hawkers, or old clothes-men; and Friedeberg, of Paternoster-Row, was God knows what, before he turned quack. Friedeberg is far from being a first rate man even in quacking, and is but beginning to learn the trade. He commenced the establishment in Paternoster-Row himself, and expected to go on comfortably by himself without being guilty of any knowledge of drugs or diseases. He soon found, however, and it is rather a wonderful circumstance, that he had not brass enough, or blarney enough, to gull his patients, and he gave up as hopeless the personal management of the affair, and took unto himself as deputy, a needy, starving fellow of the name of Sloane, who now does the dirty work, while Friedeberg acts the gentleman.





#### PHILOSOPHIC DINING AND BALANCING.

We have here given you a sketch of old Sanctori<sup>us</sup>, who was so careful of his stomach that he sat in a balance during dinner, as you see; and as soon as the scale landed him on the floor, he tabled his knife and fork and would not touch another morsel. Were this practice followed by many of those who now complain of bile, indigestion, and weak nerves, we should soon



have them hale and vigorous—and instead of running the gauntlet through the innumerable ranks of quacks and venders of quack medicines, and passing between Blackfriars and Bow-lane—Paternoster-row and Bayswater, pocketing at one place a box of pills, at another a pint of Tonic Wine, at 11s.—and at a third, a packet of American quack powders, at 33s.—they would take the trouble of studying the quantities and qualities of their food and drink—and of perfecting themselves in the rules of health. Those who will not take the trouble to do this, must lay their account with ailments innumerable ; and what is worse, by trying a short cut to health through the by-roads of quackery, they uniformly run headlong into a quagmire, where they either instantly perish or stick fast for life, without hope of rescue.

By the use of the chair, Sanctori<sup>us</sup> discovered many very important points respecting the preservation of health, among which we may chiefly reckon the loss of weight by insensible perspiration, amounting to about a fourth of all that we eat and drink. That is, of every pound of meat and drink you take, a quarter of a pound passes off again insensibly from the skin by perspiration, and from the lungs by the breath, independent of the refuse of the food and drink carried off by stool and by urine.

The important inference is, that if this refuse matter is prevented, in any manner, from getting out of the body, that it will corrupt and produce disease ; and what is no less important, if more food and drink are taken than can be distributed in their proper places throughout the body, the surplus will also corrupt, and disorders will ensue.

All this surplus of corrupted matter, Sanctori<sup>us</sup> could easily estimate by his balance, and tell to the hundredth part of an ounce when there was obstruction any where, or whether he had taken more food or drink than he ought to have done. His work, therefore, becomes of great value to those who wish to



be careful of their health ; for even without the nicety of a balancing chair to sit on at meals, you may learn from his maxims, what things and circumstances cause the obstruction of perspiration, and produce a heavy and loaded state of the body which weighs down the spirits and deranges the health. As a useful specimen of this ingenious philosopher's remarks drawn from experiment, we shall translate from the Latin a few of his

*Maxims on Meat and Drink.*

If the stomach filled with food completes the first digestion during sleep, the loss by perspiration for that night usually amounts to forty ounces ; but if the digestion is not completed, the loss of perspiration will be about eighteen ounces.

If the stomach be fasting and nearly empty, the loss of weight by perspiration will be about eighteen ounces.

If the body is of full habit, so that digestion does not go on, the loss by perspiration will be the same whether the stomach be full or empty, as it is too much loaded to be able to work.

Mutton is easily digested and easily evaporated ; so that in one night's space, it will cause one third more of perspiration than any other meat, such as the person is accustomed to.

Meats made of paste with yeast do not increase the weight of the body, as they pass off by perspiration more easily than turnips.

A healthy person loses insensibly by perspiration as much in one day as he loses by stool in a fortnight ; though he have a regular motion of the bowels every day.

The full stomach, and the empty, equally diminish perspiration ; the former by the corruption of meats diverts it—the latter attracts it that it may be filled.

When a full meal has not perfectly digested, it is to be known by an increased weight of the body, for the body will not then perspire well. An empty stomach, for the same reason, is filled with vapours and wind



which have not been able to pass off by perspiration ; for wind is nothing else than corrupt matter not perspired.

If a person eats no supper, and continues with an empty stomach, it will hinder perspiration, and the obstructed matter will acquire a sharpness ; whence the body will be subject to distempered heats.

When a person feels himself lighter than he really is, it is a very good sign ; because it arises from a perfect digestion of all the juices.

Such are a fair specimen of the maxims of Sanctorius, derived from his balance. We shall treat you with a few more of them some other time.

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#### SCURVY.

The word scurvy, has of late years been scouted by the doctors, who never use it at present except when they are at sea. The reason of this is, that the word had become a standing joke among the people ; for when an apothecary sent in to a patient two or three gallons of draughts, and as many pounds of ointment, with a bill to match, of some yards in length—it was usual (and very properly we think) to say that he had done a *scurvy* trick, and was a *scurvy* fellow. This sounded so very harshly to their drugships, the worshipful company of apothecaries, that it was resolved to lay aside the term scurvy for the more genteel words, *eruption*, *cutaneous affection*, and the like, which could not, they imagined, be *scurvily* joined in any way with the sacred titles of doctor or surgeon. So the matter stands. But the people have not yet laid aside the word, nor seem inclined to do so ; and the quacks who care not what you call them, so that you give them money, still continue to poach about as scurvy doctors, and find the disease as prevalent as worms, bile, or any other disorder.

As we do not consider ourselves at all bound by the paction of the doctors, to send the word scurvy to sea,



as we would do an unmanageable lad, and as we are certain that the disease abounds in the country, and more particularly among the working classes, we shall endeavour to tell you all that we consider useful to know concerning it.

*Causes of Scurvy.*

It is always important to know the cause of a disease, as you may, by this means, not only remove it, but may, by avoiding it, prevent a relapse after you are cured. Scurvy then, is uniformly caused by whatever tends to weaken the body; such as damp or cold, which prevents healthy perspiration; salted or smoked provisions, which contain little nourishment, and what they do contain bad; and bad air, and want of exercise and cleanliness, which also operate in preventing healthy perspiration. Too much animal food of any kind, without a due proportion of vegetable food, has also a strong tendency to generate scurvy, showing that we are not destined by nature to live on food wholly animal, but must, while we eat, according to the scripture permission, of every clean beast, we must also eat of the fruits and herbs of the field, of milk, honey, and wine. Much want of sleep, fear, grief, or longing for home, were likewise found by Capt. Cook to produce scurvy, for the same reason, namely, that it weakened the body, and of course deranged the health. If you look back to our preceding article, you will easily discover how scurvy so often shows itself upon the skin; for the perspiration which should escape is confined, in consequence of the vessels being too weak and exhausted to push it outwards, and of course it corrupts, and appears in the form of blotches, ulcers, scabs, &c.

*Symptoms and Cure of Scurvy.*

The first intimation of scurvy, is a kind of disagreeable weight or heaviness, arising from the confinement of the corrupted matter, and causing a disinclination to walk or move, and a feeling of weariness,



though you have done nothing to cause it. The same corrupted matter falls upon the lungs, and not only oppresses your breathing, but infects the breath with a disagreeable smell. These symptoms, if not removed by clearing the skin and lungs of this corrupted matter, will go on till your skin is more or less affected either with hot flushes or unusual paleness, or breaks out into pimples, dry scales, blotches, or sores. The pimples appear particularly on the face and neck, and the other affections on the hands, arms, and legs, though they may attack any part of the body. The head often becomes unusually itchy, without any evident cause; this is produced by the irritation of the corrupted matter under the skin.

The first thing necessary for the cure, is to carry off the stagnant corrupted matter, and you cannot, in that case, do better than take a few doses of Sir Astley Cooper's Restorative Pills, page 6, or the Training medicines, pages 41 and 42, or you may try the following

*Cooling Purgative for the Blood.*

Dissolve two drachms of Epsom salts in  
an ounce of senna tea, add  
ten drops of laudanum, and

Mix with a little sugar, honey, or molasses. To be taken and repeated every morning an hour before breakfast, till effectual.

When you have got clear of the weariness and heaviness by the removal of the corrupted matter, you must then take to nourishing diet, such as good beef steaks or mutton chops, without fat and plenty of fresh vegetables and salads, particularly cresses, mustard, and lettuce. If the ulcers, pimples, or blotches still continue troublesome, you may anoint the parts every night, with the following

*Scorbutic Ointment.*

Dissolve one ounce of pure quicksilver, in  
two ounces of nitric acid; then melt  
four ounces of purified lard in  
twelve ounces of olive oil, and



When nearly cold, mix the whole in a glass mortar, with an ivory or bone knife.

You may procure this ointment ready made at the chemists, under the name of the Nitrated ointment of Quicksilver. It will improve it, if you add to it before using, an equal quantity of spermaceti ointment. You must not touch it with any thing made of metal, or you will spoil it.

Besides the scurvy now described, arising from low diet, cold, damp, and other things which weaken and reduce the constitution, there are several sorts of scurvy produced by things which only fret the skin. The outer skin of the human body is very fine and thin as you know, and of course easily fretted and destroyed. This outer skin has no more feeling than the nails or the hair, and it therefore serves to protect the inner skin, which is highly sensible from external injury and irritation. This being the case, it follows, that if you expose the outer skin to substances that will now and again fret and ruffle it, you will produce a disease in the inner sensitive skin, such for example is the

#### SUGAR SCURVY OF GROCERS.

If you eat a portion of sugar by itself, you may observe that it produces a kind of smarting roughness in the back part of the mouth, and top of the throat. This is in consequence of its action on the skin, which it frets and ruffles by the sharp corners of the little shining particles you see in the sugar. Now these same little needle points, if we may call them so, act in the very same way on the hands of grocers, who are obliged to handle sugars, as they do upon the skin of the mouth and throat, and produce a kind of scurvy which is very difficult to cure. It is sometimes scaly and dry, and at other times rising into little watery pimples, intolerably itchy and painful, which end in sores, that often baffle the best remedies. It is sometimes called the grocer's itch, but it is not catching like the common itch, and is only produced by the sugar fretting the skin.



*Remedies.*—Here we are at a great loss, for the remedies useful in the common scurvy, and the common itch, for the most part do harm. Sulphur ointment, citron ointment, sugar of lead water, mercury, purgatives, &c., always prove injurious, and aggravate the complaint. When the itching and pain are intolerable, the best things to relieve them, are a little fresh cream, or milk and water rather less than skin warm, the steam of hot camomile tea, or a wash made by the decoction of bran. The cure has sometimes been effected by sea-bathing, though in other cases, this also has proved injurious. It is obvious that it cannot be cured while the cause continues, and the person who has had the misfortune to be attacked with this distressing and inveterate complaint, must either avoid handling sugar, or protect his hands from it by gloves.

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#### RYE POISON IN GIN AND CORDIALS.

We remind you, that at page 13 above, we gave a particular description of a poisonous substance which frequently grows on rye, and which consequently makes it dangerous to use roasted corn, rye-bread, or any other thing composed of rye. Now, as rye has of late been largely used in our distilleries in consequence of its being cheaper than barley, and as most of the rye so used is imported from the continent where this poisonous substance is known to abound, we think it our duty to mention these particulars distinctly to put our readers on their guard, and to give them a key to the causes of the illness which often arises after drinking of the poisoned liquor.

The proprietors of roasted corn establishments have been industriously circulating an opinion that the process of roasting destroys the poison that may be mixed with the rye. On the contrary, we assert that the roasting makes the rye poison more virulent, in the same way as roasting makes coffee a more active stimulant. But distillation, by extracting the very essence



and spirit of the poison increases its strength tenfold, and augments, of course, the danger of drinking gin or cordials distilled from rye.

*Cases.*—1. Robert Armstrong, a carpenter of Lambeth, went with a friend into a public house in Westminster, where each had a glass or two of gin-twist, which so far as they could judge, tasted very well. As they were both stout, healthy men, they at first felt nothing the worse for their social glass, and nobody will if it is kept in moderation. They had scarcely reached their several houses, however, when the rye-poison which had been in the gin began to work, causing, as we have above described, severe dry gripes of the bowels resembling colic, and at the same time, a burning pain at the pit of the stomach, with the mouth dry and the throat parched. A surgeon in the neighbourhood, who had read our remarks, page 15, immediately administered an emetic, and was fortunate enough to prevent, in both the patients, any serious consequences.

2. Sarah Woods, of Bristol, a spinster of a certain age, was in the habit of taking an occasional glass of gin-cordial for a cold in the stomach, and with good effects—procured some of her favourite medicine from a new house where it was sold cheaper. The new cordial, however, happened to contain rye-poison, and it certainly did effectually remove the cold of the stomach; but produced what was worse, painful inflammation of it, with violent retching and dry colic gripes, so that she had to be put in a warm bath, had leeches applied over the stomach, and was by this and similar medical measures rescued from the fatal influence of the rye-poison.

Since the publication of our first article on roasted corn, we have heard of many cases of the same kind, which have occurred from using it for coffee; and we have again to repeat our recommendation to roast the rye at home after it has been carefully freed from the poison according to the directions given at page 15.



## MANAGEMENT OF FAMILY EXPENCES.

According to the professed character of our publication, as a Family Adviser, we shall here give you two tables of expences drawn up from the outlay of two families with the same income—one of which was well, and the other ill-managed.

*Weekly Expenses for a Man who has a Guinea a Week, and a Wife and two Children, and pays all Ready Money.*

|   | £  | s. | d. |
|---|----|----|----|
| Amusements *, being country excursions, &c. . . . .           | 0  | 1  | 0  |
| Baker, for bread, flour, and bakings . . . . .                | 0  | 4  | 0  |
| Brewer, for table beer, being half a 4½ gallon cask . . . . . | 0  | 1  | 3  |
| Butcher, for beef, mutton, &c., averaged at . . . . .         | 0  | 3  | 0  |
| Chandler, for candles, soap, starch, &c. . . . .              | 0  | 0  | 6  |
| Cheesemonger, for butter, cheese, bacon, and eggs . . . . .   | 0  | 1  | 3  |
| Chemist, for medicine occasionally, averaged at . . . . .     | 0  | 0  | 2  |
| Coal-merchant, for coal, coke, and wood . . . . .             | 0  | 1  | 10 |
| Green-grocer, for vegetables, fruit, &c. . . . .              | 0  | 1  | 0  |
| Grocer, for rice, sugar, tea, salt, pepper, &c. . . . .       | 0  | 1  | 6  |
| Haberdasher, &c., for clothes, &c. . . . .                    | 0  | 2  | 6  |
| Landlord, for rent of house or rooms . . . . .                | 0  | 1  | 6  |
| Milkman . . . . .   | 0  | 0  | 6  |
| Sundries, incidental, averaged at . . . . .                   | 0  | 1  | 0  |
|   | £1 | 1  | 0  |
| Clear of all debt.  |    |    |    |

If more is given for rent, or any other item, that

\* In this case 1s. was saved weekly for amusements, and the sum saved was only spent once in a month or two months, being from 4s. to 8s. From this plan many a useful, because healthful, country excursion was procured, and other innocent amusements which did not interfere with employment nor conduce to disorders. Besides, by only taking amusement once a month, no bad idle habits were formed.



additional sum must be taken from some of the others, where it can be best spared.

*Contrast to the preceding Table, by a Man who had a Guinea a Week, and a Wife. with no Children, and purchased on Credit.*

|  | £     | s. | d. |
|--|-------|----|----|
| Amusements, being theatre, club, pot-house ..... | 0     | 5  | 0  |
| Apothecary, for draughts, pills, &c., .....      | 0     | 2  | 6  |
| Baker, as above .....                            | 0     | 3  | 0  |
| Butcher, as above .....                          | 0     | 2  | 6  |
| Chandler, as above .....                         | 0     | 0  | 6  |
| Cheesemonger, as above .....                     | 0     | 1  | 0  |
| Coal-merchant, as above .....                    | 0     | 2  | 0  |
| Green-grocer, as above .....                     | 0     | 1  | 6  |
| Grocer, as above .....                           | 0     | 2  | 0  |
| Haberdasher, &c., as above .....                 | 0     | 5  | 0  |
| Landlord, as above .....                         | 0     | 1  | 6  |
| Licensed Victualler, for porter, gin, &c. ....   | 0     | 3  | 0  |
| Milkman, as above .....                          | 0     | 0  | 6  |
| Pawnbroker, for interest at 20 per cent. ....    | 0     | 2  | 0  |
| Sundries, as above .....                         | 0     | 3  | 0  |
|  | <hr/> |    |    |
|  | £1    | 15 | 6  |
| Income...  | 1     | 1  | 0  |
|  | <hr/> |    |    |
| Run in debt, in one week .....                   | 0     | 14 | 6  |

#### TIPSYNESS, A POWERFUL REMEDY FOR MORTIFICATION.

When mortification makes its appearance in any part of the body, it is always considered as a fatal symptom and the immediate forerunner of death. Now if we can show you a remedy which may arrest the fatal termination, we shall consider ourselves doing an important service to the public, as well as to the medical profession, the greater part of whom are unacquainted with what we are now going to disclose.

In all cases of mortification, the black colour of the parts mortified shows the loss of the active and living principle, or of the spirit which supplied health and



vigour. If then we can by any means supply this spirit or a similar one artificially, we shall so far prevent the death of the parts, or in other words the mortification. Now we have fortunately for this purpose the powerful agency of wine or spirits, by which we can increase the flow of the animal spirits, and the life and activity of all parts of the body.

Accordingly, in all cases where mortification shows itself, either in bad fevers, or from accidental wounds, or bruises, we advise that the patient have immediately administered every quarter of an hour, as much wine or strong punch as it may seem advisable in his circumstances to give, till you force him into a renewed state of life, and banish the mortification. We have the satisfaction that we recommend this on experience and not on theory, as we shall now show you.

*Cases cured.*—By an accident in a mine, two men had their legs dreadfully bruised, so that it was considered impossible to preserve their lives without cutting them off. One of the men consented to have his leg cut off, and the other refused peremptorily. The operation was performed in the first, and the third day after he died of locked jaw, which often happens from wounds. The man who would not part with his leg, was soon seized with alarming mortification. The shattered leg became blue, purple, livid, and black, and as the substance of it began to dissolve, the watery parts bulged out the skin into numerous yellow blisters, as for the most part happens in mortification. At the same time his pulse was so low that it could not be felt, his eyes sunk into their sockets, and his breathing was barely perceptible. In fact, he might have almost been considered as dead, so low were his powers of life reduced.

In this apparently hopeless state, a glass of port wine was ordered for him every ten minutes; and in the course of two hours his pulse had risen, and his eyes became brighter. Before nine hours from the first glass of wine, the dying man was actually singing and



merry, and, but for his shattered leg, we verily believe he would have got up to dance, although he was over sixty years of age. As soon as the spirit was found to take effect in this way, the quantity was gradually diminished to a glass every half hour, and at last to a glass every two hours. For nearly two whole weeks, this old man lived almost entirely on the port wine and a little beef tea; the mortification disappeared, the splintered pieces of bone came away through the wounds in his leg, and in two months he was able to walk.

2. A child, a year and a half old, had a very bad scarlet fever, and shewed symptoms of inward mortification by a black mouth and tongue, foetid breath, and a sunk pulse. In all such cases, wine is the only anchor of hope. Port wine was procured, and lest it might be too strong, the spirit was partly burned out of it, though we think it would have been better to mix it with water. A tea spoonful was given at short intervals, till it was evident that the spirit began to affect the little patient, whose eyes became brighter and his mouth more moist and comfortable. After a few hours he fell asleep, and awakened in a fair state of recovery.

We could mention many more instances, and particularly that an infant a few days old with mortification from a bad thrush, which was cured by wine, but these we consider to be quite sufficient to prove that tipsyness is a very powerful means of recovery in hopeless states of mortification, and we cannot too strongly recommend it.

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#### EFFECTS OF TOBACCO ON LONG LIFE.

The doctors would fainly persuade you that all your little enjoyments, such as tea, tobacco, or a cheerful family glass of liquor, destroy your nerves and shorten your days. We have shown you strong proofs to the



contrary in several instances, but as the subject is important, we shall keep it up both in this and in future pages. We pitch over to the treadmill, the mysterious doctors whose wisdom consists in foolish words of no meaning, and Greek and Latin nonsense about the *narcotic* and *sternutatory* effects of this *errhine*, agreeing as we do with the great Lord Bacon, that "it affects men with a secret kind of delight, insomuch, that they who have once innured themselves to it, can hardly afterwards leave it; and, no doubt, it hath power to lighten the body and to shake off weariness." Nicholas Monardus, a German physician, was much wiser than our jabbering doctors; for he wrote a large volume on the virtues of tobacco. But let us come to our proofs that tobacco promotes long life.

Dr. Robertson in his report of the Greenwich hospital, distinctly mentions the names of 75 pensioners above 80 years of age, who had all used tobacco in all its different forms; in particular Paul Blank, aged 94, whose sight, hearing, and memory were all good, who had used tobacco very freely for 84 years, having begun to use it at the age of ten. John Moore, the oldest man in the house at the time of the report, being then 102 years, chewed tobacco freely, and though his eyes were failing his faculties were otherwise good. It is quite unnecessary to go into the particulars of the other 73 cases, as what we have said must convince any reasonable person that so far from being detrimental, tobacco is highly serviceable to health.

In another report, drawn up from the pensioners in Kilmainham hospital, Ireland, 31 of those above 80 years of age, had been in the habit of using tobacco, either by smoking, chewing, or taking snuff. The particular description of these 31 old men is, we conceive, quite unnecessary.

On inquiring into the number of old people in 44 different workhouses in London and its vicinity, it was found, that there were 181 individuals above 80 years of age who used tobacco freely. Our proof we think



is complete, and the doctors who wage war against the enjoyments and pleasures of the people, do not deserve another word, as we have fairly floored them, and they are now deaf to time.

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MR. JACKSON'S RULES FOR TRAINING.

"All's right" now as to your clearing out of port with a stiff weather breeze, and a good stowage of steaks or chops in your hold. We again caution you strongly—we cannot repeat it too often—that you must not tamper with ham nor pickled pork, nor with veal, fish, or any of the rest of the prohibited meats, under the penalty which cannot be remitted, of a weak body and bad lungs. Having taught you all this most carefully, we must now proceed to lesson you with equal punctilio on the

*Rules for Drinking.*

Much liquid, says Jackson, swells the belly, hurts the wind, and renders the flesh soft and blubbery. This being the case, it will appear evident that you cannot take too little fluid while you are under training, whether your purpose be increase of strength after sickness, or to render yourself fit for gymnastic exercises. All soups and milk diet you must of course renounce, except your gruel, beef tea, or mutton broth with the fat carefully skimmed off, when you take your medicines at the commencement of the course. Tea, coffee, and chocolate are also prohibited, from a notion, probably not well founded (see page 12), that they are weakening. Wine is also interdicted, the only drink used in training, being good old bottled ale, which must not be hard but mild and soft: hard ale, and indeed all kinds of hard liquor, tending to derange the stomach by the acid which causes the hardness. If the ale however is hard, you ought always to add to it a little magnesia, potash, or fine chalk, which will destroy the acid.



The quantity of ale taken, is not to exceed three pints a day, allowing half a pint for supper, and the remaining two pints and a half for breakfast and dinner. But if you are wise, you will not take more than the half of this quantity, and trust to cold bathing, to drive away thirst when it becomes troublesome. The ale is sometimes taken with a toast in it, but this is only when it is so relished, and is of no consequence whatever.

Tea is permitted to breakfast, in cases where the individual has any strong objection to ale; though two small cups is the maximum, and it must not be hot, it being a maxim in Training, that all hot liquids are weakening. No drink is allowed before meals.

\* \* \* This subject will be continued.

#### THE BOTANICAL QUACK OF THE BOROUGH ROAD.

Herbs are very good things in proper hands, but the ignorant scoundrels who usually manufacture herb tea, herb snuff, and the like, and who call themselves botanists, do a world of mischief to those who are hood-winked by their pocket-picking pretences. Herb tea, if you know not what it is made of, may, for ought you know, either poison you outright, or undermine your health. Herb snuff, however, is a much more dangerous thing, and it does not mend the matter though it be called, "Botanical Eye Snuff," as it is by a quacking fellow of the name of Gaskell, who manufactures his trash in the Borough road. You remember that we called Surrey, the quack's paradise, and here is another chum for the knaves we have formerly consigned to the tread-mill, to add to the fame of poor Briscoe, who seems sadly at a loss in these peaceable times for a subject to speechify upon, and to bring his horrified phiz to the public mart of notoriety. Why does not his hungering and thirsting after public notice, stir him up to bring in a bill into parliament to put down the drugging system of apotheca-



ries, and the humbugging of quacks and patentees, and the iniquitous operation of the stamp act, in so far as it authorizes and protects the infernal art of poisoning and pocket-picking.

Listen to Gaskell, the botanical quack :—" persons labouring under complaints in the head and eyes will, by using the Botanical Eye Snuff, find it to strengthen and improve the sight (however weak and afflicted) in the course of one week, and by continuing the same for a short period, it will entirely remove that film or cataract that obstructs the sight, if not of long standing, and eventually restore the patient !!!"

Now all this is false on the very face of it, and only proves that this botanist cannot write grammatically, and far less understand any thing of diseases of the eyes, when he talks of removing films or cataracts by snuff. He tells us, indeed, a miraculous case of a child four years old, whom he cured in two weeks, after it had undergone many operations for a distressing complaint in the eyes, left from the measles, or as he spells the word "meazles." You may be assured that this case, like the affidavit Rakasiri cases of the infamous Jordans, is either manufactured by Gaskell's fancy, or grossly exaggerated.

With regard to complaints in the head, there is the greatest danger in tampering with such trumpery snuffs, which have more than once led to the bursting of blood vessels in the brain, and other serious accidents. We give you the following instructive extract from a useful little work, entitled *Practical Directions for the Prevention and Cure of Headaches, &c.*, which will give you more than one lesson on the

*Dangers of ignorant Doctoring.*

"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.

“ The village gardener, who dabbled in physic,” (like Gaskell the quacking botanist) “ felt no hesitation in prescribing, as he did, in all affections of the head, 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 became delirious, and in all probability would have died, had not a regular surgeon been sent for, who subdued the attack by immediate copious bleedings, followed by active purgatives.”

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#### DESCRIPTION OF THE NOSTRILS.

By the ancients, the nose was fancied to be the common sewer or emunctory of the brain, through which all its dregs and impurities were discharged and carried off.

This was a mere fancy, which the slightest knowledge of the parts completely disproves ; for there is no communication whatever between the nose and the brain except by solid nerves. On the contrary, there is a strong partition of bone, as thick as the board of a book, and lined with a strong skin or membrane, which separates the brain from the upper part of the nose.

The ancients, however, did not examine into such things very minutely, and considered only the mucous



as discharged, without tracing it to its source, or discovering its utility in assisting the sense of smelling.

*Channel of the Nose.*

In examining the organs of smell, we shall begin with the form and structure of the inner part of the nose.

It is a double channel for the passage of the air in breathing; the opening of which is always free. This circumstance, as Bichat remarks, distinguishes it from the other external openings of the body, and is of much importance in breathing, which is thus prevented from accidental obstructions, arising from palsy or other diseases. In hysteric fits and other convulsions accordingly when the wind pipe is partially constricted, the nostril remains open to admit the air as soon as the constriction is removed. The nostril also remains open in the dreadful affection of locked jaw—when the teeth will not admit even the blade of a knife between them.

The more external part of the nostrils is larger, longer, and less winding and oblique, than they become farther inward. The middle part, which begins about an inch from the outer orifice, is much narrower, but of greater extent from the roof to the floor of the nostril. It is indeed so narrow, that the least swelling here obstructs the air in breathing, as in the case of colds.

The innermost part of the nostrils is united into one channel, which opens into the back part of the mouth, immediately over the openings of the wind-pipe and gullet. It is more strait and oblique, and much shorter than the two portions just now described.

The middle and the innermost parts of the nostrils open into several hollows or cells in the adjacent bones of the face and forehead, and communicate freely with them.

In each cheek bone, for example, is a hollow of this kind called the cells of the cheeks or the caves of Highmore, from the person who first described them. These cells are situated in the part of the cheek bones



which bulge out at some distance below the inner corner of the eyes, extending nearly to the upper jaw.

Behind what is called the root of the nose, and between the inner corner of the eyes, are four or more cells somewhat like a honey-comb, which open into the upper part of the nostrils by many small tubes, placed one above another in a transverse position.

Two other similar cells are formed in the bone, which constitutes the eyebrows, and communicate with the nostrils by openings in the bones. There is also a cell of the same kind immediately over the roof of the mouth, and others more inward in the bones of the skull.

All these cells open into the inner part of the nose; the lower and more outward channels of the nostrils have no communication except with the eyes in receiving the tears through a pipe drilled in the bone.

The surface of the nostrils is also much increased by the spiral turns or folds of several shell-like bones, hollow and spongy within, convex without, and every where covered by a similar membrane with that in the other parts of the nostrils. In hounds, and other acute smelling animals, these are more numerous than in man, and are beautifully formed into spirals.

As the nose is separated from the brain by a partition of bone, it is also separated from the mouth by a curtain of a thick fleshy and glandular skin or membrane, which is partly stretched, and partly hangs down at the back part of the mouth. To this curtain is hung a little weight of the form of a grape, which may be seen on opening the mouth pretty widely. It seems to be designed to guard the fauces, and make the curtain hang steady.

This little weight when inflamed by cold hangs lower down, obstructs swallowing, and is in such cases well known by the name of the pap in the throat.

The fleshy partition or curtain is pressed back by the morsel, in the act of swallowing, and covers the hind part of the nostril. Sometimes, however, particles of



food get up behind the curtain into the nostril and occasion sneezing.

The whole of the channels of the nose, as we call the cells or hollows communicating with it, are lined with a delicate skin or membrane. This is called the Schneiderian membrane, from Schneider, a German, who was the first that described it accurately.

It is a pulpy, soft substance, full of pores, and small vessels; and the nerve of smell is minutely interwoven with these, forming by the extremities of their fibres, a downy or velvet-like surface, in which resides the immediate organ of smelling.

This membrane, however, is not alike in its whole extent; for in the outer passage it is more like the common skin; while on the partition of the nostril, it is somewhat fungous; in the cells and interior passage it is very thin and delicate.

It adheres every where firmly to the bone; and it is not like the tongue covered with the defences of the scarf-skin and mucous net-work. This is the reason, perhaps, why bleeding at the nose is so easily excited, the blood-vessels being much exposed, and usually, as Bichat remarks, very full of blood. When the brain is affected in fever, bleeding at the nose seems to be produced by the nerves of the membrane irritating the blood vessels. Hippocrates deemed such bleedings salutary, and modern experience justifies his opinion.

It would be wrong, however, not to mention, that Cuvier, whose name stands high in researches of this kind, denies the membrane of the nostrils to be destitute of the scarf-skin and mucous net-work. (*Anat. Compar.* II. 660.)

Even if Cuvier's statement be correct, the coverings which he describes must be extremely thin and delicate. The chief defence of the nerves against the external air, is the moisture or fluid which is given out like dew by every part of the surface both of the nostrils and the communicating cells.

No glands can be discovered for secreting this fluid,



and their existence can only be inferred from analogy. We can, however, readily perceive numerous little pores like pin-holes all over the membrane, which probably, as Bichat thinks, lead to glandular plaits or folds in its substance.

After its secretion the mucous is thickened by the air into a crust, which is again moistened by the continual flow of tears which come from the eyes and fall into the lower part of the nostrils. It may be remarked also, that there is mucous along the canal through which the tears flow, a portion of which they of course dissolve, and carry with them to the nostril. This seems to have been overlooked by most writers.

It has even been strenuously maintained by Blumenbach, that the secretion of this fluid or mucous, is the principal use of those cells in the cheeks, and in the eyebrows; and not, as is asserted by most other inquirers, that they are intended to give effect to the voice, by affording an apparatus for the reverberation of sounds.

One thing is certain, that the cells are so placed, that in every position of the head, moisture can pass from them into the nostrils.

It is very difficult to conceive, however, as Bichat remarks, the general cause of the mucous flowing into the various cells and passages, as it must often rise in opposition to gravitation. The only known analogy is that of fluids in some cases circulating independent of impulse through channels of bone.

#### *Nerves of Smell.*

The nerves of the nostrils are called by anatomists the *olfactory* nerves, and said to form the first pair of nerves which proceed from the brain.

Before leaving the inner part of the skull, this pair of nerves is divided, and comes to the passage of the nose, through about forty small holes which perforate the bone. These branches go to be minutely distributed on the membrane, as we have already described,



and chiefly on the partition which divides the passage, and on the spiral bones. They have not yet been traced into the communicating cells of the eye-brows and cheeks, though they may exist there in so minute division, as to render it impossible to trace them.

The distribution of the larger portion of the nerve on the partition of the nostrils, leads to the supposition that the partition is the chief seat of smell. It makes this more probable, that in the inferior animals, celebrated for their acute smell, such as the dog and the bear, the partition is found to be very large, and the nerves on it numerous.

The nose is also much developed in most savage nations who are known to have acute smell. Blumenbach gives plates in proof of this, taken from negroes and American Indians, the physiologist in this corroborating the account of the travellers.

The same respectable physiologist thinks, that because the nose is very small, and the cells not developed in infants, that therefore they have the sense of smelling very imperfectly. Perhaps he is right.

Others think it is by the sense of smell that infants are first induced to suck. M. Magendie, among others, thinks he has observed this. A circumstance proving the opinion as to the lower animals is related by the famous Greek physician Galen, who flourished 1700 years ago. We are not sure that we ought to give it implicit credit, though it is believed even by the sceptical Dr. Darwin. The relation is this:—On dissecting a she-goat, Galen found a lively kid, which he snatched away before it saw its dam, and brought it into a room where he placed several vessels respectively filled with wine, oil, honey, water, and milk, as well as grass, fruits, and grain. The young animal first got on its feet and began to shake itself, and to scratch its side with one of its feet, and then walked about the room. It went round all the vessels, and after smelling carefully to them all, it drank up the milk, refusing to taste any of the other.



The smell of milk in the teats of the sow is said also to attract the young animals to its source. But as smell gives no idea of place, it does not appear why they should go near the teat rather than away from it.

Young cats however show no fondness for the smell of valerian or nepeta, of which old cats are so fond.

Whether the sagacity of the human infant be as marked is very doubtful. Indeed it has very little use for so early a developement of this sense, as it could not by the most acute smell discover the nipple, unless it were carried to its mouth. Blumenbach's opinion then is, perhaps, the true one.

The nerves of smell do not terminate like those of taste, and touch in papillæ or feelers, but in a spongy, uniform pulp, in the substance of the membrane of Schneider.

Besides the nerves of smell, called olfactory, a branch of the nerves of the eyes enters the nostrils. It is very small, but it is through its cause that we shed tears, from smelling strong odours; and that we sneeze when the eyes are exposed to bright sun-shine. For the strong odours irritate the nerve in the nostril, and through it, the eye; and on the contrary, the sun-shine irritates the eye, and through it, the nostril.

Every body must have remarked, that in men the entrance of the nostrils is beset with hairs, which are, however, wanting in females. We are not aware that any physiologist has attended to this circumstance, or attempted to account for it.

Hairs, we know, have no feeling in their own substance, but they may be the instruments of exciting feelings in the skin, from which they grow. May not then the hairs in the nostrils have some unknown influence on the sense of smell? or may they not divide more minutely the principle of odour diffused in the air, before it passes inwards to the more sensible parts of the membrane?





CAPTAIN JEKYLL'S VAPOUR BATH.

The Russians treat almost all diseases by vapour bathing, which they perform by throwing water on hot stones in a close apartment. On issuing from the bath, though in a state of high perspiration, they go out and roll themselves in the snow. This may do in Russia, with barbarians of iron constitutions, but we must follow more gentle plans in this civilized country. We are indebted, however, to the Russians for the idea which has been improved upon, first at Vienna, by Dr. de Carro; then at Paris, by M. Gales; in Dublin, by Mr. Wallace; and in London, by Mr. Green; who



has the two quacks, M'Donald and Whitlaw, for his rivals. If we are rightly informed, indeed, it was the ignorant blundering of Whitlaw, that led Captain Jekyll to the ingenious invention, of which we have given the above sketch. One thing is certain, that Jekyll did himself the *honour* to present his vapour kettle at one of Whitlaw's quack dinners. "And this is *honour!!!*" How melancholy it is, to see a man like Jekyll, thus bolstering himself upon an old quack-ing gardener. We hesitate not, however, to say that the thing is good, though it has been introduced through such objectionable channels.

Captain Jekyll's apparatus consists of an air tight kettle, with a safety valve, and a pipe that carries the steam under the chair of the patient into a box, containing any medicated stuff, which may be deemed necessary. The stop-cocks of this steam box are regulated by the patient with a rod, as you perceive in the sketch, and as he is covered with a large cloak or blanket, (made transparent in the sketch to show the apparatus) the steam comes in contact with every part of the body.

It is a pity we think, that the vapour bath has fallen into the hands of the quacks, as it is a powerful and very dangerous instrument when improperly applied. No surgeon ought to have any interest in administering it, otherwise he must and will be tempted to prescribe it when it is dangerous or improper. In order to be useful, the vapour bath ought to belong to an unmedical person, and be ordered by doctors who have no interest in it.

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#### RHEUMATISM.

There is not a more common nor a more distressing disease than rheumatism. It spares neither sex nor age, and makes its attacks at all seasons of the year, when the person liable to it has been exposed to damp or to cold. There is no part of the body, moreover,



exempt from its assailment, though it usually prefers the joints, or some of the more fleshy or moveable parts of the body, such as the muscles about the back and loins, and frequently the heart itself. The cure of rheumatism is often difficult and baffling, a fact not very favourable to the vulgar idea, of experience being the test of a doctor's skill; for here is this plain disease, rheumatism, occurring every day, and giving them the best opportunities of observing it, and still they are little less ignorant of its cure, than they were two thousand years ago. Something, however, can be done to relieve, if not to cure, and we shall do our best to put you in the way to do this for yourselves. But we must first tell you the

*Symptoms of Rheumatism.*

The first hints of an attack of rheumatism are very like those which we have so often mentioned in many other ailments, namely, weariness, languor, a cold feeling about the small of the back, succeeded by, at first, shifting pains in the limbs and joints, which afterwards fix in the knee, the ankle, the shoulder, or any of the larger joints, and rarely, if ever, in the toes or fingers, as gout does, by which it is for the most part, easy to distinguish the two disorders. The joint attacked becomes distressingly painful, swollen, and red, and the warmer it is kept it grows the worse, the heat of the bed usually increasing the pain. From this fact, you will at once see the absurdity of wrapping up the parts with flannel on all occasions as is usually done. The pains, indeed, are always more severe during the night than in the morning, when a clammy disagreeable sweat for the most part comes on, very weakening to the patient, though what is remarkable, it does not tend to soften the skin, which still feels tense and harsh, and accompanied with a creeping cold and chillness all over the body. The feverishness and thirst seldom continue violent above two or three weeks, and often not so long.



*Treatment of Rheumatism.*

As rheumatism is a sort of inflammation always brought on by cold, there can be no doubt that our best plan of cure is to take a course which will oppose that cause and its effects. Perspiration, which has been confined by shutting up the pores of the skin, must be restored to its healthy state; for the clammy and partial perspiration just described, does little service so long as the skin is tense and harsh, and will not let the sweat escape through it freely. Our first object then must be to open the pores of the skin, and for this purpose we know nothing superior to the warm bath, or the vapour bath, followed up by the

*Sweating Bolus for Rheumatism.*

Take fifteen or twenty grains of the compound  
powder of ipecacuan,  
one small tea spoonful of flowers of sulphur,  
treacle, or moistened sugar enough to

Make a bolus to be taken at bed-time, and no drink for two hours after.

If a bolus is disliked from difficulty of swallowing, you may make it into pills, with crumb of bread, without the treacle: or you may try the following

*Draught for Rheumatism.*

Take an ounce of camphorated julep,  
fifteen drops of laudanum,  
thirty drops of antimonial wine,

Mix for a draught, to be taken at bed-time, to be followed in an hour after with a basin of warm gruel, or warm whey.

This draught will tend to relieve the pain, when it is severe. The wild or meadow saffron—(not the common saffron, mark you,) has also great power over rheumatism, as well as gout, and constitutes the basis of all the extortionable quack medicines—for instance,

*Reynolds's Specific for Gout and Rheumatism.*

Take eight ounces of the fresh bulb of meadow saffron,  
sixteen ounces of sherry wine.



Macerate for eight days in a gentle heat ; colour it with a little syrup of poppies, and flavour it with rum.

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## FEMALE DISEASES.

We understand that the Italian remedy, given by us, page 39, has been very successful in several cases, which had as usual baffled the best skill of the *crack* doctors, as they are now fashionably called : *cracked*, we think, would be a word of more meaning. We consider this remedy, indeed, to be quite invaluable, and expect that it may be the means of saving the lives of many who fall into declines and consumptions, from suppression alone, particularly at the period between thirteen and eighteen or twenty, or indeed before marriage, when irregularities are most common. The wine which we mentioned as a substitute for the hartshorn, has not been found to be so good.

We shall now give you another important hint with respect to a complaint somewhat similar to entire suppression or irregularity, we mean, great pain, distressing anxiety and fretfulness, severe headaches, and other disorders, which are often very violent for one or two days. In some cases, the pains in the back are equally severe as the pains of labour, and there is usually sinking, faintness, melancholy forebodings, and all those distresses of mind and body, periodically peculiar to the complaint we are describing, and but too well known to many of our female readers.

The greater number of the doctors commit most lamentable blunders in cases of this kind ; for as the pains, the irregularities, the suppression, or the diminished quantities generally take place in weak and nervous females, they without farther thought, or looking forward to consequences, prescribe tonics and cold bathing. Now this will be most certain to increase the disorder, as we dare say but too many of our readers can testify, whose relatives or acquaintance have fallen under the hands of such ignorant pretenders to medical



skill. The cold bath, indeed, is in all such cases only a species of slow murder, and ought to be strictly prohibited.

We recommend, on the contrary, the warm bath, and if it is inconvenient to get a complete warm bath, a large tub should be filled with water as hot as it can be comfortably borne, and the patient should sit down in it covered with a warm blanket. If even this cannot be conveniently done, bathing the feet and legs, every night, or every other night, will do some good, with one of Sir Astley Cooper's pills whenever the bowels are the least confined, or the following

*Female Pills for Irregularities, &c.*

Take a drachm of carbonate of iron,  
a drachm of compound powder of myrrh,  
forty grains of aloes,  
ten grains of castile soap,  
a sufficient quantity of syrup,

Mix, and divide into three dozen pills, two or three of which may be taken thrice a day.

By following our advice to the letter, we are certain that ninety-nine cases in a hundred of suppressions, irregularities, pains, &c., will be completely cured. Above all things, the remedy, page 39, is the most powerful.

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DISEASES OF CHILDREN.

Among the very numerous diseases of children, none gives greater trouble than the scabby eruption at the roots of the hair, commonly termed, scald-head, and by the doctors, *tinea*, and *porrigo*, for the purpose of blinding the people, and giving themselves the air of knowing ones among their own tribe. The worst circumstances attending this disorder is its obstinacy and its infectious nature, being readily communicated from one child to another by contact. When the scabs are once formed, they confine the acrid matter



under them, which frets and irritates the skin, and tends to spread the disease.

The first thing, therefore, that is indispensable to the cure, is carefully loosening the dried scabs and picking them away. Soap and warm water is the best thing for this purpose, and it ought to be carefully attended to both morning and evening. A single neglect will lose you all the ground you may have previously gained. All the hair which will come away without pain ought also to be removed; then you may try the

*Cleansing Wash for Scald Head.*

Take half an ounce of sulphate of potass.

one pint of lime water,

one ounce of soap liniment.

Mix and make a lotion, to be applied twice or thrice a day.

As no one wash, nor ointment, however, will continue above eight days to improve the eruption, which becomes accustomed to its stimulus, you ought to change this as soon as it loses its effect for the

*Camomile Lotion.*

Take half a pint of strong camomile tea,

fifteen or twenty drops of the liquor of oxy-muriate  
of quicksilver.

Mix, and apply twice or thrice a day. This is also excellent for old sores.

It might aid the cure were a vapour bath of camomile or sulphur applied to this part alone, which could be easily done by a bladder, or oil silk, applied tightly over the scalp and the vapour let into it.

Formerly a wash of tobacco was held in much esteem, and lately, the water obtained at the coal-gas works has been highly spoken of; but we are sorry to say that all remedies are often found unavailing, and the disease will run on for months in spite of the best and most skilful treatment.



## JOBGING DOCTORS. BY DR. DODS, OF WORCESTER.

We are certain of succeeding in the end to break up the shameful compact for plundering, tacitly sworn to and acted upon by the greater number of the physicians and apothecaries in England. Intelligence of the humbug is fast spreading, and knowledge is power. If you once know that your physician prescribes you draughts by the gallon, not to cure you, but to fill the purse of his sworn companion the apothecary, who pays him a comfortable per-centage, either in money, or in patients—if you once know this, you will scarcely put yourself in the way of such scoundrels, who will be certain to plunder you for the honour of their honourable profession. Something must, and something will be done, ere long, to do up this *honourable* trade of knavery, which has, in a few years, reached to a height formerly undreamed of. The press is now at work to destroy the evil, and a more powerful—a more irresistible instrument of destruction cannot be employed. We shall here give you the statement of Dr. Adam Dods, of Worcester, to show you how extensively the evil has spread, and the difficulties which the knaves of the profession throw in the way of the really honest and honourable.

“ I am sorry to have occasion to mention it, but it is a duty I owe to myself, as well as to the public at large, to say, that in a certain city, there are two respectable surgeon-apothecaries, who have both been forty years in extensive business, and who are now retiring from their more active duties, to the cool shades, to regale for a few years, until death, that ghastly destroyer, pays them a visit, and aims his darts, as a matter of perfect indifference, with his usual Carbonari spirit. I should much wish to ask these gentlemen, if, during their long practice, they ever recommended in consultation any physician who did not in return punctiliously attend to their interests in prescribing medicines? This is a very simple, and I believe



not an improper question ; but I suppose it will not be replied to. They will follow the advice of my uncle Toby, " wipe it over, and say nothing about it." In fact, it is impossible for any apothecary, either young or old, to continue to attend to his practice, and act consistently towards his patients, unless he has some other source for the support of his domestic establishment, than the mere emolument arising from the very few medicines which are necessary according to the modern system. For instance, on Tuesday evening, the 5th of the present month (August), I was requested to visit a patient at St. John's, near this city, who had just arrived from London. It was stated to me that he had been very dangerously ill for a month, and as his recovery had become hopeless, he was sent into the country. During the four weeks of his illness in London, (from the 6th of July to the 1st of August) he was attended by very able practitioners, and his apothecary's bill for medicines only, amounted to 8*l.* 7*s.* 6*d.* So much for the old system. In the course of a series of fourteen days of the above time, fifty three draughts were sent to the patient. What a precious banquet for his stomach ! When, however, he came under my care, I employed quite a different plan and mode of practice, from those which had been adopted in London, and at the end of the third week of my attendance, (from the 5th to the 16th of August), his health was so much restored, as to require no more medicine than a pill occasionally, and his apothecary's bill amounted to 1*l.* 9*s.* 8*d.* only."

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#### ON THE MODE OF APPLYING LEECHES.

To apply leeches successfully, it is essential that the patient's skin be perfectly clean and soft ; and as commonly a lotion has been used to the part before the leeches are employed, considerable attention is often required before this can be washed entirely off.

Hot water with soap must first be used, until the



part is clean, and then the soap must be carefully removed by means of pure water.

When the skin is in this state, leeches will bite very readily when they are fresh and hungry. The best mode of applying them is to let the leech crawl on a dry piece of linen for a little time; or better, if it have been kept in a vessel without water for some time before hand, then to take it in a bit of soft linen between the thumb and finger, and when it projects its pointed mouth between the folds of the linen, to direct it to the spot intended for it to act on.

In this way the leech will generally fasten at the first touch, and it will at all events fasten more readily, since it is prevented from covering the skin with slime, and thus sheathing it from its own bite and that of other leeches.

The most skilful appliers of leeches use this method, and they gain celebrity by thus throwing them on the part, as some of them express it.

Another way is to put the leeches into a wine glass or pill-box, and then to invert the glass or box on the proper part. This method does not answer when the leeches are not lively, for they will fix on the sides of the vessel, so as not to be again made to touch the skin.

This difficulty may generally be obviated by putting more leeches into the vessel or vessels than are wished to be applied, and removing them when the proper number have adhered.

In cases of difficulty, it is often advantageous to cover the part with cream or milk; or better to touch the head of the leech with a drop of vinegar; or to make small incisions in the skin, (of the operator perhaps, if the patient be a sleeping child,) by means of a lancet; or, if one leech have adhered, to take it off again, and use the blood, to entice others to do likewise.

Mr. Thomson, says in the London Dispensatory, that a leech may certainly be made to bite on any assigned



spot, by putting it into a quill which is open at both ends, and after placing the end containing the leech's head on the part, stopping up the other end by means of the finger. This information is valuable, at least if the plan prove generally successful, in cases where leeches are required close to an important part, as near the eye or on the gums, &c.; but it is to be feared that the quill would be as likely to fail as the common leech-glass, both being used on the same principle, and the latter being confessedly an ineffective instrument.

The pain of biting generally ceases in a short time after the leech has adhered; but if the patient be so placed as that the leech hangs as it were from the point of adhesion, the pain is in some individuals increased, and continues till the leech falls off.

Leeches should not remain on the part for more than ten or fifteen minutes; if they do not then fall off, it will be found they have been sluggish and are not full, and the same thing will be shewn by the want of that vermicular motion on the neck of the leech, which is so perceptible when it draws vigorously. In these cases, it may often be made more active by touching its head with vinegar.

As it sometimes happens that leeches when indolent, will thus remain on the part for hours, it is better to remove them when they are disposed to suck. This may be done by the application of a very little salt to their heads, and as the after-bleeding is generally more advantageous than the drawing of the leech itself, very little loss is sustained by removing them before they are filled with blood\*.

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\* According to one gentleman's experiments, the largest leech is not more than a drachm heavier when full, than before application. If so, small ones cannot draw away more than half a tea spoonful of blood.



THE TREATMENT OF LEECHES AFTER THEIR REMOVAL  
FROM THE SKIN.

Great waste is occasioned by unskilfulness in attending to leeches after they fall off. By proper care, they may be made to act again and again; for, when it is considered that blood is the natural food of the leech, it must follow, that some fault in our treatment causes their death, and not their having made a hearty meal on food that is natural to them.

It may happen, indeed, that the blood in certain states of disease acts as a poison, and destroys them; many persons having stated that they fall off dead, in some cases, before any application is made to them: but this is at least problematical, and perhaps unlikely.

The common practice of covering them with salt is almost always destructive; and, even by sprinkling a small quantity on their bodies, if death do not follow, it generally happens that the leech is blistered by the salt, and made incapable of acting again for a considerable time.

Squeezing out the blood is better than the application of salt in any form; but the best mode is to touch them with vinegar, which, if sparingly applied, will make them vomit, so that they may be re-applied again immediately, even to the third or fourth time, or, by returning them into clean water, be ready for another occasion.

When leeches are treated in this way, and especially if they be allowed to keep, perhaps, a fourth part of the blood which they have swallowed, they are not only capable of acting repeatedly, but in skilful hands may be made to grow to an immense size.

Under one gentleman's care, a set of leeches were in this way preserved for a great length of time, and at last they grew to the length of nearly eight inches. It was want of care that destroyed them even after all this. These leeches were not once emptied of their



blood, and yet they often were used again at an interval of only a few days.

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CHEMICAL QUALITIES OF BUTTER AND ITS  
ADULTERATIONS.

Butter forms a nutritious and wholesome article of diet. In its recent state, it very much resembles the unctuous oils of vegetables, and of animal fats; but it is more consistent than most parts of vegetable oils, from its possessing some portion of the cheesy part adhering to it. Butter, like all inflammable substances, is constantly undergoing oxygenation, as the chemists call it, and by this process becomes rancid, or is changed into a new substance no longer suitable for the purposes of nourishment. The tendency to rancidity, or oxygenation, is much hastened by its greater or less admixture with the other parts of the milk, from which it is not totally freed; for if the parts are very completely separated, the progress of oxygenation is much retarded.

The only means of preserving butter is by means of sea-salt; and with this addition it can be kept long in a fit condition for aliment. The cream, or oily part of the milk, from which butter is made, acquires, by being kept for some time, new properties, and these properties facilitate its conversion into butter. Thus sour cream does not take one fourth part of the labour necessary in churning, as fresh cream, in order to give out its product: but this acid which prevails in the cream before churning, disappears also after the process is finished; and this circumstance is no way influenced either by the access or exclusion of the atmospheric air. Fresh butter, as first made, is almost without any smell, of a mild and agreeable taste, easily soluble in water, and remaining uniform even in a boiling heat. As its acid becomes extricated, it acquires an acrimony or rancidity, and is then rendered unwholesome.—This acid is peculiar, and has not yet been properly examined.



The proper quality of butter is marked by its oily, or fat shining surface, and its yellow colour, with an agreeable flavour, and sweetish taste. The colour varies according to the feeding of the animal, and to supply its defect, adventitious means are often resorted to by colouring it with vegetables. The highest degree of natural colour is generally found in that from the milk of Guernsey cows.—From the strong tendency of butter to oxygenation, great quantities of this article come to be sold in a rancid state; and this cannot fail to be attended with the most deleterious consequences, and to lay the foundation of disease. This is the more to be guarded against, as the use of it is so great in this country; for, as justly observed by an eminent popular physician, however the English differ in their various religious creeds, they agree in having but one sauce to every thing, and that is butter.

As the wholesomeness of this article depends on its freedom from rancidity, whatever operation to which it is subjected that produces this state of it, introduces the foundation of disease, whether it arise from keeping, or the processes of cookery in frying and burning. It becomes in this state heavy and indigestible on the stomach, occasioning acrid and acid belchings.

But besides selling it in a rancid state, other deceptions may be adduced in respect to butter, by those who deal in it. By beating, it possesses the quality of absorbing an immense quantity of water. Such advantage is taken of this circumstance, that what with the additional weight of salt also introduced into it, the public do not receive more than two-thirds of the actual product when they buy it. The fraud begins from the very dairy, and is increased when it gets into the hands of the cheesemonger. This renders the profits of the trade so great, that there are few exclusive dealers in this article, who do not drive their gigs and enjoy their country houses, drawn out of the stomach of poor John Bull, while the poor man is deprived of so much of the nourishment which he ought to have,



and, by an excess of extraneous matter introduced into his body, through the use of this sophisticated article, sees himself and his progenitors often suffering under scrofula and other maladies, drawing their origin from, or aggravated by, this impure source.

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#### HUMBUG PETITION TO PARLIAMENT.

A Mr. Dunne, of Regent-street, has taken up the idea started by us, and petitioned parliament to abolish quackery and the sale of patent medicines. Had this been a genuine, straight forward thing, we should have been the first to hail it as a symptom of reform in the grossest of our national grievances; had it been, in short, a petition from the people who suffer in purse and person by the legal robberies of quacks, legitimate and illegitimate, it would have been all very well. But coming thus, in the shape of a humbug puff, from an unknown and an ignorant man, who has set up a "Royal Medical Institute," in rivalry of Jordan's Medical Establishment, or Nisbet's Army Board, or Eady's Soho concern, or Kiernan's humbug in Leicester square—we must pause. This petition, indeed, is the most bare-faced puff we recollect to have ever seen; and by a person who, though he may have passed muster at the college after paying his guineas, is profoundly ignorant of the science of his profession, and would be put to the blush by any one of the quacks whom he evidently wishes to rival. We should not hesitate to match against his chemical knowledge, either, Eady, M'Donald, or the quack-letter-puffer of the French Tonic Wine, and yet has this Mr. Dunne, a member, as he tells us, of the Royal College of Surgeons, the assurance to come before the House with a petition praying the abolition of all quack medicines until they shall have been analysed. As for his College membership we hold that cheap, as Taylor and Son, Caton, Goss and Co., and many others equally notorious can claim, we understand, the same distinction.



But you must hear the humbug petitioner himself to understand the very deep knowledge which is possessed by a member of the Royal College of Surgeons.

“On the Continent, no medicines (similar to those with us called Patent) are permitted to be sold, without first having been analysed by the constituted chemical authorities, and duly examined by the respective faculties of medicine.”—“If this plan were adopted in Britain, your petitioner humbly submits many valuable lives would be saved annually, and not one twentieth of the miserable objects would be found in our streets, or in our hospitals, as at present; and this might be effected without lessening, materially, the revenue produced by such poisonous means:—for the reporters would naturally limit the use of such medicines, to those diseases only in which they would be useful, and they would also prevent any improper article being introduced into their composition!!!”

After this display of chemical ignorance by the College member, we need scarcely add a word; it is only matched by the grammatical blunders which abound in this Parliamentary puff, as we may call it, of his “Royal Medical Institute.” Pray, may we ask this analyser of quack medicines what test he has discovered for hemlock, digitalis, hellebore, aconite, nightshade? And not to go into the dark regions of vegetable chemistry, may we ask him what analysis he can make of James’s powder? We advise him to try to get an engagement on the Tonic wine establishment, to write puff letters for the concern; as it seems much more in his line than chemical analysis, of which, according to his own evidence, he knows nothing.

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#### ON THE BEAUTY OF THE TEETH.

“He who pays no attention to his teeth, by this single neglect betrays vulgar sentiments.”

LAVATER’S *Essays on Physiognomy*.

Cleanliness of the teeth is to the eye what purity of



breath is to the sense of smelling. Nothing is more pleasing than clean teeth, and gums the colour of the rose; nothing more disagreeable than foul, black teeth, thickly encrusted with tartar; this sight alone is sufficient to excite disgust, the most beautiful face being repulsive, if the lips when they open exhibit the slovenly spectacle of neglected teeth. It was, therefore, a just observation of Lavater, that the mere sight of the teeth is capable of giving us a perfect insight into the character of a person, and that foul teeth announce vulgar sentiments.

The wish to please is not the only motive that ought to induce people to bestow the greatest pains on the cleanliness and preservation of the teeth. Breath depends, in a great measure, on good teeth: good—in order to perfect mastication of food; sound—that they may not impregnate the alimentary substances with a vitiated and unwholesome juice. The good condition of the teeth is equally necessary for the formation of the voice, and the articulation of words; vacancies more or less considerable are always injurious to the plainness of pronunciation and the harmony of speech; indeed Cicero compared the teeth with the strings of an instrument which modify the sound. The interest of beauty, above every other, imperiously enjoins the preservation of the teeth. The teeth have not only their particular beauty, resulting from regularity, form, and whiteness, but they also necessarily contribute to the general beauty of the figure. When they are gone, the lips and cheeks, deprived of their natural support, which they receive from them, fall in, and exhibit the not very pleasing image of premature old age. How many reasons, thus combine to induce the fair sex in particular, to bestow the greatest care on the preservation of these valuable organs!

Deeply sensible of the importance of these reasons, the ancients took extraordinary care of their teeth. The Roman ladies made use of a dentrifice so disgusting, that we may thence estimate the value they set



upon fine teeth, and the sacrifices they made to the ordinary delicacy of their sex, in order to preserve such a precious advantage: they washed their mouths with urine, or at least rubbed their teeth with a composition in which that substance was an ingredient. It is in allusion to this practice that Catullus observes: "To be proud of shewing your teeth, is to boast of having made use of a strange sort of gargle."

The Greek women neglected no opportunity of displaying the beauty of their teeth, like our modern belles, that knew how to disclose, by a seasonable smile, two rows of pearls; they were also accustomed to hold a sprig of myrtle between their teeth, for the purpose of exhibiting their regularity to the view of their enchanted admirers. Among the Mussulmans, so high a value was formerly set upon the teeth, that if a person wished to have one drawn, it was necessary to obtain the emperor's permission for the operation.

The beauty of the teeth particularly consists in their position, their arrangement, their regularity, their cleanliness, and their whiteness.

The position, more or less perpendicular of the teeth, and in particular of the incisors, contributes greatly to the beauty of the head; but this position depends on the primitive conformation of the bony system, in which it is beyond the power of art to produce any change. In general, the more nearly parallel the incisors are to each other, the stronger is the character of beauty which they impart to the face; consequently, the more the incisors deviate from this line of beauty, the more they diminish the graceful appearance of the face and mouth.

The handsome arrangement of the teeth is one of the conditions essential to beauty; and cannot, in this case, furnish a remedy for the defects of nature; it presents resources which every woman, jealous of her charms, ought not to neglect. But these means are not within the province of cosmetics, recourse must be had



to the hand and instrument of a skilful dentist, which renders it unnecessary for us to say any thing on the subject.

Without regularity, teeth cannot be handsome, but this quality is not perfect, unless bestowed by nature; those females to whom she has denied the favour, may indeed have the most striking deformities removed by the art of the dentist, but they can never obtain the inexpressible grace of naturally regular teeth.

The cleanliness and the whiteness of the teeth are other essential qualities, and the means of attaining them fall entirely within the object of our work. Attention to the cleanliness of the mouth is the first medium for keeping the teeth sound, and preventing tooth-ache. To this end, nothing more is necessary than to wash them every day with pure water, which is not too cold, or with salt water. Hot water must never be used for this lotion.

But it is white teeth that are more particularly the object of the ambition of females, and to gratify this wish, a multitude of receipts have been invented. Many of these are very pernicious, inasmuch as they tend to destroy the enamel, which especially contributes to the solidity of the teeth. Among these dangerous nostrums must, in the first place, be reckoned those dentrifices, electuaries, and opiates, which contain corrosive powders, such as emery, pumice stone, &c. These powders wear off the enamel by friction. In the next class may be placed those tinctures, spirits, and elixirs, which contain a mineral acid, and which chemically effect the destruction of the enamel, by dissolving it.

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#### ODOURS.

Odours are thought to be the immediate cause of the sense of smelling. They are said to be very small invisible particles, disengaged from bodies, and diffused in the air by heat, friction, mixture, and fermentation,



and also by the exhalant vessels of animals and vegetables. They are also called effluvia, a learned term to conceal ignorance; for nobody can tell what these effluvia are.

It is probable that these particles, if such there be, are kept in the state of gas, or vapour, by the presence of heat. All bodies, for any thing we know, may give out these particles, though we can perceive only such of them as affect our sense of smell.

What renders this probable, is that many substances which are thought to be without smell in one circumstance, smell strongly in others. Flint and quartz, for instance, give out a strong smell on being rubbed, or struck; clay smells on being wetted; arsenic on being heated, smells like garlic; and gold and other inodorous metals, in some circumstances, smell strongly.

The particles must be very minute, however much they may affect the organ, at least if we may judge of this by their weight. This can be shown by an experiment; but it takes some time to perform it.

*Experiment on Odours.*

Take a grain of musk, very accurately weighed in the most delicate balance. Put it in such a place as it may be kept from moisture or dust, while it has free access to the air. Allow it to remain here for one, two, three, or twelve months. During all this time it will not cease to diffuse a strong odour all around it. Weigh it again very nicely at the end of the period you have allotted for the experiment, and you will find that it has not lost the least perceptible weight, though it has been for so long giving out daily and hourly a strong odour.

Yet if we believe Le Cat, who has given us no reason for his opinion, but puts us off with a simile—odours are much heavier than air, and rise in it only in consequence of the velocity with which they are ejected from bodies, as a horse at full speed, and the wind together, raise a cloud of heavy dust.



Although, however, the foregoing experiment has been repeatedly urged as conclusive, we are disposed to doubt the legitimacy of the inference. For why may not odours be similar in their nature, to heat, to light, to the magnetic, to the galvanic, or to the electric principles?

Odours cannot be perceived by any of the senses but smelling. We cannot see them, hear them, nor touch them, and we think it is somewhat doubtful whether we can taste them. Do they not then bear a close analogy to light and heat in this respect; though they be not susceptible of reflection and refraction as light and heat are, because odours are not propagated in straight lines? They differ from sound in being capable of transmission through the vacuum made by an air pump, a property which might be advantageously made use of for investigating their properties more accurately than has yet been done.

During the rage for discovering chemical elements which prevailed some years ago, it was maintained that *aroma* was an element of this sort, on the same vague fancy that colouring matter, and extractive and miasma were set down as such; and the opinions still linger among those who trust to the authority of names and of books, rather than be at the trouble of thought or inquiry for themselves. Fourcroy proved the opinion false as it regarded *aroma*; and we believe it is equally so in other cases.

*How Smell is produced.*

However this may be, it is clear enough, that the odoriferous principles, particles, or gases, are drawn up into the nostril in breathing; and by mixing or combining with the fluid which covers the nerves, produce in these nerves the sensation of smell.

The moistness of the membrane is indispensable to the sensation of smell, for when the membrane becomes dry no smell is perceived. The moisture may act, perhaps, as a solvent for the odoriferous principle; or it may increase the sensibility of the nerves. Smell



also is only produced on drawing in the breath : when the air is returning from the lungs it does not produce the sensation unless the lungs or the parts about the mouth be diseased.

In those persons who have the nose flattened, who have very small nostrils, or have the nose otherwise deformed, or destroyed by accident or disease, this sense is either wholly wanting or very imperfect. When it is destroyed by palsy, or otherwise lost, the sense of touch still remains in it, as may be proved by introducing irritating substances.

Odours are conveyed in a similar way through water to the organs of smell in fishes, as may be proved by a simple

*Experiment.*

Put a piece of half putrid flesh or fish, which smells strongly, into a box full of holes sufficient to admit of the passage of a large eel. Place this in a pond or other piece of water where eels abound ; and in a few hours, it will be filled with eels, drawn thither by the smell of the meat.

It is supposed by the French chemists, that the moisture of the nostrils has a stronger affinity or appetency, as Darwin would call it, for odours than it has for air, and consequently, that it seizes on the odours, separates them from the air, and allows the air to pass on after parting with them. This is pure supposition.

*Smell of Flowers in the Night.*

The air, as all must have remarked, is better fitted when it is cool and moist, for conveying odours, than when dry and warm, as many flowers give out perfumes at night which are not perceived by day : the nodding thistle, (called by botanists *carduus nutans*) for example, the musk mallow, the sweet scented orchis, and more particularly the night smelling wall-flower (called by botanists *cheiranthus tristis*.) In the case of the last of these, however, the greater moistness of the air at night will not explain the phenomenon, as



the flower begins to smell about six o'clock, and in a few hours after becomes quite scentless, and remains so till the succeeding evening.

Odours, we may remark, cannot well be classed; for animal odours, such as musk, are found in vegetables, as in the musk geranium; and vegetable odours are found in metals, as the smell of garlic from heated arsenic. The blossom of the stapelia smells so like putrid flesh, that it deceives the flesh-fly so far as to make her deposit her eggs in it; and the same takes place with some species of mushroom.

*Effect of Odours on the Brain.*

The nerves of smell, perhaps from their greater exposure or from their vicinity to the brain, are very apt when excited, to act powerfully on the brain, and through it on the whole nervous system. Volatile alkali or hartshorn, as is well known, will in this way recover a person from fainting, or even prevent it; and pleasant odours, such as that of a bean-field, or of a flower garden, will sometimes induce headache.

The smell of ardent spirits, of wine and other fermented liquors, will in some cases produce intoxication, as if they had been taken into the stomach; and the smell of some medicines, Haller says, will act on the bowels like aperients taken by the mouth. M. Majendie is, as usual, doubtful of this explanation of the facts. He thinks in the case of the odour arising from wine, supposed to produce intoxication, that it is the actual particles of the wine floating in the air which are swallowed into the stomach; and that the same holds of a man having his bowels opened by pounding a large quantity of jalap or gamboge. This however will not explain the instantaneous emetic effect of some nauseous smells; nor perhaps the effect of strongly odoriferous medicines in hysteric affections.

Odours also act on the stomach through the influence of the associated nerves. We are told that Doumourier lived three days on the smell of hot bread; and Lord Bacon mentions the case of a man who lived a considerable time on the smell of garlic.



Any very nauseous smell also will, in weak or sickly people, produce retching and squeamishness.

We think it is probable, that odours have likewise some influence on the lungs, though this is less easy to ascertain with accuracy. Some very pungent odours, however, excite coughing, such as the odour, if we may call it so, arising from oxymuriatic gas, from strong camphor, and from turpentine.

#### *Use of Smell.*

The use of the sense of smelling has certainly been much over-rated, by some writers, in the instance of its guiding us to a choice of food. It acts no doubt so far, in conjunction with taste, in determining what is fit to be eaten. Smell particularly warns us to avoid eating what is putrid. But man is in this much inferior to the lower animals, and has to trust both to his former experience, and to the reports of the taste, the eye, and the hand.

In many cases we are even deceived by smell as to what is fit for food ; as several things are not unwholesome, which are by no means agreeable to the smell. We may give as instances of this, salted fish, onions, garlic, mustard, old cheese, which are offensive to the smell of most people, though they are all generally relished as food. See another instance, page 95.

Besides, we are fond of many smells, which are produced by substances, otherwise quite useless to us ; such as the fragrance of lavender, thyme, ottar of roses—in the same way as cats are fond of the smell of valerian and nepeta, though to them these are of no use whatever as food.

#### *Experiment.*

Take a piece of fresh valerian root, or the fresh stem of catmint (called by botanists *nepeta cataria*), and hold it out to a cat to smell. She will be as eager to seize it as if it were a mouse, though she will not eat it. By this means you may cause a cat to follow you to any distance you please. The experiment is not found to succeed with very young cats, either because they are deficient in smell while young, or because the influence of the odours depend on some sexual feeling.



## CORNARO'S METHOD OF ATTAINING LONG LIFE.

———Refrain———

And that shall lend a kind of easiness,  
To the next abstinence; the next more easy;  
For use almost can change the stamp of nature  
And either curb the Devil, or throw him out  
With wond'rous potency.——

HAMLET.

The very beautiful portrait of old Lewis Cornaro, from the painting by Titian, at Hampton Court, which we have given you in this Number, naturally requires us to sketch a short history of that wonderful man, and of his excellent little book, the method of attaining a long and healthy life \*.

He had been a professed epicure and libertine until he entered into the fortieth year of his age, when his constitution was so far reduced by the cholic, impaired digestion, rheumatic pains, nervous fever, &c. that his physicians assured him that he could not survive much longer than two months; and that no medicines whatever could avert this catastrophe, without abstinence and a steady adherence to a regulated diet. He punctually followed their advice, perceived symptoms of convalescence within a few days from the commencement of his plan of reformation; and, at the end of twelve months, was not only restored, but found himself in a better state of health than he ever had been during any period of his life. He resolved, therefore, to confine himself to a spare diet, and to take no more food than he considered absolutely necessary for his support; and thus he continued to live upwards of sixty years, during which long period he carefully avoided violent heat, extreme cold, turbulent passions, and every kind of excess; and, by rigidly adhering to this plan, not only his body, but his mind,

\* The neatest edition of Cornaro's work may be obtained from the Publisher of Dr. Buchan's Cottage Physician; or from his agents, price 2s. 6d. with a fine engraving.



acquired so determined a tone, that no common incidents could affect them.

At a very advanced age he lost a law-suit, which involved pecuniary concerns of great importance ; in consequence of which two of his brothers died broken-hearted, but he still retained his health and equanimity. At another time his carriage was overturned, and dragged along by the horses, by which his arms and legs were dislocated ; but they were reduced by his surgeon, and without taking any medicine he was soon restored.

When Cornaro had reached his eightieth year, his friends prevailed on him to add a small portion to his daily quantity of food ; alleging that his advanced age necessarily called for additional support. Although he was not convinced by this argument, being of opinion that with the gradual decrease of strength in old age, our powers of digestion are more feeble, and that we ought rather to diminish than to increase our food, in proportion to the decay of nature ; yet he yielded to the solicitations of his friends, and added a few ounces to his daily allowance. In giving an account of this circumstance, he says—

“ Scarcely had I proceeded in this new mode of living for ten days, before I found my spirits sensibly affected ; a fretful peevish temper succeeded to my former cheerfulness and gaiety, so that I became a burthen to myself and others ; this change of temper was followed by symptoms still more alarming. On the twelfth day I was attacked with a pain in my side, which continued for twenty-four hours together ; and soon after I found myself oppressed by a fever, that raged with unabated violence for thirty-five days, so that my life was despaired of. By the blessing of God, however, on returning to my former regimen, I recovered from this shock, and now enjoy, in my eighty-third year, health of body and serenity of mind ; I can mount my horse without assistance, can climb



steep precipices, and very lately I wrote a comedy abounding with traits of innocent mirth and raillery. When I return home, after being engaged in my private affairs, or from the councils of state. I feel inexpressible satisfaction in the company of my grandchildren, eleven in number, whose education, amusements, and songs, are the comfort of my age. I frequently join them in singing, as my voice is now stronger and clearer than I ever knew it to be in my youth; and as my happiness is not disturbed by the complaints, the moroseness, and melancholy humours so frequently the lot of intemperate old age."

In this happy frame of body and mind, Cornaro attained his hundredth year; his virtuous and memorable example, however, has hitherto had but few imitators.

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#### BED-CHAMBERS.

As the bed-chamber is the place in which we pass the greater part of our lives, we should pay greater attention to it than usually is the case. In discussing this subject, it is proposed to consider the following particulars:—1. The situation of the bed-room. 2. Its size. 3. The mode of ventilating it. 4. The temperature. 5. The fire-place. 6. Miscellaneous articles.

A bed-chamber ought not to be situated on the ground floor; and an elevated apartment is particularly recommended, by Tissot, to literary and sedentary people. Some recommend for the sake of coolness its fronting the north; but others think it better, that it should be exposed to the early rays of the sun.

Our sleeping apartments should be airy, large, and lofty, and not small rooms. Nothing can be more imprudent or absurd than the conduct of those who have splendid houses, preferring to sleep in small apartments. The more airy a bed-room is, certainly the better that it should be exposed to the sun.

#### *Ventilation of Bed-rooms.*

A bed-room ought to be well ventilated in the day



time, as it is principally occupied in the night, when all doors and windows are shut. The windows should be kept open as much as the season will admit of during the day; and sleep will probably be more beneficial, in proportion as this rule is practised. Indeed, nothing is more material, not only for invalids, but for persons in health, than the admission of pure air into their bed-rooms by various ways, in different degrees, according to circumstances.

Impure air is peculiarly injurious to the nervous system; it relaxes and enfeebles the general habit, and increases the irritability of the body; whereas, there is no means so likely to remove every complaint of that nature, as to pay the greatest possible attention to the quality of the air we breathe, both in the day-time and at night.

One of the best means of introducing fresh air into a house, or purifying any particular apartment is, by means of ventilators. These were invented by the celebrated Dr. Hales. This excellent contrivance consists of nothing but small moveable wheels, made of brass or sheet iron, which are applied to some part of the window panes, and set in motion by the pressure of the external air. But instead of using ventilators, Dr. Adair recommends that the casement of all public rooms, and indeed of private houses, shall be constructed, so that the upper division shall slide down, and that a certain portion of them, according as the room is more or less crowded, be occasionally kept open. By thus promoting a free and constant circulation of air in every apartment, whether occupied or not, the internal and external air comes nearly to the same temperature; the foul air, which is generated in close unoccupied chambers, and which adheres to the walls and furniture, will be carried off before it is accumulated; and the usual practice of airing rooms, by warming them with fires, and opening the windows, will be less, if at all, necessary.

It is proper, however, to observe, that though pure



air is so necessary to health, yet, that great and sudden ventilation is dangerous. Keeping open, therefore, the windows of any bed-room during night ought never to be attempted, but with the greatest caution. A gentleman, active and hardy, and accustomed to a country life, accidentally slept in a room where the servants neglected to shut one of the windows, the consequence of which was, his being seized with a serious illness, from which he recovered with difficulty.

It is imprudent to sleep in a very warm room, as it makes one faint, and relaxes too much the whole system. In such a case, the person lies in a bath of vapours, which the great heat causes to exhale from his own body. In regard to warmth, the temperature of a sitting room should not exceed  $60^{\circ}$  of Fahrenheit's thermometer; but that of a bed-room ought to be about  $50^{\circ}$ , as the medium temperature of our climate is between  $50^{\circ}$  and  $55^{\circ}$ .

Unless there is any apprehension of damp, a bed-room should rarely have a fire in it, as it has a tendency to vitiate the air, often fills the air with dust and ashes, and sometimes may be the means of setting the room on fire. If a fire is kept in a bed chamber, the danger arising from a small room becomes still more so; and numbers have been stifled when asleep, by having a fire in a small apartment.

Those who live in hot countries ought to be very particular regarding the place they sleep in. The apartment should be dark, shaded from the rays of the sun and moon; temperate as to heat and cold, and rather inclined to coolness than heat.

It is a good rule for those who are obliged, on account of business, to spend the day in close towns, to sleep, if possible, in the country. Breathing free air in the night time will, in some measure, make up for the want of it through the day. This practice would have a greater effect in preserving the health of those who reside in cities, than is commonly imagined. It is hardly necessary to observe, that damp bed-rooms



ought to be particularly avoided, and that the putrid air, which they often contain, may be in the highest degree noxious.

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#### TEETHING OF CHILDREN.

The immediate cause of irritation in teething is the pressure of the teeth on the gum ; and the degree of irritation depends upon the peculiar temperament of the child. As the teeth push forward, the gum above them wastes in consequence of absorption, and at last is cut through, and the tooth makes its appearance. This pressure is not, however, uniformly exerted through the whole course of teething, but is divided into distinct periods or stages ; as though the vital or instinctive principle, which is what we mean by nature, becomes exhausted by a certain extent of action, and then requires rest and a state of intermission. The first active stage of teething is usually about the third or fourth month of infancy, and constitutes what is called breeding the teeth, or the conversion of the pulpy rudiment, buried in the gum, and formed even in the child before birth into a solid material, which at the same time shoots downwards, and gives to every tooth a neck or fang. The first and most usual symptoms of this change is the looseness with which the infant grasps the nipple, and the frequency with which it lets go its hold, accompanied with fretfulness and crying, and succeeded by a copious discharge of saliva, the glands partaking of the irritation of the gums. Next, the uneasiness of the gums is found to be relieved by the pressure of any hard substance upon them, which benumbs their excited sensibility ; and hence the child is pleased with having its gums rubbed with the fingers or a coral, or with a gold ring.

#### *Disorders from Teething.*

If the irritation becomes very considerable, the gums swell, the child grows still more fretful, and



starts in its sleep ; or, on waking suddenly, there is heat, thirst, and an accompanying fever, with, perhaps, dullness or drowsiness ; the bowels are affected, which is a useful symptom, and a rash appears on the skin, usually the red gum ; and if the irritation extends to the muscles of the chest there is a dry and troublesome cough. It is the opinion of Dr. Withers, as given in his Treatise on Asthma, that a cough during teething never takes place but from some affections of the midriff, lungs, or throat ; yet we have often seen this effect produced as evidently from mere sympathy as salivation or looseness. In about ten days these symptoms subside ; and though the infant may occasionally be teased with slight paroxysms of uneasiness, it generally passes on without much inconvenience till the arrival of the second stage, or period of cutting the teeth, which we may expect to take place between the seventh and the close of the ninth month, though sometimes this does not occur till a few months later.

*Best Treatment.*

The grand point is here to moderate the local irritation. A looseness or full discharge of saliva does this naturally, and hence these are favourable symptoms. And if the looseness be too violent, or accompanied with griping, it should be merely corrected by magnesia or prepared chalk. If the bowels be confined, we must employ cooling laxatives ; and the discharge of a small quantity of blood from the gums in the first stage, by lancing them, will often afford effectual relief. If the symptoms of oppression or convulsive action be severe or threatening, as drowsiness, difficulty of breathing, starting, or irregular motion of the jaws, emetics and leeches should be had recourse to, and occasionally repeated ; after which blistering will be found useful behind the ears or on the back, and when the bowels have been thoroughly emptied, the use of a very cautious dose of syrup of poppies may be



allowed, and will generally prove serviceable ; though this should be employed with great judgment, and never entrusted to nurses, who by this means often destroy the constitution of children, or render them idiots for life.

*On Lancing the Gums.*

In the second stage, or when the teeth are on the point of cutting, the lancet will often afford immediate relief, not by a discharge of blood, for the upper part of the gum is now become so thin and wasted, that little or no blood will follow, but by giving a direct opening to the tooth, which will frequently make its appearance in the course of a few hours. In this stage, however, if we cannot at once cut down directly upon the tooth, the lancet had better be withheld, for we shall be certain of giving pain, though very uncertain of affording relief.

It is singular that the use of the lancet should be objected to so generally. The tooth is imprisoned by a membrane that surrounds it on a full stretch, and is hence in a state of inflammation. Lancing the gum, or rather the inflamed membrane below the gum, takes off the stretching, and sets the tooth free. The pain is slight and temporary, and by no means to be compared with the permanent uneasiness which the operation undertakes to relieve. It has been conceived that a tough hardened scar will be formed if the divided edges of the gum should unite after the lancet has been applied. Yet in the spongy texture of this organ no such effect is found to follow ; but, on the contrary, the recently united edges of the gum, as in all other parts, far more easily give way to the process of absorption than they would otherwise have done, by which means the passage of the tooth is rendered easier.

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DOMESTIC EXTRAVAGANCE.

Lucy Lacksense is the wife of a plain, industrious



man, whose aim is to provide necessaries, without a hope to procure the luxuries of life : Lucy set out in the world with very good intentions ; but by finding herself and her husband free from the clamours of creditors, and in no present danger of *want*, she has insensibly acquired a few habits likely to produce it. Since the birth of her last child, she fancies herself “too much a slave ;” and tells her husband she “was better off when in service ;” that she “had more gowns and ribbands, and less labour ;” that she “is determined not to stay at home so much as she has done, say what he will.” Her nurse and midwife persuaded her that she must take more *nourishment* now she suckles ; since which, her husband, though he has not found her drunk, has found bottles of liquor concealed in different corners, and when he happens to surprise her in tippling, she is only taking a drop to cure herself or the child of the *belly-ache*.

He is for stocking his shop—she for stocking her drawers ; if he buys an article of household furniture which he finds really necessary, she finds her inclination on edge for something which is not necessary, to complete it. The wives of neighbour Pinchweight and neighbour Swagger, are just gone out in a chaise cart with new beaver hats, but for her part she “can never go like other people ; they can get new this and new that, whose husbands are in debt, but she can get nothing though her husband owes nobody a farthing.” Though by the bye it is not long since he allowed her a guinea for a gown, for which she gave thirty shillings, because her husband *need not know it*. If she gives seven shillings for a laced cap for her boy, she assures him it cost four, and is a great bargain ; because as he spends no money in drink like other men, he can afford it. The poor husband, without knowing why, finds his exertions and care not sufficiently rewarded by success, and becomes unsteady and dissatisfied. Thus from single want of



consideration, or content, Lucy is likely to reduce herself and family to every other want.

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TREATMENT OF THE DYING. By DR. FERRIAR.

The length of the interval between insensibility and the absolute cessation of existence, which occurs in so many cases, has given rise to a multitude of superstitious notions, and mischievous practices among the vulgar. The effects of these impressions still remain. It is a prevalent opinion among nurses and servants, that a patient, whose death is lingering, cannot quit life while he remains on a common bed; and that it is necessary to drag the bed away, and to place him on the mattress. This piece of cruelty is often practised, when the attendants are left to themselves.

Another improper practice, is the precipitation with which the attendants lay out the body, immediately after death appears to have taken place. I have known them strip the body, in very cold, stormy weather, and wrapt it in cold linen, throwing a single sheet over it, and opening the doors and windows of the apartment, in little more than half an hour after a patient had died suddenly. It is too certain, that the helpless patient often feels these cruelties after he has become unable to express his sensations distinctly. The testimony of persons who have recovered from apparent death, leaves no doubt on this head.

When the tossing of the arms, the rattling noise in respiration, and difficulty of swallowing have come on, all unnecessary noise and bustle about the dying person should be prohibited. The bed-curtains should be drawn nearly close; and unless the patient should place himself in a posture evidently uneasy, he should be left undisturbed. Exclamations of grief, and the crowding of the family round the bed, only serve to harass him.

The common practice of plying him with liquors of different kinds, and of forcing them into his mouth



when he cannot swallow, should be totally abstained from.

While the senses remain perfect, the patient ought to direct his own conduct, both in his devotional exercises, and in the last interchange of affection with his friends.—Those who resign themselves quietly to their feelings, seem to fare best. (An excellent caution against the cruel and officious introduction of ignorant exhorters, who, in the awful hour of dissolution, step in, as it were, between man and his maker, and disturb that serenity so necessary to the departing soul).

When he no longer breathes, one person only should remain in the room, who should take care that no alteration be made in the state of the bed. Every thing should be conducted, as if he were in a transitory sleep. If the weather be hot, the windows of the room may be opened, and the bed curtains undrawn, in the course of two or three hours. In winter it will be sufficient to withdraw the curtains within that time.

There can be no just reason for the haste with which it is usual to lay out the body. Several hours may be properly suffered to elapse before this is done; for the joints do not commonly become rigid for a considerable time.

It is a horrid custom immediately to consign over to death, every person who has the misfortune, by a fall, a blow, unwholesome vapour, or the like, to be deprived of the *appearance* of life. If the person be suffered to grow cold, he will in all probability continue so; but if the body be kept warm, as soon as the injured part has recovered its power of acting, the fluids will again begin to move, and all the vital functions be restored. We once ourselves observed the breast of an infant frequently heaving, after it had been two hours in a cold kitchen, laid out as dead.



## POISON IN ROASTED CORN.

As this subject has attracted great attention since we published the facts in our first Number, we think it necessary to keep it before the public. Mr. Hunt, we understand, has brought an action against a newspaper for saying, that he sells poisoned roasted corn. We, of course, did not say that he did so, but only affirmed that all rye is frequently poisoned. The following is Orfila's account of the rye poison :—

*Convulsions from the Use of Rye.*

“It is a well known fact, that the use of rye has given rise to epidemic diseases, which have laid waste certain cantons of Silesia, Prussia, Bohemia, Hesse, Lusatia, Saxony, and Sweden. Several authors of respectability having given descriptions of the symptoms most generally observed in these epidemics, we shall here extract what is most important to be known. I. A. Srine, who has described the effects produced by this poison in 1736, in the county of Wirtemberg in Bohemia, says—“The disease begins with an uneasy sensation about the feet, which is a kind of tickling or formication ; in a short time a severe cardialgia \* succeeds ; the hands and head are soon after affected. The fingers besides are seized with so strong a contraction, that the most powerful man can scarcely master them, and the articulations appear to be luxated. The patients utter acute cries, and are devoured by a fire which burns their hands and feet. After the pains, the head feels heavy, the patient experiences giddiness, and the eyes become obscured by a thick mist, to such a degree that some persons become blind, or see all objects double ; the intellectual faculties are perverted ; mania, melancholy, or coma † takes place, the giddiness increases, and the patient appears intoxicated. This mischief is accompanied with opisthotonos ‡ ;

\* Heartburn.

† Fainting.

‡ Convulsions.



the mouth is filled with foam almost bloody, or else yellow or green. The tongue is often lacerated by the violence of the convulsions : it swells sometimes to such a degree as to intercept the voice, and produce a copious secretion of saliva. Almost all those, who have been subject to epileptic symptoms, died ; those, who after the formication of the limbs, become cold and stiff, have much less distension of the hands and feet. To these symptoms succeeds a canine hunger, and it rarely occurs that the patients have any aversion to food. Out of five hundred persons attacked with this disease, only one had buboes in the neck, which furnished a yellow matter, and this patient was a prey to excruciating and burning pains. Another had the feet covered with spots like flea-bites, which did not disappear till after eight weeks. The faces of several of them were covered with this eruption. The pulse was the same as in health. To the spasms succeeded stiffness of the limbs. This disease continued two, four, eight, sometimes even twelve weeks, with some intervals of rest. Out of five hundred persons, three hundred children died."—(*Saty. Medicor.* Siles. Specim. iii.)

*Mortification from the Use of Rye.*

“ Salerne gave a small male pig, which had been already castrated, some barley, in which there was one third of *ergot*. At the end of fifteen days the legs of the animal became red, discharged a greenish and fetid humour ; the under part of the belly and the back were of a black colour ; the excretions were in their natural state. This kind of food was continued for a fortnight longer : then some pure bran boiled, and still hot, was given to him. The animal at first appeared better ; but he soon began again to complain ; he could with difficulty support himself, and died, still preserving his appetite. The mesentery, jejunum, and ileum, were inflamed ; the edge of the liver exhibited two livid spots ; there were under the throat, and on the legs, some black pimples, which were a



little open, and discharged a reddish humour ; there was no gangrene \* in the feet. Other experiments made by the same author, by Read, and by Tessier, presented the same results : the animals died with signs of gangrene in the tail, ears, feet, &c. ; and gangrenous spots were found in the liver and intestines.

The human species has likewise been attacked by this disease. Several authors have given detailed accounts of gangrenous epidemics, the cause of which was known to be ergotted rye, and the same symptoms have constantly been observed, as we have already described in speaking of animals †."

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#### DROWNING.

Wrap the body up in warm garments, and carry it quickly in a cart, or otherwise, to the nearest house, raising the head somewhat. Lay the body down on a low table, exposed to the warm sun, or to a fire ; permit no more than six or eight persons to be in the room ; divide them into two parties, the one to be employed in inflating the lungs, and the other in communicating external heat to the body.

##### *To Inflate the Lungs.*

Let one assistant stand at the head of the body, and introduce a conical tube of wood or card, bent and tied round with string, into one of the nostrils ; hold it there with his right hand, and close the other nostril and mouth with his left.

Let a second person stand on the left side, and blow air through a tube by the pair of bellows, if possible, or by means of his own mouth. Let him do this until the chest of the body is raised up, or distended by the inflation.

Let a third stand on the right side, and press the

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\* Mortification.

† Orfila on Poisons.



upper part of the windpipe backwards with his left hand, his right being spread out on the breast. His object is to prevent the air from passing down the gullet, into the stomach. The gullet is directly behind the windpipe, and it may be forced against the back bone, if pressure be made on the windpipe.

When the lungs are filled with air, the first assistant must unstop the mouth, and the third expel the air again, by pressing moderately on the chest.

This series of operations must be repeated again and again, and persisted in "for many hours," if signs of life do not appear. As a preliminary, it will often be necessary to hook up all phlegm from the throat, by introducing the finger through the mouth.

*To Communicate External Heat to the Body.*

For this purpose large woollen cloths, wrung out of hot water, are recommended, renewing them when cold; also diligently rubbing the body by means of heated cloths; the application too of bags of warm grains or sand, bottles or bladders of hot water, or hot bricks, the two latter wrapped up in flannel, to the feet, hands, and arm-pits.

If vitality return, or appear likely to do so, hartshorn and oil may be used in friction; as also salt.

A glyster of warm water, with the addition of two table spoonfuls of spirits of hartshorn, a heaped teaspoonful of strong mustard, or a table-spoonful of essence of peppermint; in defect of these ingredients, half a gill of brandy, rum, or gin, may be substituted, or the warm water may be given alone.

Similar mixtures may be thrown into the stomach, by means of a syringe; but of not more than a quarter the strength.

The inside of the nostrils too, may be touched by hartshorn, or other stimulating fluids, or snuff may be given.

Electricity, or galvanism, is also recommended.

When the patient can swallow, he must be put



into a warm bed, with his head and shoulders raised, and warm and moderately nourishing drink be given to him.

Patients are liable to indisposition ; especially to inflammation of the chest, and pains in the head, after such accidents.

*Directions for Avoiding Drowning.*

Keep the hands under water, and use the legs as if in walking up stairs. In this way, it is said, that any person may keep above water.

If a person cannot swim, he may go into the water to save a drowning man by doing as follows :—

Spread a handkerchief on the ground, and place a hat with the brim downwards, on the middle of the handkerchief, and then tie the handkerchief round the hat as you would a bundle, keeping the knots as near as possible in the centre of the crown. Then seize the knots in the hand, and keeping the opening of the hat upwards, fearlessly plunge in ; and having the other hand at liberty, carry out a rope, stick, or use any other means, which may assist in rescuing the drowning man from his perilous situation.

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**THE MODE OF STOPPING THE BLEEDING OF  
LEECH-BITES.**

The bleeding of leech-bites is very uncertain, the orifices often closing soon after the leeches have fallen off, so that but little blood is obtained ; whilst they will as often continue to bleed most profusely for many hours, and in this way either endanger the life of the child, to whom it generally occurs, or reduce him to a state of great weakness.

On more occasions than one the writer has seen this happen, and cases are recorded, in which death has followed the application of even a limited number of leeches.

Medical men generally calculate on the continuance of bleeding for three or four hours ; but they are often



sent for in a great hurry to calm the apprehensions of a patient's friends, by closing the oozing orifices. These apprehensions are generally unfounded; but, in almost all cases, it is found, that from ignorance of the proper mode of stopping the bleeding, the nursery is a scene of confusion and helpless terror.

Practitioners often smile on these occasions, in wonder that it should not sometimes occur to an unprofessional person, that a finger placed on each of the leech bites will command the bleeding for as long a time as it is held there; and that thus all apprehension may be, in every instance, calmed in a moment. But no, the fright of the moment takes away all reasoning power, the child is covered by bundles of cloths or a mass of flour, or hat fur, or other similar substances, from under which the blood issues in defiance of means so inefficient.

Neither hair-powder, nor flour, nor the fur of hats, nor other applications of that kind, will be of the least avail, where the bleeding is so violent as to require to be restrained by artificial means. There are, however, numerous modes of restraining hemorrhage from leech-bites, several of which are at the command of every one.

A finger placed on the orifice commands the bleeding, as is stated above; but as the blood in drying, glues it to the skin, the bleeding generally recurs, on account of the violence necessary in removing the finger; or it is inconvenient to hold it there long enough, permanently to close the orifice in the bleeding vessel.

It is easy to turn this glueing property of the blood to good account. A lady had a leech-bite on her temple, which bled profusely, in spite of the skilful application of caustic, which is in almost every case, effectual. A bit of rag, half an inch square was placed on the leech-bite, care being taken, that the part was, at the moment, as free from blood as possible. This bit of linen was held on by the finger. In about five



minutes, it was found that the blood had glued the linen to the part, and as sufficient blood had not been allowed to collect underneath, to wet the linen through, and thus fasten the finger to the linen, the former was removed, the linen remained, and the bleeding did not return.

*Mr. Abernethy's Plan.*

This method has been repeatedly used successfully since that time; and it seems, that Mr. Abernethy teaches his pupils to stop the bleeding of leeches in the same way. Mr. Abernethy uses lint instead of linen; this is an improvement, for as the lint is thicker than the linen, it is almost impossible for the finger to be glued to the former, thus obviating the only cause of failure, in restraining the bleeding of leeches by this mode.

The application of lunar caustic is a very effectual mode of arresting the bleeding of leeches; but it requires to be used with great care, otherwise an unseemly mark will be left behind, and the surrounding parts will be injured by the spreading of the caustic to them. The piece of caustic should be tied in a quill, and sharpened to a fine point, by rubbing it on a rough sand-stone. The point is then to be introduced into each orifice, and held there for about five seconds. The application may be repeated if necessary. A black scab is formed, which falls off in a day or two.

Even vinegar, when applied to the wounds, will often be sufficient to stop the bleeding; but the aromatic Theive's vinegar, will be effectual in almost every instance. This latter plan, however, should not be resorted to, unless the others, above recommended, fail; for it gives pain, and requires care in the application. The best way is, to take up as small a part of a drop as possible, on the point of a blunt stocking-needle, and insert the point thus armed into each orifice.



A needle's point may also be used in the same way, when armed, by dipping it, wet, in a little powdered lunar caustic.

Powdered alum will often answer very well ; and powdered emetic tartar very certainly.

Another plan still remains, which although it will never fail, *need* not be resorted to in any case. Heat the pointed end of a small needle by holding it in the flame of a candle, and bend it into a small semi-circle. Pass this through the bleeding orifice, and wrap thread round it, as is done round the pin which is used to secure the vein when horses are bled.

It will perhaps be useful to add, that leech-bites cease to bleed naturally, by the extravasation of blood under the skin, which by coagulating, closes the orifice in the bleeding vessel. It is not known, why these bites bleed so very much more copiously, than similar wounds made in any other way. The question is a very curious one.

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#### USE OF SMELL.

At first view, it might appear that smell was useful in determining whether fruits were sufficiently ripe ; and in some cases it undoubtedly is so, as in the instances of apples and melons. But what will be said to the fragrance of some species of plants and flowers, such as lemon-thyme, and geranium, which have the exact odour of ripe lemons, limes, and oranges, though nobody, we imagine, ever thought of eating these bitter plants, merely on account of their odour ? Or of feasting on walnut leaves, because they smell like ripe apples ? The prussic acid, the most deadly of all poisons, smells strongly of peach blossoms. This enticed Majendie's servant to drink some of it. She died in two minutes.

As in the case of taste, we can by habit be brought not only to endure but to relish what is offensive ; we



can in the same way be habituated to like what is offensive to the smell; snuff, for example.

Dr. Reid observes, that nature (we would say Providence) seems studiously to have set bounds to the pleasures and pains which we have by smell and taste; and to have confined them within very narrow limits, that we might not place any part of our happiness in them; there being hardly any smell or taste so disagreeable, that use will not make it tolerable, and at last, perhaps, agreeable; nor any so agreeable, as not to lose its relish by constant use.

Frequent repetition, or long continued smelling to any fragrant substance, blunts the sensation arising from the odour. Thus, when fragrant flowers are in a room, we perceive their odour very strongly when we first enter, but in a short time it ceases to be perceived. Even the most delightful fragrance of a flower garden, moist with the morning dew, or with light summer showers, soon fails to affect the sense of smell. Pungent and disagreeable smells, however, never cease to be felt altogether, though they cease by continuance or repetition to be disagreeable.

*Antipathies to some Smells.*

There are some smells to which individuals have an unconquerable and unaccountable antipathy. The smell of a cat, of musk, or of cheese, will sometimes throw individuals of this description into a faint. This has, by some, been referred to early association; but this will not explain all the circumstances; for those affected with such antipathies, will, by smell, discover the existence of a cat in a room, though it be ever so carefully concealed, and though it be imperceptible to every other person.

*Preparation of the Air.*

It does not hold universally, but in many instances, the sense of smell seems to act as a guardian to the lungs, what is offensive to the one being injurious to the other. The case of the oxymuriatic gas, formerly mentioned, is an example, and the fumes of several



metals and minerals are but too well known to be similar.

The channel of the nose is not only a guardian to the lungs in admonishing us of impure and noxious airs and exhalations, but it acts as a preparatory apparatus in warming the air before it reach the lungs. The air, therefore, in a state of great coldness can never get into the lungs, and, for the most part, its temperature must be to them nearly equable.

*Disorders of Smell.*

It is this wise arrangement, also, which exposes the membrane of the nostrils more to inflammations and disorders that otherwise must have fallen upon the lungs, where they would be greatly more dangerous. Nor would it alter this explanation, though we agree with the opinion of Hippocrates, that consumptions are always, or chiefly, caused by the defluxions or mucous falling down from the head upon the lungs. This may happen, but not in one instance of a thousand does a cold in the channel of the nostrils produce consumption in the lungs.

*Sneezing.*

When offensive matter gets into the nose, or when the membrane or its mucous pipes are any way obstructed, we make a very violent effort to throw off what is offending, by sneezing. This is done by drawing in a short but strong breath, and suddenly forcing out the air through the nostrils by a violent and almost convulsive effort of the diaphragm and other muscles exercised in breathing. Excessive sneezing has sometimes been known to produce blindness, from the concussion which it causes in the brain affecting the nerves of the eyes.

Inflammation always greatly increases the sensibility of the part inflamed. The membrane of the nostrils therefore when inflamed by colds or otherwise, would be too much affected by odours, were it not wisely ordered, that the moisture in such cases is for the most part either increased in quantity or thickened



in consistence to defend the more sensible membrane. When this is not so, a pungent odour causes pain, as every snuff-taker who has had a cold too well knows.

Cabanis mentions a singular case of a man who had an abscess in the brain, who told him that a cadaverous smell, quite intolerable, haunted him for more than six months; and though he took great quantities of snuff (*de tabac*) to dissipate it, he found it useless—the two smells being distinctly felt.

#### *Taliacotian Art.*

In cases in which the nose has been destroyed or much injured by accident or disease, some bold surgeons have successfully attempted to repair the loss by cutting a portion of flesh and skin from the arm or thigh, and ingrafting it on the deficient part of the nose. There is nothing chimerical in this, for parts, though completely separated, have been united. A case of this kind occurred to the writer when a student, in a boy who had a joint of his finger taken off by a machine. The parts united with little suppuration, and healed well. Mr. Carpue has been successful in several cases of thus repairing an injured nose; and Dr. Buenger lately succeeded in ingrafting a portion of skin, taken from the arm, on the nose of a girl which was dreadfully corroded with the disease called the Wolf, or *Noli-me-tangere*. Upon a similar principle, the combs of barn-door cocks have been transferred to their hens by Spallanzani, and other experimenters. The most wonderful circumstance attending the organ of smell, when thus repaired, is that the sense of odours is, if we may believe the French writers, again restored.

Some persons are born deficient in the sense of smell, or have it totally destroyed by disease, in the same way as some are unable to distinguish colours.

In a barbarous state of society, the sense of smell is sometimes most wonderfully acute. It is reported of



the Negroes in the Antilles islands, that they can follow their master as a dog does, by smelling the track of his feet. Nay, more, that they can distinguish the track of a Frenchman from that of a Negro. It would require very strong testimony indeed to make this a credible. It certainly is not impossible.

Humboldt expressly states, that the American savages have distinct terms for the odour of a Negro, of a European, and an American Indian.

Sir Kenelm Digby mentions a boy whose smell was equally acute with that of the Antilles Negroes ; and in the *Journal des Savans* for 1684, the case of a monk is related, who could, in the dark, distinguish different persons by smell. He began a treatise on odours, but died before it was completed.

The exercise of the organs of sense has a very manifest effect in improving them. This will account in a great measure for what we have just related. It will also account for the increased acuteness of the sense of smell in blind persons. May it not be, that in the instances in which the blind have ascertained colours, that they were as much assisted by smell as by touch ?

*Case of Miss M'Avoy.*

Perhaps we may in some such way as this account for the extraordinary faculty possessed by Miss M'Avoy of Liverpool, of determining colours ; of reading, &c., if the accounts of these and of her blindness, given by her friends, may be depended on. We are aware that they were at least questioned by several highly respectable professional and scientific gentlemen on the spot. It may not be unimportant to mention, that Miss M'Avoy was a Roman Catholic.

Sir Hans Sloane gives the case of a young lady, still more wonderful, who both blind and deaf had her smell and touch so increased in acuteness, as to be able to distinguish the colours of flowers and silk, and to know when any body was in the room with her. She could also, it is said, write and sew ; but we



have not been able to ascertain, to our own satisfaction, the accuracy of these statements.

A recent instance of a similar privation of sight and hearing, occurred in Scotland, in James Mitchel, the son of a clergyman. Of this unfortunate boy we have most authentic accounts, by Mr. Wardrop, and Mr. Dugald Stewart. We shall only advert here to his acuteness of smell, the peculiar nicety of his touch will be stated under that sense.

To the sense of smell, he seemed chiefly indebted to his knowledge of different persons. He appeared to know his relations and intimate friends by smelling them very slightly, and by the same means he at once detected strangers.

After Sir Astley Cooper performed on his eyes the operation for cataract, he could never endure his presence nor allow him to approach him. He seemed evidently to discover him by the smell.

It may be remarked here, that smells cannot be remembered without some term or symbol to represent them to the mind: they cannot be pictured in the thoughts as colours can be, though Rousseau very inaccurately calls it the sense of imagination. Mitchel could not, therefore, recollect a smell unless it were present, though when any odourous substance was presented to him a second time, he might remember that he had frequently smelt it.

It is a common opinion that dogs, horses, and others of the lower animals, when they show surprising instances of memory, depend upon the presence of the object for their recollections, and cannot recollect any thing whatever when it is not present. The same opinion is held respecting some of the senses in man; and accordingly some authors affirm, that we cannot remember smells and tastes except when the object is present. We can only answer for ourselves, that we think we can distinctly recollect certain smells since boyhood, although the object is altogether absent.





PETRASCH CZARTAN, AGED 185 YEARS.

The portrait of this extraordinary man was copied from a painting formerly belonging to the Earl of Northumberland, and now the property of William Bosville, Esq., of Welbeck-street. Czartan, as we learn from the Dutch Book of Wonders\*, was a Hungarian peasant, born in the year 1537, at Kofrock, near Temeswaer, where he lived 180 years. When the Turks

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\* Het Algemeen Historich Woonderbok.



took Temeswaer from the Christians, Czartan kept his father's cattle. A few days before his death (which happened in 1724), he walked with the assistance of a stick to the post-house at Kofrock, to ask charity of the travellers. His sight by this time had greatly failed, and his hair and beard were of a greenish white colour, like mouldy bread; few of his teeth remained. His son, born of a third wife, was ninety-seven years of age. Czartan was a Christian of the Greek church, and a strict observer of the fasts, and never used any food but milk and cakes, together with a good glass of brandy. He had descendants to the fifth generation, with whom he sometimes sported, carrying them in his arms. Previous to his death, Count Wallis had a portrait taken of him. This account of him was transmitted by the Dutch Ambassador, then at Vienna, to the States-General.

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#### COUNTERFEIT DISEASES.

We resume this important subject, and shall state several instances in which the impostors made use of very ingenious tricks to substantiate their cases. We are chiefly indebted, as in our former paper on this subject, to Professor Beck's Medical Jurisprudence\*.

##### *The Pulse.*

We might naturally think that any change in the pulse would be the hardest of all other things to feign; and yet the cases recorded put an end to all doubt on the subject. Should deceit be suspected, the physician may examine whether ligatures have not been applied to interrupt the pulsation, and he should ascertain whether the arteries beat at the corresponding extremity. I am indebted, says Dr. Beck, to my late worthy preceptor, Dr. M'Clelland, of Albany, for a case illustrating this point. During the period of his at-

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\* A very full Analysis, with copious extracts of this interesting work, will be found in Anderson's Quarterly Journal, No. III.



tendance at the Royal Infirmary in Edinburgh, a person applied for and obtained admission on the score of ill health, who had formerly been a patient there. The attending physician examined the pulse at the right wrist, but found none; he then tried the left, but with similar success. The trick was carried on for several days, at the end of which time it was discovered that the patient was in sound health, but that whenever the pulse was to be examined, he pressed his finger on the artery under the arm-pit.

*Urine.*

The suppression of urine was a frequent disease among the female convicts at the New York state prison. Dr. Blatchford, who was some time resident physician, relates two cases, in which the frequent use of the catheter obviated all the evil effects which a voluntary suppression might have produced, and also indicated when the pain and distress were groundless. By a reference to the registers, he found that this was a common complaint immediately after the initiation of every resident physician. Dr. Hennen says, that incontinence of urine is almost always detected by giving a full dose of opium at night, without the knowledge of the individual, and introducing the catheter during sleep.

A boy at Bilso (Staffordshire), A.D. 1617, accused a woman of having bewitched him; and succeeded so well in feigning convulsions, &c., that she was tried and condemned to die. Dr. Morton, the bishop of the diocese, suspecting imposture, caused him to be confined and watched. He grew apparently worse, and the urine which he openly voided was black. The good Bishop almost despaired of saving the life of the female, in consequence of the dangerous situation of the boy. A vigilant spy, however, detected him in dipping a small piece of cotton in an ink bottle placed at the side of his bed. This he put inside the prepuce, in order to give the urine its colour when he excreted in public.



*Maiming.*

Under this head, Dr. Beck mentions a case from a rare book, entitled the "History of Knavery." A boy, aged eleven, pretended to be lame of both legs, and used to go shoving along his breech. Upon his being taken to the workhouse, and the overseers proposing to make him a tailor, he confessed that his brother, four years before, by advice of certain beggars, had contracted his legs, and turned them backwards, so that he never used them from this time, but begged for the behoof of himself and his brother. He gave an account of many other deceptions of the same kind. His legs were set straight, so that he now has the use of them.

*Dropsy.*

The following case, from the *Acta Naturæ Curiosiorum*, will show how much we ought to distrust that affectation of modesty which will not permit a complete investigation:—A young female at Strasburg, from the enlargement of her abdomen, had led the public to doubt the purity of her character. The distention continued so long as to dissipate the suspicion; and for thirty-nine years she continued to increase in bulk, and excited the commiseration and charity of all who saw her, in such a manner as to lead a highly comfortable life. Her case excited the attention of the physicians and surgeons; and they waited with some impatience, until her death should develop the nature of her extraordinary disease. No tumour was found; but in her wardrobe was found a sack, or cushion, weighing nineteen pounds, and so made as to fit the shape of the abdomen. This female would never allow a medical man to examine the seat of her pretended disease.

*Water in the Head.*

Sauvages mentions a mendicant, who gave to his child all the appearances of water in the head, by introducing air between the skin and the muscles of the



head, near the crown. The fraud was detected by removing the patch over the hole by which he introduced it. A mountebank, at Brest, by similar means used in different parts of the body, produced the most hideous deformity in a child; and lately, a female in France, in the same way, gave herself all the appearance of dropsy. The smallest possible aperture will serve for such a purpose; but, as the other symptoms of such diseases are not present, the fraud is easily detected.

The sac of a rupture has been ingeniously imitated with the bladder of an ox; or by a piece of intestine, in which a sponge filled with a mixture of blood and milk was placed. It was fixed in such a manner, that one of its extremities was left hanging out.

#### *Ulcers.*

Frauds of this description are frequently practised in Hospitals, in order to avoid the performance of labour of every kind. In 1810, a fellow enlisted in the Marines at Portsmouth, and received the full bounty. In a few days, it was discovered that he had a very bad leg. On investigation, it was proved by his wife and others, that to avoid going on duty, he had made an incision in the flesh just above the shin-bone, and put a copper half-penny on the wound, which almost immediately caused a violent inflammation. He ultimately, however, paid dearly for his speculation; as a mortification followed, and it was found necessary to amputate the limb.

#### *Weakness.*

Several substances are taken by imposters to make the countenance pale or livid; among which, cumin seeds have been used from remote antiquity, being mentioned by Dioscorides, Persius, Horace, and Pliny. They are still used, according to Foderé, for the same purpose in France. The following singular case is given by Dr. Beck. A very curious work was published at New Haven, in 1819, under the title of 'The Mysterious Stranger; or, Memoirs of Henry Moore Smith.' It purports to be written by the Sheriff of



King's County, New Brunswick, and I have repeatedly understood, that there is no doubt of the authenticity of all the material facts. The hero of the story was a most accomplished villain. While in the prison at Kingston, New Brunswick, he began to spit blood, had a violent cough and fever, and gradually wasted away, so that those who visited him supposed his death was rapidly approaching; this continued for a fortnight, and his weakness was so great, that he had to be lifted up in order to take medicine or nutriment. A turnkey unfortunately, however, left the door of the prison open for a few moments, in order to warm a brick for his cold extremities; on his return, Smith had disappeared. After many adventures and hair-breadth escapes, he is now a prisoner in the Newgate of Connecticut. There also he has feigned weakness, spitting of blood, and epilepsy, but with no success. He confessed that he pretended to raise blood by pounding a brick into powder, putting it into a small bag, and chewing it in his mouth. He contrived to vary his pulse by striking his elbows, and said he had taken the flesh off his body in ten days, by sucking a copper cent in his mouth all night, and swallowing the spittle.

*Pain.*

This is perhaps the most frequent of all feigned complaints, as it is the easiest to simulate, and the most difficult to detect. We find, therefore, many cases in works on medical jurisprudence and police, of a very singular character, arising from device from this species of imposition. An artillerist, from the garrisons of Fort de Bouc, was brought to the hospital at Martigues, with a violent pain in his left leg and which was attributed to sleeping on damp ground; during the space of eight months, a variety of antimonial preparations, together with mercurials and tonics, when indicated, were administered, along with local remedies, but without any relief. The leg, from the repeated use of blisters and caustic, became thin, and rather shorter than the other; while from



the low diet ordered, there was a general paleness and lankness of the system. Under these circumstances Foderé could not refuse him a certificate as a real invalid. With the aid of a crutch, he dragged himself to Marseilles, where he obtained the promise of a discharge. He was ordered to return to the fort, to wait its arrival; but, on his way thither, being too overjoyed, he was met by his commander, walking without his crutch. On being put in prison, he avowed the fraud.

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#### ON THE MEANS OF PROCURING ABORTION.

We promised to take up the effects of blood-letting and of saving, so often resorted to for the purpose of producing criminal abortion, and we now redeem our pledge, taking as our guide the work of Professor Beck, so often alluded to.

##### *Blood-letting.*

Dr. Rush, in speaking of the effects of *bleeding* in the yellow fever of 1793, asserts, that not one pregnant woman to whom he prescribed it died, or suffered abortion. In his defence of blood-letting, the same writer gives us the account of one woman whom he bled eleven times in seven days, during her pregnancy—of another, who was bled thirteen times, and of a third, who was bled sixteen times, while in the same condition. All these women, he adds, recovered, and the children they carried during their illness were born alive and in good health. The foregoing facts, selected from a multitude of similar character, are abundantly sufficient to show the extent to which bleeding may be carried during pregnancy, without being attended with any injurious consequences to the child; and the effect must be the same, from whatever part of the body the blood may be drawn, whether from the arm or the foot. Still it is not to be denied, that when the



constitution of the mother is naturally feeble and irritable, or has become much debilitated by disease, an injudicious loss of blood during pregnancy may prove fatal to the life of the child. In all cases, therefore, of this kind, every attendant circumstance should be duly considered, for the purpose of ascertaining the intention of the person who recommended it.

*Savine.*

If given in sufficiently large doses, is a powerful poison. In the experiments made by Orfila on this article, it was found, in one instance, to destroy a dog in sixteen hours, and in another thirteen hours after it was administered. In the case of Miss Burns, for whose murder Mr. Angus was tried at Lancaster, in 1808, there is reason to believe, from the testimony offered, that savine oil had been administered to effect abortion. That it does not always succeed is evident from a case related by Foderé. In 1790, a poor imbecile and emaciated girl, in the duchy of Aoust, in the 7th month of her pregnancy, took from the hands of her seducer a glass of wine, in which there was mixed a large dose of powdered savine. She became so ill, that a report of it was made to the magistrate, who ordered Foderé to visit her. The patient stated to him, that on taking the drug she had felt a burning heat, accompanied with hiccup and vomiting. This was followed by a violent fever, which continued for fifteen days. By the use of cooling remedies, however, she recovered, and at the end of two months was safely delivered of a healthy child.

It has happened in some instances, that while the mother has lost her life in attempting to procure a miscarriage, the child has actually been born alive and survived. A case of this kind was witnessed by Foderé, in 1791. A cook, finding herself pregnant, and not being longer able to conceal it, obtained half an ounce of powdered cantharides, and mixed it with an ounce of sulphate of magnesia, and took them down



in order to procure abortion. Some hours after, she was seized with violent colic, and brought forth a *living child*, in the most horrible pains. During the succeeding night she died. If these facts were more generally known, we suspect the attempts at abortion would be much less frequent than at present. With regard to the accessaries and accomplices in this crime, it would be well for them to remember, that in every experiment of this kind which they make, they take upon themselves the awful responsibility of jeopardizing not merely a single life, but two lives. As far as *intention* is concerned, they are in all cases as much chargeable with the death of the mother, as with the destruction of the fruit of the womb.

It results therefore, from what we have said concerning the means of producing abortion:—1st, That all of them are *uncertain* in their operation upon the child; 2d, That they always endanger the life of the mother; and 3d, That they sometimes destroy the mother without affecting the child.

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GREEK CURE FOR HYDROPHOBIA. By DR. XANTHOS.

The following is translated from an interesting paper of the Greek Physician, Dr. Xanthos, in Hufeland's *Journal der Praktischen Heilkunde*, just received from Berlin:—

“At the end of January, 1823, as many of my countrymen, compelled by the events which occurred in our country, were travelling from Russia through Germany to Marseilles, I saw one of them who came from Trapezunt, who had been bitten by a dog in Hanover.

He had a considerable wound in the middle of the right thigh, which pained him in walking. Notwithstanding my advice, that he should stop on his journey till the wound was healed, he insisted on setting out the same day with his countrymen, and took nothing



with him but a little mild salve. Early in the month of May, I met this man again, with twenty-seven of my countrymen, in Zurich, and was happy to find the wound in a short time completely healed. The man said it was a lucky circumstance that the dog was not mad; upon which a Greek, from the Peloponnesus, considerably advanced in years, and well acquainted with the customs of our country, observed, that if the dog had been mad, it would not have been of much consequence, all that would have been necessary was to cut out the *Lyssais* as soon as possible; I immediately put the question to him, 'What do you mean by the *Lyssais*?' He replied, 'In persons who have been bitten by mad dogs, there appear on the ninth day little blisters on the tongue, which we call *Lyssais*; these must be cut off with a sharp knife, and the bleeding suffered to continue till the poison is discharged.'

Acquainted with the information, which Dr. Marochetti had communicated on this subject, I considered the testimony of this old Greek, extremely important. I inquired of my other countrymen, who had lived in various provinces of Greece, whether they were acquainted with this practice; most of them answered in the affirmative; some assured me that they had often witnessed it.

As my countrymen were too much dispersed in different places, to enable me personally to obtain particular information on this subject from each of them, I sent certain questions from Heidelberg, and obtained from Haran the following answer from Polychronis, a Thessalian.

If a man is bitten by a mad dog, on the ninth day small blisters, called *Lyssais*, appear under the tongue; they are about the size of a pea, some of them smaller; they are rather dark coloured and look like flesh.—They are situated on the under side of the tongue, near the membraneous band or bridle, particularly on the side of the veins. If you observe the tongue of a



sound man, and then examine that of a man who has been bitten by a mad dog, you will immediately see the difference.

“As soon as these *Lyssais* are observed, they must be cut out with a sharp knife, and the bleeding continued till the poison is discharged. If this is neglected or deferred too long, as for instance till the twentieth day, the brain becomes affected, and the patient will die in deplorable convulsions.

“Seven Greeks, who were staying at A——, partly natives of Thessaly and Epirus, and partly from the islands of Greece, confirmed this testimony. Another from Lagura, near Larissa, wrote to the same effect, adding that in his country after the *Lyssais* had been cut out, and the wound suffered to bleed a considerable time, a red hot iron was often applied to the part for several days.—An Epirot, K.W., wrote me word from Basil, that in his country, when the *Lyssais* were cut out, and the wound had bled copiously, it was the custom to rub it with garlic and common salt. He assures me that he has often seen this done, and that when this plan has been carefully pursued, the patient after the fortieth day is out of all danger. He adds, that the inhabitants of the neighbouring mountains, after the *Lyssais* have been cut out, wash out a gun-barrel with water, and make the patient wash his mouth with the rincings.

Thirteen Greeks, staying at Basil, confirmed this testimony, with some slight variations.

A Peloponnesian, 80 years old, who had been in trade from fifteen to twenty years, in Russia, who had since resided at Odessa, and who is now in Switzerland, tells me that he has often employed this method in Russia, with the happiest success.

In some parts of Greece, it is the custom to apply squeezed river crawfish to the bitten part; a drink is also prepared by squeezing these crawfish and pouring upon them wine or water. The inhabitants of many provinces of Greece have great faith in the efficacy of



crawfish in cases of hydrophobia, and use them both internally and externally.

They do not neglect also to treat the bitten part by burning, excision, caustic, &c.

From all this information it appears, that the treatment of hydrophobia throughout Greece is the same, namely, by excision of the *Lyssais*. A question now arises, whether the peasant by whom Marochetti saw this treatment successfully employed, learnt it from a Greek, or in Greece itself. That it had its origin in Greece, is evident from the name *Lyssais*, which is used throughout that country. Mr. Sieber, the traveller, has lately declared, that he has discovered a remedy for hydrophobia in Greece, which he does not however disclose, as he has a view to indemnifying himself by selling the secret. Whether this remedy is that which has been pointed out, or some other, time will show. In the mean time I should have thought myself wanting in the duty which I owe to my fellow-men, if I had not as soon as possible made known to the German physicians, a plan of treatment which is universally adopted in my country, and the success of which has been testified by so many of my countrymen. Happy shall I be if my information should contribute to the discovery of a remedy for so formidable a disease. If I should obtain any further information on this subject, I will take the first opportunity of communicating it."

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INFLUENCE OF THE IMAGINATION OF MOTHERS ON THE CHILD. By Mr. TOONE, OF SALISBURY.

The extent to which many women, for interested purposes, and others from ignorance, are disposed to carry the idea of the influence of the imagination in pregnancy, is unwarrantable, and often truly mischievous; yet, on the other hand, it can scarcely be denied, that during pregnancy, the imagination does, in some cases, seem to exercise a very extraordinary



influence upon the formation of the child, and that this is occasionally very materially affected by external impressions. Indeed, from circumstances which have occurred in my own practice, so strongly is this opinion entertained by me, that whenever the mother during the period of pregnancy, has related any remarkable transaction which has been forcibly impressed upon her mind, or any accident of an extraordinary nature which has befallen her, I have seldom been mistaken in my expectation of some defect or malformation of the child. The following cases are selected to illustrate the foundation of this opinion :—

Mrs. D., of B., when far advanced in her first pregnancy, was accidentally passing at the moment when a child fell under a waggon, the wheels of which went over it, fracturing both arms, both legs, and so severely injuring the trunk, as to cause almost instant death. The little sufferer was taken up in her presence, with its mutilated limbs dangling uselessly from it. She was most violently affected by the accident ; and, after some time, was delivered of a daughter, whose limbs were at the moment of birth, and have subsequently (after a lapse of twenty-five years) continued to be in a state of laxity and perfect uselessness, precisely similar in appearance to that of the injured child.

Mrs. B., of Fisherton, was alarmed during her pregnancy by going to answer a knock at her door, from one of the Italian itinerant showmen, who thrust the hind part of a racoon nearly in her face. On delivery, her child had extensive spina bifida, with peculiarly emaciated buttocks and lower extremities.

Mrs. N., of Catherine-street, was standing at her door, during the passing of an election cavalcade, when a girl of the town, with a most terrific harelip, thrust her face nearly into contact with that of this lady, who fainted from the shock. Some months afterwards, she was delivered of a remarkably fine and well formed child, with the exception of a deep harelip.



Mrs. C., of Endless-street, returning home one evening, in about the seventh month of her pregnancy, missed the bridge before her door, and fell into the water : the inconvenience which she felt from the fall was slight. On delivery, the bones of the skull were so imperfect that a number of small detached portions, like lentils, was alone perceptible. The head and neck of the left thigh-bone was also separated from its shaft, in the centre of which another fracture was discovered. It is worthy of remark, that the father of this child was born in precisely the same state, as to the thigh, which has been subsequently frequently fractured anew.

I leave these facts for consideration. The first case is authenticated by an intimate acquaintance with the family in which it occurred, and the rest came immediately under my own notice in the whole of their progress.

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FAMILY DILIGENCE AND ECONOMY. BY MR. FLINDAL.

He who rests his hopes more on his own diligence and cares, than on aid from others, will escape many wants and disappointments. That most persons may effectually relieve themselves, even more certainly than from the assistance of a benefit club, the following fact may serve to illustrate. A careful tradesman, with an increasing family, disgusted with the frequent disputes and frauds, as well as the waste and trouble, witnessed in the club he had joined as the most select and respectable, determined on abandoning it, and forming a club box of his own, the contents of which he used to call his "money of emergency;" and the practice to my certain knowledge has been successfully continued for many years, though at first he had not sufficient confidence in himself to prevent the following objection entering his mind, viz. That the money being always in his own possession, he should be tempted to use it without sufficient reason. But the conscious-



ness of the advantages resulting from his own firmness has hitherto been sufficient; and though at first his daily contributions to his box were small, they were yet sufficient to enrich it; proving the truth of the Arabian proverb, "Drops added to drops constitute the ocean." Whatever saving he can make from his little indulgences are now also added to his stock. The reasons for other persons adopting a similar practice are those, that there are cases of emergency which a club does not assist, and sometimes the club box is obliged to be shut against *every* claim, though the claimant may have contributed to it many years: neither is there any chance of its being squandered or stolen by dishonest landlords or stewards. If we become weary of our subscription, we have no need to give it up to the benefit of others. In this plan there are no fines to pay, no offices to serve, and no risk of being struck off from its benefits. Similar advantages would be derived from a public box in work shops and manufactories; and the health and habits of children improved, if the money spent in trash were thus deposited by them.

On the same principle, many a poor man might be decently and comfortably clothed, at two thirds of the expence which is incurred by joining a clothes club; to say nothing of the ill habits which are often acquired at public-house meetings; or by the loss sustained in dealing with *talley-men*, though I would not be understood to mean, that while I recommend a better plan, the former are absolute evils.

An early attention to the practice of economy is the more necessary, as our future welfare is most materially influenced by our choice of a companion for life: the most afflicting circumstance that can befall a prudent person, is to be wedded to one, who, regardless of the consequences, in the fullest acceptation, "lets to-morrow care for itself," forgetting that "when poverty comes in at the door, love flies out at the window." It is then that the bands of wedlock are



found to be of iron, instead of silk : so necessary is an early tuition in the arts of saving, that no patrimony can be equal to it ; and it will in general be found, that those who are united to a person who is sagacious or diligent enough to *save* a fortune, are better off than such as have one *given* with them.

Economy should not be understood to mean those sordid and greedy views, which are only centered in *self* ; economy properly understood, is a duty we owe to our family and the public, as well as to ourselves ; and as it is found to be the source of plenty, let the unfortunate, the helpless, and the distressed, be considered as a secondary part of our family, which we shall find a real reward by relieving ; a self satisfaction which will outlive the brilliancy of a silk gown, or the gloss of a superfine coat.

An easy, as well as an irritable temper, should be strictly watched and governed ; by the first, we are often drawn into unnecessary expences by the importunity of others ; by a wish not to “ appear little in company,” (as it is termed) or by too frequently indulging our taste or fancy ; and by a waspish and petulant demeanor, many a ruinous law-suit has been promoted, and many tradesmen have driven those from his presence, whose services, or whose custom, would have accelerated his fortune.

The indulgence of our fancy when not carried to excess, may sometimes rather be encouraged than suppressed : thus a man who delights in attending to a pair of breeding canary birds will find his attachment to his home stronger ; and the expence much less than if he had purchased a pack of cards, or a seat at the theatre. There are many theatrical representations, which are not only calculated to delight the eye but also to amend the heart ; but when I hear people with but moderate incomes ; immoderately lavish in their praise of this pageantry ; and enthusiastically naming their favourite performers, I think it equally fatal and ridiculous as one who with much



spiritual pride, makes you acquainted with the time he has lost in following the famous Mr. such-a-one, to hear him expound his new doctrine : or like one, who is never so well pleased as when he is acquainting you with the success and genealogy of race horses.

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ON THE ORIGIN OF QUACKERY.

From the former occupations of most of the quacks, it is impossible they could have any medical knowledge, unless they acquired it by miraculous inspiration, to which indeed a number of them lay claim.

Whilst itinerant mountebanks were in fashion, though the breed is almost extinct in this country, the merry-andrew generally succeeded his master, and from tumbler and buffoon was exalted to the dignity of doctor ; when in the velvet coat and tye-wig he drew teeth, cut hare-lips, and dispensed his infallible remedies, *solely* for the benefit of his fellow subjects.

Several of those *respectable* gentlemen became afterwards resident doctors, especially in London ; and to some of them, and their no less respectable successors the public is at this time indebted for some of our most celebrated nostrums.

But many of those empirical gentlemen had not even the advantages of a mountebank education ; for some of them were tolerable surgeons, especially the famous Green ; whereas the greater part of the present race are totally destitute of any kind of education.

With respect to the employments of those people before they commenced nostrum-mongers :—The celebrated Dr. Dee, and his companion Kelly, pretended to frequent communication with demons, and the angels Michael, Raphael, Gabriel, and Uriel, the latter of whom not only communicated to them the philosopher's stone, but infallible remedies for the cure of diseases.

Notwithstanding the nostrum for making gold, Dee



lived and died in great poverty. The angel's prescription for the cure of his wife was a very curious one: it consisted of a cock pheasant, pounded alive in a mortar, with amber, turpentine, and wine.

To the disgrace of literature and science, the works of this crazy enthusiast were published, with a long prefatory vindication, by Meric Causabon, D.D.

The celebrated Ward, whose remedies are now neglected, because they are known, was a *footman*, and during his attendance on his master on the continent, obtained his nostrums from the monks, who are almost all quacks. He was however a man of some genius and education, and very much superior to the present race of quacks.

Rock had been a porter; as was Walker, the vender of the famous Jesuits drops.

The celebrated electrico-magnetical Graham, who formerly made such a noise in this credulous nation, exhibited on a mountebank stage in *America*; and, it is probable, served previously in the office of zany.

Meyersbach\*, who, availing himself of the credulity and gullability of the good people of this kingdom, acquired a fortune equal to that of a German prince, offered himself as a *rough-rider* to a riding-house in London, but being rejected, commenced doctor.

Turlington was a broken master of a ship.

One Freeman, who annexed M.D. to his name, was a journeyman blacksmith, and returned from one of our colonies, where, as an indented servant, he was employed to shoe and bleed horses.

Two fellows are well remembered in Hampshire, who gathered and dispensed their drugs under astral influences, one of them a *weaver*, the other a *cobler*, who being too idle to follow their employments, found their account in becoming doctors.

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\* The ignorance and effrontery of this fellow was properly exposed by Dr. Lettsom.



Thickness was bred a cooper; but successively a mock clerk to the celebrated Whitfield; an officer of marines; gunner of Landguard Fort; and for many years author of dying speeches and St. Giles's ballads, and rape and murder-monger to the St. James's Chronicle, and at last commenced gout doctor.

Some of these nostrum-mongers have been appendages to the profession; and broken apothecaries and chemists have quitted their callings for this idle trade.

Dr. James, finding that book-making was a losing business, derived more advantage in vending his celebrated powder and analeptic pills.

Sir John Hill, also a voluminous author, had been a woollen-draper, but afterwards commenced doctor, and dispensed his tinctures and essences; but Hill was a man of some learning and genius; and indefatigable in his botanical pursuits; and all his quack remedies were at least inoffensive, though he certainly possessed more medical knowledge than the whole race of quacks put together.

And Norton acquired a considerable fortune by his Maredant's drops.\*

The newspapers, two or three years ago, announced the death of one of these doctors, named Scot, who had been much celebrated. This man, who could not procure bread as an apothecary, would soon have realized a large fortune as a quack. Availing himself, very artfully, of *fashionable* prejudices, and in order that his pills might be adapted to all the fashionable diseases, he wrote a pamphlet to prove that nervous and bilious diseases were intimately connected with gout and with each other. As some sort of reasoning and argument are generally expected in medical dissertations, he pilfered, without acknowledgment, an idea

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\* The active and enterprising spirit of the other sex has produced several female adventurers in this line, who are *at least*, as great proficient as their brethren, in the art of puffing off their nostrums. Mr. Johnson, for example.



started thirty years ago by Dr. Shebbeare, viz. that the primary cause of all diseases proceeds from excess or defect of the electric fire; the novelty and *verity* of which could not fail to recommend it to his fashionable readers. Successors, however, to this celebrated gout doctor, have started up like mushrooms; and like them, will soon *rot* into oblivion.

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#### TO CHANGE THE HAIR OR BEARD BLACK.

Take oil of costus and myrtle, of each an ounce and a half, mix them well in a leaden mortar; add liquid pitch, expressed juice of walnut leaves and laudanum, of each half an ounce; gall-nuts, black-lead, and frankincense, of each a drachm; and a sufficient quantity of mucilage of gum-arabic made with a decoction of gall-nuts.

Rub the head, or the chin, after shaving, with this mixture.

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#### A FLUID TO DYE THE HAIR OF A FLAXEN COLOUR.

Take a quart of lye prepared from the ashes of vine twigs; briony, celandine roots, and turmeric, of each half an ounce; saffron and lily roots, of each two drachms; flowers of mullein, yellow stechas, broom, and St. John's-wort, of each a drachm; boil these ingredients together, and strain off the liquor clear.

Frequently wash the hair with this fluid, and in a little time it will change to a beautiful flaxen colour,

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#### A PERFUMED BASKET.

Place a layer of perfumed cotton, extremely thin and even, on a piece of taffety stretched in a frame; strew thereon some curious violet powder, and then some cypress powder; cover the whole with another piece of taffety: nothing more remains to complete the



work, but to quilt it, and cut it of the size of the basket, and trim the edges with ribband.

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#### NATURAL COSMETICS.

The juice that issues from the birch-tree when wounded with an augur in spring, is deterrent and excellent to clear the complexion: the same virtue is attributed to the depurated juice of this tree, and its distilled water. Some people recommend strawberry-water; others the decoction of orpiment, and some frog-spawn water.

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#### A REMEDY FOR CORNS ON THE FEET.

Roast a clove of garlic on a live coal, or in hot ashes; apply it to the corn and fasten it on with a piece of cloth. This cosmetic (to use the expression) must not be made use of till the moment of going to bed. It softens the corn to such a degree, that it loosens and wholly removes the core in two or three days, however inveterate; afterwards wash the foot with warm water; in a little time the indurated skin, that forms the horny tunic of the corn, will disappear, and leave the part as clean and smooth as if it had never been attacked with any disorder. It is right to renew this application two or three times in twenty-four hours.

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#### SMELL IN INFANCY.

None of the organs of sense appear to be so imperfectly developed at birth as those of smell. The nose is uniformly flat and broad, and gives no indication of the variety of form, which in individuals this organ assumes in adult age. The entrance of the nostrils is proportionally straiter, from the soft and rounded state of the gristly parts which form their sides and the common partition. The inner passages and cells,



are also strait and of small extent, compared to what they become in after life. The lining of these parts is less thick, and from its delicacy and fulness of vessels, it is liable to frequent and profuse bleedings, which for the most part are rather salutary than injurious.

It is remarkable, however, that though those parts of the nose are so little perfect in infancy that the nerves which run to them are much larger in proportion than those of the eyes, though the eyes are so perfectly formed. Why this is so we cannot tell, unless it be to compensate by nervous power for the other defects of the organ, and thus to afford to the infant the faculty of smell, which Blumenbach and others refuse to allow; or the passages may be imperfect to blunt the nervous sensibility.

It may be important, however, to remark, that though the blood-vessels are usually of a volume proportional to the parts which they supply, the nerves are never so, but seem to be independent. One undeniable proof of the sensibility of the olfactory nerves in infants, is their being much more easily excited to sneeze than adults. No observer of infancy can fail to remark this circumstance.

About the period of the appearance of the teeth, the cells of Highmore begin to form and enlarge, though as yet, the cells of the eyebrows are wanting. Of course the lining membrane is also wanting, but it is afterwards formed by the division of the bones. In eunuchs, the cells remain of the usual extent, so that it is not as some have thought the want of these cells which enfeebles and smooths their voice.

#### *Smell in Age.*

Like the organs of taste, those of smell are little altered in old age, unless by accidents or disease. The lining membrane becomes indeed harder, thicker, and more pale from the diminished current of the blood at the surface, and the mucus becomes more fluid from the increased flow of tears. The nerves



have also less sensibility, but with all these differences, the sense itself is not greatly impaired.

*Preservation of Smell.*

Those who are anxious to preserve the organs of smell in health and vigour till old age, should be strictly attentive to cleanliness, for unless the membrane of the nostril be kept free from indurated mucus and from snuff, its power of perception will be destroyed.

The state of the moisture secreted should likewise be attended to, and colds and other causes of inflammation avoided. When the membrane becomes too dry, or does not secrete a sufficient quantity of moisture, it is better to draw up the aura of ether, harts-horn, mustard, or aromatic vinegar, than to have recourse in any way to the use of snuff. These will stimulate without injuring the membrane. Perhaps inhaling the steam of hot water may be preferable to any other remedy.

Small quantities of fresh horse radish, or of table mustard, taken into the mouth, is a very powerful means of stimulating the nerves of the nose, and may be tried with success in recent colds or disordered secretion of the membrane, though some may think such remedies rather harsh and disagreeable.

This sense, however, as we have already seen, is much less liable to be impaired by age than any of the others; and unless it be injured by accident, or by the unnatural practice of taking snuff, it usually continues as vigorous in old age as it is at manhood.

We shall now take notice of the organs of smell possessed by the inferior animals, in order to furnish a comparison in this respect between them and ourselves. Some indeed of these peculiarities of animals we have already mentioned in incidental illustrations. The best known instance of superior powers of smell in the lower animals is the dog, particularly the several varieties of hounds, who can unerringly track, by the odour left on the grass, the path of hares, foxes, &c., and by that means discover their lurking-place.



As instances of the delicacy of smell, in examining near objects, we may mention the hog and the mole, that have to seek their food by digging in the earth. In some countries hogs are on this account employed to search for truffles, which they can discover by smell, although at some depth in the ground. Ducks and other water fowl that have to find their food amongst mud, have the nerves of smell very large, and prolonged to the very extremity of the bill, a circumstance which must enable them to select their food with more nicety than a careless observer could imagine.

In the fallow deer, the antelope, and probably in other beasts of chase, there are, besides the nostrils, an apparatus for breathing and smelling beneath the inner corner of each eye. Through these spiracles they take breath when drinking, at which time they plunge their noses deep under water : they also afford them more free respiration, when hard hunted. An antelope used these spiracles in smelling to an orange presented to it by Mr. Pennant.

*Smell in Blood-hounds.*

In this country there was formerly a species of hound called the sleuth, or blood-hound, employed to discover the secret retreats of robbers and outlaws, but the breed is now, we believe, extinct. In the Spanish islands of the West Indies, there is a similar sort of hound employed to discover runaway slaves ; and it was by this means that the British in Jamaica finally dislodged the Maroons, who had established themselves in the woods of Trelawney ; a measure which, from its savouring of the expedients practised by an uncivilized people, excited much outcry and odium.

What is most singular in this is, that the excessive eagerness, as Mr. P. Knight observes, which dogs express on smelling their game, seems but little connected with their appetite for food ; as several kinds of them will not eat the game, which they pursue with such wild impetuosity ; and of which the scent seems to animate them to a degree of exstasy far beyond what the mere desire of food can produce.



## SINGULAR CASE OF DOUBTFUL IDENTITY.

The very singular case of W. Ramsden Robinson, lately tried at the Old Bailey, has deservedly excited great interest. The following is perhaps still more singular. We copy from Professor Beck's admirable work on Medical Jurisprudence.

The *Sieur de Caille*, being a protestant, fled to Savoy, at the period of the revocation of the edict of Nantes. His son died before his eyes at Vevay. Some years after, an impostor pretended that he was the son of this person, and claimed the succession to his property. He was imprisoned, and his cause remained before the parliament of Aix for seven years. Hundreds of witnesses (among whom were nurses and domestics of the family,) swore that he was the son of De Caille, and the public sentiment was strongly in his favour, as he was a catholic. Testimonials, sent from Switzerland, that the real son was dead, were of no avail, and the parliament declared in 1706, that he was what he claimed to be. The wife of the impostor shortly after discovered, that although she had been silent, yet his elevation would not profit her; she therefore began to mention who he actually was, and on appeal, the cause was transferred to the parliament of Paris. The evidence adduced showed that the late son of De Caille had some distinguishing peculiarities in shape and make. He was of a small make, and his knees approached each other very closely in walking. A long head, light chesnut hair, blue eyes, aquiline nose, fair complexion, and a high colour, were his other characteristics. The stature of the impostor (*Pierre Megè*, a soldier) was, on the contrary, five feet six inches, and his black hair, brown and thin complexion, flat nose, and round head, sufficiently distinguished him from the former individual. Other physical conformations were observed, which it is not necessary to mention, but which strengthened the tes-



timony against Megé. The parliament accordingly decided that he was an impostor.

#### ON DEAFNESS AND ITS CURE.

The causes of deafness are numerous. It is often produced by an accumulation of the secretion of the ear termed wax; in which case, the ear should be syringed every morning with warm water and soap, till the hardened wax be entirely removed, and a little wool or cotton, moistened with a few drops of the following mixture, introduced after each time of syringing, and continued for some weeks afterwards, to prevent a recurrence of the accumulation of wax:—

##### *Oil Mixture for Deafness.*

Take half an ounce of camphorated olive oil,  
thirty drops of the oil of tartar.

Mix well together, by shaking them in a phial.

When deafness arises from palsy of the nerve of hearing, electric sparks to the ear, a blister behind them, and the use of Asarabacca snuff, are most powerful remedies. It will also be proper to improve the general health of the system by the use of medicines calculated to promote digestion, and give energy to the nervous system, as the following—

##### *Bitter Mixture for Nervous Deafness.*

Take six ounces of the infusion of dandelion,  
half an ounce of volatile tincture of valerian,  
three drachms of compound spirit of lavender.

Mix, and take three table spoonfuls, three times a day.

Washing the head with warm water every morning, will also prove very beneficial, and for this purpose the head should be shaved. A flannel cap should be worn during the night, and a wig lined with flannel in the day time.

When deafness is attended with ulcerations of the internal part of the ear, which is known by a discharge of matter, the ulcer should be healed as soon as possible, by syringing the ear every morning and evening



with the following lotion made a little warm:—

*Lotion for Deafness.*

Take two drachms of Egyptian honey.  
eight ounces of rose water.

Mix, and keep for use.

This diseased state of the ear, in which the drum of the ear is more or less injured, frequently follows the scarlet fever, and is generally incurable, in consequence of a portion of the drum being destroyed, or the surrounding bone of the skull having become rotten. When deafness is occasioned by obstructions in the tube of the ear, preventing the passage of the air into the internal ear, the tube should be syringed with warm water and soap. When the cavity of this tube is obliterated by disease, which is not an unfrequent cause of deafness, it has been proposed to admit air into the internal cavity, by puncturing the drum of the ear which has in some instances succeeded. This operation is very simple, and attended with no pain.

A temporary deafness is often produced by slight cold, particularly in children, which generally gives way in a day or two to the use of a little aperient and perspiratory medicine, and a flannel night cap.

Deafness is frequently the consequence of a deficiency of the secretion of the wax; when the following liniment will prove beneficial:—

*Liniment for Deafness.*

Take two drachms of the oil of turpentine;  
six drachms of oil of almonds.

Mix. Two or three drops to be dropped into the ear, or applied by means of a little lamb's wool.

The cajeput oil is much recommended for deafness, in the foreign Journals it is directed to be applied within the external ear, or applied by means of a little lamb's wool, and the part behind the ear to be well rubbed with the cajeput liniment, which you may procure at any drug shop.

It is scarcely necessary to observe, that the ear is a complex organ, and when affected with disease, re-



quires very delicate management. Deafness arising from a variety of causes, it must appear to the most ignorant, that the stimulating medicines of quacks, so industriously advertised as general remedies cannot be applicable to every case. Some cases of deafness, occasioned by thickening of the internal covering of the drum, it appears, were cured by Mr. Earle, by injecting a solution of the nitrate of silver.

#### DR. KITCHENER ON BAD EYES AND DIMNESS OF SIGHT.

The condition of our corporeal machinery has great influence on that of our eyes;—and indeed of all our senses,—during that state of collapse which it is just now the fashion to call “a bilious attack,”—or “a nervous paroxysm,”—just in proportion as we are out of heart,—the circulation is feeble and languid, and every sense performs its functions imperfectly.—During such prostration of the vital powers, it is not uncommon to hear people complain of nervous deafness.—it is equally common for them to be afflicted in an equal degree with nervous dimness of sight.

This occasional dulness of the ears is oftener observed than the dimness of the eyes; because the former defect is obvious to others,—the latter is confined very much to ourselves; and unless we happen to want to minutely examine some *minimum visibile*, which requires all the powers of the sight to be in full force to be discernible, such paroxysm of ocular obtuseness often passes unnoticed, and is seldom strong enough to excite the attention of healthful persons until they have passed their fourth year; who will then generally find, that it may be traced either to over-exertion of the eyes, or to some disorder of the digestive organs.

During derangement of the restorative process, for which the phrase of fashion now is when you are nervous or bilious—the eyelids are often affected with “*Ophthalmia Tarsi*,” i. e. a slight inflammation and an



increased secretion of the glands about the eyelids, which (in plain English,) become gummed, and when the eyes are first opened in the morning, the eyelids feel stiff and the eyes irritable.

The eyelids are much oftener disordered than *the eyes*;—perhaps three fourths of what common people commonly call, “bad eyes,” are merely diseases of the eyelids.

I have not space in this little volume to discant on one of the 118 principal diseases of the eye, enumerated in the work of the elaborately minute St. Yves,—but I have had ocular demonstration of the efficacy and innocence of the following

*Ointment for the Eye-lids.*

Take one part of citrine ointment,  
three of fresh lard.

Mix them thoroughly together with an ivory knife.

“Whenever I am informed that the edges of the eyelids have a disposition, be it ever so slight, to adhere to each other after they have been long in contact, as during the time of sleep, and when this is accompanied with an uncomfortable sense of weight in the lids on the approach of night, in consequence whereof the patient involuntarily shuts them without being drowsy, and without any particular stimulus being applied to the eye to give it pain, I always suspect that the secretion of the ciliary glands is in a diseased state; and in many such cases, I have found the success attending the use of the unguentum hydrargyri nitrati, recommended for the cure of this disorder; quite as effectual as in those other instances, where the excoriation and redness of the eyelids have been visible on the slightest inspection.”—*Mr. Ware's Chirurgical Obs. Vol. 1. p. 116.*

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\* That is the glands of the eyelids.

† That is, citrine ointment.



## DR. STEWART'S PLAN OF CURING CONSUMPTION.

The invigorating plan of treatment adopted by Dr. Stewart, has excited very considerable notice, and is well worthy of a place in a work like this, whatever may be its success. His method is the following:—

Equal parts of vinegar and water, which at first is used warm, but gradually brought down to the temperature of the atmosphere as the patient becomes accustomed to its employment, are rubbed over the body, particularly the neck, back, and chest, for half an hour every night immediately before bed-time. The rubbing is continued until the skin is quite dry, and glowing. The same process is pursued upon the patient's getting up in the morning, and may be repeated at noon if convenient or necessary. This plan, by bracing the skin, invigorates the lungs, and renders them less susceptible of the ravages of disease. The sympathetic connection that we know to subsist between the skin and the lungs fully warrants such a conclusion. Perhaps we may infer that the state of the skin of butchers, which appears to be less sensible to the impressions of cold, contributes to furnish them with that exemption from consumption for which they are so remarkable. In the great plague of Marseilles, it was observed, that no class of persons so generally escaped the disease as butchers and water-carriers. The same is remarkable with regard to consumption in Britain.

Doctor Stewart directs his patients to go to bed at ten o'clock, and rise at seven or eight in the morning. After breakfast the patient, lightly clothed, rides out on horseback, or he walks or exercises himself with a swing for an hour or two, or till slight weariness comes on. Where the cough is violent, swinging is preferred. The same exercise is pursued both in summer and winter, the clothing being adapted to the tem-



perature of the atmosphere, so that the state of the weather does not, in any case, confine the patient within doors. When the patient suffers from hectic fever, the cold shivering of which usually comes on about noon, the time of the morning's exercise is to be so arranged as to fall in with the period at which the shivering takes place.

The diet is nourishing, but not heating, consisting of solid animal food ; animal soups or jellies ; eggs, milk, and vegetables : the breakfast should be milk, chocolate, or tea, with bread and an egg ; or of oatmeal porridge, or peas porridge, with milk, if preferred. For luncheon, the patient takes a little good soup. The dinner is a plain dish of any animal food, free from fat, with vegetables. The drink is water, slightly acidulated with a mineral acid, *i. e.* oil of vitriol or spirits of salt : a little good port wine and water, or ale, or porter, is allowed after dinner. Little or no supper is taken. The medicines are bitters and steel, either separately or together. In cases of great debility, a mixture of myrrh, iron, and cinnamon water. An excellent formula of this kind is found in the compound mixture of iron of the London Pharmacopœia, called

*GRIFFITHS' Tonic Myrrh Mixture,*

Take one drachm of myrrh, in powder.

twenty-five grains subcarbonate of potass,  
seven ounces and a half rose water,  
one scruple, sulphate of iron, in powder,  
half an ounce spirit of nutmeg,  
one drachm of refined sugar.

Triturate the myrrh, with the subcarbonate of potass and the sugar, and during the trituration, add first the rose water and spirit of nutmeg, and then the sulphate of iron.

Decoction of bark, occasionally acidulated with a mineral acid, is also given. To relieve the cough at night, opium, or henbane, is given at bed-time.

This is the general routine of Doctor Stewart's practice, of which it will be a difficult thing, if not im-



possible, to furnish the general reader with the means of knowing in what cases it is applicable, or otherwise. Consumption arises in constitutions of debility and irritability, and in this respect is so nearly allied to scrofula, as to induce many medical men to rank it as a scrofulous disease. It has, indeed, been almost universally experienced, that whatever gives strength to the stomach and the system at large, checks the progress of the disease, mitigates the cough, and subdues the quickness of the pulse; on the other hand, bleeding, weakening medicines and low diet, generally aggravate the patient's sufferings, and hasten his death. But still the nature of the disease is such, that a tonic mode of treatment cannot safely be adopted in all its stages. At the commencement of consumption, which is generally ushered in by inflammatory symptoms, such as harsh dry cough, pains in the sides or chest, tightness of the breast, difficulty of breathing, attended with much heat and fever, an actively tonic plan, would be manifestly improper; in such cases, small bleedings from the arm, issues, blisters, and moderate diet would, (except in very delicate constitutions) in general, be most proper. But even in these cases, the diet should be such as to *support the strength* with as little stimulus to the constitution as possible; for it may be taken for granted, that debility, produced either by a low diet, or improper medicine, is, in *all cases, injurious*. The efficacy of Doctor Stewart's plan will be best evinced when put in practice *before* the disease has become actually developed; by such a mode, those who are predisposed to consumption may be preserved from the devastating inroads of this fatal malady.

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#### M. ORFILA ON HYDROPHOBIA.

It is perfectly proved that men, horses, mules, asses, oxen, hogs, and still oftener foxes, wolves, cats, and dogs, become mad without having been bitten. Seve-



ral circumstances may occasion this dreadful disease; but, in general, it is principally observed in very hot summers and in rigorous winters. Madness is almost always communicated by the bite of an animal affected with it: yet it may be occasioned by the application of the saliva of a mad animal upon the lips or upon wounds.

*Signs of Madness in Dogs.*

According to Messrs. Enaux and Chaussier, a dog at the commencement of madness is sick, languishing, and more dull than usual; he seeks obscurity, remains in a corner, does not bark, but growls continually at strangers, and without any apparent cause refuses to eat or drink; his gait is unsteady, nearly resembling that of a man almost asleep. At the end of three or four days he abandons his dwelling, roving continually in every direction; he walks or runs like a drunken man, and often falls. His hair is bristled up, his eyes haggard, fixed, and sparkling; his head hangs down, the mouth is open and full of a frothy slaver, the tongue is out, the tail between the legs; he has, for the most part, but not always, a horror of water; this liquid seems even to redouble his sufferings; he experiences from time to time transports of fury, and endeavours to bite every object which presents itself, not even excepting his master. Light and lively colours increase his rage. At the end of thirty or thirty-six hours he dies in convulsions.

It is evident that measures should be taken to kill, or at least to tie and shut up the animal the moment that symptoms of madness appear. The dead body putrifies with the greatest rapidity, and exhales an infectious odour; it is important not to leave it exposed to the air, lest other animals should devour it, and become subject to the disease. It ought to be buried very deeply; and the walls and every part of the place where he has been confined, as well as the instruments employed in giving him food, should be washed with water in which quick-lime has been suspended. The



person who may have touched the dead body, must carefully wash his hands with vinegar.

*Treatment of Hydrophobia.*

A person bitten by a mad animal rarely experiences the symptoms of madness before the thirtieth or fortieth day. It is necessary, however, to administer relief immediately after the accident.

1st. The patient should be undressed and his clothes put into water, in order to prevent contagion, in case they should have touched the saliva.—2d. If the wound be recent, it should be left to bleed, and pressed in every direction in order to facilitate the flow of blood: it is then to be washed with water, or better with water holding some salt or soap in solution. If the bite be small and deep, it should be enlarged with a knife and pressed: this operation will be necessary, if the scarf-skin or epidermis only has been removed. It must be recollected that the wounds often appear superficial, although the venom may have penetrated deeply.—3d. The wound is to be washed with a rather rough cloth or sponge, in order to irritate and occasion it to bleed; it would even be useful, for this purpose, to apply a cupping glass.—4th. The wounds, and even the excoriations, must be cauterized with some sort of caustic: but the hot iron at a white heat, the butter of antimony, or the oil of vitriol, are to be preferred. The cauterization must be perfect and deep; if it be too slight, it will not prevent madness; and we have nothing to fear from cauterizing too much. If the wounds be numerous, they must be cauterized successively a few at a time, at intervals of a day; and commencing with those of the head and face.—5th. Six or seven hours after having cauterized, a large blister should be applied upon the slough, left twelve hours, removed, the skin cut with a pair of scissors, and dressed twice a day, with beet or cabbage leaves, spread with butter or simple cerate.—When the slough has fallen, which takes place between the fifth and the eighth day, the wound should be healed if we perceive



that the cauterization has extended deeper than the tooth of the animal: if not, we should cauterize again, and when the second slough has fallen, keep up the suppuration for forty or fifty days: for this purpose, a pea, a bean, or what is preferable, a piece of the root of iris, of birth-wort, or of gentian, should be put into the wound, which is then to be dressed with blister ointment.

*Precautions to be taken.*

If the wound be on the head, all the hair should be shaved off so as to be able to see and cauterize every part that may be bitten. If swelling and inflammation of the head succeed the cauterization, softening fomentations should be employed, and the wound dressed as if it were a simple one.

The bites of the lips, cheeks, and eyelids should be burnt deeply, and the suppuration kept up for a long time. The cauterization of the eyelids requires much care: they should be raised up so as not to touch the eye, and the edges of the bite burnt by means of a little pencil dipped in caustic. If the saliva of the mad animal has touched the globe of the eye, the pencil dipped in caustic must be passed over it lightly; there will be no other inconvenience than that of giving rise to slight inflammation, and a more or less considerable flow of tears: in this case the eye should be washed with a decoction of linseed, or of mallow roots, or with a solution of gum arabic, to which a few drops of liquid laudanum has been added. If there be a wound in the mouth, it should be washed with vinegar and water, and the bite afterwards cauterized with the hot iron: the liquid caustics would have the inconvenience of mixing with the saliva, and of extending their action upon more or less important sound parts.

When the bite is near an artery, and, in this case, more or less considerable pulsation is seen, or felt by applying the extremity of the finger upon the wound, the surface should only be lightly touched with a pencil



dipped in the butter of antimony: by this means we avoid opening the artery, and consequently do not dread bleeding, which, without this precaution, would take place at the separation of the slough. There would be danger in cauterizing the bite as has been directed, if the artery, instead of being covered by flesh, or by the cellular tissue, were naked; in this case we should content ourselves with applying upon the wound a small quantity of the powder of eartharides, or of some acrid ointment.

If the bite be old, the wound cicatrized, and if it be certain that the animal was mad, the wound must be opened without delay by means of a large lancet, must be burnt, and a suppuration afterwards kept up for some time.

*Chlorine, a Remedy for Hydrophobia.*

M. Brugnatelli has reported several facts which tend to prove, that chlorine or oxygenated muriatic acid applied to the wounds made by mad animals prevents madness; and long before Cluzel had announced that the same remedy, taken internally had saved several persons bitten by a mad wolf. Until experience pronounces upon the advantages of this remedy, it is of the highest importance to continue to burn the wounds, as we have just recommended.

*Internal Treatment of Hydrophobia.*

During the first days perspiration is kept up by means of a sweating drink; it is only when the wound is very much inflamed and painful, that this drink is replaced by a decoction of mallows or of linseed, or by Dover's powder. If the pulse be hard, blood should be drawn. Tartar emetic and purgatives are to be administered if the stomach be loaded, the tongue covered with a yellow coat, and the mouth clammy. Mild food of easy digestion, and moderate exercise are prescribed. If the patient has fever, the regimen is more severe.

*Advantages of the Water Plantain.*

It is asserted that several persons affected with mad-



ness have been cured by the use of the root of the water plantain (*alisma plantago*) washed, dried in the shade, and mixed with bread and butter. Two cows attacked by this disease were treated with this plant; one perished, the other which had eaten a much greater quantity of plantain was entirely restored. These facts, however surprising they appear, may be correctly stated: experience only can decide; in the mean time, we think it our duty to recommend to give to persons affected with madness, immediately after having cauterized them, two doses, at an interval of two hours, of 20 to 24 grains of the root of this plant: this dose of the remedy is without danger, and perhaps it might be of some utility.

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DR. RUSH ON THE DANGER OF DRINKING COLD  
WATER IN HOT WEATHER.

Few summers elapse in which there are not instances of many persons being affected by drinking cold water. In some seasons four or five persons have died suddenly from this cause in one day. This mortality falls chiefly upon the labouring part of the community, who seek to allay their thirst by drinking the water from the pumps in the streets, and who are too impatient, or too ignorant, to use the necessary precautions for preventing its deadly effects upon them.

Three circumstances generally concur to produce disease or death from drinking cold water. 1. The patient is extremely warm. 2. The water is extremely cold. And 3. A large quantity of it is suddenly taken into the body. The danger from drinking the cold water is always in proportion to the degrees of combination which occur in the three circumstances that have been mentioned.

*Symptoms.*  
The following symptoms generally follow where cold water has been taken, under the above circumstances, into the body. In a few minutes after the



patient has swallowed the water, he is affected by a dimness of sight, he staggers in attempting to walk, and unless supported falls to the ground; he breathes with difficulty; a rattling is heard in his throat; his nostrils and cheeks expand and contract in every act of respiration; his face appears suffused with blood, and of a livid colour; his extremities become cold, and his pulse imperceptible; and unless relief is speedily obtained, the disorder terminates in death in four or five minutes.

This description includes only the less common cases of the effects of drinking a large quantity of cold water, when the body is preternaturally heated. More frequently, patients are seized with acute spasms in the breast and stomach. These spasms are so painful as to produce fainting and even swooning. They are sometimes of the tonic, but more frequently of the convulsive kind. In the intervals of the spasms the patient appears to be perfectly well. The intervals between each spasm becomes longer or shorter, according as the disease tends to life or death.

It may not be improper to take notice, that punch, beer, and even toddy, when drank under the same circumstances as cold water, have all been known to produce the same morbid and fatal effects.

#### *Treatment.*

We know of but one certain remedy for this disease, and that is liquid laudanum. The doses of it, as in other cases of spasm, should be proportioned to the violence of the disease. From a tea-spoonful to near a table-spoonful have been given in some instances, before relief has been obtained. Where the powers of life appear to be suddenly suspended, the same remedies should be used, which have been so successfully employed in recovering persons supposed to be dead from drowning.

Care should be taken in every case of disease, or apparent death, from drinking cold water, to prevent



the patients suffering from being surrounded, or even attended by too many people.

Persons who have been recovered from the immediate danger which attends this disease, are sometimes affected after it by inflammations and obstructions in the breast or liver. These generally yield to the usual remedies which are administered in those complaints, when they arise from other causes.

If neither the voice of reason, nor the fatal examples of those who have perished from this cause, are sufficient to produce restraint in drinking a large quantity of cold liquors, when the body is preternaturally heated, then let us advise to

1. Grasp the vessel out of which you are about to drink for a minute or longer with both your hands. This will abstract a portion of heat from the body, and impart it at the same time to the cold liquor, provided the vessel is made of metal, glass, or earth; for heat follows the same laws, in many instances, in passing through bodies, with regard to its relative velocity, which we observe to take place in electricity.

2. If you are not furnished with a cup, and are obliged to drink by bringing your mouth in contact with the stream which issues from a pump, or a spring, always wash your hands and face previously to your drinking, with a little of the cold water. By receiving the shock of the water first upon those parts of the body, a portion of its heat is conveyed away, and the vital parts are thereby defended from the action of the cold.

#### LYNCH, THE MULATTO QUACK.

A very respectable individual belonging to the company of one of our large winter theatres, had suffered several years with that serious disease called stricture of the rectum, which is a contraction of the lower bowel; he also laboured under a urinary stricture. His attention being caught by the puffing advertise-



ments of Lynch, he presented himself to the advertiser; and demanded if his case were curable by the means recommended. This Quack professes to cure strictures without the use of mechanical means, by medicine only. The pretending surgeon assured him, in strong and positive terms, of a complete and speedy cure, and gave him a packet of medicine sufficient for one week, for which the *trifling* sum of *five guineas* was demanded and paid!

A week had not elapsed when the patient and his friends were alarmed at the increasing progress of the disease, and the attendance of *another* surgeon was required. The state of the patient at this time was truly formidable: the pain of the stomach and bowels very severe; the irritation and bearing down of the rectum almost insupportable; and passing of urine entirely suppressed. To these were added great constitutional irritation and debility; and great indigestion was marked by a tongue, rough, dry, and black.

The first attempts were directed to relieve the urinary organs; and the usual mechanical means were daily resorted to, for the cure of the stricture of the rectum, assisted by a plan of medicine to improve the state of the stomach and system at large, and to preserve a healthy and uniform action of the bowels, the patient (after an interval of five weeks) was considerably relieved from the constitutional disturbance, and the local disease very far removed. This case is an instructive lesson to persons labouring under this disease; and the following short biographical sketch of the stricture-advertising-adventurer, may, probably, be of use to those persons who seek for surgical relief in the advertising columns of a newspaper:—

J. F. Lynch, Esq. a wealthy West-India planter, came to England between the years 1780 and 1790, bringing with him a servant of colour, named John. Mr. Lynch took up his residence at Mitcham, where, being in a bad state of health, he was attended by the late Dr. Sims until his death, which took place in



July 1819, bequeathing to his servant, John, an annuity for his past services. During Mr. Lynch's long illness, John, who was both nurse and lacquey, acquired, as he imagined, a pretty good insight into the nature of his master's complaint, and of the remedies proper in such cases. Resolving therefore to turn his experience and knowledge to some account, he boldly started into notice by marrying the cook, entering upon the practice of physic, and assuming his master's name!!

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DR. ROBERTSON ON SUMMER BATHING.

While certain individuals are extremely fond of bathing, others cannot endure it, and the effect of the bath, in those so differently constituted, is very conspicuous. Indulgence in certain natural inclinations, has often been found of very great benefit, while forcing any one, in whatever way, is often productive of harm, and never can do good. We may apply this principle to bathing, and, be the necessity ever so great, if the individual feels an involuntary dislike to it, the benefits we expected from this application may long be looked for, but will seldom, if ever, be realized; while our obstinate perseverance in the use of the bath, because it is usually invigorating, has often been productive of much harm. This rule, applies to every age, sex, health, and condition of life, and even in infancy, while some evidently show that they are pleased with the bath, and therefore are benefited by it, others scream at every attempt to use it, and are therefore less benefited by it, if not injured.

Thus it is perfectly safe to go into the cold bath, at any temperature which may be agreeable, while the body is *hot*, from whatever cause the heat may have been produced; but while the body is in a state of perspiration, or even if the perspiration have subsided, provided the skin be in the same or nearly the same



state of action, during which the perspiration existed, then immersion in the cold bath is extremely improper. From inattention to these circumstances, many have suffered severely by the use of the cold bath. Their previous exertion in walking, riding, &c. may have occasioned perspiration—they remain near the bath till the perspiration has abated, not recollecting that it is the existing condition of the skin, and not the perspiration alone to which attention ought to be directed, and that the state of the skin which produced the perspiration alters but very slowly, and continues susceptible of bad effects from the cold water long after the perspiration itself has entirely abated. Much mischief has often been sustained from these neglects, even by those who, in general, derived much benefit from bathing.

Sudden immersion in the water, whatever other good effects it may produce, certainly renders our continuance in it much more pleasant than when we go timorously and slowly into it, so that the whole body has scarcely been immersed when it is time for us to leave it. The application of the water to the head, as soon as possible, is very proper, and certainly, in a very great many instances, such a mode of procedure has not been followed by headache, which uniformly followed when the head was either wetted late or perhaps not at all. It has been alleged that it is owing to this very circumstance that the shower bath is often preferable to any other, and doubtless, in a great variety of instances this is the case.

The time of remaining in the water must be wholly regulated by the existing condition of the individual's health, strength, and particular feelings. The healthy and robust, who are bathing for amusement, or solely for cleanliness, may remain in the water a considerable length of time, perhaps ten or fifteen minutes; but even with these, the time must be regulated by their own feelings of vigour or approaching exhaustion; and on no account, must any one remain after the



slightest feelings of the latter state. In those who use the bath medicinally, the same rules must always be strictly attended to, and with such, in the generality of instances, the time of remaining in the water is much shorter—indeed, merely plunging into the water and leaving it, is generally the best plan.

Although we occasionally meet with certain individuals, who cannot use the cold bath, these are but few in number, compared with the bulk of mankind, who derive the greatest benefit from it. In those with whom it disagrees, the full glow of heat, which ought immediately to be felt on their leaving the water, is, of course, absent; and instead of that, a chilly disagreeable sensation is experienced, for a considerable length of time afterwards. In a great proportion of these, however, by whom this unpleasant sensation is experienced, it is solely owing to the cold being too intense, for the particular individual, or perhaps he has continued too long in the bath, and under these circumstances, the cold bath is more apt to debilitate, or irritate the body, than to invigorate it.

Besides all natural peculiarities in bathing, there are other occasional peculiarities, which ought never to be overlooked. I happened once to witness a very striking instance of this in a gentleman, to whom cold bathing was both agreeable and useful, and who was in the frequent habit of indulging in it, from having formed an opinion that it was beneficial to his health. I was bathing in the next machine to his, and observed that on his getting into his machine after bathing, he fell down on the floor, which induced me to make enquiry if any thing was wrong with him. Receiving no answer, I leaped into his machine, and found him in a state of complete insensibility. His whole body seemed very red, as though an eruption covered its surface. It occurred to me that taking some blood from him was the only means of saving his life; but I had no instrument. No time was to be lost, and searching the gentleman's pocket, I found a penknife, with which



I opened his temporal artery. The force the blood issued with, was truly amazing—I never saw any thing like it either before or since. I allowed it to flow freely, and when there had been discharged about two pounds, for I could not accurately say, as it was scattered about the machine, the redness of his body began to abate, and when a considerable quantity more had flowed, he showed some signs of life, of which, indeed, I had almost despaired. In the course of about an hour, he was able to go home in a carriage, and in the evening, he informed me of what he supposed to be the cause of his misfortune. He had, on the preceding evening, been in a state of extreme intoxication, having drunk, for his own share, full three bottles of port-wine, and as bathing had always agreed with him, he conceived that the effects of the night's debauch might be removed by it. It is evident how far he was mistaken.

A friend of my own informed me that a few years since, after having been tipsy over night, he went into the bath early in the morning (he also had been in the habit of bathing with the best effects), but he soon felt so faint that he was forced to leave the water. He however did not feel better, and he sat by the water-side for nearly an hour, being quite unable to dress himself. Having no person to assist him, he at length made a great effort, and after many pauses and much distress, he dressed himself and proceeded homeward; but he did not recover his usual health for a whole day. It was not likely to be the wine he had taken which caused this, for it was good of the kind, and he had, and has since often taken more, but never felt so at any of these times.

These circumstances show that it is at all times proper to pay much attention to these peculiarities, as, by overlooking or treating them lightly, much mischief may sometimes be sustained. I have no doubt that it is, in some measure, owing to circumstances of a somewhat similar kind, that cramps, colics, and



other morbid affections are often experienced by bathers.

The degree of timidity which certain individuals feel on going into the cold bath, is almost incredible. I know a gentleman who is a singular proof of this. One cannot, indeed, suppress the risible faculties, to see with what caution he slowly advances inch by inch into the bath, while he seems to shake with terror, if the water advance higher up his leg than he expected. Yet strange to say, this very man who belongs to the army, is one of the bravest fellows that ever marched into a field of battle. He has frequently been exposed to, but was never known to shrink from, the most imminent danger to which his duty called him; and I have heard him say, that rather than leap into cold water head foremost, as he had observed many do, he would without hesitation march into that field of battle, from which there were many chances he would never return alive.

In some instances, from particular states of health, the general bath is improper and even hurtful; but where bathing, either hot or cold, is individually inadmissible, much benefit may be derived by washing the body all over with a wet sponge, for this, while it seldom disagrees with any one, removes the perspired matter from the skin, which the skin itself could not throw off, and I have often known this afford singular benefit, where general bathing, as usually practiced, rendered the individual extremely uncomfortable.

Under whatever circumstances, or in whatever form bathing may have been used, to dry the body well after it is very necessary. This being performed by means of a rough cloth is perhaps preferable to any other mode, as two purposes are effected by it—we dry the body, and by the friction of rubbing we produce a warm glow, or, in other words, increase the circulation on the superficies of the body, which is always



comfortable, and is, especially in the infirm or aged, of considerable use.

#### USE OF SMELL.

##### *Smell in the Elephant.*

The elephant has the largest nasal organs of any other animal, the probosis, or trunk, having a cavity similar to the nostrils; running its whole length, and terminating in very large cells in the head and face. Cuvier, however, thinks that the lower part of the cavity does not possess the sense of smell, but is intended merely to pump up the water it uses in drinking. It is not clear, indeed, that in other quadrupeds the outer nostril possesses much, if any sensibility to odours, the sense being most exquisite in the upper part of the roof of the nose.

Most animals of prey, particularly those which live on carrion, have an exquisite sense of smell. The wild dog, the wolf and the hyena, are by this means led to discover their food at distances almost incredible. The same is true of the carrion crow and the vulture, "for where the carcase is, there will the vultures be gathered together." The popular notion that the crow perceives the smell of gun-powder, may therefore be true, though we question the inference that this warns it to seek its safety in distance, as it cannot previously know the destructive effects of a fowling-piece. It is quite possible also for the organs of the crow to be very sensible to the odour of carrion, and very obtuse to that of gun-powder, on the same principle that a seaman can perceive land, where a landsman can perceive nothing but sea and sky; or that a perfumer can perceive and distinguish delicate perfumes, which would escape the notice of a drayman or a butcher.

##### *Smell in the Camel.*

Perhaps the most extraordinary instance of exquisite smell, is that of the camel, by which it is said to be able to discover water in the deserts, at the distance of



several leagues. In Dr. S. Traill's account of the captivity of Scott, in the Sahara, published in the Edinburgh Philosophical Journal, we are told, that the camels of the caravan discovered the approach of a wolf at the distance of half a mile; and that they can also smell a tiger at a great distance, which is known by their refusing to advance, and their putting themselves in a defensive posture. A most useful faculty certainly; and one of the innumerable proofs which rise to our view, wherever we turn among the works of God, that his ever wise and ever watchful Providence adapts every thing to its proper purpose, both in the minutest and grandest of his works.

Similar to the circumstance now mentioned, is, what is related of the elephant, which though it have never seen a tiger, will, at the smell of one, show the strongest symptoms of horror and affright. The late Lord Clive exhibited a combat between two of these animals at Calcutta: but the scent of the tiger had such an effect on the elephant, that nothing could either force or allure him to go along the road, where the cage in which it was enclosed had passed; till a gallon of arrack was given him, when his horror suddenly turning to fury, he broke down the paling to get at his enemy, and killed him without difficulty.

#### *Smell in the Ass.*

If we are to credit the authorities given by Bryant, the ass has the faculty of discovering water by the smell, similar to what we have related of the camel; whence he thinks the ass came to be the object of worship in the East. From this he explains a passage in Genesis, (xxxvi. 24.) which has long puzzled the best Hebrew critics, reading the ass "which found waters in the wilderness, when Anah fed the mules of his father Zibeon." The term which he renders "waters" occurs in no other part of the bible, and some have rendered it *mules*, others *giants*, and others *hot springs*, &c. &c., as best suited their fancy. Bryant's is cer-



tainly the most rational interpretation, though we do not profess ourselves competent to decide.

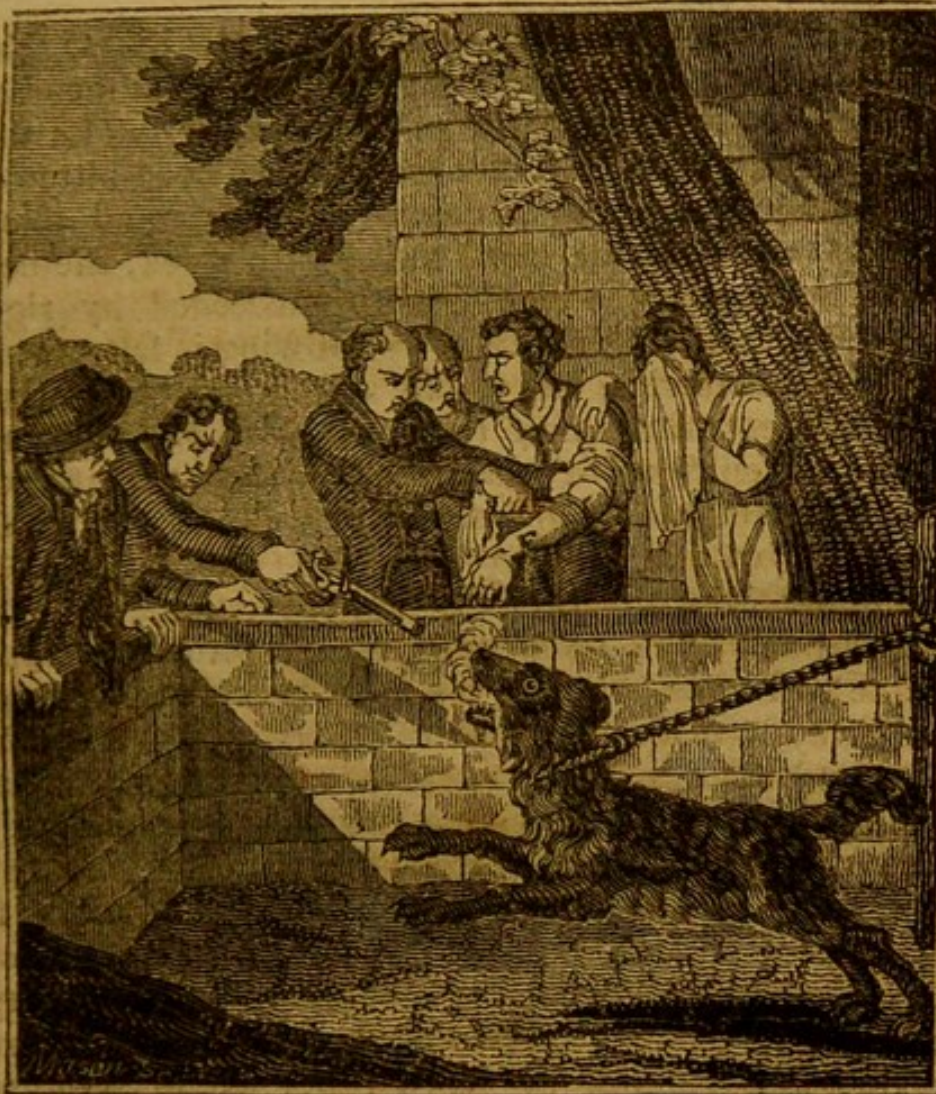
When a cow or an ox finds a horn or a bone, or comes near where blood has been shed, it will upon smelling it, roar and bellow, and show the most manifest symptoms of horror. Yet this cannot be produced by any notion of danger or death, for the same feelings take place in cattle which have had no opportunities of acquiring such notions.

Fishes are endowed with a very acute sense of smelling, the organ and the olfactory nerves being of great magnitude, though not as in land animals, connected with breathing. To them this is an indispensable provision, as without it, they would be ill able to discover their food, as their sight cannot reach far in the dense medium of the ocean. The organ of smell, however, must in them be very similar to taste: it differs probably in affording them an indication of food at a distance.

#### *Smell in Insects.*

Facts which are known to every observer, such as flies crowding to carrion, and bees to a flower garden, prove that insects have a very acute sense of smell; but Naturalists are not agreed about the organ. Some have referred to the horn-like antennæ, or feelers, but there seems to be no analogy between these and the organ of smell. It is a much more probable opinion, that it is situated in the organs by which they breathe the air. These are not, as in other animals, situated in the mouth and a single windpipe. Insects have properly no lungs; but it is proved by the accurate experiments and dissections of De Geer and others, that they breathe through a number of pipes, *commonly* placed in a line along their sides, and communicating with two tubes or windpipes, which branch over the intestines. These pipes may be best seen in caterpillars, though a careless observer might mistake them for feet.



**CAUTION, BY THE EDITORS.**

More than one half, we are convinced, of the dogs which become mad are rendered so by wantonly hunting and abusing them during the hot season. Whenever a dog is perceived to be ailing in any way, suspicion is roused, and he is persecuted till he is, in all probability, driven mad. The best preventive of this terrible disease in dogs would be mild treatment, attending to the state of their bowels to prevent costiveness, and having them regularly washed in cold water once a week at least. The subject is so important, that though we gave in last Number an excellent paper on it by Orfila, we shall now give another by Sir A. Cooper.

**HYDROPHOBIA. BY SIR A. COOPER.**

This disease is so different in its character, so opposed to those arising from any of the other poisons,



so marked in its nature, so horrid in its effects, that upon seeing it you could not hesitate to form a correct opinion as to the nature of the malady. The first symptom a person experiences who has been bitten by a mad animal is pain in the injured part, and this is usually felt from the third to the fifth week, the next symptom is a sense of chilliness succeeded by rigor and heat, then a difficulty of swallowing is felt, not of liquid in particular, but of any substance; this arises from the constitution of the muscles of the pharynx, and so violent are the spasms of the throat, that upon producing the patient any thing to swallow, you would think it would directly occasion suffocation; he will desist from the attempt, and tell you he will try again by and bye; upon again applying the cup to his lips he will be seized with the most horrid shuddering, turn away to avoid the sight of what he was about to take, and sit down in a state of exhaustion. It has been said, that persons having this disease bark like a dog; this is not true, as the noise is occasioned by violent inspirations, whereas the barking of a dog is the effect of expiration.

In Hydrophobia there is generally extraordinary irritability. I have seen two or three examples where the slightest touch of the bed-clothes would produce a sudden impetuous passion: and in two children whom I have seen, they would beat away the bed-clothes, and could not suffer them to cover their bodies. If you direct a patient having hydrophobia to go into a warm bath, he does not object, but will tell you he will try; upon approaching the water, however, and putting in his foot, he will immediately jump, and tell you he cannot enter the bath. By persuasion, they have afterwards plunged in, when the violence of the convulsions were such, that if not immediately removed, they would have been drowned.—When in the bath, even the slight waves striking against the neck give rise to the most dreadful spasms; and in one case, when the patient was in the bath, and the medical at-



tendant dashed some of the water against his face, he exclaimed, in great agony, "Oh, don't; that is cruel, that is too bad, I cannot bear it." I mention these circumstances for the purpose of shewing you that in hydrophobia there is a great excitement of the nervous system, and it is quite erroneous to suppose that all the symptoms of the disease are produced by inflammation. In hydrophobia and lock-jaw, the symptoms very nearly approach, yet in the two diseases there is a very great difference.

On the dissection of those who have died of the hydrophobia there has been found inflammation of the internal surface of the gullet; the mucous and muscular coats of the stomach similarly inflamed, and the muscular fibres of the latter in a state of violent contraction, the contents of the stomach not digested. Now these appearances are not sufficient to account for the symptoms, and the cause certainly resides in the nervous system: he who supposes, therefore, that the disease depends upon inflammation and treats it by bleeding, does not entertain correct views of the disease; he is quite mistaken in its character. Two or three cases were treated by copious blood-letting some years ago in the East Indies; the symptoms, however, were not those of hydrophobia, but of inflammation of the gullet. A man some years ago, in the other hospital, had symptoms resembling hydrophobia; he never had received a bite, and upon examination after death, the gullet situated behind the heart was found to be greatly inflamed, the symptoms were not of hydrophobia, but of inflammation of the gullet.

I advise you, to read the paper which I before alluded to, published by Dr. Babington, in which a complete history of the disease was given, and you will there see that the loss of blood does not tend in the slightest degree, to relieve the malady.

The two first cases that I saw were treated by



bleeding ; the loss of blood reduced the strength, but did not mitigate the symptoms : on the contrary, I think the irritability was increased from the weakness which the loss of blood occasioned.

A mad animal will at first lap fluids, but cannot take solids ; will throw his meat among the straw, and bite at every thing near him : his master will take his food to him, who will be treated by the animal at first in the customary manner ; as the disease advances, however, the respect and attachment to the master becomes lost, and the animal will bite him likewise. —After lapping a little water, the dog will take hold of the vessel between its teeth and then dash it to the ground ; thus it will be observed that the natural character of the animal remains for a long time unchanged. A gentleman living in a village had a pointer with this disease ; he behaved as well as usual in the field,—would stand, bark, and bring the game ; but after the sporting was over, he would bite any animal that came near him, and at length ran entirely away. Upon examining dogs that died of this disease, there has been a slight inflammation observed upon the internal surface of the stomach and gullet, a sort of blush, and all human beings who have died with this disease have been said to have had more or less a similar appearance.

*Treatment of Hydrophobia.*

The best mode that can be adopted is, immediately after the part has been bitten, to cut it out ; it should first be ascertained at what depth the teeth have entered, by means of a probe, and then take care to excise a sufficient quantity, and leave no part of the injured skin or flesh to remain. If persons should object to the use of the knife—foolishly object to have the poisoned part cut away, I advise you in such cases to let sink into the wound a small piece of the caustic potass ; this will readily dissolve, and becoming fluid, its cauterizing influence will be communicated to each part of the wound, and thus destroy the influence of



the poison ; the best plan decidedly is the immediate cutting out of the part, and where it has been done directly after the injury, it has, I believe, in every instance, been successful in preventing the disease ; if this practice should be opposed, the next best plan is the employment of the caustic potass. I am speaking of these means, you will observe, as preventives, and as for medical remedies, when the symptoms of hydrophobia have once appeared, I am not acquainted with any. Every medicine, I believe, has been tried over and over again, and all have been found alike ineffectual ; the only thing in the way of medicine that I think calculated to do good is that which has lately been adopted in France, viz. the injection of warm water into the veins. To make the employment of the remedy safe, however, and to prevent pressure upon the brain, the same quantity of blood should be previously abstracted, as it is intended there should be water injected ; with this precaution, I think the remedy a very proper and feasible one\*. I may here remark that the blood need not be abstracted before the injection of the water, but may be let flow from one vein while the water is thrown in at another, and this probably would be the better plan.

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DR. CRANE'S CURE FOR CHRONIC RHEUMATISM.

This disease, in many instances, may be considered as incurable, and the unfortunate sufferer is doomed to lead a life of pain and uneasiness, which embitters his hours by day, and deprives him of rest by night. Fearfully he views each passing cloud, and, sensible to the change of weather, he becomes a living barometer. Happy, indeed, would it be, and great would be the joy of thousands, if a plan of cure could be discovered for those who are afflicted with chronic rheumatism. This consideration encourages me to hope,

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\* The failure of this in all the cases in which it has been tried, render it a very doubtful remedy.



that I may be permitted to state the effects of a remedy, which has at least in a few instances proved beneficial. Accident led me to the employment of cubebs in chronic rheumatism; and in several cases it has afforded great relief, although in others it has produced no effect whatever.

The cubebs were prescribed for a gentleman, in consequence of having contracted the venereal, who had for several years previously been afflicted with chronic rheumatism. He observed to me, that whilst taking this remedy his rheumatic pains were also much alleviated. After the disappearance of the venereal, I advised him to continue taking the cubebs in drachm doses twice a-day for several weeks. In the course of two months, he found that he was nearly free from pain, and that he could move his legs and arms with greater ease. During the following winter, he was much less troubled with his rheumatic pains than he had been during the last four or five years; and whenever he feels any return of his complaint, he takes the cubebs for a few weeks.

A young woman, about twenty years of age, who had been under my care two months, on account of the pain she suffered from chronic rheumatism, deriving no relief from the remedies employed, I determined to prescribe for her the cubebs. She took them in half drachm doses three times a-day. On the third day, she said her pain was much less severe; and in six weeks, she was completely free from her complaint, and able to return to her service.

In some cases of chronic rheumatism, I found the cubebs to be apparently useless. The cause of this failure of success might, perhaps, in some of the cases, be accounted for, not from any fault in the medicine, but from a want of perseverance in the regular use of it; as we often find, that when a remedy is to be taken for several weeks it is taken irregularly, and even omitted for a day or two without the medical attendant being informed of such an omission; and then



upon the remedy falls that blame which is due only to the patient and his friends. This is not unfrequently the case amongst the lower classes of patients, who have little faith in any medicine which does not act both effectually and speedily, and who are very apt to tell their medical attendant they are regularly taking the remedy which he has prescribed for them, when the truth is they are not doing so. The medicine is best taken in cold water or milk.

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#### CONTUSIONS OR BRUISES.

By the fall of a heavy body on the skin, or of a lighter one, if velocity be made to compensate for the want of weight, the structure of the part becomes considerably deranged; the nerves and other parts of which the skin consists are bruised or torn; and, as the smaller blood-vessels of the part are also torn, blood is poured out underneath the skin, thus causing the blackness, or other discolouration, which appears on a bruised surface. If a larger vessel be torn, it will sometimes happen, especially on the scalp in children, that a considerable swelling of the part takes place; a tumour is formed, and this tumour consists of a mass of effused blood.

In ordinary cases of bruises also, some swelling is generally perceived, which arises partly from the effusion of blood, and partly from a more watery fluid being thrown out by the divided arteries.

After the lapse of some hours, inflammation occurs; and, whilst the violence of this inflammatory action is in the combined ratio of the violence of the accident and the unhealthy state of the constitution, it sometimes happens that the inflammation is necessarily followed by the death of some portion of the bruised parts. When this occurs, which is but seldom, the dead part separates from the living, and the wound becomes an open ulcer, which is to be cured in the way we shall afterwards teach you.



The bad consequences of bruises are dependant on the situation of the bruised part, as well as on the violence of the blow, and the state of the constitution. If a bone be immediately under the skin, the latter will necessarily be more bruised than if a softer part were in that situation. Hence a blow on the head, or especially on the shin-bone, is more frequently followed by inflammation and sloughing than when it falls on softer parts of the body. Contusions and bruises of the joints, too, are often followed by dangerous consequences; first, because the bone is generally close to the skin; and, secondly, because the joint itself is a bad part to be affected by inflammation.

*Treatment of Bruises.*

The principal object is, to avoid the consequent inflammation, or to moderate its violence. Leeches applied to the part effect this purpose very advantageously. They may be applied repeatedly. The bruised limb should be laid in the easiest position, and, if the accident is violent, be kept at rest. Pieces of linen, dipped in cold water, or in salt, or vinegar, or spirits and water, or in sugar of lead water, should then be applied, and kept constantly wet and cold. It is useful also to recollect, that, whilst in all cases one double of linen is better than more, it is advantageous, when the inflammation runs high, to let the linen extend far above as well as below the bruised parts, because, by cooling so large a surface, the increased action which is going on in the part will be the more quickly subdued.

During the night, a cold poultice, made by adding bread to any of the above forms of lotion, may be applied.

Although, in the great majority of instances, these cold applications are the best, yet cases sometimes occur, in which, from irritability of the constitution, the cold will not be borne, whilst the application of a warm softening poultice, or a fomentation, will give great and speedy relief.



As the object of the above treatment is to allay inflammation; purgatives must be given, every day if necessary; low diet must be enjoined; and if the symptoms of fever are at all violent, a moderate bleeding from the arm will be advantageous.

By such remedies as these, the symptoms of inflammation and fever will commonly be subdued in the course of three or four days, and then a new process may be begun with; for, after the first inflammatory symptoms have subsided, as the part will still be discoloured, on account of the blood having escaped from the veins, and got under the skin, discutient applications, as they are called, may be employed for the purpose of promoting their absorption.

To be sure, the cold lotions which are applied during the inflammatory stage are essentially discutient, and therefore more powerful remedies of the same kind may be used, and especially such of them as contain vinegar. Hence, sal ammoniac, dissolved in equal parts of vinegar and spirits of wine, forms an excellent application.

The stimulating liniments may be resorted to, such as equal parts of oil and hartshorn, or opodeldoc, or the compound camphor liniment. Pressure, too, may be advantageously made on the part, by a roller and compress, preceded by occasional fomentations of hot vinegar.

In this stage of bruised limbs, the use of exercise is very advantageous, as it tends to strengthen the weakened parts, and has a great effect in preventing them from swelling, as frequently happens when attention is not paid to this particular of the treatment. Pumping cold water on the bruised part two or three times a-day is also an excellent remedy.

When the contusion is very severe, or the instrument which produced it is of a convenient shape, the skin is often torn or lacerated, and thus very disagreeable wounds are formed.



## TORN AND CONTUSED WOUNDS.

Contused wounds are more formidable than incised wounds, because the skin is, in almost all cases, too much bruised to unite by what surgeons call the first intention.

It is right, however, in every case, to draw the torn edges as near as sticking plaister, drawn moderately tight, will accomplish; and then, after securing the plaister by a roller, as moderately applied, the treatment for bruises, which is recommended above, may be resorted to.

In applying sticking plaister in such cases, care should be taken not to draw the strips tight, and especially to leave sufficient intervals between them to allow of matter being conveniently discharged; for we have found it of great importance to leave the plaisters untouched for a considerable time.

A boy had the skin torn entirely off the back of his hand, by being caught in a part of the machinery of a cotton-mill. The tendons of the hand were laid bare, so that there was great probability of these parts, which do not bear being exposed to the air, mortifying and sloughing off. To prevent such an accident, which would have nearly made his fingers useless, it was important to avoid exposing the wound to the external air for as long a time as possible. The lacerated edges of the skin were therefore drawn gently together, and neither the strips of sticking plaister nor the rollers were removed for many days, not till long after the wound had begun to discharge matter very copiously. Convenient intervals were made in the roller, through which the discharge passed, and, as plentiful washing with warm water twice a-day secured the necessary observance of cleanliness, the wound was not opened until there was reason to hope that its surface had begun to heal. When the plaisters were at last removed, the advantage of this plan of treatment became apparent, for the tendons were no longer to be per-



ceived, the whole wound was healthy, and it healed without the patient losing the use of any of his fingers.

From this case, it will be perceived, that, where torn wounds are incapable of being united by the first intention, they become ulcers, and require to be treated, like any other ulcers, by supporting bandages, and such applications as will draw the edges of the ulcer closer together.

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#### POISONED WOUNDS.

The class of poisoned wounds not only includes the severe and fatal states of disease which follow the dreadful bites of venomous serpents, the use of the poisoned daggers and arrows of savage nations, and the bite of mad animals, but the less hurtful stings and bites of insects, and the inflammatory tumours raised by nettles and other stinging plants.

The bite of the viper is the most dangerous of any poisoned wound from an animal which is met with in this country, except the bite of a mad animal. The bites of vipers are scarcely ever fatal, although, when the animal is vigorous, they are attended by much inflammation of the part, and by great constitutional derangement. We knew a case which ended in consumption twelve months after the bite.

As it would appear that there is no specific remedy for the cure of these cases, they must be treated as common cases of disease, according to the degree of the external inflammation and of the internal fever. But, if some strong muriatic or nitric acid, or other caustic, can be obtained soon after the infliction of the bite, it may be advantageously applied to the very bottom of the wound, so as to destroy the parts to which the poison has been applied, and thus to prevent its being carried into the system.

In the cases of sting or bite by wasps, or bees, or bugs, or by stinging plants, the sedulous application of cold water, or of other cold lotions, so as to lessen



the inflammation which necessarily follows the accident, forms all the required treatment; for oil, or hartshorn, or other supposed specific applications, are alike useless and inefficacious. Mindererus's spirit, or vinegar, or spirit of wine and water, or brandy and water, form the best applications. It is sufficient to wet a shred of linen with any of them, or even merely to dab a little of them on the part occasionally.

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#### ON BREAKING BAD HABITS IN CHILDREN.

A little girl, fifteen months old, would not go from a particular person; and thus great inconvenience arose. On one morning however, it was necessary for her to be with her father, who was in bed. She cried with great violence and threw herself as far out of his arms as possible. He took the hint; and being desirous of getting up, let her roll on to the bed and turned her on her back. He then got up and dressed himself. Of course she cried as violently as before, and indeed cried all the time he was dressing, which occupied a quarter of an hour.

When dressed he took her up, in hopes that she had learnt that to be with him was better than lying on the bed; but no, she still cried, and resisted as violently as ever. He therefore laid her on the hearth rug, and only took notice of her by occasionally telling her she should come to papa when she was good.

Occasionally also he tried how the discipline was acting, by putting out his hand to her; but as if she was determined to shew that she understood the contest, she expressed her entire contempt of the offers by violent motions. She was therefore left entirely alone, and after a while she became quieter, and at last left off crying. After she had remained quiet for some time, a new offer to take her was made and willingly accepted.

On the next day, when she was going to take her food, he took her again, and offered her the food; but



she refused it, and began to cry. In about half a minute however, she recollected how unavailing opposition was, and perhaps a desire for the food played its part, and she left off crying.

It was not without considerable opposition that the father was permitted to give his child this salutary lesson. The whole house of servants thought he was very cruel, and the nurse came to him, making the most outrageous noise, and begging that she might leave the house rather than see the child murdered. Alas! for the ignorance of servants, and the supineness of parents in letting them thus do as they like. They give themselves a great deal of trouble for want of a little resolution, and a little salutary discipline: "He who spareth the rod hateth his child."

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#### NERVOUS DEAFNESS.

The general symptoms by which this species of deafness is distinguished are, various kinds of noises affecting the head, and communicated from the seat of the organ. At times, these noises seem somewhat to resemble the murmuring of water; at other times, they may be compared to the hissing of a tea-kettle as it boils over: on other occasions, they are represented by the patient as like the rustling of leaves, the blowing of wind, the sound of distant bells, &c. All these noises are to be considered as false perceptions in the organ, seldom arising in the nerve itself, but in the condition of the parts about it.

There is a particular species of this deafness which represents a beating noise, like a pulse; this noise is much increased by any bodily exertion occasioning an increased action of the heart. The cause of this species clearly depends on an irritation of the arterial system; but whether depending on the small arteries of the labyrinth of the ear, or on the internal artery, which passes close beneath the shell of the ear, is uncertain; but whichever of these may be the cause, it gives rise to the same false perceptions as in the other species.



All species then of nervous deafness may be considered as peculiar modifications of constitutional disease, affecting the nervous system in general, and connected with that state which constitutes a nervous habit of body. The general disordered disposition is here extended to a particular sense, and by viewing it in this light, the change of the constitutional affection must form the basis of the cure. It is by considering it in this point of view that proper principles of treatment can only be adopted, and that much may be done to remove this species of the complaint. The affections of the stomach and bowels become naturally, from the connexion and sympathy of nerves communicated to those of the ear, and deafness in most cases is a common symptom with nervous and scrofulous patients, and produces that noise and confused impression so often complained of in those disorders.

A wide field, therefore, opens here for just principles of treatment, by attacking the constitutional cause, and that much relief may be obtained by the application of constitutional means, experience daily evinces. It is from not keeping that analogy in view that nervous deafness is so formidable to many surgeons.

In all cases of this nervous deafness, when it affects one ear, we may observe, it is in general rendered worse by the conduct of the patient himself; for when the organ of one side is injured, we hear so much better with the other, that we only attend to the sensation conveyed by it, and neglect the duller sensation. The effect of this is, that the diseased ear becomes worse from want of exercise, and the same consequence arises as that which takes place in the eyes by squinting.

#### *Treatment of Nervous Deafness.*

In attending to the treatment of nervous deafness, if the practitioner is early applied to, and the disease is still in its first stage, it may be considered in general as curable; and even cases of long standing, when properly treated, admit of considerable relief.



Where the cause of the disease is not so clear, a strict course of opening medicine and light diet, if the patient be able to bear it, will often prove successful ; such as Epsom salts in small doses every two days, or a course of Sir A. Cooper's pills, p. 4 : the doses should be repeated as often as the strength of the patient will admit ; and in the intermediate time small doses of the submuriate of mercury, such as a grain every two nights, are to be administered, to promote absorption, by taking off any thickening of the parts, which is apt to impede the due performance of the functions of the organ. This practice will in beginning cases succeed : and, if not completely, will at least palliate the predominant symptom ; and in all cases it ought to have a fair trial, for deafness should never be considered as incurable. Cold water poured over the head every morning sometimes succeeds, and training is also very powerful.

At the same time it must be confessed, that the diseases of the internal ear are involved in much obscurity. Dissections have proved that a total deafness may exist without any apparent defect in the mechanism, either of the external or internal ear. This has been shown by the dissection of several cases of persons who had been deaf during life. On examination of these cases, every part appeared perfect ; even the nerve and its expansion showed no trace of diseased change ; and the alteration, whatever it was, was too minute for either the knife or the eye to detect : it consisted, perhaps, in an original want of power in the nerve to receive impressions. This is equally another proof that the nervous system is in part affected, as is too often observable.

But though we have stated that nervous deafness in its first stage is generally curable, much will depend on the time the treatment is continued, and on the perseverance of the patient and the practitioner. In some instances a cure has been accomplished in a very short period ; in others, we have found it necessary to



persevere for a considerable time, and recovery at last has taken place.

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ACID THE CHIEF CAUSE OF DISEASES.

The chief cause of most of our diseases is, a superabundance of acid upon the stomach. All impurity and turgidity or thickness of the blood arises from the too great prevalence of this acid. The blood which is generated from the food taken into the stomach, where an undue portion of acidity prevails, is not in a sufficiently pure state to traverse the vessels with uninterrupted fluency—hence arises the incomplete performance of its duty; the vessels are therefore clogged, from the turgid impurity of the blood appointed to run its course throughout the system; and as, at the extremities, the blood has to perform the process of escaping from the arteries into the veins, these parts are first subject to attacks of the gout when the blood-vessels are more than usually overcharged with the acrid impediment, proceeding from a stomach peculiarly disposed to deliver its supplies in an adulterated condition. Thus much for gout.

The vessels of the brain, being finer than most others, particularly require the blood passing through them to be free from turgidity; if the blood partakes too much of this quality, the passage through the vessels is impeded, and thus produces that fullness of the head, frequently terminating in apoplexy, only to be described to those who have experienced the insufferable oppression. Rheumatism has also its cause in impeded circulation, similar to gout; so has numbness and paralytic affection; but what are usually termed bilious attacks or sensations, proceed from the over-existence of acid on the stomach itself, and is the beginning cause of the future bad effects. Mental agitation is, more than any thing else, conducive to this most unpleasant of sufferings, and, under this sympathy, gout is the common consequence of a mind distressed by agitation or disappointment.



We have thus explained shortly a theory on the cause of gout and its affinities; let us now see how far this theory is supported by practical observation. There are many persons afflicted with the disorder termed bilious who are never subject to gout, but it is rare indeed to meet a gouty person who is not affected with bilious sensations of the stomach and head, from which, our theory says, gout proceeds. We find persons disposed to gout invariably complaining of these symptoms, and, from their prevalence, especial care is called for in the selection of food and liquor; confirmed gouty patients are always knowing on the subject of diet; necessity has taught them the wisdom of caution, and that different dishes produce on their stomachs and constitution different effects. All this care is directed, often without the knowledge of the patient, to one particular object, and that is, to avoid the swallowing of such articles as produce acidity upon the stomach.

In the choice of diet, it is very difficult to ascertain what will *not* produce this acid, for, at times, particularly on an approaching fit of the gout, the stomach itself is so predisposed to acidity, that its contents curdle, let them be ever so judiciously selected. It is from this that gouty patients so often complain of the inexplicable nature of their disorder, for that, its causes are so variable, it is impossible to define its source. The fact is, that at some times the same food may be taken without injury, which at others would infallibly produce gouty sensations; this arises from the predisposition of the stomach to acidity.

The reason why the same disposition to acidity exhibits itself in some constitutions by gout, while in others it appears in the shape of bile, is, that you will rarely find a gouty man who is not of rude health and frequently florid complexion, both indicating a superabundance of blood and strength of constitution; the martyrs to bilious complaints seldom have this robust appearance, their complexions are sallow, their visage thin, and their veins appear the very reverse of replete.



Although, therefore, gout and bile spring from the same infirmity of the stomach, yet the subsequent consequences are widely different, and, by reference to the system of the blood, we can easily account for the dissimilarity.

The blood is forced *from* the heart through the arteries; it returns *to* the heart by the veins; the first attacks of gout and extreme cold always are experienced at the extremities of the body, that is, at the precise spot where the blood quits the arteries and enters the veins; the arteries being capable of expansion, which the veins are not, this transition is subject to impediment, both from the extra quantity of the blood in full habits, and also from the turgidity produced by the too acid ingredients from which it has been formed.

In bilious habits, free from gout, only one of these impediments exists, from their being less full; and although the turgidity of the blood, from the same cause, occasions a torpid circulation, yet the gouty effects in the extremities are not experienced. The sensations in the head, arising from the same cause, shew themselves also very different. The bilious person complains of headache, while the gouty gentleman complains of that indescribable fullness, almost paralyzing every effort at exertion. The brain is thickly studded with blood-vessels, but has none of the vessels of absorption, so that the blood passes through the brain in the exact state in which it enters; but, as at the extremities, the one patient is inconvenienced by his blood being too copious, and also too thick, the other is affected by its turgidity alone. This accounts for the different sensations in different habits, but it does not destroy the opinion that both inconveniences have their origin in the same cause, for the obstruction of the passage through the veins, in both cases, arises from the impurity of the blood.

\* \* \* The treatment formed on this doctrine will be given in a future page.



## MARKS OF GOOD BEEF.

If it be right ox-beef, it will have an open grain; if young, a tender and oily smoothness; if it feels rough and spongy, it is old, or inclining so to be, except the neck, brisket, and such as are very fibrous, which, in young meat, will feel and appear more rough than in any other part; the good spending meat, is of a carnation pleasant colour as to the lean; the suet and fat of a curious white; the yellowish is not so good. An ox is in his prime at seven years old, or when he is a little past his growth, and should be killed while he is growing forward in flesh and fatness. Grass beef is most in season from the middle of June to Michaelmas; and fed beef all the year. An ox eats best after he has been some time exercised in the plough or harrow, which dispels his foggy moisture.

Cow beef, if a maiden, well pastured, and kept to her full growth, will eat very well; it is less boned, and closer grained than the ox; the fat whiter, but the lean somewhat paler; if young, the dent you make with your finger will rise again in a little time; if old, it will remain so.

*The French manner of killing beef.*—When the cow is struck down with the axe, presently they lay her on her back, and make a hole about the navel, as large as to receive a swan's quill; through which the butcher blows wind, so long till the whole skin swells round about like a bladder, to such a degree that the beast seems of a double bigness: then, while one holds the quill, and blows continually, two or three others, with wooden cudgels, or sticks, beat the cow round about as hard as they can; which beating never bruises the flesh (for wind is ever betwixt it and the skin), but makes both the hide to prove better leather, and the flesh to eat much tenderer, than otherwise it would.

Bull beef is of a closer grain than the other two, of a deep, dusky red, tough in pinching; the fat, skinny



and hard, having, upon scenting, a ramish, rank smell; if young, by indenting your finger, it will presently rise again; if it be stale, it will be clammy and of a very bad scent; if it be bruised, those places will look more dusky or blackish than the rest; for the settled blood would not evacuate the killing. A bull eats best after being baited of dogs; because violent heat and motion thins the blood, dissolves the hardness, and makes the flesh softer to digestion.

*A list of all the joints, &c. of a bullock.*—First, the head, which, being slit or boned, is called the ox-cheek. Next, the tongue and palate. The inwards are, the kidneys, sweet-breads, skirts, and tripe; of which there is the double, the roll, the reed, honey-comb, and the dish-clout-piece, so named from its retaining a worse colour than any of the rest. The head, cheek, and palate, are stewing pieces. The tongue, when fresh, is roasted; if salted or pickled, is boiled; and sometimes boiled and roasted. Indeed, the fresh tongue is generally half-boiled before it is roasted.

From the fore-quarter you have but two roasting pieces, the chine and ribs. It is but in few places that beef-chines are cut. You may make two or three roasting-pieces of the ribs, which depend on the size of the beef, or largeness of your family. Those which are nearest the neck are called the chuck-ribs. Joining to the ribs, you have the upper and lower brisket; which last has several names besides brisket, as nine-holes, plate-piece, &c. The shoulder, after having the shin cut off, is generally cut in two, and makes boiling pieces for the family's use; the shin is used for soup. The chine is reckoned by many to be the best roasting joint about the whole bullock, by reason of its quantity of bones, which keep it moist; it is cut from the thickest part of the ribs, the whole length. In cleaving the ox, this side is left larger than the other. You can have but one chine out of an ox.

Out of the hind-quarter you have three roasting and three boiling pieces, with the leg for soup: after which



comes off a piece called a mouse-buttock ; next follows the round, edge bone, rump, chump, sirloin, and flank.

This is the method of cutting up a bullock. When he is very large, you may cut more pieces, as the clod, sticking, and veiny piece ; which last is the best of the three. Different butchers and countries have their own ways to cut up beef, and give their joints such odd shapes, that you are often at a loss to know where the joints have been cut from.

A cow's udder must not be forgot ; for it makes a most excellent dish with the tongue. Lastly, the pith, which lies in the back-bones, makes a very pretty dish. The cow-heel is but seldom seen at the table of the polite ; the whiter they look, the better ; as to their being fresh or stale, your scent must be your guide ; they have a clammy feel, and are ill-coloured when they are stale.

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#### DISEASES OF ARTISANS.

In the applications of metals to the different arts, the persons employed, are often injured to a great degree, by some of the particles entering their bodies ; either in consequence of being swallowed along with their spittle, drawn in along with the breath, or absorbed by the pores of the skin. For the benefit of such persons, therefore we shall give a short account of the principal disorders to which they are severally exposed, together with some plain and general directions respecting the prevention and cure.

##### *Diseases from Gold.*

As the mischief which is done to the constitution by gilding, proceeds entirely from the mercury employed in the process, we shall reserve what we have to say thereon, until we come to treat of the effects of that peculiar metal.

##### *Diseases from Copper.*

The makers of verdigris and verditer ; painters, who



mix this last preparation with oils, and brasiers, but in a slighter degree, are liable to take in some cupreous particles, which disorder the constitution somewhat in the same manner as lead. They acquire a sallow countenance, their hair becomes greenish, with which colour their spittle (which has besides a brackish taste) and excrements are likewise tinged. They waste away and become prematurely old. They are affected with trembling of the limbs, and pains and twitchings in the stomach and bowels, which last however, are not always constipated, as is the case from lead, but are sometimes, on the contrary, very loose.

#### *Prevention.*

Such persons should take care to throw out their spittle during their work, and never neglect to wash their hands and face, and even change the best part of their clothes, such as their coats and waistcoats when they leave off. It would be a great convenience, in point of cleanliness, and a great advantage in point of health, for all such persons to put on something like a waggoner's frock, while at work, laying it aside again when they have done. This would be found, in the end, to be a great saving in clothes, and, what is still more desirable, a great saving in physic. These remarks will apply equally to those who work at any other of the injurious metals.

#### *Remedies.*

For the above-mentioned complaints, after they have once come on, mild and softening methods will generally answer best, such as the use of broths, gruel, or milk and water: If there is much uneasiness at the stomach, some camomile tea should be taken so as to occasion vomiting. If the pains and twitchings are violent, a draught of peppermint water, with fifteen or twenty drops of laudanum, will be proper; and if



the bowels are bound, some senna tea should be taken, or what is still better, an electuary composed of an ounce of lenitive electuary, and half an ounce of flowers of brimstone, mixed up with some syrup of marsh mallows. A tea spoonful, or the size of a walnut, to be taken till it produces a stool or two. But, on the other hand, if, as sometimes happens, there should be a purging, the peppermint draught with laudanum, above-mentioned, should be repeated every two or three hours, until it is checked. After the pains has been removed, and the bowels have been sufficiently cleansed, by keeping them moderately open, a tea spoonful of the peruvian bark, in powder, may be taken twice a day, in a glass of cold water, for about a week, care being taken that it does not bind up the body, for if it has that effect it will not lie properly on the stomach. Those who dislike the electuary, may take the magnesia and rhubarb in its place.

*Diseases from Iron.*

During the forging and hammering of iron, the scales which fly off frequently get into the workman's eyes, and if not quickly dislodged, occasion great inflammation and pain.

*Prevention.*

The common methods of removing them are, washing the eyes with cold water, or pricking them out with a needle, in performing of which some workmen are very dexterous; but these methods sometimes fail, in which case, recourse must be had to the magnet, which will frequently succeed, and is then found the easiest and most expeditious extractor.

*Remedies.*

If any inflammation should remain, the eye may be washed afterwards with a cooling eye water, made by dissolving fifteen grains of zinc or white vitriol in half a pint of cold water.

*Diseases from Polishing Iron, &c.*

The disorders of grinders of iron, being produced by



the particles of the stones, and not of the metal, (in the same way as those of the men who break stones and flints on the road side) are to be prevented, as far as the eye is concerned, by wearing a piece of net lace over the rims of a pair of spectacles, so as to form a hollow or concave surface next the eye. Polishers and steel grinders, from the great use of emery and oil, are very subject to indisposition of the stomach and bowels. The general symptoms are oppressions of the stomach, costiveness, and frequently pains in the bowels; but they are easily removed by a gentle vomit; giving the next morning some opening physic, and taking plentifully of broths, &c.

*Diseases from Pointing Needles.*

A method has recently been adopted with much advantage by the pointers of needles, of suspending a magnet over the work, so as to attract the minute particles of steel, immediately as they fly off from the needles; and it has been ascertained that this simple invention will have the effect of preventing consumption of the lungs from this cause, among needle manufacturers. It is well known that the lungs of the persons employed in this business, as well as those of flax-dressers, are particularly liable to inflammation from the entrance of the minute particles of the materials they work upon. These particles continually float in that part of the atmosphere which they are under the necessity of inhaling.

*Diseases from Tin.*

The inconveniences which happen to pewterers, enamellers, and all those that are any wise employed in the melting of tin, either by itself or along with metals, proceed chiefly from the particles of arsenic which it contains, and will be more properly noticed when we come to the effects of that metal.





**EFFECTS OF OYSTERS IN HEALTH AND DISEASE.**

Now, when all the world are regaling themselves on oysters at the return of the season, we think it right to say a word or two respecting their properties.

Oysters are a mild, balsamic, and cooling article of food, and are of the utmost benefit to those who are troubled with warm flushings of the face, and other feverish symptoms, usually felt in declines and in nervous and irritable constitutions. It is quite possible, indeed, by making them a principal part of a meal, to prevent in a great measure the irritation and heat which produces the hacking and distressful cough in the more advanced stages of consumption. Oysters,



indeed, and other mild nourishing food, will often altogether prevent consumption in those who are disposed to it from hereditary causes. A young lady—of very narrow chest, and slender, consumptive make, whose mother and two sisters had died of declines—by avoiding beef, mutton, pork, and all sorts of red meat, and confining herself wholly to a diet of oysters, and other shell fish, while they were in season, and to boiled chicken and other white meats, with biscuits instead of bread, and rice instead of fresh vegetables, soon became healthy and active, and escaped for many years the dangerous decline which threatened her. It is to be remarked, however, that oysters, when too copiously eaten, are too cold for very weak stomachs, unless accompanied with good pepper or cayenne. Vinegar ought never to be used by those who eat oysters “to enrich their blood,” or to prevent consumptions. Instead of vinegar a very little white wine may be added; but not when there is fever or cough.

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#### DR. BEDDOES ON PERSONS LIABLE TO CONSUMPTION.

We have seen how often external injury produces the disease. It has been frequently observed to arise from hard bodies, as bone, needles, fragments of the shells of nuts and of other fruits, received into the wind-pipe. The fate of stone cutters and needle grinders is well known. Linnæus says, that the cutters of grinding-stones almost all die consumptive before their thirtieth year. The tenuity of the hard powder inhaled by the workmen seems not to diminish its pernicious quality. Dr. Withering observes, that casters of fine brass-work much oftener die consumptive than “any set of artists in Birmingham.” Playing on wind-instruments is known to injure the lungs. Fifers on board ships of war, who accompany the drum at stated hours, and play quick marches when any piece of duty that requires hoisting, is going on, are apt to become consumptive.



Miners in some situations, whether from external injury or cold, experience the same fate. But slight notice of such facts is sufficient. Safety lies in change of occupation, and it is in vain to think of safety while men are bound to such occupations as these by real or imaginary necessity. My search is after causes more insidious; and if it be ever so successful, I cannot expect that its benefits will extend much beyond the class whom their wealth leaves free to choose a mode of life.

To prevent groundless alarm, it should be added, that jappanners, who work in an atmosphere of resinous vapour, are not more subject to consumption than others. The same is proverbially said of millers; so that *powders* exceedingly soft, or easily decomposed, seem not, either directly or indirectly, to occasion ulceration of the lungs. I specify *powders*, because soft substances, in the form of fibres or small splinters, must be hurtful. At least, having lately had an opportunity of knowing that consumption is common among joiners and carpenters, I have suspected that the fragments of wood they inhale, may be sometimes the cause of the mischief.

It is of importance to observe, that artisans, whose occupations and habits are opposite to those of the persons mentioned in the preceding sections, stand also in an opposite relation to consumption. Tailors, glovers, shoemakers, weavers, spinners, carpet-manufacturers—all, in short, who follow sedentary occupations in confined rooms, whatever be their habitual posture, or the state of the atmosphere they breathe with regard to small floating particles—are known to be extremely liable to this fatal disease. I could mention places which have been in bad repute on account of their situation, but of which, when circumstances have been accurately explored, it has appeared that confinement and inactive employments have given rise to their disorders of the lungs.



## ON CLOTHING.

It is evident that clothing ought to be accommodated to different ages, habits of life, climate, season, and state of health ; and it is proposed to consider this important subject in those different points of view. As nature has provided all other animals with various defences of hair, wool, feathers, or scales, by which they may resist the noxious impressions of different elements ; so instinct has dictated to man, even in his savage state, the necessity of covering, in proportion to the inclemency of countries and seasons. Particular kinds of clothing are more or less warm according to their qualities, as being more or less conductors of electricity or according to their colours ; as disposed to refract and absorb, or reflect and throw off, the rays of light.

In civilized societies, the improvement of arts, the facility with which men are supplied with the conveniences and luxuries of life, and the gratification which these afford, have disposed mankind to be perhaps too solicitous about guarding against the inclemency of seasons ; and hence it is that our bodies being rendered more tender and delicate, and our feelings more acute, we find that in proportion to the increase of luxury, we become less hardy ; as being more obnoxious to the influence and impression of manifold causes of disease. As a physician cannot, any more than a legislator, always effect a proper change in the national manners and morals ; so it is incumbent on both to establish such regulations as the habits of the people will admit of. It is very much to be regretted, that luxury has in some degree extended its influence to all ranks of the community ; by which the bodies of the most useful members of it, the middling and lower ranks, are more enervated than those of their ancestors.

*Clothes according to Age.*

With respect to the different periods of life, children



should, from their birth, be habituated to light clothing, not only by day, but in bed ; for nothing contributes more to form the constitution : infants and children are less apt to have their perspiration checked, than persons who are more advanced in life ; and therefore less apt to catch cold. From the stage of childhood to the 35th year, the strength of the vital powers, and a brisk circulation, tend very much to keep up an equal perspiration ; but after that period, the force of the circulation being lessened, the clothing by day and the covering by night, should be gradually increased ; for many of the diseases of advanced life are produced, or exasperated, by obstructed perspiration.

*Clothes according to Season and Habit.*

Climate, and season of the year, ought certainly to have clothing suited to them ; but in our unsteady climate it is very difficult to accommodate them to the sudden changes. Upon the whole, however, after the age of 35, it may be better to exceed, rather than be deficient, in clothing. Habit, or custom, always merits great attention. If persons have been accustomed to warm clothing, there will always be hazard in sudden changes of any kind. Those who clothe, and sleep warmly, ought not to indulge in hot close rooms during the day, or have fires in their bed-chambers. Those who have resided long in hot climates, when they come into this country, should rather exceed in their clothing.

*Clothes according to the state of Health.*

With respect to the state of health : to persons of hale constitutions, and in high health, very warm clothing in the day, or covering at night, would be very improper ; because their vital powers being strong, and the circulation vigorous, the warmth and steady perspiration on the surface and extremities resist the impressions of cold or moisture, unless they are very violent.

Such persons, however, relying too much on the



strength of their constitutions, often expose themselves imprudently; and as the violence of their disease is in general in proportion to the vigour of their vital powers; so they are frequently rapid in their progress and fatal in their termination. The grand rule is, so to regulate our clothing and covering, that, when we expose ourselves to the external air, the difference of the temperature of the air in both situations shall be such, that we shall not be susceptible of dangerous impressions under any inclemency of season when we go abroad.

Persons in firm health ought therefore so to regulate the temperature within doors, as that it shall not exceed fifty-six degrees of the thermometer in the winter, spring, and autumn; and in the summer, bring it as near to that as possible, by the admission of fresh air.

*Clothing for Invalids.*

Were it happily in our option to attain all the requisites for forming a firm constitution, no man of common sense would spare any pains to acquire them; but this is not always in our power. A weakness of constitution is often hereditary; or it may result from diseases, either unavoidable, or the effects of negligence or inattention. Under such circumstances, we must be content to accommodate ourselves to our situation, and prudently avoid all such extremes as may impair health.

Persons of delicate and irritable constitutions, whose powers are weak, and circulation languid and unsteady, are very apt to have the perspiration checked by very slight causes: this also happens to invalids, whose complaints are thereby much exasperated. Until the constitution, therefore, has been strengthened, and as it were hardened, by being gradually habituated to air and exercise, they ought rather to exceed than be deficient in the quantity of clothing.

With respect to clothing, such addition ought to be made to it, in cold and damp weather, as to protect



the body against the sudden and severe impressions of either. That great philosopher and good man Mr. Boyle, had cloaks accommodated to different seasons and changes of weather; and invalids ought rather to exceed than be deficient in the warmth of their clothing, those especially who are subject to coughs, those whose nerves are weak and irritable, and those who are gouty and rheumatic.

Such persons ought in the beginning of September to wear a flannel waistcoat over the shirt or shift, and provided their skin is not irritated or liable to eruption towards the end of October, the flannel may be worn next the body; taking care to defend the lower limbs by flannel drawers, and woollen stockings.

Such persons as wear flannel next the body are apprehensive of changing this part of their clothing, lest they catch cold, and therefore continue to wear the same garment through the winter; and as the warm weather comes on, cut it away by degrees. But this precaution is not only unnecessary, but to persons of delicacy must be offensive, and indeed injurious; as thereby a part of the perspirable matter, accumulated for months, is retained in constant contact with the surface of the body. We can however aver, from long personal experience, that the under waistcoat may be safely changed once or twice a week; and as the weather becomes more mild, it may be worn over the linen, and at length totally left off till the subsequent autumn.

A very ingenious philosopher, Count Rumford, by a variety of experiments on the relative power of absorbing moisture from the atmosphere, in different substances; as wool, fur, hair, silk cotton, and linen; has found, contrary to what was supposed would be the result, that woollen cloth absorbed most, of these substances, and linen the least; and hence this gentleman justly infers the vast advantage of a flannel waistcoat next the skin; and, from personal experience and accurate analogy, he concludes that it would



prevent a multitude of diseases; and as it promotes evaporation, instead of being too hot for summer, he found no inconvenience from it in the hottest weather, as it is well known that evaporation produces positive cold; hence probably it is that the East Indians find cotton shirts and shifts to be more comfortable than linen.

But, as in this unsteady climate, a sultry day in summer is often succeeded by one or more that are cold and raw, delicate persons, who labour under complaints of the breast or bowels, or are subject to gout or rheumatism, ought, as often as such changes take place, to make an addition to their clothing, so long as is necessary.

We cannot quit this subject without observing, that the application of a double, treble, or even quadruple piece of flannel upon the breast in coughs, the belly in colics, and flux, and to any of the limbs affected by rheumatism, affords a degree of relief beyond what might be expected; especially if it be sprinkled with a little lavender water or soap liniment, and a moderately hot smoothing iron be run over it repeatedly. The powerful determination made by this means from the affected organ is, perhaps, greater than that of a blister; and certainly more permanent, as the means may be applied very frequently. The idea of benefit from repeated dyeing of the flannel is absurd.

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#### FEMALE DISEASES.

*Hysterics.*—This complaint, called also the hysteric passion, appears under various shapes, and is often owing to a lax, tender habit, obstructions, &c. In the fit, the patient is seized with an oppression in the breast, and difficult respiration, accompanied with a sense of something like a ball ascending into the throat, which puts her under great apprehensions of being suffocated; there is a loss of speech, and generally violent convulsive motions. These, with a train



of hypochondriac symptoms, are sufficient to determine the disease; to which may be added, frequent laughing or crying, and various wild irregular actions: after which a general soreness all over the body is felt; the spirits are low: the feet are cold; the urine is clear and limpid, and discharged in great quantity. The hysteric fit may be easily distinguished from fainting; for in this the pulse and respiration are entirely stopped; in that they are both perceivable.

*Cure and Prevention.*

Nothing recovers a person sooner from the hysteric fit than putting the feet and legs in warm water. When low spirits proceed from a suppression of the piles, &c., these evacuations must be encouraged, or repeated bleedings substituted. The best medicine, hitherto discovered, for female suppressions, is given at page 39. When they take their origin from long continued grief, anxious thoughts, or other distresses of mind, nothing has done more service, in these cases, than agreeable company, daily exercise, and especially long journeys, and a variety of amusements.

*Regimen.*

Light animal food, red wine, cheerful company, and a good clear air, with moderate exercise, are of great importance in this disorder. Drinking tea, and such like tepid, relaxing, fluids, should by no means be indulged in, though we have seen that tea is far from being so bad as it is supposed. The cure consists in whatever tends to strengthen the solids, and the whole habit in general; and nothing will effect this more successfully than a long continued use of the mineral chalybeate waters, and riding on horseback.

*Anti-hysteric Spirits.*

Take one pint of proof spirit,  
two ounces of sal ammoniac,  
six drachms of asafoetida,  
five ounces of potass.

Mix them, and draw off, by distillation, one pint, with a slow fire.



The spirit is pale when newly distilled, but acquires a considerable tinge by keeping. The dose is a tea spoonful in some water, during the hysterics, and the same to be taken occasionally.

*Anti-hysteric Pills.*

Take two drachms of compound pills of galbanum,  
four scruples of rust of iron,  
as much syrup of ginger as is sufficient

To form a mass, which is to be made into forty pills, of which take four at noon, and at seven in the morning, every day, drinking after them half a glass of port wine. These pills are excellent in hysteric affections.

The foetid injection is made by adding to the ingredients of the common clyster, two drachms of the tincture of asafœtida. In cases of hysterics and convulsions, the foetid injection is of singular use.

*Opiate Draught.*

Mix together, one ounce of cinnamon water,  
half an ounce of spirit of carraway,  
half a drachm of sulphuric ether,  
half a drachm of tincture of castor.

Let this draught be taken every six hours, if the stomach should be affected by cramp. If the feet are cold, bottles filled with warm water should be applied to them.

*Tonic for Debility in Females.*

Take two drachms of soft extract of bark,  
one drachm each of calumba, and rust of iron,  
as much simple syrup as is sufficient.

Make into fifty pills; take two, and gradually increase to five, three times a day.

*Compound Galbanum Pills.*

Take one ounce each, of galbanum, opoponax, myrrh,  
and sagapenum,  
half an ounce of asafœtida,  
as much syrup of saffron as is sufficient.

Beat them together, and make them into five grain pills.

These pills are excellent, as anti-hysterics, and for suppressions and obstructions; four or more may be taken every night, or oftener.



*Compound Spirit of Lavender.*

Take three pounds of spirit of lavender,  
one pound of spirit of rosemary,  
half an ounce of cinnamon,  
the same of nutmeg,  
three drachms of red sanders.

Digest for ten days, and strain off.

This is often taken upon sugar, and is a salutary cordial, far preferable to drams, which are too often had recourse to by persons feeling a great sinking, or depression of spirits, in hysteric affections.

Infusion of senna, with tamarinds, is made by adding to the infusion of senna, before it be strained, an ounce of tamarinds; then strain. This proves a mild and useful purge, excellently suited for delicate stomachs and inflammatory diseases. The taste of the senna is well covered by the aromatic sugar, and by the acidity of the tamarinds. An ounce is a convenient purge.

*Mild Purgative.*

Take two ounces of manna,  
one ounce of tamarinds,  
eight ounces of rose water.

Boil the rose water and tamarinds together for a quarter of an hour, then add the manna.

Three table spoonfuls to be taken every three hours, until a motion is obtained.

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*WEANING OF INFANTS.*

When the mother wants health or strength, has nipples too small, or ill formed ones; when the infant will not take the breast; when the mother's milk is bad, or in too small quantity; when the mother has weak nerves, or apt to be surprised; these defects spoil the milk: if the child is suddenly taken ill, from the effects of the mother's fright, or anxiety; if the milk is often dried up quickly, when perhaps the infant has the most occasion for it; in such like cases,



it is advisable to wean the child ; nay, often absolutely necessary. It can never be necessary to continue the breast more than eight or nine months ; but generally, if a child is favoured with a good supply, by sucking, during his first three or four months, and is in a tolerably healthy state, he will rarely be the worse for weaning at this early period ; so that if he is not rather weakly, and if difficulties attend his being suckled, there need not be any hesitation about taking him from the breast. If he feeds tolerably with the spoon, and is free from disorder in his bowels, a tendency to convulsions, &c., weaning may be attempted at any time. But if feeding with the spoon is difficult, if the child is much subject to the gripes, &c., another nurse should be sought for, and weaning must be deferred until more favourable circumstances attend. In general, the sooner a child is weaned, the more easily it parts with the breast. Prudence directs to accustom a child to early feeding with the spoon, and to continue the same until the breast be wholly omitted.

Children, if healthy, may be weaned at any age ; but as, in general, their digestion grows strong enough at about nine or ten months, they should only be fed once in six hours at the most, during the first two months ; should be entirely weaned from the breast as speedily as is convenient, and also from all feeding in the night, for that bloats them ; and if they are not used to it in the first week, they would never want it. If they are not disturbed from their birth, in a week or two, the child will be formed to a habit of sleeping most of the night very quietly, awaking only when wet, on which occasion it should be laid dry.

The food should be simple and light ; not spoiled with sugar, wine, and such like additions ; for they produce the diseases that children are most troubled with. Unfermented flour makes a tough food, that turns sour before it digests ; and well fermented bread soon turns sour ; but if this latter is made into fresh



panada every night and morning, or in cool weather, in the morning, the inconvenience of souring is prevented.

To prevent acidity in the child's stomach, by a daily use of vegetable food, give now and then a little fresh broth, made from either veal, mutton, or beef, once or twice in the day. Suppose, for example, a mixture of the equal parts of the gravy which is discharged in cutting a joint that is brought hot on the table, and warm water, to which may be added a little salt, and thus an excellent broth is readily made. This is said to fill children with humours, it is true; but the humours are only of the most nourishing kind. Cow's milk, a little diluted with water, is an excellent substitute for the mother's; yet it is apt to turn sour rice; is not so apt to turn sour as wheat bread is; it therefore would be a more convenient food for children, and deserves to be attended to. Toasted bread, boiled in water till it is almost dry, then mixed with fresh milk, not boiled, is an agreeable change. As the teeth advance, the diet may increase in its solidity.

As to the quantity, let the appetite be the measure of it; observing to satisfy hunger, but no more, which may be thus managed; feed the child no longer than he eats with a degree of eagerness; in feeding, let the child be held in a sitting posture, and thus continue it until the stomach has nearly digested its contents. The too common practice of violently dancing and shaking the child should be avoided.

Keep the child awake until it breaks wind after each time it is fed: divert it during the day as much as you can; and thus it will soon lie quiet all the night. Never awaken a child when it is asleep, for thus sickness and peevishness are often produced. As soon as teeth appear, give the child, now and then, a piece of flesh meat in its hand to chew, but never give it any confectionaries.



## QUACKERY OF DR. SIBLY AND HIS SOLAR TINCTURE.

Good Christians ! pious souls ! ye who relish the doctrines of a Colyer, a Fletcher, or even the rhapsodies of that holy man, Rowland Hill, how will you be astonished, how rivetted with amazement, to learn that instead of the promises, instead of the mere words of faith which they preach up, here is prepared for you, by the hands of infallibility itself, a treasure more precious than gold, and yet which gold itself can buy as it can buy medicine—a matter in a corporeal form, which can arrest the progress of condemnation, and bind you to the blessings of this life, which none of you, good folks, are fond of leaving.—“ Yes ! if you are not prepared for death,” says the great Dr. Sibly, “ this Reanimating Tincture will prolong your life, and save you years of damnation. Your pious pastors have cajoled you only with words—but here is the matter itself—here is *the fountain of life—drink of this stream*, and ye shall live ;” he only stops in one point—he does not say, *for ever*. Such is the language of his pamphlet, where we find art, ignorance, and deception equally blended. But to enter upon the merits of his Solar Tincture : it is a dram—a dangerous dram ; nay, a dram, from its activity, of a poisonous nature. Originally drams were prescribed from the apothecary’s shop : they were dealt out as a medicine, and as a medicine only were they used. But as the progress of commerce enlarged our acquaintance with articles of luxury, ardent spirits came to be introduced as an article of diet. From the apothecary’s shop and laboratory they were transferred to the liquor shop ; and, as if the liquor shop was not sufficient, they are now issued also from the patent warehouse.

*Effects of Quack Drops.*

What has been the consequence of this change, and the effects produced on the constitution by such a practice ? By an excess of spirits, the fluids of the body become thick and coagulated. Obstructions in



the principal organs ensue. The nervous system becomes blunted, and depraved to every feeling, the energies of the mind suffer, loss of memory takes place, a train of nervous disorders comes on, and the attack of jaundice, dropsy, or consumption, soon completes the termination of existence. In this progress even the passages to the stomach lose their feeling, become hard and feelingless, and the organ itself taking on the same state has its digestion impaired, and becomes unfit to prepare nourishment for the body. Ardent spirits, therefore, are a dangerous indulgence even in the smallest quantity—an indulgence which habit imperceptibly steals on before we are aware of the consequence it leads to: for in proportion as the spirits are artificially raised they become depressed. The person finds himself languid and enervated to a terrible degree. The ideas, in the absence of the stimulus, have all a gloomy cast, and every sensation is unpleasant. There is an aching void which nothing can fill up but a repetition of the cordial draught, which is no sooner swallowed than another is desired. The nervous cordials, therefore, of most of the quacks, are an ardent spirit so powerful, that a table spoonful is equal to a glass of the strongest brandy, to which their efficacy is solely to be ascribed. These stimulants, by exhausting the excitability, soon blast the vigour, and sap the foundation of the strongest constitution. It is only those whose nervous system has been impaired by the abuse of spirituous liquors that would even receive a temporary relief from such medicines; and we may conclude, that those who have attested their efficacy were addicted to dram-drinking. This attestation is in plain language averring their unhappy propensity. With such a picture, then, of the baneful effects of stimulant cordials, what are we to say of Dr. Sibly's Tincture, when we find it impregnated with a powerful essential oil? Dr. Sibly is, perhaps, not chemist enough to know the actual mischief he does to society. Essential oils are all deleterious



poisons, and in that effect may be compared to the well-known *laurel-water*, and an essential oil given in any quantity will kill as quickly as the most deleterious substance we know. His tincture is nothing more than a coarse malt spirit freed of part of its oil, by what are termed among chemists the grey salts or potash, with a cheap essential oil of carraway or dill. That this dreadfully noxious composition shall be held out as a balm of life, a re-animating power to decayed constitutions, nothing but ignorance and credulity can warrant.

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#### DR. SIBLY'S LUNAR TINCTURE.

We see then, how much the public is indebted to Dr. Sibly for his inestimable solar tincture. He has supplied them with a warm dram, more powerful than the gin-shop ; but as if this were not enough, for the sake of the fair sex, and from an attention, as he informs us, to the bodily conformation and temperament of females, very opposite and distinct from those of males, he has given them his lunar tincture, a medicine which affords that critical aid which the different periods and situations of their lives require.

Dr. Sibly was originally a Shoemaker ; he began his career in medicine by the study of astrology, and forsaking the lapstone and the awl for the occult sciences, he assumed the name of doctor, and commenced his career of practice. In beginning as doctor, he thought it necessary he should let the world know his high attainments ; and his first public achievement, in his new character, was editing Culpepper's Herbal. This publication was followed by the Astrologer's Magazine ; but the profits from neither of these literary productions made up for the loss of his former occupation. A specific, he soon found, would be of more value than all his knowledge of the occult sciences. For this purpose he travelled to Germany, and established a correspondence for the Riga balsam, which



was to be transferred into his solar and lunar tinctures, and puffed off with the aid of all the jargon that astrology could furnish, in a work entitled the Medical Mirror; containing the most absurd speculations on medical subjects, that ignorance and effrontery could suggest. These specifics, it is said, realized him annually a thousand pounds. However, they did not prolong his own days, although intended to prolong the days of others;—Dr. Sibly is no more. But as it is necessary, that, like the grand Lama, quacks should be immortal, the business of Dr. Sibly is continued. Dr. Sibly answers consultations, and is metamorphosed from a philosopher of the occult sciences to a prime quaker, who has no qualms of conscience in carrying on the deception. In fact, the lunar tincture is a solution of Riga balsam in alcohol. It warms the stomach and invigorates every part, for the time, from its strong terebinthinous quality; and those who once begin to dram with it must continue the unhappy practice. How dangerous such a medicine is for women, let every one judge!

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MR. JACKSON'S RULES FOR TRAINING.

*Exercise—Sleep—Clothing.*

For the purpose, say Captain Barclay and Mr. Jackson, of gaining strength, of diminishing and thinning the blood, and of improving the wind, it will be necessary for the person under training to begin his exercise early in the morning; in summer not later than five, and in winter as soon as the day dawns. A run, or trot, of three miles, twice a-day, is a common task for pedestrian training; for other purposes, less than this will suffice. If this produce much perspiration, he must, to prevent rheumatism, be carefully rubbed dry, as soon as he comes home, lying down on a couch till an assistant does this, and gradually puts on his clothes, one limb after another, on the dried parts, and then does not go out again till completely cool.



It is one of the maxims of training, that perspiration never weakens the body when produced by exercise; but it always does so when it is produced by sweating drugs, hot slops, or any other unnatural method.

An hour after breakfast, the exercises are selected from manly sports, such as quoits, cricket, foot-ball, fencing, and sparring. Fives is a very good exercise. The more cheerful the exercise is, the better it will prove, as any thing which dulls or deadens the animal spirits is very injurious to training. A fit of low spirits will ruin in a single day, the training of a whole week; and therefore, any light game, such as golf, which requires walking, and at the same time keeps the mind alive, is preferred to simply walking without any object but exercise. Short shooting excursions are also recommended on the same principles, wherever it shall be convenient. Fishing is too inactive and raw an exercise, but gardening, and particularly digging, are highly recommended. Dancing is recommended, but not insisted on.

It is another indispensable rule in training, that if the person trained becomes very much, and rapidly thinner or feverish, his exercise must be diminished. This, however, ought to be kept from the knowledge of the persons themselves, for as training will in all cases make a man thinner, the propensity to indolence would soon discover that so much exercise might be dispensed with, and give rise to idleness, to the entire loss of time and strength. No reading, writing, cards, nor other sedentary employment or amusement, is permitted; as this tends to drive the blood to the head, and produce stupor, weight, or giddiness, and impairs digestion and strength.

It is impossible to determine, to a minute, the proper quantity of sleep necessary for every individual, as some can do with nearly half of what is indispensable to others. It is a good rule to proportion it to the exercise of the mind and body, remembering that the exercise of the mind always requires one-third or



fourth more than the exercise of the body. If the person under training, therefore, be of a thinking, contemplative, turn of mind, he will require eight hours sleep; while a person of a light, stupid, or thoughtless turn, will be as much refreshed by six, though the bodily exercise of both is the same. A great deal also depends on the habit of the person; though nine hours is too much, and four hours too little, for any one in training. It is indispensable to go to bed not later than ten, and rise not later than six, taking a short walk, or some slight exercise, previously to lying down. The bed should not be soft (a hair mattress is best), nor loaded with bed-clothes, as the more coolly you lie, the less strength you will lose.

When the training is rigid, all low situated places, and the neighbourhood of marshes, lakes, canals, and slow running rivers, should be avoided, and a high, airy place chosen. It is of the greatest importance that this rule should be followed at night, and that the bed-chamber be spacious and well ventilated. Sleeping in good air will contribute more to strength than even living in good air by day. The practice, of Jackson, however, is not to mind the weather, but exercise both on wet and dry days, taking care to change the wet clothes on coming home.

We have already shewn the necessity of reducing corpulence by perspiration. Now, this end cannot be attained without a strict attention to dress. In order to increase perspiration, says Jackson, an extra quantity of clothes is necessary, particularly during the morning race. The race is always performed in a flannel dress, but the walk may be taken in the usual clothes. The young are recommended, by the same great training authority, to wear calico next the skin; but by older men, flannel is preferred. Those who are trained for running, are put between feather beds and loaded with clothes, to increase perspiration; but this is not done in other cases. With respect to the bed-clothes, we have formerly said that they should be light, that the



person may not be heated while asleep, as this is extremely weakening. It is also important that there be no curtains to the bed, or at least that they be kept closely tied up during the night. Nothing is more prejudicial to strengthening and healthful sleep than close curtains.

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#### SENSE OF TOUCH.

The sense of touch is the most important and indispensable of all the five, and has this peculiarity that it is never wanting. Indeed it is inconceivable that we could exist without the sensations of touch; though we may suffer the privation of smell, taste, vision, or hearing. Touch is common to all parts of the body, but it is more acute and delicate in some parts than in others. The immediate organ of this sense is the skin, or rather perhaps the nerves which terminate in the skin. The muscles, however, seem to perform the most important part of the process, though in most systematic works this function is wholly overlooked. In order, therefore, to understand the process of touch, we must examine the structure of the skin and the terminating nerves, as well as the muscles which are the source of many important feelings connected with the things around us.

#### *Organs of Touch.*

The human skin is usually considered as composed of three layers or membranes, though it is possible by nice division to separate it into six or more, like the thin leaf-like pieces of a puff paste cake. The three-fold division will be sufficiently minute for our purpose.

#### *The Outer or Scarf Skin.*

The outer or surface layer is called the cuticle or scarf skin. It is nearly transparent, as may be seen in a blister, and has the appearance of very finely finished net-work. It is very thin, except in the palms of the hands and the soles of the feet;—this is the case even in the new-born infant, but by walking and hard labour



this is rendered still thicker. Like the hair and nails, the scarf-skin is altogether insensible, and may be cut or torn without pain, being destitute, so far as can be traced, of nerves and vessels. This property enables it to resist destruction by maceration and the impression of external objects; and blunts the otherwise too acute feelings of the inner layer of the skin. It is the only part of the body, besides the teeth which can bear the contact of the air. In the living body the scarf skin allows of the passage of moisture both inwards and outwards, but when it is acted upon by a blistering plaster, and after death it becomes quite impermeable to moisture, a circumstance which has led some physiologists of no mean note erroneously to assert, that in the living body it cannot be penetrated by moisture.

*Membrane of Colour.*

The scarf skin becomes thicker, harder, and horn-like, by hard labour and continued pressure. When shoes therefore are worn too small, the part of the foot which they pinch has the scarf skin greatly thickened into a hard horny button, ending in a point that presses inward upon the tender skin, and causes much uneasiness. Corns can only be removed by the knife, or by some caustic application. Wide shoes will prevent their formation.

Like the hair also the scarf skin is constantly shed, which is the origin of the scales found on the head and on black silk stockings, &c.

*Porcupine Men.*

There is a very singular disease which attacks the scarf skin, in which the body is all over covered with horny warts sometimes so closely set as to form a surface somewhat like the skin of an elephant. This singular porcupine disease, is in most of the known cases transmitted from father to son. Several individuals of this description have at different times been exhibited in London.

Under the scarf skin is a mucous net-work, which forms a soft bed to sheath the terminations of the



nerves in the inner skin from being too keenly affected by external impressions.

It is highly probable that this layer of the skin is changed into scarf-skin, when it has been destroyed or rubbed off. This mucous net-work is indeed found to exist in different stages according to its nearness or distance from the surface. Its innermost surface, which is the seat of small-pox and other eruptions, abounds more in vessels and nerves than it does in the middle, and the outer surface. When these surfaces successively change into scarf-skin, they gradually lose their vascularity.

This mucous net-work is the seat of colour in our species, the scarf-skin being nearly transparent and colourless, and this has given rise to many very minute investigations, which we have but little room to detail, respecting the question whether, Negroes, Americans, Hindoos, and Europeans are all of the same species. This membrane is wholly wanting in Albinos; in Europeans, Dr. Gordon and Mr. Lawrence both failed in separating it in form of a continued membrane; in the Negro, on the other hand, it is distinctly continuous. Dr. Gordon says the colour of Europeans depends wholly on the red inner skin shining through the grey scarf skin.

*The true Skin.*

The innermost or true skin is greatly thicker than the other two, and all together are not much less in thickness than the skins of most other animals.

On the eyelids and lips this layer is very thin and semi-transparent, so that a bright light is easily distinguished through it, although the eyes be closely shut. A strong light on this account will often awaken a person from sleep, and even if it do not may injure the eyes.

The texture of the true skin is fibrous and close, full of minute pores, glands and vessels, and terminations of nerves. These pores are so minute as the microscope proves, that a grain of sand would cover 25,000 of



them. They are the mouths of vessels made of solid sides, which convey away the insensible perspiration, and receive what is absorbed from without.

The extremities of the nerves on the true skin are almost like the pile of silk velvet in fineness and softness, rising out of the surface of this inner layer like close-set down. When magnified, these points appear in some parts like warts, in others like little mushrooms, and in others like the extremities of threads. Except on the lips, however, and after long maceration, it is very difficult to discover these appearances. Majendie says the whole account of these terminations of the nerves on the skin is purely imaginary.

This velvet-like texture is in some degree observable externally on the inner surface of the fingers, particularly near their tips, being placed in spiral lines. It is here that the sense of touch is found to exist the most acutely, with the exception perhaps of the lips. By attention these fleecy ends of the nerves may be seen to raise or erect themselves, as in frights and shiverings.

These soft and close-set extremities of the nerves are defended, as we have already seen, by the mucous net-work and insensible scarf-skin, so that any impression made from without is by their means modified and somewhat blunted.

The whole skin is capable of being stretched or contracted in consequence of its fibrous and spongy texture.

The numerous vessels which every where run through the true skin are more abundant in some parts than others. In the cheeks, for example, they are in countless numbers, yet so very small and close set, that the surface appears of a uniform redness.

Any irritating substance applied to the skin, such as mustard, increases the size of these vessels and deepens the redness of the skin. The passions also of joy and anger have a similar effect; while sorrow, fear, and dis-



appointment, and cold, or a fit of the ague, will cause the skin to become dry and full of little raised portions, known by the name of goose-skin. The pores of the skin seem to open at the same time; hence small pox and plague are easily contracted by fear.

*Moisture of the Skin.*

None of the organs of sense appear to be capable of performing their functions perfectly without the presence of moisture, as we find in tasting, smelling, hearing, and vision. Accordingly it is remarkable when the skin is dry and rough, that the sense of touch is very much impaired in nicety.

The importance of moisture to life and feeling, is proved by the simple experiment of putting a common garden snail in a dry place, where it will soon become torpid and apparently lifeless. The most wonderful circumstance is, that it may be at any time restored to vigour by sprinkling it with water. Spallanzani revived some animalculæ after they had been deprived of moisture for twenty-seven years.

The moisture which softens the skin is a soft, half fluid wash, somewhat of the nature of soap. It is prepared immediately under the true skin in numerous little glands or fountains, which separate it from the blood, and it oozes through minute pipes to the surface.

There is also another substance by which the skin is anointed, rather dry, white, and of a waxy consistence in the face, but oily in the armpits. It is probably this ointment, which, in certain diseases of the stomach and bowels, becomes deteriorated, and gives the face a swarthy, greasy appearance.

Independent of glands, the fat gives out a third ointment to the skin, particularly where the skin is covered with hair.

It is this which causes the peculiar unpleasant smell which the hair is sometimes observed to emit, and which is only to be corrected by careful and repeated washing, and if that will not do, by sweet smelling essences.



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THE  
COTTAGE PHYSICIAN  
AND  
FAMILY ADVISER  
OR  
EVERY MAN HIS OWN DOCTOR  
AND DISPENSARY  
On the plain Principles of  
MEDICINE WITHOUT MYSTERY

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Edited by T. BUCHANAN, M.D. and the Authors  
of a System Medical Surgery

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## DELETERIOUS EFFECTS OF OPIUM ON YOUNG CHILDREN.

It is generally understood that opium is deleterious to young children ; but it is not so universally known, as it ought to be, that exceedingly small quantities of opium, much smaller than would readily be believed, have sometimes destroyed the lives of children, and have often put them in great hazard.

One grain and a half of Dover's powder, which contains scarcely the sixth of a grain of opium, frightened the mother of a child exceedingly, by producing a continued sleep in the child of nearly two days. In another case, where a grain only of Dover's powder was given, with half a grain of calomel, to stop a bowel complaint under which the child's strength was rapidly sinking, although it evidently saved its life, yet the profound sleep which it occasioned, and the deadly paleness, which appeared in the child's countenance induced considerable apprehension that the remedy would have done what it prevented the disease from accomplishing.

The first of these children was a stout but very small infant of eight months old, the other was a weakly baby of little more than three weeks old.

It may be said that in both these cases a large quantity of opium was given considering the age of the children ; but there are instances on record where life has been lost in fine healthy infants from the exhibition of a single tea spoonful of syrup of poppies. In the following case, however, the deleterious effect of a much smaller quantity of opium than that is very apparent.

A lady had been accustomed to give her infants, when they were cross, a mixture, each tea spoonful of which contained one sixth of a drop of laudauum combined with rhubarb. At the birth of one of her children, she purchased a fresh bottle of medicine, and at different times gave more than an ounce of it before



the child was six weeks old. At this time, in consequence of improper feeding, the child's bowels became much deranged ; its flesh was wasted, and its countenance was far less healthy than before. Under these circumstances, a tea spoonful was given to the child early in the morning ; it was repeated at night, and again the next morning. A short time after this, although the child had taken no more, in the three doses, than half a drop of laudanum, and that distributed over more than twenty-four hours, it sunk into the deepest sleep, so that it hardly seemed to breathe at all ; the appearance of its countenance was a mixture of yellow and a dark coloured paleness, and the medical attendant, as well as its parents, was much alarmed, especially as the quantity of laudanum appeared to be by no means sufficient to produce so great an effect, and therefore it seemed probable that some other urgent cause of evil was acting on the child's constitution.

The symptoms gradually subsided, and as the mother had by this time learned that quieting the child's uncomfortable sensations by opium, was a bad substitute for giving it the food which nature intended it to have, she procured a wet nurse for her infant, and it thus soon recovered its pristine health and spirits.

This case is particularly instructive ; not only because it shows how small a quantity of opium may endanger the life of a child, but because it explains how these small quantities will produce so great an effect at one time and not at another. Whilst the child was in stronger health it repeatedly took the same medicine without inconvenience, but immediately that its health and strength became impaired to a certain point, the medicine took effect, and it thus narrowly escaped death.

Even medical men may receive much instruction by this lesson ; but it should not fail to teach mothers that they should on no account give opium to their child-



ren, except under the direction of those who are alone able to judge of the state of the constitution in which it may or may not be given with safety to a child.

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#### ADULTERATION OF MALT LIQUORS.

From the declension of brewing in private families, and the erection of large breweries by capitalists, may be dated the introduction of liquid poisons for general use. The difference is striking in a man making a thing for himself, and making it for others, or trusting to another to have it well done.

The old wife was the best brewer.—Her judgment and integrity scrupulously adhered to quality and quantity; her cleanliness insured sweetness and salubrity, and her diligence hindered those changes from taking place which frequently occur from unwieldy bulks and unlaboured masses.

The choice of water was once a prime consideration.—Water is the vehicle to extract the first qualities of the malt and hops, and to retain the ultimate result. The soft and other properties of Thames water, for the fitness of brewing, was once proverbial; from the enormous quantity of animal exuvia, and other gross impurities daily disembogued into it, from our over-grown city, its character is forfeited.—It can now scarcely be viewed in any other light, than as a disgusting common sewer. The Lord Mayor and conservators of the Thames understand swan-hopping better than the qualities of its water. The effect of these animal and foul infusions can never be separated, which gives the beer a decided tendency to the horrid putrid fermentation; different execrable gases are formed, and when sulphuric acid and lime make part of its ingredients, the decomposition is intolerable. The lees of beer has always a putrid tendency. Half fermented beer running into the acetous or vinegar fermentation, deposits the vegetable floculency, or



fibre, and lays the foundation of what is termed the fox. The partial arrestation of the acetous or vinegar fermentation by levigated oyster-shell powder, so much used in breweries, is not detrimental to health. But woe to mankind should sugar of lead be used for the same purpose ! The greatest evils arise from the want of a plain unerring public standard, to determine the strength of beer—to tell the precise general quantity of alcohol in a given quantity of this beverage. Unrestrained by this criterion, the monopolist dilutes and spoils his first infusions, by most unconscientious additions of liquor or water. The publican, according to his avarice or poverty, purchases these sharp and thin potations for his customers, who cannot help themselves. A further attenuation frequently takes place in Boniface's secret cellar ; the small-beer cask frequently enters.

That this wretched admixture may bear the external character of good beer, is the chief aim of the brewer's doctor. To drug the public potion properly requires some ingenuity, but more rascality. Such is the ignorance of unfeeling trade in Britain, that honourable appointments of this nature, like others, are diligently and successfully solicited. Persons, from having made rapid fortunes in this low station, these quondam friends of brewers, now improve the magistracy of the country, and as justices, license victuallers. Becoming a hop-merchant, leads to business. The ingredients for doctoring beer are ready prepared, reduced into powders, and formed into soluble extracts. Candour must admit that many of the preparations, especially for the cerevisial doctors, are not only harmless, but pleasant.—Such are the saccharine and warm aromatic powders, constituting flavour, colour, and peculiarity to the ale of different houses ; to enumerate them, would injure individuals without adding to public benefit. Instead of blame, commendation should attend the house that uses both sugar and honey. The large importations of foreign honey



are turned to considerable advantage. The Excise should not guage too closely :—but this is advising the gentle Cerberus.

Quassia, gentian, and other bitters, are equally wholesome with the hop; they are not equally pleasant, and of course will never take place of the latter, save in very scarce seasons. Sal martis is used for heading.—It detaches the carbonic acid from the body of the beer, to the surface.—Sal martis is composed of vitriolic acid and iron. The iron is not injurious, nor the small quantity of vitriolic acid. The latter gives a hardness to the beer, and with this intention is used in one of the Scotch ales.

Spanish liquorice is a charred sweet.—This state hinders it from running into the acetous fermentation. No mischief can ensue from the use of this article in the dark beers, as porter; neither does the use of colouring matter affect the health of the consumer. These are only deceptions, as disguising poor beers, and giving them the imitating hue of richer articles.

Multum, is an omnium gatherum :—a specific sold to the brewers. It is boastingly said to contain every thing necessary to make an entire butt.

The writer of this article feels no disposition to make captious remarks upon the insignificant, and sometimes necessary steps of complex institutions. The redundant articles privately thrown into the cauldron to make the green slabber, while innoxious, are not worthy of notice. Sometimes the brewer himself has been soused and lost in his vat, (the fate of Stevens, Sharpe, and others) without the beer losing or gaining character.

The result of fermentation is again repeated to be alcohol or brandy.—This constitutes the cordial or inebriating quality of beer. The substitution of deadly paralyzing drugs, in lieu of this lesser evil, is the daily business of the brewer's doctor. To enumerate the articles, and to describe their application, might



occasion more crimes than repentance. No caustic can affect the callosity of trade.

The chief stupefying ingredients used in beer, are opium and coculus. For the convenience of dispatch, these are reduced into powders, and made into soluble extracts. The quantity of coculus imported (without smuggling) may be ascertained by the curious, at the Custom-house.

Notwithstanding the rapid increase of liver-complaints, palsy, and apoplexy, doctors in full practice, and the difficulty of procuring room in church-yards, the drunkard remains incorrigible; the hardened adulterator of man's beverage, mounts the bench and his chariot; the wings of revenue extend to shade the countless abandoned, while the helpless and unprotected public are left to drink the poisoned drench.

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#### COMPLAINTS OF THE BRAIN AND HEAD.

The pains, feelings, distressing sensations, experienced by many, would in indistinct language be denominated a nervous case—an expression indefinable, obscure, helpless! In plain language, we term the case a slight brain complaint. Over exercise tires the limbs, without occasioning disease; over exercise of mind fatigues the vessels of the brain. Mind is an absolute labour, or action of the blood-vessels of the brain, and more or less is required according to the quantity and nature of the thoughts.

“ It takes more *blood* to rouse a lion,

“ Than to start a hare.”

The brain, like other congeries or bundles of vessels, requires rest, even under circumstances the most favourable. Rest is demanded from thoughts the most interesting; extension is limited, and thoughts the most splendid, from demanding more blood, and a greater lateral action in the vessels are of a short dura-



tion, and in quantity necessarily fewer—Sublimity is rare. The vessels of the brain collapsing or acting with uniformity, constitute only one thought; this we feel when involuntarily repeated in one maxim or line from the author. After the day's fatigue, and the untroubled head is placed upon the pillow, the thoughts subside and go out; the last one is resigned or lost:—we sink to sleep and silence. The quiet brain, unstimulated by thought, after hours of repose, and sweet forgetfulness, recovers its pristine force, and awakes again like the orient sun to recommence its daily labour.

The infinite degrees of force or movements exercised by the vessels, form the infinite variety of thoughts; and these are the beautiful laws prescribed by the maker, to that grand function, called the brain.

It is a law, that what supplies or excites feelings of dignity, or self-approbation, shall cheer and strengthen the material organ. These feelings are the most pleasant and suitable actions, or movements, to the capacity or power of the vessels.

On the contrary, feelings disagreeable, offensive, abhorred, impede, sink, and debilitate the whole vascular system. The vessels of the brain are vexed by frequency or repetition of movements until their retentive powers are lost.—Then a multitude of irregular vascular actions take place, constituting involuntary troops of thoughts, inconsistent, baseless, unsalutary. A larger quantity of blood is brought into the vessels of the brain, and not (the whole) returned. Hence congestion, or a collection of blood in one part, and pressure from the loaded vessels. Hence headaches, pain in the nape of the neck, sighing, weakness of the heart, and a thousand irritating and discordant sensations, vulgarly and blindly called a complaint of the nerves: an expression from such philosophers to signify inexpression. We have only faintly described the incipient consequences of an incipient brain complaint.

To describe from this stage the further progress of



the disease in the vessels, consequently in the mind, would be to describe what is to come; the Physician must have nothing to do with the future: remedy the present, and no future can exist. Sufficient to the Physician it is, to know the present or palpable state of a complaint. The primordial causes, in many instances, may be too remote for his faculties to extend. Laws, although strong for the purposes of life, are imbecile when applied to unconnected objects, as what is done without man's previous or future knowledge. Looking after causes unnecessarily, or erecting systems on fleeting causes, aggravates the fever, and removes us from the advantage of cool and salutary repose.

The stimulating power, or growth of thought, on the body, is assuredly accelerated sometimes by a predisposition to disease in the body; and the body being situated in an improper place, and under unfavourable circumstances.

The cause and effect, or body and mind, affect each other. Hence improper living, a close town-life, sedentary and restless habits, defect in a secretory organ, an interruption in the process of animalization, great pain, loss of strength, &c. by impeding the harmony of the circulation, frequently derange the vessels destined to perform the office of intellect.

In persons of a very composed disposition, there are slow-shooting thoughts, that need much time to arrive at maturity. In others of a hurried appearance, thoughts are produced in too great a quantity at once:—they put each other out; they are lost in a crowd,

“And ten thousand thoughts that died in thinking,” said Dryden, in his remarks on the vivacious mind of the witty Duke of Buckingham. Upon great exertion of mind, the brain or vessels, from detention or pressure of blood, cease to act:—a mental apoplexy takes place.—From an intensity of thinking, we frequently stand in vacancy. Lost on the subject that we were talking about, we suddenly forget, and have to recover



ourselves. This is an awkward situation for an orator. This situation is different from the one we find ourselves in, when we cannot recollect the name of a person or thing; we have then lost part of a feeling, and only wait for the appropriate sign to specify it.

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#### COUNTERFEIT DISEASES.

Dr. Cheyne, in one of his medical treatises, narrates a case, the accuracy of which is established by an irrefragable combination of evidence, of a man who could die to all appearance, at any time that he chose; and after having lain for a considerable period as a corpse, was able as it should seem, by a voluntary struggle, to restore to himself the appearance and all the various functions of animation and intellect. It is to be inferred from the latter part of the story, that the unnatural and painful exertions by which this person assumed the semblance of decease, produced at length a really fatal result. Death would be no longer mocked with impunity. The counterfeit corpse a few hours after its last revival, relapsed into a state, which was capable of no subsequent resuscitation. But the case is so interesting and remarkable as to deserve our giving it in all the detail with which Dr. Cheyne presents it to his readers.

“ He could die or expire when he pleased; and yet, by an effort, or somehow, he could come to life again. He insisted so much on our seeing the trial made, that we were at last forced to comply. We all three felt his pulse first, it was distinct, though small and thready; and his heart had its usual beating. He composed himself on his back, and lay in a still posture for some time; while I held his right hand, Dr. Baynard laid his hand on his heart, and Mr. Skrine held a clean looking-glass to his mouth. I found his pulse sink gradually, till at last I could not feel any by the most exact and nice touch. Dr. Baynard



could not feel the least motion in his heart, nor Mr. Skrine perceive the least sort of breath on the bright mirror he held to his mouth. When each of us by turns, examined his arm, heart, and breath, but could not by the nicest scrutiny discover the least symptom of life in him. We reasoned a long time about this odd appearance as well as we could, and finding he still continued in that condition, we began to conclude that he had carried the experiment too far, and at last we were satisfied that he was actually dead, and were just ready to leave him. By nine o'clock in the morning in autumn, as we were going away, we observed some motion about the body, and upon examination, found the motion of his pulse and heart gradually returning, he began to breathe gently and speak softly. We were all astonished to the last degree at the unexpected change, and after some further conversation with him and with ourselves, went away fully satisfied as to all the particulars of this fact, but not able to form any rational scheme how to account for it. He afterwards called for his attorney, added a codicil to his will, &c. and calmly and composedly died about five or six o'clock that evening."

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*SROFULA.*

This disease first shews itself by inflammation and soreness in the eyes and eyelids, and by chaps, and thickness of the lips; also by a swelling of the glands of the neck, behind the ears, and in various other parts of the body. These tumours at length break out and discharge a white curdy matter. It most commonly attacks ricketty children, and others up to the age of puberty. These affections are not generally attended by pain.

Children inherit this disease from their parents, but in many cases it would never make its appearance, if the subjects of it were not exposed to moist and impure air, as in damp habitations, and large manu-



factories ; and to unwholesome diet, which is too common among the poor : also to the want of personal cleanliness, salutary exercise, sea-bathing, and warm clothing.

*Regimen and Diet.*

The patient ought to be removed to a dry and airy situation in the country, or, in fine weather, he may take short voyages at sea. His clothing ought to be warm, a flannel shirt, and drawers being worn next the skin. Moderate exercise, by riding, or walking, without fatigue, should be taken twice or thrice a day. If the patient is too young or weak to take exercise, his body should be rubbed all over with a flesh brush, or with a piece of flannel. He ought to be in bed every night by eight or nine o'clock, and up, in the open air, by five in the morning.

His meals ought to be scanty and frequent ; the diet consisting of light and digestible animal food, and the same made into nourishing broths and soups. The diet ought to be frequently changed according to the desire of the patient, and besides the above, should consist of eggs, light puddings, arrow-root, isinglass, vermicelli, and well-baked bread. If vegetables are eaten, they must be quite fresh ; but the less the better. If the stomach can bear it, milk may be drank, but the beverage should generally consist of whey, or toast and water. An hour before dinner and supper, a glass of good port wine with a slice of light cake, or crust of bread ought to be taken. The warm bath, cold bath, or sea-water bath, are to be daily used, according to the convenience, feeling, and strength of the patient.

*Treatment.*

The bowels are to be kept open by a daily draught of sea-water, or a small portion of Epsom salts. Sea-water is chiefly serviceable where the obstructions of the glands of the neck and viscera are recent : also in obstructions of the liver, and in tumours of the joints



in general, not suppurated. When the glands become softened by the internal use of the water, then bathing, with a course of Peruvian bark, will prove efficacious.

*Alterative Powder.*

In recent cases of scrofulous swelling, mix together from six to twelve grains of calomel (according to the age of the patient), two drachms of prepared chalk, and four grains of tartar emetic. Divide into twenty-four parts, of which, let the patient take one every morning and evening, in a little sugar or treacle.

*Cliver Juice.*

The expressed juice of the cliver, in the quantity of half a tea-cupful three times a day, has proved very successful in correcting a scrofulous constitution, and in curing local affections of joints and glands which had resisted regular and irregular remedies. Poul-tices made with the recently expressed juice and fine oatmeal, have been found uniformly to correct the discharge of scrofulous ulcers, to abate the attendant inflammation, and in a short time to heal them.

*Tonic Electuary.*

Mix with a sufficient quantity of gum water, six drachms of powder of Peruvian bark, and a drachm and a half of carbonate of soda. Let the patient take the bulk of a hazel nut, twice or thrice a day.

*Tonic Mixture.*

Scrofulous persons will be much benefited by taking two table-spoonfuls of the following mixture four times a day, viz.

Infusion of Peruvian bark, ten ounces,  
compound tincture of cardamoms, one ounce ;  
carbonate of soda, and  
syrup of orange peel, each half an ounce.

Peruvian bark alone will likewise be of great use, if the bowels have previously been well cleansed. Mineral waters, preparations of iron, and very diluted



nitric acid, have also been of great service to scrofulous persons.

*Scrofulous Swellings and Enlargements.*

When these swellings commence, they ought to be dispersed as speedily as possible by the application of opodeldoc, soap-plasters, acetated water of ammonia, or sea-water, with either of which, repeated alternate frictions with the hand, will be of great service. But when matter is formed in the swelling, it is to be immediately evacuated by the gentle puncture of a lancet; for if the opening be made large, a disfigurement of the part for life will be the consequence.

*Ointment for Scrofulous Ulcers.*

Rub two drachms of borax in a mortar, with two ounces of spermaceti ointment or calamine cerate. This will be found to be a most efficacious application to scrofulous ulcers of all kinds.

*Tincture of Iodine.*

Dissolve forty-eight grains of iodine, in one ounce of pure spirit of wine. Give to an adult ten drops of this tincture, in half a glass of capillaire and water, every morning, fasting: give a second dose at ten o'clock, and a third in the evening, or at bed-time. At the end of the first week the dose may be increased to fifteen drops, three times a day, and in a few days afterwards it may be increased to twenty drops. Dr. Coindet, a Swiss physician, states, that in his practice the above quantities were rarely exceeded, as he found them, in general, sufficient.

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POISONING BY ARSENIC.

*Symptoms.*—Very soon after arsenic has been swallowed, the person experiences a constriction of the throat; heat and pain at the back part of the mouth, in the stomach and bowels; and vomiting (generally) very soon ensues, the matter thrown up being often mixed with blood. Next occur frequent belchings of



a putrid taste, hiccup, difficulty of breathing amounting almost to suffocation; intense thirst, difficulty of making water, extreme debility, and convulsions. The features become changed, the extremities deadly cold, and delirium closes the scene. Sometimes, however, the intellect remains unimpaired to the last.

*Treatment.*—Give twenty grains of white vitriol, dissolved in a little water, or fifteen grains of blue vitriol, or "*blue stone*," as it is called. No fluid should be taken until vomiting commences, when *large quantities* of water, sweetened with sugar, or linseed tea, or thin gruel, should be given to suspend the poison, and encourage the vomiting. Should vomiting and purging have arisen spontaneously, they should be assisted by drinking copiously of decoction of mallows, or of any of the above liquids. When the sickness has subsided, a table spoonful of castor oil should be administered, and repeated at intervals of two or three hours, so as to clear thoroughly the stomach and bowels. The patient should drink frequently a tea cupful of lime water, which may be made by boiling a piece of unslacked lime about the size of a walnut for five minutes in two quarts of water, and then straining the liquid through a cloth or flannel bag. Lime unites with arsenic, and renders it insoluble; should, therefore, any of the mineral be remaining, it will be rendered less dangerous by being converted into an insoluble arseniate of lime. Lime water may be administered as soon as the accident is discovered; but ~~before~~ of the emetics before recommended be at hand, or have been administered, it would be injudicious to drink lime-water on account of these salts decomposing each other.

Magnesia and charcoal have been recommended by some chemists as certain antidotes to the effects of arsenic; with regard to the former, it is found to increase the solubility of arsenic, and therefore increases the danger of the mineral; and charcoal, notwithstanding its affinity for oxygen, is at best a very doubt-



ful antidote to this dreadful poison. To remedy the local effects of arsenic upon the stomach and bowels, is alone the province of the medical practitioner. Enough has been already said to direct the general reader in the first steps upon the occurrence of arsenical poisoning.

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### QUACK MEDICINES.

#### *Strewe's Lotion for the Hooping Cough.*

Take one drachm of emetic tartar.  
four ounces of boiling water.

Dissolve, and add tincture of spanish flies, one ounce.

#### *Dutch Drops.*

Take two ounces of sulphur,  
four ounces oil of turpentine.

If the reader should be disposed to make any of this compound, he must be careful to remove the vessel from the fire the instant that the last particle of sulphur is dissolved, otherwise it will take fire.

#### *Freeman's Bathing Spirits.*

Take two ounces of soft soap,  
one drachm and a half of camphor,  
rectified spirits of wine, and  
water, of each, half a pint.

To be coloured with a little Daffy's Elixir.

This article has obtained considerable reputation and sale; it is, in fact, an opodeldoc; and whoever buys it at a dearer rate than the common opodeldoc of the shops is sold for, pays an extra price without getting a better rtcle.

#### *Taylor's Remedy for Deafness.*

Take one ounce of oil of almonds,  
one drachm of bruised garlic,  
fifteen grains of alkanet root.

Infuse for two or three days, and strain.

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### SENSE OF TOUCH.

#### *Perspiration.*

With respect to the glands under the skin, we can-



not assert that they are found in every part of it, as they cannot be every where discovered by dissection. But in most parts of the body, though washed ever so carefully, the linen is found to be soiled with what appears to be the excrements of the skin. Very corpulent persons will soil their linen in twenty-four hours. After drinking plentifully of red wines, this soiling is of a purple colour.

There is in health a constant flow of moisture from the skin, which is commonly insensible, but may easily be made apparent by the simple experiment of holding a *cold* piece of glass for a few seconds near the skin, when it will be covered with moisture. When this flow of moisture is increased by exertion, or by external heat, it becomes visible in drops upon the skin, and tends to cool the body by its evaporation. The rank smell of this moisture is caused by the intermixture of the oil of the skin, hence it is found to be more foetid in the armpits, where this oil is most abundant. Both blood and small sand have, according to Baron Haller, been known to pass through the skin with the sweat.

It is the scent arising from perspiration which enables dogs to follow their masters; and as they have been known to do this even in a crowd, we infer, that the perspiration of each individual affords a different scent.

Alexander the Great was said to emit a fragrant odour from his body.

#### *The Hair.*

The hairs grow from the cellular substance which is spread under the skin, and sometimes by disease from the glands, which we have just been describing. Their colour is produced by the juice of this cellular substance, and accordingly they are much of the same colour with the complexion. The colour of the iris of the eye seems also to correspond with the colour of the hair and skin.

In old age hair loses its colour; grief also some-



times produces the same effect, and in singular cases, the hair has in one night been changed to white.

*Use of the Hair.*

It is not, perhaps, easy to discover what purpose the short hairs on the human body are designed to serve. In the lower animals, the hair is evidently intended to protect them from cold, as in tropical countries they have almost none, and in the polar regions are thickly clothed with dense fur.

The hair on the head is, perhaps, intended to protect it from cold. The hair of the eye-brows, and eye-lashes, to protect the eyes from sweat falling into them, from the forehead. The tufts under the armpits to prevent the chafing of the skin from friction.

But what is the use of the short hair, which is found on almost every part of the human skin? It is itself, indeed, insensible; but may it not contribute in some way to the sense of touch? May it not assist in perspiration, or have some influence on the electrical state of the body; or, if there is any truth in animal magnetism, may it not act in some unknown way, as to that power?

Such are mere conjectures, the truth or falsehood of which, we may never be able to ascertain; yet though the hair on the human body do not serve as a covering from cold, it is highly probable that it may have considerable influence by its conducting powers in the regulation of our animal heat.

This covering in the inferior animals is, as we have just observed, very remarkably modified by climate. In warm countries wild animals have very little hair, compared with the close shaggy coatings of those in the polar regions. Even animals which are carried from one country to another are similarly affected. Dr. Jameson, of Cheltenham, says, that he observed a full grown sheep, which in Jamaica was lank and covered with hair, become in four months, on being removed to New York, fat and copiously covered with



wool. On arriving again in the West Indies, it assumed in less than three months its hairy coat, though all the while it was on shipboard, and had very little change of food. Dogs taken from Europe to the West Indies, are said to lose the greater part of their hair.

It is a very remarkable fact, that the temperature of the human body is nearly the same in the warmest, and in the coldest countries. There must be some means in the body provided to effect this, we think it not unlikely that this means may be ascertained to reside in the hair. This would be more plausible, if it could be proved, as it has been asserted by Mr. Brodie and others, that the brain is the fountain, or at least a principal source of animal heat.

#### *The Nails.*

The nails are like the hair and the scarf skin, quite insensible, because, says M. Le Cat, though they are wholly formed from the extremities of the nerves, they are too dense and solid for the passage of the nervous spirits, on which all feeling depends !

Modern inquirers have ascertained the nails to be a prolongation of the scarf skin, and very like it, for under them is the mucous net-work and the true skin. They are renewed every six months, from the little whitish half moon at the root of each, which is fixed in a wrinkle or groove between the scarf-skin and the true skin. The nails are designed to strengthen the tips of the fingers in resisting pressure, and assisting their action in the examination of objects by enabling us the better to lay hold of what is minute. The nails also protect the skin from being ruffled by friction, as would often happen were the fingers not thus defended.

The nails are peculiar to man, and to animals with four hands, namely apes, baboons, monkeys, and lemurs, whose fingers are soft and marked, with spiral lines, as in man.

#### *The Muscles.*

These were all the organs of the sense of touch,



which were formerly recognized by authors ; but with Darwin, Brown, and Cabanis, we shall add to them the important organs of the muscles. It is somewhat singular that this should have so long escaped notice, when it is clear that we cannot make the slightest voluntary movement without some accompanying feeling.

In the interior of the body, indeed, there are many wonderful movements constantly going on, whether we wake or sleep, which we can scarcely be said to perceive. The heart, for example, is in constant motion, beating in health more than sixty times in a minute every instant of our lives, from infancy to death. This motion too is not slight, but can be felt by the hand, and even seen by the eye. What is more, this beating takes place in every part of the body, in the arteries, or vessels which carry the blood from the heart. Yet, in health, none of these beatings are felt by the person in whose body they are going on.

The process of digestion is another instance in which considerable inward motions take place without being felt, in health. For when the food is digested in the stomach it must pass to the intestines, where the vessels are which take it up and carry it into the blood. Now the stomach, in order to expel the food, must contract ; for the lower end of it, through which the food must pass, is higher placed than the bottom in which the food lies.

In the intestines, the motion is continued for the purpose of making the food pass along by the mouths of all the vessels, that none of it may be lost, which, from the smallness of their mouths, might otherwise happen. This motion of the intestines is in waves similar to that of an earth worm. It is called by authors the *peristaltic* motion.

Breathing is the most obvious of all the inward motions. It is in some measure perceived by the eye and the ear, and also obscurely by touch. Yet it is not at all so much felt as any voluntary motion of equal



magnitude would be. The broad partition of strong muscle, called the midriff or diaphragm, which separates the chest from the belly, and stretches quite across, like the head of a drum, from the breast bone to the back, moves up and down every time we breathe. The ribs are at the same time both elevated and depressed, moving the whole chest and shoulders, and even the head and brain also, though not so obviously. The motion of the brain is to be seen in infants.

Dr. W. Philip thinks breathing as distinctly voluntary as the motion of the limbs; for though we breathe while asleep, we also make an effort and move the limbs when irritated. Besides instances are recorded of suicides holding in their breath till they expired, when they could procure no other means of destruction.

The design of Providence in making these inward motions imperceptible, is very obvious. We durst not indeed make a movement, nor stir a step for fear of danger, if we perceived our blood circulating through tubes and valves, our tendons pulling, our joints turning on their pivots, our lungs heaving, and our humours filtrating, and separating from the current of the blood: or if we saw the continual destruction and the continual repair which is going on in our frame.

None of these motions, nor the very frequent motion of the eyelids can properly be ranked among the muscular motions which are perceived by touch; though in disease all of these may at times be felt. The beating of the heart in some disorders is painfully felt. The motions of the stomach and bowels, as well as the motions of the lungs in breathing, become also painfully felt in certain complaints.

Several curious instances are given on good authority of persons, who *had* command over these motions, which are commonly involuntary. Cheyne saw an English officer, who could, at pleasure stop the motion



of his heart and arteries. Dr. Roget and others, have been able to command the contraction, and the dilatation of the iris.

Cabanis thinks these would be oftener perceived were our attention not distracted by external impressions.

The movements and the pains of these organs when diseased, are not only themselves felt; but they often change, disturb, and even entirely invert the habitual order of the feelings, and thoughts cheerful or gloomy—feelings lively or obtuse, arise in consequence of their state of quietude or irritation. Even madness and delirium often arise from the same cause; and it also imprints a diversified aspect on our dreams giving rise to trains of images and scenery, which contrary to what is usually asserted by theorists *cannot be traced to any thing similar in our waking thoughts*. Not only so, but when we are so foolish as to partake of opium or intoxicating liquors, or to breathe the intoxicating gas lately discovered, the train of our feelings is entirely changed from what it was immediately before.

The muscles which we refer to as organs of touch are those well known by the name of voluntary muscles, or such as are under the command of the will, which the muscles of the heart and lungs are not.

It may be useful to some readers to state, that we can perform no motion without muscles, which are belts composed of fleshy threads, that contract or are drawn together at the command of the will. Muscles are what is properly termed the flesh, or the lean of meat, fat being designed merely to form a bed for the muscles, or to facilitate their motion.

#### *Muscular Feelings.*

The most important property of the muscles, as organs of touch, is their feeling of resistance when they are brought into contact or opposition with external things. When the hand, for example, lays hold of an orange, the fingers feel the orange resist their



closing, a feeling altogether different from the mere touching of the skin; and evidently residing in the muscles of the finger.

These muscular feelings are more or less perceived in all the voluntary muscles of the body. We cannot, indeed, bend a joint nor a limb without feeling the motion, and this feeling seems to reside in the muscles, and not in the skin, hitherto conceived to be the sole organ of touch.

We perceive these muscular feelings, also, though there is no external object to resist the motion which we make. The muscles, indeed, are as much external to the principle within us, which perceives their motion, as our clothes are external to the muscles. When an external object, however, or another part of the body resists the motion of any of the muscles, the feeling is both more distinctly perceived, and it is also somewhat different in kind.

It is unnecessary to go into a particular detail and description of all the voluntary muscles which are the organs of the feelings under review, and are about 450 in number.

It is sufficient to mention that all the perceptible motions of the body, such as walking, running, bending, balancing, grasping, and handling, fall under the class of voluntary motions.

There are a great number of muscles called into action in every such movement; a greater number, indeed, than even anatomists can always distinctly point out. If a person plays on the harp, and dances and sings at the same time, about 300 muscles are put in motion at once. Of the action of these muscles individually we have no perception, we only feel the motion which they cause.



## PHRENOLOGY.

After an interval for which we must humbly apologize, we shall again resume this interesting subject.

We are not of the number of those who fear, because phrenology has lost somewhat of its conversational interest, that the final establishment of its principles is more doubtful, or the manifold benefits which it brings in its train are less evident. The enthusiasm of the supporters, and the sneering incredulity of its opponents, never fail to impart, to every new doctrine in its infancy, a kind of celebrity or notoriety, which can rarely be received as any pledge of its final success, or utility of application. More than twenty years have now elapsed since Dr. Gall began to develop his views respecting the functions of the brain, and the faculties of the mind : and during this time we have seen him promulgating his tenets, with varied success, in Germany and France, and, by means of his coadjutor Spurzheim, extending them to Britain. Both these gentlemen are now practitioners of medicine in Paris, and lecturers on phrenology : Dr. Gall to a public class, under the auspices of the Commission for Instruction ; Dr. Spurzheim to a private one, for a small fee. The crowd to the room of the former is so great, that he is obliged to issue a limited number of tickets of admission. From the latter we learn, that his course was more numerously attended during the last season, than on any former one. The advantages which both present, by unfolding the hitherto mysterious operations of mind, and uniting the anatomy, physiology, and pathology of the brain in the same march, are now so evident, that the young Parisians and studious strangers attend their lectures with equal zeal and intensity of interest, as those of Gay Lussac, Thenard, or Orfila. There must assuredly be something more in the science of phrenology, than matter for broad farce, or caricature, when its two principal professors, two Germans, strangers, can take that respectable standing, which we now see them occupy in the literary capital of



Enrope, where that Areopagus of science, the Institute of France, never fails to summon to its bar all those who lay claim to useful discovery or invention; to test their merits, and to proclaim their reward; or make known its censure. Members of this learned body now publicly avow their belief in the new doctrines, and are most sanguine in the expectation of the beneficial consequences which must attend their diffusion. Gay and satirical, moreover, as are the Parisians, and ever acting on the motto of *rise qui peut*, they have suffered phrenology to be ranged with the sciences, without subjecting it to the tax which is paid every evening in their smaller theatres by pretenders to knowledge, or sentiment, or philosophy. They have laughed at the "Sorrows of Werter," the rage of Voltaire for the loss of his wig, and have committed to memory entire passages of Molière and other writers, in satire of physicians; but have passed unheeded the admirable subject of skull-groping, and confident prognostications at the first glance of a poor wight's head, whether his hair be cropped *a la Brute*, or high o'er-arching canopy face and all.

*Dr. Spurzheim's Mode of Study.*

"I resorted," says Dr. Spurzheim, "to the practice of selecting only decided characters as the objects of the earliest observations. I compared the forehead of one individual, who was remarkable for intellectual deficiency, with that of another, who was remarkable for intellectual superiority. The difference was so great, and the correspondence between talent and full development, and betwixt incapacity and imperfect development, so uniform, that it was impossible to mistake the characters, or doubt their connexion with the forms. In the same way with regard to feelings, I compared the heads of persons who were remarkable for cautiousness and timidity, with the heads of others remarkable for precipitancy of conduct; and in these cases also the differences were so conspicuous, and the concomitance betwixt the sentiment and development



so steady, that it was impossible to entertain a doubt upon the subject. The same course was followed with the faculties of benevolence, firmness, self esteem, and others, the organs of which are large ; and the same irresistible conviction invariably followed.

“ Practice in this science, as in every other, gave facility and increased expertness. After some experience in observing, each individual appeared, on the most transient glance, to have a form of head, as peculiarly his own, and as easily distinguishable, as the features of his face. The practice of tracing actions to motives also, gave increased facility in discriminating dispositions and capacities ; and human nature was found opening up under the eye by the most fascinating, yet sure and instructive mode of philosophizing that could be devised. In the course of time, therefore, my observations were directed to the smaller organs, and many of them also I have verified, although regarding others, I still suspend my belief for want of facts to confirm it.

“ How has it happened that these facts, which now appear obvious and indispensable, were so long undiscovered ? and, what is the cause of the determined opposition with which the dissemination of a knowledge of them appears to be resisted ? The answer to these questions did not at first occur to me, and not, indeed, till after two of the Essays, now mentioned, had been published. At last, however, some views occurred which appeared to throw light upon the subject.”

*Leading Principles of the System.*

“ Gall and Spurzheim's philosophy may be summed up in two propositions. 1st. That the mind manifests a plurality of innate faculties, meaning by the word faculty, a power or instrument of thoughts of a limited nature and specific functions : 2dly. That each faculty manifests itself by means of distinct organs, and that these organs are different parts of the brain.



“The metaphysicians had treated the first proposition with contempt and derision: and the anatomists were equally decided in their rejection of the second. I accounted for the opposition of both these parties in the following manner:—

“1st. Consciousness is single, and, as metaphysicians have studied the philosophy of the mind only by reflecting on the subjects of their own consciousness, it was impossible that they could discover the existence of distinct innate faculties, although such faculties had a real existence. This proposition is proved and illustrated by the fact, that we could never, by mere reflection on the impressions received by means of the five senses, discover that the senses are distinct instruments, and that each has specific and limited functions.

“In the second place, the mind has no consciousness of the existence of the organs by means of which it acts on the external world, and hence the cause why the metaphysicians have made no discoveries in regard to that part of our constitution.

“In the third place, it is an indisputable fact, that dissection cannot reveal the functions of the organs of the body; and yet anatomists have contented themselves with merely dissecting the brain, and contemplating its structure, in order to discover its functions, or, at the most, have made some inconclusive observations with this view in comparative anatomy, and on the effects of mutilations of that organ on the mental faculties. They, therefore, remained, of necessity, ignorant of the fact, that different parts of the brain are the organs of different powers of the mind.

“Gall and Spurzheim, on the other hand, were fortunately, but, as they admit, accidentally, led into a mode of philosophizing much better adapted than these to make us acquainted with the true philosophy of the mind, and the functions of the brain. They compared the power of manifesting the mind with the development of the brain, as indicated by the figure of the head, in sane and healthy individuals. They also



engaged themselves, with animated industry, in ingenious, and, in some respects, original dissections, to connect their physiology with anatomy, without which it would have been imperfect. Every reader must perceive that they might, by this mode of philosophizing, make discoveries which neither the metaphysicians nor the anatomists could accomplish. It may be true, that the mind manifests a plurality of innate faculties, each distinct in its constitution and functions; and yet, as consciousness is single, the metaphysicians might not be able to discover this fact by their mode of philosophizing. In like manner, it may be true, that different parts of the brain are the organs of different faculties, and yet the anatomists could not, from dissection, make this discovery. But, by comparing the power of manifesting the mind with the development of the brain, both discoveries might be simultaneously made by the same inquiries."

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INSANITY.

The division of the various states and degrees of insanity, laid down by Esquirol, is perhaps the best and most distinct, namely, Madness, in which there is hallucination, accompanied by excitement, extending to many objects; Melancholy, entering upon one or few objects; Dementia, or incapability of reasoning arising after birth; and Idiotism from birth.

*Madness.*

The appearance of the eye is the circumstance most readily to be noticed, and the change in it from a state of health even precedes incoherence of language. Recovered patients have described a peculiar sensation connected with this appearance, as though the eye flashed fire from being stricken smartly with an open hand, and this increased, in proportion as the ideas became more and more confused. There is a peculiar muscular action of these organs, a protrusion of the



eyes, a wandering motion in every possible direction, and in a manner peculiarly tiresome to the beholder. During a paroxysm, they appear as if stiffly and firmly pushed forward and the pupils are contracted. And yet with all these appearances of excitement, it has rather a dull than a fierce look. The muscles of the face also partake in the change, and the rapidity of the alterations they undergo, depends on the succession of ideas which pass with such velocity through the mind of the sufferer.

As the attack advances, the individual becomes uneasy, is unable to confine his attention, walks with a quick and hurried step, and while doing so suddenly stops. Men of the most regular and established habits, will suddenly become active, jealous, and restless; they abandon their business, and enter into the most extravagant undertakings, while, on the other hand, some who naturally are of a lively disposition, become indolent and indifferent, fancy themselves sick, or have a presentiment of severe disease. Persons subject to habitual indisposition, which has disappeared suddenly, fancy themselves in high health, and are greatly elated.—The language is totally different both in tone and manner from the usual habits of the maniac. He becomes angry without any assignable cause—attempts to perform feats of strength or efforts of agility, which shall strike the beholder with astonishment at his great powers. Many talk incessantly, sometimes in the most boisterous manner, then suddenly lowering the tone, speak softly and whisper. The subjects vary equally. They are never confined long to one point, but voluble and incoherent. The same phrase is sometimes repeated for a length of time.

*Melancholy.*

Those who are affected with this species often appear quite rational, on all subjects unconnected with the predominant hallucination.

Some are gay and highly excited—laugh, talk, and sing—fancy themselves deities, kings, learned and



noble. Cases of this nature must be familiar to every reader. Fodere mentions one which is strikingly illustrative. A merchant at Marseilles, aged 70, and always a decided royalist, had devoted himself to heraldic researches. He was so overjoyed at the return of the Bourbons to France, that he became insane. His predominant mania was to recite, with a loud voice, the history of the kings of France, and to fatigue his auditors with a tedious catalogue of chronological facts. If they listened with patience, he was contented and calm, but if any impatience was manifested his fury became ungovernable.

Melancholy is a disease of mature age, and rarely effects young and athletic persons. It is also generally characterized by a peculiar appearance, and particularly by black hair and eyes—by a striking cast of countenance, as the complexion is either yellow, brown, or blackish. The physiognomy is wrinkled and languid, yet sometimes the muscles of the face become convulsively tense, and the countenance is full of fire.

*Dementia.*

Those who labour under this form of insanity are generally calm and quiet, though occasionally short periods of fury supervene. They sleep much, enjoy a good appetite, and are apt, if neglected, to become slovenly and dirty in their appearance. Esquirol mentions a case, which will give a general idea of this class in its usual form. The patient was a female, aged 70, who, after having passed several years in a state of furious mania, at last fell into dementia. The hallucination of this individual corresponds with her advanced age, and the long duration of the complaint. She preserves a few ideas, which still savour of pride. She believes herself the daughter of Louis XVI., but otherwise there is no coherence; no memory of recent transactions; no hopes or fears, desires or aversions. She is calm, peaceable; sleeps well, eats with voracity, and appears perfectly happy. The ideas of patients, although few and isolated, sometimes pass in rapid or al-



ternate succession; and this gives rise to incessant babbling, unwearied declamation, and continual activity, without object or design. Occasionally they assume a menacing air, without any real anger, and this is soon succeeded by immoderate laughter.

*Idiotism.*

Individuals labouring under congenital idiotism, are marked by some striking characters. At its commencement, it is indicated both by feebleness of body and feebleness of mind. The skull is smaller and inferior in height to the skull of maniacs, and there is a great disproportion between the face and head, the former being much larger than the latter. The countenance is vacant and destitute of meaning, the complexion sickly, the stature usually diminutive, the lips and eyelids coarse and prominent, the skin wrinkled and pendulous, and the muscles loose and flabby. To these are usually added a complication of other diseases. The subjects are ricketty, scrofulous, or epileptic. The eyes are squinting, or convulsive, and the hearing is imperfect or totally destroyed.

In Mr. Hobhouse's Travels in Albania, is the profile of a female idiot, who was only three feet and a half in height. She constantly sat, rolled up as it were, upon a truss of straw; was quite dumb, nearly deaf, and possessed of no one consciousness of humanity. She would hop towards her keeper, on being loudly called by her name.

*Feigned and concealed Insanity.*

No disease is more easily feigned, or more difficult to detect, than mental aberration. It is most commonly feigned, for the purpose of escaping punishment due to crime, and consequently the responsibility of the medical examiner is great. It is his duty, and should be his privilege, to spend several days in the examination of a lunatic, before he pronounces a decided opinion. If this be allowed him, and also if he be enabled to obtain a complete history of the antecedent circumstances, much may be effected towards forming a cor-



rect opinion. The following case is from Dr. Rush:— Two men were condemned to die in 1794, for treason, committed against the general government in the western counties of Pennsylvania. One of these was said to have become insane after sentence of death was pronounced on him. A physician was consulted upon his case, who declared the madness to be feigned. Gen. Washington, the President of the United States, directed a consultation of physicians, and Drs. Shippen, Rush, and S. P. Griffiths, were appointed for that purpose. The man spoke so coherently upon several subjects, that for a while the state of his mind appeared doubtful. Dr. Rush suggested the propriety of examining his pulse. It was more frequent by twenty strokes in a minute, than in the healthy state of the body and mind. Dr. Shippen, ascribed this to fear, but when the pulse of his companion was examined, although equally exposed to capital punishment, it was found perfectly natural both in frequency and force. This discovery induced the physicians to unite in a certificate, that the individual was really mad. He was respited and subsequently pardoned.

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#### ECONOMICAL RECEIPT FOR GOODY STILES'S MUTTON BROTH.

You must know that this Goody was a great œconomist; and when she made this mess, it was always two dishes at her table; first the broth, and then the mutton and roots were made one.

Take a neck of mutton of about six pounds weight; it being jointed, cut it in half; wash it in cold water, and with a knife, pare off the bloody part at the end of the craig; put this half into a clean pot or sauce-pan with a gallon of cold, soft, clear water; when it is skimmed, put an onion stuck with three cloves, a crust of bread about the weight of an egg; after which, put in eight black-pepper corns, one blade of mace, and half a middle-sized carrot; let these boil



slowly for three quarters of an hour ; the other half of your mutton having the fat and skin pared off, put it with the rest in the pot or sauce-pan, with five middle sized turnips, and let all boil slowly an hour longer (observe to keep skimming it) and the hour being expired, take out the turnips, and squeeze them well between two plates ; put them in a little earthen pan with about the bigness of an egg of fresh butter, with a tea-spoonful of salt, and a very little cream, or milk ; beat these together with a spoon till they become very smooth, and the butter is all melted in them ; take out the mutton you last put into the pot, and lay it on a dish with the mashed turnips round it ; make the turnips look smooth and neat by drawing a knife backwards and forwards on the top of them ; set the dish to keep hot over a pot or sauce-pan of boiling hot water ; over it put a hollow dish or cover ; and over all put a thick coarse cloth to keep out the cold air ; and some palates like a little pounded pepper to be mixed with the mashed turnips, and others will not admit of milk or cream ; for milk and cream only serves to give them a whiter colour, but adds little or nothing to the taste ; this done, begin to finish the broth in the manner following ; skim well off the fat ; peel and cut a little onion small, five single sprigs of thyme, stripped from the stalk, and cut small ; put these in the broth with a very few marygold leaves ; let these boil in the broth for about four or five minutes ; then put in (being first nicely picked, washed and grossly chopped) about half a handful of parsley, which must boil in the broth with the rest near two minutes. Add salt to your taste, and the broth is done. Pour the broth in a soup-dish, wherein put toasted bread. Cut it after it is toasted into little squares ; serve it up very hot ; observe that the part of the neck of mutton which has the craig is not to be sent up, neither is the carrot, the onion stuck with cloves, nor the crust of bread.

After the broth is done, then the mutton and turnips



are served up to table : this is an excellent dish in winter, coming off a journey, or on the road, and has the advantage, that the things this broth is made of may be had almost any where. Note, if the broth runs short of the quantity you want, add to it boiling water ; and, whenever any broth wants an addition, let it be with hot water, which water should always boil some time in the broth before it is finished ; if you add cold water to broth, it will have this bad effect, to make the meat red and hard, and the broth no better.

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RULES FOR PRESERVING THE TEETH AND GUMS.

The teeth are bones thinly covered over with a fine enamel, and this enamel is more or less substantial in different persons. Whenever this enamel is worn through, by too coarse a powder, or too frequent cleaning of the teeth, or eaten through by a scorbutic humour in the gums, the tooth cannot long remain sound, any more than a filbert kernel can when it has been penetrated by a worm.

The teeth, therefore, are to be cleaned, but with great precaution ; for if you wear the enamel off faster, by cleaning the outside, than Nature supplies it within, your teeth will suffer more by this method than, perhaps, by a total neglect. A butcher's skewer, or the wood with which they are made, must be bruised and bit at the end, till, with a little use, it will become the softest and best brush for this purpose ; and, in general, you must clean your teeth with this brush alone, without any powder whatever ; and once in a fortnight, not oftener, dip your skewer-brush into a few grains of gunpowder, breaking them first with the brush ; and this will remove every spot and blemish, and give your teeth an inconceivable whiteness. It is almost needless to say, that the mouth must be well washed after this operation ; for, besides the necessity of so doing, the saltpetre, &c. used in the composition of gunpowder, would, if it remained, be injurious to



the gums, &c., but has not, nor can have, any bad effect in so short a time.

It is necessary to observe, that very near the gums of people whose teeth are otherwise good, there is apt to grow a false kind of enamel, both within and without; and this enamel, if neglected, pushes the gum higher and higher, till it leaves the fangs of the teeth quite bare above the enamel, so that sound teeth are destroyed, because the gum has forsaken that part, which is not sheathed and protected, in consequence of such neglect. This false enamel must, therefore, be carefully scaled off; for the gum will no more grow over the least particle of this false enamel, than the flesh will heal over the point of a thorn.

*An Opiate for Decay of the Teeth.*

Take of armenian bole the quantity of a large nutmeg, a like quantity of roch-allum, two penny-worth of cochineal bruised, and a small handful of the chips of lignum vitæ; simmer them with four ounces of honey, in a new pipkin, for a little time, till the ingredients are mixed, well-stirring the mixture till taken off. To be used thus:—Take a large skewer, and bind on the end of it a piece of linen rag; dip the rag in the medicine, and rub the teeth and gums with it. The longer you refrain from spitting, after the use of the remedy, the better. The writer has refrained from doing it for an hour. Wash the mouth well at least once every day, particularly after meals, first rubbing the teeth all round with salt upon the end of a finger. Teeth much decayed, or useless, should be drawn, if the operation can be performed with safety.

*An excellent Tooth Powder.*

Take myrrh, roch-allum, dragon's-blood, and cream of tartar, of each half an ounce, musk two grains; and make them into a very fine powder. This, though simple, is an efficacious dentifrice; but nothing of this kind should be applied too frequently to the teeth, for fear of hurting the enamel.



*A Tincture for the Gums.*

Take an ounce of Peruvian bark grossly powdered, infuse it a fortnight or longer in half a pint of brandy. Gargle the mouth every night or morning with a tea spoonful of this tincture diluted with an equal quantity of rose-water.

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## CASES OF CORPULENCE.

The salutary effect of vegetable diet, and rigid abstemiousness, as a remedy for growth in grease, is proved by Dr. Fothergill, under whose direction a case of corpulence, in a person thirty years of age, was completely cured; another greatly relieved, but afterwards terminated fatally, from the interference of friends, who dissuaded the patient from continuing the plan. As they are related in a medical work\* that may not fall in the way of many of our readers, and as the account is short, we shall take the liberty of quoting them.

"A country tradesman, aged about thirty, of a short stature, and naturally of a fresh sanguine complexion, and very fat, applied to me for assistance. He complained of perpetual drowsiness and inactivity; his countenance was almost livid; and such a degree of sleepiness attended him, that he could scarce keep awake while he described his situation. In other respects he was well.

"I advised him immediately to quit all animal food, to live solely on vegetables, and every thing prepared from them, allowed him a glass of wine or a little beer occasionally, but chiefly to confine himself to water. He pursued the plan very scrupulously, lost his redundant fat, grew active as usual in about six months. I recommended a perseverance for a few months longer, then to allow himself light animal food once or twice a-week, and gradually to fall into his usual way of living. He grew well, and continued so.

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\* Medical Observations and Inquiries.



"A young unmarried woman, about twenty-three years of age, of a low stature, and very fat, applied to me for assistance in a great difficulty of breathing, sleepiness, and incapacity for any exercise. It was a hardship to her to be obliged to go up stairs, and, at last, to cross the floor of her apartment.

"It seemed to me that mere obesity was her principal malady: indeed she had no other complaint, but such as apparently might be accounted for from this supposition. She was ordered to pursue a vegetable diet, and, in the summer, to drink the waters at Scarborough. She conformed to these directions, became more agile, less sleepy, less averse to exercise: she walked up the stairs at Scarborough from the Spa, a task of no little difficulty to people much less incumbered. I urged a continuance of the same diet: she was dissuaded from it by her friends, and died of fat, in the twenty-seventh year of her age."

These cases afford strong evidence of the efficacy of vegetable diet, and, at the same time, prove the necessity of attending to *quantity*. Some writers, however, have been of opinion, that the basis of fat was a light nutritious oil, principally extracted from vegetables; and Lorry considers the *abundant* use of succulent vegetable aliment, as an irresistible cause of corpulence. Negroes in the West Indies always get fat in the sugar season.

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#### ADULTERATION OF SPIRITS.

The result of the fermentation from mucilaginous and saccharine bodies has been stated to be alcohol, which is purer, in proportion as it is procured more from grapes than infusions of malt: this regulates also the quality of the brandy. The French is reckoned superior to every other, in consequence of the great national care taken in the construction of their *stills*, and in the less heat, or caloric, being used for the extrication of the alcohol, or spirit, from the vinous fluid.



The French brandies, therefore, are much prized for their pure quality and flavour. It is drawn from the wine in three ways. It is distilled from lees as the Rhenish brandy, or from poor wines, or else from the stalk or husks of the grape. This liquor is chiefly proved by its vinous smell, without regard to colour, which is entirely adventitious, and either derived from the cask, or communicated by art.

It is proper to impress on the minds of every reader that this alcohol, brandy or spirit, is nothing but an article that was re-diffused in water, and constituted wine, and consequently as spirit is now still the same article in a naked state, without water; when water is added to it, if procured from wine, its excellence will be superior to any other source. Hence, in Britain, as beer is a grosser, and less vinously assimilated liquor than the product of the grape, the spirit or brandy drawn from it must partake of the same defect. To this may be added, the inferior method of conducting the process of preparing it. For, first, the fermentation is improperly treated, by the infusion of malt, not going completely through its stages, in a similar manner with the wine.

In this country alcohol is termed malt spirits. It is sold of a certain strength from the first distillation to a certain species of distillers called rectifiers. The plain business of the latter is to purify them by an additional distillation, and arrest their oil, mucilage, and other gross qualities. Into the still they put a proportion of what is termed grey salts, composed of potash and lime fluxed together. By this simple process many have acquired plumbs in this great city. Governed by that restless principle of gain, men are never to be satisfied, and to increase this, they omit the proper proportion of alkaline salts, and make up the quantity with lime. The intention of the rectifier is thus frustrated, and the spirit is seldom clear. To this may be added the disadvantage of the distillation, formerly stated, in the excess of heat, or caloric em-



ployed, and the former empyreuma of the spirit. By this improper conduct the empyreumatic impregnation and acetous flavour, originally the fault of the malt-distiller in the imperfect fermentation, are never got rid of.

The principal adulteration of the rectifier is lowering the spirit to the capacity of his purchaser, or adding too many of the last drops of the alembic. In this state, in compliance with fashionable concurrence, the spirit is coloured with burnt sugar, so as to appear brown brandy. When thus attenuated, to make up for the strength of it, and suit the taste, various arts are resorted to, as false proofs, hot flavours, &c. A celebrated chemist who taught the mode of making a false proof, was refused his remuneration by the distillers, after getting at his secret. A law-suit took place. The chemist was non-suited by the more knowing and ungenerous traders, on the principle that he had taught only the nefarious practice of defrauding the revenue, and injuring the public.

The uncoloured malt spirit is applied to the purpose of making gin: but unfortunately, instead of the agreeable and aromatic juniper-berry, recourse is had to the hot stranguary-making spirit of turpentine, to give it the flavour: and with this is joined the assistance of the grains of paradise, or larger cardamom seeds, to give a full taste in the mouth, in profuse quantities. But the use of these articles, perhaps, does not require censure. The adulterations of brandy are chiefly detected by the want of the vinous flavour, and to supply this much use is made of the dulcified spirit of nitre, in the attempts to imitate it, while the colour is improved by the addition of Japan earth.

Rum, the refuse of the sugar-cane, is sent from our West India islands, in the most ample strength, but is spoilt by the coarseness of conducting the fermentation, with the horrid construction of the stills, and an excess of heat. Arrack, whiskey, and all other spirits, are only alcohol, affected by the quality of the peculiar



flavouring body used for them, and the local conduct of the manufacturer. The application of spirit to cordials may be considered a pharmaceutical preparation. They consist of alcohol, impregnated with a large proportion of fruit, sugar, and aromatic spices. They are much used on the continent.

When the first spirit, after distillation, is rectified a second time, it constitutes rectified spirit of wine. But spirit of wine may be condensed to such a strength, that the flavour is lost, and cannot be properly judged of. The addition of water loosens it, and opens the various flavours. When suspected not to be of the proper strength, its water may be separated farther by digesting it with caustic alkaline salts.

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#### CHEMIST AND DRUGGIST PRACTITIONERS.

The public ought to know on what ground every person rests, who is in any manner connected with the dispensing of medicine. They ought to know that no person can commence the practice of medicine, unless he has gone through a certain course of practical studies, at some of the public medical schools, and next passed an examination under certain professors of the science, from whom, if his attainments be approved, he receives testimonials of his qualifications, which are assurances to the public that they may trust themselves to his care, and a sufficient guarantee of his knowledge and abilities. Now this and *this only* is a *medical man*.

Let us turn now to another person, who presents to the eye *something* of the medical character; this is the chemist and druggist. His art, as a druggist, consists in buying and selling certain articles of merchandize, called drugs; he learns to distinguish jalap from rhubarb, bole armeniac from bark, &c.; he is taught the external characters of drugs, by which he distinguishes the good from the bad; he studies their natural his-



tory, discovering the climate and soil whence he is to expect the articles of his trade; is enabled to form an estimate of their relative *marketable* value, according as they are produced under favourable or unfavourable circumstances, or as they belong to different species; and lastly, he learns the prices at which they should be *bought* of the merchant, and *sold* to the consumer.

The education of a modern druggist would be considered very defective, if the above only were his qualifications. He must study the profitable practice of adulteration, and mix cochineal with *coloured dough*; isinglass with *pieces of bladder or fish skin*; senna with *myrtle leaves*; with an infinite number of other *ingenious* deceptions.

The *chemist* prepares from the animal, vegetable, and mineral kingdoms, the various compositions and simples used in the arts and in medicine; he learns to unravel the secrets of nature; to separate the complicated structure of matter into its elements; and to combine them again in the utmost variety of form and quality. This is the *practical* chemist; there are, however, but few of those who assume the name that are engaged in its duties, or indeed are at all acquainted with the science, particularly of our retail shops, the proprietor of which designates himself "*chemist and druggist*."

But what *medical* knowledge does the chemist and druggist acquire in this course of education? Is the structure of the human body displayed in a box of rose leaves, or its diseases developed in a bale of opium? Are the laws of vital existence seen in the crystallization of epsom salts, or the astonishing functions of the animal machine explained by distilling peppermint water? The chemist and druggist has, in the course of his business, a constant intercourse with medical men; and, to promote a good understanding between themselves, and assist the views of both parties, they are mutually communicative on those prin-



ciples of their respective avocations that tend to complete the wishes and interest of each other; and thus the practitioner gets an occasional peep behind the curtain that conceals the secrets of the drug trade, while the other learns that jalap will purge, and ipecacuan will vomit; and if he be placed in a situation where it is likely he may profit by the practice, he increases his stock of knowledge by the perusal of Thomas's Practice of Physic, Reece's Medical Guide, and such books. And is human life entrusted to such unqualified hands?

"On Saturday last (the 14th inst.) an inquest was held on view of the body of John Silbowden, a child about three years old, who died under suspicion of having been poisoned. It appeared that the boy having sickened for the measles, his mother applied to a druggist for a suitable medicine, and he mixed and gave her a powder, which the boy took. On the next morning he became much worse, his mouth and lips were white and blistered, and on the following day, being much alarmed, she again applied to the druggist, who gave her a similar powder, which the child swallowed, and soon after was more violently afflicted about the mouth and throat. In this dreadful state he remained for two days, when medical assistance was called, and every attention given, but the poor sufferer died in three days. On investigation, it appeared that the powders were principally calomel, and were made up, not by weight, but by guess! The evidence of the medical gentleman proved, that an improper quantity of medicine had been given; and after some strong animadversions by the worthy Coroner on the conduct of the druggist, the Jury returned a verdict—"Died of a disorder, increased and aggravated by an improper quantity of medicine imprudently administered."—*Times Newspaper.*

This is a lamentable case, but we believe that it is very far from being rare in this country.



## SENSE OF TOUCH.

*The Tongue, Lips, and Teeth.*

We shall describe, in another place, the tongue and other parts of the mouth as organs of taste. They are also organs of touch, particularly the lips and teeth. The tongue in its *movements* of speaking, eating, and swallowing, so far as it is not affected with taste, is plainly a muscular organ of touch.

As such, however, Dr. Haslam thinks it is but imperfect in its feeling, which any person, he says, may easily prove, to his satisfaction, by the experiment of applying his tongue to the wrist to discover the state of his pulse. But he surely forgets that the tongue can readily detect the finest hair amongst food, and that Mitchell, the deaf and blind boy, made great use of it. Its supposed imperfection, when applied to the pulse, arises from its flexibility and deficient strength.

The teeth have a very delicate perception of some of the properties of substances, particularly their cold, heat, and resistance, and are often employed to ascertain these properties.

The lips form a very important organ of touch; their muscularity fits them so well for taking hold of whatever is submitted to them for examination. Their touch is also, perhaps, rendered more nice and delicate by there being no fat lining the skin, as is the case in most other parts of the body.

*The Hand.*

The hand is the chief of our muscular organs, and at the same time of touch, properly so called. For these purposes it is most exquisitely contrived and formed. The skin of the hand, and particularly that on the inside of the tips of the fingers, is marked with lines variously convoluted. On the divisions between the joints the skin is marked by furrows. This is also the case in the toes.



The skin of the hand is, besides, thin, fine, and polished, and very supple, from the abundance of secreted ointment.

The fingers, though composed of bones and strong ligaments to give them vigour, are, at the same time, finely adapted for bending round objects and ascertaining their shape, and their inequalities, or their smoothness.

*Mechanism of the Hand.*

The wisdom of Providence is very strikingly seen in the mechanism by which the hand is moved. To give the fingers strength in grasping and in sustaining weights, powerful muscles were indispensable; and muscles to be strong, must be large, or of considerable length. Now had muscles of the necessary magnitude, to move the fingers with power, been situated in the palm, or on the back of the hand, they would have rendered it thick and clumsy; and its lightness, mobility, and beauty, would have been destroyed.

To prevent this unsightly clumsiness, and also to give them a more powerful purchase from their length, the muscles which move the fingers are disposed of in the arm—some of them as high as the elbow joint. They act on the fingers by means of long, narrow, tendons, like ribbons, which are firmly strapped down at the wrist, by a cross band of muscle, to prevent their rising out from the arm, as the tendons, called the hamstrings, do at the back part of the knee joint, in consequence of not being thus bound down.

This, however, is only a part of the mechanism. The tendon or cord which draws the ends of the fingers, inwards, to the palm, and which is inserted a little short of the nail, would have also started out inconveniently from the finger, like the string of a bow, had it not been bound down in the same way. On the inside of the fingers, however, a strap, like the one at the wrist, would have been too clumsy. Instead of this the tendon or cord of the end joint, passes through



a slit in the tendon of the second joint, which prevents it from starting out from the bone.—A most beautiful contrivance ! nothing could have been better provided for uniting lightness, mobility, and strength.

*The Thumb.*

The thumb is a very important part of the hand, and is at least, so far as strength is concerned, almost peculiar to man ; for in the hands of apes and lemurs, the thumb is small and feeble, altogether ridiculous, as Eustachius says, and cannot act as in man, in opposition to the combined force of the fingers. The mechanism for moving the thumb is somewhat different from that of the fingers. The muscles of the fingers, for the most part, are placed in the fore-arm. The most important muscles of the thumb—those which bend it in opposition to the fingers could not have been fixed in the arm, as the required motion is across the palm. These muscles are accordingly placed around the inner ball of the thumb, forming a firm and vigorous assemblage of cords, ready to move the thumb in every useful direction. Their thickness and firmness make up for their want of length.

This is a brief sketch of what is at present known of the structure of the hand ; but it would require a more particular investigation, than has yet been attempted, to develop its whole mechanism and motions.

*Differences in the Delicacy of the Hand.*

The delicacy of the skin on the hand and fingers is very different in those who pursue very different modes of living, and of avocation ; in the savage, the blacksmith, and the tailor. If this delicacy of the skin give greater nicety of touch, as it must do ; and if we be correct in ascribing our superiority to brutes, to our sense of touch : it should follow that those whose hands are delicate and soft, having a nicer sense of touch, would be more knowing than those whose hands are hardened, and their touch blunted by hard labour.



It is so to a certain extent ; but it might mislead us, were we to carry the notion too much into detail. We are sure that those who have delicate hands are more observant of minute things than others ; and we are never to forget that all our knowledge is, in the first instance, made up of particulars. It does not, however, follow that the person who has much minute and particular knowledge has also the power of combining these particulars into general principles. Delicacy of touch is certainly one great means of acquiring a knowledge of the things around us ; but it would be wrong to ascribe to it, as Buffon, Monboddo, and others have done, all our superiority over brutes. Touch, indeed, does not seem to have so much superiority over the other senses ; for though it frequently assists the eye and the ear, these, in turn, as much assist the touch.

*The Feet.*

The feet, as well as the hands, are useful organs of touch, particularly in a state of barbarism. The custom of wearing shoes in civilized countries tends to injure and blunt the sense of touch in the feet. Yet, how much soever they may be confined by dress, it is by them chiefly that we preserve our attitude ; that we are guided in feeling for the plane on which we are to rest them ; that we are enabled to judge of the solidity, of the temperature, and of the inequalities of the ground on which we tread.

The division of the fore part of the foot into toes, enables us to stand more firmly, and walk more easily. Those who have lost the toes by accident, walk in a tottering manner, and on uneven ground often lose their balance. How so genuine an observer as Cabanis, therefore, could think that the sensibility and form of the foot is contrary to the philosophy of final causes, seems to us very singular.

*Objects of Touch.*

The sense of touch has no definite class of proper-



ties, such as odour or sound, for its object, and differs in this from all the other senses. From the view, however, which has just been taken of the organs of touch, we shall be led to clearer notions of the objects of touch than are given in most systematic works. Among the qualities of external things perceived by touch, are—heat, cold; hard, soft; smooth, rough; dry, moist; heavy, light; and also extension and resistance.

*Nature of Heat.*

After all the profound inquiries which have been made concerning the nature of heat, we have still many interesting questions concerning it, quite undetermined. One *coterie* of philosophers pronounces heat to be a material substance; another says that it is only a motion of the particles of bodies, which cannot be explained farther, than that it is a motion, either vibratory, oscillatory, or unlike every other motion; a third talks decidedly of heat as a fluid.

As to the opinion of heat being a material substance, it is a plain contradiction in terms, if a material substance be what has length, breadth, and thickness, or, in other words, what may be touched, in the same way as we touch a stone. Heat is destitute of all these properties; and if we take upon us to assert that it is *material*, we must use this word in an uncommon acceptance.

The same may be said of the opinions which make heat a motion or a fluid; for, if so, it is like no other known motion, and like no other known fluid. All these opinions appear to be idle and useless profundities, wholly destitute of meaning. The unknown and conjectural properties of heat are of no moment, but those only which are ascertained to be real, as these may be turned to practical account, while the others are only fit for philosophers to wrangle about. We know nothing more unprofitable.

\* \* \* We shall continue this subject in our next.



## EFFECTS OF TIPPLING. BY DR. REID.

"Here's that which is too weak to be a sinner—honest water, which never left man in the mire." SHAKSPEARE.

"Living fast," is a phrase which, more accurately perhaps than is in general imagined, expresses a literal fact. Whatever hurries the action of the functions must tend to abridge the period of their probable duration. As the wheel of a carriage performs a certain number of rotations before it arrives at its destined goal, so to the arteries of the human frame we may conceive that there is allotted only a certain number of pulsations before their vital energy is entirely exhausted. Extraordinary longevity has seldom, I believe, been known to occur, except in persons of a remarkably tranquil and slow-paced circulation.

But if intemperance curtailed merely the number of our days, we should have comparatively little reason to find fault with its effects. The idea of "a short life, and a merry one," is plausible enough, if it could be realized. But unfortunately, what shortens existence is calculated also to make it melancholy. There is no process by which we can distil life, so as to separate from it all foul matter, and leave nothing behind but drops of pure happiness. If the contrary were the case, we should scarcely be disposed to blame the vital extravagance of the voluptuary, who, provided that his sunshine brilliant and unclouded as long as it continue above his head, cares not although it should set at an earlier hour.

It is seldom that debauchery breaks at once the thread of life. There occurs, for the most part, a wearisome and painful interval between the first loss of a capacity for enjoying life, and the period of its ultimate and entire extinction. This circumstance, it is to be presumed, is out of the consideration of those persons who, with a prodigality more extravagant than



that of Cleopatra, dissolve the pearl of health in the goblet of intemperance. The slope towards the grave, these victims of indiscretion find, no easy descent. The scene is darkened long before the curtain falls. Having exhausted prematurely all that is pure and delicious in the cup of life, they are obliged to swallow afterwards the bitter dregs. Death is the last, but not the worst result of intemperance.

Punishment, in some instances, treads almost instantly upon the heels of transgression; at others, with a more tardy, although an equally certain step, it follows the commission of moral irregularity. During the course of a long protracted career of excess, the malignant power of spirits or malt liquor slow and insidious in its operation, is gnawing incessantly at the root and, often without spoiling the bloom, or seeming to impair the vigour of the frame, is clandestinely hastening the period of its inevitable destruction. There is no imprudence with regard to health that does not tell: and those are not unfrequently found to suffer in the event most essentially, who do not appear to suffer immediately from every individual act of indiscretion. The work of decay is, in such instances, constantly going on, although it never loudly indicate its advance by any forcible impression upon the senses.

A feeble constitution is, in general, more flexible than a vigorous one. From yielding more readily, it is not so soon broken by the assaults of indiscretion. A disorder is, for the most part, violent in proportion to the constitution of the subject which it attacks. Strong men have energetic diseases. The puny valetudinarian seems to suffer less injury from indisposition, in consequence of having been more used to it. His lingering, and scarcely more than half living existence, is often protracted beyond that of the more active, lively, and robust.

But it ought to be in the knowledge of the debauchee, that each attack of casual or return of periodi-



cal distemper, deducts something from the strength and structure of his frame. Some leaves fall from the tree of life every time that its trunk is shaken. It may thus be disrobed of its beauty, and made to betray the dreary nakedness of a far advanced autumn, long before, in the regular course of nature, that season could even have commenced.

The distinction, although incalculably important, is not sufficiently recognized betwixt stimulation and nutrition; between repairing the expenditure of the fuel by a supply of substantial matter, and urging unseasonably, or to an inordinate degree, the violence of the heat and the brilliancy of the flame.

The strongest liquors are the most weakening. In proportion to the power which the draught itself possesses, is that which it ultimately deducts from the person into whose stomach it is habitually received. In a state of ordinary health, and in many cases of disease, a generous diet may be safely and even advantageously recommended. But in diet, the generous ought to be distinguished from the stimulating, which latter is almost exclusively, but, on account of its evil operation upon the frame, very improperly called good living. The indigent wretch, whose scanty fare is barely sufficient to supply the materials of existence, and the no less wretched debauchee, whose luxurious indulgence daily accelerates the period of its destruction, may both be said, with equal propriety, to live hard. Hilarity is not health, more especially when it has been roused by artificial means. The fire of intemperance often illuminates, at the very time that it is consuming, its victim. It is not until after the blaze of a flash of lightening that its depredations are exposed.



POISONING BY OXALIC ACID. BY MR. SUTLEFFE,  
OF QUEEN-STREET, CHEAPSIDE.

This acid has been so destructive to human life, that the legislature have done meritoriously in enacting cautionary laws to prevent any further spread of desolation from its unwary use. It were to be wished that the evil had been sooner foreseen and prevented. A medical gentleman gave a dose of medicine, believing it to be Epsom salts, to his own daughter, aged sixteen, which was not suspected until swallowed. The consequence was, that she expired in less than fifteen minutes afterwards.

I was recently in the company of a practitioner, whose servant had swallowed a dose by mistake. In the painful extremity, led perhaps by an intuitive faculty, he caused as much magnesia to be swallowed as the stomach could endure. The pain instantly began to subside, and it finally effected a perfect cure. He suggested that chalk might have answered the same purpose. A few months ago, I was trying, with the assistance of my son, the reported test of the change said to take place by the removal of the blue colour from paper, when it is immersed in the solution of the oxalic, though, as it is said, it will not be affected by its immersion in a solution of Epsom salts. To our surprise, however, we discerned no sensible difference whatever. We really should not be imposed upon where human life is at stake. The royal stratagem of Charles II., with the society of philosophers, in his day, was justifiable and excellent; serving as a caution to all the wise men of the West, how they venture to solve scientific and enigmatical discussions, without due heed and previous trial. Tests of a dangerous character should be so developed and distinctly laid down, that there might be no possibility of error or mistake.



VISIONS IN A DRAM SHOP. By DR. ALDERSON,  
OF HULL.

I was called upon some time ago to visit Mr. — who at that time kept a dram shop. Having at different times attended him, and thence knowing him very well, I was struck with something singular in his manner on my first entrance. He went up stairs with me, but evidently hesitated, occasionally, as he went. When he got into his chamber, he expressed some apprehension, lest I should consider him insane, and send him to the asylum at York, whither I had not long before sent one of his pot companions.—“Whence all these apprehensions?—What is the matter with you?—Why do you look so full of terror?” He then sat down and gave me a history of his complaint,

About a week or ten days before, after drawing some liquor in his cellar for a girl, he desired her to take away the oysters which lay upon the floor, and which he supposed she had dropped;—the girl, thinking him drunk, laughed at him, and went out of the room.—He endeavoured to take them up himself, and to his great astonishment could find none.—He was going out of the cellar, when at the door he met a soldier, whose looks he did not like, attempting to enter. He desired to know what he wanted there; and upon receiving no answer, but, as he thought, a menacing look, he sprang forward to seize the intruder, and, to his no small surprise, found that it was a phantom. The cold sweat hung upon his brow—he trembled in every limb—it was dusk of the evening; as he walked along the passage the phantom flitted before his eyes—he attempted to follow it, resolutely determined to satisfy himself; but as this vanished, there appeared others at a distance, and he exhausted himself by fruitless attempts to lay hold of them. He hastened to his family, with marks of terror and confusion; though a man hitherto of the most undaunted



resolution, he confessed to me that he now felt what it was to be completely terrified. During the whole of that night he was constantly tormented with a variety of spectres, sometimes of people who had been long dead, at other times of friends who were living; and harassed himself with continually getting out of bed, to ascertain whether the people he saw were real or not. Nor could he always distinguish who were not real customers, when they came into the room, so that his conduct became the subject of observation; and though it was for a time attributed to private drinking, it was at last suspected to arise from some other cause. When I was sent for, the family were under the full conviction that he was insane, although they confessed, that in every thing, except the foolish notion of seeing apparitions, he was perfectly rational and steady. During the whole of the time that he was relating his case to me, and his mind was fully occupied, he felt the most gratifying relief, for in all that time he had not seen one apparition; and he was elated with pleasure indeed, when I told him I should not send him to the asylum, since his was a complaint I could cure at his own house. But whilst I was writing a prescription, and had suffered him to be at rest, I saw him get up suddenly, and go with a hurried step to the door.—“What did you do that for?”—he looked ashamed and mortified, and replied, “I had been so well whilst in conversation with you, that I could not believe that the phantom I saw enter the room was not really a soldier, and I got up to convince myself.”

I need not here detail particularly the medical treatment adopted; but it may be as well to state the circumstances which probably led to the complaint, and the principle acted on the cure. Some time previously he had had a quarrel with a drunken soldier, who attempted, against his inclination, to enter his house at an unseasonable hour, and in the struggle to turn him out, the soldier drew his bayonet, and, having struck him across the temples, divided the tempo-



ral artery ; in consequence of which, he lost a very large quantity of blood before a surgeon arrived, there being no one present who knew that, in such cases, simple compression with the finger upon the spouting artery, would stop the effusion of blood. He had scarcely recovered from the effects of this loss of blood, when he undertook to accompany a friend in his walking match against time, in which he went forty-two miles in nine hours. Elated with success, he spent the whole of the following day in drinking ; but found himself a short time afterwards, so much out of health, that he came to the resolution of abstaining altogether from liquor. It was in the course of the week following, this abstinence from his usual habits, that he had the disease he now complained of. All his symptoms continued to increase for several days till I saw him, allowing him no time for rest. Never was he able to get rid of these shadows by night when in bed, nor by day when in motion ; though he sometimes walked miles with that view, and at others went into a variety of company. He told me he suffered even bodily pain, from the severe lashing of a waggoner with his whip, who came every night to a particular corner of his room, but who always disappeared when he jumped out of bed to retort, which he did several nights successively. The whole of this complaint was effectually removed by bleeding, by leeches, and by active purgatives. After the first employment of these means, he saw no more phantoms in the day time ; and after the second, once only, between sleeping and waking, saw the milkman in his bedroom. He has remained perfectly rational and well ever since, and can go out in the dark as fearlessly as ever, being fully convinced that the ghosts which he was so confident he saw, were merely the creatures of disease.

Such cases are much more common than would easily be believed, and diseases of the brain have often given rise to stories of ghosts and apparitions, which are privileged not to be seen by a third person !



## AWFUL EFFECTS OF FEAR.

A student of law, on his first coming to town, entered his name in one of the Inns of Court. It was anticipated that he would rise and shine in his profession. He was modest and diffident in the extreme; but possessed a full share of compactness in the brain, which is indeed a usual association. His moral habits and love of retirement led him to go to rest early, as Cowper says,

“Early to rest makes early rising sure,  
Diseases come not, or find easy cure.”

“One sinner,” says Solomon, “destroyeth much good.” A fellow-student, precociously brazen, (who has now attained a high elevation in the legal department,) suggested the following trick upon the smiling and harmless novice, which was instantly put into practice. One crept under his bed, and the rest, with faces besmeared with burnt cork, awoke him, each performing his part outrageously, but too successfully. Their victim’s surprise excited no consternation till the following morning, when, not meeting him at breakfast, as was expected, they all ran up to his chamber to inquire the reason. He was found covered under the clothes in a profuse perspiration, and exclaiming repeatedly, “They are coming to take me!” Jokes, &c., made no impression upon him, and so serious was the injury inflicted upon his brain, that he had become partly maniacal, partly idiotic, from which state no remedial measures hitherto contrived to relieve him, have made the slightest impression.

## NUTRITIOUS QUALITIES OF POTATOES.

Notwithstanding Mr. Cobbett’s violent outcry against the potatoe it still holds a distinguished place at the tables both of the rich and poor. An elegant and deserved eulogium has been thus passed upon it by one



of the most esteemed writers in medical literature.—  
Dr. Paris.

“The history of the potatoe, says he, is perhaps not less extraordinary, and is strikingly illustrative of the omnipotent influence of authority; the introduction of this valuable plant received, for more than two centuries, an unexampled opposition from vulgar prejudice, which all the philosophy of the age was unable to dissipate, until Louis the XVth wore a bunch of the flowers of the potatoe in the midst of his court, on a day of festivity; the people then, for the first time, obsequiously acknowledged its utility, and began to express their astonishment at the apathy which had prevailed with regard to its general cultivation; that which authority thus established, time and experience have fully ratified, and scientific research has extended the numerous resources which this plant is so wonderfully calculated to furnish; thus, its stalk, considered as a textile plant, produces in Austria a cottony flax—in Sweden, sugar from its root—by combustion its different parts yield a very considerable quantity of potass—its apples, when ripe, ferment and yield vinegar by exposure, or spirit by distillation—its tubercles made into a pulp, are a substitute for soap in bleaching—cooked by steam, the potatoe is the most wholesome and nutritious, and at the same time the most economical of all vegetable aliments—by different manipulations it furnishes two kinds of flour, a gruel, and a parenchyma, which in times of scarcity may be made into bread, or applied to increase the bulk of bread made from grain—to the invalid it furnishes both aliment and medicine: its starch is not in the least inferior to the Indian arrow root; and Dr. Latham has lately shewn that an extract may be prepared from its leaves and flowers, which possesses valuable properties as an anodyne remedy.”—

The principal nutritious ingredient of vegetables is starch; and the potatoe, in proportion to its bulk of *solid* matter, contains a very considerable portion of it,



and is therefore nutritious and wholesome. It does *not* contain that viscid, gluey, substance, called *gluten*, which is so abundant in wheat, and enables us, by its binding and adhesive quality, to make paste and loaves with flour and water, and therefore the potatoe is more digestible than puddings or unfermented bread, and generally even more so than the best bread itself. As an article of diet, a larger quantity of potatoe will be required for the support of life than would be requisite of bread, for according to the recent analysis of some French philosophers, the bulk of the potatoe is made up principally of fluid, and contains but twenty-five parts in a hundred of nutritious matter. As the potatoe is easily broken down by the mouth, and readily divided and acted on when it gets into the stomach, it is quickly digested, and produces therefore neither flatulence nor acidity, particularly if they are mealy, which they should always be; the waxy potatoe should be rejected.

*The best way of Cooking Potatoes.*

There is no better way of eating potatoes than after they have been mashed; but it should be done without butter. A small quantity of milk sufficient for their being beaten into a pulp is the best addition for this purpose, and may be considered a very light and wholesome dish.

To have the potatoe in its best state of perfection is to roast it, by which its watery parts are dissipated, its nutritive principles concentrated, and a superior flavour communicated, which is peculiar to this mode of dressing it; but in roasting the potatoe much waste is incurred, a circumstance sometimes of some moment.

Many persons dress their potatoes by putting them over the fire into an iron pot *without water*. They are, in this case, roasted by the heat of the fire, and steamed in their own vapour, and the flavour partakes somewhat of the nature of both processes—it may be considered as differing little from roasting.



Next to roasting, the most eligible mode is that of steaming; and lastly, by boiling. In this latter mode, the potatoes should be chosen of an equal size, whether large or small, and put with their skins on into water just sufficient to cover them, in an *uncovered* saucepan. As soon as the water boils, strain it off, and pour on the same quantity of water *cold* with plenty of salt, and after the potatoes are boiled enough, let them stand, without water, over the fire several minutes to dry. By these means they will not break, but will be done equally through their whole substance.

*Use of Roasted Potatoes.*

A gentleman at Bristol, who, in consequence of the great advance in the price of bread, has made several experiments on potatoes, and thinks that the meal of *roasted* potatoes would by mixing with flour make very good bread; and as a substitute for that important article he says, "I have for some time made a point of having a dish of *roasted* potatoes on the table at breakfast, dinner, and tea, which are eaten with salt only, or the addition of a little boiled milk, which is brought in a jug, and if any thing occurs to prevent the usual dish of potatoes from appearing, we find it a difficulty to be satisfied. I certainly consider roasted potatoes more nutritious than boiled ones, and have usually dispensed with the use of bread, since I have introduced them."

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PAWN-BROKERS, LAWYERS, AND DOCTORS.

It is the apparent unimportance of the interest required by pawn-brokers, which has seduced many into the habit of frequenting those shops; which are by no means useless to discreet people in the hour of need; but people who are familiar with them, come to the use of their last shilling, with perfect indifference; knowing that by pledging some article of furniture, they can raise more money; or should the furniture be already gone, they have already a coat or a gown,



which is well known to the pawn-broker ; or on urgent occasions, the property of others can be made free with for a few days.

Sabatier in his "Treatise on Poverty," describes the ill effects of the pawning system, on the morals of the people, as observed by himself in some parts of the British Colonies, and seems to think it necessary, that their numbers should be diminished in England.

A young couple setting out in the world, who are unfortunate enough to acquire a habit of getting credit at chandler's shops, or using pawn-broker's shops, may consider themselves as doomed to perpetual poverty. In a useful little work, entitled the "Poor Man's Guide," are the following remarks respecting pawning. If a person borrows half a guinea upon his suit of clothes, or any thing else, (which is wanted once a week), he pays weekly a month's interest, making in the year, fifteen shillings and two pence, for the weekly use of ten shillings and sixpence.

Lawyers are still more than pawn-brokers to be shunned, for admitting that you are provided with an honest attorney, and you obtain a victory over your adversary, depend upon it, you are still a loser, both in peace and pocket ; and people will shun you as a cunning and litigious character ; but should you still more unfortunately be defeated in your struggle, and ruin be the result, you will have nothing left you, but the common and useless practice of relating your case, or lamenting your injuries, to as many as will listen to you ; with perhaps some severe reproofs from your own conscience, for having suffered you resentment to get the better of your prudence.

Sir Richard Phillips, has in his Monthly Magazine, published an excellent plan for settling disputes, without the interference of lawyers ; it is the simple and unexpensive method of arbitration, the witnesses are to be examined separately, as before a grand jury, and no lawyer is admitted an arbitrator ; that the law may not confound equity.



If an angel from heaven (says the philanthropist), warned me that I had but an hour to live, and I wished to spend that hour in rendering my country the highest service in my power, (in relation to its social institutions,) I should dictate something like the following : in all agreements, let a clause be inserted, that differences and disputes between the parties, shall be made the subject of reference to three or five men of business, all of whom shall hear evidence, and decide finally, under the 9th and 10th William III. Without the interference, presence, or intervention, and without the doubts, quibbles, or surmises of lawyers, &c. &c.—In May, 1794, a case in chancery was determined, which gave the plaintiff *three pence*, and his attorney £13. 6s. 9d.

The choice of a doctor or physician, is also deserving of serious consideration ; the lawyer may be said to dispose of our property only, but the physician may take our money, our health, and even our life ; therefore let no one think his care ill bestowed in the preservation of health.

#### USEFUL FAMILY MEDICINES.

##### *Emetic Draught.*

Take of ipecacuan wine, seven drachms,  
antimonial wine, one drachm,  
syrup of violets, one drachm,  
rose-water, three drachms.

Make into a draught to be taken at eight in the evening ; or, for an infant, give a tea-spoonful every five minutes until it operates, and half of it for a child of ten or twelve years. It has no taste.

##### *Mild Aperient Draught.*

Take senna leaves an ounce and a half,  
ginger sliced, one drachm,  
boiling water, one pint.

Macerate for an hour, and strain the liquor.

Two or three tea-spoonfuls of Epsom salts dissolved in a wine-glassful of warm water, with three table-spoonfuls of the above infusion of senna, and a tea-spoonful of tincture of senna, or cardamoms, will act



as a mild aperient. It should be taken early in the morning, and a plentiful supply of tea, afterwards, at breakfast.

*Mild Purgative for Infants.*

Take of manna, one ounce,  
mucilage of gum arabic,  
oil of almonds,  
syrup of lemons, each two drachms.

Of this mixture give a tea-spoonful to a child at bed time.

*Camphor Mixture.*

Take of camphor, one drachm,  
rectified spirit of wine, ten drops,  
double-refined sugar, half an ounce,  
boiling distilled water, one pint.

Rub the camphor first with the spirit of wine, then with the sugar; lastly, add the water by degrees, and strain the mixture.

In the common form of camphor emulsion the union is effected by triturating the camphor with a few almonds, the unctuous quality of which serves, in a considerable degree, to cover the pungency of the camphor without diminishing its activity. Camphor under the present form, as well as that of emulsion, is very useful in fevers, taken to the extent of a table spoonful every three or four hours.

*Chalk Mixture.*

Take of prepared chalk, one ounce,  
refined sugar, half an ounce,  
mucilage of gum arabic, two ounces.

Rub them together and then add by degrees, water, two pints, spirituous cinnamon water, two ounces.

This is a very elegant form of exhibiting chalk, and is a useful remedy in diseases arising from, or accompanied with, acidity in the stomach, &c. It is frequently employed in diarrhoea proceeding from that cause. The mucilage not only serves to keep the chalk uniformly diffused, but also improves its virtues by sheathing the internal surface of the intestines. The dose of this medicine requires no nicety. It may be taken to the extent of a pint or two in the course of a day.



*Milk of Ammonia.*

Take of gum ammoniac, two drachms,  
distilled water, half a pint.

Rub the gum resin with the water, gradually poured on, until it becomes a milk.—In the same manner may be made a milk of assafoetida, and of the rest of the gum resins.

The ammoniacum milk is used for softening tough phlegm, and promoting expectoration, in humoral asthmas, coughs, and obstructions of the viscera. It may be given in the quantity of two spoonfuls twice a day.

The milk of assafoetida is employed in spasmodical, hysterical, and other nervous affections: and it is also not unfrequently used under the form of clyster. It answers the same purposes as assafoetida in substance.

*White Cough Mixture.*

Mix one drachm of powdered spermaceti with the yolks of two eggs; then add one drachm of tincture of opium, and five ounces of water.

To be taken in the quantity of one wine glassful when the cough is troublesome.

*For allaying Cough in the Night, and Procuring Rest.*

Mix together a dessert spoonful of syrup of poppies and fifteen drops of antimonial wine. To be taken at a draught, with or without a little warm water, either at bed-time, or in the middle of the night. Half this quantity may be given to a child under the same circumstances.

*Another.*

Mix together in a wine-glass,  
thirty drops of laudanum,  
four tea-spoonfuls of vinegar, and  
six tea-spoonfuls of water sweetened with a little  
lump sugar.

*Almond Milk.*

Take of sweet almonds, blanched, one half ounce,  
double refined sugar, three quarters of an ounce,  
distilled water, two and a half pints.

Beat the almonds with the sugar; then rubbing them together, add by degrees the water, and strain the liquor. Almost any



quantity may be taken as a frequent drink to soften coughs, and to assuage urinary disorders.

*Mucilage of Gum-Arabic.*

Take of gum-arabic, in powder, four ounces,  
boiling distilled water, eight ounces.

Triturate the gum with a small portion of the water until it be dissolved.

It is necessary to pass the mucilage through linen, in order to free it from pieces of wood and other impurities, which always adhere to the gum; the linen may be placed in a funnel.

Mucilage of gum-arabic is very useful in making up medicines, &c. it also possesses the powers of a mucilagnous demulcent in a high degree; and is frequently given in diarrhoea, dysentery, chincough, hoarseness, stranguary, &c.

*Gum-Arabic Emulsion.*

Take of gum-arabic, in powder, two drachms,  
sweet almonds, blanched,  
double refined sugar, each half a drachm,  
decoction of barley, one pint.

Dissolve the gum in the warm decoction; and when it is almost cold, pour it upon the almonds, previously well beaten with the sugar, and at the same time triturate them together, so as to form an emulsion, and then filter.

The almonds are blanched by infusing them in boiling water, and peeling them. The success of the preparation depends upon beating the almonds to a smooth pulp, and triturating them with each portion of the watery fluid, so as to form an uniform mixture before another portion be added.

Great care should be taken that the almonds have not become rancid by keeping, which not only renders the emulsion extremely unpleasant (a circumstance of great consequence in a medicine that requires to be taken in large quantities) but likewise gives it injurious qualities.

This emulsion is principally used for diluting and correcting acrimonious humours; particularly in heat of urine and stranguries, arising either from a natural



acrimony, or from the operation of cantharides and other irritating medicines. In these cases they are to be drank frequently, to the quantity of half a pint, or more, at a time.

*Decoction of Marshmallows.*

Take of marshmallow roots, bruised, four ounces,  
sun-raisins, stoned, two ounces,  
water, seven pints.

Boil down to five pints; strain the decoction, and after the grounds have subsided, pour off the clear liquor.

Marshmallow roots contain nothing soluble in water, except mucilage, which is very abundant in them. This decoction is therefore to be considered merely as an emollient, rendered more pleasant by the acidulous sweetness of the raisins.

Decoctions of this plant have been found exceedingly useful where the natural mucus has been abraded from the coats of the intestines; in catarrhs from a thin rheum, in diseases of the kidneys, calculous disorders, and in many other cases. It is to be observed, that this decoction must not be made too thick and viscid, by too long boiling or infusion; for then it becomes nauseous and disagreeable, and patients cannot be prevailed on to take it in sufficient quantity.

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SENSE OF TOUCH.

*Feeling of Heat.*

The only ascertained property of heat which falls under our consideration is that which affects the touch, causing the sensation of warmth in all its degrees. It is not clear what particular organ of touch, or rather what portion of a particular organ, is affected by heat. Dr. Darwin refers to a peculiar sense, which he calls the sense of heat; but he does not describe the organ of this sense, except that there is, in our bodies, a set of nerves for the perception of heat, to which anatomists have not yet attended.

Dr. Darwin mentions several curious facts in sup-



port of his opinion. When we look at a hot fire, the heat gives no pain to the nerve of the eye, though it pains the parts around the eye. Warm water or warm oil when poured into the ear gives no pain to the nerves of hearing, and its warmth is not even perceived by them. The lungs also, though easily excited to inflammation, appear not to be sensible to heat or cold, for the temperature which affects the face is not felt in the lungs. The teeth, again, which are, if we except the case of acids, nearly insensible to tastes, have the most acute perception of heat, and serve to forewarn us against things which are too hot or too cold for the stomach. This, however, may arise not from the teeth having peculiar nerves for feeling heat, but because their nerves of touch are covered by hard bone and enamel, which heat readily passes.

#### *Curious Case of Insensibility.*

In the case of an hospital patient who had one of his legs insensible to the touch after a severe fever, Mr. Ewart, and Mr. R. W. Darwin, repeatedly pricked the affected leg with pins, besides pinching it smartly, without his perceiving it in the least. But he felt distinctly the heat of a red hot poker, when they brought it within three inches of the affected leg. This agrees with the experiments of Brunn, who tied the nerves of animals and produced palsy, though it did not destroy irritability.

Dr. T. Brown supposes that Darwin's patient did not feel the heat in the limb at all, but in the neighbouring sound nerves, and that he referred the feeling to the diseased limb on the same principle that a person who has lost his leg continues to feel his toes. The late discoveries of Mr. Charles Bell have cleared up the difficulty. He finds that one set of nerves are appropriated to motion, and another set to feeling, in all parts of the body.

Dr. Darwin ingeniously remarks that we have an appetite for heat similar to our appetites for food and



drink, and when heat is deficient in quantity, we have a strong craving for the gratification of this appetite.

We may add, that like the acquired appetites for snuff and strong liquors, this appetite for heat may be much increased by indulgence. Indeed, the restraining or the indulgence of it is one of the leading features that distinguishes the savage and the hardy mountaineer from the refined and luxurious citizen, who shrinks from the healthy embrace of the cool air, and takes shelter from the blast in over heated apartments, or under garments of rank and massy fur.

The feeling of cold, according to the view of the nature of heat, arises solely from a deficiency of heat, and does not, as we should otherwise suppose, arise from any thing positively cold. When you put your hand, for example, on a piece of ice, the feeling of cold does not arise from cold given out by the ice to the hand; but from the heat which the ice takes from the hand; and this heat is observable in the water formed by the melting of the ice.

Our decisions, however, concerning heat and cold, are not found to correspond exactly with these principles; for we unconsciously combine a comparison with the heat of the surrounding air, so that a body colder than our own, but warmer than the air, will appear warm, though it really abstract heat from us. This is the reason why caves and the water of springs appear cold in summer and warm in winter, as these partake of the uniform heat of the earth which is nearly about 48° Fahr. in both warm and cold climates. We also judge differently of the heat of feathers, wood, iron, and quicksilver, though they may all have the same heat, because the more rapidly a substance takes heat from us, we think it the colder. From abstracting heat from us very rapidly, frozen mercury seems to burn us.

Although, however, there is a strong probability that this is a correct view; yet it does not appear that the existence of cold, as a real something, has been



satisfactorily disproved. Pictet's experiments on this subject are well worth examination.

Connected with the feelings arising from a warm or cold temperature, are those arising from rare and dense air. When the air, is clear, cold, and dense, we feel much more agile and spirited, than when it is rarified by sultry heat. That this, however, does not depend on heat, but on the rarefaction of the air, appears from the account given by the philosophical and accurate Saussure, of his feelings in ascending Mont Blanc. At the height of fourteen hundred feet above the level of the sea, his muscular strength became very rapidly exhausted, and he was unable to move many steps without resting. Three or four minutes rest, however, restored his wonted vigour, a thing which in the plain could not take place. Sleep is also suddenly brought on, and is almost irresistible in spite of the wind, the cold, the glare of the sun, or inconvenience of posture; but sleeping for a few seconds completely dissipates all previous fatigue. In this fatigue, there is nothing like oppression of the chest, and consequently it cannot arise from difficulty of breathing, besides, if it did, why should resting for a few moments dissipate it, and why is it not felt in climbing steepes below the fourteen hundred feet. At this height we must recollect that the weight of air is diminished from what it is at the sea side no less than five thousand pounds, and, consequently, the muscles and the blood-vessels are so much less compressed, and exercise will, of course, more easily quicken the circulation; and when fatigued their tone will be more easily restored than when they are strongly elastic\*.

#### *Hardness and Softness.*

We cannot trace, far enough, the causes which affect the different qualities of the things around us, to

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\* Voyages dans les Alpes. S. 559.61.



ascertain what it is that makes one thing hard and another soft. It is highly probable that there is no general principle which operates in all cases, but that there are several causes in operation producing hardness in one case, and softness in another. Heat, indeed, seems to be the most general cause of softness ; but this it is not uniformly ; for though it softens and melts wax and lead, it hardens clay and bread corn. It is supposed that in hard substances, the particles of which they are composed, are nearer together than in soft bodies ; and that this arises either from the form of these particles, or from the presence or absence of something, such as heat interposed among them.

This, however, though probable, is in a great measure conjectural, as nobody pretends to be able to see these ultimate particles of substances, so that their very existence is doubtful, much less can we found any real knowledge on their shape, or distance from one another. In fluids, indeed, they appear to be little globes, but these little globes of water, oil, or quicksilver, can be divided into other globes of less dimension, and our powers are too imperfect to trace the shape of these atoms, if such there be, which make up these little globes. They may be square or triangular for any thing we know to the contrary.

It is the qualities of hard or soft, that the organ of touch in the skin particularly serves to ascertain. The gums in early infancy, and teeth as soon as they are formed, are constantly employed for distinguishing whether substances are hard or soft.

#### *Extension.*

The quality of extension must also be taken into consideration when treating of hardness ; for though it is discovered by the muscular organs rather than the skin, it is perceived almost simultaneous with hardness.

The feelings of extension and resistance are plainly compounded of touch, properly so called, and muscular feeling.



*Experiment.*

Press a piece of sharp flint, strongly against the palm of the hand, and attend to the feeling produced. You will find that it gives pain similar to a cut or a burn, and gives no indication whatever that the flint is either hard or extended; but squeeze the flint between the teeth, and the feeling of hardness is distinctly perceived. Grasp it between the fingers, and it is felt to be extended.

It is a most erroneous notion that it is the impression which any thing makes on our hand that produces the feeling of its size and figure; we may as well assert that the smell of a flower would give a clear notion of its form and colour; or that the sound of a bell would tell us its shape. For in these cases there must be a portion of the nerves of smell and of hearing impressed with the odour and with the sound. Yet nobody ever dreamed that these were signs of figure.

*Experiments.*

Take a piece of wood of an irregular shape, and having the same warmth as the hand, shut the eyes, and try to tell by the hand its size and figure. You will be able to guess this nearly; but a single glance of the eye would give more correct information of this, than the most careful examination with the hand.

Press on the palm of the hand the head of a pin, and unless you use your eyes you will have no feeling of its shape or size.

Spread your hand equally on a smooth table of the same warmth with itself, and if the eyes be shut you will be unable to perceive either the number of your fingers or the spaces between them, much less the extent of the table which it covers.

Dr. Brown, to whom we are indebted for successfully following out the investigations begun by Darwin, thinks that we obtain our notions of extension, both of time and space, by a retrospection of our feelings as they are made up of a measured series of feelings.

Shut the eyes, and pass your hand along the edge



of a table; 1st, rapidly; 2dly, moderately; and, 3dly, very slowly. When you have done so, try to estimate the length of the table, and you will find that you cannot; for it will appear to be of a different length each time you pass your hand, according to the rapidity or the slowness of the motion.

*Philosophical Experiments of Infants.*

It is thus that we learn in the earliest infancy to estimate the measure both of time and of extension. Infants have an irresistible propensity to motion, which seems to be semi-spasmodic, particularly of the hand; and as Providence never works in vain, this continual motion must be designed for some purpose. We may be wrong in our explanation of it, but it is the most probable perhaps which has been suggested.

An infant, who is perpetually bending his fingers, when a solid body is introduced, and stops the contraction, feels the expected motion interrupted, and this feeling becomes the sign of the bulk of the interrupting body. In such a case as this all of the fingers may be interrupted, or only one or two of them. In the latter instance, the uninterrupted fingers will serve to distinguish more strongly the bulk of the thing introduced.

What we have said of the fingers holds equally with respect to the arms and legs, and indeed in all the movements of the body.

It is incontrovertible, we think, that the first time an infant grasps a spoon, it receives no knowledge of its use. It can only feel it hard and resisting to the hand. As soon as the spoon is removed, the impression on the hand dies away, and no trace of the circumstance of grasping remains except in its memory.

A piece of coral, or a crust of bread, may be the next things it grasps; and it learns from its remembrance of the spoon, that the coral, though hard like the spoon, is not like it regular, but round. By comparing the coral and the spoon with the crust, it discovers that the crust is softer, and not so smooth and polished.

It may be remarked, by every person who will be at



the trouble of observing, that a child makes numerous trials and experiments to ascertain these distinctions, not only with its hand, beating the objects against others, but by carefully trying them by the delicate touch of its lips, and its gums or its teeth. It is longer, however, of attempting to exercise its touch than its sight.

Every body has remarked, that a child carries every thing to its mouth, whether it be hungry or not; and the only design of this seems to be the examination of the object. We often, indeed, see a child pressing its gums with whatever comes in its way to allay the uneasy sensations occasioned by the teeth cutting the gums. Even when this, however, is not the case, it carefully tries every thing both with the hands and with the mouth. Careless observers may suppose that an infant is engaged in idle and unprofitable amusements, while it is in reality engaged in eager and laborious study: it is a true philosopher ascertaining by careful and repeated experiments, the properties of the things around it.

This process we have all repeatedly gone over;—we *must* have gone over it, otherwise we could know little of the things which are most common. Now indeed, we retain no recollection of the repeated and careful examination which every thing presented to us in infancy underwent, no more than we remember the equally tedious processes of learning to speak or learning to walk.

Now, that walking and speaking are easy to us, we forget the process of learning them, and the frequent mistakes which we fell into. We find it no less difficult to trace the process of perceiving objects by touch; and are apt to think because the knowledge of an object is now instantaneously acquired, when it is presented to us, that it was so from the first. It might with equal truth be asserted, that we could speak from the first, and walk from the first, because we now remember little of the manner in which we learned to walk and to speak.





ECONOMICAL RABBIT WARREN. By Mr. WESTON.

Rabbits are of such general use and convenience for the table, their dung is so necessary, and the profit from their skins so serviceable, that no English farm can be said to be complete, without breeding some. Without doubt, they would be kept by many more, were it not for the extraordinary trouble attending them: when they are kept the usual way in hutches, it takes one person's whole time to look after a small number: if they be confined in a room, the smell is so disagreeable, that one can never go into the place with pleasure; nor can they be kept in any one field, without their greatly damaging the neighbouring crops. Having heard that a person had kept some by digging a circular ditch, and confining them to a little hill in the middle, I, from that description, took the hint, and made a small artificial warren in a



lawn in the garden, in the following manner; it was a very agreeable object, and the rabbits succeeded very well in it.

Pare off the turf in a circle, about forty feet diameter, and lay it on the outside; then dig a ditch within this circle, the outside perpendicular, the inner sloping, and throw earth sufficient into the middle, to form a little hill, two or three feet higher than the level of the lawn; the rest must be carried away; then lay down the turf on the hill, and beat it well to settle it.

The ditch at bottom should be about three feet wide, and three and a half deep, with two or three drains at the bottom covered with an iron grate, or a stone with holes, to carry off the hasty rains, in order to keep the rabbits dry; in the side of the hill should be six alcoves, the sides and tops supported either by boards or brick-work, to give the rabbits their dry food in; by their different situations, some will always be dry; six boxes, or old tea-chests, let into the bank, will do very well.

If the ground be very light, the outside circle should have a wall built round it, or some stakes driven into the ground, and boards, or hurdles, nailed to them, within a foot of the bottom, to prevent the bank from falling in: the entrance must be either by a board, to turn occasionally across the ditch, or by a ladder.

The turf being settled, and the grass beginning to grow, turn in the rabbits, and they will immediately go to work, to make themselves burrows in the side, to keep the turf the neater, make a score of holes, and in the hill. By way of inducing them rather to build in the sides, about a foot deep, and they will finish them to their own mind; and if there be a brick wall round it, it should be built on pillars, with an arch from each, to leave vacancies for the burrows.

Another way is to dig the ditch only about two feet deep, which will yield about earth enough to make the hill; put some pales, about a foot high, on the



outside; for that will be a sufficient height to keep the rabbits in.

Feed them, as other tame rabbits are fed, and in wet weather sprinkle saw-dust at the bottom, by which means the quantity of manure will be increased; once a week is often enough to take it away, the quantity will be surprising; nor will the smell be in the least offensive, even though it be quite close to the house. In a very large lawn, two or three of these hills, with the rabbits feeding on the top, will not be unpleasing objects.

If the bucks happen to be mischievous, in killing the young ones, they must be chained in an alcove, or else have their liberty, as in a warren.

After a great snow they will want some assistance early in the next morning, because the ditch will be nearly filled, and perhaps the alcove, where the hay is, will be blocked up.

It is a great improvement to castrate the young bucks, and keep them till they are full grown before you kill them: the flesh will be amazingly finer, whiter, and tenderer; but then it will be best to take them away and keep them in another warren, lest they should be too numerous, and disturb the breeding does; or else have a few hutches in the alcoves, to fatten these in.

As oil-cakes are found of great use in fattening cattle, it is probable they would be as useful in fattening rabbits; it is asserted that some of the oil mixed with the pollard, or buck-wheat, is cheaper than the cakes: never having made the experiment, I cannot ascertain its superior advantages.

There ought to be one buck to every eight or ten does, and attention should be had to the breeding those sorts, whose skins are in the greatest esteem with the furriers and hatters; the skins are generally of more value than the flesh, especially in the winter, against which time contrive to have the greatest quantity of the fattened bucks.



Where does are kept in hutches, they are supposed to breed six times in a year, and only five young ones are left to each, which are thirty from each doe; but as these are in a more natural way, and the young ones difficult to be got at, let us suppose about six and thirty to be produced from each doe; reckoning only 7d. for each, there is a guinea profit from each doe, as the additional value of the skins in winter, and the dung, will more than pay the expence of food and attendance on them.

It is quite necessary that those who keep many rabbits should cultivate some lucern, parsley, and carrots, as no other vegetables are such proper food for them as these; they should also be fed on some of the best upland pasture hay; for if it be coarse, so far from eating they will waste it. Lucern hay is very proper for them.

If a warren be made on the same plan for hares, it ought to be much larger, and some furze and thorns planted on it, as cover for them; but if there be not several roods of ground in it, there will be no chance of their breeding; therefore the warren can only be supported by turning leverets into it.

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#### COMPLAINTS OF OCTOBER.

In the early part of this month, it is sufficiently warm in the middle of the day, and, in some years, the atmosphere is as tranquil as it usually is in the month of September: but the rains now begin to fall, the equinoctial winds strip the trees of their foliage, and join the rainy season in giving the last blow to the heats of summer, the evenings and mornings become more chill, and therefore it must be expected that diseases will become more numerous and severe.

A change too, takes place in the kind of disease with which we meet. The bowel complaints of September are now very rarely to be seen; but in return, the inflammatory diseases, and particularly those



which affect the chest, increase greatly in number and variety of appearance. Fevers also begin now to show themselves, although it is perhaps not until November, that the bad forms of fever appear in any great number.

Rheumatism indeed is occasionally met with, but the class of diseases which more particularly prevails in October, is inflammation of the respiratory organs in some of the numerous varieties of.

*Disorders of the Chest.*

But here again we may see how great a difference variation of circumstances makes in the same disease. The chest diseases of spring are totally different from those which occur in autumn; nay, indeed, they would seem to be diseases really of a different part. In spring pleurisy, and under that name must be comprehended all those pains in the side and stitches which occur at that season, abounds, whilst the coughs are all dry and hard, and the attendant fever violent in a great degree. In the chest complaints of autumn, on the contrary, pleurisy does not often appear; pains in the side are very seldom complained of, the coughs are hoarse and barking, they are usually attended at an earlier period of the disease by a copious, and in the latter periods, a sticky expectoration, and the attendant fever does not bear the use of the lancet so well as in the former part of the year; in short the inflammation is not, as in the spring, seated in that membrane which covers the lungs and lines the cavity of the chest, but it resides in the substance of the lungs themselves, or more commonly in the membrane which lines the organ of voice, or its continuation the wind-pipe, the air-tubes and terminating air-cells of the lungs. Thus, it is seen, that the inflammatory diseases of autumn belong chiefly to the lungs, and we therefore meet with hoarseness, influenzas, and other sneezing colds, loss of voice, convulsive coughs, and diseases which put on the appear-



ance of croup ; whilst in spring, although cases of similar disease sometimes occur just as the spring-form of chest complaints is occasionally met with in autumn, the majority of cases, as we have before said, put on a very different appearance. Of course more care is required to avoid these dangerous complaints than is necessary in the month of September, and the caution is more particularly applicable to the case of very old or very young subjects. The

*Asthmas of Old People*

are closely allied to the forms of chest complaint, of which we have spoken : and with regard to children, it is now that we meet with those hoarse influenza-like colds, which run through whole families without even permitting the elder branches to escape. The adoption of much warmer clothing, and thus preventing the skin from being too much and too suddenly chilled, and the use of fires as soon as the mornings and evenings become uncomfortably cold, form perhaps the best preservative against the attack of diseases, such as have been described above.

But this is perhaps the time when our forefathers bled and took physic. The practice, although it is now much neglected, was assuredly beneficial to very many persons ; yet, as far as our experience has gone, it is more useful in spring when the body is braced up to its highest pitch of tone than at the fall of the year, when it may be considered to be somewhat enervated by the relaxing effects of the preceding hot weather, and the increase of innutritious food by which it was accompanied. On the whole, therefore, violent evacuations are not to be recommended in autumn.

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OCTOBER BEER IN A PLAIN WAY. BY MR. ELLIS.

There are many ways of doing this ; but the plain common way is this I am going to direct, I will suppose a hogshead of strong beer is to be brewed.—



In the first place, I would see if my malt was not eat at the end of the kernels by wevils, that it was sweet, and bit mellow ; then I would have it only just broke, and that's all, between the two stones of a mill, or else only bruised between two rollers of the shape of a mill that flats tobacco-leaves, or the plat that our country people weave for making straw hats : then, having my soft water boiled a minute or two, I would put it into the mash tub, there to stand till I could see my face in it, or just bear my finger in it ; then to put my ground malt directly into it by degrees, stirring it all the while it is running leisurely into the tub ; when all is in, I would mash the whole for about twenty-five minutes, then cover it with a bushel of malt that I left out on purpose, and leave it so for two or three hours ; at the end of which, I would turn the cock to let the wort run out, and return it back on the malt till it run fine upon some rubbed hops. When I had my full quantity, or rather before, I would be putting it into the copper with hops, and boil all as fast as I could, till the wort breaks into very small particles ; then I would take all out of the copper as fast as I could, for then it is boiled full enough, and better than if the wort and hops were boiled longer. But to be more nice, I would put my hops in a large canvas bag or fine meshed net, to be boiled in the wort only thirty minutes at most, but the wort should be boiled on longer, till it breaks as aforesaid ; for by boiling the hops so little a while, the drink will be impregnated with only the fine spirituous, flowery, wholesome bitter of the hops, free of that nasty-tasted earthy unwholesome quality that is in all hops whatsoever, and which would be extracted if the wort was to boil much longer. As to the quantity of malt and hops to brew a hogshead of strong beer from, it is as a person thinks fit ; for from ten to sixteen bushels or more of any sort of malt, a hogshead of good beer may be brewed ; and as to the quantity of hops, they may be used from four to ten pounds or more. Be sure to lay your wort thin in the



cooling tubs or backs, for if it is laid thick, it will be very apt to fox; and when almost cold, take about a gallon, and mix some yeast with it in a pan, tub, or pail; do this in time, that it may be incorporated with the rest of the wort before it is cold, and when it has worked into a curled head turn it, but never beat the yeast into it above once or twice at most, before you put into the cask.—Others brew by lading over boiling water after the first mash is over, and this from time to time without stirring the malt, till all the strong wort is got off; which is a good way, but is too tedious for some people's patience.—Others work their strong wort in a cask, and will not put any yeast into it before it is all in it, thinking the spirits will not waste here during the fermentation, as when openly worked in a tub.—Ale is to be brewed in the same manner, only with less malt and fewer hops; and if a person has a mind to brew an ale that is excellent for the gout or gravel, he may put some treacle into the copper when he puts in his malt wort to boil; this opens the pores, and promotes perspiration, to the great relief of the body. If your first hot water is not too hot when the malt is put to it, you need not fear a miscarriage in the brewing afterwards.

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#### OCTOBER BEER, THE OLD ENGLISH WAY.

In brewing, your malt ought to be sound and good, and, after its making, to lie two or three months in the heap, to come to such a temper, that the kernel may readily melt in the washing. The well dressing your malt ought to be one chief care; for, unless it be freed from the tails and dust, your drink will not be fine and mellow as when it is clean dressed. The grinding also must be considered, according to the high or low drying of the malt; for, if high dried, then a gross grinding is best, otherwise a smaller may be done; for the care in grinding consists herein, lest too much of the husks being ground small should mix



with the liquor, which makes gross fæces, and consequently your drink will have too fierce a fermentation, and by that means make it acid, or what we call stale. When your malt is ground, let it stand in sacks twenty-four hours at least, to the end that the heat in grinding may be allayed, and it is conceived by its so standing that the kernel will dissolve the better.

The measure and quantity we allow of hops and malt, is five quarters of malt to three hogsheads of beer, and eighteen pounds of hops at least to that quantity of malt; and, if malt be pale dried, then add three or four pounds of hops more. The choice of liquor for brewing is of considerable advantage in making good drink, the softest and cleanest water is to be preferred, your hard water is not to be made use of.

You are to boil your first liquor, adding a handful or two of hops to it; then, before you strike it over to your goods or malt, cool in as much liquor as will bring it to a temper not to scald the malt, for it is a fault not to take the liquor as high as possible, but not to scald. The next liquors do the same; and, indeed, all your liquors ought to be taken as high as may be, that is, not to scald. When you let your wort from your malt into the under back, put to it a handful or two of hops, it will preserve it from that accident which brewers call blinking or foxing. In boiling your worts, let the first wort boil high or quick; for the quicker the first wort is boiled, the better it is.—The second, boil more than the first; and the third or last, more than the second.

In cooling lay your worts thin, and let each be well cooled, and care must be taken in letting them down into the tun, that you do it leisurely, to the end that as little of the fæces or sediment which causes the fermentation to be fierce or mild; for, there are, in all fermented liquors, salt and sulphur, and to keep these two bodies in a due proportion, that the salt does not exalt itself above the sulphur, consists a great part of the art in brewing.



When your wort is first let into your tun, put but a little yeast to it, and let it work by degrees, quietly ; and, if you find it works but moderately, whip in the yeast two or three times or more, till you find your drink well fermented ; for, without a full opening of the body by fermentation, it will not be perfectly fine, nor will it drink clean and light. When you cleanse, do it by a cock from your tun, placed six inches from the bottom, to the end that most of the sediment may be left behind, which may be thrown on your malt to mend your small beer.

When your drink is tunned, fill your vessel full, let it work at the bung-hole, and have a reserve in a small cask to fill it up, and do not put any of the drink which will be under the yeast after it is worked over into your vessels, but put it by itself in another cask, for it will not be so good as your other in the cask. This done, you must wait for the finishing of the fermentation ; then stop it close, and let it stand till the spring ; for brewing ought to be done in the month of October, that it may have time to settle and digest all the winter season.

In the spring you must unstop your vent-hole, and thereby see whether your drink doth ferment or not ; for, as soon as the warm weather comes, your drink will have another fermentation, which, when it is over, let it be again well stopped and stand till September or longer, and then peg it ; and if you find it pretty fine, and the hop well rotted, and of a good pleasant taste for drinking. Then, and not before, draw out a gallon of it, put to it two ounces of isinglass cut small and well beaten to melt, stirring it often, and whip it with a whisk till the isinglass be melted ; then strain it and put it into your vessel, stirring it well together ; stop the bung slightly, for this will cause a new and small fermentation ; when that is over stop it close, leaving only the vent-hole a little stopped, let it stand, and in ten days, or a little more, it will be transpa-



rently fine, and you may drink of it out of the vessel till two parts in three be drawn; then bottle the rest, which will in a little time come to drink very well.

If your drink in September be well conditioned for taste, but not fine, and you desire to drink it presently, rack it before you put your isinglass to it, and then it will fine the better and drink the cleaner.

To make drink fine quickly, we have been told that by separating the liquor from the fæces, when the wort is let out of the tun into the under-back, it may be done in this manner; when you let your wort into your under-back out of your tun, catch the wort in some tub so long, and so often as you find it run foul; put that so catched on the malt again, and do so till the wort run clear into the under-back. This is to us a very good way (where it may be done); for it is the fæces which cause the fierce and violent fermentation, and to hinder that in some measure is the way to have fine drink: Note, that the finer you make your wort, the sooner your drink will be fine, for we have heard that some, curious in brewing, have caused flannels to be so placed, that all the wort may run through one or more of them into the tun before working, by which means the drink was made very fine and well-tasted.

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SIR THOMAS SEABRIGHT'S PIPE OF OCTOBER BEER.

Take three quarters of the finest white pale malt, let it be ground not too fine, but just that all the corns may be broken; let your water be soft, running, rain or pond water; boil it half a quarter of an hour, then lade it off into your mashing-tub; let it stand till you can just bear your finger in it: then put in your malt by a little at a time, keeping it stirring all the while: it will take half an hour's mashing in this manner. When done, cover it up close, for two hours and a half, or three hours, returning it back into the mash-tub, till fine. At first letting off, put in



fourteen pounds of the finest pale hops, rubbed in with your hands, that they may not lie in liquors, boil it to twenty, not exceeding thirty minutes, with as much fierceness as possible, to be kept in the copper; immediately after throw the liquor off into the cooler, straining the hops clean out; let it be almost cold, not blood-warm, before you let it down into your working-vat. One full quart of good yeast is enough for this quantity; you may let it work one or two days; then tun it, keeping the bottom sediment out; let it be filled up every day for a week; after bung it in three weeks or a month; it is sometimes near twelve months before it is fine for bottling.

It may be remarked that boiling the wort but half an hour with the hop is not agreeable, because it cannot have its due cure in so little a time, though the hop has. For a smaller quantity, proportion accordingly.

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THE VILLAGE APOTHECARY'S ADVICE TO HIS PATIENTS.  
No. 1. EXERCISE.

As most of you are men who benefit society by your labours; gaining your livelihood by the sweat of your brows, you will not be surprised that I commence my instructions with a few remarks on exercise and labour.

Toil and be strong. By toil the flaccid nerves  
Grow firm, and gain a more compacted tone.

ARMSTRONG.

Truly does this author say,

—————By health the peasant's toil  
Is well repaid.

Exercise indeed gives strength to every fibre, and energy and spring to all the vital powers. In a word, man is rendered

Robust with labour, and by custom steel'd  
To every casualty of life,

for strength is increased by being used, and lost by



being too much hoarded. But I need not dwell on the advantages derivable from exercise, to you, who have experienced them whilst engaged in the labours, by which your families are supported. No ! to you whose habits are those of industry, some few cautions against the excessive and irregular indulgence of those habits, will be more beneficial. Be assured then, that all violent and long continued exertions, even in your wonted labours, may not only prove of serious injury to your health, but will also lessen, rather than increase, the weekly provision for your family. Remember that the vital powers, the powers by which life is continued, can only be urged to a certain point, without injury. If nature be robbed of due repose now, she must repair the loss another time, or sink, overcome, exhausted of the fine and subtile spirits.

“Pursued too closely, e'en the gentlest toil  
Is waste of health.”

ARMSTRONG.

he who thus inconsistently, from motives of economy, extravagantly expends his health, may be said to labour hard to catch disease : for

He gets little for his pains,  
Who sad disease by labour gains.

The all-wise disposer of all things has decreed the due exercise of our powers to be an inexhaustible source of pleasure ; so that man returns to his daily toil, with cheerful alacrity. But excessive exertions take away all zest for work, and no wonder ; for if even too much pleasure will cloy, how much more must too much hard work. No ! no ! take moderate meals of hard work, and then to it again with a relish for it. Think not, however, I mean to lull you into indolence ; far from it.

Behold the wretch who slugs his life away,  
Soon swallow'd in disease's sad abyss ;  
While he whom toil has brac'd, or manly play,  
Has light as air each limb, each thought as clear as day.

THOMSON.



moderate and regular labour coils up the main spring of life, but wild and irregular follies may break it. He that is steady is ever ready. Regular exercise will demand regular rest.

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Weariness  
Can snore upon the flint, when resty sloth  
Finds the down pillow hard.

Watch the steady pace of the sun, let his rising lead you to labour, and his setting to rest, or to rational amusement : for

He who rests and labours by the sun,  
His course of toil does fairly run.

Besides I have one truth to disclose to you, which perhaps you may not have discovered. Virtues may have bastards ; and therefore industry may become the mother of drunkenness. For nature, urged too far, pants and seeks for rest ; but her thoughtless driver spurs her on. The pernicious, the poisonous dram, is swallowed glass after glass, whenever the spirits flag ; and thus, he who gets a hard hand, too often gets a parched mouth. This as generally leads to the ale-house, as that does to the house of misery and disease.—Consider a little, my friends, how little you gain by earning six shillings instead of four, when the publican gets one half of your earnings, and physic runs away with the rest.

\* \* \* Drunkenness in our next.

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#### REMEDIES FOR CONSUMPTION. BY DR RUSH.

I shall begin my observations upon consumption, by remarking, 1. That it is unknown among the Indians in North America. 2. It is scarcely known by those citizens of the United States who live in the first stage of civilized life, and who have lately obtained the title of the first settlers. The principal occupations of the Indian consist in war, fishing, and hunting. Those of the first settler, are fishing, hunting, and the laborious employments of subduing the earth, cutting



down forests, building a house and barn, and distant excursions in all kinds of weather, to mills and courts, all of which tend to excite and preserve in the system something like the Indian vigour of constitution.

3. It is less common in country places than in cities, and increases in both, with intemperance and sedentary modes of life. 4. Ship and house carpenters, smiths, and all those artificers whose business requires great exertions of strength in the open air, in all seasons of the year, are less subject to this disorder than men who work under cover, and at occupations which do not require the constant action of their limbs. 5. Women who sit more than men, and whose work is connected with less exertion, are most subject to consumption.

From these facts it would seem, that the most probable method of curing consumption is to revive in the constitution, by means of exercise or labour, that vigour which belongs to the Indians, or to mankind in their first stage of civilization. The efficacy of these means of curing consumption will appear, when we inquire into the relative merit of the several remedies which have been used by physicians in this disorder. I shall not produce among these remedies the numerous receipts for syrups, bolusses, electuaries, decoctions, infusions, pills, medicated waters, powders, draughts, mixtures, and diet-drinks, which have so long and so steadily been used in this disease; nor shall I mention, as a remedy, the best accommodated diet, submitted to with the most patient self-denial; for not one of them all without the aid of exercise has ever, I believe, cured a single consumption.

1. Sea-voyages have cured consumptions, but it has been only when they have been so long, or so frequent, as to substitute the long continuance of gentle, to violent degrees of exercise of a shorter duration.

2. A change of climate has often been prescribed for the cure of consumptions, but I do not recollect an instance of its having succeeded, except when it has



been accompanied by exercise, as in travelling, or by some active laborious pursuit. Dr. Gordon, of Madeira, ascribes the inefficacy of the air of Madeira in consumption, in part to the difficulty patients find of using exercise in carriages, or even on horse-back, from the badness of the roads in that island.

3. Journeys have often performed cures in consumption, but it has been chiefly when they have been long, and accompanied by difficulties which have roused and invigorated the powers of the mind and body.

4. Vomits and nauseating medicines have been much celebrated for the cure of consumptions. These, by procuring a temporary determination to the surface of the body, so far lessen the pain and cough as to enable patients to use profitable exercise. Where this has not accompanied or succeeded the exhibition of vomits, I believe they have seldom afforded any permanent relief.

5. Blood-letting has often relieved consumptions; but it has been only by removing the troublesome symptoms of inflammation, and thereby enabling the patients to use exercise, or labour, with advantage.

6. Vegetable bitters and some of the stimulating gums have, in some instances, afforded relief in consumptions; but they have done so only in those cases where there was great debility, accompanied by a total absence of inflammation. They have most probably acted by their tonic qualities as substitutes for labour and exercise.

7. A plentiful and regular perspiration excited by means of a flannel shirt worn next to the skin, or by means of a stove-room, or by a warm climate, has in many instances prolonged life in consumptive habits; but all these remedies have acted as palliatives only, and thereby have enabled the consumptive patients to enjoy the more beneficial effects of exercise.

8. Blisters, setons, and issues, by determining the perspirable matter from the lungs to the surface of



the body, lessen pain and cough, and thereby prepare the system for the more salutary effects of exercise.

9. The effects of swinging upon the pulse and respiration, leave us no room to doubt of its being a tonic remedy, and therefore a safe and agreeable substitute for exercise.

From all these facts it is evident that the remedies for consumptions must be sought for in those exercises and employments which give the greatest vigour to the constitution. And here I am happy in being able to produce several facts which demonstrate the safety and certainty of this method of cure.

During the late war, I saw three instances of persons in confirmed consumptions who were perfectly cured by the hardships of a military life. They had been my patients previously to their entering into the army. Besides these, I have heard of four well attested cases of similar recoveries from nearly the same remedies. One of these was the son of a farmer in New Jersey, who was sent to sea as the last resource for a consumption. Soon after he left the American shore, he was taken by a British cruiser, and compelled to share in all the duties and hardships of a common sailor. After serving in this capacity for twenty-two months, he made his escape, and landed at Boston, from which he travelled on foot to his father's house, (nearly four hundred miles) where he arrived in perfect health.

Dr. Way informed me, that one Abner Cloud, who was reduced so low by a pulmonary consumption as to be beyond all relief from medicine, was so much relieved by sleeping in the open air, and by the usual toils of building a hut and improving a farm, in the unsettled parts of a new country in Pennsylvania, that he thought him in a fair way of a perfect recovery.

Dr. Latimer had been long afflicted with a cough and an occasional spitting of blood. He entered into the American army as a surgeon, and served in that capacity till near the end of the war; during which time



he was perfectly free from all complaints of the lungs. The spitting of blood returned soon after he settled in private practice. To remedy this complaint, he had recourse to a low diet, but finding it ineffectual, he partook liberally of the usual diet of healthy men, and he now (as he lately informed me) enjoys a good share of health.

It would be very easy to add many other cases, in which labour, the employments of agriculture, and a life of hardships by sea and land, have prevented, relieved, or cured, not only consumption, but pulmonary diseases of all kinds.

*Case by Dr. Benjamin Franklin.*

To the cases that have been mentioned, I shall add only one more, which was lately communicated to me by the venerable Dr. Franklin, whose conversation at all times conveys instruction, and not less in medicine than upon other subjects. In travelling, many years ago, through New England, the doctor overtook the post-rider; and after some inquiries into the history of his life, he informed him that he was bred a shoemaker; that his confinement, and other circumstances, had brought on a consumption, for which he was ordered by a physician to ride on horseback. Finding this mode of exercise too expensive, he made interest, upon the death of an old post-rider, to succeed to his appointment, in which he perfectly recovered his health in two years. After this he returned to his old trade, upon which his consumption returned. He again mounted his horse, and rode post in all seasons and weathers, between New York and Connecticut river, (about 140 miles) in which employment he continued upwards of thirty years, in perfect health.

These facts, I hope, are sufficient to establish the advantages of restoring the original vigour of the constitution, in every attempt to effect a radical cure of consumption.



WINES AND OTHER LIQUORS ADULTERATED WITH  
LEAD. BY M. ORFILA, OF PARIS.

In order to correct the acidity and sharpness of certain wines and other liquors, they are sometimes mixed with the acetate of lead, ceruss or white lead, and still oftener with litharge. These preparations give to the wine or liquor a sweet taste. Of all the frauds this is the most dangerous. The persons who drink of liquors adulterated by these preparations, experience all the symptoms of poisoning by lead.

*White Wines.*—White wines adulterated with lead, independent of an astringent sweet taste, possess several properties by which they may be recognised.—1st. They scarcely redden the tincture of turnsole, because the acid, which they naturally contain, is saturated by the oxide of lead.

2d. Sulphuric acid, or oil of vitriol, or the sulphates dissolved in water, such as Glauber's or Epsom's salt, &c., render them turbid, and produce a white precipitate, which soon falls to the bottom of the vessel in which the experiment is made. The deposit does not disappear by the addition of water.

3d. The hydro-chloric, or muriatic acid, or the hydro-chlorates in solution, such as salt water, also produce a white heavy precipitate, which is soluble in twenty-five or thirty times its weight of water.

4th. The sub-carbonates of potash, soda, and ammonia, act in the same manner. The white precipitate, which they occasion, is insoluble in water, but dissolves readily in pure nitric acid or aqua fortis.

5th. Chromic acid, and the chromate of potash, throw down a precipitate of a very fine canary yellow.

6th. Sulphuretted hydrogen; or hydro-sulphuric acid, the hydro-sulphates or the liver of sulphur, dissolved in water, and poured into white wines adulte-



rated with lead, blacken them, and throw down a black deposit at the end of a few minutes.

7th. If the precipitates obtained by these processes be collected upon filters, and after having been dried, be mixed with powdered charcoal and caustic potash, and heated to redness in a crucible for half an hour, metallic lead is obtained, which is easily recognised : 1st, by its deep blue colour ; 2d, by the facility with which it is furrowed by the nail ; 3d, the promptitude with which it is dissolved in aqua fortis, giving rise to a liquid salt of a sweetish taste, which is precipitated white by the sulphates, the hydro-chlorates, and the carbonates.

8th. White wines adulterated with lead are precipitated white by the solutions of potash and soda, and by the volatile alkali.

9th. Evaporated in a capsule at the temperature of boiling water, they yield a mass, which being calcined to redness with powdered charcoal, furnishes, at the end of thirty or forty minutes, a button of metallic lead. This character is sufficient to establish the existence of lead in wines.

*Red Wines.*—Red wines adulterated with the preparations of lead, never present so deep a colour as they possessed before adulteration ; they are of a pale red. The presence of lead may be shewn by means of the same agents which serve to discover this metal in white wines. It is only necessary to note :

1st. That the hydro-sulphates may lead into error if we content ourselves with examining their action superficially. In fact, red wines give with these agents a black precipitate ; but the greater number of red wines, which do not contain lead, exhibit nearly the same phenomenon ; they become black, and finish by depositing flakes of a blackish violet colour. It is therefore necessary, when we wish to take advantage of the character furnished by the hydro-sulphates, to add, that the blackish precipitate which they form in the red wines indicates the presence of lead, if, after



having been collected upon a filter and calcined with potash and charcoal, it affords metallic lead.—The same observations apply to other liquors.

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QUACK MEDICINES ANALYSED.

*Gowland's Lotion.*

Take one ounce of bitter almonds,  
two ounces of sugar,  
two pints of distilled water.

Grind them together, and strain, then dissolve in the milky liquor two scruples of corrosive sublimate, or oxymuriate of quicksilver, previously rubbed up with a tea spoonful of spirit of wine.

Let those who are addicted to the use of this cosmetic, recollect that mercury is the active ingredient of the composition, and that it is dangerous to repel eruptions by such means.

*Bateman's Pectoral Drops.*

Take two pounds eight ounces of sweet fennel seeds,  
one pound of anniseeds,  
four gallons of proof spirit of wine,  
a sufficient quantity of water, distil over ten gallons; and dissolve in it,  
seven ounces four drachms of opium,  
six ounces of camphor,  
one ounce of subcarbonate of potass,  
four ounces of red coral.

The qualities therefore of these pectoral drops are, it appears, communicated principally by opium, the danger of which, in affections of the lungs, when given promiscuously, are evident, when we consider, that in most affections of the lungs inflammatory action, and accelerated circulation prevails. — Opium, says an eminent physician, is the quack's sheet anchor. The various nostrums advertised as cough drops, for the cure of colds, asthmas, catarrhs, &c. are preparations of opium very similar to paragoric elixir. Dr. Fothergill remarks, that the mischief that has pro-



ceeded from the healing anodynes of quacks, can be scarcely imagined; for in coughs arising from suppressed perspiration, or in an inflammatory state opiates generally do harm.

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SENSE OF TOUCH.

*Infant Experiments on Distance.*

Dr. Haslam very ingeniously remarks that the forgetfulness of the mistakes of infancy and childhood is a wise arrangement of Providence; for the recollection of these could, in the first place, be of no utility, and it might very materially obstruct or confuse the more perfect knowledge of manhood.

It is in a way similar to what we described in our last, that a child first acquires its notions of distance. It feels the coral impress its hand, through its whole length, and by repeated trials, it finds as it moves it nearer or farther from its eyes, that the picture formed on the back of the eyes is changed in magnitude\*.

Children of a certain age may be observed to be always making experiments of this sort;—by placing what they have in their hands nearer and farther from their eyes.

It is a considerable time, however, before a child has any notion of distance beyond arms length; and it will, consequently, catch as readily at an object a hundred yards off, as one at the distance of a foot. The moon is an object which children frequently grasp at, under the notion that it is near them. The truth is, that infants feel every object touch their eyes, like the young gentleman whom Cheselden restored to sight by couching, till by careful and repeated trials and examination, they discover its place and distance.

In some instances we are in a similar situation with

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\* The manner in which pictures of things are formed in the eye will be explained under the sense of sight. It is to be remarked that our inquiry is a circle.



children in judging of distances, such namely as we have not been accustomed to examine, or which are beyond the reach of our examination.

The sun, for example, seems to be at the same distance as the moon, and the moon as the fixed stars, though we know from astronomy, that the latter are millions of miles more distant than the former. We also think that the sun at setting dips into the ocean, because we have no intermediate object, or series of objects, between the earth and it to estimate the distance by. For the same reason, ten miles of sea or of a level plain, appear to us as little more than one mile, since there is no line of objects along which we could have passed and examined them by touch.

*Estimate of Heights.*

It may be objected, that we can judge of the height of mountains which we never explored. True; but we judge of these by comparing them with similar elevations which we have explored. Even, however, by the assistance of a comparison with known heights, we are seldom correct in estimating the elevation of very lofty eminences. Every body who has ascended any high mountain has had painful experience of the truth of this. When travelling on mount Lebanon, Volney says, he took three days to reach a place which was so distinctly in sight when he set out, that it appeared to be but a few miles distant. This must depend very much on experience. The sailor, who is practised in finding distances, is seldom mistaken in his estimates in a sea view, and the hunter of the Alps will guess very nearly the height of mountains by the eye.

*Solidity discovered by Touch.*

When we look at a square box, we can see nothing but a flat picture of it, which is the only indication of its form; for having learned by touch to estimate distances, we discover that part of this picture some of the sides and angles of the box are several inches distant from others. It is thus that we acquire, in in-



fancy, a knowledge of solids, by numerous observations and often repeated examinations.

Besides these, there are other properties of things which we discover by touch, such as weight, roughness, smoothness, dryness, moisture, viscosity, all of which have not yet been investigated with much accuracy: perhaps we may never be able to trace the difference of change in the organ, and must rest contented with knowing the fact of the difference.

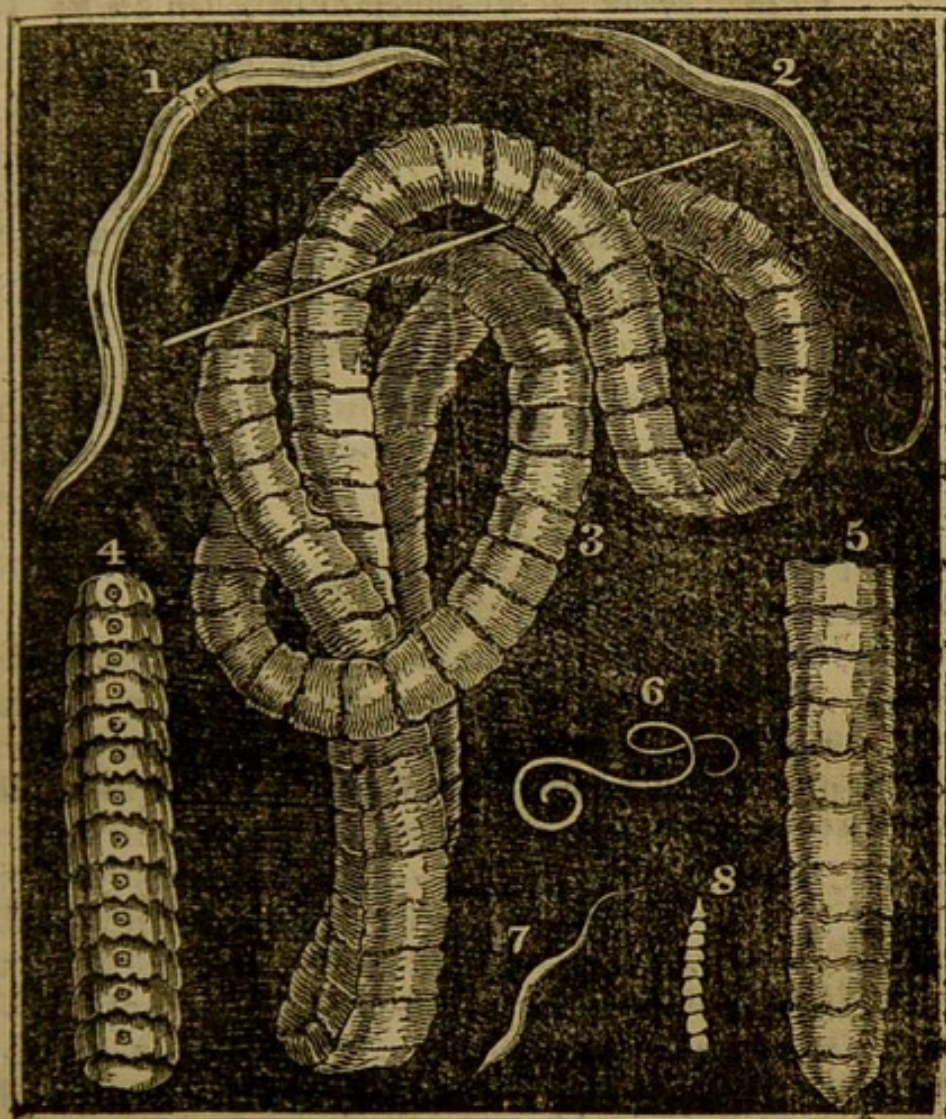
*Skilful and Ignorant Nurses.*

With a knowledge of these plain facts alone, how much is it in the power of nurses and parents to assist infants in their laborious investigation of the properties of the objects around them! without knowing these reasons for an infant's actions, it will often tease and tire its attendants; and it will often be checked in its little experiments, and injudiciously fretted because it is active and laborious in inquiries, which the ignorant nurse cannot comprehend.

Many judicious directions for assisting children in these infant examinations, have been published in late books on education; but unfortunately the precepts of books, like those which we hear from the pulpit, are unaccountably ready to slip out of the mind. We read and admire, in the same way as we hear and admire the preacher, and we rise and forget all which we had learned. Practice is too dry and difficult, and too much at war with our indolence to be relished or pursued.

To the sense of touch may not improperly be referred, all the internal feelings which we experience in different parts of the body, whether these be painful, pleasant, or indifferent. Of these, perhaps, the sexual feelings are the most important, in their influence on life and character. The growth and development, as well as the decay of the body, are also accompanied with peculiar feelings, which have been but too little attended to by philosophers. As we cannot here spare room for the illustration of these, we must refer to the masterly work of Cabanis.





## DESCRIPTION OF THE PLATE.

We have here represented the more common worms which infest the intestines as follows :—

Figure 1. Is the female, and Fig. 2 the male, of the Long Round Worm, which the doctors call by the learned name of *Lumbricus*; or, still more learnedly, *Ascaris Lumbricoidis*.

Fig. 7. Is the common small Thread-Worm, of the lower bowels, called, by the older surgeons, *Ascaris*, and by the modern name-manufacturers, *Oxyuris Vermicularis*.



Fig. 6. Is the long Thread-Worm, called by the doctors *Tricocephalus Dispar*.

Fig. 4. Is a portion of the broad Tape-Worm, learnedly called *Bothriocephalus latus*: they must have glib tongues to pronounce it.

Fig. 3. A portion of a long Tape-Worm, called *Tænia solium*.

Fig. 5. The last joints of the same. Fig. 8. its head.

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#### COMPLAINTS OF NOVEMBER.

The article on the complaints of the preceding month having attracted notice, and given satisfaction, induces us to follow up the varying year in its revolution, by remarks on the complaints of the current month. The gloomy month of November is now come, with its hoarse winds and frequent storms; its leafless trees and deluged fields. For the equinox has now fairly poured its wrath on the earth, and has saturated the very clothes we wear with moisture. Not that it is moisture alone which produces uncomfortable feelings and disease. Other times of the year are damp, and the air is frequently filled with water; but still we feel as if we disregarded it, and it is not until dreary November approaches, that we shiver under the heavy dampness of the atmosphere. The reason of this difference is, that moisture without cold is not disagreeable, and cold without moisture is equally innocent; but it is only perhaps at the beginning of winter, that wet weather and a cold atmosphere so decidedly meet together.

The winter's frost has not yet arrived; the thermometer keeps many degrees above the freezing point; but is still low enough to produce all the evils which are hinted at above. When the cold becomes more intense, the moisture is as it were dried up by being converted into ice; but, in the few weeks which precede this period, a state of atmosphere prevails which



is at least the most disagreeable to the feelings of all others, if it be not the most productive of disease.

*Depression of Spirits and Suicide.*

It would seem that the constitution has but little power of bearing up against the application to the skin of moisture joined with cold. A dry cold air invigorates the habit, and warm damp weather, if not absolutely pleasant, is far from being disagreeable. But when cold and moisture are joined together, as in November, the sensations are most uncomfortable, the spirits fail, the body is relaxed, and none but the strongest constitutions are able to bear it. Hence arises the old saying, that an Englishman hangs himself in November.

The cause of these phenomena is not very clear : but as neither cold nor moisture do the same thing individually, it must follow that the junction of the two calls some third circumstance into play, which, joined with one or both of the other two, produces the effects in question.

This third something is probably electricity. It is quite certain that the state of the body, as far as its electricity is concerned, exerts a great influence over the health. If the body be full of electricity, its powers are in their best state ; on the contrary, let the body be robbed of its electricity, and how certainly does the reverse happen.

Now the air, when dry, is a very bad conductor of electricity. Hence, in a hard frost, the spirits are light, and we feel as if we could scarcely contain ourselves. Even the horses are too full of life at such periods ; the very cart horses gambol, and kick up their legs, instead of passing soberly along the street, as such solemn-looking animals ought to do. But a damp air conducts electricity with great facility ; and hence, as the body is thus robbed of its cordial, it falls down inert and listless.

It is really curious to see the debilitating effects of



November weather on the constitution. Exertion becomes labour, and actual labour is almost impossible ; the head feels heavy or aches, and the whole man is unnerved. Such occurs even to a healthy person, at least in crowded cities ; whilst such as labour under disease feel it still more remarkably. Their complaints hang on, and are not relieved by the accustomed remedies. If the disorder reside in the digestive organs, it is aggravated rather than relieved, and thus, perhaps, the doctor is blamed for an evil that arises from a much more infallible source.

*Disorders of the Lungs.*

The diseases of this month are, of course, more decided in their character, as well as more aggravated in their form, than in October. The severer forms of cold are attended by a heavy constricted feel across the chest, without much actual pain ; the breathing is, therefore, difficult and laborious, rather than painful, as if the effort was distressing rather from the effort itself, than from the fear of its producing a stitch or catch in the side, as in pleurisy. The cough is deeper and more open ; the breathing rattles on account of the presence of phlegm through which the air passes, and the expectoration is tenacious and ropy.

Asthmatic persons now also feel their complaints aggravated ; at least such as are affected by the moist forms of the disease, as they are called. Fevers of the low kind run on to a great length, and common fevers take on the character of typhus. Acute diseases become more liable to terminate in chronic complaints ; whilst the latter are very perceptibly aggravated. Thus it is that a moist and cold atmosphere becomes so detrimental ; and hence November is deservedly called a dreary month.

*Effects of Frost.*

If, as sometimes happens, but more commonly at the commencement of December, a sudden frost occurs and continues for a few days—what a change do



we experience—the whole town is regenerated ; the healthy man laughs at his uncomfortable feelings of yesterday ; the invalid says her headache is quite gone ; the nervous feel invigorated and refreshed ; and even those who labour under acute diseases respond cheerily to the improved state of the atmosphere. The change is sometimes ridiculous. A medical man sees a number of patients to-day, and they all complain of the fog and of the little efficacy of his prescriptions. A frost comes at night ; and to-morrow he finds them all lively and mended in a really surprising way.

Unfortunately, however, these beneficial results do not take place in all cases equally. For in some, a reverse effect too commonly follows. Convalescents from inflammatory diseases feel the bad effects of frost under these circumstances ; and diseases, which would have passed away without inflammation being produced, if the weather had continued open, become complicated by inflammation immediately that the frost commences.

A change of this kind was marked in both these particulars, very evidently, three years ago. The weather had been very damp and cold, and the majority of the sick were stationary and desponding. A frost came, and thousands of blue devils seemed to have vanished. As a specimen of the rest, one young lady, who had complained of constant headache for a week, said that her complaint was quite gone. But the obverse of the medal was equally, though not so agreeably marked. A poor little boy, who had escaped from a severe attack of inflammation of the lungs, after measles, and was convalescent, but very weak, lapsed again into inflammation as soon as the frost appeared, and died in two days.

Thus does the same wind blow good to one and evil to another ; but it is at the same time cheering to think, that though misery and distress will come, and are always present, yet, that comfort and joy are



the lot of some, even under every change of circumstances.

*Preservation of Health.*

The directions for the preservation of health during this month, and the greatest part of the next, may be comprised under a few heads. The coldness of the weather suggests the proper increase of clothing ; but the flannel waistcoat should be changed the oftener, or a silk one should be worn over it ; silk stockings, also, should be worn over others of a warmer description. In short, the electricity should be kept in by every possible means.

Moreover, the body should be fairly supported by nourishing food ; but as, in the general torpor of the corporeal functions, the bowels are very likely to become torpid, and thus lay the foundation for future complaints of the digestive organs ; enough of gentle, opening, medicine should be taken to keep the bowels clear and unobstructed.

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MAXIMS OF PRUDENCE AND ECONOMY.

In business be active and industrious, for many men of large abilities, relying wholly upon their wit, and neglecting the use of ordinary means, suffer others less able, but more active and industrious, to go beyond them.

Diligence alone is a fair fortune, and industry a good estate : idleness doth waste a man as insensibly as industry doth improve him ; you may be a younger brother for your fortune, but your industry will make you an heir.

Æsop's fisher could catch no fish by his playing upon the flute ; but was necessitated to preserve his being, to cast his nets and tackling into the river. And you may observe, that in heaven the moving planets are of much greater consideration than those that are fixed, and do not stir at all.



We cannot commend the honour of the Neapolitan gentry, who stand so on the punctilios of their honour, that they prefer robbery before industry. Action is noble; and not only the celestial bodies are in continual motion, but **HE** that is most high neither slumbers nor sleeps; for besides the contemplation of his own goodness, he is ever at work in acts of Providence and government of his creatures.

There is nothing in the universe stands still, though the earth moves not spherically (as Copernicus fancied) yet there is a continual motion in that too, in her productions; the idle man is only a dead sea.

We would not have you like the lilies of the field, which neither toil nor spin.

We are much pleased with his device, who placed for his impress a pair of compasses, with this motto, *Constantia et Labore*, that is with Constancy and Labour, the one foot being fixed the other in motion.

Before you act, it is prudence soberly to consider, for after action you cannot recede without dishonour. Take the advice of some prudent friend, for he who will be his own counsellor, shall be sure to have a fool for his client. And that you may act with glory, we wish you four great virtues which make a man. 1st, A clear conscience. 2d, A comprehensive knowledge. 3d, A well weighed experience. 4th, The product of all those, a steady resolution.

Resolutions are the moulds wherein actions are cast, if they be taken with over-much haste, or too much affection, they seldom succeed.

When you have fully resolved what course to take in any action, you must not after repent, or fear any difficulty, for such things will lessen the gallantry of your mind; and although some difficulties do happen to arise, yet you must believe that every other course would have been accompanied with the same or greater impediments, yet many times it is more prudence to follow the direction of a present good fortune, than the first resolutions.



A sanguine complexion with its resolutions, do well in pursuit of success ; phlegm and its patience, do better in a retreat from miscarriages.

In the conduct of affairs you may shew a brave spirit in going in, but your wisdom will most appear in securing your retreat, and how to come off ; for there is such uncertainty in all human affairs, that the course to us seems best which hath most passages out of it. It was therefore well observed by one, that the Turks being to make an expedition into Persia, and because of the out-passes of the mountains of Armenia, the Bashas consulted which way they should get in ; one that heard the debate said, here is much ado how we shall get in, but I hear nobody take care how we shall get out.

Let us advise you, however, to make the public good, as well as your own private advantage, the object of all your undertakings, for by providing for your own particular, you may wrong the public ; but by effecting good for the public, you must do good for yourself.

If success of business doth not at first answer your expectation, let no fumes of melancholy possess you, use other expedients and addresses ; for he that constantly makes head against the assaults of fortune, shall be sure to be victorious, and attain his ends. You must not give up the game, because the cards prove cross.

Every thing hath two handles ; if one prove hot, and not to be touched, you may take the other that is more temperate.

In doing business, however, apply your thoughts and mind seriously to it ; but be not too eager, nor passionately engaged in it : nor promise yourself success ; by this means you will have your understanding clear, and not be disturbed if you miscarry, which you must make account will often happen to you.

When a business may turn to disadvantage, it will be your wisdom to temporize and delay, and get what



time you can by deferring; because time may occasion some accident which may remove the danger.

But if it be for your advantage, delays are dangerous, and you must act with secrecy and celerity, which are the two wheels upon which all great actions move.

The noblest designs are like a mine, if discovered they are lost. And to spend that time at gaze upon business, which might serve for a speedy dispatch of it, would be to imitate that musician who spent so much time in the tuning his instrument, that he had none left to exercise his music.

If the matter you undertake be doubtful when you have done your best, you cannot yet warrant its success. Remember the Italian makes it part of the character of an Englishman, when he is to undertake any thing presently, he saith, "I'll warrant you;" but when he misseth of his undertaking, he saith, "Who would have thought it?"

Use circumspection, however, in all your actions, for he who intends what he does, is most like to do what he intends; it is the only ruin of fools, they never consider half-doing in any thing is worse than no-doing; and a middle course, in cases of extremity, of all is the worst.

As there is no business so secure but hath some flaws in it; so there is scarcely any so desperate, but hath some opportunity of recovery.

It was excellent advice of Tiberius Cæsar: Follow safe courses by reason, rather than happy by chance. Yet some things must be ventured, and many things which exceed the prudence of man, are often by fortune disposed to the best.

Certain it is, that he who will commit nothing to fortune, nor undertake any enterprize, whose event appears not infallible, may escape many dangers by his wary conduct, but will fail of as many successes by his inactive fearfulness.

All that a wise man therefore can do, is to attempt



with prudence, pursue with hope, and support intervening accidents with patience.

It will be great prudence in you rightly to take hold of opportunities, for opportunity admits of no after-game; and to those which have lost their first hopes, any thing that is future seems best.

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THE VILLAGE APOTHECARY'S ADVICE TO HIS PATIENTS.

*Drunkenness and Tippling.*

Let us not pass the alehouse, without a word or two respecting the good cheer it affords. Most of us are pretty well acquainted with the delightful refreshment a glass of ale yields when a man is fatigued. Well would it be, if we all knew as well the mischiefs arising from taking a little too frequently, what is called *a little drop*, so that we might be sufficiently on our guard against that insidious enemy, the love of drink. This is an enemy against whom you should always be on your guard, for he uses every trick of war: sometimes he comes on by slow and unheeded approaches; sometimes his attacks are open and violent; and oftentimes will he fight under false colours; and whilst he is received as a friend, cruelly deprives those he has deluded of every comfort, and at last of life itself. He who, being engaged in works of labour, flies to liquor for a spur, whenever nature droops from too great exertion, makes terrible havoc with himself. Nature, before worn down, is now forced and strained by these unnatural efforts; and if these be often repeated, the shattered nerves will show the vast damage they have suffered. Tremblings, sinking of the spirits, sleepless nights, and days of dreadful listlessness, will be the forerunners of some deadly malady.

You will, perhaps, be at first surprised at the assertion; but you will, on reflection, I am sure, agree in its being well founded, that the cautious but frequent sipper is more exposed to be overtaken by disease, in consequence of indulgence in his favourite habit, than



him who revels openly and unguardedly. The former generally allows the elevation he has experienced from his first sip to subside before he takes his second, and that of the second before he takes his third : thus gradually instilling the poison into the system, he has not the warning of intoxication to apprise him, that, although he exultingly applauds himself for his extraordinary self-denial, the quantity he has sipped exceeds that which, taken by his neighbour with less management, has levelled him to the ground, and rendered him the object of our cautious sipper's harsh reproof. The more bold and shameless drunkard finds a monitor, though generally too little regarded, in every drunken bout : the beastly situations in which he is placed by them, and the sufferings which succeed, are not entirely unnoticed :—

He sleeps, and waking finds himself undone ;  
For prodigal of life, in one rash night,  
He lavished more than might support three days.

ARMSTRONG.

Loud but weak resolves are uttered—such filthy excesses are never more to be committed.

Ah, sly deceiver ! branded o'er and o'er,  
Yet still believed ! exulting o'er the wreck  
Of sober vows !

Drunkenness, my friends, that vice, or rather let me say that crime, which engenders all other crimes, is a baneful curse wherever it falls. It degrades man below the meanest reptile, renders his sober hours irksome beyond bearing, brings on the most dreadful diseases, and at last places him on a death-bed, the pillow of which it has filled with thorns. Dreadful is this picture, and many of you must feel its truth. But how, you ask, shall we profit by it ? How shall we rid ourselves of such a dangerous foe ? Not by trifling with him ; not by gentle resistance ; not by endeavouring gradually to disengage yourself from his horrid gripe. No, an enemy so formidable must be firmly and strongly opposed ; not an inch must be yielded to



him. Consider if you break not his neck he will break your's, and perhaps the hearts of those who are dearest to you. Call to your aid self-love, as well as regard and compassion for your family, who innocently suffer for your indiscretions. Crave the support of reason and religion.

Let god-like reason, from her sov'reign throne,  
Speak the commanding word—I will—and it is done.

THOMSON.

Do not be lulled into a false security, founded on one or two incorrigible drunkards enjoying seeming health, for they own not what they suffer; but judge from a larger scale. Look back to the latter days of all the votaries of Bacchus that come within your recollection, and then you will discover that in general the wine-bibber is doomed to the torments of the gout, or of the stone or gravel; the dram-drinker becomes bloated with dropsy, and the swiller of beer stained with jaundice.

————— the yellow fiend  
Tinged with her own accumulated gall.

I am sure if you will but reconsider what has been said, although you may accuse me of preaching, you will not regard a drunken bout as a trifling matter. Look back but to the last adventure of this kind, and strive to

————— recollect  
What follies in your loose unguarded hour  
Escap'd. For one irrevocable word,  
Perhaps that meant no harm, you lose a friend;  
Or in the rage of wine your hasty hand  
Performs a deed that haunts you to the grave.  
Add that your means, your health, your parts decay;  
Your friends avoid you; brutishly transform'd,  
They hardly know you; or if one remains  
To wish you well, he wishes you in heaven.

ARMSTRONG.

Besides, he who drinks much can eat but little; strength is never gained by starving; and one shilling



spent with the butcher is better than two with the publican. Moderation is indeed always commendable, but there is little fear that the labourer will kill himself with cramming; for hard work and hard fare too often go together, and industry seldom messes with gluttony. Indeed it cannot be denied that

Gross riot treasures up a wealthy fund  
Of plagues, but irremediable ills  
Attend the lean extreme.

ARMSTRONG.

I am not one of those who can calculate to a grain, on how little a man may keep life and soul together, but yet I cannot refrain from cautioning you against waste, and reminding you that good housewifery will make one pound go as far as two.

[*To be continued.*]

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#### RECEIPTS FOR MAKING GOOD BREAD.

##### *Home-made Wheaten Bread.*

Take a bushel of wheaten flour, and put two third parts of it in one heap into a trough or tub; then dilute two pints of yeast with three or four pints of warm water, and add to this mixture from eight to ten ounces of salt. Make a hole in the middle of the heap of flour, pour the mixture of yeast, salt, and water into it, and knead the whole into a uniform stiff dough, with such an additional quantity of water as is requisite for that purpose, and suffer the dough to rise in a warm place.

When the dough has risen, and just begins again to subside, add to it gradually the remaining one third part of the flour; knead it again thoroughly, taking care to add gradually so much warm water as is sufficient to form the whole into a stiff tenaceous dough, and continue the kneading. At first the mass is very adhesive and clings to the fingers, but it becomes less so the longer the kneading is continued; and



when the fist, on being withdrawn, leaves its perfect impression in the dough, none of it adhering to the fingers, the kneading may be discontinued. The dough may be then divided into loaf pieces, (of about 5lb. in weight). Knead each piece once more separately, and having made it up in the proper form, put it in a warm place, cover it up with a blanket to promote the last rising; and when this has taken place, put it into the oven. When the loaves are withdrawn, they should be covered up with a blanket to cool as slowly as possible.

*To make Pan Bread.*

Mix up the flour, salt, and yeast, with the requisite portion of warm water, into a moderately stiff paste; but instead of causing part of the flour to ferment (or setting the sponge), as stated in the preceding process, suffer the whole mass to rise at once. Then divide it into earthenware pans, or sheet iron moulds, and bake the loaves till nearly done, in a quick oven; at that time remove them out of the pans, or moulds, and set them on tins for a few minutes, in order that the crust may become brown, and when done wrap them up in flannel, and rasp them when cold.

Bread made in this manner is much more spongy or honeycombed, than bread made in the common way. It is essential that the dough be not so stiff, as when intended for common bread, moulded by the hand.

*Brown Wheaten Bread.*

Suppose a Winchester bushel of good wheat weighs fifty-nine pounds, let it be sent to the mill and ground; including the bran, the meal will weigh fifty-eight pounds; for not more than a pound will be lost in grinding.

Mix it up with water, yeast, and salt, like the dough of common bread; the mass, before it is put into the oven, will weigh about eighty-eight pounds.

Divide it into eighteen loaves, and put them into the oven; when thoroughly baked, and after they are



drawn out and left two hours to cool, they will weigh seventy-four pounds and a half.

*Mixed Wheaten Bread.*

Take a peck of wheaten flour, the same quantity of oatmeal, and half a peck of boiled potatoes, skinned and mashed; let the mass be kneaded into a dough, with a proper quantity of yeast, salt, and warm milk; make the dough into loaves, and put them into the oven to bake.

The bread, thus prepared, rises well in the oven, is of a light brown colour, and by no means of an unpleasant flavour; it tastes so little of the oatmeal, as to be taken, by those who are unacquainted with its composition, for barley or rye bread. It is sufficiently moist, and, if put in a proper place, keeps well for a week.

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FORM AND CONSTITUTION LIABLE TO CONSUMPTION AND SCROPHULA.

Before the complaint has fixed upon any particular part, scrophulous children have a full countenance, their veins are large, (a probable sign that the veins have less proportionate power than the arteries) their cheeks ruddy, and their eyes, usually, light, with a wide pupil. The hair is soft; the nose thick, the upper lip swoln. The whole habit has a weakly appearance, and the flesh feels flabby; the body, however, is plump, and the skin smooth. As they grow up, swellings of the glands are perceived about the neck, and a whole chain of tumours may often be traced in this part. Some of these tumours gather and break, and when one is healed another near it gathers and breaks, and so on in succession. Pain in the ear, with discharge of matter, repeatedly occurs. The eyes are apt to inflame, and the clear part of the eye acquires white opaque spots, which shift from place to place. Many scrophulous children have quick and lively parts.



The disorder, however, not unfrequently shews itself in a different form—especially in poor families, where children are fed on water-gruel with potatoes, and where perhaps their allowance even of this miserable fare is scanty. The countenance acquires a pale hue, appears bloated, and what medical writers term *cachectic*. The upper lip is particularly swelled. The eyes are dull instead of bright. Privation and pain necessarily produce ill-temper, and sometimes stupidity. It is natural for the want of food sufficiently nourishing, and in sufficient quantity, first locally to affect the stomach and bowels. Here, therefore, the disease first manifests itself; and there will perhaps, be few or no swellings about the neck, and these, if they take place, more rarely or more slowly come to suppuration than in better nourished subjects. The lymphatic glands situated near the bowels, known to surgeons by the name of the *mesenteric* glands, swell. As the action of these glands is necessary to due nutrition, the body becomes gradually emaciated; the wasting of the limbs is peculiarly evident; the patient pines for a time, seems to grow more and more insensible to his own misery; exhibits to the spectator a most melancholy aspect of humanity, and at length dies of complete atrophy.

Smoothness of skin, and soft hair indicate an original deficiency of constitutional vigour. There are authentic observations of persons, whose hair in health is crisp, but becomes strait and soft when they are ill. It was the case with Mirabeau, the well-known orator of the French Constituent Assembly.

Scrophulous tumours, in all their degrees, appear evidently to depend on a too feeble action of the absorbents. The bloated countenance is a first degree of dropsy, the moistening liquid of the cells being exhaled in greater abundance than it is inhaled. The swelling of the upper lip, and thickening of the nose, depend partly upon this cause, partly perhaps upon the enlargement of a variety of glands that are situated



there, which receive more liquid and more solid matter from the arteries, than the absorbents carry back.

On the enlargement of the pupil, which has been mentioned as a mark of the scrophulous temperament, and as a sign of consumption, it may not be improper to add a few remarks. In strong people, all the muscular fibres have more tone, or are habitually more tense, or stretched, than in the weak. The iris of the eye partakes of the general condition of the muscles. The pupil is smaller as the iris is more stretched, and the reverse. The inspection of the iris, therefore, seems to prove neither more nor less than the grasping of the arm, the state of the muscles of the arm being perfectly ascertainable by the hand. Perhaps the appearance of the iris is the more fallacious of these two tests. For besides the effect of a strong light in diminishing, and of a faint light in expanding, the aperture of the pupil, the smallest inflammation, or sense of heat about the eye, is almost sure to cause a contraction of the pupil. Other affections of the iris from association, are described by medical authors. All these render the inference from the state of the pupil, to the state of the constitution, less certain. And we do not perceive that the condition of the larger muscles, when the limb is examined in a given position, is liable to equal variations.

If mechanical ingenuity shall ever be applied to its most worthy object, the living system, exact measures of the tone of the muscles will, in all probability, be invented. Thus, a bandage encircling a fixed part of the arm, by means of a noose, and having a weight appended to its end, might give a measure of the tension of the muscles which it encompassed. A deeper impression will be made upon the arm, as the habit is weaker, and the weight will consequently sink lower. We mention this as a proof of the possible application of exact measures, to the living system. Ingenious men will contrive others more appropriate and exact.

A certain conformation of that part of the body



within which the lungs are lodged, is justly reckoned among the most unfailing marks of a disposition to consumption; and particularly a narrow chest. This is often accompanied with a long neck, and with shoulder blades standing out like small expanded wings. The appearance of the shoulder blades seems to depend merely upon the state of the chest, since they cannot adapt themselves so closely to a narrow, as to a broad chest. The long neck is less constant, and is sometimes seen to accompany a well-formed chest.

The narrowness of the chest is, we believe, generally supposed to straiten the lungs in their play during respiration, and hence to injure their substance, so as to occasion pulmonary consumption. This seems to us an erroneous idea. During the opening of dead bodies, we have always observed, that in the narrow-chested, the cavity of the thorax has been as well adapted to the size of the lungs, as in the broad-chested. Were it otherwise, we conceive that this organ would not wait till the age of puberty before it became ulcerated.

Narrowness of chest immediately depends on a weak action of the powers that form this part; and is often an hereditary fault of conformation. Hence the whole exterior and interior of the chest are ill-finished; the ribs not sufficiently arched, and the structure of the bones less solid. The debility of the soft parts continues, and at a certain period, tubercles are formed.

Mechanical means, therefore, of widening the chest, in behalf of the compressed lungs, appear to be a misdirection of our endeavours to prevent consumption. If the original conformation can be improved, it can only be done by a treatment calculated to render the whole system more robust. There is no advantage in the use of the dumb bell, beyond any other exertion that employs the arms; and as swinging weights must always be a task, and will never be performed



with ardour, and but seldom with perseverance, it is better not to put our pupils upon it at all. Even when we regard health alone, exercises having in view some immediate object, level to the comprehension of young people, and agreeable to their feelings, should be always preferred.

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#### ON POISONS AND POISONING.

What is a poison? The ancients considered every thing as poisonous that produced malignant symptoms, and attacked directly what we style the vital principle. Thus, miasma was with them a poison, and their remedies, or antidotes, were accordingly directed to the support and cherishing of the vital heat, and to increase action throughout the body. Hence also the name of alexipharmics, and the belief of driving out poison by transpiration. The common idea of a poison by the moderns, on the other hand, is that it is a substance which, on being applied in one or other way to the human body, is capable of destroying the action of the vital functions, or of placing the solids and fluids in a situation that prevents the continuance of life. Dr. Mead's definition includes every substance which, in small doses, can produce great changes on the living body. This is evidently too extensive, since it embraces many articles that are not regarded as poisons, and excludes others that are really so. Thus, a small quantity of bread or water has produced great changes, whilst opium or corrosive sublimate has been taken in large quantities, without injurious effects. The definition given by Foderè, although liable to criticism, is probably as unexceptionable as any that has yet been offered. He considers poisons to be those substances which are known by physicians as capable of altering or destroying, in a majority of cases, some or all of the functions necessary to life. The great and leading object in medico-legal cases, necessary to complete the



idea of a poison, is the intent with which the substance is given.

Another interesting question is the manner in which poisons act. This has been a subject of fruitful discussion among modern physiologists. It is not necessary to enlarge on the varied results obtained by experimentalists, nor to enter into a discussion concerning the weight of testimony in favour of the blood-vessels, the nerves, or the lymphatics, as the medium by which poisons produce their effects. A concise notice of the consequences observed from each individual poison, will be more appropriate to the object of this work.

*Resistance of Poisons.*

The remarkable resistance that is sometimes observed to the action of poisons, also deserves an early allusion. Instances of this nature are so numerous, that a selection of the more striking will be sufficient to illustrate the position.

Among the Hungarians, the seeds of the Palma Christi are often taken, to the amount of thirty-six grains, without any inconvenience, and some of the French peasantry use a decoction of colocynth as a common purgative. The common dose of the extract of the aconitum napellus, or monks-hood, is one for two grains, and it is deemed dangerous to use it in larger quantities; but Foderè was consulted concerning the case of Charles IV. of Spain, who, while residing at Marseilles, was attacked with a rheumatic gout, and he recommended the medicine in question. M. Soria, the king's physician, replied, that at a former period it had been administered for a length of time, and to such an extent, that the patient took a drachm daily, without any good or evil effects. This monarch was now sixty-two years of age, athletic, and had an excellent appetite. The fumes of mercury, of lead, and of copper, are well known to be injurious to those who inhale them, yet no fact is better established than that of workmen resisting their effects for many



years. "In the mines of Peru," says Humbolt, "from five to six thousand persons are employed in the amalgamation of the minerals, or the preparatory labour. A great number of these individuals pass their lives in walking barefooted over heaps of brayed metal, moistened and mixed with common salt, sulphate of iron, and oxide of mercury, by the contact of the atmosphere and the solar rays. It is a remarkable phenomenon," he adds, "to see these men enjoy the most perfect health." Again, in all the Savoyard and Swiss Alps, milk is collected and kept in small copper vessels, and in Germany, preserved fruits are put into vessels of this metal, in order to give them a green colour, and all without inducing any injury. The most astonishing of cases, however, on record, is that of the old man at Constantinople, who had been in the habit for thirty years, of swallowing enormous quantities of corrosive sublimate, until his dose came at last to be a drachm daily. He was living in 1800.

These exceptions to general rules are best explained on the principle of peculiarity of constitution, or of habit rendering the system innoxious to their effects. And such extraordinary instances should, above all, never influence us in legal medicine, nor lead us to the idea, that because one person has taken a particular substance without any ill effects, it is therefore not a poison. The academy of Berlin was consulted in 1752, whether copper was a poison. They replied, that they did not consider it decidedly so, since several had taken it with impunity, either separately or mixed with food. Now, if this decision receives a general application, we may undoubtedly adduce examples of wonderful escapes from the effects of almost all noxious substances, and thus destroy the idea of poison altogether.

*Poison not fatal to some Animals.*

There is another curious fact connected with this subject, which it is proper to mention. It is, the different effects which some substances produce on man



and other animals—being noxious to the one, and innoxious to the other, and *vice versa*. Thus, sweet almonds kill dogs, foxes and fowls—aloes is destructive to dogs and foxes, pepper to hogs, and parsley to the parrot. On the contrary, the leopard's bane (*arnica montana*) is fatal to man, while it is food for wild goats and swallows. Hogs feed on henbane (*hyoscyamus*), pheasants on stramonium, and sheep on hemlock and the manchineal apple with impunity. Even arsenic is said to prove harmless to the wolf.

The danger of poisons, as well as the rapidity of their action, varies considerably. Animal poisons are probably the most speedily and the most certainly fatal, though they would seem to be equalled in both respects, by some of the vegetable poisons when introduced by puncture into the system. We refer particularly to the poisoned arms of savage nations. Next, the mineral, and lastly the vegetable poisons. The latter, though gradually slower in their operation, are often no less destructive.

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#### QUACK MEDICINES ANALYSED.

##### VERLANGIN'S *Balsam of Life*.

Take one drachm and a half of Socotrine aloes,  
 one drachm of powdered myrrh,  
 same quantity of saffron dried,  
 two scruples of salt of tartar,  
 half an ounce of Spanish liquorice,  
 one pint of water.

Boil the ingredients together, till the fluid is reduced to a quarter of a pint; then strain, and add four ounces of the compound tincture of cardamoms.

This is a warm aperient medicine, much used by females at a time when the constitution is about to undergo that important change, which takes place usually somewhat near the fiftieth year. Women have generally selected such medicines for their use at this period, as contain aloes (the "*hiera piera*," for instance, is a very favourite remedy) having learnt that



this article possesses a stimulating power over the uterine organs.

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MEASLES, AND THEIR SYMPTOMS.

The measles are known by the appearance of small eruptions, somewhat resembling flea-bites, over the face and body, but particularly about the neck and breast, not tending to suppuration. Many of these spots soon run into each other, and form red streaks or suffusions, larger or smaller, which give the skin an inflammatory appearance, and produce a perceptible swelling of the face; each spot is raised a little above the surface, especially in the face, where they are manifest to the touch; in the limbs and trunk they form only a roughness. The disease is highly infectious; often prevails epidemically, however, and the constitution that has been once under its influence is seldom, if ever, liable to a second attack. This only happens when the person has at first had a very mild or spurious species of measles.

It has been very common to consider the disease as either benign or malignant. The first is ushered in with shiverings, succeeded by heat, heaviness in children, and headache in adults, a slight inflammation and much heat in the eyes, attended with a swelling of the eyelids, a flow of acrid tears, and an inability to bear the light. These are succeeded very soon by frequent sneezing, and a serous discharge from the nostrils, hoarseness, difficulty of breathing, with a cough, considerable febrile heat, sickness at the stomach and perhaps a vomiting. The tongue is foul and white, the thirst great, and the pulse is frequent and strong. About the fourth day, small red spots make their appearance, first on the face, and afterwards successively on the lower parts of the body, which increase, run together, and form patches. The spots on the face sometimes appear a little prominent to the touch, but on other parts, do not rise higher than the surface of the skin. On the fifth or sixth day, the vivid red is changed to a brownish hue, and in a



day or two more the eruption entirely disappears, with a mealy scaling of the scarf skin or cuticle, and is replaced by a new one. The symptoms do not go off on the eruptions coming out, with an exception to the vomiting; the cough and headache continue with the weakness and defluxion on the eyes, and there is a considerable degree of fever, with much anxiety and oppression at the chest. At the period that the cuticle peels off in scales, a purging is apt to come on, and continue for some time.

In the malignant measles the eruption appears more early, and all the symptoms before enumerated are in an aggravated form. The mouth and throat assume appearances similar to those in the ulcerated sore throat, and the disease is attended with a fever of the typhus kind, and symptoms of putrescency, but more particularly, livid spots are interspersed between the eruptions.

The symptoms which characterise measles and distinguish it from other eruptive disorders, are the dry cough and hoarseness, the heaviness of the head and drowsiness, the appearances of the eyes, which are red, swelled, itchy, very sensible to light, and frequently beset with tears, together with frequent sneezing, and an acrid thin discharge from the nostrils.

We are to regard in a favourable light the febrile and other symptoms being mild; a gentle moisture diffused equally over the whole body on the coming out of the eruptions; early and free expectoration, and open bowels. On the contrary, the fever increasing after the appearance of the eruptions, great pain in the head and eyes, anxious respiration, no expectoration before the fourth day, an inflammatory affection of the lungs, a small but rapid pulse, delirium, the sudden disappearance of the eruptions, or these becoming of a livid hue, violent purging, great loss of strength, purple spots on different parts of the body, with other marks of putrescency, are very unfavourable symptoms; indeed, the latter clearly point out that a fatal termination is near at hand.





INVALID BEDSTEAD. By MR. RAWLINS.

A. Bedstead. B. Swing Frame, shewing the Head and Foot Frames raised. C. Rising Head Frame. D. Rising Foot Frame. E. Rising Foot Frame, shewing the Elevation of the Knee Joint. F. Folding Side Frame. The patient lies on the mattress on the swing frame, which may rest on a mattress beneath; or if desirable to lie softer on a bed, and for the convenience of performing the offices of nature with cleanliness and comfort, the swing frame is raised up, by turning the handles at the head and foot of the bedstead, one or both as occasion may require, so as to admit a bed-pan to be placed beneath



the circular hole in the mattress, the cushion which fastens in underneath having been previously removed, by raising the swing frame higher, the bed beneath can be shaken up without inconvenience to the patient. The curtain rods are fixed in a very peculiar manner, so as to admit of the curtains being drawn entirely round the bed, and to fold over each other, thereby preventing all partial draughts of air; and the extra width of the tester-frame admits of the curtains hanging quite free from the bed-clothes, with which they commonly interfere. The swing frame, with that part of the apparatus attached to it, may be taken away in about a quarter of an hour, if it is wished to use the bedstead without it, and it may be replaced in about the same time.

This is an extremely useful, practical, and ingenious invention of Mr. Rawlins, and ought to be an indispensable article with all invalids who can afford the purchase.

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#### INFLUENCE OF THE WEATHER ON HEALTH.

##### *Heat and Cold.*

Warm air relaxes the solid parts of the body, and occasions a quicker circulation of the fluids. Heat is chiefly oppressive to the nerves; hence the tender and infirm suffer severely in hot weather; hence arise hysteric and hypochondriac complaints, convulsions, and loose bowels. Cold renders bodies more compact, particularly the solid parts of the animal structure, such as the muscles, nerves, bones, &c. They become more elastic in winter; the appetite for food is stronger, and digestion easier and quicker. On the contrary, the resistance of the fluid parts becomes so great, that even the increased powers of the solids cannot overcome it, if the cold be too violent. In winter the blood is much disposed to inflammations; hence stitches in the side, inflammatory sore throats, rheumatisms, &c. In persons who take little exercise, the fluids are apt to stag-



nate, and the solids to chill during the winter : upon the whole, however, the effects of cold weather may be rendered less hurtful, and even salutary to the body, if proper exercise be not neglected.

*Moisture and Dryness.*

Damp or moist air suddenly relaxes and debilitates; it occasions a slowness in the circulation of the fluids, which gives rise to obstructions, and impedes both the circulation of the blood and the secretion of humours, by checking insensible perspiration. If the moisture of the air increases, we experience an unaccountable torpor and ennui ; with the loss of energy we lose our gaiety, and the mind is depressed as well as the body. Damp places and districts are always unwholesome, but more particularly so in cold weather. Moisture, by diminishing perspiration, produces disorders of the throat, the breast, and the abdomen. But the most dangerous and fatal effects on the human body have been observed to arise from moist air, accompanied with hot weather ; for, when moisture has impaired our energy, heat increases the evil in a great degree, by opening the pores through which the moisture penetrates into the body, and predisposing every part of it to putrefaction and dissolution. This accounts for the great mortality prevalent during the hot season at Batavia, and in some of the West India islands.

Dry and cool air, from possessing a due degree of elasticity, promotes in an extraordinary manner the serenity and alertness of mind and body ; hence it is found uncommonly salubrious to hypochondriacs. But a dry and very cold air generates inflammatory diseases, because it thickens the blood. Dry and hot air affects us like heat, and enervates the body. But a dry air, which is not too warm, is both agreeable and salubrious.

*Variableness of the Weather.*

Great and sudden changes from a warm to a cold, or from a light to a heavy air, are highly injurious to



valetudinarians, and even to the healthy. Soldiers in camp, and sometimes travellers, feel very severely the bad effects of cold and moist night-air, after long marches and journies. Weakly and infirm persons have frequently ominous sensations, previous to any remarkable change of the air.

A moderately heavy and elastic air is the most agreeable and salutary to the human body; hence nature has not assigned us our constant residence on the summits of mountains. Yet a light and rarefied air, such as is felt on the highest mountains, is not so unfit for respiration, nor does it manifest so noxious an influence on the human body, as was formerly believed. The latest travellers assure us of the contrary; and speak in decisive terms of the salutary effects of the air, during a short stay in those elevated regions.

#### *The Winds.*

Among the different winds, which are only strong commotions of the air, the long continued North wind is comparatively the most wholesome, as it purifies the atmosphere of noxious vapours, renders the air serene and dry, and thus imparts to the human body elasticity, vigour, activity, and a lively colour. It is, however, troublesome to persons of delicate habits, and occasions in them coughs, inflammation of the throat, pains in the side, obstructions, and febrile diseases. The South wind weakens and relaxes the body, and is very apt to produce catarrhal affections. The morning wind is very drying; but evening winds are cool and moist, being frequently accompanied with rain and changeable weather. All these winds differ materially in their qualities, from local circumstances, and accordingly as they blow over a Continent, over the Ocean, or over high mountains and icy regions, from which they carry along with them more or less of cold and humid particles. But, upon the whole, too dry weather is always more healthy than that which is too moist.



*The Seasons.*

Of the four seasons of the year, the Autumn is the most unhealthy; because then the particles of perspiration not only remain on the body, but are in a state inclining to putrefaction. This disadvantage, however, may be easily obviated by guarding ourselves with proper dress, and choosing a suitable diet. Too light a dress, and too thin stockings, are not advisable at this season. The Spring season is, in general, the most healthful. Spring, and the beginning of Summer, are most salutary to children and young persons; while the Summer and the beginning of Autumn agree best with the aged. The latter end of Autumn, and the beginning of Winter, are commonly the most wholesome seasons to persons of a middle age.

It has been remarked by medical men, that certain diseases appear and disappear according to the different seasons. Thus, putrid and bilious disorders prevail in Summer; inflammatory diseases in Winter; and the catarrhal, mucous, and gastric or stomachic affections, in Spring and Autumn. It has been farther observed, that in Spring the blood circulates more freely; hence probably arose the ancient practice of blood-letting, and taking laxatives at certain regular periods; both of which I have already pointed out, as dangerous in their tendency, and always hurtful to the healthy.

As the vegetable kingdom is renewed in Spring, and as vegetation, in general, is most lively in that season, there can be little doubt, that the pure vital air is then most copiously evolved, by means of the solar light and heat. Hence it follows, that the vernal air is more wholesome than that of Autumn, which is saturated with impure and putrifying particles. The cold of Autumn, however, and the frequent winds then prevalent, prove extremely efficacious in counteracting the baneful effects of corruption and putrefaction.

If the temperature of the air correspond with the natural constitution of the season, we may expect what



is called a healthful year, and that the prevalent diseases will be of a mild nature; but if the weather does not agree with the general laws of the season; if, for instance, the Winter prove warm, or at least moderate, or the Spring cold and severe, with sudden alternations of heat, we may expect to find the year pretty generally marked with alarming and obstinate diseases.

The temperature of the air depends not a little on the natural situation of the country, whether it lie high or low; whether its mountains oppose or give a free passage to the winds; whether it contain flowing or stagnant waters or morasses, and whether it be open or covered with woods. Country air is, upon the whole, always purer than that of towns, with narrow streets, and crowded buildings.

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#### RULES FOR PRESERVING THE SIGHT.

In all employments whatever, let us attend as much as possible to this circumstance, that the eyes may have a uniform and sufficient light, so as to affect them on all sides alike. The eyes materially suffer, when the rays of the sun are strongly reflected from the opposite wall or window.

In children, many disorders of the eye, which would never have had so fatal an issue, have terminated in total blindness, when parents have neglected to provide the cradle, or window, with proper curtains. For this reason, we ought to be extremely cautious in the choice of an apartment appropriated to the labours of the day. We should not place ourselves directly opposite to the light, in reading and writing; we ought rather to take the light in a lateral direction.

A great obstacle to this arrangement is the change of light in the same apartment, by the progress of the sun. Where the sun dazzled in the morning, we find in the middle of the day the most uniform light, which again in the afternoon, particularly in towns, becomes



reverberatory, and extremely hurtful. This inconvenience should be remedied, if possible, by a frequent change of the room; or, at least, we might obtain more uniformity in the light by means of window curtains, or blinds; and those of green or whited-brown linen are best adapted for this purpose.

*Use and Abuse of Shades.*

It is a useful practice to protect weak eyes from the descending rays, by means of shades; because the vivid light from above is thus intercepted. But we ought to consider, that the lower part of the eye is by such means completely shaded, while the upper part of the organ is stimulated by the light it receives from below; a practice which cannot be productive of good consequences. If the malady be situated in the upper part of the eye, this conduct is still more improper; for the healthy part is in this manner protected, and that already relaxed is still more weakened.

Darkness, or shade, is then only beneficial to the eyes, when they are unemployed, when the obscurity is natural, and consequently every where extended. To rest a little during the twilight, is very suitable to weak eyes. No artificial darkness during the day is ever so uniform but that the eye must exert itself at one time more than another, and necessarily suffer by this change. Persons with weak and diseased eyes, who spend the whole day in an apartment darkened with green curtains, injure their sight still more by this pernicious practice. It is far more prudent to repair to clear day-light and the fresh air, and to direct the eyes to distant prospects, than to confine them to the close atmosphere of a room, and to the sight of near objects.

It is an error that weak eyes, when employed in minute vision, ought to have a faint light; for by this practice they are certainly still more weakened. Thus green spectacles are very hurtful to some eyes, as they deprive them of that light which is necessary to a distinct perception of objects.



*Lamps, Candles, and Screens.*

The artificial light of candles and lamps is detrimental to weak eyes ; not, as some imagine, on account of the light being too strong; but because the flame of a candle too powerfully illumines the eye in one point and does not uniformly stimulate the eye.

The means used to prevent the great stimulus from the rays of light are, in general, so regulated, that the screen may not only cover the flame, but also concentrate the greatest part of the light. Thus the room is darkened, and only a small spot above and below the apparatus is illumined; a practice highly injudicious. The study-lamps, with large round screens, seem to be purposely contrived to impair the soundest eyes, by their continued use. The green parchment screens formerly used were likewise objectionable; for though they admitted the free access of light on both sides, yet they produced too great a shade before the eyes. The best and most proper defence of weak eyes by candle-light is a flat screen, projecting about two or three inches over the forehead; or even a round hat, with a brim of a proper size.

Those who are afflicted with weak eyes should always make use of two candles, placed so that their flame be neither too low, nor too high for the eye. This is a circumstance of great importance, as the light, when placed too low, is uncommonly stimulating and fatiguing. Candles have this advantage over lamps, that their light is less offensive to the eye and less pernicious to the lungs; as they do not, in general, emit so much smoke. But, on the other hand, all candles have the following disadvantages:—1st, That, by their burning downwards, the fatigued eye is progressively more strained in the later hours of candle-light; 2d, That the unequal light they give is attended with the additional trouble of snuffing them; and, 3d, That by the least commotion of the air, or, if made of bad materials, they injure the eye by their flaring light. Hence a clear chamber-lamp, burning with the least



possible smoke and smell, is far preferable and more soothing to the eye, than even wax candles. The improved patent lamps, originally contrived by M. d'Ar-gand, in Switzerland, are well calculated to answer every useful purpose; but, instead of the common round screens, we would recommend another, immediately to be described.

Those screens are the best, which are applied to one side of the light only, which are not larger than is necessary to cover the flame, and which still admit a small quantity of light to pass through them. This is obtained by a simple apparatus of taffety, slightly gummed, and folded so that it can be carried about in the pocket. These little screens are very portable, and are possessed of the essential advantage, that they overshadow only the small angle formed for the individual who is affected with weak eyes, without depriving the rest of the company of light. In the day-time, on the occasion of sealing letters, for instance, the light of a candle or taper is more prejudicial to the eye than in the evening.

#### *Management of Weak Eyes.*

In the morning, we should not too much exert the eyes immediately after rising. Hence it is advisable to remove the candle to some distance, and under shade in the long winter mornings, till the eye be gradually accustomed to it. For the same reason, the window shutters ought not to be suddenly opened in very bright day-light. This immediate change, from darkness to the clearest light, occasions sensible pain even to the strongest eye.

Writing fatigues the eye less than reading; for the letters we formed on the paper are previously imprinted on the imagination, and consequently require much less acuteness of sight, than the series of letters and words we read. It is, for the same reason, much easier to the eye to read our own hand-writing than that of a stranger, however distinct. Besides, the letters and



lines in writing are more distinguishable by the lower part of the blank paper, than the lines in a printed book, or on a manuscript ; in both of which they appear to flow together, and can be kept asunder only by great exertion of the eye. The case is considerably changed, when we endeavour to write remarkably well ; or when we make use of a glossy white paper, and particularly when we copy the writing of another person with great accuracy ; in all which instances the sight is more impaired than in reading, especially by changing the direction of the eyes too frequently to papers, or books of different types.

The extravagant elegance in the letter-press of many modern books, the splendid whiteness and smoothness of vellum paper, or of hot-pressed wove paper, and the broad margin injudiciously contrasted with the printer's glossy ink, are ill calculated to preserve our eyes. And if the lines be too close to each other, the columns too long, as in our newspapers, the ink too pale, as is now becoming fashionable, and the paper of a bluish cast—the eyes are then in a fair way of being totally blinded.

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THE VILLAGE APOTHECARY'S ADVICE TO HIS PATIENTS.  
No. 3.

*Spiceries and Seasoning.*

One species of indulgence I must, strongly, warn you against,—the taking too freely of spice ries with your meals. Mustard, pepper, &c., substances of so fiery a nature, that if applied pure to the skin, would soon excite a considerable degree of inflammation ; or which, if blended with milder substances, and applied frequently, would harden the skin, and deprive it of its healthful sensibility, are taken into the stomach, with as little caution as though they were as mild as milk, and without considering that effects, similar to



those they produce on the skin, succeed to their application to the stomach.

The substances of which we are speaking, taken into the stomach, even in the quantity in which they are most frequently used, render the stomach less sensible to the calls of nature, and less capable of performing its function of digesting the food : at length, heartburn, sour risings, painful oppressions, and cramps of the stomach, show that weakness of the organ is produced, in consequence of its having suffered too much irritation.

The stomach urged beyond its active tone,  
Hardly to nutrimental chyle subdued  
The softest food.

ARMSTRONG.

You cannot be too watchful against the increase of this practice, for he that gratifies his taste without the limitation of prudence, knows not where he may end. He that begins with a grain, may end with a pound. Now my friends, although you may not think it worth your trouble to balk your taste for such a trifle, as you may esteem health to be, at least, let your children have fair play ; and do not bring them up the slaves of such evil habits. Let your diet be plain.-- He that breakfasts on milk ; dines one day on animal food, and the other on pudding, &c. ; and sups lightly on milk, pottage, &c. may, with reason, hope for health. Therefore

Let temperance constantly preside ;  
Your best physician, friend, and guide.

ARMSTRONG.

#### *Active Amusements.*

But man is not made merely to eat, drink, and toil. A spark of intellectual fire is placed by his great Creator in his breast. If this be smothered and extinguished, life passes on dull and cheerless ; but if fanned into



flame, its genial influence pervades, and actuates every part of the system.

————— from heaven it came,  
Oh, prize this intellectual flame !  
This noble self with rapture scan ;  
'Tis mind alone which makes the man.

COTTON.

In proportion as the mind is cultivated, the enjoyment of nature's blessings is promoted, and the interest in life is augmented ; and, which is particularly to our present purpose, the opportunities and the range of rational recreations are increased. Know that amusement is as necessary to health as labour ; and that it is sometimes right

To frame your mind to mirth and merriment,  
Which bars a thousand harms, and lengthens life.

SHAKESPEARE.

But moderation in the enjoyment of pleasure is as necessary as in the prosecution of labour. You may, if you choose, make an amusement of labour ; but never make a toil of amusement. Your amusement should be adapted to the nature of your employment through the day : thus, should you be exhausted by toil, choose some amusement where skill and dexterity is required, rather than labour ; but if your employ in the day should have been accompanied with but little exertion, choose those sports which call the various muscles into exercise. Take care, however, that your sports bear not on the limbs which work has wearied. Let him whose arms are fatigued with wielding the pick-axe, and the ponderous hammer, amuse himself, when his task is over, with ranging in the fields,

Where sown profusely, herb and flower  
Of balmy smell and healing power,  
Their souls in fragrant dews exhale,  
And breathe fresh life in every gale.



Here are thy walks, oh! sacred health;  
The monarch's bliss, the beggar's wealth.

MALLET.

Here blooming health exerts her gentle reign,  
And strings the sinews of the industrious swain.

GAY.

Whilst he whose occupations weary his legs and feet, should rather derive amusement from those sports which exercise his arms.

*Bathing.*

Bathing is a recreation, pleasant, refreshing, and highly salutary; fit for him who passes a sedentary life, as well as him who leads a life of labour. By this the skin is cleansed from hurtful matter, which may collect on it, whilst the vessels are so strengthened by it, as to be enabled to resist disease. Observe that we here recommend bathing for the prevention, not for the cure of diseases; since our time will neither allow us to specify those numerous complaints which may be removed by it, nor those which prohibit its employment. We therefore can only say, generally, that in health, it will prove beneficial, if used when the body is neither chilled nor much heated; but that in diseases depending on any altered structure of internal parts, it can never be had recourse to but with danger.

[*Domestic Amusements in our next.*]

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RECEIPTS FOR MAKING ROLLS, FRENCH BREAD, MUFFINS, AND CRUMPETS.

The dough of which rolls are made by the generality of the London bakers, is suffered to *prove*, that is to rise more, than dough intended to be made into loaf-bread. It is, therefore, left in the kneading trough, whilst the loaves made of the same dough are in the oven. During this period it rises more, and the fermentation is further promoted, by placing the



rolls, when moulded, in a warm place, to cause the dough to expand as much as possible. When this has taken place, they are put in the oven to be baked, which is effected in about twenty or thirty minutes. When taken out of the oven they are slightly brushed over with a buttered brush, which gives the top crust a shining appearance, they are then covered up with flannel to cool gradually.

We have witnessed at a baker's, who has the reputation for making excellent rolls, forty-eight pounds of dough moulded into one hundred (penny) rolls; they weighed, when drawn out of the oven, twenty-six pounds.

The bread called, in this metropolis, French rolls, and French bread, is made precisely in the same manner, viz. from common bread dough, but of a less stiff consistence; they are suffered to rise to a greater extent than dough intended for loaf-bread.

Some bakers make rolls and French bread of a superior kind, for private families, in the following manner:—

Put a peck of flour into the kneading trough, and sift it through a wire sieve, then rub in three quarters of a pound of butter, and when it is intimately blended with the flour, mix up with it two quarts of warm milk, a quarter of a pound of salt, and a pint of yeast; let these be mixed with the flour, and a sufficient quantity of warm water to knead it into a dough; suffer it to stand two hours to *prove*, and then mould it into rolls, which are to be placed on tins, and set for an hour near the fire, or in the proving closet. They are then put into a brisk oven for about twenty minutes, and, when drawn, the crust is rasped.

The cakes, called in this metropolis, muffins and crumpets, are baked, not in an oven, but on a hot iron plate.

For muffins, wheaten flour is made with water, or milk, into a batter or dough. To a quarter of a peck of flour is usually added three-quarters of a pint of yeast,



four ounces of salt, and so much water (or milk) slightly warmed, as is sufficient to form a dough of rather a soft consistence. Small portions of the dough are then put into holes, previously made in a layer of flour, about two inches thick, placed on a board, and the whole is covered up with a blanket and suffered to stand near a fire, to cause the muffin dough to rise. When this has been effected, the small cakes will exhibit a semi-globular shape. They are then carefully transferred on the heated iron plate to be baked, and when the bottom of the muffin begins to acquire a brown colour, they are turned and baked on the opposite side.

Crumpets are made of a batter composed of flour, water (or milk), and a small quantity of yeast. To one pound of the best wheaten flour is usually added three table spoonfuls of yeast. A portion of the liquid paste, after having been suffered to rise, is poured on a heated iron plate, and quickly baked, like pancakes in a frying pan.

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MEASLES, WITH THE BEST TREATMENT AND  
PRESCRIPTIONS.

*Treatment and Regimen.*

In the mild or benign species of the disease, a strict attention must be paid to the prohibition of animal food, confining the patient to a very spare diet, and for common drink, taking barley water acidulated with lemon juice, and the like, as hereinafter mentioned. His bed-room should be kept moderately cool, regulating the temperature thereof by his feelings, at the same time carefully guarding against any sudden change.

To abate the heat and moderate the febrile symptoms, it will be advisable, as the first step, to give some mild purgative to carry off feculent matter from the bowels; and throughout the remainder of the



disease, a proper attention ought to be paid to their not being confined. The following purgatives will answer the purpose excellently.

*Mild Purgative for Measles.*

Take rhubarb, in powder, half a drachm,  
sub-muriate of mercury, four grains.

Mix them, and give them in jelly, or treacle.

*Another.*

Take of infusion of senna, one ounce and a half,  
tincture of jalap, one drachm,  
sulphate of magnesia, three drachms,  
syrup of buckthorn, two drachms.

Mix them for a purgative draught.

With the same view of moderating the heat and other febrile symptoms, we may give the saline mixture combined with nitrate of potash, and the sixth of a grain of tartarized antimony in each dose, or we may substitute a pill, of from half a grain to one grain (according to the age of the child or person) of the antimonial powder, formed with a little confection of roses, or mixed with currant jelly, washing it down with the

*Simple Saline Draught or Mixture.*

Take lemon juice, an ounce,  
sub-carbonate of potass, about one drachm,

Stir them well together, and when the effervescence has ceased, add

common water, six ounces,  
mint water, one ounce.  
syrup half an ounce.

Mix them. This is the common saline mixture, three table spoonfuls of which, for a dose, frequently repeated will sometimes excite a gentle perspiration.

If the febrile symptoms run high, and are accompanied by a harsh dry cough and difficulty of breathing, we must order the patient to be bled in the arm, proportioning the quantity of blood drawn off to the habit and age of the sick, as well as to the violence of the symptoms. Should the latter not be greatly mo-



derated by the operation, it will be proper to have recourse to local bleeding, by the application of six or eight leeches to the chest.

If after these means the difficulty of breathing, pain in the chest, and cough still continue, (evidently denoting the presence of local inflammation) it will be advisable to apply a tolerable sized blister to the breast.

The hoarseness, inflammatory affection of the throat, and cough, may be palliated by barley water, thin arrow root, orgeat and water, or a solution of gum acacia, sweetened with capilaire. Any of these may be taken with the chill just removed, in small quantities, and frequently. The addition of a little lemon juice, or of a small quantity of nitre, will add to their pleasantness, as well as efficacy.

#### *Draught for Inflammations.*

Take of barley water, one pint,  
nitre, one drachm.

Mix them for the patient's common drink.

To appease the coughing, the almond emulsion may be taken from time to time.

#### *Pectoral Mixture.*

Take sweet almonds, blanched, half an ounce.

Bruise them well, and then add,  
white sugar, two drachms,  
gum acacia in powder, one drachm.

Rub these well together in a stone mortar, and gradually add  
pure water, six ounces,  
oxymel of squills, three drachms.

Mix them. Of this pectoral mixture the patient may take a table spoonful every now and then when the cough is troublesome.

When the fever is abated considerably, the addition of some preparation of opium will be proper; but until this takes place, an opiate will neither abate the cough, nor procure rest. Inhaling the steams arising from warm water with a small addition of vinegar, by means of a tea-pot, or by inverting a funnel over



the bason filled therewith, will prove of some utility.

If a looseness comes on, and is only moderate, it should not be checked, but where it is severe, it will be necessary to give some mild astringent, conjoined with opium. About five drops of the tincture of opium may be given with ten grains of prepared chalk, in ten drachms of cinnamon water.

Should it continue, and threaten great exhaustion, we should call in the aid of more powerful astringents.

*Absorbent Draught.*

Take of the chalk mixture, one ounce,  
cinnamon water, half an ounce,  
tincture of kino, thirty drops,  
tincture of opium, fifteen drops,  
syrup of ginger, two drachms.

Mix them. This draught may be given three times a day, or more, if necessary, in cases of severe purging.

*Astringent Draught.*

Take of the infusion of Angustura bark, one ounce,  
aromatic powder, eight grains,  
tincture of kino, one drachm,  
tincture of opium, fifteen drops.

Mix them. Let this draught be given three or four times a day in purgings of a chronic nature.

When the eruption strikes in suddenly, or disappears before the proper period, and great anxiety, delirium, or convulsions ensue, we should endeavour to restore the eruption by putting the patient into a warm bath, and afterwards giving him warm diluent drinks, applying a blister to the chest and legs, and administering the camphor mixture, with æther and antimonials. The latter may be given to the extent of from two to three grains of the antimonial powder in a little jelly, washing it down with one ounce and a half of camphor mixture, to which a drachm of the compound spirit of æther has been added.

If much debility of the system should come on, denoting a tendency to putrescency, or a malignant



form of the disease, the treatment recommended for typhus fever must be adopted. The strength should be supported with cordials, beef tea, calf's feet jelly, &c. and the Peruvian bark, with mineral acids, port wine, &c. be given. An infusion of malt with the addition of a dessert or table spoonful of yeast to a quart of the former, has been found of service in many diseases where purple spots, and other symptoms of putrescency, are manifest.

Persons recovering from the measles should be careful not to expose themselves too soon to the cold air, lest some distressing complaint should ensue. The food ought for some time after to be light, and the drink diluting.

After the termination of measles, there is frequently an inflammatory disposition remaining, and marked by a pain in the side, difficulty of breathing or tightness at the chest, accompanied by a cough, which, if not attended to, is apt to end in consumption. It will be advisable in such cases to apply a blister over the chest, and should this prove ineffective, either bleeding from the arm, or topically, by means of six or eight leeches, will be necessary. In addition to these means, the patient must be kept close to a diet, consisting of milk and vegetables; he should be removed, if an inhabitant of a city, to a pure air, and he should ride daily on horseback, when the weather will admit of it. If these do not remove the tendency to pulmonary consumption, he should, on the approach of winter, either retire to Penzance, Sidmouth, or some such mild situation; or he should remove to a warmer climate.

After the measles are gone off, it will be advisable to give one or two doses of some mild purgative. Cooling lenitive medicines are essentially necessary after this disease, to carry off the remaining disposition to inflammatory affection of the lungs. Indeed, throughout every stage of the malady, the state of the lungs are to be carefully attended to; for it is from



the effect on them that the danger of the measles in most cases depends.

This disease, as well as the small pox, may be communicated in various ways, such as either from cotton imbued with the matter, and rubbed on the skin, or by introducing a little of the sharp humour which distils from the eyes or nose of the patient into the blood; but no great advantage is likely to be derived from the practice, as it is very doubtful whether a milder disease or not has resulted from inoculation.

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#### USEFUL FAMILY RECEIPTS.

##### *To take Iron Mould out of Linen.*

Hold the iron mould over the fume of boiling water for some time, then pour on the spot a little juice of sorrel and a little salt, and when the cloth has thoroughly imbibed the juice, wash it in lye.

##### *To take out Stains of Oil.*

Take windsor soap, shaved thin, put it into a bottle half full of lye, throw in the size of a nut of sal ammoniac, a little cabbage juice, two yolks of new laid eggs, and ox-gall discretionally; and lastly, an ounce of powdered tartar: then cork the bottle, and expose it to the heat of the noon-day sun for four days: the liquor is then fit for use, and is to be poured on the stains and well rubbed in on both sides of the cloth, then wash the stains with clear water, or rather with the following soap, and when the cloth is dry, the stains will no longer appear.

##### *Scowering Balls.*

Take soft soap, or fullers earth; mix and incorporate it with vine ashes, sifted through a fine sieve, and with powdered chalk, alum and tartar, of each equal parts, form into balls, which dry in the shade. Their use is to rub on spots and stains, washing the spotted part afterwards in clear water.



*To take out Stains of Coomb.*

Put butter on the stain, and rub it well with a piece of brown paper laid on a heated silver spoon, then wash the whole together in the same manner as directed for spots of wax.

*To take out Stains of Urine.*

Wash the stained place well with boiled urine, and afterwards wash it in clear water.

*To take out Stains on Cloth of whatever Colour.*

Take half a pound of honey, the size of a nut of sal ammoniac, and the yolk of an egg; mix them together, and put a little of this mixture on the stain, and leave it thereon till dry, then wash the cloth with fair water, and the stains will disappear. Water impregnated with mineral alkaline, salt, or soda, ox-gall, and black soap, is also very good to take out spots of grease.

*To take out Spots of Ink.*

As soon as the accident happens, wet the place with juice of sorrel, or lemon juice, or with vinegar, and the best hard, white, soap.

*To take out Spots of Pitch and Turpentine.*

Pour a good deal of sallad oil on the stained place, and let it dry thereon four and twenty hours, then with the scowering ball and warm water, take away the spot by rubbing it on the inside of the cloth.

*To take out Spots of Oil on Satin and other Stuffs, and even on Paper.*

If the spot is not of long standing, take the ashes of sheeps trotters, calcined, and apply them hot, both under and upon the spot, lay thereon something heavy, and let it remain all night, and if, in the morning, the spot is not entirely effaced, renew the application repeatedly till the spot wholly disappears.



*To take out Spots on Silk.*

Rub the spots with spirit of turpentine ; this spirit exhaling, carries off with it the oil that causes the spot.

*Balls to take out Stains.*

Take an ounce of quick lime, half a pound of soap, and a quarter of a pound of white clay, moisten the whole with water, and make into little balls, with which rub the stains, and afterwards wash them with fair water.

*To clean Gold and Silver Lace.*

Take the gall of an ox and of a pike, mix them well together in fair water, and rub the gold or silver with this mixture, it will soon recover its former lustre.

*To restore to Tapestry its original Lustre.*

Shake well, and thoroughly clean the tapestry, then take a hard brush, and rub off the chalk which you had before rubbed on the tapestry, it having remained thereon about seven or eight hours ; then chalk the tapestry a second time, and after it has remained on it the same time as at first, brush it off again ; then beat your tapestry well with a stick to get out all the dust, shake it well, and clean it nicely with a brush, and it will resume its primitive lustre.

*To clean Turkey Carpets.*

To revive the colour of a Turkey carpet, beat it well with a stick, till the dust is all got out, then with lemon juice or sorrel juice, take out the spots of ink, if the carpet is stained with any ; wash it in cold water, and afterwards shake out all the water from the threads of the carpet, and when it is thoroughly dry, rub it all over with the crumb of a hot white loaf, and if the weather is very fine, hang it out in the open air a night or two.

*To refresh Tapestry, Carpets, Hangings, or Chairs.*

Beat the dust out of them on a dry day as clean as possible, then brush them well with a dry brush, and



make a good lather of Castile or the best Windsor soap, and rub them well over with a hard brush, then take fair water, wash off the froth, and with alum water wash them well, and you will find when dry, most of the colours restored; those that are yet too faint, touch up with a pencil dipped in suitable colours, and indeed you may run over the whole piece in the same manner with water colours, mixed with weak gum water, and it will cause the tapestry, &c. if well done, to look at a distance like new.

*To take Wax out of Silk or Camblet.*

Take soft soap, rub it well on the spots of wax, dry it in the sun till it grows very hot, then wash the spotted part with cold water, and the wax will be entirely taken out.

*To take Wax out of Velvet of all Colours except Crimson.*

Take a crummy wheaten loaf, cut it in two, toast it before the fire, and while very hot, apply it to the part spotted with wax, and when it has taken its effect, apply another piece of toasted bread hot as before, and continue to repeat this application till the wax is entirely taken out.

*To wash Gold or Silver Work on Linen, or any other Stuff, so as to look like new.*

Take a pound of ox-gall, honey, and soap, of each three ounces; Florentine orrice in fine powder, three ounces; mix the whole in a glass vessel into a paste, and expose it to the sun during ten days, then make a decoction of bran, and strain it clear. Afterwards plaster over with your bitter paste, the places you want to clean, and wash the paste off with bran-water, till it is no longer tinged. Then wipe with a clean linen cloth the places you have washed, and cover them with a clean napkin, dry them in the sun, press and glaze, and the work will look as well as when new.



*To take Spots out of Silken or Woollen Stuffs.*

Take a sufficient quantity of the finest starch, wet it in an earthen pipkin with brandy, rub a little on the spots, let it dry thereon, and then brush it off; repeat this operation till the spots are wholly taken out. You must be careful to well beat and brush the place entirely on which the starch was applied.

*To take Stains of Oil out of Cloth.*

Take oil of tartar, pour a little on the spot, immediately wash the place with warm water, and then two or three times with cold water, and the spot will disappear.

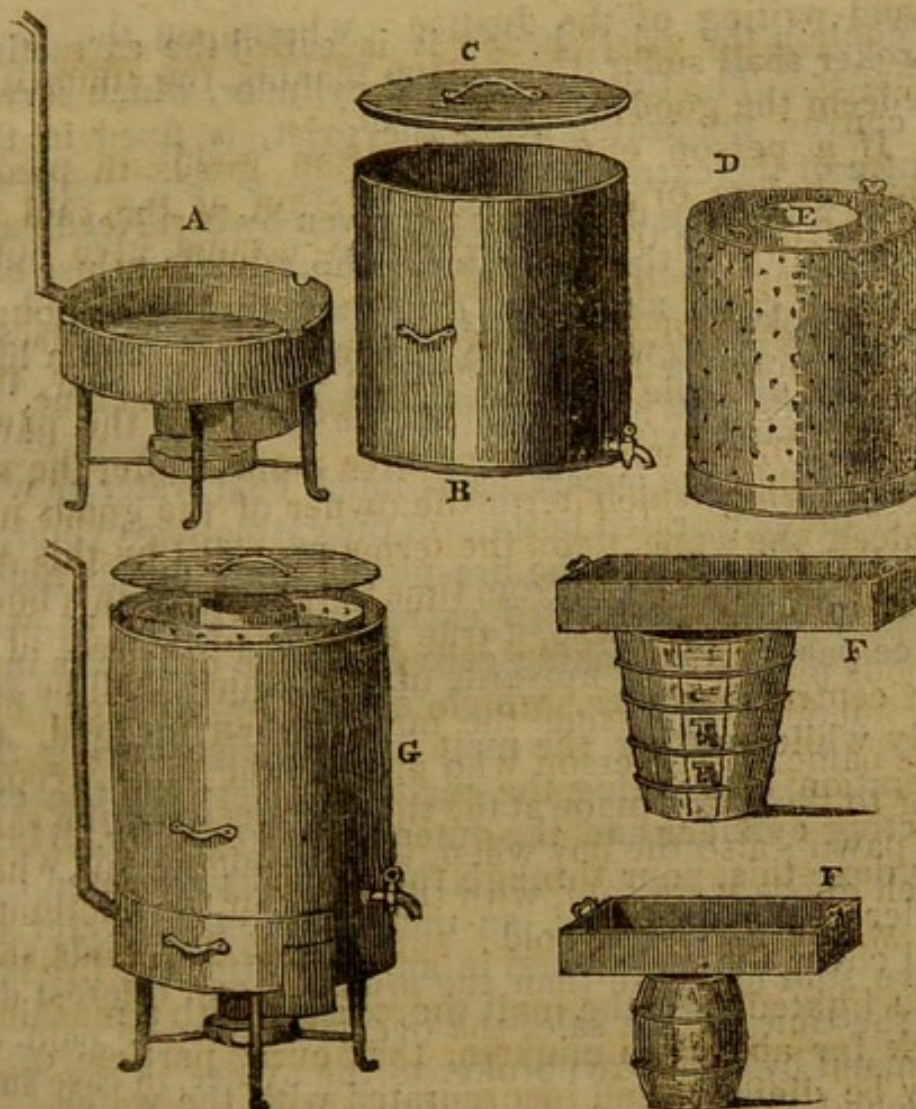
*To take Stains out of White Cloth.*

Boil an ounce of alum in a gallon and a half of water, for half an hour, then add a piece of white soap, and half an ounce more of alum, and after it has stood in cold infusion two days, wash with this mixture stains in any kind of white cloth.

*To take Stains out of crimson Velvet, and coloured Velvets.*

Take a quart of strong lye made with vine ashes, dissolve therein half an ounce of alum, and when the mixture has settled, strain it through a linen cloth; then take half a drachm of soft soap, and the same quantity of Castile soap, a drachm of alum, half a drachm of crude sal ammoniac, a scruple of common salt, a little loaf sugar, juice of celandine, and the gall of a calf; mix the whole well, and then strain off the liquor for use. When you want to use it, take a little Brazil-wood shavings, with some scarlet flocks, boil them in this liquor, and when strained off, it will be very good to take spots or stains out of crimson velvet or cloth: for velvets, or cloths of other colours, you dye your liquor of the proper colour, by boiling in it some flocks of the same colour as the cloth you intend to clean.





*Description of the Plate.*

A, Moveable Fire-place ; B, Boiler to be placed on A ; C, Cover for B ; D, Extracting Cylinder ; E, Centre Cylinder ; F, Coolers ; G. whole Apparatus, with the cover raised.

#### METHOD OF FAMILY BREWING.

This is a convenient apparatus made of iron plates, tinned within, for brewing malt liquors in the small way. It consists of three concentric hollow cylinders, as shewn in the sketch, and a moveable fire-place, forming the lower part of the machine. The outer cylinder serves as a boiler ; within it is placed the second cylindrical vessel, the side and bottom of which are perforated with small holes. This vessel is destined



to contain the grist, hence it is called the extracting cylinder. The third perforated cylinder, which serves to convey the water upon the grist, is fixed in the centre of the extracting cylinder.

The following directions are given by Mr. Needham, the inventor of the apparatus, who advises to use one bushel of malt, and from three-quarters to one pound of hops, for brewing nine gallons of ale, and a like quantity of table beer, by means of the machine, in the following manner:—

“ Put into the apparatus as much cold water as will cover the perforated bottom of the extracting cylinder, and light the fire in the fire-place; then put as much grist into the perforated extracting cylinder as will three parts fill it, taking care that none of it falls into the central cylinder, which should be covered, but only while putting the malt in, and also during the operation of mashing the malt, nor between the extracting cylinder and the outer vessel or boiler. Having done this, pour through the central perforated cylinder of the apparatus, so much more cold water as will cover the malt; and in an hour after the fire has been lighted, stir the malt thoroughly with a mashing stick for about ten minutes, that every particle of it may be divided, and incorporated with the water.

Let the heat now be gradually increased to  $175^{\circ}$ , stir the malt again, and when the mixture has reached the temperature of  $180^{\circ}$ , damp the fire with wet ashes to prevent the mash from becoming hotter. Having suffered it to stand about two hours and a half, draw off the wort very gently, that it may run fine; transfer the wort into one of the coolers\*, and put the hops, previously rubbed with the hands to break the lumps, on the surface of the wort to keep it hot, till it is returned back into the machine for being boiled.

Having drawn off the first, or *ale wort*, put into the

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\* A series of sheet iron tinned coolers, and packed one within the other, are furnished with the apparatus.



machine, through the central cylinder, as much more cold water as will cover the grist, raise the fire again, and after half an hour, stir up the malt for about ten minutes, and cause the mash to be heated to  $180^{\circ}$ , as quick as possible; then again damp the fire, and having suffered the mash to stand one hour, draw off the second or *table beer* wort gently, that it may run fine, put it into one of the other coolers and cover it over to keep it hot until it is poured back into the machine for boiling.

Having drawn off the second, or *table beer* wort, if a third mash be intended to be made, put into the machine as much more cold water as may be deemed proper; heat it to  $170^{\circ}$  quickly, draw it off in about an hour after, and add it to the last obtained wort. Then take the grains out of the cylinder with a hand-shovel, and remove the perforated cylinder out of the outer cylindrical case, or boiler, and having cleaned out the boiler with a broom and water, put the perforated cylinder again in its place into the machine.

Now put the first obtained, or ale wort, with all the hops to be employed, into the outer cylinder, taking care that the cover of the central vessel be off; cause the wort to boil quickly, and keep it boiling one hour; then damp the fire, draw off the wort into one or more coolers, which should be placed in the open air, that the wort may cool quickly.

Having drawn off the ale wort, return the second, or *table beer* wort, together with the wort obtained in the third mashing, into the machine containing the hops left from the ale wort; cause the mixture to boil, and keep it boiling one hour; then put out the fire, draw off the wort, and put it into a cooler. When the temperature of the wort has been cooled down to  $70^{\circ}$ , add a gill of thick yeast to every nine gallons of the wort in the coolers, first mixing the yeast with a little of the wort that it may more readily combine with the boiled wort. When the ale wort is cooled to  $60^{\circ}$ , draw it off from the coolers with the yeast, and put it



into the machine boiler, which having been previously cleared from the hops, and the perforated cylinder having been removed, suffer it to ferment until the head of the yeast has assumed the appearance of a thick brown crust, about an inch or two deep, which usually takes place in two or three days.

If the temperature of the air is below  $55^{\circ}$ , it is better to place the fermenting wort in a situation not exposed to the cold draught of air; the cellar in which the beer is to be kept may most likely be a proper place on such an occasion. When the head of yeast has the before-mentioned appearance, draw off the beer free from the yeast and sediment at the bottom into a clean cask, of such a capacity as will just hold it, and when the fermentation has completely ceased, put in a handful of hops, bung down the cask tight, and place it in a cool cellar. This ale will be fit for use in three or four weeks."

The second, or table beer wort, should be transferred from the coolers, together with the yeast and sediment into a cask, open at the top, and suffered to ferment.

*To brew Table Ale.*

Mix the first and second worts together, suffer it to ferment, and proceed in the same manner as before directed. If the beer is for present use, take three quarters of a pound of hops to each bushel of brown malt; but if intended for store beer, take one pound of hops to each bushel of malt, and proceed in the same manner as before described for brewing ale, with table beer. The first wort, if fermented separately, will be *stout porter*, and fit for use in three or four weeks; the second wort will be *table beer*, and fit for use as soon as it is fine, which will be in about one week. If the first and second worts be mixed, as for table beer, the ale will become *common porter*.

*To brew Table Beer.*

If for immediate use, take half a pound of hops to



each bushel of pale malt. If the beer be intended to be kept two or three months, one pound of hops to a bushel of malt ought to be employed. The process of brewing should be the same as described for brewing porter and table beer, with the addition of a third wort.

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#### COMPLAINTS OF DECEMBER.

The weather during the early part of December differs but little from that which characterizes the latter half of November. The same fogs, the same uncomfortable, dreary, days, the same whistling winds, and, alas, the same disordered sensations prevail. But as the thermometer marks a decrease in the atmospheric temperature, a nearer approach is thus made to the time when the kindly frost shall come to cheer men's minds, and make them throw off their heavy load of disagreeable feelings. For the same reason, and as if for an earnest of the weather which is most conducive to a proper enjoyment of Christmas gaities, snatches of frosty weather occur more frequently than in November, and consequently the disorders of the month are modified in character.

These things were fully discussed in our account of last month, and therefore little more need be said of them here. Some variations, however, of course occur, and in the latter end of November, and during the greater part of December of 1820, the eruptive diseases of children, such as the measles, scarlet-fever, chicken-pox, and probably the small-pox, were very frequent in and about London. Amongst these measles particularly appeared in a very severe form.

Besides these complaints, looseness and other disorders of the stomach and bowels were very prevalent,

#### *Eruptive Fevers.*

With regard to the above mentioned eruptive fevers, it was curious and interesting to observe how



they all appeared and became epidemic, as it were, at the same time ; as if some other cause besides contagion had operated in producing them.

Indeed numerous cases occurred, which only admitted of an unsatisfactory explanation on the old theory of contagion. The mere fact of either measles, scarlet-fever, or chicken pox appearing sporadically is very remarkable ; appearing, for instance, where a child had scarcely left the house, and where no possible connexion with contagion could be divined, except through one of those casual rencontres in the street which are very unlikely to produce the disease. But when two children, and as happened in one case, three children break out with chicken-pox at the same time, where no mode of catching the disease suggested itself, except an accidental meeting with the contagion in the street, and where, as the father of the three children said, "It is by no means clear that the whole three were ever out on the same day or together, the person who gave them the disease," as he went on to say, "must have been a good shot to hit all three while flying past him." These are circumstances, which, if they do not go the length of throwing discredit on the theory of contagion, at least tend to prove that atmospheric peculiarities, or some other unascertained states of the phenomena of nature, have much influence in giving to the constitution a susceptibility for receiving the diseases in question.

They prove, also, that there is something in common between these eruptive fevers ; for otherwise the latter would not all thus prevail at the same moment.

It is natural, perhaps, to believe that these fevers have something in common ; and as late enquirers have shown the great connexion which exists between them and inflammation of the mucous membranes, we may perhaps explain not only their greater prevalence at this season, by the tendency which exists for such inflammations to prevail in damp and cold weather,



but also the curious connecting fact that the skin is affected in all of them.

*Bowel Complaints.*

The appearance of bowel complaints at such a season offers also some difficulty, if we attempt to explain it.

Bowel complaints put on their most aggravated symptoms during the heats of summer. They appear, indeed, in winter and in spring, when they are usually remarkable for showing more decided marks of inflammatory action; but these November and December cases were obviously different from either of the forms of disease alluded to above. Pain was seldom present, the complaint did not exhaust the patient, the motions were not particularly watery, in several instances the complaint continued for some days without even the slightest pain being complained of, and in some there was an evident deficiency of bile in the evacuations.

*Liver Complaints.*

In one person, a pain existed between the shoulders, which was evidently connected with a disordered liver. This pain was present for four days before the purging began, but it almost immediately receded when that happened. In another, where the quantity of bile was evidently deficient, a tendency to apoplexy showed itself during the progress of this disorder, which required a full bleeding for its removal, even in such a subject. The gentleman was nearly eighty years of age.

From these circumstances it appeared as if the torpor of the liver, which formed a part of that general want of tone in the constitution which characterized these two months, the weather being more than usually wet and cold, had gradually given rise to an obstructed state of the bowels, which relieved itself by the substitution of the above-mentioned disorder.

However this may be, the complaint in some cases,



gradually ceased without the application of any remedy, the want of pain continuing to the end, as we have stated; in others, purgatives and opiates, conjoined, cured the complaint in a very short time, as they will do under ordinary circumstances; whilst in others, a continued attention to the state of the digestive organs was required, and the disorder in them was only removed by a careful and persevering treatment of the peculiar symptoms by which it was characterized.

#### *Medical Directions.*

The principal medical directions for December, refer rather to the cautions which are requisite to avoid danger from engaging too freely in the feasting enjoyments of Christmas, than to any rules founded on the above observations.

Now, it must not be answered, "Christmas comes but once a year," for that will not save the life of one of the very many children who are sacrificed every year to the festivities of Christmas.

This may be startling, but it is too true. Many opportunities will hereafter occur for explaining the mode in which indiscretions of diet, aye, and those when only once or twice indulged in, have terminated the lives of children by inducing very severe diseases; but it will be enough to remark here, that in the medical city of Edinburgh, where, of course, there is or ought to be more observation relating to these matters than elsewhere, so many children are made ill and die of disorders contracted by eating too much at this season, that the complaint is called the bun-fever, and accurate calculations have been made of the numbers who are annually cut off by this bun-fever.

It may be as well to add, that whilst a healthy child may only be made sick by indulging in too much plumb-pudding or cake; an unhealthy child, or one who is recovering from previous illness, may, very probably, indeed, become an example of the fatal con-



sequences of such indiscretions, and add one more to the list of those who might have been great and good men, but who thus fall a sacrifice to so unworthy an idol as improprieties in eating and drinking.

With this brief hint of the dangers which environ even this happy season, it remains only to wish our readers a merry Christmas, and to hope that our observations may do so much good as to prevent the evils of the season from occurring in the families of those who honour us by perusing our pages.

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THE SYMPTOMS OF INSANITY.

Insanity, in its ordinary acceptation, is usually divided into mania, melancholia, and idiocy; but we prefer the classification proposed by M. Esquirol, as better calculated to illustrate the varied appearances of the disease. The following is the order pursued by him. 1. Mania, in which the hallucination extends to all kinds of objects, and is accompanied with some excitement. 2. Monomania or melancholy, in which the hallucination is confined to a single object, or to a small number of objects. 3. Dementia, wherein the person is rendered incapable of reasoning, in consequence of functional disorder of the brain, not congenital. 4. Idiotism, congenital, from original malformation in the organ of thought\*.

*Mania.*

In many instances, though it is far from being general, pain in the head and throbbing of its arteries precede an attack of insanity; and sometimes giddiness is complained of, as a precursory symptom†. The appearance of the eye is, however, the circumstance most readily to be noticed, and the change in it

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\* *Medico-Chirurg. Review*, Vol. 1. p. 249. This is an analysis of the masterly article of Esquirol on Insanity, in the *Dictionnaire des Sciences Medicales*.

† Haslam on Madness, p. 41.



from a state of health, even precedes incoherence of language. Recovered patients have described a peculiar sensation connected with this appearance, as though the eye flashed fire from being stricken smartly with an open hand, and this increased, in proportion as the ideas became more and more confused. There is a peculiar muscular action of these organs, a protrusion of the eyes, a wandering motion, in every possible direction, and in a manner peculiarly tiresome to the beholder. During a paroxysm they appear as if stiffly and firmly pushed forward, and the pupils are contracted \*. And yet with all these appearances of excitement, it has rather a dull than a fierce character.

The muscles of the face also, partake in the change, and the rapidity of the alterations they undergo, depends on the succession of ideas which pass with such velocity through the mind of the sufferer.

As the attack advances, the individual becomes uneasy, is unable to confine his attention, walks with a quick and hurried step, and while doing so, suddenly stops. Men of the most regular and established habits, will suddenly become active, jealous, and restless; they abandon their business and enter into the most extravagant undertakings, while on the other hand, some who naturally are of a lively disposition, become indolent and indifferent, fancy themselves sick, or have a presentiment of severe disease. Persons subject to habitual indisposition, which has disappeared suddenly, fancy themselves in high health, and are greatly elated. A very vigorous action of body and mind soon takes place, and particularly the exertion of great muscular strength. And here, it is impossible to present any thing like a description that shall be generally applicable. The language is totally different, both in tone and manner from the usual habits of the maniac. He becomes angry without any assignable cause—attempts to perform

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\* Hill, p. 68.



feats of strength, or efforts of agility, which shall strike the beholder with astonishment at his great powers. Many talk incessantly, sometimes in the most boisterous manner, then suddenly lowering the tone, speak softly and whisper. The subjects vary equally. They are never confined long to one point, but voluble and incoherent, run rapidly from one point to another, totally disconnected with it. The same phrase is sometimes repeated for a length of time, or conversation is maintained with themselves as with a third person, with all the variations of violent and ridiculous gestures. In females, there is frequently a complication, as it were of hysteria, with general madness, and laughing or weeping is a common attendant \*.

The food necessary for the sustenance of life is often neglected, and fasting is endured for a length of time without any apparent inconvenience, yet with some, there is an unusual and indiscriminate voraciousness, and they swallow every thing that may come in their way.

The stomach and bowels are unusually torpid—costiveness prevails, and the stools are white, small, and hard. Looseness rarely occurs except towards the termination of the disease. The urine is scanty in quantity, and for the most part of a high colour.

The pulse is very various, sometimes full and laboured, and sometimes natural. But little dependence can be placed on it as an indication. The tongue is usually moist, and sometimes has a whitish appearance, and there is often a preternatural secretion of saliva and mucus in the mouth and throat, which is of a viscid nature, and discharged with difficulty by spitting. There is also generally a stoppage of the secretion of mucus in the nose. Dr. Rush mentions, that Dr. Moore, at his request, examined the maniacs in the Pennsylvania Hospital, with reference to this

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\* Rush, p. 145.



symptom, and found it present in two-thirds of them. Where this secretion was not suspended, he found the mucus of the nose dry and hard\*.

Maniacs also endure a degree of heat and cold, which to a sane person would be inconvenient and even distressing. Haslam indeed objects to the correctness of this, as illustrated by his own experience, and states that the patients in Bethlem Hospital enjoy no exemption from the effects of severe cold†. They are particularly subject to mortifications of the feet, and such of them as are permitted to go about, are always to be found near the fire in the winter season. Notwithstanding these facts are adverse to the generally received opinion, yet I apprehend it is for the most part found to be correct, at least during the paroxysm. The high degree of mental excitement that then prevails, creates an insensibility to external impressions, and although their effects may be afterwards experienced, as in Mr. Haslam's cases, yet for the present they are unheeded and unfelt. The same operating cause that endows the maniac with excessive strength, doubtless also conduces to produce the state under consideration.

The senses are often perverted, and of these the ear more particularly suffers. Haslam observes, that he scarcely recollects an instance of a lunatic becoming blind, but numbers are deaf, and those who are not deaf, are troubled with difficulty of hearing, and tinnitus aurium‡. It is from the disorder of this organ, and which is referable to the original diseased action of the functions of the brain, that many maniacs derive the delusion under which they labour. The commission which they suppose themselves to receive from some superior being, is given by the ear—they imagine it is constantly repeated. They are thus, they imagine, urged to its performance, and in too many

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\* Rush, p. 146.

† Haslam on Madness, p. 84.

‡ Haslam on Madness, p. 67.



cases, murder or self-destruction is the unhappy result. "In consequence of some affection of the ear, the insane sometimes insist that malicious agents contrive to blow streams of infected air into this organ. Others have conceived, by means of what they term hearkening wires and whizz-pipes, that various obscenities and blasphemies are forced into their minds; and it is not unusual for those who are in a desponding condition, to assert that they distinctly hear the devil tempting them to self-destruction \*.

The *eye* is also diseased. Objects appear bright or fiery, and the organ itself is sparkling and protruded. At other times it is sunken and dull, and external appearances produce but little impression.

The *smell* does not escape these perversions, although this is by no means so common as with the other senses. A lady, twenty-seven years of age, in the last stage of decline, perceived in her room an odour of charcoal. She immediately conceived that there was a design against her life. She left her lodgings, but the fumes of charcoal incessantly pursued her till her death. So also with the *taste* and the *touch*. The former derives its disorder from the derangement of the stomach; and the latter in many instances has lost its peculiar power of correcting the other senses.

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\* Haslam on madness, p. 69. A curious case is mentioned by our author, (p. 71,) of a patient, who was a well educated man of middle age. He always stopped his ears closely with wool, and in addition to a flannel nightcap, usually slept with his head in a tin sauce-pan. Being asked the reason why he so fortified his head he replied, "to prevent the intrusion of the sprites." He was apprehensive that his head would become the receptacle of these imaginary formations; that they would penetrate into the interior of his brain, become acquainted with his hidden thoughts and intellectual observations, and then depart and communicate to others the ideas they had thus derived. "In this manner," (said he,) "I have been defrauded of discoveries that would have entitled me to opulence and distinction, and have lived to see others reap honours and emoluments for speculations which were the offspring of my own brain."



Hence the insane frequently deceive themselves in respect to the size, form, and weight of things around them; and the greater number become unhandy in all mechanical occupations, music, writing, &c. \* This, however, is far from being universal, as some speak and write with ease, and are remarkable for striking expressions, deep thoughts, and ingenious associations.

Wakefulness is another symptom, which sometimes precedes all others, and is coeval with pain or uneasiness of the head, or of some other diseased organ; and its degree is determined by the age, habits, situation, and original vigorous or feeble constitution of the patient. From its being always followed in the morning by the peculiar appearance of the eye already described, it may sometimes lead to proper suspicion, as well as attention to the diseased person. This watchfulness is attended with an irresistible impulse to rise early, go abroad, and ramble about; or if remaining in the house, to be incessantly employed in arranging, and re-arranging articles of furniture, dress, books or papers; and by thus placing, displacing, and confounding every thing, their ideas become more confused, and they soon give rise to actions of the wild and outrageous nature which we have already described.

The memory is early affected in maniacs. After a time, it seems to be almost destroyed. Some, according to Haslam, lose, in a wonderful degree, their former correctness of orthography.

Pusillanimity is also a remarkable trait in the character of the insane. Though occasionally boisterous and fierce, yet they are readily overcome by a person of decision. Their leading characteristics are timidity, distrustfulness, suspicion—never contented with their present condition, but always desirous of some change. It is this discontent of mind that detaches them from their parents and friends, and causes them to hate

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\* *Medico-Chirurgical Review*, Vol. 1, p. 246.



most those whom they previously cherished with the fondest affection. The exceptions to this are few, and even if they retain the semblance of affection, still they will bestow no confidence on the objects of it, nor pay any respect to their solicitations or advice. This alienation from friends is, therefore, one of the most constant traits of the malady\*.

The duration of a paroxysm is various. It continues for days, weeks, months, and even years, and ends in death—a remission—or a perfect and durable recovery. Dr. Rush states, that in one case which came under his notice, the disease continued from June, 1810, until April, 1811, with scarcely any abatement in the excitement of the body and mind, notwithstanding the patient was constantly under the operation of depleting remedies. He also witnessed another instance, in which the same remedies were insufficient to produce an interruption for five minutes, of speech or vociferations, except during a few short intervals of sleep, for five months†. Others again have paroxysms with chronic, but moderate derangement in their intervals; and in these intervals, the recovery is sometimes so great as to indicate insanity on a particular subject only. But a reference to this will readily excite a return of general madness.

If the paroxysm ceases suddenly, we have reason to dread the return of another. On its cessation, the patient seems waked from a dream, he is exhausted, speaks or moves but little, and seeks solitude; and if there is an approach to reason, he states what he has seen, heard, or felt—his motives and his determinations‡.

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ON COLDS AND COUGHS. BY AN OLD LADY.

There is no malady more frequently disregarded (both in children and adults) than a COLD; and there

\* *Medico-Chirurgical Review*, Vol. I. p. 247.

† Rush, p. 162. ‡ Parkman



is none which may lead to worse consequences when neglected. The general cause of this complaint is the perspiration being checked, either by exposure to a current of air, after exercise, sitting in damp clothing, especially on the feet, or sleeping without sufficient covering.

The symptoms of a cold require no description; they are not doubtful; and those diseases which in their commencement resemble it, viz. measles, whooping-cough, or croup, cannot be augmented by being treated in the beginning as a cold, nor can any bad consequences result from mistaking the one for the other during the first few hours.

There is no better remedy for a recent cold than a warm bath for the feet, composed of salt and water for very young children, and for those who are old enough to explain their sensations, water with mustard and vinegar in it. The best time for using this is on going to bed at night. The heat of the water should be rather more than that of new milk; and when mustard is used, the bath should be sharp enough to make the feet a little red, after being in it a quarter of an hour. If the child can be persuaded to bear it for twenty minutes, it will be better, but no coercion should be used on the occasion; every thing that causes vexation (except in very extraordinary cases) does more harm than good. This remedy is useful in all sorts of colds, as it draws the blood from the head, throat, and chest; and there are various diluting liquors, which, taken hot in bed after it, will carry off a recent cold in four-and-twenty hours. Barley or rice water, with honey and lemon-juice, lemonade, currant-jelly and water, infusions of various herbs, such as balm, sage, elder-flowers, hyssop, sweetened with honey or sugar; and perhaps there is nothing better than (what I have seen used with great success in the South of France) bran-gruel, sweetened with honey, and sharpened with a few drops of good vinegar. If the throat be sore, a bit of



flannel should be put round it, which may be cut away by degrees when the child is recovered.

It is much better to clothe children warmly, to give them strong shoes, and to let them go into the fresh air, when the day is fine, than to shut them up in the house for a slight cold; but this need not prevent the administration of remedies necessary for the cure of that species of indisposition. There is no symptom of a cold which may not be benefitted by putting the feet into a warm bath and going to bed immediately afterwards. For headaches\*, sore throat, sore eyes, cough, difficulty of breathing, this is always a safe and useful remedy; and I have often found it of great service to children both for tooth-ache and ear-ache, which so often proceed from a slight cold, or partially checked perspiration.

In case of a severe cough, I know of no better medicine than the oxymel of squills, syrup of poppies, and mucilage of gum arabic, which is also good in treating the measles. When the sleep is interrupted either by violent fits of coughing, or that slight, obstinate, cough which sometimes lasts for hours, there is no remedy so efficacious as a clyster of seven or eight drops of laudanum, in about an ounce of tepid water, which should be given by a small syringe, very gently, so as not to stimulate the bowels to reject it. The quantity of laudanum must be more or less, according to the child's age and the effect that it produces: what I have specified is for a child of five or six years old; but if it be necessary to continue the remedy long, it must be increased by a drop at a time; and when the cough is cured; the laudanum must be left off by one drop every night; for if it be discontinued all at once, the child will not rest well. I have

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\* It is to be observed, however, that if a headache proceeds from indigestion, too much bile, or any other foulness of stomach, the bath will have no good effect; and the complaint is not likely to be removed without vomiting or purging.



had great experience of this remedy, and can answer for its beneficial effects. Laudanum administered in this way is perfectly safe, and does not affect the head or the stomach.

But with regard to children's coughs, if they occur in winter, or in a cold climate, the first remedy to be tried is warmth; and covering the chest and feet with flannel; at the same time that fire should be put in the rooms they inhabit, will frequently cure the first autumnal catarrh, which, if neglected, might last with more or less violence during a considerable part of the winter.

Oily medicines should not in general be given for children's coughs, and the white emulsion, which used to be so often prescribed for them, has been sometimes hurtful. There are remedies in abundance without having recourse to oils; and those which strengthen the stomach, such as infusions of aromatic herbs, &c., with plenty of sugar, are to be preferred; especially as it frequently happens that coughs are occasioned or augmented by indigestion or worms. Barley-sugar, refined liquorice, sugar-candy, and many other things which come from the confectioner's shop, are very good for coughs, but they are sometimes attended with inconvenience; for children, finding the remedies given for this complaint very agreeable to the palate, repeat the cough without necessity; and as this may produce bad consequences, it must be put a stop to immediately. The best method I know of effecting this, is for the persons about a child, in this state, to remark that "as the malady seems to be growing worse, it must have some more powerful remedy;" then to make a strong decoction of horehound, and give a table spoonful, without sugar, every time the child happens to be seized with a fit of coughing. This is an excellent medicine, and one which gives no encouragement to force a cough. I have employed this expedient more than once with success.

When a cold is accompanied with fever, the low



diet recommended for that complaint is requisite ; and for bad coughs the same precaution is necessary ; care also should be taken that children do not eat too much at a time of any sort of food.

Children are subject to various kinds of symptomatic coughs, which are to be cured by removing the maladies which occasion them. That which belongs to teething, being usually nervous, must be treated as a convulsive malady ; that which proceeds from indigestion or worms, requires first a purgative medicine, and afterwards bitter infusions ; and the best remedy I know, when a cough comes on immediately after a rash has disappeared, is sulphur, taken in a very small quantity, every night at bed-time ; I have known a cough cured by this medicine in a fortnight without the eruption returning.

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#### ON PREGNANCY.

A pregnant woman, who desires to produce an offspring, well constituted in body and mind, should pay the strictest attention to her own conduct, both physical and moral. She should carefully avoid any species of excess, and endeavour to keep her mind in the greatest tranquillity : she should contrive to have agreeable occupations, to enjoy the fresh air, and to take regular and moderate exercise ; and she should, also, indulge the caprices of pregnancy, though not in too great a degree. A peculiar state of the stomach may enable it to digest a certain portion of apparently unwholesome food, but it is always imprudent, and sometimes dangerous, to yield entirely, even to what appears an instinct of nature, when nature deviates from the common track.

Food taken more frequently, and in smaller quantities than at other times, would (in many cases) diminish that uneasiness of stomach which seems to belong to the first months of pregnancy, and which might, often, be rendered scarcely perceptible by pro-



per attention to the state of the bowels. Women of a costive habit of body, generally, suffer more from what is called breeding sickness than those of a contrary constitution; and such should, therefore, have recourse to the aid of medicine; which, it is scarcely necessary to say, should be of the mildest sort. Bleeding is also sometimes requisite, and many women are taught to believe it so much so, that if they have had occasion for it in the first, the same necessity will occur in every succeeding pregnancy; but this is a false, and may often prove an injurious opinion. Were more judicious arrangements made respecting diet and exercise, it is probable that all these artificial aids might generally be dispensed with. If a pregnant woman eats a quantity of animal food, drinks fermented liquors in abundance, and leads a sedentary life, her situation will naturally produce an extraordinary fulness of the blood-veases, and incur the necessity of bleeding and other medical aid: but to one who eats moderately of meat, fruit, vegetables, &c., drinks chiefly water and takes exercise, (especially on foot) every day, for her amusement, such assistance will probably be unnecessary.

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#### PREPARATION OF VARIOUS KINDS OF SNUFF.

##### *Method of making Snuff.*

First strip off the stalks and large fibres of the tobacco, then spread the leaves on a mat or carpet to dry in the sun, afterwards rub them in a mortar, and sift the powder through a coarse or fine sieve, according to the degree of fineness you would have your snuff; or grind the tobacco leaves, prepared according to the foregoing directions, in a snuff-mill, either into a gross or fine powder, according as you press close or ease the millstone.

##### *Method of cleansing Snuff in order to scent it.*

Fix a very strong thick linen cloth in a little tub



that has a hole in the bottom stopped with a plug that can easily be taken out to let the water run off when wanted; this cloth must cover the whole inside of the tub, and be fastened all round the rim: put your snuff in it, and pour water thereon; when it has been steeped twenty-four hours, let the water run out and pour on fresh; repeat this operation three times, if you would have the snuff thoroughly cleansed, and every time squeeze the snuff hard in the cloth, to discharge the water entirely from it; then place your snuff on an ozier hurdle covered with a thick linen cloth, and let it dry in the sun; when it is thoroughly dry, put it again into the tub, with a sufficient quantity of angelica, orange flower, or rose water. At the expiration of twenty-four hours take the snuff out of the water, and dry it as before, frequently stirring the snuff about while drying, and sprinkling it with the same sweet scented water as was used at first. The whole of this preparation is absolutely necessary to render snuff fit to receive the scent of flowers.

If the snuff is not required to be of a very excellent quality, and you are unwilling to waste more of it than can possibly be avoided, wash it only once, and cleanse it imperfectly. This purgation may the better suffice, if while drying in the sun, you take care to knead the snuff into a cake several times, and often sprinkle it with some sweet scented water.

*Method of Scenting Snuff.*

The flowers that most readily communicate their flavour to snuff are orange flowers, jasmine, musk roses, and tuberose. You must procure a box lined with dry white paper, strew your snuff over the bottom about the thickness of an inch, strew thereon a thin layer of flowers, then another layer of snuff, and continue to lay your flowers and snuff alternately in this manner until the box is full. After they have lain together four and twenty hours, sift your snuff



through a sieve to separate it from the flowers, which are to be thrown away, and fresh ones applied in their room in the former method; continue to do this till the snuff is sufficiently scented, when fill it into a canister, which keep close stopped. Or, put your flowers that are placed over each layer of the snuff, between two pieces of white paper pricked full of holes with a large pin, and sift through a sieve the snuff that may happen to get between the papers. To scent the snuff perfectly it is necessary to renew the flowers four or five times. This method is the least troublesome of the two.

A very agreeable scented snuff may be made with roses, by taking rose-buds, and stripping off the green cup, and pistil that rises in the middle, and fixing in its place a clove, being careful not to separate the leaves that are closed together. These rose-buds prepared as above, are to be exposed to the heat of the sun a whole month, inclosed in a glass well stopped, and are then fit for use.

To make snuff scented with a thousand flowers, take a number of different flowers and mix them together, proportioning the quantity of each flower, to the degree of its perfumed scent, so that the flavour of no one particular flower may be predominant.

#### *Perfumed Snuff.*

Take a little snuff, rub it in your hands with a little civet, open the body of the civet still more by rubbing it in your hands with fresh snuff, and when you have mixed it perfectly with the snuff, put the snuff into a canister. Snuff is flavoured with other perfumes in the same way. Or, perfume your snuff by heating an iron or brass mortar, and while it retains the heat, rubbing therein about twenty grains of ambergrease, adding by little and little a pound of snuff, which is to be well mixed with the hands.



*Snuff after the Maltese Fashion.*

Perfume with ambergrease, in the manner already described, some snuff previously scented with orange flowers. Then grind in a mortar a little sugar with about ten grains of civet, and mix by little and little with about a pound of the foregoing snuff.

*The Genuine Maltese Snuff.*

Take roots of liquorice, and roots of the rose-bush, peel off their outer skin, dry them, powder them, and sift the powder through a fine sieve, then scent them according to your fancy, or in the same manner as French snuff, adding a little white wine, brandy, or a very little spirit of wine, and rubbing the snuff well between your hands. This, the reader may be assured, is the genuine receipt.

*Italian Snuff.*

Put into a mortar, or other convenient vessel, a quantity of snuff already scented with some flower, pour thereon a little white wine, and add, if agreeable, some essence of ambergrease, musk, or any other perfume you like best; stir the snuff and rub it well between your hands. Scent snuff in this manner with any particular flavour, and put the different scented snuffs in separate boxes, which are to be marked to prevent mistakes.

*Snuff scented after the Spanish manner.*

Take a lump of double refined sugar, rub it in a mortar with twenty grains of musk, add by little and little a pound of snuff, and grind the whole with ten grains of civet, and afterwards rub it well between your hands.

Seville snuff is scented with twenty grains of vanilloes only. Keep your snuff in canisters closely stopped, to prevent the scent from exhaling.

As Spanish snuff is very fine and of a reddish colour,



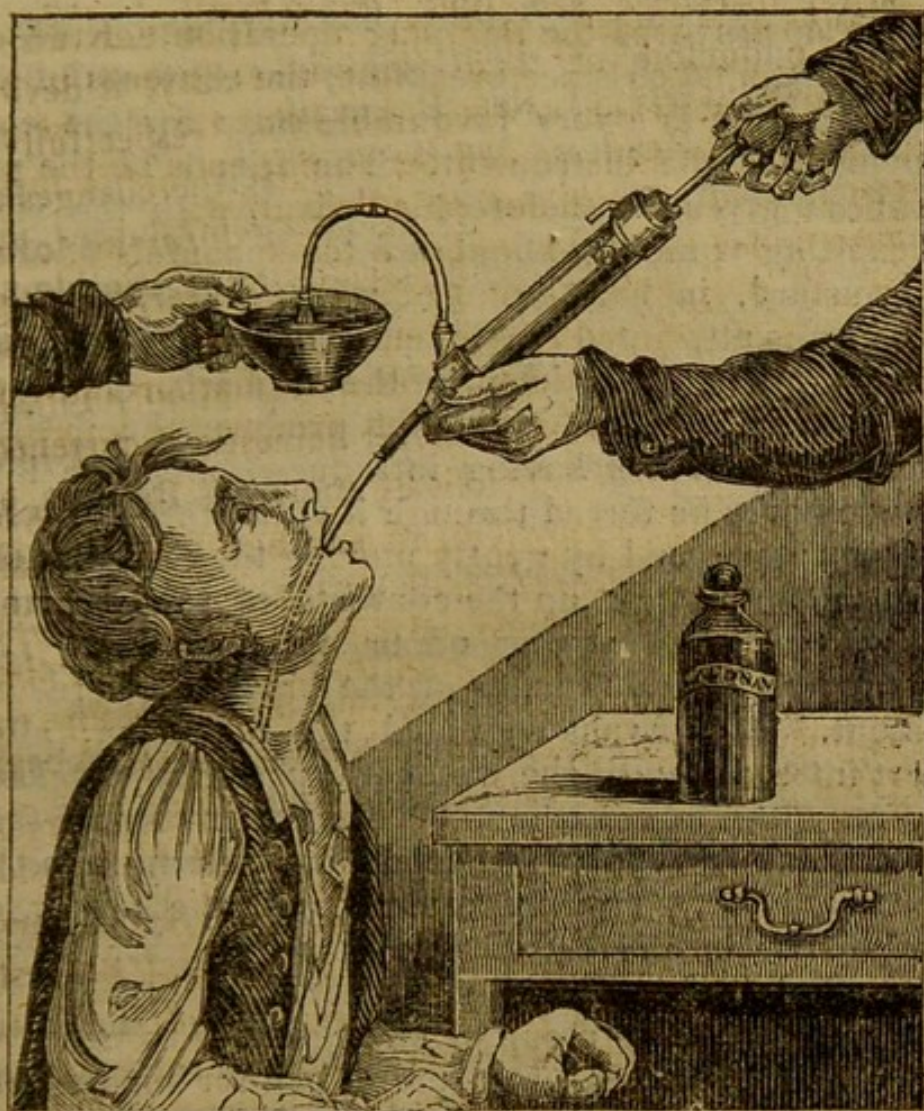
to imitate it nicely, take the best Dutch snuff, well cleansed, granulated, and coloured red; beat it fine, and sift it through a very fine lawn sieve. After it has been cleansed according to the foregoing directions, it is fit to take any scent whatever.

There is no risk in using a sieve that retains the scent of any flower, to perfume your snuff with the flavour of musk, ambergrease, or any other perfume; on the contrary, the snuff receives the perfume the more readily, and preserves its flavour the longer on that account.

*Method of Dying Snuff Red or Yellow.*

Take the size of a nut or two of yellow or red ochre, and to temper the colour mix therewith a little white chalk. Grind these colours with a little less than half an ounce of oil of sweet almonds on a marble, and moisten with as much water as the colour will take up, till it becomes a smooth paste; then mix it with a thin mucilage of gum tragacanth to a proper consistence, and put it into an earthen dish, and stir into it about a pint more water. Then take any quantity of cleansed snuff you please, throw it into the colour, and rub it well between your hands; and when the paste is thoroughly tinged with the colour, leave it till next morning to settle, then spread it thin on a cloth to dry, and place it in the sun, stirring it about every now and then that it may dry equally. When dry, gum it with a very thin mucilage of gum tragacanth made with some sweet scented water. To gum the snuff as equally as possible, wet your hands with this gum water, and rub the snuff well between the palms of your hands. Afterwards dry the snuff in the sun, and when it is very dry, sift the colour that does not adhere to the snuff through a very fine sieve, and then the snuff is properly prepared to receive any flavour you choose.





USE OF THE STOMACH PUMP IN POISONING BY  
LAUDANUM.

*Case by Mr. Evans of Chepstow.*

A respectable surgeon of Chepstow, (Mr. John Evans,) has lately published the following case, of an ounce of laudanum taken by a lady into the stomach by accident, which was effectually removed by means of Mr. Jukes's stomach syringe. On the circumstance being discovered, Mr. Evans's attendance was requested. Mr. Evans being fortunately in possession of Mr. Jukes's invention, the stomach syringe, no time was lost in applying it. The accident occurred at one o'clock, *p. m.*, and in the course of half an hour, Mr.



Evans commenced the pumping operation. No food having been taken since breakfast, the contents of the stomach were in a very favourable state for the employment of the instrument. The friends of the patient had given her, before his arrival, with the view of exciting vomiting, about two tea-spoonfuls of flour of mustard, in half a pint of warm water, to which Mr. Evans attributed the difficulty of swallowing, and the "burning sensation" in the stomach, of which she complained; but it did not produce the desired effect. Mr. Evans having introduced the tube into the stomach, he forced through it about three pints of warm water; and by gently moving the piston of the syringe, he brought up the contents of the stomach, which emitted a strong odour of laudanum. The mustard and some remains of the breakfast were also evident. Mr. Evans repeated the operation, after short intervals, until the water was perfectly tasteless, and on withdrawing the tube, the patient stated that she was much relieved, the burning sensation in the stomach having entirely ceased, and the power of swallowing in a great degree returned. Mr. Evans then administered a small glass of warm brandy and water, and directed a cup of strong coffee to be taken every half hour. He also prescribed for her the following

*Stimulant Draught.*

Take of citric acid, ten grains,  
compound tincture of cardamom seeds, two  
drachms;  
camphorated mixture, six drachms.—Mix.

She soon experienced much drowsiness, and an unpleasant pricking sensation in the skin. She was kept awake until midnight, when she was allowed to sleep till morning; she awoke at her usual time in apparent good health. In order to obviate constipation, Mr. Evans directed a lavement to be exhibited, which, having been repeated without effect, he directed three pills, composed of five grains of calomel, and eight grains of the compound extract of bitter apple. Four



hours after these pills were taken, a black draught was administered, which had the desired effect.

"This is," observes Mr. Evans, "another instance of a valuable life being saved, by means of Mr. Jukes's invention." His only object in giving the case publicity, he says, "is to express his conviction of the great utility of the instrument, and of its most easy application." The case unquestionably points out the necessity of every surgeon being supplied with such an apparatus; for the life of a patient, who has swallowed a poisonous dose of laudanum, or any other poison, depends on its being speedily removed.

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#### DISEASES FROM TIPPLING.

##### *Apoplexy.*

This disease may be occasioned in two ways during drunkenness. The powerful stimulus of alcohol may directly act on the nervous system, and assail the principle of life; or it may induce apoplexy, through the intervention of the sanguiferous system, which, by being inordinately surcharged and stimulated, may cause such an accumulation of blood, in the vessels of the head, as to bring on apoplexy, by compressing the brain, the source of sense and motion. The first will most readily be induced by the ingurgitation of a large quantity of raw or undiluted spirit; and the last will follow the slower mode of intoxication, from wine or strong malt liquor.

It is commonly after the approach of sleep that the drunkard is seized with apoplexy, when the digestive process sends forth a copious supply of blood newly prepared. But the state of sleep itself at all times favours the accession of this disease. The circulation of the blood through the substance of the brain, becomes, by every fit of drunkenness, more impeded by the obliteration of small vessels, and hardening and ossification of particular parts; while the sinuses and vessels on the surface are unusually distended. As



drinkers of porter and ale are most liable to the florid apoplexy, may not this, in a great measure, be attributed to the great supply of nourishing matter which these liquors afford ; and to the bitters, and narcotic drugs, which are fraudulently mixed with them, as mentioned before ? The drinker of malt liquor grows corpulent, while the drinker of spirits becomes thin and emaciated.

Purl drinkers are very liable to apoplexy and palsy. Bitters of all kinds seem to possess a narcotic power ; and, when used for a considerable time, destroy the sensibility of the stomach.

#### *Epilepsy, Hysterics, and Convulsions.*

The stimulus of vinous spirit brings forth a large portion of pleasurable sensation, and induces considerable mobility of the nervous system ; and with these, great fulness and turgescency of the blood-vessels of the brain. We have known a number of persons, of both sexes, but particularly seamen, who were subject to epilepsy, and never got drunk without a fit coming on. Two of these men, unfortunately, fell overboard in that condition, and were drowned at sea.

To those of the other sex, who happen to be addicted to the bottle, the hysteric affection is very apt to occur during the paroxysm. There are few female drunkards that do not experience this.

#### *Inflammatory Diseases.*

The diseases of the inflammatory class, are a frequent consequence of intoxication ; particularly to persons about the prime of life, of vigorous constitution, a full habit of body, and easily susceptible of stimuli. How can this be otherwise ? The body, by drinking fermented liquors or spirits, is often excited to the last degree : inflammations of the stomach and bowels are common followers of the large use of ardent spirit. It is even surprising that these diseases are not more often met with from this cause. The stomach is a highly sensible organ ; and in particular



conditions of the system, cannot be stimulated to any great degree, without partaking more or less of inflammation.

*Inflammation of the Liver.*

The liver, more than any other organ, appears to be particularly subject to diseases from this cause. The juvenile debauchee should be occasionally introduced into the sick chamber of the hoary veteran in excess. Let the youths of the present time be instructed from the unwieldy joints, withered limbs, and hypochondriacal glooms of our modern Arthritics.

*Cancer of the Bowels.*

Ardent spirit hardens and contracts the animal fibre, and coagulates the juices. Hence the sensibility of different organs is gradually exhausted; and the vessels, whether arteries, veins, lymphatics, or other canals and ducts for conveying fluids, are lessened in their diameter, and ultimately obstructed. A schirrus of the stomach, at least of the pylorus, and liver especially, are frequent concomitants of habitual inebriety. But the intestines, pancreas, spleen, and perhaps the kidneys, are also liable to the same affection; all of which, after a certain time, are incurable, and often speedily fatal. The dram and purl drinker may sooner experience these evils than other drunkards, but even the guzzler of small-beer has no security against them. Nay, so sure and uniform is this effect of producing diseased bowels, by fermented liquors, that in distilleries and breweries, where hogs and poultry are fed on the sediments of barrels, their livers and other organs are observed to be enlarged and hardened, like those of the human body; and were these animals not killed at a certain period, their flesh would be unfit to eat, and their bodies become emaciated.

*Indigestion.*

There are so many organs concerned in the processes of digestion, chylification, and sanguification, that we cannot be surprised at the effects of hard drinking in



deranging them : for the first introduction of the liquor into the body comes in direct contact with most of them ; such as the stomach, intestines, biliary and pancreatic ducts, lacteals, &c. Want of appetite, and bad digestion, are therefore common with drunkards. The stomach next morning, after a night's debauch, is left in a state of febrile debility ; its muscular power feeble and exhausted ; and the gastric juice vitiated and unfit to excite the desires of healthful appetite.

In such cases of indigestion it is in vain to expect a cure from articles of medicine. The habit of drinking must be abandoned, and moral arguments, with such religious admonitions as inspire hope, must be speedily employed, to prevent suicide or derangement of intellect.

The stomach, by degrees, grows torpid from immoderate stimuli. In this manner indigestive complaints first commence ; acidity, heartburn, flatulence, and nausea, are succeeded by nervous irritability and pain, which tend to fix the distress of the inebriate.

#### *Excessive Discharge of Urine.*

The majority of persons whom we have known subject to diabetes, were lovers of the bottle. We suspect that many drunkards have this complaint upon them without taking notice of it.

#### *Inflammation of the Eyes.*

This complaint of the eyes is one distinguishing badge of a drunkard ; remarked by the vulgar, as if to point him out to the finger of scorn. Solomon says, " Who hath woe ? who hath sorrow ? who hath contentions ? who hath babbling ? who hath wounds without cause ? who hath redness of eyes ?—They that tarry long at the wine ; they that go to seek mixed wine." The eye is so constructed, that it readily discovers, by its turgid vessels in the white, the effects induced by a hurried circulation.

#### *Carbuncles and Pimples.*

Tumours and leprous eruptions, of various sizes and



colours, appear about the nose, and other parts of the face. The vigorous circulation, and determination to the head, may have some effect in increasing the disposition to these cutaneous affections; but I have some suspicion that they are induced, in a great measure, by the chemical qualities of alcohol, most likely by the evolution of hydrogen in the course of the circulation; and they appear in the face, where the superficial blood-vessels are more numerous than in any other part of the body. Darwin speaks of them as being sympathetic of diseases of the liver. There is no deformity incident to the human body more disgusting than this.

#### *Ulcers.*

When habitual intoxication has sufficiently weakened the solids, and polluted the fluids of the body, it also excites diseases of the skin, that readily run into foul and incurable sores. Instances of this kind are to be daily met with in private life.

#### *Dropsy.*

When infarctions and enlargements of the abdominal organs take place, the dropsy next makes its appearance. The free return of blood to the heart is impeded; and thus exhalation is increased. Diseases of the liver, more than others, seem to be followed by hydropic disposition. Dropsy is, therefore, very frequently the harbinger of death with the inebriate.

#### *Palsy.*

Tremors and paralytic affections are common followers of apoplexy. The head and hands of some inebriates, particularly in the morning, shake and tremble; but regain their usual strength, and become steady, as the dose of stimulus is repeated. Men of this description are a kind of living thermometers; as the blood warms, their spirits rise, and when it cools again, by withholding their dram, they sink into languor and dejection. When affections of this kind make their appearance, the wretched inebriate has almost finished his career of dissipation: the silver cord of



life is nearly loosed, and the wheel broken at the cistern !

*Palpitation.*

Fainting fits and palpitation of the heart, sometimes accompany excessive debility from habitual bibacity, and are called nervous symptoms. But the most alarming degree of these evils is, when they are the effect of organic affections of the heart, pericardium, and large blood-vessels. A hydrothorax, dropsy of the pericardium, ossification of the valves of the heart, coronary arteries, and aorta itself, have all been discovered by dissection in the bodies of men subject to temulency. The patient commonly dies suddenly at last, after being long tormented with anxiety of the most distressing kind, frequent fainting fits, fearful dreams, that make him start from his sleep with signs of the utmost terror and agitation, and great dejection of spirits. To these may be added, those symptoms which constitute the "Angina Pectoris" of some authors. The subjects of these horrid complaints seem to undergo, every hour, all the pangs of dissolution. They rank among the most fatal and terrible evils of this gloomy catalogue.

*Gout.*

Gout is very seldom or never seen in the habitations of poverty and labour. If there is an hereditary disposition to gout, all excesses must be more hurtful. As the organs of digestion are so principally concerned in gout, the excess in drinking acts there with peculiar force. It is highly probable that the mere pains, and inflammation of the joints, are very secondary symptoms of this complaint; and that the only sure way to ward it off is by preserving the vigour of the digestive organs, by temperate and abstemious living, and by beginning early in youth to pursue a regular and active mode of life.

*Premature Old Age.*

The wrinkled and dejected visage, the bloated and sallow countenance, the dim eye, the quivering lip,



the faltering tongue, are so many external signs of bodily infirmity : while weak judgment, timidity, irresolution, low spirits, trifling disposition, and puerile amusements, discover a mind poisoned by the bowl, not broken by the hand of time !

*Change of Temperament.*

A long use of vinous spirit, in any form, produces alterations in the sentient principle or nervous system. We thus observe many of our acquaintance, as they proceed in the habit, to become new men. They speak, they feel, and act in another manner ; till they grow weak and nervous as women ; are liable to a train of nervous ailments ; irritable in body and mind ; and subject to despondency, low spirits, and every hypochondriacal symptom. A confirmed nervous temperament is, therefore, the consequence, which will remain through life.

*Insanity.*

Drunkenness itself, is a temporary madness. But in constitutions where there is a predisposition to insanity and idiotism, these diseases are apt to succeed the paroxysm, and will often last weeks and months after it. In courts of justice we often hear of men, who are convicted of improper conduct, pleading for mitigation of punishment, from acting under temporary insanity. A small quantity of liquor is apt to derange these people : in such subjects the blood would appear to be over accumulated in the head, or to circulate unequally there, and thus causes delirium.

But independently of constitutional predisposition, the habit of drunkenness will bring on madness and idiotism. They sometimes follow a stroke of apoplexy. It is, indeed, certain, when this habit has been long indulged, that the structure of the brain becomes more or less injured. Morgagni, in his celebrated work, *De Causis et Sedibus Morborum*, has furnished us with many instances of the substance of the brain being much altered, as appeared by his dissections of drunkards. These instances exhibited the same changes



from the healthy structure, which are to be found in the brains of maniacs and idiots.

If the source of sense and motion is thus liable to be affected by spirituous potation, we need the less wonder at the loss of the mental faculties.

*Melancholy.*

The morning hours of a drunkard, when the bottle has been long withheld, often exhibit the last degree of dejected spirits, which are apt to bring on hallucination of mind. The habit of ebriety feeds itself. In the absence of stimulus the ideas have all a gloomy cast, and every feeling is unpleasant: there is an aching void that nothing can fill up but a renewal of the cup; which is no sooner quaffed than another is desired: thus by degrees the brain is injured in its structure by violent action, and every species of delirium is the consequence.

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BURYING ALIVE.

*Case of Mrs. Godfrey, sister to the Duke of Marlborough.*—This nobleman had a sister who was married to Colonel Godfrey. The lady had been a long time ill, in consequence of the recent death of her brother the Duke; but, on Sunday, fancying herself better than she had been for some time, and able to go to chapel, she was dressing for that purpose, when she suddenly fell down to all appearance dead.

The screams of her woman, and a female friend, brought Colonel Godfrey into the room; who having, probably, seen instances of persons remaining in a state of insensibility for a considerable time, and afterwards recovering, directed that his lady should be immediately put to bed, and that two persons should continue with her, till indubitable symptoms appeared of her decease. The consequences proved with how much judgment the colonel had acted. Notwithstanding the opinion of the physicians, who all declared that the breath of life was irrecoverably de-



parted; and in opposition to the solicitations of his friends to have the body interred, he continued resolute in his determination to the contrary till the Sunday following; when exactly at the same hour, on which the change had happened, signs appeared of returning sensibility. So punctual was nature in its operations upon this singular occasion, that Mrs. Godfrey awoke from her trance just as the chapel bell was once more ringing; which so perfectly eradicated from her memory every trace of her insensibility, that she blamed her attendants for not awaking her in time to go to church, as she had proposed to do.

Colonel Godfrey, whose tenderness to his lady was unremitted, taking advantage of this incident, prudently gave orders that she should by no means be made acquainted with what had happened, lest it should make a melancholy impression on her mind; and it is supposed, that to the day of her death, she remained ignorant of the transaction!!

*Case of a German Lady; described by a Physician.*—A young lady, an attendant on the Princess of ———, after having been confined to her bed for a length of time with a violent nervous disorder, was at last, to all appearance, deprived of life. Her lips were quite pale, her face resembled the countenance of a dead person, and her body grew cold. She was removed from the room in which she died, was laid in a coffin, and the day of funeral fixed on. The day arrived, and according to the custom of the country, funeral songs and hymns were sung before the door. Just as the people were about to nail on the lid of the coffin, a kind of perspiration was observed to appear on the surface of her body. It was greater every moment, and at last a kind of convulsive motion was observed in the hands and feet of the corpse a few minutes after, during which time fresh signs of returning life appeared, she at once opened her eyes, and uttered a most pitiable shriek: physicians were quickly procured, and in the course of a few days she was considerably restored, and is probably alive at this day.



The description, which she herself gave of her situation, is extremely remarkable, and forms a curious and authentic addition to psychology. She said it seemed to her as if in a dream, that she was really dead; yet she was perfectly conscious of all that happened around her in this dreadful state. She distinctly heard her friends speaking and lamenting her death at the side of her coffin. She felt them pull on her dead clothes and lay her in it. This feeling produced a mental anxiety which is indescribable. She tried to cry, but her soul was without power, and could not act on her body. She had the contradictory feeling, as if she were in her own body, and yet not in it, at one and the same time. It was equally impossible for her to stretch out her arm, or to open her eyes, as to cry, although she continually endeavoured to do so. The internal anguish of her mind was, however, at its utmost height, when the funeral hymns began to be sung, and when the lid of the coffin was about to be nailed on; the thought that she was to be buried alive, was the first one which gave activity to her soul, and caused it to operate on her corporeal frame!!

*Case of Baron Hornstein.*—A letter from Bavaria states \* :—“ We have witnessed here a superb funeral of the Baron Hornstein, a courtier; but a shocking result is what induces me to mention it in my letter. Two days after the workmen entered the mausoleum, when they witnessed an object which petrified them! at the door of the sepulchre lay a body covered with blood; it was the mortal remains of this favourite of Courts and Princes. The Baron was buried alive! On recovering from his trance, he had forced the lid of the coffin, and endeavoured to escape from the charnel-house. It was impossible! and it is supposed he dashed his brains out against the wall. The Royal Family, and indeed the whole city are plunged in grief at the horrid catastrophe!

*Case of Mrs. R——s, of Pimlico.*—This unfor-

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\* Norfolk Chronicle; January 9th, 1819.



fortunate lady, who was an intimate acquaintance of Mr. Scott and his family, in an illness during the winter before last, seemed, to her friends and relatives, to have died. The corpse was accordingly stripped and laid out upon a mattress, and merely covered by a sheet. Although the weather was bitterly cold, the careful female assistants thought it prudent to ventilate the room by throwing up the windows! Some hours after, as Mr. R——— was passing the chamber door, he thought he heard a voice in the room; he entered it, and to his inexpressible terror, beheld his wife sitting up. Assistance was immediately procured, the unfortunate lady was put to bed, and every means taken to restore warmth and comfort. But, alas, the exposure to the freezing temperature of a winter's atmosphere, had so robbed the poor sufferer of her vitality, that the spontaneously kindled spark could not be blown into a flame, and she actually died a few hours afterwards, a victim to inattention and indiscretion.

Among the ancients, even, these misfortunes are known to have happened. It is related of Empedocles, that he restored a lady of the name of Ponthia to life at the moment of interment, and thus saved her from a premature grave. The scorching heat of the funeral pile roused Acilius Aviola; his piercing cries procured for him the promptest assistance that could be given, but it was too late; he had suffered the torments of being burnt alive! Lamia, the prætor, fell a sacrifice to the same misfortune, and another prætor, named Tubero, awoke from his trance, after the pile upon which his body had been placed, was lighted. It is recorded of the physician Asclepiades, "that as he was returning from his country-house, he observed, near the walls of Rome, a grand convoy and crowd of people, who were in mourning, assisting at a funeral, and showed every exterior signs of the deepest grief, asked what was the occasion of this concourse. No one made any reply. He therefore approached the supposed dead body; and by virtue of his superior



knowledge, imagined that he perceived indications of life in it. He ordered the by-standers to take away the flambeaux, to pull down the funeral pile, and extinguish the fire. A murmur on this arose throughout the whole assembly. Some said they ought to believe so great a physician ; while others turned both him and his profession into ridicule. The relations, however, at length yielded to the remonstrances of Asclepiades, and consented to defer the obsequies for a little time. The consequence was, the restoration of the supposed dead person to life \* !” The same authority gives the two following cases ; one occurred in France, the other in England.

*Case of the Abbe Prevost.*—“ The Abbe Prevost, so well known by his writings, and the singularity of his life, was seized with a fit of apoplexy in the forest of Chantilly, on October 23d, 1763. His body was carried to the nearest village, and the officers of justice were proceeding to open it, when a cry which he sent forth, affrighted all the assistants, and convinced the surgeon that the Abbé was not dead ; but it was too late to save him, as he had already received the mortal wound !”

*Case of a Cornish Lady.*—“ A lady in Cornwall, more than eighty years of age, who had been a considerable time declining, took to her bed, and in a few days, seemingly expired in the morning. As she had often desired not to be buried till she had been two days dead, her request was to have been regularly complied with by her relations. All that saw her looked upon her as dead, and the report was current through the whole place ; nay, a gentleman of the town actually wrote to his friend, in the island of Sicily, to inform him that she was deceased. But one of those, who were paying the last kind office of humanity to her remains, discovered some warmth about the middle of the back, and acquainting his friends with it, they applied a mirror to the mouth,

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\* Encyclopædia Britannica.



but, after repeated trials, could not observe it to be stained in the least by her breath ; her under jaw was likewise fallen (as the common phrase is) and in short, she had every appearance of a dead person. All this time she had not been stripped or dressed for burial ; but the windows were open, as is usual, in the chambers of the deceased. In the evening, the heat of her back seemed to increase, and at length she was perceived to breathe."

*Case of a French Notary.* By Dr. Ferriar.—A provincial notary, who had a law suit with his vicar, was seized with an epileptic fit so severe that the attendants thought him dead. The vicar took care to bury his antagonist at the expiration of twelve hours \*. Next day a person who had occasion to go into the church, heard a great noise proceeding from the grave of this unfortunate man ; he gave immediate notice of it to the clergyman, who desired him to say nothing about it. The family, however, were informed of this circumstance, and obtained permission to take up the body. It was found lifeless, but marks of struggling were perceived on the hands.

*Case of a London Hawker.*—About forty years ago, says a writer in the year 1817, a man well known about the streets of London and its environs, as an itinerant vender of handkerchiefs, &c. was not only supposed dead, but partly buried alive ; however, he was happily rescued from the above horrible fate by some providential accident of delay in totally filling up the grave, and before the grave-diggers had left the spot, he was heard to groan, and was instantaneously relieved from his perilous situation. The author goes on to say, that this man lived many years after his exhumation, and till within these few years has travelled the streets of London, a living witness of the horrible temerity of premature interment, and

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\* There is a regulation in France, by which the interment of the dead is performed within twenty-four hours from the period of decease.



become the standing jest of obdurate folly and consummate ignorance of those who were daily tormenting him about it. Report says, that the same man, some years after the first occurrence, lay apparently dead for a fortnight; but that the former case had impressed his mind so deeply, that he had always desired his relatives not to suffer him to be buried in less than a month after he might seem to die, and this precaution saved him a second time from the horrors of the tomb.

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#### THE SUPERSTITION OF A CHILD'S CAUL.

Hardly a week passes without some of the daily newspapers advertising a "Child's Caul" for sale, and the modest sum of twenty, thirty, or forty guineas is usually demanded for it. The deluded ninnies of this ridiculous superstition would upbraid their folly if they were acquainted with the nature of this precious purchase. It is nothing more or less than a piece of the bag that every child is contained in. The infant in its birth breaks through this bag with its head, and a portion of it is torn away, and when the child is born the tippet is found upon its face and head! This is the great and mighty talisman that saves from shipwreck and a thousand other disasters!! If a small portion of this membrane is so valuable, what must be the worth of the whole? Those who have any dealings in this business, would do well to open a trade with the Editor; he will engage to procure them the entire membrane (or as many as they may need) for half a crown, which they may cut up into "cauls" to enormous advantage; or they may be supplied with the usual article at one shilling a piece.

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#### METHOD OF MAKING VARIOUS KINDS OF BREAD.

##### *Barley Bread.*

Barley, next to wheat, is the most profitable of the



farinaceous grains, and when mixed with a small proportion of wheat flour, may be made into bread. Barley bread is not spongy, and feels heavier in the hand than wheaten bread.

To remedy this defect in part, it is always best to set the sponge with wheat flour only, for barley flour does not readily ferment with yeast, and adding the barley flour; when the dough is intended to be made. Bread made in this way requires to be kept a longer time in the oven than wheaten bread, and the heat of the oven should also be somewhat greater; but barley bread is sometimes made without the addition of wheaten flour.

Suppose a bushel of barley to weigh fifty-two pounds and a half to be made into bread; let it be sent to the mill, and have the bran taken out, which, with what is lost in grinding and dressing, will probably reduce it to forty-four pounds. If the meal be kneaded into dough, with water, yeast, and salt, suffered to rise, and then divided into eight loaves, and thoroughly baked, they will weigh about sixty pounds, after being drawn out of the oven, and left two hours to cool.

Barley bread is eaten by many of the farmers and labourers in husbandry, also by the miners in Devonshire and Cornwall.

*Mixed Barley Bread.*

Take four bushels of wheat, ground to form one sort of flour, extracting only a very small quantity of the coarser bran \*. Add to it three bushels and a half of barley flour, mix up the flour into a dough in the usual manner, with salt, yeast, and warm water, let it be divided into loaves, and put them into the oven, made hotter than it would be for baking wheaten bread. Let them remain in the oven three hours and a half. In Yorkshire, bread made from a mixture of these grains is esteemed more wholesome to those who are used to it, than bread made from wheat alone.

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\* From the Reports of the Board of Agriculture.



*Rye Bread.*

Rye is a grain whose cultivation is not much encouraged in this kingdom, but in the northern parts of Europe it is in very extensive use, as a nourishing food for mankind. When made into bread alone, it is of a dark brown colour, and sweetish taste, and if eat by people unaccustomed to its use, it is found to have a laxative effect. In some parts of this kingdom, a mixture of rye and wheat is reckoned an excellent bread. In Yorkshire, bread made from a mixture of these two grains is esteemed.

The following method of making household rye bread, has been recommended by the board of agriculture \*.

Suppose a bushel of rye to weigh sixty pounds, add to it a fourth part, or fifteen pounds of rice; this when ground has only the broad bran taken out, which seldom exceeds four and a half or five pounds for that quantity; it is thus directed to be prepared for household rye bread.

Take fourteen pounds of the mixed flour, a sufficient quantity of yeast, salt, and warm water, and let it be made in a dough, and baked in the usual way. It will produce twenty-two pounds weight of bread, which is a surplus of three pounds and a half in fourteen pounds, over and above what is usually produced in the common process of converting household wheat flour into bread.

*Turnip Bread.*

A very good turnip bread may be made by the following process: Let the turnips be pared and boiled. When they are soft enough for being mashed, the greater part of the water should be pressed out of them, and they should be mixed with an equal quantity in weight of wheat flour. The dough may then be made in the usual manner, with yeast, salt, and warm water. It will rise well in the trough, and after being kneaded,

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\* Account of Experiments tried by the Board of Agriculture, p. 12.



it may be formed into loaves, and put into the oven. It requires to be baked rather longer than ordinary bread, and when taken from the oven is equally light and white, rather sweeter, with a slight but not disagreeable taste of the turnip. After it has been allowed to stand twelve hours, this taste is scarcely perceptible, and the smell is totally lost, and after an interval of twenty-four hours, it cannot be known that it has turnips in its composition, although it has still a peculiar sweetish taste, but by no means unpalatable. It keeps for upwards of a week.

*Rice Bread.*

Rice, though one of the roughest and driest of farinaceous vegetables, is converted by the Americans into a very pleasant fermented bread. The process is as follows: The grain is first washed by pouring water upon it, then stirring it, and changing the water until it be sufficiently cleansed. The water is afterwards drawn off, and the rice, when being sufficiently drained, is put, while yet damp, into a mortar, and beaten to powder; it is now completely dried, and passed through a common hair sieve. The flour, thus obtained, is generally kneaded with a small proportion of Indian corn meal, and boiled into a thickish consistence; or sometimes it is mixed with boiled potatoes, and a small quantity of leaven, or yeast, is added to the mass. When it has fermented, sufficiently, the dough is put into pans, and placed in an oven. The bread made by this process is light and wholesome, pleasing to the eye, and agreeable to the taste. But rice flour will make excellent bread, without the addition of either potatoes, or any kind of meal. Let a sufficient quantity of the flour be put into a kneading trough; and at the same time let a due proportion of water be boiled in a cauldron, into which throw a few handfuls of rice in grain, and boil it till it break. This forms a thick and viscous substance, which is poured upon the flour, and the whole kneaded with a mixture of salt and yeast; the dough is then covered with warm clothes, and left to rise. In



the process of fermentation, this dough, firm at first, becomes liquid as soup, and seems quite incapable of being wrought by the hand. To obviate this inconvenience, the oven is heated while the dough is rising; and when it has attained a proper temperature, a tinned box is taken, furnished with a handle long enough to reach to the end of the oven: a little water is poured into this box, which is then filled with dough, and covered with cabbage leaves and a leaf of paper. The box is thus committed to the oven, and suddenly reversed. The heat of the oven prevents the dough from spreading, and keeps it in the form which the box has given it. This bread is both beautiful and good; but when it becomes a little stale, loses much of its excellence. It comes out of the oven of a fine yellow colour, like pastry which has yolks of eggs in it. Other methods of making rice bread are the following:—

1. Boil a quarter of a pound of rice till it is quite soft; then put it on the back part of a sieve to drain, and when it is cool mix it up with three quarters of a pound of wheaten flour, a spoonful of yeast, and two ounces of salt. Let it stand for three hours, then knead it well, and roll it in about a handful of wheaten flour, so as to make the outside dry enough to put it in the oven. About an hour and a quarter will bake it, and it will produce one pound fourteen ounces of very good white bread, but it should not be cut till it is two days old. Another way is the following:—

2. Take half a peck of rice flour, and one peck of wheaten flour, mix them together and knead the dough up with a sufficient quantity of salt, yeast, and warm water. Suffer it to ferment, divide it into eight loaves, and bake them.

3. Take a peck of rice, boil it over night, till it becomes soft, then put it in a pan, and the next morning it will be found to have swelled prodigiously. A peck of potatoes should now be boiled, skinned, and mashed into a fine pulp, and while hot, be well kneaded up with the rice, and a peck of wheaten flour; a suffi-



ent quantity of yeast and salt must now be added, and the dough left in the kneading trough to prove or ferment; and when well risen, it may be divided into loaves and baked in the usual way.

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LAWS RESPECTING PAWNBROKERS.

If any person apply for redemption of his goods within seven days after the first month, he may redeem them without paying for the seven days, and if he apply after the expiration of the first seven days, and within the first fourteen days of the second month, he may redeem upon paying for a month and a half; but afterwards the pawnbroker may take the profit of the whole two months; the like regulation to take place in every succeeding month.

*Charges allowed for Duplicates.*—For all sums less than 5s. no charge whatever is allowed. For 5s. and less than 10s.,  $\frac{1}{2}$ d.; for 10s. and less than £1., 1d.; for £1. and less than £5., 2d.; for £5. and above, 4d.

When any goods are pawned for any sum of money exceeding 5s. the pawnbroker, before he advances the money, shall enter in a book a description of the pawn, the money lent thereon, the day of the month and year, and the name of the person pawning, also the name of the street, and number of the house where he shall live, and whether a lodger or housekeeper, and the name, &c. of the owner, if the party pawns for another. In all cases where the money lent shall not exceed 5s. the entry to be made within four hours, and every pawnbroker, at the time of taking a pledge, shall give a note, (or duplicate) fairly written or printed, describing the goods received in pawn, otherwise the pawnbroker shall not receive such pledge.

Where any goods shall be redeemed, the pawnbroker shall at the time of such redemption, write upon every duplicate of such goods, the amount of profit taken by him, and shall keep such duplicate by him for one year.



If any person shall designedly and unlawfully pawn or dispose of the goods of another person, he may be apprehended by the warrant of a Justice, and, if convicted on the oath of a credible person, or by the confession of the person charged with the offence, he shall forfeit any sum between 20s. and £5., also the value of the goods pawned; and if the penalty should not be paid, the Justice may commit him to the house of correction, there to be kept to hard labour, for not more than three months, unless the penalty shall be sooner paid; and if the penalty shall not be paid within three days of the expiration of the commitment, the Justice may order such person to be publicly whipped, in the house of correction, or other public place the Justice may deem proper.

If any person shall knowingly buy, or take in pawn, or in exchange, any goods of any manufacture, or any materials intended for the manufacturing of any goods, after such materials are put into a course of manufacture, and before such goods are finished or completed for the wear or consumption; or any linen or apparel, which shall be entrusted to any person to wash, scour, iron, mend, manufacture, work up, finish, or make up, and shall be convicted of the same, on the oath of any one credible witness, or confession of the party, before a Justice, such person shall forfeit double the sum lent upon the same, to be paid to the poor of the parish, and likewise restore the goods to the right owners in the presence of the Justice.

Where goods are unlawfully pawned, the pawnbroker to restore them, on the oath of any credible witness, or if one of the people called Quakers, on their affirmation, whether by pledge or exchange, the property to be restored to the right owners thereof.

If tender of the principal and interest shall be proved to have been made to a pawnbroker by a pawner, within the space of one year and three months, after the pawning of the goods, then on payment of the principal and interest to the pawnbroker; and in case the pawnbroker shall refuse to accept



thereof, on tender of the same to him before the Justice, then the Justice, by order under his hand, shall direct the goods so pawned, to be delivered up to the pawner.

Any person producing a duplicate to the pawnbroker, with whom the goods specified therein were pledged, as the owner thereof, or as authorized by the owner to redeem the same, requiring the delivery of the goods mentioned therein, such person shall be deemed the right owner of such goods; and the pawnbroker shall deliver up the said goods to the person producing the duplicate, upon the payment of the principal and interest due thereon; and such pawnbroker is justified in so doing, unless he shall have had previous notice from the real owners thereof, not to deliver the said goods, or unless notice shall be given to him of the goods having been stolen, lost, mislaid, or destroyed.

In case of a duplicate having been lost, mislaid, destroyed, or fraudulently obtained from the owner thereof, and the goods remain unredeemed, the pawnbroker with whom the said goods were pledged, shall, at the request of the owner, or person representing the owner, deliver a copy of the duplicate so lost, mislaid, destroyed, or fraudulently obtained, with a form of an affidavit of the circumstance attending the case, as the same shall be stated to him by the party applying; for which copy of the duplicate and form of affidavit, if the money shall not exceed 5s. the pawnbroker shall receive one halfpenny; and if the money lent shall exceed 5s. and not exceed 10s, the sum of one penny; and if the sum exceeds 10s. then such sum as he was entitled to take for the original duplicate; to be paid by the person applying for the same at the time; and the person obtaining such copy of the duplicate and form of affidavit, must prove his right to the goods, to the satisfaction of some Justice of the peace, where the goods were pledged, and must swear to the truth of the circumstances mentioned in the affidavit, the taking of which oath to be authenticated by the



hand-writing of the Justice : whereupon the pawnbroker shall suffer the person making the affidavit, to redeem the goods.

If a person entitled to redeem goods in pledge, shall before or upon the expiration of the said one year, from the time of pawning the same, give notice in writing, or in the presence of a witness, to the pawnbroker, or leave the same at his usual place of abode, not to sell the same at the end of the year, then the goods pawned shall not be sold by the pawnbroker till the expiration of three months after the said year, during which term the owner of the goods may redeem the same, upon the terms provided by this Act.

Pawnbrokers shall, from time to time, enter in a book, kept for that purpose, a true account of the sale of all goods pledged for upwards of 10s. which shall be sold by auction, expressing the month when pledged, and the name of the person who pledged the same, according to the entry made at the time of receiving the same in pawn ; also the day when, and the money for which such goods were sold, with the name of the auctioneer by whom they were sold ; and in case the goods shall have sold for more than the principal and interest due at the time of the sale, the overplus must be paid on demand by such pawnbroker to the owner, in case such demand shall be made within three years after the sale, the expences of the sale being first deducted ; and the person who pledged such goods, or for whom the goods were pledged, or their executors, administrators and assigns, (possessing the duplicate,) may inspect the entry of such sale, paying one penny and no more.

If a pawnbroker shall have sold any goods, pawned before the time allowed by this Act, or such goods shall have been embezzled or lost, or are become of less value than at the time they were pawned, through the neglect of the pawnbroker, a justice may award satisfaction to the owner.

The time of prosecuting must be within twelve months after any offence has been committed, unless the same shall have been within the city of London.



## COMPLAINTS OF JANUARY.

AN entrance on the New Year gives a sort of tacit earnest that we shall soon have spring again. The same thing is told us too by the gradual lengthening of the days; and it is indeed very pleasant to find, towards the end of the month, that five o'clock strikes, and still sufficient light remains to let us follow our accustomed avocations.

But there is still, even in January, a more congenial sign that Spring is not far distant. If the month be not, as often happens, locked up in continued frost, but the weather is open, although we are chilled by the morning fogs, we are nevertheless occasionally surprised and cheered by the breaking out of the sun in the middle of the day, and by feeling that the open weather of January is a very different thing from the open weather of November and December. The one is heavy, wearisome, and depressing; the other partakes of none of these bad qualities, at least not in any thing like the same degree. Invalids do not complain of it half so much, and they are a very good test of the heaviness of the atmosphere; an excellent living barometer, which is sufficiently sensible to such differences of atmospherical influence as are here alluded to.

*Inflammatory Disorders.*

The diseases of January show too that a material change has taken place in the constitution of the air, as Sydenham called it. They are more inflammatory. It is true they are generally of a bilious character, as they were in the two former months, but a disposition to inflammatory action marks the one, whilst in the other such complaints put on the character of slow nervous fevers as they were formerly called.

The weather in January 1820 was particularly open, and yet the change, above described, had evidently taken place in the aspect of the diseases. Another fact too presented itself; the eruptive diseases of children, and with them probably for the same reason the bronchial



complaints, which had prevailed so extensively during the preceding months, had now almost entirely disappeared.

These circumstances deserve some attention; for why should there be so great a difference? the temperature is nearly the same in the open weather of January as in that of November, and yet the effect is so different. One reason may be, that the air is certainly drier; partly because less rain has fallen, and that which came down at the equinox has sunk into the earth, or run down into the sea, and partly perhaps, because the prevailing winds may be different. The frost and hard weather, which always precede these ameliorated January atmospheres, may change the constitution of the air as well as produce a difference in the human body by their bracing powers.

Be this as it may, inflammatory diseases are more to be expected in January than in the preceding months. Fevers, for the same reason, become apparently more severe, and, generally speaking, all acute diseases show more violence of character.

As a proof of this, it may be stated, especially also as it shows the close connection which exists between the typhoid fevers, as they are called, and bilious complaints, that, during the Autumn, the number of cases admitted into the fever hospitals increased during the autumnal months; but that the continued frost which occurred at the latter end of December and beginning of January nearly stopped them altogether: whilst, on the occurrence of open weather again, new cases presented themselves in rapid succession, all of them bearing a more aggravated character than marked those which occurred before the frost. They were in fact more inflammatory.

In January 1820, indeed, the complaints were almost all bilious: and this is true, although it was remarkable enough that affections of the bowels formed a considerable item in the list of diseases.



*Bowel Complaints.*

These bowel complaints were very interesting ; for they are altogether different from those which occur in August and September, and require a different mode of treatment ; for whilst in the September cases a superabundance of bile was the apparent cause of the disorder, in these, the secretion of the bile was evidently deficient, and a decidedly inflammatory or congested state of the liver formed one of their most conspicuous features. A quick pulse and hot yellow skin, a jaundiced eye, and great tenderness of the abdomen, required that the treatment should be active and depletory, rather than of that soothing description which cured the bowel complaints of the former period. The permanent relief also, which was obtained when a free flow of bile had in this way been induced, left no doubt of these affections of the bowels being only a singular variety of the many other hepatic or inflammatory diseases which marked the season, and differing from the former only in having the purging in addition to the other symptoms.

Well is it when medical men mark these endless varieties of character which diseases put on under different circumstances. Sydenham said long ago that he could never treat the diseases of any season successfully until he had studied the peculiarity of aspect which had been imprinted on them by the state of the atmosphere in that season ; and it is not likely that we shall be able to do what Sydenham could not accomplish.

*Directions for Health.*

It is easy to deduce from the above observations the necessary directions for, as far as is possible, preventing the occurrence of disease in January. When inflammatory diseases threaten, it is of course right to keep the actions of the constitution from being wound up to too high a pitch ; but when the peculiar seat of those inflammations is more frequently in the liver than in other parts, and therefore, when a healthy state of the digestive organs is so much more impor-



tant than under ordinary circumstances, it becomes necessary that we should join an especial attention to prevent an overloading of these organs, to our other precautions. Thus, whilst we watch jealously over feelings of disorder, and purge briskly, on the first symptoms of oppression or over-action in our constitutions, we should be particularly cautious so to regulate the diet, that no obstruction may take place in the stomach and upper part of the bowels : we should live more moderately, and occasionally make a banian day, if sleepiness after dinner or hot hands in the evening warn us, that the main wheels of the human machine are getting out of order and clogged up.

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ON STARVATION, WITH A STRIKING CASE.

A German merchant, aged 32, depressed by severe reverses of fortune, and the consequent slights of his relatives, formed the resolution of destroying himself by abstinence. With this view, he repaired, on the 15th of September, 1818, to an unfrequented wood, where he constructed a hut of boughs, and remained without food till the 3d of October following. At this period he was found by the landlord of a neighbouring pot-house—still alive, but very feeble, speechless, and insensible. Broth, with the yolk of an egg, was given him. He swallowed it with difficulty, and died immediately.

In the pocket of the unfortunate man was found a journal, written in pencil, singular in its kind, and remarkable as a narrative of his feelings and sentiments.

It begins thus :—“ The generous philanthropist, who shall one day find me here after my death, is requested to inter me ; and in consideration of this service to keep my clothes, purse, knife, and letter-case. I moreover observe that I am no suicide, but have died of hunger, because through wicked men, I have lost the whole of my very considerable property, and am unwilling to become a burthen to my friends.” The ensuing remark is dated Sept. 17th, the second day of



abstinence:—"I yet live ; but how have I been soaked during the night, and how cold has it been ! O God ! when will my sufferings terminate !! No human being has for three days been seen here ; only some birds." The next extract continues—"And again three days, and I have been so soaked during the night, that my clothes to-day are not yet dry. How hard is this no one knows ; and my last hour must soon arrive. Doubtless, during the heavy rain a little water has got into my throat : but the thirst is not to be slaked with water ; moreover, I have had none even of this for six days, since I am no longer able to move from the place. Yesterday, for the first time during the eternity which, alas ! I have already passed here, a man approached me within the distance of eight or ten paces. He was certainly a shepherd. I saluted him in silence ; and he returned it in the same manner. Probably he will find me after my death !" "Finally, I here protest, before the all-wise God, that, notwithstanding all the misfortunes that I have suffered from my youth, I yet die very unwillingly ; although necessity has imperiously driven me to it. Nevertheless I pray for it. Father forgive him, for he knows not what he does ! More can I not write for faintness and spasms, and this will be the last. Dated near Forest, by the side of the Goat public-house, Sept. 29th, 1818.—J. F. N.

It is hence evident that consciousness and the power of writing remained till the *fourteenth day* of abstinence. The operation of famine was aggravated by mental distress, and still more by exposure to the weather. This indeed seems to have produced his most urgent sufferings. Subsequent to the common cravings and debility of hunger, his first physical distress seems to have been the sensation of cold ; then cold and thirst ; lastly, faintness and spasms. In this case we find no symptoms of inflammation. A want of nervous energy, arising from the reduction in the quantity or quality of the blood, appears to have been the principal dis-



ease. The effort of swallowing, and the oppression of food on the exhausted stomach, completed the catastrophe.

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#### USE OF MALT LIQUOR, &c.

The use of strong liquors of any kind is, in almost all cases, an acquired and unnecessary habit. Custom has sanctioned their employment, but it is doubtful, whether an abundance of nutritious food would not enable a man to go through any required labour without the stimulus of strong liquors.

However this may be with regard to working people, it is quite certain, that if young persons, even those of from ten to sixteen years of age, require ale or wine, it is an exception to the general rule. If the health of such persons be perfect, if they be supplied with nutritious food without trash, and be allowed to take an abundance of exercise in the open air, no strong liquor will be required. But, as it generally happens, that the habits of London children are not such as lead to health; as the latter are commonly fed on improper food, and are kept too much within doors, the health of such children is usually deranged; their digestive organs are debilitated, their tongues are not clean, their skins are pale, and their excretions unnatural.

Whenever this state of the health is present, the use of strong liquor will be hurtful; and, therefore, where growing young persons are so affected, it will be improper to allow them ale or other liquors. The proper course, in such cases, is to change the person's habits, to cure his health, and then, it is probable, that he will not require more than the proper quantity of plain nutriment without ale. The great point, in these cases, is to attend to the tongue. If it be foul, the digestive organs are assuredly deranged; they are probably oppressed and debilitated. The cure of such states generally consists in the employment of



very simple means. If there be no fever present, living on small quantities of boiled or roasted mutton or beef, without much vegetable, and avoiding pastry of all kinds, as well as all puddings except those of rice, bread, or batter, leaving off butter, and abridging the quantity of fluids taken, whether tea, water, or otherwise; these, with an open state of the bowels, and, perhaps, occasionally, one or two grains of calomel, with six or eight of rhubarb, will generally soon cure the complaint; at least, if exercise in the open air be taken, and the functions of the skin be kept in order by frequent ablution, and by sufficient clothing.

It sometimes does happen, however, that young persons are weakly without being in a marked state of deranged health; where the tongue is clean, or tolerably clean, and no very perceptible complaint exists. In these cases, malt liquor may often be given very advantageously. About half a pint of good ale in the day, given to a young person, of either sex, of from twelve to sixteen years of age, is the proper quantity, and ale is better than either porter or beer, and, in general, than wine. Care should be taken that the ale does not contain much acid; and therefore, if it effervesce on the addition of a little salt of tartar, or carbonate of potash or soda, it should not be taken without such addition.

If the use of ale in this quantity produce headache or sleepiness, or a flushed countenance, then it should be discontinued, and the treatment recommended above for deranged health be adopted.

Indeed, with the exception of the calomel and rhubarb, that treatment is probably the best for preserving the health, as well as regaining it when lost; and it is also mainly applicable to those growing persons who are weakly, and for whom we have recommended ale.



## MANAGEMENT OF CHILDREN.

*Teething.*

The time of teething is so very irregular, that some children begin to show symptoms of its approach so early as the age of two months\*. The surest mark of teething, at that age, is the great quantity of clear water which runs from the mouth: heat of the mouth, restlessness, looseness, &c. &c. may proceed from other causes; but this particular symptom always gives reason to expect an early dentition.

The time of teething is, to many children, a season of imminent danger, in which great care and some skill might save the lives of many who fall victims to the various diseases attendant on it. Every slight indisposition during the whole time of dentition, should be watched with particular attention: it should be observed, whether the maladies which appear are to be ascribed to that or to some other cause; and complaints should not be disregarded, because they are supposed to be the inevitable consequences of teething. Coughs, which are the effect of having caught cold, are often supposed to be occasioned by the teeth, and the proper remedies for a cold neglected; until the cough becomes so bad as to occasion inflammation of the lungs, which, joined with the irritation and fever produced by teething, attain such violence as to end fatally. A child's cough should never be neglected, but especially during the time of dentition; and whether it proceeds from a cold or any other cause, some remedy should be sought.

It is a general opinion, that when the teeth are cut late, there is more danger than when they begin to appear at the usual time, which is about the age of seven months. When the cause of this delay is either

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\* Those who have teeth before that age, as well as those born with them, are extraordinary instances; and what are treated of here are only common facts.



disease or debility, it is natural to suppose that teething will be difficult ; but when the late appearance of the teeth is not attended with any morbid symptom, that circumstance alone should occasion no alarm. The same opinion attaches to any uncommon appearance in the order of cutting the teeth ; but a mother need not be frightened, though she may perceive irregularities, both in the time and manner of teething. We have seen children cut their first teeth, at various times, between four and twelve months old, with perfect safety ; and others in great danger, who had but just reached the usual period. We have also, several times, seen the teeth come out in the most irregular manner, (such as one tooth in the under-jaw and then two or three in the upper, or an upper tooth come out first and then the two under, &c.) without any great difficulty : but, it must be confessed, that in general, this sort of irregularity is attended with more indisposition, than when, at the natural time of seven or eight months, the two under front teeth appear first, then the two upper, and so on, in the order which every woman who has had children under her care knows.

The diarrhœa, so common during the time of teething, when it is neither too violent nor of too long duration, is not a bad symptom, and often prevents fever and convulsions. While it is a mere looseness, unattended by pain, fever, or loss of appetite, it is rather salutary than otherwise, and requires no medicine. A little chicken-broth, with a bit of mace or nutmeg boiled in it, may be given once or twice a-day, according to the age and circumstances of the child ; and should it be already weaned, rice-water, sweetened with fine loaf-sugar, is the best thing it can drink. Should there be the least appearance of fever with the lax, it will be better to omit the broth and give rice-gruel or panada, instead of it. No astringent medicine should be administered without the orders of a physician, as the worst consequences may result from inju-



iciously checking a discharge from the bowels. Should the diarrhœa be attended with fever, a slight emetic of three or four grains of ipecacuanha may be given, and afterwards a grain of rhubarb every day for a week or a fortnight; to which, in case of the evacuations having a sour smell, a few grains of magnesia may be joined, until it be removed.

Should there appear symptoms of dysentery, or blood and mucus in the stools of children, as sometimes happens during teething, it would be expedient to give a tea-spoonful or two of oil of sweet almonds, and a clyster\* of rice water, with a little gum arabic dissolved in it. Gum arabic may, also, be dissolved in the child's drink, which should be barley or rice-water, sweetened with fine white sugar. After the child has been sufficiently purged, syrup of poppies may be given in the manner directed for other complaints; and also a small clyster, composed of about half an ounce of tepid water, with six or seven drops of laudanum, which, if retained in the bowels, will not fail to check the irritation and forcing. If these remedies are not found sufficient to cure the malady, a physician should be consulted without delay, as this is sometimes a dangerous inflammatory disease, and great medical knowledge is requisite to treat it properly.

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\* In regard to clysters, several things are to be observed. One is the mode of administering them, in which care should be taken not to hurt the child; and for this reason the bag and pipe may perhaps be the safest instrument to employ for infants; but with either that or the syringe, the pipe should be directed parallel to the back-bone, and the liquor injected very slowly. Another thing to be observed is, that some children have an extreme aversion to this remedy; and it is very difficult to administer it with any good effect when they scream and cry. They may be held so as to prevent hurting the bowels, but they cannot be prevented from shrieking; so that, unless positively ordered by a judicious physician, a clyster should never be given to a child by force, as there are but few cases in which this is absolutely necessary.



VILLAGE APOTHECARY'S ADVICE TO HIS PATIENTS.

*Domestic Amusements.*

The amusements to which we have hitherto alluded are those adapted to the Summer, when fine weather and long days give the opportunities of an hour or two of day-light for your enjoyment when labour is over. But in Winter, a greater portion of time will be found free from the exercise of business, which want of day-light renders you unable to employ in out-door amusements. This portion of time is too commonly devoted to the ale-house; and this, it is frequently said, because your home can afford you no amusement. But let us point out an amusement or two, which we are confident, when you have made trial of for a little time, will yield you delight beyond any you have ever experienced, whilst smothering away life in that grave of happiness. Most of you have children, and if you are not devoid of affection for them, pleasures beyond expression will be derived from instructing them.

Delightful task! to rear the tender thought;  
To teach the young idea how to shoot,  
And pour the fresh instruction o'er the mind.

THOMSON.

But you may say, that, not having yourself received the advantages of education, you can communicate to them but little instruction. The instruction, however, we allude to, is such as the most unlearned may communicate. Trace over in your memory the various events of your past life; you will then see how you failed in your aim to do well, and also, why your endeavours sometimes succeeded. Communicate to your children the reflections which these observations create. Shew them the advantages of industry, civility and sobriety; let them see the necessity and advantage of rendering themselves useful to those around them. Place before them particularly the policy of such conduct towards their employers: since he who renders himself useful to his employer, becomes necessary



to him ; and creates that attachment of his master, both from interest and for respect for his industry ; that, if he engage also his affection by his civility and obligingness, the most advantageous and profitable consequences may follow. Point out to them the evils which experience has taught you the necessity of avoiding. Put aside all false shame ; own your youthful follies to them. Show them the ill effects which followed, and confirm them in the resolution of shunning similar foibles ; and, on the other hand, hold out to their imitation those actions which recollection is delighted in recalling. By this conduct, you will not only lead your children into a love of virtuous and industrious exertions, and take away the necessity of employing that correction which may rob you of their love ; but you will actually excite their affections, make them love their father as their friend, and perhaps secure for yourself in age, that protection from your child, which you might otherwise have to seek in a work-house. But to be assured of this, teach them to abhor cruelty to the brute creation ; since the child who delights to torment any fellow-being, may be brought at last to view the sufferings of even a parent, with feelings worse than indifference. Be assured

That all the pious duties which we owe  
Our parents, friends, our country, and our God ;  
The seeds of every virtue here below  
From discipline alone and early culture grow.

WEST.

The amusement which books afford exceeds all others, which can be enjoyed by the fire-side, by those whose days have been laboriously exercised. But should this not be to your taste, or should your youthful progress in learning not have been sufficient to enable you to indulge in this delightful enjoyment ; have not to reproach yourself with not having done all in your power, to enable your children to obtain the pleasures and benefits of reading. Consider at how trifling an expence you may procure them this useful



and entertaining accomplishment, and that a few pence, a very few pence, weekly employed for this purpose, may better their situation through the whole of their life. By reading they will have their minds stored with precepts, instructive of the preservation both of their health and morals: they will become better members of society, be more confirmed in their duty to you, and be furnished with an inexhaustible source of amusement and reflection for every vacant hour; so that the tediousness of leisure shall not drive them to the ale-house for amusement. In their youth it will afford them amusement and instruction, and in age, comfort.

Nor do we go out of our way when we recommend reading to you; for we recommend it as a medicine, which, by its effects on the mind, will secure you from the attacks of some diseases which really originate from the mind not being sufficiently exercised; and also, as a remedy, will better enable you to beguile away the dreary hours of confinement, from almost any kind of malady. Nor is this remedy an expensive one, since there is one volume, the cheapest in the kingdom, which, whether you seek to be interested by the plain facts of history, by the most pathetic descriptions and situations, or by the most marvellous and even miraculous adventures; whether your taste be for plain prose, or for the most sublime poetry; whether in your youth, you search for instructions for obtaining happiness; or in your age, solid and essential comfort, this ONE VOLUME will afford it all.

Remember that, whether at work or at play, whenever the body is considerably heated or cooled, a change of that state must not be effected suddenly. A sudden exposure to extreme cold, when much heated, is so well known to be dangerous, as to require to be only mentioned here for the sake of reminding you. But a greater degree of danger is frequently produced by a practice, the ill consequences of which are not so



generally known. When extremely chilled by exposure to bleak air, and perhaps to freezing sleet ; when the blood is driven from the external upon the internal and vital parts, the practice is too common to drink freely of heating and spirituous drinks, and to hover close over the fire. The blood expanding by the heat, still farther distends the vessels in which it flows, its course being at the same time rendered more rapid by the strong and heating liquors ; hence it is forced into vessels into which it ought not to flow, and there excites pain and dangerous disease.

In proof of the propriety of this caution respecting the too suddenly applying heat, after exposure to cold, we must inform you, that if any part of the body be so long exposed to the cold that it has become frozen, and, in this frozen state, be brought near to the fire, a mortification will succeed, and the part will separate and fall off. But if the heat be most slowly restored, first by rubbing it with snow, then with water, then with a dry cloth or flannel, and lastly by allowing it to be exposed to the warm air, it will speedily be restored to its healthful state.

From what we have said, it may be inferred, that similar caution should be employed in restoring the warmth of the whole body, when chilled. The clothing, if wet, should be changed, and either moderate exercise should be persisted in until the heat is again restored, or the approach to the fire should be gradual. If the exposure has been long and the cold severe, it will be best to go to bed and drink freely of moderately warm barley-water or gruel, by which means heat will be gradually restored, and all dread of disease removed by a free perspiration. He who wishes to get rid of life in severe agonies should, when thoroughly wetted and chilled, dry himself by a large fire, and toss down a glass of spirits. It may be true, that many of you have done this repeatedly, without having sustained any injury ; but that is no reason why you



should persist in that which a little consideration must show you is certainly dangerous. This you may be assured of, that there would be less chance of injury from allowing the wet clothes to dry on the back, whilst continuing in exercise, than thus suddenly to expose yourself to heat, and to drink of spirituous liquors when chilled with cold.

The first notice of mischief having been produced by the too sudden change from one extreme of heat to the other, may not occur until several hours after, but then

Cold tremors come, with mighty love of rest,  
Convulsive yawnings, lassitude, and pains  
That sting the burden'd brows, fatigue the loins  
And rack the joints, and every torpid limb;  
Then parching heat succeeds, till copious sweats  
O'erflow.

ARMSTRONG.

The symptoms, thus accurately described, never occur but when some alarming disease, generally fever, is about to succeed. To prevent this should be your immediate endeavour, for

Prevention is the better cure;  
So says the proverb, and 'tis sure.

The means for accomplishing this, are those which have just been enumerated: warm diluting drinks should be taken freely, and even profuse sweating should be promoted by the aid of a treacle posset, or white wine or vinegar whey, and by breathing under the bed-clothes.

Some injury from exposure to the inclemencies of the weather is in a great measure prevented by the due management of the clothing, attention to a few words on this subject may be well repaid. Observe the horse and other cattle, and you will perceive that, as the winter sets in, nature furnishes them with warmer clothing. Profit by the observation, and adapt your clothing as nearly as you can to the change of seasons in this variable climate. Take care also that your



clothing be regularly disposed, not much thinner in one part than another; for how absurd is it to wrap the body in thick woollen, and to cover the legs with stockings of thin texture. If liable to pains in any particular part, that part indeed may be aided by additional clothing, and particularly by the wearing of flannel next to the skin; but with this, and indeed with every part of the clothing which applies immediately to the skin, the utmost cleanliness is necessary, not only for the sake of comfort but of health; since there cannot be a doubt that fever itself may be generated by the filth suffered thus to accumulate.

By an attention to what we have already said, you will be enabled to do much towards the preservation of your health. It is true, you must make some sacrifices; but consider

Nor love, nor honour, wealth, nor power  
Can give the heart a cheerful hour,  
When health is lost.

GAY.

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END OF VOL. I.

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C. Smith, Printer, Angel Court, Strand.



