

A translation of the eight books ... / From the text of Leo. Targa, with a brief explanatory lexicon by G.F. Collier.

Contributors

Celsus, Aulus Cornelius.
Targa, Leonardo, 1730-1815.
Collier, G. F.

Publication/Creation

London : S. Highley, 1830.

Persistent URL

<https://wellcomecollection.org/works/gr5zcfh4>

License and attribution

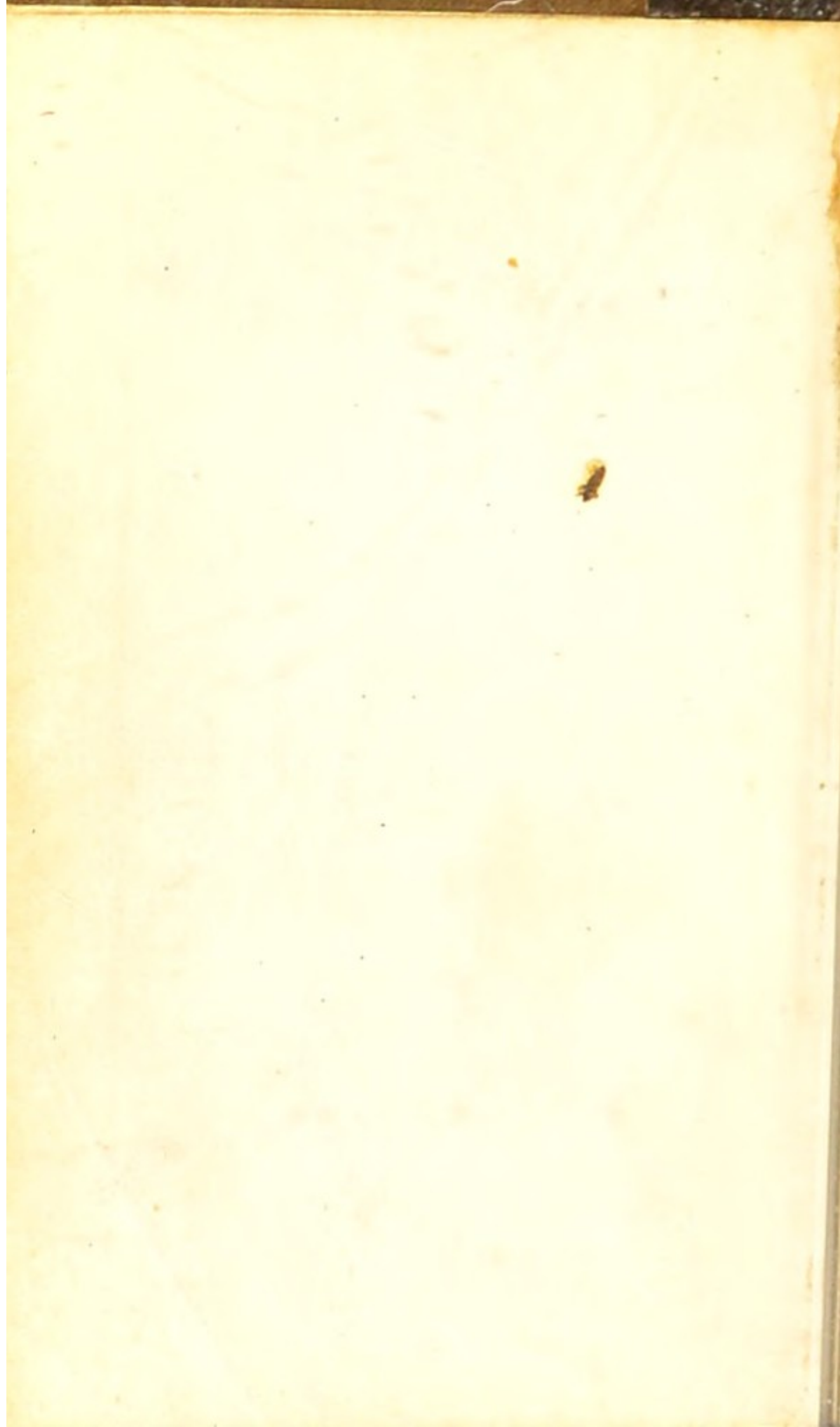
This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>





A TRANSLATION
of
THE EIGHT BOOKS
of
Aulus Cornelius Celsus,
FROM THE TEXT OF LEO TARGA,
with a brief explanatory Lexicon,
by
G. F. COLLIER, M.D.

VOL. I.

L O N D O N.

S. HATCHLEY, 174 FLEET STREET

And sold by SIMPKIN & MARSHAL Stationers Court.

1850.



TO THE LEARNED,
WHO ARE HONEST CRITICS,
AND THE UNLEARNED,
WHO REFRAIN FROM CRITICISM,
THIS WORK
IS
MOST CORDIALLY
DEDICATED.

THE UNIVERSITY OF CHICAGO

LIBRARY OF THE UNIVERSITY OF CHICAGO

1891-1892

THE UNIVERSITY OF CHICAGO

LIBRARY OF THE UNIVERSITY OF CHICAGO

1891-1892

THE UNIVERSITY OF CHICAGO

LIBRARY OF THE UNIVERSITY OF CHICAGO

1891-1892

THE UNIVERSITY OF CHICAGO

LIBRARY OF THE UNIVERSITY OF CHICAGO

1891-1892

THE UNIVERSITY OF CHICAGO

TRANSLATOR'S PREFACE.

WE will not wait to make an invidious comparison between the merits of ancient and modern medical practitioners; although doubtless we have ample reason to exult in our superiority: "*oportet autem neque recentiores viros in his fraudare, quæ vel repererunt vel recte secuti sunt; et tamen ea quæ apud antiquiores aliquos posita sunt, auctoribus suis reddere.*" The works of the ancients assist us in tracing the origin and progress of science; every fragment lost, is a link broken in the chain which connects us with creation.

Aulus Cornelius Celsus flourished in the golden age, that is to say, in the reigns of the Emperors Augustus and Tiberius. That he wrote in the reign of this last tyrant is evident, from what he says, when speaking of Themison, one of the successors of Asclepiades; on which occasion he uses the word "nuper," to determine the period at which the former of these two physicians seceded from the Asclepiad doctrine. Now it is known for certainty that Themison lived in the reign of Augustus.

That our author possessed a diversity of talent, which led him to treat on a variety of subjects, is evidenced by the notice taken of him in the writings of his contemporaries, as well as in those of his successors. By them we are informed that he composed works on the military art, on rhetoric, and on agri-

culture: and that this last immediately preceded his treatise on medicine, may be inferred from, the initial lines of his preface, "*ut agricultura, &c., sic medicina, &c.*"

Both by his countrymen, in his own time, and in every succeeding age, his merits as an author have been variously estimated. If it be possible to infer the character of an author by the perusal of his works, sure I am, Celsus would have been better satisfied with the moderate compliment paid to him by Quintilian, than with the bombastic titles of "*deus medicorum,*" "*mirabilis in omnibus.*"

Whether he was an actual practitioner or a mere compiler of other men's improvements, has long been subject matter of dispute; nor is it as yet determined to the satisfaction of the learned: "*hæc per magnæ contentionis dispu-*

tationes sæpe tractata sunt atque tractentur." If I may be allowed to record my opinion, I would venture to say his own work and the habits of his order would go to prove he was not a money-making physician, for he severely condemns wholesale dealers in disease, and declares it to be impossible for any one person to attend and do justice to a great number of patients: he was not a Hospital Physician, for he animadverted likewise upon that class of practitioners as deficient in care and discernment; neither was he a servile imitator of the practice of his contemporaries, for he authoritatively recommends several modes of treatment which he declares to be in his time universally neglected.

What was he then? A literary charlatan, who compromised the interests of posterity, by authoritatively laying down precepts concerning the life and

death of his fellow creatures, without having repeatedly put those precepts to the test of experience? He could not do it. He would have been the laughing stock of Rome. Let us examine the following passages: "Ego autem medicamentorum dari potiones, et alvum duci non nisi rarò debere, concedo." Lib. iii. cap. vi. What? Concession upon a practical point, emanating from a man who never practised? It must have been a modest concession with a vengeance. "Ego tum hoc puto tentandum, cum parum cibus," &c. Lib. iii. cap. xi. If not a practitioner, of what consequence was it to the physicians of Rome, what he thought? "Ego utique, si satis virium est, validiora; si parum imbecilliora auxilia, præfero." Lib. iii. cap. xxiv. On what could he have grounded his preference, if not on his own

practical results in a number of cases?

"Ego experimentis quemque in se credere debere," &c. Lib. iv. cap. xviii.

"Ego eundem quidem hominum posse omnia ista præstare concipio." Lib. vii.

Præf." If not a practitioner, he would not have formed such a conception.

"Ego autem cognovi, qui, succisa lingua," &c. Lib. vii. cap. xiii. sect. 4.

"Ego sic restitutum esse neminem memini." Lib. vii. cap. vii. sect. 6. It

were easy to subjoin fifty such passages; let these suffice.

Now could he write so at Rome where it must be notorious whether he really practised or not? Or can it be conceived any man could write so exactly upon medical and surgical subjects without being versed in practice?

A word or two with regard to the arrangement and contents of this work.

Celsus finding medicine already divided into three departments, the dietetical, pharmaceutical, and surgical, arranges his treatise accordingly. The four first books embrace dietetical treatment, the fifth and sixth are appropriated to the pharmaceutical; and the two last to the surgical. Commentators have wasted much time in objecting that as even in the first book, he begins to treat on pharmaceutical agents, he cannot therefore be said to have adhered to the order which he proposes in his preface: incorrectly, for he tells us in the preface of his fifth book, "*omnes medicinæ partes ita annexæ sunt, ut EX TOTO non separari possunt.*" He was no advocate for pharmaceutic medicine. Diet and the digestive organs were his watch words. Let our modern Celsus candidly confess his early obligations to the Roman, and save future histo-

rians the pain of inflicting censure: it would be a most righteous retribution, redounding to the honour of both.

Should my readers look for notes illustrating those passages in which I have thought fit to render our author differently from my predecessors, I would wish them to know that these discrepancies are so numerous and perpetual, that such notice would be tedious in the extreme. The candid scholar will discover, and appreciate them, without my catching at his attentions by a pompous display of the research which they necessarily imply. He will see too, my motive for having so frequently sacrificed elegance of style, and roundness of periods, to the convenience of the medical tyro.

In conclusion, I will take occasion to express my regret, that Celsus, whose precepts are remembered with delight

by all the learned, no matter of what profession, in every other academy in Europe, should in our English Universities be little known and less read; that men of literature, who have most need of dietetic precepts should disregard an author, than whom no sage of antiquity can more aptly, more elegantly inform them, "**QUO MODO CAVENDUM EST, NE IN SECUNDA VALETUDINE, ADVERSE PRÆSIDIA CONSUMANTUR.**"

32, Spring Gardens,

Nov. 12th, 1829.

MEDICAL LECTURES,

32, SPRING GARDENS.

DR. COLLIER proposes to deliver annually three distinct Courses of Lectures on the Nature and Treatment of Diseases, on Curative Agents, and on certain of the Ancient Medical Classics :—

TERMS.

Principles and Practice of Medicine, One Course, 4*l.* 4*s.* ; Two Courses, 6*l.* 6*s.* ; Perpetual, 8*l.* 8*s.*

Materia Medica and Botany, One Course, 3*l.* 3*s.* ; Two Courses, 5*l.* 5*s.* ; Perpetual, 7*l.* 7*s.*

Latin Medical Classics, with the Aphorisms of Hippocrates, for the Season, 10*l.* 10*s.*

For this last, attendance once a week will suffice.

A. CORNELIUS CELSUS, UPON MEDICINE.

BOOK I.

THE AUTHOR'S PREFACE.

LIKE as Agriculture to those who are in health, holds out the expectation of aliment, so Medicine promises to the sick a recovery from disease. There is not a spot on the habitable globe where this science has not some footing; for even the most uncivilized tribes have some knowledge of herbs, and other remedies easily procured for the relief of wounds and diseases. It has been advanced by cultivation, however, among the Greeks more than among other nations; nor with them from their first origin, but a few centuries only before our own time; for *Æsculapius* is celebrated as its most ancient author, and was deified for having more ingeniously cultivated a science, which, up to his time,

had been devoid of arrangement and in low estimation. His two sons, Podalirius and Machaon, followed in the train of Agamemnon, the commander of the Trojan expedition, and afforded no inconsiderable assistance to their fellow soldiers in arms; not that Homer mentions them as curing the plague, or as treating any of the various kinds of disease; but describes them as in the habit of treating wounds only, by operations and medicine. So that it is manifest they practised these departments exclusively, and that they are the most ancient. We learn from the same author, that at that period diseases were ascribed to the anger of the immortal gods, and that from them relief was usually solicited; nor is it improbable that, notwithstanding the deficiency of remedies, a good state of health universally prevailed among nations, whose habits were simple, and whom as yet neither sloth nor luxury had corrupted; for it was among the Greeks primarily, and afterwards among ourselves, that these vices exerted their depressing influence. Hence, Medicine, complicated as it now is, and neither requisite in olden time, nor now among some nations, barely conducts a few of us to the confines of old age. So

that even at a later period no illustrious characters practised medicine, until literature came to be studied with greater ardour; of all pursuits the most necessary to the mind, although injurious to the health of the body. At first, the healing art was viewed as a department of philosophy; for both the treatment of diseases and the study of physics derived their origin from the same founders; and with good reason, for they, most of all men, required the aid of medicine, who had diminished the energies of their constitutions by stedfast meditation, and the midnight lamp. Therefore it is, we learn by tradition, that many of the philosophers were skilled in it, and that the most celebrated were Pythagoras, and Empedocles, and Democritus, whose pupil, (as some believe) Hippocrates of Cos, was, of all those worthy of commemoration, the first to separate this study from that of Philosophy; a man signally distinguished both for the extent of his knowledge and the eloquence of his style. Next came Diocles, the Carystian; shortly afterwards Praxagoras and Chrysippus; and then Herophilus and Erasistratus, who were not merely actual practitioners, but likewise the inventors of different modes of treat-

ment. At this time medicine being divided into three departments, there was one professing to cure by diet, another by medicaments, and a third by manipulation. These the Greeks denominated by the terms, *διαιτητικήν, φαρμακευτικήν, χειρουργικήν*. But the originators of the dietetic plan being by far the most renowned, attempted to treat the subject more profoundly, arrogating to themselves a knowledge of physics; as if, without that, medicine would be weak and imperfect. After their time, Serapion, declaring this theoretical education to be useless, contended that practice and experiment alone make the physician. His notions were pursued by Apollonius and Glaucias, and some considerable time after by Heraclides, the Tarentine, who, from the nature of the doctrine, styled themselves Empirics. Here then was a schism in dietetics also, for some were advocating Theory, and others were for Practice only; but from their time to that of Asclepiades, who effected great changes in the methods of curing disease, there was no novelty; each man practising what he had learned from his predecessors. Among those who have succeeded Asclepiades, Themison not long ago effected many changes in the latter

period of his life. Thus, by the labour of these worthies principally, was it, that the healing art arrived at the state in which we find it.

We will commence with that department which embraces the general treatment of disease, since it is the most celebrated and the most difficult of acquirement. Inasmuch as some advocate experimental knowledge exclusively, while others assert that practice is inefficient without a knowledge of the various constitutions and of physical agents; and as this is the first point of dissension, it becomes my duty to state the arguments on both sides, that I may, with the greater facility, interpose my own opinion.

The THEORISTS say, that a knowledge of the occult or containing causes of disease, of the evident causes, of the natural functions, and lastly of the internal parts, are all indispensable prerequisites to practice. In investigating occult causes, the elementary principles of our bodies and the circumstances which contribute to health or disease, are made the subject matter of inquiry. FOR THEIR ARGUMENT IS, that no man can know how to treat disease who is ignorant of its origin; that it is an axiom not to be doubted, that one plan of

treatment is requisite, if a superabundance or a want of either of the four principles have created disease, as some philosophers have said; another, if all the fault be in the humours, as was the opinion of Herophilus; another, if in the spirit, as Hippocrates believed; again another, if the blood get into vessels adapted only for containing spirit, and excite inflammation, called by the Greeks, *φλεγμονήν*, and so produce febrile action, which was the opinion of Erasistratus; and lastly, another, if Asclepiades be correct in his notion, that exhalant particles are arrested in their progress through the invisible pores, and produce obstructions there: but that he will succeed best in curing a disease, who is not mistaken in the cause of it. Nor do they deny the necessity of experiment, but they contend that without theory there is no avenue to experiment: that the ancients did not at random administer the first thing which occurred to them, but reflected on what was most proper; and, prompted by some conjecture, afterwards put their remedies to the test of experience: nor is it of any importance that most facts have originally been discovered by experiment, provided these, as is most usual, have been based

on some conjectural reasoning: but that moreover new kinds of distempers often happen, touching which we do not stand informed by experience; that it is necessary, therefore, to search for their origin; short of knowing which, it is not in the power of man to discern why one remedy should be preferable to another. And such are the reasons for pursuing occult causes.

They call those EVIDENT CAUSES, to which belongs the enquiry whether the disease has been occasioned by heat or by cold, by hunger or excess in diet, and so forth.

By NATURAL ACTIONS they mean respiration, deglutition, digestion, and also nutrition.

They require to know moreover the cause of the contraction and dilatation of the arteries; the nature of sleep and watching; without which knowledge they presume no one can either check or cure diseases connected with derangement of these functions. As of all these, digestion seems the most important, they dwell upon it principally, and some, on the authority of Erasistratus, affirm it to be a process of trituration; others, after Plistonius, that it is effected by putrescency; others, with Hippocrates, that it is the result of coction;

then come the pupils of Asclepiades, who pretend that these ideas are superfluous inanities, and that the crude material, just as ingested, is distributed to all parts of the body. Although they disagree in these hypotheses, they all allow that a sick diet requires to be varied according as this or that notion may be the most correct. For if, say they, it be a process of trituration, that should be selected which is ground down most easily ; if of putrefaction, that which most easily passes into this state ; if of coction by heat, that which generates most heat ; but if there be in reality no coction of any kind, then, that none of these kinds of aliments are eligible, but that those ought to be employed which are the least liable to undergo change after digestion. And for the same reason when breathing is oppressed, or when sleep or watchfulness harasses the patient, they are of opinion that he who understands these functions, is the man to rectify their derangement. Besides, since we meet with pain and various kinds of morbid affections in internal parts, THEIR OPINION IS, that it is impossible to adapt remedies to these cases without a knowledge of such parts : that dissection of the dead subject, for the thorough examination of the intestines and

other internal organs, is indispensably requisite ; and they commend the plan adopted by Herophilus and Erasistratus, who dissected such criminals alive, as were delivered over to them from the prisons by royal sanction ; carefully observing before they had ceased to breathe, those parts which are by nature concealed ; together with their position, colour, form, size, relative situation, hardness, softness, smoothness, and connexion ; next, the convexities and concavities, the insertions both complete and partial ; for they argue, that no one can know the exact seat of an internal pain, if he have not previously made himself well acquainted with each organ and each intestine ; that a diseased part cannot be cure by him who knows nothing about it ; and that in case of internal parts being exposed by wounds, one who is ignorant of their healthy character, cannot know whether they are sound or unsound, and if unsound cannot provide a remedy : that as even external remedies are applied with greater precision after examining the situation and form of internal parts, and ascertaining their extent, so the argument holds good in all the other instances before mentioned ; and that it is not cruel, as many assert, to search for remedies for the

innocent part of society in all ages, at the expence of torturing a few of the guilty.

On the other hand, those who attach themselves to experience, and from that circumstance style themselves Empirics, admit indeed the necessity of evident causes; but **CONTEND**, that research after occult causes and the natural functions are superfluous, because in their nature incomprehensible: and that it is evident they are so, from the discrepancy of all discussions of the matter; since neither the philosophers nor the physicians can agree among themselves. For why should one believe Hippocrates rather than Herophilus? why him in preference to Asclepiades? They argue, that if one be inclined to be influenced by theories, all theirs seem plausible; if by cures, each has his successful cases. That therefore one's reliance should be servilely placed on no man's argument, on no man's authority; that if reasoning make the best physicians, the philosophers must be the best; but as the matter now stands, they possess a redundancy of words, and "a most plentiful lack" of true knowledge. They submit that treatment must vary with climate; that one plan is required at Rome, another in Egypt, another in Gaul; that if the

causes of disease were every where the same, the remedies would be so likewise; that frequently the causes are manifest, and nevertheless the treatment obscure; that if the doctrine of evident cause exert so little control over the cure, that of occult cause must possess still less. The last being uncertain and incomprehensible, they prefer grounding their expectations of cure on well tried matters of fact; that is to say, like as in all other arts, upon those things which experience shall have taught us in the treatment of disease: for it is practice and not controversy that makes the husbandman and the pilot. And that these researches have nothing to do with treatment, they infer from this; that they who entertain different opinions touching these matters, are nevertheless equally successful in the cure of their patients, which they effect, not by deriving their plan of treatment from occult causes, or from natural actions, concerning which they disagree, but from the results of their individual experience. Pursuing the argument, they contend the origin of medicine is not to be ascribed to these researches, but to experiments; for some invalids, incited by voracious appetite, took food immediately on the first days of a disease; while

others loathing all nutriment, and therefore abstaining from it, experienced more relief. Some took food also in a febrile paroxysm, some a short time before, and others after its remission, and the results were in favour of the last; so again some at the commencement of their maladies used a full, others a meagre diet; and of these the hearty feeders experienced the most dangerous disease. Now as these and the like occurrences were happening every day, attentive characters noticed what plans answered the best; and afterwards delivered precepts for the sick. Hence, medicine accurately distinguishing the salutary from the pernicious, has arisen out of the experimental results from time to time collected in the recovery of some patients, and the death of others. That it was not until remedies had been discovered that men began to reason on their mode of action; nor was medicine invented after theory, but theory after medicine. They require to know whether theory leads us to the same results as experience; if it does, it is useless, if it does not, it is even injurious. At first, say they, it was necessary to investigate remedies with the greatest caution, but now their properties are known: and as no new maladies

are met with, so no new remedies are required. But admitting the occurrence of some unknown distemper; the physician ought not, therefore, to meditate on obscure causes, but immediately to have recourse to that disease which it most nearly resembles; and after making trial of remedies analogous to those which have repeatedly proved successful in the disease to which it is allied, by the similitude of the cases he will discover the cure. For they do not say, a physician ought not to reason, or that an irrational animal can practise this art; but that speculating on occult matters is not to the purpose, since our inquiry should be, not what causes disease, but what removes it; nor is it of any consequence to understand how digestion is performed, but to know what aliments are most easy of digestion, no matter what may be the cause of the failure of this process, or whether it is one of concoction or simple digestion. They think we ought not to inquire how we respire, but what renders respiration slow and oppressed; not what produces disturbance in the circulation, but what the different kinds of pulse portend; a species of knowledge only to be acquired by experience. That in all reasonings of this

kind there are two sides of the question, so that he who has most ingenuity and eloquence has the best of the argument; although it is not by fluency of speech, but by remedies that diseases are cured, which in the hands even of a dumb man, well informed by experience, would prove more successful than with the most polished orator without it. That the things already mentioned are simply useless, but now remains to be examined the cruelty of opening the abdomen and præcordia of the living, and of thus converting an art intended for the preservation of mankind, to an instrument of destruction the most atrocious; especially, since so far from such violent barbarity being requisite in the research of these matters, some are altogether out of the reach of our knowledge, and others can be learned without inhumanity. For, that colour, smoothness, softness, hardness, and the like, are not in a wounded body what they were before that body was wounded; since fear, pain, hunger, indigestion, fatigue, and many other inconsiderable affections often effect changes; much more probable is it, that interior and much more tender parts, to which even light itself is new, should undergo changes under wounds the most se-

vere, and under the scrutiny of dissection. They think it the last piece of folly, to expect that the parts of a dying or dead man should present the appearances of living organs; for that the abdomen, which is of minor importance, may be opened while the man is yet breathing; but as soon as the knife reaches the præcordia, and the transverse membranous partition separating the upper parts from the lower, and denominated by the Greeks διάφραγμα, is divided, death takes place immediately; so, in fine, it is not until the sufferer is no more, that the præcordia and all the viscera are presented to the view of the assassin-like physician; and these too impressed with the characters of death, not with those of life. Therefore, the physician has gained no knowledge of the nature of the viscera of the living body, but the privilege of cruelly butchering a fellow-creature. Again, admitting in such dissections one can observe anything useful while as yet the man breathes, it amounts to no more than what casualties throw in our way in practice. For, that sometimes the gladiator on the stage, or the soldier in battle, or the traveller encountered by robbers, is so wounded, that some internal part may be exposed, and so again dif-

ferent parts in other cases ; thus the prudent physician informs himself of their situation, position, arrangement, figure, with other particulars relating to them, and, prompted by compassion, learns that which the others cannot have discovered but by cruelty the most appalling. Duly weighing these circumstances, they are of opinion that even the dissection of the dead may be dispensed with ; for, although not cruel, it is repugnant to nature ; whilst almost all the parts are different after death, and as much as can be known during life may be acquired in the treatment of the wounded.

As physicians have written volumes on these things, which have, and may again be, the subject of much warmly contested argument, it is proper to subjoin certain remarks which appear to be most correct : these not slavishly graduated by the one opinion, nor diametrically opposed to the other, but such as would seem proper for an author to make, who, as in this instance, is impartially investigating the truth. Of the causes of health and disease, as of the manner in which respiration, deglutition, and digestion are performed, not even the philosophers themselves have any certain knowledge, but

reason only from conjecture. Now, conjecture concerning a thing of which we have no certain knowledge, cannot be the means of discovering a remedy. True it is, nothing contributes more than experience to the perfection of a rational method. Although, therefore, there are many things not properly belonging to the arts, yet by stimulating the genius of the artist they may assist him in his studies; so also the contemplation of natural things, although it does not make the physician, nevertheless renders a man more qualified for practice. Furthermore, Hippocrates and Erasistratus, with others, who, not content with treating on fevers and ulcers, advanced to the study of nature, most probably were not absolutely made physicians by such studies, but most undoubtedly greater physicians. But theoretical inquiry is often requisite in treatment, although not into obscure causes and natural actions. For this is a conjectural art; nay, not only conjecture, but experience fails to answer its purposes; so sometimes fever, food, and sleep are subject to many varieties. Every now and then, although rarely, new diseases occur; that such never occur is clearly false; for in our own time a female was attacked

with a prolapse of flesh from her genitals, which afterwards became arid, and so she died within a few hours without the physicians comprehending the nature of the malady, and without their finding a remedy for it. I suppose, as she was a person of high rank, no one would personally risk his reputation by a conjecture, lest, if he should not succeed, he might appear to have destroyed her; and so on that account they tried nothing. It is more than probable but that for such timidity, some one might have hit upon a remedy, which subsequent experience would have confirmed. In cases of this kind analogy does not always bear us out; and when it does, still it is the province of theory to determine by a comparison of a number of other diseases and their remedies, what medicine is most likely to prove beneficial. Upon such occasions, therefore, the physician's duty is to invent something which may answer, not uniformly perhaps, but yet generally. He will ground his indications not on occult matters, which are dubious and uncertain, but on things which admit of investigation; that is to say, on evident causes. For it is of importance to know whether fatigue has brought on a complaint, or thirst; whether

it has been occasioned by cold, or heat, or watchfulness, or hunger, or by excess in food, wine, or venery. The physician ought to know the patient's constitution; whether it is more disposed to the moist temperament or the dry, whether weak or robust, frequently or rarely subject to disorder, and whether his attacks are usually severe or slight, of short or long duration; his kind of life: whether laborious or idle, luxurious or frugal. For from the consideration of these and such like particulars, a new method of treatment may frequently be deduced. Nevertheless, even these matters are not to be passed over as if incontrovertible; "for," said Erasistratus, "it is not from these things that diseases arise; since, under such circumstances, some have no subsequent fever, and others who are affected, nevertheless, at other times endure the same things without the slightest bad consequence."

Some physicians, who would fain be considered as having Themison for their authority, contend that the doctrine of cause is foreign to treatment, and that it is sufficient to regard certain general characters of diseases; since of these may be enumerated three kinds: one of constriction, another of relaxation, and a third

partaking of the nature of both. For that in some cases, excretion is excessive, in others deficient; in some, scanty from one organ, and from another super-abundant; that diseases are sometimes acute, sometimes chronic; sometimes advance, are sometimes stationary, and at others decrescent. Ascertaining therefore to which kind it belongs, if the body be constipated, it ought to be relaxed; if relaxed, it must be braced; if the disease be of a mixed character, we must from time to time relieve the more urgent symptom. One plan is to be adopted with acute, another with chronic affections; we must diversify our treatment according as diseases are increasing, stationary, or verging to a cure. They think the observation of such matters as these constitutes medicine, and therefore they define it a manner of proceeding, which the Greeks called "Method;" contending that it is its province to contemplate certain things common to disease. And they neither wish to be ranked among the Theorists, nor the Empirics; because they dissent from those in rejecting the knowledge of occult causes, and from these, inasmuch as they believe the observation of experiments to constitute but an inconsiderable part of the art. But reverting to

Erasistratus; in the first place evidence itself is repugnant to his opinion, for disease seldom occurs unless consequent upon some of the causes already mentioned; and in the next place, it does not follow that what fails of affecting one individual, may not affect another; and that that which is innoxious at one period, may not at another prove injurious. For certain states accrue to a body from weakness, and some are consequent on other diseases, which are neither to be met with in other constitutions, nor in that particular body except when arising from such causes; and although these conditions do not independently produce diseases, they nevertheless predispose to them. Now, had his conception of the study of physics, for which the physicians are such unqualified advocates, been sufficiently correct, he would have known that no one thing is a sole cause; but that that is taken for the cause, which appears mainly to have contributed to an effect. That which SINGLY has not the power of exciting disturbance, may, CONJOINTLY with other causes, do so in the highest degree. Besides, not even Erasistratus, who says fever is caused by a transflux of blood into the arteries, arising from plethora, could discover why of two per-

sons equally plethoric, one should fall into a distemper, while the other remains healthy ; a circumstance occurring to one's notice daily. So that it may be inferred, admitting there is a real transfusion, it does not happen simply from plethora ; but from the super-addition of some of the causes before enumerated.

But the Themisonians, if they hold their maxims to be of universal extent, are of all men the most decided Theorists. For although one may not admit the whole of another's tenets, one needs not search for a new professional title, provided, which is the essential point, one insists not on memory only, but on reasoning. If the medicinal art admits scarcely any precepts of general application, which is nearer the truth, then the Themisonians differ not from the Empirics ; for even the veriest simpleton can tell you whether the disease has constricted or relaxed the patient ; but if a train of reasoning be pursued, in order to ascertain what relaxes a constricted frame, or constricts a relaxed one, then indeed the physician is a Theorist : if, as he must confess as an abdicator of theory, he collect his knowledge from experience only, he is an Empiric. In this manner, with him know-

ledge of disease is without science, and medicine mere practice. Nay, instead of adding, they subtract from the profession of the Empirics; who do at least attend to a great number of things, but they to the easiest and most common. For even cattle-doctors, since they cannot learn the idiosyncracies of dumb animals, insist nevertheless on general observations; so it is with foreign hordes who have no scientific knowledge of medicine; and so again, those who have the fostering care of hospitals, because they have not patience to consult warily what is best for each case, have recourse to this plan of generalization. Nor, indeed, can there be a shadow of doubt, that the ancients understood this method; but general remarks did not satisfy them. So even Hippocrates, that most ancient author, has said—"It is proper to treat diseases with reference both to what is common and what is peculiar to them."

Nor are these Themisonians by any means consistent with their own declarations; since, in truth, there are various kinds of diseases of constriction and relaxation; which is more particularly manifest in fluxes. For it is one thing to vomit bile, another to vomit food; one thing to

suffer from a diarrhœa, another to have a dysentery; one thing to be dissolved by sweat, and another to be wasted by consumption. Eruptions of humour take place also partially in the eyes and ears; an affection from which no part of the body is free; nevertheless, all requiring a varied adaptation of remedies. Then immediately medicine descends from the common to the particular study of flux. Here also a knowledge of idiosyncrasy is often necessary; because the same means do not yield relief to all, even under similar circumstances. True, there are certain things which in the majority constringe, and certain things which relax the body: there are found, nevertheless, in whom the same remedy produces very different effects from these. In such cases, an exclusive regard to general effects would be pernicious; to peculiar effects, salutary. Also a correct estimate of the cause of a malady often suffices for the cure of it. So it was that Cassius, a most shrewd physician of our own time, having learned that inebriation had caused the disease, gave to a feverish patient cold water; after drinking which, he broke the force of the wine by dilution, and immediately discussed the fever by the sleep and sweat consequent

thereon. The physician seasonably provided this remedy, not from the consideration of the constricted or relaxed state of the body, but by reference to the cause which had preceded it. They descend to particulars again in the considering of climate and season; for when they are treating on the plan which should be pursued by the healthy, they enjoin one in sickly climates, and at sickly seasons, to avoid cold, heat, excess in diet, labour, venery; also, to take more repose in such climates and at such seasons, if one feel heavy; and neither to excite the stomach by a vomit, nor the bowels by a purge. These remarks are just, but in them they descend from the general to the particular; unless they would have us believe that it is our duty to consider climate or season as relating to the healthy alone, and not as relating to the sick: who have just so much more need of our care, in proportion as their weakness renders them more susceptible to morbid impressions. Furthermore, various are the peculiarities of diseases in the same men; and he who has not been cured by the best means, not unfrequently gets well under the use of what might appear the worst. Many are the distinctions likewise, which are made the

subject of investigation in the exhibition of food; of which take one example. A young man more easily endures hunger than a boy; better in a dense than a rare atmosphere; in winter than in summer; one accustomed to one meal a day, than he accustomed to two; a sedentary person more easily than one who takes much strong exercise. And it is often proper to administer food at an earlier period to one who less easily bears hunger. I conceive, therefore, that he who is not conversant with what is peculiar to diseases, ought to regard only what is common to them; he who is acquainted with what is proper, ought not therefore to neglect what is common, but to give his attention to both. On this account, where there is a parity in scientific acquirement, a friend is preferable to a stranger.

But to return to the main point. I am of opinion that medicine ought to admit Theory; but its curative indications should be based on the evident causes of disease; all obscure causes being banished not from the thoughts of the artist, but from the art itself. To open the bodies of the living is, moreover, cruel and useless; but those who devote themselves to medicine, cannot dispense with the dissection of the

dead : for they ought to know the position and the arrangement of the parts, which the dead subject shews to us better than the living and wounded one : and as to certain other facts only to be learned in the living, these the treatment of wounds will teach us, somewhat more tardily indeed, but in a manner more conformable to humanity. Having said thus much, I will mention what plan of living the healthy ought to pursue ; and then pass over to the consideration of those matters which relate to the nature and treatment of disease.

1. The man who is free from disease, and vigorous in all his functions, ought not, provided he be his own master, to restrict himself to regimen ; or to require either the physician or the yatrilipt. He ought to vary his mode of living : sometimes to pass his time in the country, sometimes in town, but more frequently in the open fields ; to sail, to hunt ; sometimes to remain inactive, but more frequently to exercise himself ; for idleness enervates the frame, labour fortifies it : the first tends to produce premature old age, the last to perpetuate adolescence. It is advantageous also to use sometimes the warm bath, sometimes the cold waters ; sometimes to be anointed, and occasionally to neglect even

that means ; to refuse no kind of food in popular use ; sometimes to attend public banquets, and at others to take his meals in retirement ; at one time to eat more than ordinarily, at another less ; to take food twice daily rather than once, and always to the extent of his appetite, provided he can digest as much. But although exercise and food on this plan be necessary, the training adopted by wrestlers is superfluous : both because when the plan of the training is interrupted by urgent business, the body gets out of order ; and bodies brought in this way to a high condition, very soon age and fall into a state of disease.

SEXUAL INTERCOURSE is neither to be too eagerly desired, nor too fearfully avoided ; when of rare occurrence it excites the energies of the body ; when frequent, it enervates it. But since frequency in this particular is not to be estimated merely by its repetition, but by the nature of the person, with reference to age and constitution, one may know that that intercourse is safe which is neither followed by debility nor by pain. It is more dangerous by day, unless immediately followed by refreshment ; less so by night, unless labour and watching succeed to it.

These precepts are to be preserved by the healthy; and WE SHOULD TAKE CARE, WHILE AS YET WE ARE WELL, LEST THE BARRIERS AGAINST DISEASE BE DESTROYED.

2. But for the delicate, in which class may be enumerated the majority of persons living in large towns, and almost all literary characters, stricter precaution is necessary, in order that they may regain by vigilance what they lose from the very nature of their constitutions, and places of abode, and occupation. Of such therefore, he who hath well concocted his last evening's meal, may safely rise early; he who hath but imperfectly performed this process, should remain at rest, and if obliged to rise early, go to bed again; but he who has not concocted in any degree, should most rigidly observe absolute rest, and neither commit himself to labour nor to exercise, nor to business. He who has crude eructations without pain in the præcordia, ought at intervals to drink cold water, and to keep no less quiet. He ought to dwell in a well lighted house, having the advantage of the summer breezes, and the winter sun; to avoid the heat of noon, and the morning and evening cold; as well also the vapours of rivers and stagnant

waters; and on no account should he expose himself to the sun expanding through a cloudy sky; lest the vicissitude from cold to heat prove injurious, which is the most frequent cause of gravedoes and destillations. But these things are to be more rigidly guarded against in unhealthy districts, in which they even produce a pestilence.

One may know the body is healthy, if the urine is daily observed to be pale early in the morning, and reddish afterwards: the first appearance indicates digestion to be going on, the second that it is complete. On awaking, one ought to stay in bed a little while; afterwards, unless in winter, to gargle the mouth with plenty of cold water: to take a nap before food in preference when the days are long, at other times after it. Throughout the winter it is preferable to rest the entire night: but if one is obliged to study by night, it is better to do so not immediately on a meal, but after concoction.

HE WHO IS DAILY OCCUPIED, WHETHER WITH PRIVATE OR PUBLIC AFFAIRS, OUGHT TO SET APART SOME PORTION OF HIS TIME FOR THE CARE OF HIS HEALTH. Now the chief means of preserving this is exercise, which ought always to precede

a meal; and should be more severe with him who has been studying less hard, and whose concoction is perfect; gentle with him who is exhausted, and who has concocted but in part. Reading aloud, martial weapons, the ball, running and walking, are means of exercise convenient enough; the last is more beneficial on ground not too level; for a slight ascent and descent affording more variety to the motion of the body, is preferable, unless this be extremely weak. Exercise in the open air is better than that in a portico; better, if the head permit, in the sun than in the shade; better in the shade of walls and groves, than in that of a covered building; better in a straight than a winding direction. Most generally it should be continued until some sweating ensues; or at least a lassitude not amounting to fatigue: sometimes to a greater, and sometimes to a less extent. For them, there is not, as with wrestlers, any certain rules, nor ought their exercise to be immoderate. Exercise is rightly followed up sometimes by inunction, whether in the sun, or near the fire; sometimes by the bath, but in a very lofty, well lighted, and spacious apartment. But in truth, neither of these ought uniformly to be practised; but this or that more frequently,

according to the nature of the constitution. When meal-times arrive, surfeiting never does good; excessive abstinence often harm; but if intemperance be committed, it is safer in drink than in food. It is better to begin a repast with salsaments, vegetables, and other things of that nature: then, meat should be taken, which is best roasted or boiled. All ragouts are pernicious for two reasons; because they are taken to excess on account of their agreeable flavour, and because even in moderation they are digested with difficulty. A dessert does no harm to a strong stomach, but turns sour in a weak one. He, therefore, whose health is indifferent, more properly takes his dates, orchard fruit, and the like, at an early period of the meal. After drinking considerably more than thirst requires, one should eat nothing; after a surfeit, one should do nothing. Whenever a person has eaten too heartily, he will concoct more easily by concluding his meal with a draught of cold water, remaining a short time awake, and then taking a good nap. He who has fed too heartily, ought neither directly afterwards to expose himself to cold nor to heat, nor to labour; for these things are not so hurtful when digestion is suspended, as they are on a

full stomach. Therefore, from whatever cause about to fast, all labour should be avoided.

3. These remarks are almost of universal application ; but the occurrence of fresh circumstances, sex, age, and season demand particular consideration ; for neither moving from a healthy to a sickly place, nor from a sickly to that which is healthy, is altogether safe. It is better to pass from a salubrious to a less healthy district at the beginning of winter ; from the sickly to the healthy early in the summer.

Gorging after a protracted fast is improper ; long fasting after a surfeit equally so. He who takes food immoderately once, as likewise he who takes it twice, a day, contrary to his usual habits, does so at his peril. Neither a life of idleness suddenly ensuing upon habits exceedingly laborious, nor the reverse of this, can take place without serious injury. Therefore, when a person wishes to change his mode of living in any particular, he should inure himself to it gradually. Even a boy or an aged person bears all kinds of labour better than the middle-aged man who is unaccustomed to it ; and on this account it is, that a life of extreme idleness is inju-

rious ; for the time may come when labour shall be compulsory. If at any time one not habituated to it has been at hard work, or one accustomed to labour has worked more slavishly than usual, he ought to sleep on an empty stomach ; more particularly if he have a bitter taste in his mouth, or his eyes be dim, or his bowels be out of order ; for in that case he must not only sleep fasting, but persist in the same plan the day after, unless repose shall have quickly removed that affection. If it have, he should get up, and walk about gently for a short time ; but when the labour has not been excessive enough to require sleep, yet the walking about for some considerable time should be practised in the same manner.

In the next place, all who after fatigue have a mind to take food, after having walked a little, in default of a bath, should be anointed in a warm apartment, and perspire there. If there be a bath at hand, they should first sit in the *TEPIDARIUM* ; after resting there a little, they should enter, and descend into the *SOLIUM* ; then be anointed, and gently rubbed with plenty of oil ; go into the *SOLIUM* a second time, and afterwards gargle the mouth, first with hot water, subsequently with cold.

A bath at a high temperature is not suitable to these cases; therefore, if any one have experienced fatigue to an extent menacing fever, the hip-bath, with a little oil in it, will be sufficient; and he should afterwards gently rub his body all over with oil, but more especially the parts which have been immersed, having previously mixed wine with the oil, and also a little coarsely powdered salt. After these precautionary means, it is proper that all who are fatigued should take food, and that of a moist quality; that they be content with water, or at most with wine diluted with water, and that kind in preference which excites the urinary secretion. It is right we should know, that a cold draught is exceedingly pernicious to one in a state of perspiration; and even after the subsidence of the sweating, it is hurtful to those who are fatigued by journeying. Asclepiades judged it also to be pernicious after just coming out of the bath; which is true as regards those whose bowels are moved easily, and not without risk; as well as regards those who have shiverings from slight causes; but does not apply to all cases, since it is rather natural than otherwise to adopt this expedient for cooling an over-heated stomach.

But in laying down this rule, I am free to confess nevertheless this cause is not strong enough to warrant the drinking of cold water by one who is sweating.

After partaking of various dishes, and drinking abundantly of thin potations, it is beneficial to vomit; and on the next day to lie late in bed, and then to take moderate exercise. He who is frequently oppressed with fatigue should drink water and wine by turns, and use the bath rarely. Variety in labour also lessens the fatigue of it; and he, whom some unusual and undiversified labour has fatigued, finds relief by going back to that to which he is accustomed. That couch which is in daily use is the safest for one fatigued; for that which is contrary to habit, wearies, whether soft or hard.

There are certain precepts which apply particularly to him who is fatigued by walking. Frequent friction, even on his journey, will prove refreshing; so also sitting still after his journey, and then anointing; subsequent to which he should, while in the bath, foment the upper parts more than the lower with hot water.

Should any man be sun-scorched, he should, without loss of time, betake himself to the bath, and rub his trunk and

head with oil; then go into a well-heated solium; then pour water freely over his head, first at a high temperature, and afterwards cold. But he who is suffering from excessive cold, should first sit wrapped up in the bath till he sweat, then, having been anointed and laved, he should take food in moderation, and his wine undiluted. He who after sea-voyaging is troubled with nausea, if he have vomited much bile, should entirely abstain from food, or take only some very small portion. If he have brought up acid phlegm, he ought certainly to take food, but lighter than usual; if the nausea have been unattended with vomiting, he ought either to abstain, or to vomit after his meal.

He who sits the day through, either in a vehicle or at the spectacles, should not run, but walk slowly. It is serviceable also to linger in the bath, and to take a scanty supper. If any one be over-heated in the bath, he may refresh himself by holding vinegar in his mouth, or, in default of that, cold water.

BUT, ABOVE ALL, EVERY MAN SHOULD KNOW THE NATURE OF HIS OWN CONSTITUTION; for some are thin, others prone to obesity. There are those who are of a hot and those who are of a cold

temperament; some moist, and others dry; those who habitually have a relaxed, and those who have a confined state of bowels. It rarely happens that a man has no weak point about him. He who is of a spare habit ought to adopt a nourishing regimen; the plethoric subject to reduce his bulk; the hot to cool, the cold to warm his constitution; the moist to dry, the dry to moisten it; one of lax habit to constrict, but the costive subject to relax his bowels; in fine, we must always direct our relief to the part which is suffering most.

But THE MEANS OF IMPLETION are, moderate exercise, frequent repose, inunction, and, if after dinner, the bath, controlling looseness of the bowels, sleeping soundly but not too long, a soft couch, tranquillity of mind, sweet and fat aliments whether solid or fluid, and food taken frequently to the utmost extent of digestion.

The ATTENUANTS are—bathing in hot water, and more so if this be salt; the bath on an empty stomach, a scorching sun, and heat of every kind; care, watching, sleep, whether of too short or too long duration: having one's bed on the ground in summer, a hard couch in winter: running, much walking, and strong exercise of every kind; vomiting, purging, materials of an

acid or austere nature, and such as are taken once a day; together with the custom of drinking moderately cool wine on an empty stomach.

But since among the extenuants I have mentioned vomiting and purging, it is requisite to subjoin a few separate remarks concerning these.

I perceive that vomiting is rejected by Asclepiades, in that work which he composed "ON THE MEANS OF PRESERVING HEALTH;" nor do I blame him if he did it from a disgust towards those gormands who make daily vomiting subservient to the gratification of their voracity. But he has gone further than this, for he has excluded internal purging likewise; and even this is pernicious if effected by very drastic medicines.

But their complete exclusion is not free from exception, for there are kinds both of constitutions and seasons which render them indispensable, provided they be exhibited in moderation, and only when occasion requires. Hence, since even he acknowledges what is corrupt must be expelled, his condemnation of them is not unqualified. Inasmuch as the cases requiring their use may be numerous, their administration requires so much the more careful discernment.

VOMITING is more beneficial in winter than in summer; for that is the time phlegm is more abundant and the head oppressed. It is injurious to the slender, and to those who have a weak stomach; useful to full and bilious habits, after surfeiting or imperfect concoction. For if they have eaten more than can be digested, there is no necessity for risking the corruption of the aliment; and if it be already corrupt, nothing is more to the purpose, than its expulsion by the readiest way possible. Therefore whenever bitter ructations with pain of the præcordia are present, to this ought we to have recourse. It is useful also to him who has heat in the chest, frequent flow of saliva with nausea, ringing in the ears, weeping from the eyes, and a bitter taste in the mouth: so likewise to him who changes his climate or situation, and to those who have been troubled with pains of the præcordia, and have not vomited for several days. I am aware, that for these symptoms rest is enjoined; but it is a remedy not always within the reach of those who are obliged to work, neither is it successful in all cases. Therefore acknowledging it improper as the instrument of gratifying luxury, I am induced by experience to believe it ought now and then

to be practised as a means of preserving health ; with this precaution, however, that he who would be strong, and wishes to arrive at a good old age, ought not to make it a daily practice. He who is easily vomited, if he wish to vomit after his meal, should first take warm water alone, adding, if that fail, a little salt or honey. But if about to procure vomiting in the morning, he should first drink hydromel or hysop, or eat radishes, then swallow the warm water, as mentioned above. All the other vomits prescribed by the ancients are noxious to the stomach. After vomiting, if the stomach be weak, a little suitable food may be eat, and he may drink three cyaths of cold water, unless the operation have irritated the fauces. He who has vomited, ought, if in the morning, to walk, to be anointed, and afterwards to sup ; if after supper, the following day to bathe, and sweat in the bath. His next meal ought to be moderate, consisting of yesterday's bread, undiluted austere wine, roast meat, and all very dry aliments. He who intends to vomit twice a month, will arrange the matter better by doing so two days successively, than after each fifteenth day ; unless such postponement should produce a sense of weight in the chest.

PURGING by the agency of medicine is desirable when costiveness produces flatulency, giddiness of vision, pains of the head, and other affections of the upper part of the body. For what benefit can we derive from rest and fasting, by which such symptoms are often aggravated? He who wishes to relax his bowels, should first use laxative food, and wine; afterwards, if these fail, let him take aloes. But although purges are sometimes necessary, yet they are often dangerous; for the body thus becomes inured to the receiving no nourishment; whilst debility subjects it in the highest degree to all manner of diseases.

Uction, salt water, particularly if hot, all salt provisions, bitters, and flesh-meat, bathing, and drinking austere wine after food, are CALEFACIENTS. REFRIGERATION is promoted by bathing and sleeping, if not too long on an empty stomach; by all acids, by very cold water, and oil if mixed with water.

HUMECTATION is effected by labour somewhat more than ordinary, frequent use of the bath, fuller diet, drinking copiously, and after these, walking and watching. Long continued and brisk walking is of itself humectant; as also is morning exercise, unless food be taken too soon

afterwards : so likewise are aliments derived from cold, rainy, and irriguous places. On the contrary, EXSICCATION is promoted by moderate exercise, hunger, unction without mixing water to the oil, heat, insolation if not excessive, cold water, food immediately after exercise, and such as comes from dry and hot districts.

CONSTIPATION of the bowels may be produced by hard work, by sitting still, rubbing potter's chalk on the body, diminution of the customary food, and this too taken once, by him who is in the habit of taking it twice a day ; by drinking little, and only with one's food, and by repose after food.

As regards the PERIODS OF LIFE, fasting is endured most easily by men of middle age, less so by youths, least of all by children and old people. The frequency of taking food should be apportioned to the difficulty of supporting hunger ; he that is growing requires it oftenest. The hot bath is adapted to infancy and old age. A weaker wine is suited to boyhood, a stronger to old age ; but such as is flatulent, to neither. It matters less what food young men take, or what regimen they adopt. They who have habitual relaxation in the prime of life, are usually constipated in senescence ;

and the converse of this frequently occurs in those who are costive when young. Habitual laxity is more to be desired in youth; constipation in old age.

It is right also to observe the different seasons of the year.

In WINTER it is requisite to partake more freely of solid food, moderately drinking wine of a fuller body; to eat bread abundantly, boiled meat in preference, and vegetables in moderation; to take one meal a day, unless costive. If in the habit of taking dinner, it should consist of some trifle of a dry nature, excluding flesh meat and drink. All one's food should be hot, or calefacient.

But in SPRING one should take less food, and more wine, although lowered by dilution; one should eat more freely of flesh meat and vegetables, gradually passing from boiled meat to roast. This is the safest period for coition.

In SUMMER the body requires a more frequent supply of food and drink; therefore dinners are then proper. Flesh meat and vegetables are now most suitable; wine highly diluted, so as to quench thirst, without producing excitement; cold bathing, roast meat, cold aliments, or such as are refrigerant. Since more frequent, so ought our meals to be more scanty.

AUTUMN, from the vacillation of temperament then experienced, is the most dangerous. Therefore it is improper to go out at this season without a cloak, or without shoes, and especially on cold days; nor should one sleep in the open air; or, otherwise, one ought to be well covered. This is a time at which we ought to use a richer diet, and wine less diluted, but in small quantities. Some deem orchard fruit pernicious, because it is taken to excess at all hours in the day, without abatement of our more substantial food; therefore, the mischief accrues, not from the fruit merely, but from the indiscriminate mixture of all aliments; for thus abused, they are all equally pernicious. It should therefore be taken no oftener than other articles of food; and when super-added, these last should be proportionably diminished. Sexual indulgence is in truth neither good for the health in summer, nor in autumn; but it is less injurious in this last season; for in summer, if possible, it should be abstained from entirely.

4. My next duty is to speak of such persons as have certain parts of their body constitutionally weak.

He who has an infirm head, should, if he have perfectly concocted, rub it gently in

the morning with his own hands ; never wear his cap, if it can be so managed ; cut his hair close to the scalp ; and it is proper to shun the light of the moon, particularly at that planet's conjunction with the sun ; to go no where after food. He ought daily to comb his hair, if he have any on his head ; to walk much, but, if practicable, not in a covered building, nor in the sun ; for one ought especially to avoid the heat of the sun, and particularly after taking food and wine ; to be anointed in preference to bathing ; never to be anointed at the heat of a flaming fire, but sometimes near a brasier.

On entering the bath, he should first excite sweating under a blanket in the *TEPIDARIUM* ; there perform unction ; then he ought to pass into the *CALIDARIUM* ; when he shall have perspired there, he ought not to descend into the *SOLIUM*, but to sluice himself from the head downwards, first with hot, then with tepid, and afterwards with cold water ; pouring it longer on the head than elsewhere ; then he should well rub it for some considerable time, and, lastly, wipe it dry and anoint it.

Nothing is so beneficial to the head as cold water. Therefore, he who has cephalic infirmity, will do well to hold his head under a good large stream of water

for some time every day throughout the summer. But uniformly, even if he have anointed without the bath, and cannot bear to chill his body entirely, he ought still to practise cold affusion on the head, and if he do not wish the rest of the body to be wetted, he should from time to time with his own hands throw the water back as it descends, so that it may not hurt the eyes or any other part. His food should be moderate and easily digestible; and that, if fasting hurt his head, should be taken twice a day; otherwise, once in preference. It is better for him to drink frequently of a mild wine much diluted, than water merely; so that when his head shall have begun to feel out of order, he may have a remedy to fly to; and neither wine nor water is exclusively serviceable to him, while either, used alternately, becomes a remedy. It is requisite that he neither write, read, nor declaim loudly, especially after supper; after which not even intense thinking is quite free from its dangers; but of all things vomiting is most inapplicable.

5. Nor is it only to those whom an infirm head torments, that the use of cold water is serviceable; but to those also who are plagued with lippitudes, grave-does, destillations and tonsillar affections.

But for these not only is the head to be subjected to daily affusion, but the mouth to be gargled abundantly with it; and it ought to be employed by all who find it beneficial, most especially when southerly winds have rendered the atmosphere unwholesome. And inasmuch as declamation and mental exertion are injurious to all persons immediately after food, in a much higher degree are they so to those who are accustomed to have disease of the head, trachea, or any other affections about the mouth. He who is subject to gravedoes and destillations, may avoid them by changing, as seldom as may be, his place of residence and the waters he is using; by covering his head in the sun, lest it be scorched, or lest a sudden chill, arising from a transitory cloud, disturb it; by shaving his head when fasting after concoction; and by neither writing nor reading after food.

6. But he who is frequently troubled with diarrhœa, ought to bring the upper parts of his body into action, by playing at ball and such like exercises; to walk fasting, to shun the burning heat of the sun, and constant bathing; to anoint without sweating, not to use mixed food, and by no means stewed meats or legumes, or

such vegetables as rapidly pass through the stomach; but, in short, all he takes should be such as is slowly digested. Venison, fish of hard fibre, and the roasted flesh of domestic animals, are most useful. It is never proper to drink wine flavoured with salt; not though it be weak or sweet; but that which is austere and full bodied, and not too old. If one must needs use hydromel, it should be prepared from boiled honey. Cold drinks are preferable, unless they disturb the bowels. If he find any part of his supper has disagreed with him, he ought to vomit; and to repeat that remedy the day after: on the third day, to eat a little bread soaked in wine, with the addition of potted grapes eaten with DEFRUTUM or some such liquor: afterwards to return to his usual habits. But after meals he should always keep tranquil and avoid mental exertion, nor should he be moved about even by the most gentle walking.

7. But if the large intestine, which they call the colon, be wont to be painful, since that is only a kind of flatulence, one's aim should be to promote digestion; to be exercised by reading aloud, and by other means; to use the hot bath, hot food and drink;

to avoid all sweets, legumes, and every thing flatulent.

8. He whose stomach is infirm, ought to read aloud, and walk afterwards; to play at ball, or exercise himself with arms, or by any other kind of exercise which brings the upper part of the body into play; to drink no water, but hot wine on an empty stomach; to eat two meals a day, if he can digest as much; to make use of weak and astringent wine, and in preference, cold drink after his food. Pallor, emaciation, pain in the præcordia, involuntary retching and head-ach, are indicative of a weak stomach; and his is strong who has not these symptoms. Nor are we to believe our countrymen, who, when they have a mind to drink wine or cold water, excuse the indulgence, by complaining of their stomachs without occasion. Such as have slow digestion, and are therefore subject to flatulency, or they who experience much night-thirst, arising from some heat in the body, ought, before they retire to rest, to imbibe to the extent of two or three cyaths through a small reed. Equally available against tardy concoction is reading aloud, and afterwards walking, anointing, and bathing;

the constant drinking of cold wine; beverage in abundance after food, but as I have above stated, through a syphon; after that he ought to conclude by drinking cold water. If his food become acescent, it is convenient to drink tepid water beforehand, and to vomit; but should that produce diarrhœa, he should in preference use cold drink after each stool.

9. He who is used to have pain in the nerves, which is common to gout in the feet and hands, ought, to the utmost extent, to exercise the part, and expose it to the effects of labour and cold; unless during a paroxysm, when quiet is the best remedy. Sexual commerce is always prejudicial to such subjects; digestion as in all other affections necessary, so in this likewise; for crudity is very pernicious, and whenever the body has been disordered, the faulty member feels it most sensibly. Now as concoction is good for all affections, so cold is serviceable to some, heat to others; and every man should pursue these remedies with a reference to the nature of his own habit. Cold is hurtful to the old and spare subject, to wounds, to the præcordia, intestines, bladder, ears, hips, shoulders, genitals, bones, teeth, nerves, the womb, and the brain: it renders the skin pale, dry, harsh,

and dark-coloured; hence, shiverings and trembling. But it is serviceable to young men and to all full habits; the mind also is more active, and digestion more vigorous in cold weather, under the observance of due precaution. Cold affusion is beneficial to the stomach, as well as to the head; to joints also, and to pains unaccompanied by ulcer; so likewise to people who are ruddy to excess, if free from pain.

Heat remedies all those affections to which cold is nocent; ophthalmies if without pain or illachrymation; contracted nerves, and such ulcers principally as proceed from cold. It gives a good colour to the body, and promotes urine. If in excess, it debilitates the frame, softens the nerves, relaxes the stomach.

But in fact neither the sudden extremes of cold nor heat are free from danger to the unhabituated; for cold gives rise to pleurisies and other disorders; cold water induces struma. Heat impedes concoction, prevents sleep, dissolves by sweating, and disposes the body to pestilential maladies.

10. There is a precaution also requisite in a pestilence to be used by him who although not yet affected, cannot however be perfectly secure. At such a time, therefore, he should travel by land or by sea.

If that be not convenient, he ought to be carried about, to walk gently in the open air before the broiling heat; to be moderately anointed; and, as has been said above, to avoid fatigue, indigestion, cold, heat, and sexual indulgence; and to be much more guarded in his regimen, should he feel a heaviness in any part of his body. In that case, he should not rise in the morning, nor walk bare-foot, especially after a repast or the use of the bath; he should neither vomit fasting, nor after supper; nor ought his bowels to be relaxed; and even if they are so spontaneously, they should be constricted. It is better to be abstemious, if the body is somewhat plethoric; and also to avoid the bath, sweating, noon-day sleep, especially if preceded by food; this, nevertheless, is then more conveniently taken once daily; moreover, the quantity should be moderate, to prevent crudity. He ought to drink alternately, one day water, another wine. These precautions observed, he ought to vary his other habits as little as possible. Although in point of fact, this plan ought to be pursued in every pestilence, yet most strictly so in that occasioned by southerly winds. And the same precautions are necessary to those who are travelling, if they have left

their homes at a sickly season, or have arrived in unwholesome climates. And if anything prohibit our observance of the other rules, most certainly ought we to be abstemious: and to change from wine to water, from water to wine, in the manner mentioned above.

BOOK II.

THE signs of approaching sickness are numerous; and in explaining them I shall not hesitate to use the authority of the ancients; but that of Hippocrates chiefly, since although the more modern physicians have effected some changes in treatment, they nevertheless acknowledge he has excellently well presaged these matters. But, prior to mentioning what preceding signs warrant the apprehension of diseases, it does not appear inappropriate to set forth, what seasons of the year, what sort of weather, what periods of life, what kinds of constitutions, are in the highest degree liable to disease, or secure from the same; and what malady is chiefly to be expected in each. Not, but at all seasons, in all weather, men of every period of life, of every habit, may sicken and die from the effects of all kinds of diseases; but because certain occurrences are more usual, and it is advantageous that every man know against what, and when he should chiefly exercise caution.

1. Spring is the healthiest season: next

after this, winter: summer more dangerous: autumn by far the most dangerous.

The best WEATHER is that which is the least vacillating, whether cold or hot: the worst, is that which is most variable: hence, autumn carries off the greatest number. For about noon, heat prevails; night and morning, and likewise in the evening, it is cold. The body, therefore, relaxed by the previous summer, and from time to time by this noon-day heat, is suddenly encountered by cold. But although it happens principally at this season, so happen when it may, it is hurtful. When the weather is equal, fine days are most salubrious: the rainy are preferable to the foggy or cloudy: and in winter, those are the best on which there is no wind; in summer, those fanned by a westerly breeze. If any other wind prevail, the northerly are more healthful than those blowing from the east or the south: but these matters are so precarious, that they are liable to be changed by peculiarity of climate. For in all parts land breezes are generally salutary, sea breezes unwholesome, and not only is health less precarious during salubrious weather, but former diseases also, if any have been prevalent, assume a milder form

and are more speedily terminated. That air is of all the most pernicious to a patient, which has produced the malady ; so that in this case, a change even into an atmosphere naturally worse, contributes to his recovery. The middle period of life is the safest, for it is alike free from the inconveniences accruing from the heat of youth, and the frigidity of old age. This latter period of life is exposed to chronic, adolescence more to acute diseases. The square built frame, neither spare nor fat, is the most favourable to retaining sound health, and recovering from disease. For tallness of stature, although graceful in youth, is worn out by a premature old age : the slender frame is weak, the fat subject loose in fibre.

But in SPRING those diseases are usually dreaded, which are excited by commotion of the humours. This is the season, therefore, for lippitudes, pustulary eruptions, hæmorrhages, abscesses, called by the Greeks ἀποστήματα, black bile, which they call μελαγχολίαν, insanity, epilepsy, quinsy, gravedoes, and destillations. Those affections also which at one time harass the joints and nerves, and at another remain dormant, at this period principally, both originate and return afresh.

SUMMER is exempt from scarcely any of these affections; while it adds to the train fevers, continued, ardent, and tertian; purgings, ear-ach, ulcers of the mouth, gangrene, occurring in other parts indeed, but in the genitals particularly; and, lastly, all maladies producing colliquative sweats.

There is hardly one of these affections that is not incidental to AUTUMN: and about this time also arise irregular fevers, affections of the spleen, anasarca, tabes, called by the Greeks "phthisis;" difficult micturition, which they denominate "strangury;" diseases of the smaller intestines, termed by them "ileus;" a disease they call "lientery," proceeding from excessive lubricity of the intestines; sciatica and epilepsies. This season takes off those worn out by long continued disorders, and those to whom the heat of the preceding summer has been oppressive; destroys some by fresh maladies; and others it affects with such as are tedious; particularly with quartans, which may even last all the winter. Nor is any period more exposed to pestilence of all kinds.

But winter provokes head-ach, cough, and all affections which are contracted in the fauces, sides, and viscera.

As to THE WINDS, the north excites cough, inflames the fauces, binds the belly,

suppresses urine, brings on shiverings, and also pains of the sides and chest; and yet it braces the healthy constitution, increasing its alertness and agility. The south obtunds one's hearing, retards sensation, excites head-ach and diarrhœa, rendering the body deficient in energy, moist, languid. The remaining winds predispose to this or that disorder according as they are more or less cognate to the former or latter of these two.

HEAT, again, of all kinds, both inflames the liver and spleen, enervates the mind, and produces faintings and hæmorrhage.

COLD sometimes occasions distensions, sometimes stiffness of the nerves; the former called by the Greeks σπασμὸς, the latter τέτανος; in ulcers it causes lividity, in fevers, shivering. In a drought, the prevailing diseases are acute fevers, lippitudes, dysentery, strangury, joint-pains: in rainy weather, tedious fevers, purgings, sore-throat, gangrenes, epilepsies, and resolution of the nerves, named by the Greeks παράλυσις.

It is of importance, not only to regard the existing state of the weather, but also that which has preceded it. If in a dry winter the winds have been northerly, and the following spring brings us south

winds with rain, then most commonly ensue lippitudes, dysenteries, fevers; and particularly in lax habits; for which reason they occur in females chiefly. But if southerly winds and rain have prevailed throughout the winter, and a cold dry spring follow, pregnant women near their confinement are in danger of miscarriage. And they who have offspring at the usual time, bring forth puny children, and such as have scarce a chance of surviving. Others are affected with dry lippitude, and, if somewhat advanced in life, with gravedoes and destillations. But if the southerly winds have continued from the beginning of winter to the end of spring, pleurisies, and phrenitic fevers, called by the Greeks φρένησις, very rapidly prove fatal. When the preceding spring and summer have been excessively hot, profuse sweating in fevers is the necessary consequence. When in a dry summer the wind has been northerly, and the following autumn, south winds with rain have prevailed, during the next winter arise coughs, destillations, hoarseness, nay, in some even consumption. But when autumn also turns out dry, and is attended with the same northerly winds, loose-fibred habits, such as I have stated those

of females to be, enjoy a good state of health; while in the more robust subjects not only dry lippitudes, but fevers both acute and chronic, and atrabiliary disorders, may possibly manifest themselves.

With regard to AGE, infants and children just entering upon the period of puberty, are most healthy in spring and the early part of summer: elderly people in summer and at the commencement of autumn, the young and the middle-aged in winter. This last-mentioned season is more hurtful to the aged, summer to young people.

If there be any DEBILITY PREDISPOSING to disease, the chances are, that INFANTS will be affected with spreading mouth-ulcers, which the Greeks call *ἀφθας*, with vomiting, night watchings, ear-sores, and inflammations about the navel. The peculiar affections also of such as are teething, are ulcerations of the gums, convulsions, feverishness, purgings; particularly during the cutting of the canine teeth; severe trials to which every full and costive habit is exposed. When somewhat more advanced in years, children become subject to glandular tumours and spinal curvatures; to struma, to certain painful kinds of warts, which the Greeks term

ἀνθοχορδόνας, and to various tubercles besides these. And in truth even at the commencement of puberty, many of the same diseases occur; also fevers of long duration and bleeding from the nose.

All children incur most risk about the fortieth day after birth; the seventh month; the seventh year; and, afterwards, about the age of puberty. Such diseases, moreover, as have happened in infancy, and are not terminated at the age of puberty, in boys by the commencement of sexual intercourse, in girls by the emanation of the menses, are commonly of long continuance; more frequently, protracted infantile disorders are terminated at this juncture.

ADOLESCENCE is most exposed to acute diseases; also to epilepsies and consumption, and it is the young also who are subject to the spitting of blood. After passing this period of life, arise pleurisies and pneumony, lethargy, cholera, mania; and flux of blood apparently from the mouths of veins, which the Greeks call *αἱμορροΐδας*.

IN OLD AGE we have difficult respiration and strangury, gravedo, pains of the joints and reins, palsies, vitiated habit or cachexy, as the Greeks call it; night-

watchings, chronic affections of the ears, eyes, and nostrils; very often diarrrhœa, and its consequences; namely, dysentery, lientery, and other inconveniences accruing from alvine relaxations.

Furthermore, THE SLENDER are subject to consumptions, purgings, destillations, and also to intestinal and pleuritic pains. THE FAT are most frequently suffocated by acute diseases, and difficult respiration: they often die suddenly too, which in one of a less gross habit is a rare occurrence.

2. Before an illness, as I have said, certain characteristic signs make their appearance; and in all cases the body feels different from what it did ordinarily, not merely for the better, but for the worse. He, therefore, who has become lustier, is better looking, and of a more florid complexion than usual, ought to regard these advantages with suspicion; for since they cannot remain stationary, nor can further advance, they usually retrograde, and suffer a natural falling off. But it is a worse sign to have become unusually thin, and to have lost one's colour, and healthful mien; for in the redundancy there is something for the disease to prey upon; in the deficiency, nothing to bear up against the disease itself.

Moreover, there is immediate reason to fear an attack, when the limbs become heavy, when ulcers frequently appear, when the body has become unusually hot, sleep unusually oppressive, and the dreams tumultuous; when the patient awakes oftener than usual, and soon falls asleep again; when, contrary to what he has before experienced, he has partial sweats, and especially if these occur about the breast, neck, legs, arms, or hips; if his spirits flag; if he find it irksome to speak and move about; if his body feel torpid; if he have pains in the præcordia or the whole chest, or, which happens in most cases, in the head; if his mouth be full of saliva, his eyes roll with difficulty, his temples be constricted, his limbs shivering, and respiration difficult; if the vessels about the forehead be tense and disturbed; if there be frequent yawning, if the knees be fatigued, or the whole body experience lassitude. The majority of these symptoms often precede fever, and some never fail to do so. Nevertheless, it should first be taken into consideration, whether the patient have hitherto experienced any of these symptoms, without consequent disorder of the body. For there are certain idiosyncracies, without a knowledge of

which, it is no easy matter to afford any certain prognostic. Evidently then, he is safe, under such manifestation of signs, who has before frequently escaped from them with impunity; while he ought to feel some anxiety, to whom they are new, or whose safety under them has depended on his own precautions.

3. When a fever has attacked a person, one may know he is in no danger, if he lie on either side, as best pleases him, with his legs a little drawn up; which is usually the position of a healthy subject; if he turn himself easily; if he sleep by night, and in the day-time keep awake; if he breathe easily, if he bear up against the disease without struggling; if the skin about the navel and pubes be plump; if the præcordia be equably soft on either side without any sense of pain. But if they be somewhat swollen, provided they yield to the pressure of the fingers, and be not painful, and some considerable extent of the body be equably soft and warm, and the febrile paroxysm be ended by sweating, the disease promises to be free from danger. Nor ought that fever to alarm us which is finished on the same day it began; nor that which, although it disappears after a longer inter-

space, ceases entirely before another accession, so that the body becomes perfectly sound; a state denominated by the Greeks, εἰλικρινές. But if any vomiting happen, it should be mingled with bile and phlegm; and in the urine there ought to be a smooth, equable sediment; provided also, that if a cloudy matter float there, it be precipitated. But the bowels, in a person free from danger, yield soft, well figured motions, and these at about the same time at which they were wont to do in health, and in quantity proportionable to the materials ingested.

Lax motions are more dangerous; nor ought even these to alarm us at first, if in the morning they be more solid, or if as the day advances they gradually become of a better consistence and tawny, and are not more fætid than healthy motions having the same appearance. So likewise the voiding of some round worms is not a dangerous sign. If inflation without inflammatory action, have produced pain and swelling in the upper parts, borborygmus is favourable, and especially if the wind escape with the fæces.

4. On the contrary, there is reason to apprehend a SEVERE DISEASE, when the patient lies in a supine position, with out-

stretched hands and legs ; when he wishes to sit up straight in the very climax of a disease, and especially in pulmonary affections ; when he is oppressed with night watching, although by day he have sleep ; of which, however, that is more dangerous which happens between the fourth hour and night, than that from the morning until the fourth hour. Nevertheless, the worst sign is to have no sleep either by day or night ; for that cannot occur without incessant pain. But it is in truth quite as bad a sign, to be oppressed with more sleep than requisite ; and it is more dangerous, proportionably as it lasts throughout both day and night. These are also the prognostics of a severe disease ; to breathe forcibly and frequently ; to have begun to shiver after the sixth day ; to spit pus ; not to expectorate but with the greatest difficulty ; to have incessant pain ; to bear the disease with difficulty ; to jactate the arms and legs ; to weep involuntarily ; to have a glutinous humour sticking to the teeth ; the skin about the navel and pubes emaciated ; the præcordia inflamed, painful, swoln, tense, and more so, if these appearances be on the right, than if on the left side ; but it is the most danger-

ous sign, when the vessels in that quarter are vehemently excited.

It is also a sign of a severe disease, to waste too rapidly, to have the head, feet, and hands cold, while the belly and sides are hot; or the extremities cold, in an acute disorder; or to shiver after sweating; to hiccough after vomiting, to have redness of the eyes, or loathing of food after craving it, or after protracted fevers; or to sweat profusely, and particularly to have cold or partial sweats, and such as do not terminate the fever; to have those fevers, which recur daily at the same hour, or which uniformly have similar paroxysms, without any alleviation of the fit on each third day; or those that continue after this manner; that while their accessions become more frequent, the febrile action merely abates in their decline, without at any time entirely ceasing. But it is the worst sign if the fever continue equally violent without any remission. A fever accruing upon jaundice is likewise dangerous, especially if the præcordia have continued hard on the right side. So also when these parts are painful, every acute fever ought seriously to alarm us; and convulsions occurring in an acute fever, or after sleep, are always formidable. To awake with fright,

is a mark of a bad distemper ; as also is mental perturbation at a very early period of a fever, or paralysis of a limb ; after which calamitous symptom, although he survive, that limb is most usually deprived of its strength.

Vomiting also of an unmixed phlegm or bile is dangerous ; and the more so, if it be green, or black. But that urine is bad, in which subsides a reddish, smooth sediment ; that is worse, in which there are, as it were, thin, white leaflets : that worst of all, which presents an appearance as of small clouds composed of bran. Thin and white urine is also morbid, but principally in the phrenetic.

It is also dangerous, to have perfect alvine suppression ; so likewise is that diarrhœa which during fevers does not allow the patient to remain quiet in bed ; particularly if the dejection be very watery, white, or pale or frothy. Moreover those motions denote danger, which are scanty, sticky, smooth, white, or palish : if they be livid, or bilious, or cruentate, or unusually fœtid. Those are unfavourable too, which after fevers of long continuance, are of an unmixed quality.

5. After these indications it is desirable that the disease be of long continuance ;

for so it must, unless the patient die. Nor have we other hope of recovery in formidable affections, than that our patient may escape, by outlasting the impetus of the disease, and that it may be thus protracted long enough to afford time for treatment.

However, there are certain signs at the commencement, from which we may collect that a disease, although it may not prove fatal, will last a considerable time.

FOR EXAMPLE: when in chronic fevers cold sweat arises about the head and neck only; or when the body sweats without cessation of the fever; or when it is one time cold, at another hot, and the complexion changes; or when abscess having occurred in fevers does not heal; or when the patient has wasted but little, for the time he has been sick: likewise, if the urine be at one time watery and clear, at another, have sediment in it; if this precipitate be smooth and white or red; or if it present an appearance like small crumbs; or effervesce.

6. But during these symptoms indeed, danger being announced, there is yet room for hope: but the following symptoms testify that the case has in truth arrived at the very last extremity; the nose sharpened, the temples sunk, the eyes hollow,

the ears cold, languid, and inverted at their lower margin, the skin about the forehead hard and tense, the complexion dark or deadly pale : and much more so, if these are present without having been preceded by watchfulness, or diarrhœa, or long fasting ; from which causes such a manifestation of symptoms sometimes takes place, but they are ended in one day : therefore, when lasting longer they are indicative of death. So likewise if they endure for three days in a disease of long standing, death is near : particularly if in addition to such symptoms, the eyes cannot bear the light, and shed tears involuntarily ; and that part of them which ought to be white, grow red ; so likewise if their small vessels appear pallid, and the humour which glides over their surface, ultimately stick to the angles ; if one be less than the other ; if they be very much sunk or become swollen ; if, during sleep, the eyelids be not closed, but between them some of the white of the eye be apparent, and a diarrhœa have not caused that symptom ; and if the said lids be pale, and the same pallor bleach the lips and nose ; and the said lips, the nose, eyes, eyelids, and eyebrows, or any of them, are distorted ; and he can neither see, nor hear, on account of weakness.

The same dissolution is foretold, when the patient lies supine, with his knees contracted; when he is gliding down from time to time, towards his feet; when he exposes his arms and legs, and throws them about in a disorderly manner, and when these are destitute of warmth; when he lies with his mouth wide open; sleeps incessantly; when one who is not delirious, and is not accustomed to do so, grinds his teeth; when an ulcer, which has taken place before or during an attack of disease, becomes arid, and either pale or livid.

The following are also indicative of death: pale-coloured nails and fingers; cold breath; if one in a fever, and in an acute disease, or in madness, or in a peripneumony, or in an affection of the head, keep picking with his hands at the flock of the bed-clothes, or part their fringe, or catch at any minute prominences that may be on an adjoining wall. Pains likewise about the hips and lower parts, provided they pass on to the viscera, shew death to be nigh; and especially if the other symptoms accede. Nor can he be saved, who becoming feverish without any tumour, is suddenly troubled with a sense of choking, or cannot swallow his saliva; nor he who having the same kind of fever,

and the like state of body, has a wry-neck, so that he too can swallow nothing, nor he who has a continued fever, with the utmost prostration of strength; nor he, who without subsidence of the fever, has the surface of his body frigid, and internally has so much heat as to cause thirst; nor he who, while the fever continues as in the last case, is at the same time tormented with delirium and difficult respiration; nor he who is attacked with convulsions, after having drunk hellebore; nor he who has lost the faculty of speech, from drunkenness. For unless fever supervene, or he begin to speak, at such time as the effects of drunkenness usually go off, he is destroyed by convulsions.

A pregnant woman also is readily destroyed by an acute disorder; so likewise that person with whom sleep aggravates the disorder; and in whom at an early period in a recent affection, black bile manifests itself, whether upwards or downwards; or, in whom it disembogues itself in either way, when the system has been attenuated, and for a long time diseased.

A bilious or purulent spitting, whether these be separate or mixed, indicate peril of death. So likewise, if such have begun about the seventh day, the chances are

that he will die about the fourteenth; unless other better or worse signs shall have acceded; which indicate an earlier or later dissolution, according as they have been more or less severe.

Cold sweating likewise in an acute fever is a fatal symptom, and in every disease vomiting of a matter of a mixed varicoloured nature; especially if this have a bad odour. To have vomited blood in a fever is equally inauspicious.

High coloured and thin urine indicates considerable crudity; and often, before it has time to mature, it carries off the patient: therefore, if it continue in this state for some considerable time, it denotes danger. That, however, which, is black, thick, and of a bad odour, is the worst and most deadly of all. But although such urine as this is the worst in men and women, that which is thin and watery is most dangerous in children.

Stools which are of a mixed character, presenting the appearance of strigment, blood, bile, and a greenish matter, whether voided at different times or all at once, and so mixed together that they may still be distinguished, constitute fatal prognostics. But he may survive after such motions as these for some little time longer;

but when they are watery, dark, pale, or fatty, they announce the speedy approach of dissolution, especially if, moreover, they have a very fætid odour.

I know any person may ask me, how happens it, if the signs of approaching death may be relied upon, that patients abandoned by their physicians, sometimes get well? and that some are reported to have revived, even during the funeral rites? Furthermore, Democritus, a man of well merited celebrity, has asserted there are in reality no characteristics of death sufficiently certain for physicians to rely upon; much less did he concede, that there could be any sure prognostics of approaching death. In answer to whom, I will not avail myself of the argument that oftentimes cognate symptoms deceive not the scientific, but the unskilful physicians; (although Asclepiades meeting a funeral knew that he was alive whom they were submitting to the ceremony of elation; and that the art ought not forthwith to be charged with the errors of its professors: but I will more temperately reply, that MEDICINE IS A CONJECTURAL ART, and such the nature of conjecture, that although in the long run it may more frequently have turned out to

be right, it nevertheless may sometimes be fallacious. Nor are we therefore to have no faith in a symptom, when it scarcely fails for a considerable time in one person out of a thousand, and answers our expectation throughout cases innumerable. And I mention this, not as applying merely to the dangerous, but also to the favourable symptoms; for even our hopes are sometimes frustrated, and he dies, for whom at first the physician felt no apprehension: while the means devised to cure him sometimes aggravate his distemper; neither, amid such an endless variety of constitutions, is it possible for human imbecility to avoid this. Still however, since more frequently, and in by far the greatest number of cases, it proves beneficial, on medicine is our reliance placed; nor ought we to be ignorant, that the signs indicative of recovery and of death, are more fallacious in acute diseases.

7. Now that I have mentioned those signs, which are wont to be general in every illness, I shall so proceed to point out the characteristic marks which any patient may chance to have in each kind of disease. But there are some before, and some during fevers, which shew what

is going on internally, or what is about to occur.

If, before fevers, the head be heavy, or the eyes dim after sleep, or if sneezing be frequent, some attack from collection of humour about the head may be apprehended.

If there be an excess of blood, or of heat, it is probable that hemorrhage will occur from some part.

If any one become emaciated without apparent cause, there is reason to dread, lest he fall into a cachexy.

If the præcordia be painful or an oppressive flatulency be present, or the urine be discharged in an unconcocted state throughout the entire day, it is obvious there is a crudity.

They who without having jaundice are of a bad complexion, are plagued with pains of the head, or have a morbid appetite for earth.

They who for a long time have a pale and bloated countenance, either suffer in the head, or the viscera, or the intestines.

When in a continued fever a child has no motions, and his complexion is altered, and he has no sleep, but is constantly moaning, convulsion is to be dreaded. A frequent catarrhal running in a thin and tall subject, testifies danger of a consumption.

When no alvine discharge has taken place for several days, it teaches us that a sudden purging, or a slight fever is at hand.

When the feet swell, purgings are of long continuance: when pain occurs in the lower part of the abdomen and in the hips, anasarca is hard behind: but this kind of malady commonly arises from the ilia. The like danger also impends over those, who, although they have inclination for stool, void nothing, unless with difficulty and in a consolidated state.

When there is swelling in the feet, and that also takes place alternately in either side of the abdomen, the affection would appear to have arisen from the liver. A sense of twisting about the navel, which the Greeks call *σρόφθς*, and permanent hip-pains, which are terminated neither by time nor remedies, are precursory marks of the same disease.

But pain of the joints, as for example that of the hands or feet, or any other part, provided the nerves there be contracted, or the part when fatigued by slight exercise, suffer alike from heat and cold, indicates the approach of gout in the feet, hands, or other joints in which that sensation is experienced.

Those who have nasal hæmorrhage in childhood, and not after that æra of life,

must necessarily be troubled with head-ach, or have severe ulcerations in the joints, or even have their strength broken down by an attack of some disease.

Women who have suppressed menstruation, are necessarily subject to severe pains of the head, or are infested with disease of some other part. The like dangers await those, who have disorders of the joints attended with pains and swelling, appearing and disappearing, without having gout or other diseases resembling it: especially if their temples be painful and they have night sweats. If the forehead itch, lippitude is to be feared. If a woman have strong pains after a labour, and no other bad symptoms besides, hæmorrhage will break out from the nostrils about the twentieth day, or some abscess will happen in the lower parts.

Also, whoever shall have intense pain about the forehead and temples, will get rid of it in one or other of these two ways; if a young person, by hæmorrhage; if older, by a suppuration. But that fever which suddenly ends in an unaccountable manner, without having manifested favourable signs, usually returns again.

An ulcer in the nares or fauces will be found to be the cause of these last being filled with blood by day and by night;

provided neither cephalic nor præcordial pains, nor cough, nor vomiting, nor febrile action have preceded.

If, in a female, fever supervene upon inguinal enlargement, without manifest cause for it, there is an ulcer in the uterus.

But thick URINE, from which there is a whitish deposit, portends pain about the joints and viscera; and affords ground for fearingsome disease. The same, when of a greenish hue, serves to prove that a dangerous pain and enlargement of internal organs, is about to ensue: and if blood or pus be in the urine, ulceration has taken place either in the bladder or kidneys. If, when turbid, it contain some small caruncles, or a matter like hair, or if it effervesce, and scent strongly, and carry with it a matter sometimes resembling sand and sometimes blood; and if the hips and parts between these, and the pubes be painful, and if frequent ructations, and sometimes bilious vomiting accrue; and if the extremities grow cold, and micturition become difficult though frequently desired; and if the urine which is voided, be watery, or tawny, or pale, and slightly alleviate the symptoms, while much wind is discharged along with the motions; then, beyond all doubt, there is disease in the kidneys. But if it trickle slowly, or if blood be dis-

charged with it, together with a cruentate matter, and this with great difficulty, and if the part about the pubes be painful, the disease is in the bladder.

But, CALCULOUS CASES are known by the signs following: The urine is discharged gradually and with difficulty; sometimes also it trickles involuntarily: it is sandy: sometimes either blood, or a cruentate or purulent matter is voided with it; and some discharge it more readily when standing; some, and especially those in whom the calculi are large, while lying on their backs; some in an inclined posture; and by drawing out the penis, they ease the agony. There is, moreover, a sense of uneasiness in that pain, which is increased by running, and by every kind of motion. Some also, when they are agonized, alternately cross their feet, often changing their position. But females are frequently compelled to scratch the margins of the labia pudendi: sometimes, if they have applied the finger, they feel the calculus, when it is resting against the neck of the bladder.

They who expectorate frothy blood, have disease in the lungs. Immoderate purging in a PREGNANT woman may produce abortion. If she have a flow of milk

from her breasts, her foetus is weak. Hard breasts shew that it is healthy.

Frequent and unusual HICCOUGH denotes an inflamed liver.

If the swelling surrounding ulcers have suddenly disappeared, and that have happened on the hinder part of the body, convulsions or tetanus may be apprehended; if on the fore-part, pleurisy or insanity; sometimes also diarrhœa supervenes after such a symptom, which is the safest of all these consequences.

If the mouths of vessels accustomed to pour out blood, be suddenly stopped, anasarca, or tabes, is the result. Tabes ensues also, if an imposthume in a pleurisy be not in a healing condition within forty days. But if for a long time depression of spirits, with fear and watchfulness have existed, an atrabiliary disorder is at hand.

They who often have nasal hæmorrhage, either have swelling in the spleen, or head-ach, which is followed by an imaginary appearance of spectral objects passing before the eyes. But such as have enlarged spleens, have bad gums, fætid breath, or hæmorrhage in some part: or, in the absence of these symptoms, bad ulcers necessarily happen in the legs, and dark cicatrices form after them.

Those who have cause of pain and no sense of it, labour under mental alienation. If blood have collected in the ventral cavity, it is there converted into pus. If pain migrate from the hips and lower parts into the chest, although there be no other untoward symptom, there is danger of a suppuration in that place. They who have pain without fever, or who have itching with redness and heat in a part, will have suppuration there. Likewise, urine slightly turbid, is, in a healthy person, the forerunner of some suppuration near the ears.

But, inasmuch as these symptoms, even without a fever, carry with them marks characteristic of latent and future events, much more certain are they, when a fever has also accrued; and then also the signs of other diseases become developed.

Wherefore MADNESS is immediately to be dreaded, when a person's delivery becomes more hurried than it was wont to be in health. And there is a strain of loquacity and boldness in his conversation which is unnatural to him; or when he breathes slowly and forcibly, and has vascular excitement, with hard and tense præcordia. Frequent motion of the eyes, also, and a sense of darkness spread over

these during head-ach ; privation of sleep without pain, and watchings continuing both night and day ; or lying upon the belly contrary to habit, provided a pain in the bowels have not driven the patient to that position ; and an unusual grinding of the teeth without debility, are all signs premonitory of insanity. Also, if an abscess have occurred in any part, and before suppuration could be completed it have subsided, while the usual fever yet remains in the body, it first brings with it the peril of insanity, and afterwards that of dissolution. So likewise, an acute pain of the ear, with continued and violent fever, often unsettles the mind ; and under such symptoms, younger subjects die within the seventh day ; and the elderly more slowly, because they neither experience so high a state of febrile action, nor do they rave so much ; thus they last out till the disease end in suppuration. A suffusion of blood in the breasts of a female, likewise announces the approach of madness.

But those who have fevers of long duration will be troubled with abscesses or joint-pains. Convulsions threaten those against whose fauces during a fever the breath is dashed with violence at each expiration. If a quinsy cease suddenly, the affection

translates itself to the lungs; and that often proves fatal in seven days: but if this be not the result, it follows, that suppuration must take place somewhere.

Again, after long continued purgings, dysenteries accrue, and after these, lientery. After excessive destillations, consumption: after a pleurisy, diseases of the lungs: after these, insanity: after great heats of the body, tetanus or convulsion: after wounds of the head, delirium: after the torment of watching, convulsion: and after excessive action in the blood-vessels above an ulcer, hæmorrhage.

But SUPPURATION is, indeed, produced by various diseases; for if chronic fevers unattended by pain, remain without manifest cause, that affection settles upon some organ, that is to say, in young people only; for in elderly patients, disease of this kind usually gradates into the quartan type.

Suppuration happens also, if a hardness and tensity of the præcordia after remaining for twenty days have not destroyed the man, and a nasal hæmorrhage have not happened, and generally in young people; more especially if there have been dimness and head-ach from the commencement, but in that case the abscess occurs in the lower parts.

But if there be a soft tumour in the præcordia, and it remain for sixty days with concomitant fever during the whole of that time, then abscess will take place in the upper part of the body; if not in the viscera, it will break out about the ears. And inasmuch, as every slow tumour mostly looks towards suppuration, so one occurring in the præcordia has more tendency that way, than one in the belly; one above the navel, more than one below it. If in a fever there be a considerable sense of lassitude, abscess may take place in the jaws, or the joints. Sometimes the urine is discharged for a long time in a thin and crude state, although the other signs are favourable; after that symptom abscess takes place below the transverse septum, called by the Greeks διάφραγμα.

PERIPNEUMONY, if neither removed by expectoration, nor by blood-letting, nor by diet, is sometimes productive of vomica, occurring either about the twentieth, or thirtieth, or fortieth, nay, sometimes the sixtieth day. But we should reckon from that day on which the patient began to be feverish, or had a shivering fit, or felt a sense of weight in the parts. These vomicæ sometimes happen in the lung, sometimes in the parts opposed to it. Suppuration excites pain and inflammation in the part affected

with it; there is greater heat in that place, and if one lie on the sound side, it appears to oppress it as if with some heavy weight.

Also every SUPPURATION not yet visible, may be thus detected: the fever does not leave the patient, but remits by day, and increases at night; there is an inclination for coughing, and scarce any expectoration; the eyes are hollow, the cheeks flushed; the veins under the tongue grow pale; the finger-nails curved; the fingers, especially the ends of them, are dry with heat; there are swellings in the feet; respiration becomes difficult, the appetite fastidious, and pimples arise over the whole body. But if pain, and cough, and difficult respiration, have been present from the very commencement, the vomica will break either before or about the twentieth day; if these symptoms have begun later, they must necessarily go on increasing; but in proportion as they are slow in their developement, they are tardy in their subsidence. In a very severe distemper, also, it is not unusual for the feet, toes, and nails, to become black; and if death ensue not, and the rest of the body recover, yet the feet fall off.

8. It follows next, that I explain the characteristic marks in each kind of disease, indicating hope, or danger.

After the BLADDER has been painful, if the urine come forth purulent, and there be a smooth white sediment in it, it takes away our alarm.

In a PERIPNEUMONY, if the pain be relieved by the matter expectorated, although that be purulent, provided the patient breathe easily, expectorate easily, and if he bear the disease without distress, he may recover. Nor ought we to be alarmed, because, at the very beginning, the sputum is mixed with a tawny matter, and with blood, so long as it be freely discharged.

PLEURISIES, in the event of a suppuration being cleansed within forty days, are terminated.

If a VOMICA form in the LIVER, and pure white pus be discharged from it, the recovery is not difficult: for that malady is in the membrane.

But those suppurations are least dangerous which point outwardly. Of those which proceed inwards, they are more favourable which do not affect the skin opposed to them, but leave it free from pain and of the same colour as that of the surrounding parts.

Pus also, from whatever part it emanate, is not alarming, provided it be bland, white, and uniform; and, if after its discharge,

the fever have subsided, and the thirst and loathing of food have ceased to be troublesome. If also at any time a suppuration fall into the legs, and the sputum of that same patient have become purulent instead of reddish, the danger is lessened.

But, if a patient be to recover from A CONSUMPTION, his sputum should be white, perfectly equable, of an uniform colour, unmixed with phlegm: and what distils from the head into the nostrils, should be of the same character. It is by far best that he have no fever: it is favourable, that there be so little, as not to prevent his eating, or to create frequent thirst. That state of bowels is safe in this disease, in which they discharge well figured stools, in a quantity proportionable to the materials ingested; that subject is safe, who is by no means thin, has a broad hairy chest, and whose pectoral cartilage is small and fleshy.

If a female have suppressed menstruation supervening upon consumption, and the pain about the chest and shoulders have still remained, and the menstrual blood have suddenly issued, that disease is usually relieved: for not only is the cough lessened, but the thirst and feverishness altogether cease. But in such

cases the vomica usually breaks, unless the flux return; and the more cruentate the discharge, the better.

ANASARCA, commencing without having been preceded by other disease, is by no means formidable: neither is that accruing upon a long continued disorder, if the viscera be sound, if respiration be easy, if there be no pain, if the body be cool, and equably lean in its extremities; if the abdomen be soft, if there be no cough, or thirst: if the tongue do not become parched during sleep; if there be desire for food; if the bowels yield to medicine; if they spontaneously excrete soft, well-figured motions; if the belly be not emaciated; if the quality of the urine change with the alteration of one's wine, and by the medicine which is drunk; and lastly, if the body be free from lassitude, and endure the disease without difficulty: for he who has all these symptoms, is most decidedly safe; he who has several of them, has good ground for hope.

But affections of the JOINTS, as foot and hand-gout, when attacking those who are not advanced in life, provided they have not induced chalk-stones, may be cured: and especially are they assuaged by dysentery or other kinds of ventral flux.

So again the EPILEPSY of infancy is cured without difficulty; likewise is that in which there is a sensation in some part indicating its approach. It is best that this sensation originate from the hands, or from the feet; that from the sides is next favourable; that from the head worst of all. And in these cases, also, purgations are most serviceable.

But a DIARRHŒA itself is harmless, when unaccompanied with fever; when it soon terminates; when there is no crepitus produced by roughly handling the abdomen; and when wind escapes at the latter part of each stool.

Neither is a DYSENTERY dangerous, although blood and strigment are passed, so long as fever and other the usual concomitants of this disease do not supervene: so that even a pregnant woman may not only be preserved but her foetus likewise. In this disorder, if the patient be not very young, it is all the better.

On the contrary, a LIENTERY is more easily got rid of in infancy; especially if urine be voided, and the system begin to be nourished. The same age is favourable in pains of the hip and shoulders, and in all kinds of paralysis: of these, the hip is easily cured, if there be no numb-

ness and its coldness be slight: and a paralytic limb may become sound, provided it be still not less nourished.

PARALYSIS of the mouth is ended by a loose state of bowels: and every purging is beneficial to one having ophthalmia.

But a VARIX arising, or a sudden hæmorrhage from the mouths of veins, or a dysentery, removes madness.

Pains in the upper arms, tending to the shoulders or hands, are finished by the vomiting of black bile; and every pain that tends downwards is more easy of cure.

SINGULTUS is removed by sneezing.

Tedious DIARRHŒAS are checked by vomiting.

HÆMATEMESIS in a female is relieved by the menstrual flux.

If EPISTAXIS occur to a female who does not menstruate, she is in no danger.

She who has HYSTERIA, or difficulty in parturition, is relieved by sneezing.

The SUMMER QUARTAN is usually of short duration.

DELIRIUM is salutary to him who has HEAT and TREMBLING.

DYSENTERIES are beneficial to those whose spleens are disordered.

Indeed, FEVER itself, which may appear very surprising, is often a REMEDIAL

AGENT. For it discusses pains of the præcordia, if these are without inflammation; affords relief in hepatic pains; and entirely removes convulsions and tetanus, provided it have supervened upon these: if it elicit the urine by the heat it occasions, it alleviates that disease of the smaller intestine which owes its origin to stranguery.

8 But that head-ach to which accedes dimness of sight, and a flush, together with a certain itching of the forehead, is removed by hæmorrhage, whether fortuitous or elicited. If such pains of the head and front originate in wind, or cold, or heat, they are terminated by a gravedo, and by sneezing.

9 A sudden fright discusses the ardent fever called by the Greeks *καυσώδη*. If in a fever, the hearing be dull, if nasal hæmorrhage occur, or the bowels be relaxed, the distemper entirely ceases.

10 Nothing avails so much against DEAFNESS as bilious stools.

11 They who have petty incipient abscesses in the urethra, which the Greeks call *σπύματα*, get well after pus has flowed from that part.

12 SINCE MOST OF THESE OCCURRENCES HAPPEN SPONTANEOUSLY, ONE MAY UN-

DERSTAND THAT BY GIVING EFFECT TO THE MEANS EMPLOYED BY ART, NATURE IS OF MORE AVAIL THAN THE REMEDIES THEMSELVES.

It is a very bad and fatal sign, ON THE CONTRARY, if the head be painful in a continued fever, and yet discharge nothing; and it is especially dangerous to children from their seventh to their fourteenth year.

In peripneumony, if there have been no expectoration on the first days, and yet this begin on the seventh, and again last beyond the seventh day, it is dangerous; and the more intimately the colours are blended, so as not to be distinguished, the worse it is for the patient. Nevertheless, there can hardly be a worse symptom than the sputum being unmixed, whether reddish, or cruentate, or white, or glutinous, or pale, or frothy: and yet the very worst is that which is black. In the same disease, cough and catarrhal flux are dangerous; so also sneezing, which is otherwise accounted salutary: and it is most dangerous for a sudden purging to follow these. Now, for the most part, symptoms which are wont to be favourable or unfavourable in peripneumony, are likewise found to be so in pleurisies.

If cruentate pus proceed from the liver, it is fatal.

Those are the worst suppurations which, while they point inwards, discolour the external integument; and of those which break externally, the largest and flattest are the most unfavourable. But if the fever have not subsided after the bursting of the vomica, the evacuation of the pus, or if after ceasing, it recur; if there be thirst, loathing of food, and liquid stools; if the pus be livid and pale, and if the patient expectorate nothing, save a frothy phlegm; then indeed the danger is certain. And while it is from pulmonary suppurations that elderly persons die, the younger suffer from the other kinds.

But in a TABES a mixed purulent sputum, and an incessant fever which leaves no periods for food, and torments with thirst, if occurring in one of spare habit, indicate danger. If likewise in the same disease the patient have lingered for a considerable time, and then the hair fall off; if the urine shew a sandy sediment, and its odour be fætid; and especially if after these symptoms a diarrhœa ensue, he soon dies; chiefly in autumn, in which season dissolution takes place in those who have lasted through the rest of the year. To have first

expectorated pus, and then to have entirely ceased to do so, is a fatal symptom. Even in young persons vomica and fistula are wont to arise from this disease; and do not readily heal, unless numerous signs of convalescence manifest themselves. With regard to others, young women, and those who have had suppressed menstruation accruing upon tabes, are most easily cured.

But he must of necessity die, who having been previously in health, is suddenly attacked with head-ach, and afterwards falls into a deep sleep; has stertorous breathing, and cannot awake; especially if the bowels have not been previously in a relaxed state, and the white of the eyes be visible between their half-open lids; unless, indeed, the disease be discussed by febrile action.

But that ANASARCA which has originated from an acute disorder, seldom admits of cure; especially if followed by symptoms the opposite of those which have before been mentioned as favourable in this disease. Here too a cough deprives us of hope; so likewise does hæmorrhage whether upwards or downwards, and so again a collection of the water in the middle of the body. Some have swellings in this disease, which afterwards subside

and then reappear. These persons are safer than those just mentioned, if they be cautious; but they are generally the victims of their own confidence of recovery.

Any one has good reason to wonder how it happens that some things which distress the body, are likewise in some measure the safeguards of it. For when the skin is bloated with anasarca, or when a considerable portion of pus has been collected in a large abscess, to discharge it all at once is quite as dangerous to the invalid, as an exhausting hæmorrhage, consequent upon a wound, would be to a person in health.

But those joints are never cured which are affected to such an extent that callous tubercles form upon them: and such disorders of these parts as attack old persons, or such as have endured from adolescence up to this last period of life, although they may be sometimes assuaged, can never be entirely removed.

EPILEPSY also is cured with difficulty when commencing after the twenty-fifth year; still less easily when it has begun after the fortieth; so that at this period of life there is indeed some hope in nature, scarce any in treatment. In the same disease, if the whole of the body be affected

simultaneously, and there be no previous sensation admonitory of the approaching fit, but the patient fall down completely unawares, be his age what it may, his recovery is almost impossible: while, if his mind be impaired, or palsy have occurred, medicine is out of the question.

In purgings if there accede fever, or hepatitis, or inflammation of the præcordia, or gastritis; if the thirst be excessive; if the disease be of long continuance; if the stools be varicoloured and painful; there is even reason to apprehend a fatal termination: and the rather, if together with these symptoms the dysenteric action have begun to be inveterate. And this disorder carries off children chiefly to their tenth year; at other periods of life it is endured with less difficulty. A pregnant woman also may be snatched off by a disease of this kind; and even should she recover, yet she loses her child. Furthermore a dysentery arising from black bile is fatal: so likewise is the suddenly voiding black stools in this complaint, when the body is already much emaciated.

But a LIENTERY is more dangerous when the motions are frequent and occur at all hours, whether sleeping or waking; if as much by night as by day; if these be

erude and dark, and also smooth and fætid; if the thirst be urgent; if after drinking, no urine be secreted; which happens because all the liquor which should pass to the bladder, descends into the intestines; if the mouth be ulcerated, the face flushed, and marked as though with patches of all colours; if the belly appear puffed, fat, and disposed in wrinkles; and if there be no appetite. Although the existence of these symptoms manifests approaching dissolution, much more apparent is that sequel, if the disease have long subsisted; especially in an aged person. But if it be situated in the smaller intestines, the unfavourable symptoms are vomiting, hiccough, convulsions and delirium.

Induration of the liver in ICTERUS is very pernicious.

If DYSENTERY have seized persons affected with spleen-disease; and if it have turned to anasarca or lientery, it is scarcely in the power of medicine to rescue them from jeopardy.

DISEASE of the SMALL INTESTINE destroys within seven days, unless resolved by fever.

In CHILDBED a woman is in danger who is oppressed by fever, accompanied

with violent and constant pains of the head.

If there be pain and inflammation in those parts which contain the viscera, hurried breathing is a bad symptom.

If without apparent cause there have been a long continued pain of the head, and this pass to the shoulder and neck, and again mount up to the head; or if, after having been in the head, it be extended to the neck and shoulders, it carries danger with it: unless it induce a vomica terminating in the expectoration of pus, or hæmorrhage in some part, or much prurigo in the head, or pustules over the whole body. It is equally dangerous when numbness and prurigo fly about the system, at one time in the head, at another in some other part, or when there is a partial sensation as if of cold in the head, and that reaches to the tongue. And although in cases of this kind, abscesses are beneficial, recovery becomes more difficult in proportion as these have oftener ensued.

But in hip-pains, if the numbness be considerable, and the limb altogether cold; if there be no motions except such as be elicited, and the excrement be of a mucous nature; and if the patient's age have al-

ready exceeded forty ; the affection will be very tedious, and will last a year at least ; nor can it be got rid of, unless it be either in the spring or the autumn.

Equally difficult is the cure of that disease, in which at the same period of life, there is an affection of the shoulders tending towards the hands, or the shoulder-blades ; and which, while it creates numbness and pain, receives no alleviation from vomiting.

No matter what limb be PARALYSED, provided it have no motion, and it become withered, it does not return to its former condition ; and the chances of recovery will be diminished in the ratio of the longer continuance of the disease, and the more advanced age of the patient. Autumn and winter are unfavourable to the treatment of palsy of all kinds : there may be some hope in spring and summer : and this disease when moderate is cured with difficulty, but when violent is altogether incurable. Also every pain moving upwards is less under the influence of treatment.

If the breasts of a PREGNANT WOMAN have become wasted, there is danger of abortion. She does not menstruate who has milk, not having had a child, and not being pregnant.

An AUTUMNAL QUARTAN is generally chronic; especially that which commences at the approach of winter.

If raving with convulsion follow hæmorrhage, there is danger of death: and also if convulsion oppress one who has been already purged with medicines, and is yet empty; or if the extremities be cold during excessive pain. Nor is he resuscitated, who after hanging, has been taken down with his mouth foaming.

Dark stools, like to black blood, whether with or without fever, if suddenly voided, are fatal.

9. Having acquainted ourselves with the signs which afford the consolation of hope, or strike us with alarm, it is our duty to pass on to the treatments of disease. Of these some are general, others particular: general, which are for the relief of several diseases; particular, which are adapted to one only. I shall in the first place speak of the general; some of which appertain to the preservation of health, as well as to the cure of disease; while some are employed exclusively in sickness.

Now every remedy does in fact abstract from, or add to the material of the body; or draws it out; or cools, or heats, and at the same time hardens or softens it; act-

ing not in one mode only, but in two not contrary to each other.

DEPLETION is effected by general bloodletting, by cupping, purging, vomiting, friction, gestation, and all kinds of bodily exercise, by abstinence, and by sweating; of all which I will treat without delay.

10. Bloodletting, by the incision of a vein, is no novelty: but it is new to employ it as a remedy in almost all diseases. To bleed young people and women not pregnant, is an old practice: not so the using of the same remedy for infants and aged people: for the ancients were of opinion that these last periods of life were not able to bear it; and they had persuaded themselves that a pregnant woman so treated would miscarry. But afterwards experience shewed that none of these rules are universal, and that we ought in preference, to have recourse to other observations by which we may determine our indication of cure. FOR THE QUESTION IS NOT WHAT THE AGE IS; NOT WHETHER THERE BE PREGNANCY, BUT IN WHAT STATE IS THE STRENGTH. Therefore if an adult be weak, or a woman not pregnant be in a languid state,

bloodletting is improper ; for the energies, if any were remaining, thus exhausted, decay utterly : whilst a strong child, a robust old person, and a vigorous pregnant female, are treated in this way without danger.

Nevertheless in these particulars the physician may be greatly deceived, because there is most usually a diminution of vigour at the last mentioned periods of life, and because a pregnant woman requires strength, not for herself only, but prospectively for the support of her child.

One ought not to banish every thing that requires reflection and prudence ; since here lies the chief excellence of our art, which neither exclusively numbers the patient's years, nor regards conception, but estimates the powers of life, and thence infers whether there be sufficient left to sustain a child, or an old person, or two systems in the same female. There is a difference likewise between a strong and a fat body ; between that which is spare, and that which is weak ; the spare habit has more blood, the fuller subject more flesh. The former therefore more easily bear this kind of depletion, while he who is too fat is more rapidly distressed by it.

Wherefore the strength of the body is more correctly estimated from the state of the vessels, than from its appearance.

Neither are these matters alone to be considered, but we must likewise regard the nature of the disorder. Whether a redundancy or a deficiency of matter have been hurtful; whether the body be corrupted or sound. For if the material be deficient, or if it be sound, this remedy is hurtful: but if it abound to its own hurt, or be corrupt, there is not any more ready means of relief. Therefore a high fever, when the surface of the body is red, and the vessels turgid, requires bloodletting: so also diseases of the viscera, paralysis, tetanus, and convulsion; in a word, all diseases which strangulate the fauces, by occasioning difficult respiration; those too which suddenly suppress the voice; every insupportable pain, and internal ruptures or bruises, from whatever cause occurring; likewise bad habit of body, and all those acute diseases which, as I have said, are injurious, not from a deficiency, but from an excess.

It may be, the disease itself may require, while the body seems scarce able to bear it: yet if no other remedy be apparent, and the patient be about to die, un-

less relieved by a bold expedient, it is the physician's duty in this case to shew there is no hope without bleeding, and to confess the extent of danger attending it; then at last to bleed if required so to do. It is useless to hesitate upon this point, for A DOUBTFUL REMEDY IS BETTER THAN NONE. And more especially ought it to be practised when paralysis has occurred; when the patient has become speechless; when he is choked up with a quinsy; when a former paroxysm has almost destroyed him, and there is every likelihood of a similar one ensuing, although his strength appears inadequate to sustain it.

Although bleeding is by no means proper for one whose blood is as yet crude, yet this rule, too, admits of exception, for circumstances do not always permit one waiting for concoction. Therefore, if any one have fallen from an eminence, if he have been bruised, if from some injury he suddenly vomit blood, admitting he have recently taken food, nevertheless, blood should be withdrawn, lest if it retreat inwards, it distress the system: and the same rule will apply to other sudden cases endangering suffocation. But where the nature of the disease admits of delay, it should be performed when at length there

no longer remains any suspicion of crudity ; and therefore the second or third day of the disease seems best adapted to that purpose. Although it is sometimes necessary to draw blood on the first day, yet this is never useful after the fourth : because merely by the duration of the disease, it has by this time been exhausted, or it has corrupted the body ; so that depletion may render it weak, cannot make it sound. But if a violent fever be present, to bleed in the height of the accession, is tantamount to murder. We should wait, therefore, for the remission : and should there be none, still if it no longer increase, and we despair of a remission, even this occasion, although less favourable, is not to be omitted.

It were generally preferable, when this remedy is necessary, so to apportion it that the blood may be drawn on two distinct days ; for it is more prudent first to relieve the patient, and afterwards to completely cleanse him, than to risk his destruction by taking the blood all at once. But if this holds good in the evacuation of pus from an abscess, or serum from anasarca, with how much more certainty does it apply to the loss of blood ?

Now if the object be to relieve the whole body, it ought to be drawn from the arm; if to relieve a part, then from that part itself, or one very near to it; for it cannot be let from every part, but only in the temples, arms, and near the ankles.

Neither am I ignorant that some say it ought to be drawn as far as possible from the disordered part; for that on this plan the revulsion will be effected, while on the other, the course of the blood will be directed to that part which is distressing the system. But this is false; for it first draws out the circumjacent blood, and, afterwards, the blood flows from parts more distant only proportionally to the loss of it: and when the bleeding is stopped, it comes there no more, because it is no longer drawn to that quarter.

It seems that experience has taught us, that in fractures of the skull, it is better to bleed from the arm, if the affection be in the arm, than from that opposite; I believe this is done, because in the event of accident, parts already diseased are more susceptible of injury. Sometimes also the blood is diverted, when, while it is issuing forth from one part, we draw it away from another. For the flux thus ceases in the

quarter where we would not have it, styptics being applied for that purpose, and another passage being provided.

But although bloodletting is the easiest of all operations to one practised in it, nevertheless to the unskilful it is exceedingly difficult. For the vein is in apposition with arteries, and these last with nerves; if therefore the lancet should touch the nerve, convulsions ensue, and miserably destroy the man. But a wounded artery neither unites, nor heals; nay, sometimes induces violent hæmorrhage. If, again, the vein have been completely divided, its ends are compressed, and they do not bleed. But if the lancet be timidly introduced, it lacerates the skin, without dividing the vein: sometimes the vein lies concealed, and is not easily detected. So many things concur in rendering that difficult to the unskilful, which is very easy to the scientific operator.

The vein is to be divided at its middle. As the blood issues from it we ought to observe its colour and condition. For if thick and black, it is bad, and therefore usefully withdrawn; if red and clear, it is sound; and such bleeding, so far from advantaging, may prove injurious. But that cannot occur with the physician who

knows from what kind of body it ought to be taken. It more commonly happens, that on the first day it flows equally black throughout the entire bleeding: and even if this be the case, if it have flowed sufficiently, it ought to be staunched; and one should always leave off on this side fainting. Having laid on a compress expressed from cold water, the arm is to be bound up, and on the day following, the vein is to be struck with the middle finger, that its recent union may be dissolved and it may bleed afresh. But whether the blood which had flowed thick and black, begin to look red and clear on the first or on the second day, a sufficiency has been abstracted, and what remains is pure: therefore the arm should immediately be tied up and kept in that state, until the cicatrix be firm, which in a vein is soon completed.

11. NOW OF CUPPING INSTRUMENTS there are two sorts; one made of brass and one of horn. The brasen is open at one end, and closed in at the other; that of horn is in like manner open at one end, and at the other has a small hole; burning lint is thrown into the brasen one, and in this state its mouth is adapted to the body, and there pressed on until it adhere.

That of horn is applied to the body without this addition; and after the air has been drawn by the mouth at that part where the hole is, it sticks on as well as the other. Either of these may be made properly enough, not only of these materials, but of any other; and if nothing else be at hand, even a small cup, or puls bowl, with a mouth somewhat narrow, will conveniently answer the purpose. When it has adhered, if the skin have been previously incised with a lancet, it draws blood; but air only, if the skin be whole. Therefore, when a noxious matter exists internally, it ought to be applied after the former plan; when there is inflation, on the latter. But the chief advantage of the cupping instrument, is when the disease is not in the whole body, but in a part, and when to exhaust this part is sufficient for the re-establishment of health. And this proves, that when our object is to relieve a limb, that even though we use the lancet with the cucurbit, the blood should be drawn in preference from the part affected; for no one applies it to a different part, but to that only which is the seat of pain, and which it is his object to relieve; unless for the sake of effecting a revulsion. The cupping instrument may be useful

also in chronic disorders, although they have continued for some considerable time, provided there be a corrupt state, either of the humours or the spirits; so in acute diseases, if the body require to be unloaded, and the strength be not sufficient to bear general bleeding. As this kind of remedy is less violent, so is it more safe; nor is it at any time dangerous, except in the height of a febrile paroxysm, even although employed during crudity. And therefore, when the abstraction of blood is requisite, if opening a vein be attended with imminent danger, or if the disease be partial, this must be our resource; with this proviso, that we bear in mind, that though a safe, it is a less powerful aid; nor can active diseases be checked except by active remedies.

12. Sect. 1. The ancients were in the habit of effecting PURGATION by various medicines, and by frequently clystering the bowels nearly in all cases: and it was their custom to exhibit black hellebore, or fennel, or copper scales, called by the Greeks *λεπίδα χαλκῆ*, or the milk of the sea-sponge; one drop of which added to bread, purges abundantly; or after having thrown a little salt into asses milk, or to that from the cow or the goat, they boiled it down, and

made their patients drink the serous portion left after the removal of the curds. But physic is generally hurtful to the stomach: and when the bowels are much relaxed, or when frequently opened by clysters, the patient is weakened. Therefore in sickness, medicines ought never to be given with that view, unless where the disease be unaccompanied with fever; thus for example, hellebore is given to those distressed with black bile, or with melancholy madness, or to those who have had paralysis in some part. But when fever is present, it is more prudent to take such foods and drinks as will at once nourish the patient and obviate costiveness; and there are some kinds of sickness, to which purgation by milk is well-suited.

12. Sect. 2. But for the most part, however, the bowels are preferably relieved by CLYSTER; a remedy which is, I observe, in our time generally neglected, while even by Asclepiades its use, though restricted, was still not banished. The limitation which he seems to have adopted, appears to me to be very proper; for although this remedy ought not to be used frequently, so neither ought it to be omitted to be performed once or at most twice when the head is

heavy; when the eyes are dim; if there be disease of the larger intestine, denominated by the Greeks κόλον; if there should be pain in the lower belly or hips; if bilious collections take place in the stomach; or phlegm also or any aqueous humour form there; if the breathing be difficult; if the patient have no natural motions; especially if the fæces being in the rectum should still be retained there; if being costive he detect a fæcal odour in his own breath; if the stools appear corrupted; or if the first fasting have not removed the febrile action; or if either when bleeding is necessary, the strength will not allow it, or it be too late to employ this remedy; or if the patient should have drunk to excess before falling sick, or if one who has often had spontaneous or accidental purging, suddenly experience alvine suppression.

But the following precautions are to be observed: that clysters be not used before the third day; not during crudity; not in a system which is infirm and exhausted by protracted sickness; not for that patient whose bowels excrete sufficiently every day, or who has liquid stools; not in the climax of an accession, because what is injected at that time, is retained within the bowels, and being thrown back upon the head augments the danger.

On the preceding day the patient ought to abstain, that he may be in a fit state to use this remedy ; to drink warm water on the same day for some hours previously, and to moisten the upper parts. After taking these precautions, if content with a simple medicine, we should inject pure water into the bowels ; if one somewhat stronger be required, mulse ; if a mild one, that in which fœnugreek, or ptisan, or mallows have been boiled ; if an astringent clyster be wanted, it may be prepared from vervains. That made with sea-water alone, or conjoined with other salt, is acrid ; and both are better when boiled. It becomes still more drastic by the addition of oil, or nitre, or honey ; and the more acrid it is, so much the greater is its effect, but it is less easily endured. That which is injected, should neither be cold nor hot ; lest in either way it prove hurtful.

When we have injected as much as we can, the patient ought to remain in bed, and not immediately indulge his first inclinations for a motion : when necessitated, then at length ought he to go to stool. And most commonly, matter thus withdrawn, mitigates the distemper by unloading the upper parts. When he has fatigued himself by retiring as often as oc-

casion has required, he ought to repose for some time; and lest his energies fail, on that day at all events he should take nourishment; whether more or less must be decided by the nature of the expected accession, or by the circumstance of none being apprehended.

13. But as VOMITING, even in health, is necessary for bilious persons, so likewise is it useful in those diseases which are occasioned by the bile. Hence it is expedient for all who are distressed with rigour and tremour before fevers; also for all who are suffering from cholera; for all who have that species of insanity which is attended with a high flow of spirits; and for the epileptic. But if it be for an acute disease, such as cholera, or for the rigours preceding fevers, the rougher medicines are not requisite, as has been remarked above: and in such cases it is sufficient in order to produce vomiting, that such medicines be taken as I have declared proper for people in health.

But for long standing and violent diseases unaccompanied with fever, such as epilepsy or insanity, white hellebore ought also to be used. This last medicine is not given with propriety, either in winter or in summer; with greatest advantage, in

spring; tolerably well, in autumn. Whoever is about to administer it, ought to try to increase the quantity of fluid in the patient's system. It is fit one should know, that remedies of this kind given as a potion, are none of them uniformly beneficial to the sick, while to the healthy they are invariably hurtful.

14. Now concerning FRICTION Asclepiades, as its inventor, has discoursed so largely in that volume to which he gave the title of "COMMON AIDS," that while he mentions but three, namely, this, water, and gestation, he nevertheless appropriates to the first the greatest part of his work.

It is incumbent upon us not to defraud the moderns of their inventions, or their judicious imitations, but with regard to those discoveries which have originated with the ancients, it is barely an act of justice to surrender them to their true founders.

Nor can it admit of doubt that Asclepiades has taken a wider range, and showed more perspicuity, in laying down precepts regarding the period and the method of employing friction; and yet he discovered nothing but what had been comprehended by Hippocrates in a few words: who has told us, that violent rubbing har-

dens the body : that which is gentle, softens it ; that by much rubbing it is depleted, by that which is moderate it is impleted. So then it ought to be used when our aim is to constringe a relaxed body, or soften a harsh one ; or produce dispersion in that which is injured by superfluity ; or nourish that which is spare and infirm. All which species nevertheless, if carefully examined, which is not now the province of the physician, will readily be understood to depend upon one cause, namely, depletion. For we constringe by the removal of that matter whose interposition was the cause of relaxation ; we soften by abstracting that which was creating the hardness ; and we implete not directly by the friction itself, but by that nutriment which finds its way to the skin, after this last has been relaxed by the dispersion. The cause of these different effects depends on the method adopted in its use.

There is a considerable difference between UNCTION and FRICTION. For one may anoint and lightly rub the body even in acute and incipient disorders ; provided this be done in the remission and before food : but it is not proper to employ long continued friction, either in acute or in increasing disorders, except when we wish

to procure sleep for the phrenetic. This remedy suits protracted and declining illness. Nor am I ignorant that some say that all remedies are in request when diseases are becoming aggravated, and that when on the decline these last terminate of their own effort. But this is not the case. For even if a disease be to terminate spontaneously, it is removed the sooner by the intervention of a remedy, which becomes necessary for two reasons; both in order that convalescence may take place at the earliest possible period; and that the disease while yet remaining, may not be exasperated from a cause however slight. The disease being mitigated and yet not entirely cured, certain lingering relics may yet loiter in the system which a remedy would discuss. But although friction is properly enough employed in a mitigated sickness, it never ought to be used when fever is increasing; but if practicable, in a perfect intermission; otherwise, in a remission. It should sometimes be general, for example when an infirm habit requires impletion; sometimes partial, when the feebleness of that same, or of some other part may demand it. For friction occasionally alleviates old standing head-achs; provided it be not used in the paroxysm:

and the strength of a paralysed limb is sometimes re-established by it. But when one limb is rubbed for the relief of another, it requires to be done more frequently; and particularly when we wish to draw out the material from the internal part of the body; and in that case we rub the extremities. Nor are those to be listened to, who during the process count the frictions. For we must infer this particular from the person's strength; and if very infirm, fifty times may be sufficient; if more robust, he may require two hundred; it should be employed therefore for both according to their strength. Hence it happens that the strokes are to be fewer in a female than a male; fewer in a child or in an old person, than in a young man. Lastly, if a particular limb be to be rubbed, the friction should be smart and considerable. For the whole body cannot quickly be reduced by a part, and much of the material requires to be dispersed in this way, whether it be our object to relieve that same limb or some other. But when debility of the whole system requires the universal employment of this remedy, it ought to be of shorter continuance, and more gentle; so that by softening the surface of the skin only, we may render it

more capable of receiving the new material eliminated from fresh nutriment. I have stated above, the patient is in a bad way when the surface of his body is cold, while internally he has heat with thirst. But in that case also our trust is in friction; which, provided it bring out the heat, may give us the opportunity of using other means.

15. GESTATION also is well suited to chronic and declining diseases; and in like manner is useful to those who have no fever, and yet cannot be exercised by their own efforts; and to those in whom the lingering relics of disease are still present, and cannot otherwise be expelled. Asclepiades said we should use gestation even in a recent and violent fever, and especially in an ardent one, to the intent that we may discuss it; but that is done with some risk; and its impetus is better sustained by repose. If, however, any one should have a mind to try it, let him have recourse to it when the tongue is not rough, when there is no swelling, no hardness, no pain, either in the viscera, the head, or the præcordia. Furthermore it decidedly ought never to be employed when either the entire body, or only part of it is suffering from pain; unless the nerves alone be

affected; nor at any time during the increase, but during the remission of fever.

Now there are several kinds of gestation; and these are to be employed with a due regard both to the strength and pecuniary resources of each patient; lest they over-exhaust him who is feeble, or distress him who is poor.

The gentlest is that in a ship, whether in harbour or in a river; sailing out at sea is a rougher means, and so also is the sedan; but carriage exercise is still more violent. Nay, each of these may be rendered more or less gentle. Should neither be convenient, a hammock ought to be suspended and swung from side to side; and if that be impracticable, a prop having been placed under one foot of the bed, it ought in this manner to be moved backwards and forwards by the hand.

Doubtless the mild kinds of exercise are suitable to the infirm: the stronger kinds to those who have already been freed from fever for some days; so likewise for those who, though not as yet feverish, manifestly feel the approach of severe distempers, which happens both in tabes, in diseases of the stomach, in dropsies, and sometimes also in jaundice, and in other

maladies not accompanied with fever : and again in certain diseases which, although unattended with fever, are of tedious duration, such as epilepsy and insanity. In the last affections, such kinds of exercises are necessary as we have comprehended in that part of our work, where we laid down a plan of regimen for those who, though in health, are nevertheless infirm.

16. There are two kinds of ABSTINENCE ; one when the patient fasts altogether, another when he takes only what is absolutely requisite. First, the commencement of diseases renders hunger and thirst indispensably requisite ; afterwards, these same diseases require regimen, so that nothing but what is suitable be ingested, and not too much even of that. For immediately after fasting, satiety is improper. But if it be prejudicial even in health, when necessity has occasioned hunger, how much more hurtful is it in a body already diseased ? There is nothing so useful to an invalid as well-timed abstinence. There are intemperate individuals among us who, with regard to the periods of taking food, dictate to those who are attending them. Others again, surrender the periods to the arbitration of the physician, while they claim the privilege of de-

termining the quantity. There are those who believe they are acting very liberally, while they leave every thing else to the decision of the attendant, provided they are left free to select the kind of aliment which best pleases them; as though the question were, what should be the extent of the physician's licence in these particulars, and not what is proper for the invalid; who is seriously injured as often as he commits a fault either as regards the periods, the quantity, or the nature of the food he takes.

17. But SWEATING is elicited in two ways: either by a dry heat or by the bath. Now by a dry heat, I mean that of hot sand, and that afforded by the laconicum, the clibanum, and certain species of natural sweating places, such as those above Baiæ in the myrtle groves, where the hot vapour which arises out of the earth is inclosed in a building. Besides these, it is produced by the heat of the sun, and by exercise. These last kinds are useful, whenever there is a peccant matter within the body, which ought to be dispersed. Certain affections of the nerves likewise are thus best treated. Now the others may be proper for weak people: insolation and smart exercise only for the ro-

bust; who, although they have no fever, are nevertheless beginning to sicken, or are under the influence of severe diseases. But we must, if the patient be attacked with fever or with crudity, be cautious how we have recourse to either method.

The BATH has a two-fold virtue in it; for sometimes after the resolution of fevers, it is the fore-runner of a fuller diet, and a stronger wine for promoting convalescence; and sometimes it dissipates even the fevers themselves: and it is usually employed when it is expedient that the cutaneous surface be relaxed, that the corrupt humour be drawn forth, and the habit of body changed.

The ancients used it with more reserve: Asclepiades with greater boldness. Nor is there any thing alarming in it, if it but be employed on proper occasions: it is its unseasonable use that is hurtful. Whoever after being freed from fever, experiences no return of it for a whole day, may securely bathe himself the day following, after the time of the accession shall have gone by. If the fever have been in the habit of observing the tertian or quartan course, the bath is safe on the days free from the accession. But when fevers are still remaining, provided they

be lingering, and although mitigated, distress the patient a long time, this remedy is used with propriety; with this proviso nevertheless, that the præcordia be not hard or swollen, or the tongue rough; and that there be no pain either in the trunk or head, and that the fever be not on the increase at that juncture.

But there are two periods proper for using the bath in those fevers which return at regular intervals, the one before the shivering and the other at the conclusion of the paroxysm; but those who are a long time infested with lingering fevers, should employ it after the accession has completely passed off; or if there be no intermission, certainly after it has been mitigated, and when the body has now become as free from febrile action as it is wont to be in that sort of sickness.

A weakly subject, when about to enter the bath, ought to avoid exposing himself previously to cold; and when he has arrived there, he should remain quiet a little, and observe whether his temples be constricted, and whether he begin to perspire: if the former occurrence have taken place, and the latter have not accrued, the bath on that day becomes injurious; therefore he is to be gently anointed and taken away;

and to avoid cold as much as possible and to practise abstinence. But if his temples be not thus affected, and sweat first arise there, and then in other parts, he should foment his mouth with hot water; next sit in the solium, and there also observe whether on first coming in contact with the hot water, he experience a shivering; this however can hardly occur, if things have gone on so far favourable; but it is a sure sign of the bath being injurious.

Whether one should be anointed before or after the hot bath, one may know by reference to the state of one's health. Generally, however, unless where expressly ordered to be done afterwards, some sweat having been excited, the body is to be gently anointed, and then immersed in the hot bath. And here also regard is to be had to the strength, and we ought not to allow him to faint, but have him taken out in good time, and carefully wrapped up in vestments, so that the cold may not affect him; and while in this state he ought to sweat before he takes any thing.

There are also hot fomentations, formed of millet-seed, or of salt, or of sand; by heating and throwing either of these into a linen cloth; or if a lower temperature be wanted, even the linen without addition;

if a higher, quenched brands enveloped in rags and applied in that state. Besides these, bottles are used, filled with hot oil; and water poured into earthen vessels called, from their shape, "lentils;" salt also is put into a linen bag, and after being immersed in very hot water, is adapted to that part which requires to be fomented. Again two irons are put into the fire, broad at their extremities; one of these is introduced into the salt just mentioned, and water lightly sprinkled upon it; when it has begun to cool, it is put to the fire again, and the same use is made of the other, and of both by turns; during which process the saline and hot juice trickles downwards through the cloth, and this is beneficial to nerves contracted by disease. They all have the power of dissipating that material which is loading the præcordia, or strangulating the fauces, or doing harm in some member. But at what time each of these ought to be employed, will be mentioned under the particular kinds of distempers.

18. Inasmuch as mention has been made of those things, which are useful by effecting depletion, we must now approach those which nourish us, that is to say, food and drink. But these are not merely the

resources of disease, but of health also : and it is essentially requisite to be acquainted with the properties of all nutritious substances ; first, that when in health we may know how to make proper use of them ; and in the next place it may be in our power, while tracing the treatment of disease, to subjoin the species of food which ought to be eaten, and so it may not be incumbent on us, from time to time, to name them individually.

It is therefore proper to know that all legumes and such grains as are made into bread, are of the **STRONGEST CLASS**. I call that the strongest in which there is most nutriment : also every domestic quadruped ; all the large sorts of game, such as the caprea, the stag, the boar, the wild ass ; all large fowl, as the goose, the peacock, and the crane ; all sea monsters, among which is the whale, and those of a similar nature ; also honey and cheese, so that it is not so surprising that pastry is very strong, since that is made of grain, lard, honey, and cheese.

Among the **INTERMEDIATE** materials ought to be enumerated those vegetables whose roots or bulbs form articles of food ; among quadrupeds, the hare ; all birds, from the smallest down to the phœnicop-

terus: also all kinds of fish which are either not salted, or salted whole.

But the **WEAKEST** materials are, all the stems of vegetables, and whatever grows upon a stem, such as the gourd, the cucumber, and the caper; all orchard fruit, olives, periwinkles, and also conchs. But, although these are so distinguished, there is a great difference even in those which belong to the same class; and one is either more or it is less substantial than another. Although there is more nourishment in bread than in any thing else, yet wheat is stronger than millet-seed; this itself, than barley; and even of wheat, siligo is the most substantial, simila next, and then that from which no portion is removed, called by the Greeks *αὐτόπυρον*; that from pollen is weaker; but bread made of bran, weakest of all.

But of the legumes the bean and lentil are stronger than the pea. Of herbaceous vegetables, rapes and turnips, and all kinds of bulbs (among which I number the onion also and garlick) are stronger than the pastinaca, or than that which by way of distinction is called the radish; the brassica, beet, and the leek, than the lettuce, or the gourd, or the asparagus.

But of the fruits which grow on twigs,

grapes, figs, nuts, and dates are stronger than those fruits properly called poma; and of these same the juicy have more substance than those which are mealy.

Of the birds which are in the middle class, they are more nutritious which use their feet more than their wings; and of the latter, those of large size are stronger than the small; as the beccafico and thrush. So also water fowl yield a lighter nutriment than those which cannot swim.

But among domestic quadrupeds the lightest meat is pork, the strongest, beef: and of wild animals also, the larger the size, the more substantial. Of fish of the middle class, which we most use, the heaviest are those which may be made into salsaments, such as the lacertus; next, those which, although more tender, are nevertheless of hard fibre, as the aurata, the corvus, the sparus, the oculata; together with the flat fish; after which, still lighter are the lupi and mulli, and next to these all rock-fish.

Nor is the difference only in the classes, but in the articles: according to their age, the part, the soil, atmosphere, condition. For every quadruped if giving suck, affords less nutriment: so also the younger a coop chicken, the less aliment it con-

tains ; but of fish, those which are of middle age and half grown. Then of the hog the feet, head, ears, and brain ; of the lamb, or the kid, the entire head with the pettitoes, are considerably lighter than the other parts : so they also may be ranked in the middle class. The necks and wings of birds are with propriety ranked with the weakest.

But as regards soil, that grain is stronger which is grown in a hilly, than that grown in a flat country : fish found about rocks lighter than those delighting in sand or mud : so it is that the same species become heavier when procured from lakes or from rivers : those living in deep water are lighter than those caught in the shallows. Every wild animal is lighter than those domesticated ; and all produced in a moist atmosphere less nutritious than those in a dry.

In the next place, all kinds of food when fat, afford more nutriment than the same when lean ; fresh meat, more than salt ; newly killed, more than that which is stale. So again the same food is more nutritious stewed, than roasted ; more roasted, than when boiled. Hard boiled eggs are of the strongest class, soft or fresh eggs of the weakest. And al-

though all bread-grain is very nutritious, yet certain kinds after being washed, as alica, rice, ptisan, or gruel made of these, or pulticula, and also bread moistened with water, may be ranked with the weakest sort.

But with regard to drinks, all those prepared from grain; also milk, mulse, defrutum, passum, wine, whether sweet or strong, or must, and very old wine, are of the most nutritious class. While vinegar, and wine a few years old, whether rough or mild, belong to the middle class, and therefore no other ought to be given to the infirm.

Water is the weakest of all liquors. All drinks formed from grain, have a strength proportionate to the quality of that grain: they are stronger prepared from wine produced from a good, than that from a poor soil; made from that coming from a temperate climate, than from that which is the produce of an atmosphere too moist or too dry, excessively cold, or excessively hot. Mulse is stronger, by how much the more honey it contains; defrutum the longer it is boiled; passum, the dryer the grape.

Rain water is the lightest; next, that from the spring; then, that from a river; and fourthly, that from a well; after these, that from snow or ice; lake-water is

heavier than these; marsh-water is the heaviest of all.

By those who are desirous of ascertaining its quality, such knowledge is as easily obtained, as it is useful. For that which is light, becomes manifest by weighing it; and of those whose weights are equal, that is preferable which most rapidly becomes hot and cold again, and in which legumes are cooked within the shortest period.

Generally indeed it happens, that the stronger the material, the less easily is it concocted; but if concocted, it is the more nutritious. Therefore we must use that material which is adapted to the strength; and the quantity of each substance must be determined by its nature. Thus such as are least nutritious, are required for weakly persons; the middle class best support the moderately vigorous; while the strongest are best suited to the robust. Again one should eat more freely of the lighter kinds of food; while with regard to the strongest, one ought to exercise moderation.

19. Nor are these the only differences requiring notice; for some aliments are of a good juice, others of a bad; these the Greeks call εὐχύλους or κακοχύλους; some are bland, some acrid; some generate within us a thicker, some a thinner

phlegm; some are proper, others improper for the stomach: some also cause flatulency, others have no such effect; some are of a heating, others of a cooling nature; some readily turn sour in the stomach, others are not easily corrupted; some relax, others bind the bowels: some excite, others retard the urinary secretion; some procure sleep, others rouse the senses. All these things require to be known, because food requires a varied adaptation to the kind of constitution and the state of the health.

20. The aliments of a good juice, are wheat, winter wheat, alica, rice, tragus, ptisan, milk, soft cheese, venison of all kind, all birds of the middle class, and of the larger, those I have mentioned above: of fish, those between the tender and hard, as the mullet and lupus: the spring lettuce, the nettle, the mallow, the gourd, fresh eggs, purslane, periwinkles, dates: of fruit, such as are neither rough, nor sour: wine, either sweet or mild, passum, defrutum, olives preserved in either of these two last liquors: the wombs, cheeks, and feet of hogs, every species of fat, or glutinous flesh, and all kinds of liver.

21. The aliments whose juice is bad are

millet, panicum, barley, legumes, the flesh of domestic animals, if very lean, all salt meat, all salsaments, fish-pickle, old cheese, skirret, radishes, rapes, turnips, bulbs, cabbage, especially the sprouts; asparagus, beet, cucumber, leek, herb rocket, cresses, thyme, catmint, savory, hysop, rue, dill, fennel, cumin, anise, waterdock, mustard, garlick, onion, the spleens, kidneys, and entrails of animals, all acid and acerb fruit, vinegar, every thing acrid, acid, or acerb, oil, rock-fish, and all those which are very tender or very hard, and of an ill scent, as is the case with those which live in pools, lakes, or slimy rivers, or those which have grown to an immense size.

22. The mild articles are gruel, pulticula, pancake, starch, ptisan, fat meat, and that which is glutinous: which quality is generally found in all domestic animals, but more especially in the feet and cheeks of the hog, in the feet and heads of kids, calves, and lambs, and in the brains of all animals: also those vegetables which are properly designated bulbs; milk, defrutum, passum, pine-nuts. The acrid articles are all those which are excessively austere, all acids, all salted food, and even honey, especially if good; also garlick,

onion, rocket, rue, cresses, cucumber, beet, cabbage, asparagus, mustard, radish, endive, basil, lettuce, and the majority of pot-herbs.

23. Those which generate a thicker phlegm, are fresh eggs, alica, rice, starch, ptisan, milk, bulbs, and almost every thing of a glutinous nature. The attenuants are all salted and acrid, and acid substances.

24. The materials best adapted to the stomach, are all austere and acid substances, and such as have been moderately salted: also unleavened bread, washed alica, or rice or ptisan; birds and venison of all kinds, roasted or boiled. Amongst the domestic animals, the flesh of the ox: if any other be employed, that which is lean is preferable to that which is fat: of the swine, the heels, cheeks, ears, and sterile wombs: among the pot-herbs endive, lettuce, parsnip, boiled gourds, skirret: of orchard fruit, the cherry, the mulberry, the sorb, the mealy pear, such as the Crustumian or Nævianian: also the Tarentine and Signine pears, which are used for preserving: the round apple, or the Scandianian, or Amerinian, or the quince, or the pomegranate, jar raisins, soft eggs, dates, pine-nuts, white olives preserved in strong brine, or

the same steeped in vinegar, or the black kind when thoroughly ripe, or those which have been kept in passum or defrutum; austere wine, although grown rough, resinated wine, hard-fibred fish of the middle class, oysters, cockles, murices, purpuræ, periwinkles; food and drink, whether hot or cold: wormwood.

25. The articles offensive to the stomach are all things tepid, or strongly salted, every thing jurulent, all sweet substances, every thing fat, gruel, fermented bread, and the same, whether prepared from millet or barley; oil, the roots of pot-herbs, and whatever herbs are eaten with oil or fish-pickles, honey, mulse, defrutum, passum, milk, cheese of all kinds, fresh grapes, figs both green and dry, all legumes, and whatever vegetables are of a flatulent quality: thyme, catmint, savory, hyssop, cresses, water-dock, nipple-wort, and walnuts. Hence it may be understood that articles of a good juice do not necessarily agree with the stomach, and that every thing which agrees with the stomach is not consequently of a good juice.

26. The substances which have a flatulent quality, are almost all legumes, all fat, and sweet and jurulent substances, musk, and also that wine which has as yet ac-

quired no age; of the pot-herbs, garlic, onion, cabbage, and all roots, except skirret and parsnip, bulbs, figs, even though dry, but the green more particularly, green grapes, all nuts, except pine-nuts, milk, and cheese of all kinds, and lastly, whatever has been taken only half boiled. The least flatulent are venison, wild fowl, fish, fruit, olives, conchs, eggs, whether soft-boiled, or fresh, old wine. But fennel and dill even relieve flatulence.

27. The CALEFACIENTS are pepper, salt, all stewed meat, garlic, onion, dry figs, sal-sament, wine, and the more so in proportion to its strength. The refrigerants are those greens whose stalks are eaten raw, as endive and lettuce; also coriander, cucumber, boiled gourd, beet, mulberries, cherries, rough apples, mealy pears, boiled flesh, vinegar particularly, or food or drink taken with it.

28. The articles which are easily corrupted in the stomach, are fermented bread, and any other sort, except that made from wheat, milk, honey; and therefore all milky nutriment, and all pastry; tender fish, oysters, greens, cheese, whether new or old, coarse or tender flesh, sweet wine, mulse, defrutum, passum; and lastly, whatever is jurulent, or too sweet, or is

much diluted. The materials which are not corrupted in the stomach, are unleavened bread, birds, especially those of harder fibre, hard fish ; for example, not only the *aurata* and the *scarus*, but also the *calamary*, the *lobster*, the *polypus* ; also beef and all hard flesh, especially if lean and salted ; and all salsaments, *periwinkles*, *murices*, *purpuræ* ; austere or resinated wine.

29. The substances which relax the bowels, are fermented bread, particularly the coarsest sort, and that made of barley ; cabbage, if imperfectly boiled, lettuce, dill, cresses, basil, nettle, purslane, radishes, capers, garlic, onion, mallows, dock, beet, asparagus, gourds, cherries, mulberries, all mild orchard fruit, also dry figs, but the fresh especially, fresh grapes, small birds when fat, *periwinkles*, fish-pickle, salsament, *pelorides*, urchins, muscles, and almost all conchs, especially their juice, rock and all tender fish, the liquor of the cuttlefish, meat if eaten when fat, and the same either stewed or boiled, water fowl, crude honey, milk, every thing of a milky nature, mulse, sweet or salt wine, water, every thing soft, tepid, sweet, fat, boiled, stewed, salt, diluted.

30. The alvine astringents are, bread

prepared from siligo, or simila, particularly if without yeast, or if burnt, and this quality is augmented if twice boiled; pul-ticle, whether made from alica or panicum, or millet, and gruel prepared from these same, and more decidedly if these have been previously fried; lentils, to which has been added beet, or endive, or succory, or plantain, and these also the rather, if previously fried; endive also, either alone or fried with plantain or succory, the small pot-herbs, cabbage twice boiled, hard eggs, particularly if roasted, small birds, the blackbird, the ring-dove, particularly when boiled in posca, the crane, all birds which run more than they fly, the hare, the caprea, the liver of such animals as have suet, and beef particularly, so likewise suet itself, cheese, which has become stronger by age, or by that change which we observe in the foreign sort, or new cheese boiled with honey or with mulse, also boiled honey, unripe pears, sorbs, and more especially those called "torminalia;" quinces and pomegranates, white or very ripe olives, the myrtle, dates, murices, purpuræ, wine, either resinated or rough, wine undiluted, vinegar, mulse which has been boiled, also defrutum, passum, water whether tepid or very cold, hard water, that is to say, that which keeps

longest without spoiling, and therefore particularly rain-water; every thing hard, lean, austere, rough, grilled, and of the same meat, that which is roasted, rather than that which is boiled.

31. The diuretics are, all the odoriferous tribe growing in gardens, as parsley, rue, dill, basil, mint, hyssop, anise, coriander, cresses, rocket, fennel; besides these, asparagus, capers, catmint, thyme, savory, nipple-wort, parsnip, and especially the wild variety, radish, skirret, onion; of venison, particularly the hare; small wine, round and long pepper, mustard, wormwood, and pine-nuts.

32. The articles adapted for procuring sleep, are the poppy, the lettuce, especially the summer variety, whose stalk abounds with a milk, mulberries, and leeks; catmint, thyme, savory, hyssop, pennyroyal: rue and onions do, on the contrary, excite the senses, and pennyroyal especially.

33. The attractive remedies are numerous; but since they consist principally of foreign drugs, and are used more for affording relief in other cases, than in those affections in which dietetic regimen suffices, I shall for the present defer them; but I shall mention those which being easily procured, and by their nature adapted for those diseases, concerning which I am

now immediately about to speak, have the power of eroding the body, and of thus extracting from it that which is faulty. The seeds of rocket, cresses, and radish, have this quality, but most of all mustard. The same property is in salt and figs.

The medicines which both repress and act as emollients, are greasy wool, moistened with vinegar, or with wine, to which oil has been added, pounded dates, bran boiled in salt water, or vinegar. The cooling repriments are the wall-herb, which they call *παρθένιον* or *περδίκιον*, wild thyme, pennyroyal, basil, the blood herb, which the Greeks call *πολυγόνον*, purslane, poppy leaves, vine-tendrils, corianderleaves, henbane, moss, skerrit, parsley, garden nightshade, which the Greeks call *στύρχνον*, cabbage leaves, endive, plantain, fennel seeds, bruised pears or apples, particularly the quince apples, lentils, cold water, and especially rain-water, wine, vinegar, so also, if moistened by these, may be enumerated bread, or meal, or sponge, or lacina, or greasy wool, or even linen, cimolian chalk, gypsum, quince oil, myrtle oil, oil of roses, acerb oil, leaves of vervains bruised with tender stalks, such as those of the olive, cypress, myrtle, mastich tree, tamarisk, privet, rose, bramble, laurel, ivy, and pomegranate.

The articles which repress without cooling, are boiled quinces, pomegranate rind, hot water, in which vervains have been boiled, as before mentioned, powder of the lees of wine, or of myrtle leaves, bitter almonds.

But the calefacients are poultices made of meal of all sorts, whether from that of wheat, or of far, or of barley, or vetches, or darnel, or millet, or panicum, or lentil, or beans, or lupines, or linseed, or fœnugreek, being first boiled and then applied hot.

But all kinds of meal are rendered more efficient for this purpose, by being boiled in mulse, than if prepared with water. Furthermore, cyprine oil, or that called irinum, marrow, adeps from the cat, common oil, the rather if it be old, or have salt in it, nitre, git, cinquefoil. And for the most part, the powerful repriments and refrigerants have a hardening quality, while the calefacients are digestive and emollient, and a cataplasm formed of lin, or fœnugreek seed, more especially possesses this last property.

Such then are the different remedies which physicians employ, simple or compounded; each one following his own notions, rather than any fixed rules established on experience.

A TRANSLATION
of
THE EIGHT BOOKS
of
Aulus Cornelius Celsus.

FROM THE TEXT OF LEO. TARGA,

with a brief explanatory Lexicon.

by

C. F. COLLIER. M.D.

VOL. II.

L O N D O N.

S. HIGHLEY, 174 FLEET STREET

And sold by SIMPKIN & MARSHALL Stationers Court.

1830.



BOOK III.

1. HAVING already considered all those matters which relate to diseases in general, I shall now approach to the treatment of them individually. Now the Greeks divided diseases into two kinds: one they termed acute, the other chronic; and since these did not, from time to time, regularly happen in the same form, those very diseases which some have collocated among the acute, others have referred to the chronic. Hence it is manifest that there are several kinds of them. For some are of short duration, and acute; which either soon destroy the patient, or are themselves soon terminated: some are chronic, under which there is neither a speedy recovery, nor a speedy death; and there is a third kind, consisting of those which are sometimes acute, at other times chronic, and this happens not only in fevers, in which it is a very frequent occurrence, but in other diseases likewise. But besides these, there is a fourth description, which can neither be denominated acute, for they do not destroy; and are certainly not chronic, because

if remedies be seasonably employed, they are easily cured. When I come to treat of these individually, I shall point out to what class each belongs. But I shall divide them all into those which would seem to occupy the whole body; and those which are merely local. I shall commence with the former, first offering a few remarks by way of preface, concerning all.

TO CONFESS THE TRUTH, THERE IS NO DISEASE OVER WHICH CHANCE EXERTS LESS INFLUENCE THAN ART: FOR WITH NATURE AGAINST US, OUR TREATMENT IS OF NO AVAIL.

Great allowances are, however, to be made to the physician who fails in affording relief in acute than in chronic diseases. For in the former, there is a brief space, within which, if treatment be unprofitable, the patient is carried off; in the latter there is time for deliberation and for a change of remedies, so that if called in at an early period of the disease, the patient rarely falls a sacrifice, unless through some mismanagement of his physician. A chronic disease, however, when deeply rooted, is, in point of difficulty, as bad as one which is acute; and while acute diseases become more under the influence of treatment, in proportion as they are protracted; among

the chronic, the more recent are cured with the least difficulty. There is another circumstance of which we ought not to be ignorant; that the same curative agents do not suit all patients. Hence it has happened, that the best writers have exclusively defended the reputation of different remedies, according to the results of their own individual experience. It is meet therefore when a remedy fails, to place a higher estimate on the patient's life than on the writer's authority, and to make trial of a second and a third; with this qualification, nevertheless, that a remedy which appears to be doing no good, be changed in acute diseases without loss of time; while in the chronic, which are both slowly established and as slowly removed, those means which have not directly proved serviceable, are not to be hastily condemned; much less should that be discontinued which has at least been of some little benefit; because by time its utility becomes decided.

2. Now even at the very commencement, it is easy to know whether the disease be acute or chronic: not only in those affections in which there is an uniformity, but in those likewise which vary in this particular. For when

severe accessions and pains distress the patient without intermission, the disease is acute: when the pains are moderate, the fever inconsiderable, and the intermissions prolonged; and when those signs accede which have been mentioned in our last book, it is clear that the disease is about to be chronic. We ought to observe also, whether the disease be increasing, stationary, or on the decline: for some remedies are proper for increasing disorders, many for those which are abating; and such as are proper for the increasing kind, ought preferably, provided the disease be acute, to be had recourse to in the remissions.

But a disease is becoming aggravated so long as the pains and accessions grow more violent, and these last return earlier and cease later than the preceding paroxysms. And even in chronic diseases not having these characteristic marks, one may know the malady is becoming augmented, when sleep is interrupted, concoction more imperfect, the stools more fætid, the senses more obtuse, the mind more inactive; when a sense of chill or heat pervades the body, and this last becomes more pallid than heretofore. The signs directly opposed to these, are the marks of a departing malady.

Moreover in acute distempers the patient ought to have nutriment given to him at a later period, and not until the decline; so that this privation may break the violence of the disease: in chronic maladies it should be administered earlier, in order that the patient may sustain the duration of the approaching disease.

But even when the malady is not in the whole body, but in a part only, it is more to the purpose to aim at increasing the strength of the whole system, than to remedy diseased parts exclusively. It also makes a wide difference, whether the patient have been treated scientifically or unscientifically, from the commencement: for a cure becomes less valuable to those with whom much time has been wasted in vain attempts. If any one, after imprudent treatment survive with his energies unimpaired, by instituting a proper method of cure he is soon restored to health.

But since I began by recounting the signs which are characteristic of that period at which sickness is on the point of setting in, I shall commence the treatments also by directing my attention to that same juncture. When, therefore, either of the before-mentioned circumstances occurs, nothing is so serviceable as rest and absti-

nence ; if the patient must have drink, let it be water ; and sometimes it will suffice to pursue this plan for one day only ; sometimes, when the alarming appearances still continue, for two : the day after abstinence, food should be taken sparingly, and the drink should be water : on the next day he may even take wine ; and thenceforth he ought to drink alternately wine one day, and water another, until there be no further cause for alarm : for by these means a severe disease is often discussed at its first approach. Many persons deceive themselves, while they hope on the first day at once to get rid of languor by exercise, by the bath, by purging, by vomiting, or by sweat, or by wine. Not but that such a consequence may happen sometimes, and may answer our expectation, but more frequently it is fallacious ; while by abstinence simply, a remedy is supplied, without the slightest risk ; for one can always regulate this last according to the extent of the alarm ; and if the phenomena be of a lighter character, abstinence from wine alone may suffice : if somewhat more severe, it will be easy, in addition to water-drinking, to subtract flesh-meat from our food : besides, sometimes he ought to eat less bread than usual,

and rest satisfied with moist aliment, and particularly vegetables; and perfect abstinence from food, wine, and all corporeal exercise is necessary, when signs strongly characteristic of mischief have excited much apprehension. Neither can there be a doubt, that scarce any one falls sick, who has by these measures, seasonably contravened an approaching disease, without dissimulation.

3. So then these precautionary means are to be attended to by those who are only apprehensive of disease. But now follows the treatment of fevers; a kind of disease which occupies the whole body, and is extremely common.

Of these there are the quotidian, the tertian, and the quartan: sometimes indeed they return after a longer interval, but that is a rare occurrence: we shall essentially comprehend the diseases and their treatment by describing the former only.

The quartans are of a more simple character. They usually commence with shivering; then heat breaks out, and after the conclusion of the fit there is an intermission of two days: so that it returns on the fourth.

Of tertians there are two sorts. One commencing and terminating like the

quartan, with this difference only, that it allows one day's interval, and returns on the third: the other, far more dangerous, returning, it is true, on the third day, but generally occupying by the accession six and thirty out of the forty-eight hours, sometimes more or less; nor does it entirely subside in the remission, but only becomes mitigated. Almost all physicians have denominated this species the semitertian.

But the quotidians are many and various. For some, from the very first, begin with heat, others with a sense of chilliness, others with shivering. By the term chill, I mean that state in which the extremities become cold: by shivering, I mean an universal shaking of every part of the body. Again, some so entirely cease, that perfect intermission ensues: others in such a manner, that although there be considerable diminution of the fever, yet certain relics remain even up to the next accession, while not infrequently there are some which remit in no degree, but continue as they began. So again, some are accompanied with considerable, others with an inconsiderable degree of heat: some have similar paroxysms, others dissimilar; and are, alternately, on one day moderate, on another severe: some, on the following day,

return at the same hour; others, later or earlier: some occupy a day and night in the accession and decession, others less, others more: some in going off produce sweating, others have no such effect; and at one time after this sweating, a perfect intermission ensues; while at another, the body is only rendered weaker. Sometimes one paroxysm only takes place each day, at others two, or even more: so that it often happens, that there are several accessions and remissions on the same day; in this order nevertheless, that each answers to some one which has preceded it. Now and then, indeed, the fits also are so confused, that neither their commencement nor their duration can be remarked.

Nor is that true which is stated by some, that there is no irregular fever except that which is the result of a vomica, or of inflammation, or of an ulcer: for were this true, the treatment would be uniformly more easy. But that which is the effect of evident causes, may likewise be produced by obscure causes. Nor do they dispute upon the subject matter, but upon words only, who, because the febrile paroxysms recur variously in the same disease, contend that they return not irregularly, but that fresh fevers are successively arising

from time to time ; but this even if true has nothing to do with the method of treatment. The remissions also are sometimes considerable ; while at others there are scarce any at all.

4. And such, indeed, is for the most part the nature of fevers. But the methods of cure are as various as the authors from whom they have originated. Asclepiades says it is the duty of the physician to cure safely, quickly, and agreeably. That is a consummation devoutly to be wished ; but generally excessive haste and indulgence are wont to prove dangerous. What regimen ought to be adopted in order that these three points may be accomplished to the fullest extent possible, remains to be considered when treating of the cures in detail. And before all other inquiries, it is asked in what manner the patient is to be restrained on the first days of the disease. The ancients tried to promote concoction, by exhibiting certain medicines ; because crudity was what they chiefly dreaded : afterwards they removed that which they considered the offending material, by frequently clystering the bowels. Asclepiades banished all internal medicines ; yet, although not so repeatedly in each, he ordered clysters in every disease ;

but he professed to use the fever itself as the chief remedial agent of its own cure. For his opinion was, that the strength of the patient required to be weakened by light, by watchfulness, and by thirst so intense, that he did not even suffer the mouth to be rinsed. Hence they are the more deceived, who conceive his practice to have been agreeable in all respects. For, 'tis true, on the latter days of illness, he sanctioned the luxury of the invalid ; but in the first stage, he played the part of a torturer. Now I CONCEDE that medicinal potions, and clystering, ought to be had recourse to but seldom ; yet am I of opinion, that our aim ought not to be to exhaust the strength, for it is from weakness that the greatest peril arises. Hence then the excess of material alone should be got rid of, which is naturally dispersed when there is no new accession of it. And, therefore, the patient ought to abstain from food, to be kept in the light during the day, unless he be infirm, for this also is a means of dissipating the humours ; and he should lie in a very spacious apartment. As regards thirst and sleep, it should be so managed that he may keep awake by day, and, if possible, sleep by night ; drinking nothing unless tormented with drought to

the last degree. His mouth may be rinsed out when it is dry, and he has a disagreeable taste in it; although that is not a fit juncture for drinking; and Erasistratus has pertinently remarked, "the mouth and fauces lack moisture when the lower part does not require it, neither can it be of any service to ill-treat the patient. Upon such a plan then is he to be restrained at the commencement. Now, in truth, THE BEST MEDICINE IS FOOD SEASONABLY ADMINISTERED: the question is, when ought it to be given: most of the ancients were in the habit of giving it at a late period, and the nature of the climate in Asia, or in Egypt, perhaps admits of that practice. Asclepiades, when for three days he had wearied out his patient by every expedient, allotted the fourth day for food. But not long since, Themison's practice was to regard the cessation, or certainly the remission of the paroxysm, and not its commencement: so reckoning from that period, after waiting for the third day, if then there were no accession of fever, he gave food immediately; if there were, he gave it after this had subsided; or if it did not subside, when it appeared to be on the decline. But neither of these rules is decidedly universal. For the first food may be to

be given on the first day, on the second, or on the third, or not until the fourth or fifth; again after the first, or after two, or after several accessions. For much depends on the nature of the disease, the constitution, climate, age, and season of the year: nor can any general precept be laid down, with regard to time, touching matters which admit of so much discrepancy. In that disease, which is of a more debilitating nature, food is to be administered at an earlier period: so, likewise, in that atmosphere which has a more dissipating quality: hence, in Africa, patients cannot with propriety be restrained from food, even for a day. It ought to be supplied sooner to a boy than to a young man; sooner in summer than in winter. There is one thing which may be observed at all times, and in all countries; the physician being in constant attendance, ought to regard the patient's strength; and so long as there is a sufficient surplus, he should contend by means of abstinence, but directly he perceives imbecility, he should afford nourishment. For it is his business to see that the patient be not burdened with unnecessary food, or weakened by hunger.

And that also I find in the writings of Erasistratus, who, although he has taught us but little with regard to the time when the bowels, or the system at large may be in a state of inanition, has nevertheless, by inculcating the necessity of attending to these matters, and of giving food when the body stands in need of it, sufficiently proved that it ought not to be supplied, so long as there is a surplus of strength, although it is proper to guard against debility.

From these considerations it may be understood, that many persons cannot be treated by one physician ; and that he, provided he be skilful, is the eligible attendant, who does not much absent himself from his patient. But they who are the slaves of lucre, inasmuch as more is to be made by being a popular practitioner, willingly embrace precepts which do not exact sedulous attendance ; as is the case in this last example. For it is easy for those even who visit their patients but rarely, to keep count of the days and accessions ; while he must attend assiduously, (which is the sole and essential task), who desires to observe the period when the patient must necessarily become weak, unless he receive sus-

tenance. Nevertheless, in most instances, the fourth day is usually most suitable for the first nutriment.

But another point of doubt arises, touching the days; for the ancients preferred those which were unequal, and as if at such periods a prognosis could be afforded concerning the fate of the sick, they called them CRITICAL. These were the third, fifth, seventh, ninth, eleventh, fourteenth, and twenty-first; attaching paramount importance to the seventh, next to the fourteenth, and next to the twenty-first. Therefore they adopted such a regimen with their patients, that, after waiting for the days on which the accessions were unequal, they then exhibited food; this being the period when they had to look forward to the milder accessions: so that when a fever chanced to disappear on any but an unequal day, Hippocrates dreaded a relapse. Asclepiades justly condemned this as a chimerical notion, and asserted that the days being equal or unequal did not increase, or diminish the patient's danger in the least.

For sometimes the odd days turn out to be the worst, and food is in that case more seasonably administered after the accessions of these days shall have terminated.

Sometimes also, the routine of the days becomes altered in the same disease, and that which was the more severe, becomes the milder of the two. Besides the fourteenth itself, which the ancients confessed to be very important, is an even day.

Inasmuch as they argued that the eighth day resembles the first, because the second seven days begin from that, they were inconsistent in neither assigning the eighth, nor tenth, nor twelfth day as the more influential; for they attributed more importance to the ninth and eleventh. Having done this without any plausible reason, they passed on, not to the thirteenth, but to the fourteenth. We find moreover, in Hippocrates, that the fourth day is the most severe with him whom the seventh is to liberate. So we have it on his authority, that the fever may be severer on an odd day, and may exhibit marks decidedly prognostic. And with regard to both these last events, the same author regarded every fourth day as most pregnant with importance; that is to say, the fourth, seventh, eleventh, fourteenth, and seventeenth; in saying which, he passes from the odd to the even mode of reckoning: nay, he does not constantly preserve this last order, for, calculating

from the seventh day, the eleventh is not the fourth, but the fifth. So that it is evident in whatever light we regard the calculation, there is in this respect no reason even in this author. But, to confess the truth, it was the Pythagorean numbers, at that time in high repute, which deceived the ancients. Although in a matter like this, the physician ought not to number the days, but to regard the accessions, and from these last to surmise the proper periods for affording food.

Another important point to be known is, whether it ought to be given after the vessels have become completely tranquil, or while there still remain some relics of the fever. The ancients were in the habit of administering aliment when the body was absolutely feverless: Asclepiades, while the fever, although on the decline, was yet remaining. He based this practice on an unsound theory: not that food ought not at times to be given earlier, if we dread the premature approach of the next paroxysm; but still that period ought to be selected for its administration, at which we notice the body to be most completely free from febrile action. For that suffers less corruption which is ingested while the body is entire. Nor is it true, as Themison

thought, that if the patient have an intermission of two hours, it is more prudent to give it at that juncture, in order that it may in preference be distributed for assimilation during the apyrexial state. For could it be assimilated so rapidly, it were the best practice; but since so short a space of time is not sufficient, it is better that the first stage of the process of nutrition should commence after the termination of one paroxysm, than that the latter stages be encountered by the beginning of another accession. If, for example, the intermission be considerable, it should be given in a perfect state of apyrexia; if short, then, even before the complete subsidence of the paroxysm. This applies not only to perfect apyrexia, but also to the remissions which happen in continued fevers.

And again it has been mooted whether we are to wait the same number of hours as have been occupied by the paroxysm, or whether it may suffice to suffer part of them to elapse, in order that the food may better agree with those patients whose intermission is sometimes too short to allow of waiting the whole period. However, it is the safest plan to allow the entire period of the accession to pass by : although when

the paroxysm has been of long continuance, the patient may be indulged somewhat earlier, but not until the lapse of at least one half of the time. And that is to be done not only in that fever of which we have been treating, but in all others likewise.

5. These last remarks are universally applicable to all kinds of fevers: I shall now proceed to their particular species.

When, therefore, there has been only one accession, which has afterwards subsided, and this has arisen from inguinal tumour, or from lassitude, or any thing similar, so that no internal cause affords ground for alarm; on the day following, provided there be no vascular disturbance, we may administer food. But if the heat have originated from a deep-seated source, and a sense of uneasiness either in the head or præcordia ensue, the cause of the disturbance not being manifest, even although the accession be followed by a perfect apyrexia, yet, as we may fear a tertian, we should wait for the third day; and after the period for the accession has passed, food may be given, but in small quantities, for a quartan may be apprehended: but if on the fourth day

the body be free from fever, then at length we may use it with confidence. But if there be a return of fever on the next, or on the third or fourth day, we may understand that that disease has established itself. Now it is easy to treat tertians and quartans in which there is a regular course, a well-defined termination, and ample intermissions: concerning which I shall treat in their proper place. But my present task will be to explain such as have quotidian accessions.

In these therefore it is better to supply nutriment every third day, so that one day may serve for the diminution of the fever, and the other for supporting the strength. When quotidians are of that sort which have perfect cessations, food should be given at the commencement of the intermission: but when although the paroxysms do not follow each other in immediate successions, these nevertheless are connected by febrile action; and when they are daily gaining ground, and have remissions without any perfect intermissions, it should be postponed till the arrival of the greater remissions. Should the accession be more violent one day than another, it should be given after that which is the more violent.

Most commonly indeed a more favourable night follows, and consequently, a worse night precedes the severer paroxysm.

But with regard to the season for giving it, supposing the fever to continue uniformly violent, there is considerable discrepancy. Some give it in the morning, because that is generally the easiest time with invalids. But when this plan is beneficial, it must be so, not because it is morning, but because at that time patients experience some slight remissions.

But when there is no alleviation even at this last mentioned period, it is the more unseasonable; because although it ought in its nature to be more favourable, it turns out to be less so, in consequence of the severity of the disorder; besides, next comes mid-day, after which, since nearly every patient becomes worse, there is reason to fear lest the patient be then worse than usual in this disorder also. Hence it is that to such patients some administer nutriment in the evening: but because at that juncture they most usually find themselves at the worst, there is reason to fear lest if we excite any disturbance, the accession may be aggravated. On account of these objections MY PRACTICE IS TO LEAVE IT TILL MID-NIGHT, for then it is that this worst junc-

ture is ended, and the next is at the farthest possible distance; while the hours before dawn are in expectancy during which most men have some sleep, and next follows morning, in its nature the most favourable portion of the day.

But if the paroxysms be erratic, inasmuch as there may be reason to fear that they may ensue immediately after food, it should be taken without delay after the patient has experienced some alleviation of the paroxysm. If several fits occur on the same day, one should remark whether they are similar in every respect, (which is barely possible) or dissimilar. If similar, nourishment should in preference be received after that fit whose termination does not happen between noon and evening: if dissimilar, one should observe in what the difference consists. For if one be violent, the other gentle, it should be given after the former: should one be long, the other short, after the longer: should one be more severe, the other of longer continuance, we should consider whether the former distresses more by its severity, or the latter by its duration, and give it accordingly. It is evidently of the greatest importance to mark the extent and nature of the remissions between the fits. For should the

vascular disturbance remain after one paroxysm, and entirely subside after another, the apyrexial state will be the proper season for nourishment.

If a slight degree of fever be continually present, yet if one remission be longer than another, that should be selected in preference; so that if the fits follow each other in immediate succession, nutriment ought to be taken directly after the first accession begins to decline. For, to allot the periods for food at the greatest possible distance from an approaching paroxysm, is an universal object to which all our plans should be directed; and with this qualification, to administer it when the system is most completely free from febrile action; which rule ought to be observed not only after the patient has had two paroxysms, but after a greater number.

Although it is most expedient to give food every third day, yet, if the system be weak, it should be administered daily; and if the paroxysms continue without remission, it will be more necessary in proportion as these debilitate the system; or when two or more fits occur on the same day. This last occurrence renders the daily exhibition of food indispensably requisite, even from the very commencement,

provided there be sudden cessation of the febrile action; and it should be supplied repeatedly on the same day, when, during several paroxysms, there is an occasional failure of the strength of the body. Nevertheless, in these cases, it is to be born in mind, that less food should be given after such paroxysms; since, but for the state of the body, none whatever would be given. Inasmuch as every fever has its stage of approach, commencement, increase, acme, or decline, and after its decline, either remains in a diminished degree, or is altogether terminated; we may now perceive that the most favourable season for food is at the end of a paroxysm: next, when it ceases to decline; thirdly, if requisite, after its departure; and that all the other periods are dangerous.

If, however, on account of weakness, there be any urgent necessity, it is more prudent to give some little when the paroxysm is no longer on the increase; than when it is increasing: when it is about to begin, rather than when it has begun; with this qualification, that there is no period at which he who is sinking from exhaustion, may not be nourished.

And most undoubtedly the physician ought not merely to regard the paroxysms,

but the state of the whole body also, and direct his treatment accordingly; observing whether there be a surplus or a deficiency of strength, and whether any other affections supervene. But, since it is always advantageous that patients be tranquil, so that their sufferings may not be mental as well as corporeal, this is especially desirable after food. If, therefore, any occurrence have taken place calculated to disturb their equanimity, it is better to conceal it, till they recover: if that be impracticable, to withhold it after a meal until their sleeping time, and to communicate it after they have awaked.

6. But the management of patients with regard to food is not so difficult, for the stomach rejects this, although inclination lead them to take it: but the grand struggle is for drink, and that proportionately to the severity of the fever. For it is this last which excites thirst, and they require water most importunately, at the very crisis at which it is most dangerous. Now the patient ought to be apprized that the thirst will subside with the fever; and that as the taking of the slightest aliment will prolong the accession, he will soonest cease to be athirst, who has abstained from drinking. Nevertheless, as persons in health more

easily sustain hunger than thirst, we ought the rather to indulge our patients in drink than in food. But certainly on the first day no fluid should be allowed; unless the vessels have become so tranquil, that food also is admissible: but on the second, as also on the remaining days on which food cannot be conceded, some drink may be allowed. And not without reason has Heraclides the Tarentine observed, that when either bile or crudity disorders the patient, it is expedient, by the ingestion of moderate quantities of fluid, that fresh material be mingled with the corruption. Care is to be taken that the same periods which are selected for giving food be observed also when drink only is to be taken; or we should give it when we wish him to sleep, which thirst usually prohibits. Moreover, that much drink is hurtful to all feverish patients, and particularly so to females who have fever after delivery, is sufficiently agreed upon by all parties. But, although the nature of the paroxysm and its remission point out the proper season for food and drink, it is no easy matter to know when the patient is feverish, when better, and when his strength is failing; without knowing which, these cannot be seasonably administered.

We, indeed, pin our faith chiefly on the state of the vessels, which is very deceptive; for pulsation is often rendered more or less frequent by age, sex, and temperament; and generally, even though the health be tolerably good, if the stomach be weak, or sometimes even at the commencement of the paroxysm, the pulse is small and indistinct; so that he may appear to be weak, who is in truth quite strong enough to bear up against a severe fit. On the contrary, it often becomes quick and full from the effects of the sun, the bath, exercise, fear, anger, and any other mental emotion; so that when first the physician approaches, the patient's anxious solicitude to know what opinion is entertained of his case, may of itself create disturbance. On this account a scientific physician ought not to take hold of the arm, directly he comes into the room, but first to sit down with a cheerful countenance, and ask the patient how he finds himself; and if he appear alarmed, he should sooth him with plausible observations, and then feel his pulse. Now if the sight of the medical attendant disturb the vessels, how easily may a thousand things have the same effect! The temperature of the body, which is another criterion on which we rely, is

equally fallacious : for this, also, is excited by the heat of the weather, by labour, sleep, fear, anxiety. Therefore, although it is requisite to regard these circumstances, it is not right to place implicit reliance upon them.

We may know at once that he is not feverish, whose pulse is regular, and who has the warmth natural to health : though we are not so readily to infer the existence of fever, from the presence of increased heat and vascular excitement ; but we are justified in so doing, if the surface of the skin be partially arid ; if there be heat in the forepart of the head, and it arise from the bottom of the præcordia ; if the breath from the nostrils be hot ; if an alteration take place in the complexion, whether to an unusual redness or pallor ; if the eyes be heavy, or very dry, or rather moist ; if, when a sweat breaks out, it be partial : if the pulsations do not take place at equal intervals. Hence the physician ought not to take his seat in a dark part of the room, or at the head of the bed, but in a light place, opposite to the patient, so that he may observe all the signs which are marked on his countenance just as he lies.

But when a paroxysm has taken place,

and is on the decline, we ought to notice whether the temples or any other parts begin to grow slightly moist, which is the forerunner of a sweat: and if we perceive such mark, that is the time to give hot water to drink; the effect of which will be salutary if it render the sweating general over every part of the body. To promote this, the patient ought to keep his hands under a considerable quantity of clothes, and in like manner cover his legs and feet: by a similar weight of clothing many harass their patients in the height of the paroxysm, particularly when the fever is of the ardent kind. When the body has begun to perspire, it is requisite to warm a linen cloth, and to wipe each part gently. But when the sweating has entirely ceased, or in the event of there being none, when the patient appears in the most favourable state for receiving food, he is to be anointed gently under the clothes, then to be deterged, and afterwards to have food.

Now the most appropriate food for febricitants, is that which is liquid, or certainly approaching to a liquid consistence, especially such as is but slightly nutritious, particularly gruel; and even this last, after febrile paroxysms, should be given very thin. To render it more nutritious, clari-

fied honey is with propriety added : but if it disagree with the stomach, it is injurious : and so also is the gruel itself. But instead of this last, we may give that grated preparation of bread, called INTRITA, mixed with hot water, or washed alica : if the stomach be strong and the bowels costive, with mulse ; but with posca if the former be weak, or the latter relaxed.

This will suffice for the first meal : but for the second there must be some addition, and this also from the same class of material ; as, for example, vegetables, conch fish, or orchard fruit : and so long as the fever is increasing, this is the only proper food ; but when ended or alleviated, although we ought always to begin with the lightest material, yet, provided we from time to time pay due regard to the strength of the patient and the state of the fever, we may make some addition from the middle class. According to the precept of Asclepiades, various kinds of food are to be placed before the patient, provided he be distressed with loss of appetite, and his strength fail ; so that by tasting a little of each, he may escape being famished : but if there be neither the power nor the inclination, the patient ought not to be enticed by any variety, lest he take more

than he can digest. Neither is that a just remark of his, "that a mixed food is more easily digested." True, it is more readily eaten: but the kind and quantity of the material determine the facility of digestion. The patient cannot safely be allowed to eat freely during severe pains, or during the increase of a disease; but directly the state of his health begins to improve.

There are other observations requisite in treating fevers. And we are to observe, (which some inculcate as the sole essential) whether the body be in a state of constriction or of relaxation; of which two, the one suffocates, the other wastes by dispersion. For if constricted, the bowels are to be opened by clysters, the urine to be promoted, and sweat to be elicited by every means possible. In disease of this nature it is beneficial to let blood, to agitate the body by rough gestation, to keep the patient in the light, and to enjoin hunger, thirst, and watching. It is also useful to put him into a bath, first immersing him in the solium; then to anoint, again to return to the solium, and to foment the groins freely with water; occasionally to mingle oil with the hot water in the solium; to have recourse to food at

a later period and less frequently, and that meagre, unmixed, soft, hot, and small in quantity ; particularly vegetables, such as sorrel, nettle, mallows, or the juice of conchs, muscles, or lobsters ; nor should any flesh meat be given, unless boiled. But he may drink more freely both before, during, and after food, and to a greater extent than his thirst requires : rich and sweet wine also may be allowed after bathing ; and once or twice that called *Græcum salsum* may be interposed.

On the other hand, if the body be suffering from flux, the sweat should be restrained, and repose had recourse to ; leaving him in the dark and allowing him to sleep as often as he likes : the body is to be agitated only by the easiest gestation, and we should adapt our remedies to the nature of the malady. If the flux be from the bowels, or the stomach be incontinent, as soon as the fever shall have subsided, we should let him drink freely of tepid water, and induce vomiting ; unless either the fauces, or the *præcordia*, or the side be painful, or the disease be inveterate. But if there be colliquative sweats, the skin requires to be hardened with nitre, or salt, mixed up with oil : if the affection be slight, with oil only ; if more

violent, with rose oil, oil of quince, or myrtle oil, with the addition of rough wine. Furthermore, every patient under flux should, on coming to the bath, first be anointed, and then immersed in the solium. If the affection be in the skin, he had better use cold water in preference to hot. When he takes food, it should be highly nutritious, cold, dry, unmixed, and such as is least susceptible of corruption; toasted bread, roasted meat, austere or certainly sub-austere wine; hot, if the flux be ventral; cold, if it be sweating or vomiting.

7. The method of treating PESTILENTIAL FEVERS demands our particular attention. Here it is of no use to resort to hunger, internal medicines, and glystering. IF THE STRENGTH PERMIT, BLOOD-LETTING IS THE BEST REMEDY; and particularly if the fever be attended with pain: but if this be not sufficiently safe, when the fever becomes mitigated, it is proper to cleanse the chest by vomiting. It is requisite to put the patient in the bath at an earlier period in this, than in other diseases; to give him wine, hot, and undiluted, and every thing glutinous; and among the rest, meat of the same nature. For the more rapidly pestilences of

this kind destroy, the more promptly, and even with some risk, are we to have recourse to remedies.

But if an infant be suffering from it, and have not strength to bear blood-letting, we must, in that case, use the cupping instruments, clyster with water, or the cream of ptisan, and afterwards support him with light nutriment. Children require a treatment altogether different from grown persons. Therefore, in this disease, as in any other, we must be moderate in the use of our remedies; we must not be too ready to bleed or clyster, or torment by making them endure watching or hunger, or excessive thirst; nor are we to treat them with wine. Vomiting should be elicited after a paroxysm, and then very light food should be given; afterwards he should be allowed to sleep; and on the next day, if the fever remain, he should practise abstinence; on the third, return to the same kind of food. And interposing a well-timed abstinence between the seasonable exhibition of food, and laying aside every thing else, we are to exert ourselves to nourish the patient.

SECT. 2. But when an ARDENT fever is consuming the patient, no medicinal potions are to be given, but he is to be cooled

in the accessions with oil and water, mingled by the hand until they turn white: he should be kept in a chamber where he can inhale plenty of pure air; he should not be half suffocated with bed-clothes, but covered very lightly. Also vine leaves steeped in cold water may be applied upon the stomach. He is not to be harassed with excessive thirst. He is to receive nourishment somewhat sooner, that is to say, after the third day; and before taking food, he should be anointed all over with the liquids above-mentioned. If there be a collection of phlegm in the stomach, directly the accession is on the decline, he should be forced to vomit; then cold vegetables should be given, or such fruit as agrees with the stomach. If the stomach continue dry, the cream of ptisan or of alica, or of rice, with fresh lard boiled in it, ought to be forthwith administered. But when the disease is at its height, but certainly not until the fourth day, provided great thirst have preceded, cold water is to be abundantly supplied, so that he may drink even beyond the desire for it; and when his belly and præcordia shall have been bloated with it, and sufficiently cooled, then he ought to vomit.

Some do not wish to provoke vomiting,

but employ the cold water itself as a remedy, giving it to satiety. When either of these two plans is adopted, he should be well covered with bed-clothes, and placed in a position favourable for inducing sleep. By making the patient drink so large a quantity of water immediately after excessive thirst and watching, we subdue the heat, and afterwards sound sleep ensues; during which, sweat is copiously effused, which is attended with immediate relief: but this, however, applies to those cases in which, along with this burning heat, there are no pains, or swelling in the præcordia; nothing counter-indicating either in the lungs or the fauces; no ulcer, no exhaustion, no alvine flux. But should the patient have a slight cough in this kind of fever, he is not to struggle with excessive thirst, or to drink cold water; but to be treated on the plan laid down for other fevers.

8. But there is need of much attention in that species of tertian which physicians call *ἡμισπιταΐον*, lest its true nature escape our notice. For it generally has accessions and decessions so much more frequent, that it may appear to be a different disease: and the paroxysm is prolonged to the extent of from twenty-four to six and

thirty hours ; so that that which is in truth the same, may not appear to be so. And it is highly necessary that no food be given except in a genuine remission ; but when such an one occurs, that it be administered without delay ; for from either of these mistakes of the attendant, many suddenly fall a sacrifice.

Unless some circumstances strongly contra-indicate, blood-letting is proper at the commencement ; afterwards such food should be given as may sustain the duration of the fever without exasperating it.

9. Sometimes also SLOW fevers infest the body without any remission, so that there is no fit time afforded either for food or physic. In this case it should be the physician's care to change the action of the disease ; for perhaps it will thus become more susceptible of treatment. For this purpose cold water with oil is to be applied to the body, by lightly tracing the hand over its surface ; for in this way it sometimes happens that shivering is induced, and this constitutes the beginning of a new action ; after which, when the body has become hotter, a remission also follows. In these cases also, friction with oil and salt appears serviceable.

But if for a considerable time there be

chilliness and torpor, with jactitation, it is not improper to give three or four cyaths of mulse even during the paroxysm, or well diluted wine with the food. For in this way also the febrile action is augmented, and the great heat which arises at once removes the previous untoward symptoms, affords hope of remission, and of a cure during that remission.

And, most assuredly, that is no new method of treatment, pursuant to which in our time certain persons occasionally cure patients committed to their charge, by remedies the reverse of those which had previously been employed by more cautious physicians : since, among the ancients also, before the time of Herophilus and Erasistratus, and just after that of Hippocrates, there was one Petro, who, on receiving the care of a febricitant, was in the habit of covering him with a large quantity of bed-clothes, to the intent that he might both excite great heat and thirst : then he gave him cold water to drink ; and when he had excited sweating, he judged he had put the patient in a fair way of recovery : but if he failed to do this, he administered more cold water, and then made him vomit. When in either mode he had got rid of the fever, he immediately gave the patient

roasted pork and wine : if he did not succeed, his plan was to boil salt in water, and to make him drink it, that he might cleanse the system by purging the bowels.

And this comprised his whole practice ; not less satisfactory to those whom the disciples of Hippocrates had failed of curing, than it is in our time to those whom the followers of Herophilus and Erasis-tratus have not cured, after a tedious course of treatment. Yet, this does not make the practice a jot the less imprudent : for if adopted from the first, in the majority of cases it proves destructive. But since the same remedies do not suit all habits, temerity benefits those whom reason has failed of curing ; and on this account QUACKS SUCCEED BETTER WITH OTHER MEN'S PATIENTS THAN WITH THEIR OWN. Still it is the duty of a circumspect practitioner occasionally to try a new method, and both to aggravate the disease and exasperate the fever ; because when the existing action is not susceptible of cure, the one about to be substituted may be so.

10. It also requires due consideration whether the fevers be alone, or other affections supervene upon them ; whether, for example, the head be painful, the tongue cracked, or the præcordia tense. When pains of the head are present, it is

right to mix rose oil with vinegar, and to apply it to the head; next to have two pledgets of the length and breadth of the forehead; constantly keeping one in the rose oil and vinegar, and the other on the forehead: or to apply, steeped in these, wool not deprived of its natural grease. If the vinegar be unpleasant, we may use pure rose oil; if this also be disagreeable, acerb oil. Should these be found of no use, dried orris, or bitter almonds, or any of the refrigerant plants may be powdered; and either of these applied with vinegar, has the power of diminishing the pain, but more so in some cases than in others. Bread also is serviceable, laid on with poppies; or ceruss, or litharge, with rose oil; nor is it altogether useless to smell wild thyme or dill.

But when there is inflammation and pain in the præcordia, repressing cataplasms are to be used first; lest the hotter kind determine more humour there: directly the inflammation is diminished, we advance to the hot and humid sort, to discuss the relics of the disease. Now the characteristics of inflammation are four. REDNESS AND SWELLING, WITH HEAT AND PAIN: wherefore, Erasistratus was greatly mistaken in saying there is no fever without inflammation. If, therefore, there

be pain without inflammation, nothing need be applied externally, because the fever will of itself discuss it. But when there is neither inflammation nor fever, but merely a pain in the præcordia, we must immediately have recourse to hot and dry fomentations. If the tongue be dry and foul, first it should be cleansed with a penicillum, dipped in hot water, and then moistened with a mixture of rose oil and honey. Honey is a detergent, rose oil represses, and prevents it getting dry. But if it be not foul, but dry only, after it has been deterged with the penicillum, it ought to be smeared with rose oil, to which a little wax has been added.

11. CHILLINESS also is common before fevers, and a very troublesome kind of affection it is. When it is expected, the patient is to be entirely prohibited from all sorts of drink, for when taken just before the paroxysm, it considerably aggravates the symptom. He is sooner to be covered up with bed-clothes: dry and hot fomentations are to be applied to those parts where we apprehend mischief; that is, provided the violent heats do not set in all at once, but increase gradually. Such parts also are to be well rubbed with the hands anointed with old oil, to which some of

the calefacients have been added; and some physicians rest satisfied with one friction, no matter with what kind of oil. Some in the remissions of these fevers exhibit three or four cyaths of gruel, while, as yet the febrile action is remaining: afterwards, when that is completely at an end, they refit the stomach with cold and light food. I AM OF OPINION that this plan ought to be tried, when food exhibited once, and that too after the paroxysm, proves of little service. But we are to watch carefully, lest the period of the remission deceive us: for frequently in this kind of disease also, the fever appears to be diminished, and is again suddenly augmented. We are, therefore, to trust to that remission which is not transient, and which diminishes the jactitation and that particular fætor of the mouth which the Greeks call ὄζην. It is not disputed that, provided the accessions are daily equal, some little food should be given daily: that if unequal, it should be given after that which is the more violent, and hydromel after the lighter paroxysm.

12. But SHIVERING is usually the forerunner of those fevers which observe a regular course, and have perfect intermissions; and which are therefore the safest and most curable. For when the stages

are irregular, neither alviduction, nor the bath, nor wine, nor any other remedy can be had recourse to with precision ; for the accession is uncertain : hence, if it approach suddenly, the greatest mischief may accrue from that which has been invented as a remedy ; and all that can be done is to enjoin the patient to abstain on the first days ; and after the decline of that paroxysm which is the severest, to let him take food.

But when their course is regular, all these remedies are more easily tried ; since we can form a more correct estimate of the order in which the fits and intervals will succeed each other. Moreover, when these fevers have lasted a considerable time, fasting is of no service : it is only on the first days that this ought to be had recourse to as a means of opposing the disease : then the curative indication becomes twofold, first to relieve the shivering, and afterwards to remove the fever.

For this reason, at the commencement of the shivering, and also in the hot stage succeeding it, it is requisite to give the patient warm water with a little salt in it, and to make him vomit : for shivering is almost always occasioned by a collection of bile in the stomach. The same method should be pursued, if it return with the

succeeding accession; for thus it is often discussed. and by that time we shall have detected the species of the fever. Wherefore just before we expect the approach of the succeeding paroxysm, he is to be brought to the bath, and we should manage to take care that he be in the solium during the shivering fit. Although he feel the same sensation in the bath, he should nevertheless adopt the same plan when expecting the fourth fit; because, in this way it is often removed. When the bath is of no service, he should eat garlick, or drink honey water with pepper just before the accession; for these taken internally excite a heat which is incompatible with shivering. Afterwards, before the shivering commences he should be covered up just as was directed when treating of chilliness: and it is proper at once to apply the more powerful sort of fomentations over the entire body; particularly extinguished bricks and cinders wrapped up in cloths.

If, notwithstanding these precautions, shivering ensue, he should be anointed freely under the bed-clothes with heated oil, to which in like manner any of the calefacients may be added; friction may be employed as strong as he can bear it, chiefly in the hands and feet; and he

should hold in his breath. Nor are we to desist even though the shivering continue, for oftentimes the perseverance of the attendant overcomes the malady.

If he have VOMITING, tepid water should be given, and he is again to be made to vomit; and we must employ the remedies already mentioned till the shivering has ceased. But in addition to these, if the shivering be slow in subsiding, clysters must be used, for they do good by unloading the system. After these the last resources are gestation and friction. Furthermore, the food which ought to be given in such diseases is that which is laxative; the flesh meat that which is glutinous; the wine, if any, that which is austere.

13. These remarks apply to all fevers, no matter what may be the nature of their course: nevertheless they are to be distinguished according as each requires a different method of treatment. In a quotidian, it is highly expedient to abstain the first three days; then to take food every other day. If the disease be of long continuance, it is right after the paroxysm, to make trial of the bath and to give wine: particularly when the febrile action

remains after the removal of the shivering.

14. But in tertians and quartans with perfect intermissions, it is proper on the intermediate days to walk and to use other kinds of exercise, and to anoint. Cleophrantus, one of the more ancient physicians, was accustomed in this kind of disease, to pour warm water over his patient's head, long before the accession, and then to administer wine.

Although Asclepiades observed most of this man's precepts, this he very properly neglected: for it is hazardous.

This latter writer tells us that if the fever be a tertian, it is proper to clyster the bowels every third day after the fit; on the fifth after the shivering, to induce vomiting; then to give, on the plan of Cleophrantus, food and wine to those who remain healthy after the paroxysm: on the sixth day to keep them in bed, for in this way there will be no accession on the seventh.

That this may frequently answer is very probable: nevertheless it is safer to observe the following order; to make trial of the three remedies, vomiting, clystering, and wine, three several days, that is to say, the third, fifth, and seventh: but need

to drink wine on the seventh day until after the accession. But should the disease not have been removed on the first days, and thus become inveterate, on the day that the paroxysm is expected, the patient should keep his bed, be rubbed after the fit, and drink water after his food; on the next day, free from febrile action, he should refrain from exercise and unction, and rest satisfied with water: and this indeed is the best plan. But if weakness be urgent, it will be requisite for him, both, to take wine after the paroxysm, and a little nourishment on the intermediate day.

15. The same method is to be adopted in the QUARTAN. But inasmuch as this is very slowly terminated unless removed at the commencement, we should from the first be more energetic in laying down our plan of treatment. Therefore if a paroxysm come on with shivering, and then cease, the patient ought on that, on the next, and on the third day, to practise restraint, and on the first day after the paroxysm to drink hot water only; and for the next two days, if possible, not even that. Should the fever return on the fourth day with shivering, he ought to vomit, as before enjoined; then after the fit to take a moderate quantity of

food, with a quadrant of wine; on the next day, and on the third also, to fast; taking merely hot water in the event of being thirsty: on the seventh day to anticipate the cold stage by the bath; should the fever return, to open the bowels by clyster, and in the next intermission, to be rubbed smartly in the process of anointing; to take food and wine in the manner before mentioned; the two following days to abstain, attending to the friction. On the tenth day he should try the bath again; and, should there be another fit, be rubbed as before, taking wine more copiously: and on this plan it is probable that repose for so many days and abstinence, along with the other measures which have been inculcated, may remove the fever. But should this not be the case, we are to pursue a method of cure diametrically opposite; our chief object should be to enable the system to bear up against that affection which it must necessarily endure for a considerable time. Wherefore the plan of treatment recommended by Heraclides the Tarentine, is less worthy of approbation, for he said that the bowels are to be relaxed by clysters on the first days, and afterwards, that abstinence should be observed till the seventh. Now

even granting any one could sustain this, yet when freed from the fever, he would scarcely have strength enough left to admit of refection: thus, should the fits be frequent, he would sink. Therefore, should the disease remain after the thirteenth day, we ought not to have recourse to the bath, either before or after the paroxysm; unless now and then after the breaking up of the cold stage. We must contend with the shivering, by means of the remedies already mentioned. Immediately after the fit, unction and strong friction will be requisite, and he should take food of a nourishing quality and without scruple, with as much wine as he likes: on the next day, after the requisite repose, he should walk, be exercised, anointed, and smartly rubbed, and take food without wine: on the third day he should observe abstinence.

But on the day he expects the fit he should previously get up, and be exercised, and try so to arrange the matter, that he may be exercising at the time the fit is wont to return; for thus it is often discussed: but if nevertheless it come on while he is exercising, he should then desist. In this kind of sickness the remedies are oil, friction, exercise, food, and

wine. If the bowels be constipated they should be relaxed.

Although the more robust easily endured these remedies, yet when there is considerable debility, gestation should be substituted for exercise : and in cases in which not even this can be borne, yet friction may be employed ; should this, when violent to annoy him, we must limit our measures to repose, unction, and food ; and be careful lest crudity convert the affection into the quotidian type. For a quartan never proves fatal ; while, should the disease graduate into a quotidian, the patient is in danger, a catastrophe which never occurs unless through the fault either of the patient or his medical attendant.

16. But if it be a case of double quartan and the exercises already mentioned cannot be had recourse to, he should either rest entirely, or if that be impracticable walk gently ; sit quiet, with his feet and head carefully wrapped up ; take food and wine in moderation after each paroxysm, abstaining in the interim, unless the weakness be imperative. While in the event of the two fits being all but continuous, he should take food after each, and afterwards in the intermission gently move about, and take food after unction. But

since an inveterate quartan is seldom stopped except in spring, at that time we are to be particularly attentive, lest any thing occur to impede recovery. It will be useful also in an old quartan, occasionally to change the mode of living, passing from wine to water, from water to wine, from bland to acrid food, from acrid to bland; to eat radish and then to vomit; or to open the bowels with chicken broth; to add some of the calefacients to the oil used in friction; to absorb before the fit either two cyaths of vinegar or one of mustard, with three of the wine called Græcum salsum, or pepper, castor, assafœtida, and myrrh, mixed in equal proportions and diluted with water. For the body requires to be stimulated by these and the like remedies, that the existing action may be changed. After the subsidence of a fit, one ought for a long time to bear in mind its paroxysmal period: and on that day to avoid cold, heat, crudity, and lassitude. For in every case it is readily reproduced, unless guarded against for some considerable time.

17. But when a quartan ague has graduated into a quotidian, inasmuch as this is the result of some mis-management, it

is requisite to abstain for two days, to practise friction, and in the evening to allow him water only for his drink. It often happens that there is no fit on the third day: but be this as it may, food ought to be exhibited after the period of the accession shall have elapsed; and if the disease remain, abstinence as rigid as can possibly be enjoined, is to be employed, together with daily friction.

18. And here ends my exposition of the treatment of fevers: still, however, other affections supervening upon these remain to be considered; of these I shall immediately subjoin such as cannot be assigned to particular parts. I will begin with insanity, approaching to the consideration of that first species of it, which is an acute disease, occurring in a fever, and denominated by the Greeks φρένησις. It is of paramount importance to know that sometimes patients are delirious, and talk incoherently at the commencement of the accession. This is a dangerous symptom, and cannot happen except in a violent fever: nevertheless, it is not at all times equally dangerous: for it is usually transient; and when the violence of the paroxysm has abated, the senses return. Nor does this kind of affection recur.

quire any other remedy than that already prescribed in the treatment of fever.

But PHRENESIS is present when the raving is continual, or when, although the patient still have his reason, he forms certain chimerical notions: it is complete when the mind becomes addicted to those notions. Now there are several kinds of it; for some phrenetic patients are merry, others melancholy: some, whose madness is confined to language, are easily kept under restraint; others break out into open acts of violence: of these last some attack openly without art, and display every appearance of sanity in seizing opportunities of doing mischief: but are ultimately detected. Now it is unnecessary to distress those whose raving is limited to discourse, or to slight acts of violence, by adopting a rougher plan of coercion: but it is expedient to bind those who conduct themselves more violently, that they may neither injure themselves nor others. Nor are we to believe a phrenetic patient, who when bound and desirous of being loosed, talks in a rational and moving strain; for this is the trick of madness. The ancients kept such patients in the dark, because it is not in their nature to be frightened; while, on the other hand, they conceived

that even darkness assisted in producing mental composure. But Asclepiades said they ought to be kept in the light, inasmuch as darkness affrights them. Neither of these rules is unexceptionable; for light is most annoying to some, darkness to others, and cases are found in which no difference can be observed, either way.

It is therefore best to try both plans, and to keep the patient in the light if he dread darkness; in the dark, if light be offensive to him. But that patient in whose case no such distinction can be observed, provided he have strength, should be kept in a well-lighted room; if weak, in a dark one. Now to employ remedies when the raving is at its climax is useless; for the fever increases simultaneously. Wherefore, just at that time, the patient is merely to be kept under restraint: but as soon as is practicable, we should, without loss of time, proceed to offer relief. Asclepiades said, that blood-letting in these cases is as bad as murder: pursuing this method of reasoning, that there is no insanity except in the height of the paroxysm, while blood cannot be drawn except in the remission. But even his plan in such cases was to elicit sleep by long continued friction, although the increase of the paroxysm impedes sleep, and friction i

not useful except in the remission. Hence to be consistent he ought to neglect this last remedy likewise. What then is to be done? There are many remedies adopted when danger is urgent, which at other times ought to be omitted. So also continued fever has certain periods, at which, although it does not remit, yet it does not increase: and this is the next, although not the most eligible period for the trial of remedies. But if the patient's strength permit, he ought to be bled. The use of clysters requires less consideration. After interposing one day, it is proper to clip the head down to the scalp, and foment it with water, in which vervains have been boiled with some of the repressing remedies: or to foment it first and clip it afterwards, and then to foment it again: and lastly to saturate the head and nostrils with rose oil: to proffer rue also to the nostrils, rubbed up with vinegar, and to excite sneezing by medicines possessing that property. Such is the plan which ought to be adopted in cases in which there is no deficiency of strength. If however weakness be manifest, the head should be kept moistened with rose oil, to which wild thyme or some similar herb has been added. Nightshade and the wall herb are also two others which are useful in any

state of the strength, provided the head be saturated with the juice expressed from either of them. When a remission has taken place, friction should be employed; although more sparingly in those who have an overflow of spirits than in those who are melancholy. But with regard to the management of the minds of patients who are thus delirious, it is necessary to adopt a treatment according to the nature of each case. For the groundless fears of some patients are to be alleviated; which was done in the case of a very wealthy person who dreaded starvation, and to whom feigned bequests were from time to time announced. The audacity of others demands coercion: as happens in those persons, to restrain whom even flagellation is had recourse to. The unmeaning laughter of others is to be checked by reproof and threatening; and there are cases in which a melancholy train of thought requires to be banished: to accomplish which, symphonies, cymbals, and other noisy music are employed with advantage. Nevertheless, we are oftener to give assent to their opinions, than to oppose them; and the mind is thus to be brought gradually, and insensibly, from an irrational to a rational method of discourse. Sometimes we are to endeavour to elici

exertion of the mind; which plan is adopted with the studious, to whom a book is read in a proper style when they are pleased with it, and awkwardly when that itself is displeasing to them: for they thus begin to turn their attention to correcting it. Furthermore, they should be pressed to recite any thing they can remember. Some have been induced to take food, who had previously no inclination for it, by seating them in the midst of persons engaged at a banquet. To all labouring under such affections, sleep, though with difficulty procured, is in the highest degree beneficial; for after it, there is in most people a visible amendment. Saffron ointment with orris oil, applied to the head, is useful for this purpose, and also for tranquillizing the state of the mind. When, nevertheless, they continue wakeful, some try to obtain sleep by giving a decoction of poppies, or henbane: others, by placing mandrake apples under the pillow: others, by applying on the forehead amomum, or the tears of sycaminum. I find this last name occurs among physicians: but although the Greeks call the mulberry *συκάμινον*, yet this tree has no tear. In fact the term is expressive of a tree growing in Ægypt, which they in

that part denominate *μοροσύνον*. There are many who boil the bark of poppies in water, and with this decoction foment the head and face by means of a sponge. It was the opinion of Asclepiades that these remedies are inappropriate, inasmuch as they often convert the malady to a lethargy. Moreover his injunction was, that on the first day the patient be restrained from food, drink, and sleep; that in the evening he be allowed to drink water; after which, that friction be employed without pressing on hard with the hand engaged in rubbing; that on the evening of the next day, after repeating the same remedies, gruel and water be administered to him, and friction be again resorted to, as the surest means of producing sleep.

And, doubtless, it sometimes has this effect; and that to such an extent, that as he himself confesses, excessive friction also may endanger lethargy. But in the event of no sleep accruing on this method, it is to be procured by the former expedients, with a due regard to that moderation which is here necessary, lest, desirous of putting the man to sleep, we may afterwards be unable to awake him. A waterfall from an artificial fountain near the patient's room also tends to induce sleep;

or gestation employed after food, and in the night; and especially the motion of a slung hammock.

Nor is it improper, if blood have not previously been extracted, to apply the cupping instrument to the incised occiput, provided there have been no sleep, and delirium be present; for if it mitigate the disease, it may also occasion sleep. A just medium ought to be observed likewise with regard to food; for the patient ought not to have too much nourishment, lest he rave; and most decidedly should not be tormented with hunger, lest through weakness he fall into that asphyxial condition denominated *καρδιακόν*. The food should be of that sort which is the least nutritious, and particularly gruel; his drink hydromel; and of this it will be sufficient to give three cyaths, twice in winter, four times in summer.

There is a species of insanity of longer duration, differing from the last inasmuch as it begins without fever, and afterwards excites slight shiverings. It is confined to a depression of spirits, which seems to arise from black bile. Here blood-letting is serviceable: should any thing contraindicate this, abstinence is the remedy most important, vomiting and purging by white hellebore the next. After either of

these remedies, friction should be employed twice a day; if he be tolerably strong, frequent exercise also: and vomiting on an empty stomach. Wine being excluded, his food should be of the middle class of materials; although as often as I use this last expression, I wish it to be understood that some of the least nutritious sort may be given, provided one do not use that exclusively: while it is only the most nutritious which is inadmissible.

Besides these precautions, one ought to keep the bowels as free as possible; to dispel terrors, and inspire hopes: delectable entertainment must be sought for from comedies, and those diversions with which the patient was wont to be most fascinated before he became insane; works of his performing, if any, are to be warmly extolled, and placed within his view; his groundless melancholy should be blamed in mild terms; and he is occasionally to be admonished that the very circumstances which give him anxiety, ought to create rejoicing rather than solicitude. When fever also supervenes, it requires to be treated like other fevers.

There is a third kind of insanity, the most chronic of these three, not necessarily tending to shorten life, and usually

met with in a robust subject. Of this again there are two species; for some, without mental alienation, are deceived by unreal phantoms, such as the poets represent to have been seen by the raving Ajax or Orestes: others are disordered in their judgment. When phantoms mislead the judgment, our first consideration should be to observe whether they be sad, or gay. In sadness, black hellebore ought to be given as a purgative; but when there is an overflow of spirits, white hellebore, to excite vomiting; and if he cannot take it in a liquid form, it should be mixed with bread, that he may take it unwittingly: for thorough purgation will in a great measure alleviate the disease. Wherefore if one exhibition of the white hellebore have produced but little effect, after some interval it should be given again. Madness, attended with an excess of spirits, is milder than that accompanied with depression. It is an universal rule applicable to all diseases, that if the patient be about to be purged downwards, his bowels ought previously to be kept in a lax state; if upwards that they should be confined. But mental alienation is most successfully treated by punishments. When the patient has said or done any thing amiss, he

must be coerced by hunger, chains, and flagellation. He must be made to fix his attention, to learn something by rote, and to retain it in his remembrance : for in this way it will be effected, that he will gradually, through fear, be led to consider what he does.

To produce sudden and violent fright in this distemper is also beneficial ; and so is any thing which causes violent perturbation in the mind : for some change may ensue after the mind has been rid of its old condition. It is likewise of importance to discriminate whether the patient has repeatedly an unmeaning laugh, or is sad and dejected : for raving mirth is more properly treated by inspiring the terrors above-mentioned : but excessive sadness is benefited by gentle but long-continued friction, performed twice daily ; also by cold affusion on the head, and immersion of the body in water and oil. These which follow are general rules : that maniacs ought to be violently exercised ; to use long-continued friction ; not to take fat meat or wine ; after purgation to use the lightest of the middle class of nutriments ; that they ought not to be left alone, or among strangers, or those who may despise or neglect them ; that they should change the

climate, and when reason returns, be exercised by an annual tour.

Rarely, but yet sometimes, insanity is the result of fright. Such patients have the same symptoms, and require the same mode of living, with the exception that this is the only kind of insanity in which wine can be administered with propriety.

19. That which the Greeks call καρδιακὸν is of a very different nature to these last diseases, although phrenetic cases often gradate into this affection: for while in them there is mental alienation, in this there is no instability of the mind. Now it is nothing else than excessive debility of the body wasted by immoderate sweating, the stomach being languid. One may know it is present, when the pulse is small and weak; when sweats break out unusually, both as regards their quantity and periods, from the entire chest, neck, and head, while the feet and legs remain dry and cold. This kind of disease is acute. The first part of the treatment consists in the application of repressing poultices to the præcordia: the second in restraining the sweat. Acerb oil has that effect, or rose, or quince, or myrtle oil; with either of which the body should be gently anointed; and then a cerate ap-

plied, prepared from any one of them. If the sweat still prevail, the patient should be rubbed over either with gypsum or litharge, or cimolian chalk; or his body should be sprinkled from time to time with the powder of these substances. The powder prepared from the triturated leaves of dried myrtle, or bramble, answers the same purpose: so likewise the dry dregs of austere and sound wine: and there are many other similar remedies, but if these be not at hand, any road-dust thrown on has a tolerably good effect. In addition to such measures, to diminish the sweating, the body is to be lightly clad, to be kept in a cool room, and the windows left open to admit the breezes.

A third remedy is to succour the patient's weakness with food and wine. Although nutriment ought not to be supplied in considerable quantities, yet it should be given frequently, both during the night and day, that it may nourish without proving burdensome. It ought to be of the weakest kind, and such as is likely to agree with the stomach. Unless there be urgent necessity, it is not expedient to hasten to the use of wine. If there be reason to fear exhaustion, then indeed INTRITA may be

given along with it, or the wine itself, provided it be austere, small, and slightly diluted, is now and then freely to be administered with the chill off; and if the patient take but little food, POLENTA may be added; and the wine selected for this last purpose, should not be destitute of strength, and yet not very strong; and in the course of the day and night the patient may advantageously drink three heminæ; if he be of a larger make, even more than this. If he have no inclination for food, it is proper to practise cold affusion with a previous inunction, and then to proffer it. Should the stomach be so enfeebled that it does but imperfectly retain its contents, he ought to institute vomiting both before and after food, and after the vomiting again to take nourishment. If this last also fail to remain, it will be requisite to drink a cyath of wine, and after the lapse of an hour to take another. If the stomach reject this also, the entire body is to be rubbed over with pounded bulbs; which, after they have grown dry, cause the wine to be kept on the stomach; and afterwards the natural warmth returns to the body, and the vessels recover their energy; but the last resource is to inject the bowels with the cream of ptisan, or alica; for this also sup-

ports the strength. Neither is it inappropriate to hold rose-oil and wine under the nostrils of a patient oppressed with heat, and in the event of the extremities becoming cold, to warm them by rubbing with one's hands anointed, and hot.

Now, if by these measures we succeed in diminishing the violence of the sweat, and thus prolong life, time itself at length becomes a remedy. After the patient is to all appearance out of danger, we are still to fear a sudden relapse into the former state of weakness: therefore, excluding wine only, he ought daily to take stronger food, until the body regain sufficient strength.

20. There is yet another malady otherwise opposed to the phrenetic. In phrenesies, sleep is procured with difficulty, and the mind is ready for any act of temerity; but in the disease of which we have now to treat, there is drowsiness, and an almost insurmountable necessity of sleeping. The Greeks term it *λήθαργον*. And this also is an acute disease, and unless relief is afforded, quickly proves fatal. Some endeavour from time to time to excite such patients by sternutatories; and by remedies which stimulate by their fetid odour; such as crude pitch, uncleansed wool, pepper, white hellebore, castor, vinegar, garlic, and on-

ions. So also they burn galbanum near them, or hair, or hartshorn: or if that be not at hand, any other horn; for these when burnt emit a fetid odour. But one Tharrias says the affection is the result of the paroxysm, and becomes alleviated when that has gone off: and that therefore they who repeatedly rouse such patients, ill treat them to no purpose. Moreover it is of importance to know whether the patient awakes in the decession, or whether the sleep oppresses him, both when the paroxysm is not alleviated, and when it is so. For if he awake, it is needless to treat him as one in a deep sleep; for he gets no better by keeping awake; while if better, he keeps awake spontaneously. But when the sleep is continual, most decidedly he ought to be aroused: and this when there is least fever, so that he may excrete somewhat, and take nourishment. Now the affusion of cold water is certainly a very powerful excitant; therefore after the remission, the body having been freely anointed with oil, should have three or four amphoræ of water poured upon it, from the head downwards. But this we may employ, when the patient's respiration is regular, and his præcordia soft: in other cases, those means are preferable which have been above com-

prehended. So far as regards the sleep then, this is the best plan of treatment. But for the cure of the malady, the head should be shaved, and then fomented with posca, in which bay or rue has been boiled : on the next day castor ought to be applied, or rue pounded with vinegar, or bay berries, or ivy with rose oil and vinegar. And mustard applied to the nares is a good remedy for arousing the patient ; and placed on the head or forehead, contributes to the removal of the disease. Gestation is also beneficial in this disease ; so especially food given at seasonable times, that is to say, during the completest remission that can be observed. Now gruel is very proper, until the disease is on the decline : therefore if a severe fit occur daily, it may be given daily ; if every other day, gruel is eligible after the severer, hydromel after the milder paroxysm. Wine also is highly beneficial, if given with seasonable food. But should this kind of torpor ensue after long continued fevers, we are to practise all the measures already mentioned ; and three or four hours before the fit, to give castor, mixed with scammony if the bowels be bound, and otherwise, with water merely. If the præcordia be soft, a fuller diet may be used ; if hard, he should be confined to the slops already mentioned, and apply to

the præcordia some remedy which may at once repress and soften the part.

21. This last is an acute disease: but that in which there is a collection of water under the skin may become chronic, unless cured at an early period: the Greeks call it ὕδρωπα: and there are three species of it. For, sometimes, the belly being very tense, there is a frequent rumbling internally, from the motion of air: sometimes the body is unequally swollen by tumours arising all over it: at other times, the water is collected within the abdomen, and moves along with the motion of the body, so that its fluctuation is visible. The Greeks have called the first τυμπανίτην, the second λευκοφλεγματίαν, or ὑπὸ σάρκα; the third, ἀσκίτην. A superabundance of humour is common to them all; and hence ulcers do not readily heal in such patients. But this malady often begins spontaneously; often supervenes on some other chronic distemper, and particularly on quartan ague. It is more readily removed in slaves than in free men: for since it requires hunger, thirst, a thousand other unpleasantries, and much patience, it is less difficult to relieve those who are easily put under restraint, than those to whom liberty proves disadvantageous. Nay, even those who are under another's direction are not cured un-

less they can exercise perfect self-command. Therefore was it, that a physician of some repute, a disciple of Chrysippus, residing at the court of king Antigonus, contended that a friend of this monarch's could not possibly be cured, although but slightly affected with this malady. And when another physician, Philip of Epirus, guaranteed his cure, the former one's answer was, "You look to the patient's disease, I to his character." Nor was he deceived in the event. For, although the patient was guarded by the utmost diligence, both on the part of the physician and the king, yet by swallowing his malagmata, and drinking his urine, he hastened his own destruction. At an early period, however, the disease is not difficult, provided repose be enjoined, together with thirst and fasting: while if the affection have become inveterate, it is not removed but with the greatest difficulty.

They say, however, that Metrodorus, a pupil of Epicurus, when affected with this malady, and unable to endure the necessary thirst patiently, made it his practice first to drink and then to discharge by vomiting. Now, if what is ingested be thus discharged from the stomach, it considerably diminishes the distress; if retained, it augments the malady, and therefore

ought not to be tried in every case. But if fever also be present, this in the first place requires to be removed by the methods which have been declared proper for its relief: if not attended with fever, that is the time to proceed to the usual means for curing the dropsy itself. And with regard to this disease also, whatever the species, if it have not taken too strong a hold, there will be need of the remedies aforesaid: he should walk much, sometimes run; and the upper parts especially are to be rubbed, while he is holding in his breath: sweat is to be elicited, not solely by exercise, but also by hot sand, or by the laconicum, or clibanum, and other like means; the natural and dry sweating places are also particularly useful, such as we have above *Baiæ*, in the myrtle groves. The warm bath and moisture of every kind is hurtful. Catapotia, consisting of two parts of wormwood and one of myrrh, may be properly enough given. The food should be of the middle class, but yet of the harder sort: no more drink should be given, but just barely sufficient to sustain life; and that is the best which provokes the urine: although it is better to produce that effect by food than by physic. If however circumstances render it necessary, some of the diuretic herbs are

to be boiled, and their decoction administered as a drink. This property would appear to reside in orris, nard, saffron, cinnamom, amomum, cassia, myrrha, balsamum, galbanum, ladanum, the wild vine, panaces, cardamom, ebony, cypress seed, stavesacre, which the Greeks call *σαφίδα ἀγέλαν*; southernwood, rose leaves, sweet flag root, bitter almonds, goat-marjoram, styrax, costum, the seed of the square and round cyperus: the Greeks call the former *κύπριον*, the latter *σχόινον*: as often as I introduce these terms, I would be understood to mean those species which are imported with other aromatics, and not the indigenous kinds. But in the first place the mildest of these are to have a fair trial; namely, rose leaves or spikenard. A rough flavoured, and very weak wine is beneficial. It is advantageous to measure the abdomen daily with a string, and mark the extent of the enlargement, observing from day to day, whether the body is becoming fuller or extended: for extenuation shews the medicine is effective. Nor is it a bad plan to measure his drink and urine; for when the quantity of excreted fluid exceeds that which is ingested, then, at least, there is some hope of recovery. Asclepiades has recorded, that in a patient who lapsed into a dropsy from a quartan ague, he employed

abstinence and friction for two days; and that on the third, when he had got rid both of the fever and the water, he administered food and wine.

Thus far the treatment may be laid down as universally applicable to every species of the disease: when the affection is more violent, our method of cure requires distinctions accordingly.

Therefore if the case be TYMPANITIS, and from that there be frequent pain, some benefit is to be derived from vomiting after a meal, every, or every other day; and dry, hot fomentations are to be employed. If the pain be not ended by these remedies, dry cupping is necessary: and if the patient's sufferings be not removed even by this, the skin is to be lanced, and cupping to be resorted to a second time. Where this proves of no service, our last resource is to inject plenty of hot water into the bowels, and allow it to escape again. Furthermore, it is expedient to employ smart friction three or four times a day, with oil and some of the calefacients: but that not over the abdomen. Upon this last part mustard should be applied at different times, until it erode the skin: and in several places ulcers ought to be established on it, by means of hot brands; and to be kept open for a considerable

time. Boiled squills also are advantageously taken as a linctus; but long after these tympanies, flatulent food should be avoided.

But when the disease is of that kind called λευκοφλεγματία, it is proper to expose the swollen parts to the sun; but not too much, lest it excite fever: when the sun is more powerful, the head should be covered, and friction employed with the hands moistened only with water, to which salt, nitre, and a little oil have been added; employing for this purpose those of children, or women, since theirs is the softer touch; and should the strength permit, it may be continued for a whole hour before noon, and half an hour in the afternoon. Repressing cataplasms also are serviceable, and especially in delicate habits. An incision also is to be made above the inner ankle to the extent of about four digits, so that for some days humour may be abundantly given off; it is also proper to make free incisions in the tumours themselves; to agitate the body with much gestation; and when the wounds have cicatrized, to augment the patient's exercise and food, till his system return to its former healthy condition. His food ought to be of a nutritious and glutinous nature, and principally flesh: his wine, if the stomach

permit, tolerably sweet; and that not taken constantly, but alternately drinking for two or three successive days, at one time water, at another wine. The seed of the *lactuca marina*, which grows of a large size near the sea coast, is useful, with water as the vehicle of its administration. If the patient be robust, he may take boiled squills in the form of linctus, as I said before. And there are many authors who would have the tumours beat with inflated bladders.

But when the disease is of that kind in which much water is collected within the abdomen, it is proper to walk, although more moderately: to apply a discutient malagma; and to bind upon it a napkin three times folded, with a bandage not too tight: a measure which had its origin from Tharrias, and is still continued by many. Should it be manifest that the liver or spleen is affected, it is expedient to apply over it a bruised mellow fig, with the addition of honey. If by such means the abdomen be not freed from, but still abound with water, it is fit to afford relief in a more summary method, so that it may be discharged by the belly itself. Neither am I ignorant that this method of cure did not please Erasistratus: for he thought the affection arose from the liver,

that this last therefore was the organ to be cured; and that it was useless to discharge water, which, so long as the liver remains faulty, will accumulate again and again. But, in the first place, it is not a disease of this one viscus exclusively; for it happens in affections of the spleen, and in universal cachexy. And, in the next place, admitting that to be its origin, yet, if the water be not evacuated, but allowed to remain there, it proves noxious both to the liver, and to other internal organs. And even then it is equally proper that the body be treated generally. For tapping does not cure the disease, but gives us the opportunity of using medicine, which the accumulated fluid prevents. It is not disputed that this is not a method of cure suitable to every case: but for the robust and younger subjects, who have no fever, or at least ample and evident remissions. For they who have a diseased stomach, or have become dropsical from black bile, or are cachectic, are not fit subjects for this mode of practice. Now on the day the fluid is discharged, food is improper, unless the strength fail: on the ensuing days both that and undiluted wine ought to be given, although sparingly, and the patient be submitted gradually to exercises, frictions, insolation, sweatings, fatigue, and suitable

food until his recovery be complete. The case requires the bath to be used but rarely: vomiting on an empty stomach more frequently. In summer, sea-bathing is advantageous. Even long after convalescence, indulgence in venery is injurious.

22. CONSUMPTION is a malady which often endures for a long time and is still more dangerous. And of this also there are several species. There is one in which the body not being nourished, and nothing being substituted for the repair of the continual waste to which we are naturally subject, the utmost emaciation takes place, and, unless checked, proves destructive. This the Greeks call ἀτροφίαν. It usually proceeds from two causes. For either from excessive caution, the patient takes less, or from avidity, more than he ought: and thus either the deficiency debilitates, or the superfluity becomes corrupt. There is another species, which the Greeks call καχεξίαν, in which, in consequence of a depraved condition of the body, all the aliments are corrupted. This last species occurs when the body, vitiated by a long continued disease, is too weak even when at length free from it, to admit refection: or arises from the use of improper medicines; or from the want of the common necessities of life: or from eating strange and

pernicious food, and from the like causes. In this case, besides the wasting, it sometimes happens that the skin is continually disfigured with ulcers, or that some parts of the body grow tumid. The third, and by far the most dangerous species, is that which the Greeks have called *φθίσιν*. It usually begins in the head, and then falls upon the lungs; to this accedes ulceration, and upon that slow fever supervenes, which, though it subside, yet is sure to recur: there is a frequent cough; pus is expectorated, and sometimes a cruentate matter. The expectorated matter, if thrown on the fire, emits a fetid odour: hence they who have their doubts of its true nature, resort to this experiment.

These being the kinds of consumption, it is expedient first to discern under which species the patient is suffering. This being attended to, if it be only a case in which the system appears to receive no nourishment, we ought to mark its cause, and if the patient have been in the habit of taking less food than requisite, he should make some addition to it, but gradually; lest he suddenly overload the system with an unusual quantity, and impede concoction. But if any one be accustomed to take more food than requisite, he ought to abstain from a day; then begin with a small portion

daily making some addition to it, until he arrive at a proper quantity. Besides these measures, he ought to walk in places, where, avoiding the sun, he may be least subject to cold: and also to be exercised so as to employ the hands: if weaker, he ought to be submitted to gestation, unction, universal friction performed with his own hands if possible, and frequently each day, both before and after food, until he sweat; occasionally adding calefacients to the oil used for that purpose. It is beneficial to lay hold of the skin in many parts, and to draw it, that it may be relaxed; or to produce the same effect by the applying and withdrawing of resin. Sometimes also the bath is advantageous, provided it be used after a spare meal: and some food may be properly taken in the solium, or after the friction, when this last is employed without the bath. Now the food ought to be of that sort which is easily digested, or which is highly nutritious. Hence the use of wine also is necessary, provided it be austere. The urine is to be elicited.

But if a CACHEXY be present, the first thing to be inculcated is abstinence; afterwards the bowels are to be opened by clyster; and then food should be given by degrees, adding to these measures exer-

cises, unctions, and frictions. For these last cases, the bath is to be employed frequently, but on an empty stomach, and to the extent of sweating. But the food should be abundant, various, of a good juice, and such also as does not easily become corrupt; and should be taken without austere wines.

If other remedies prove of no avail, blood is to be drawn; but gradually, and daily for several successive days, with this qualification, that the aforesaid remedies be employed in the same manner.

But if the mischief be more serious, and a TRUE PHTHISIS be present, it is necessary to oppose it at its very onset: for when it has become inveterate, it is not easily subdued. If the strength permit, there will be need of long voyaging and change of climate from a rare atmosphere to one more dense, and therefore the transition from Italy to Alexandria is very suitable. And usually at the commencement, the body ought to be able to support this, since this disease generally arises at the most vigorous period of life, that is to say, from eighteen to thirty-five. If one's weak state of frame admit not of this last measure, gestation, by means of short water excursions, is extremely useful: if there be any thing which renders this impracticable, he should be moved

about in a sedan, or by some other mode. Under such circumstances he is to abstain from business, and from every thing calculated to produce mental anxiety; to indulge in sleep; to avoid catching cold, lest any alleviation effected by our attention, may be neutralized by the irritation thereupon ensuing; hence crudity ought to be avoided; so also the two extremes of insolation and cold; the face should be veiled, the throat wrapped up, and the cough removed by suitable remedies: and as long as there are febrile paroxysms, they are to be treated by abstinence, and, occasionally by the well-timed exhibition of food; and, at such periods, the drink should be water. Milk also, which in head-achs, acute fevers, and in the excessive thirst consequent thereon, is as bad as poison, (as likewise in præcordial tumours, bilious urine, and hæmorrhage,) is on the contrary beneficially exhibited in pthisis, and all chronic and tedious, slow fevers. But if as yet the fever have not attacked, or have already remitted, we should have recourse to moderate exercises, particularly walking; and to gentle frictions. Bathing is inappropriate. The food at first ought to be acrid, such as garlic, leeks, and that with vinegar; or with

this same fluid, endive, the herb-basil, and lettuce: and afterwards it should be mild, as gruel made of ptisan, or alica, or starch with the addition of milk. Rice, or even far, if nothing else be at hand, answers the same purpose. Then these opposite sorts of food are to be used reciprocally; adding to them some of the middle class and the brains of those of the first, or small fish and similar articles. Meal also mixed with mutton or goat suet and then boiled, is medicinal. His wine should be light and austere. Thus far the disease is opposed without any extraordinary exertions; but if the injury be more considerable, and there be neither fever, nor cough, and the body appear extenuated, there is need of stronger remedies. Ulcerations are to be induced with the actual cautery, under the chin for one place, another in the neck, two at both breasts; also at the lower margin of the scapulæ; which the Greeks call *ὤμοπλάτας*, in such manner that we may not suffer them to heal, unless after the cessation of the cough: which evidently requires a distinct treatment. Then the extremities are to be strongly rubbed three or four times a day; the hand must be passed lightly over the chest; and one hour after a meal, both the legs and arms are to be rubbed: after an interval of ten days

the patient is to be immersed in the solium, prepared with hot water and oil: on the other days, water is to be his drink; then one may give him wine to drink, cold, if he have no cough, but otherwise, with the chill off. It is advantageous, also, that food be given daily during the remissions: that frictions and gestations be employed in the same manner: that he take the acrid articles before-mentioned, on the fourth or fifth day, and eat blood-wort or plantain macerated in vinegar. The juice of plantain by itself, or that of horehound boiled with honey, is used as a remedy: in such a manner, that a cyath of the first may be supped, and of the latter a table-spoonful be taken gradually in the form of linctus; or one part resin of turpentine and another of honey and butter, mixed and boiled together. But the chief of all these remedies are food, carriage exercise, sailing, and gruel. Diarrhœas are especially to be avoided. Frequent vomiting in this disease is dangerous, and especially when blood is ejected. He who begins to be a little better, ought to increase his exercises, frictions, and food: then rub himself, while he holds in his breath: and for a long time to abstain from wine, the bath, and venery.

23. Among the most common diseases is that called the comitial, or greater; that is to say, EPILEPSY. The person suddenly falls down, and foams at the mouth; then after some time comes to himself, and rises by his own efforts. This disorder more frequently attacks men than women; and indeed is usually very chronic, continuing throughout life, without hastening dissolution; nevertheless, when recent, it sometimes destroys a patient; and when remedies have failed of a cure, in boys, the commencement of sexual intercourse, and in girls a first menstruation, often removes the disease. Sometimes the patient falls with, and sometimes without convulsions. Some endeavour to arouse such patients by the remedies used for the lethargic, which is very improper; both because not even lethargy is cured in this way; and whereas one in a lethargy may possibly never awake, and so perish for want of food: the epileptic patient is sure to come to himself. When any one thus falls, if there be no convulsions, he ought certainly to be blooded: if these accede, he ought as certainly not to lose blood, unless other symptoms indicate its propriety. But it is necessary to clyster the bowels, or purge with black hellebore, or if the strength permit, to do both: then to clip his hair close, and anoint his head with

oil and vinegar: in three days, to allow him food, but after the hour at which he fell. But neither are gruels suitable, nor other spoon-meats, nor very light nutriment, nor flesh, and least of all pork; but those of the middle class: for there is a deficiency of strength, and crudities are to be avoided. With these he ought to avoid insolation, bathing, the fire, and every thing heating: also cold, wine, venery, the sight of a precipice, and of all frightful objects, vomiting, lassitude, anxieties, and business of every kind. When food has been given on the third day, he should take none on the fourth, but afterwards, every other day; observing the same hour for his meal, for fourteen days. Should the disease exceed this space, it has laid aside its acute character, and, if it remain, it is now to be treated as a chronic affection. But when the physician has not begun to attend on the day it first occurred, but one accustomed to fits has been delivered over to his care, adopting without delay that regimen which has been above comprehended, the day of the fit is to be awaited; and then we must resort either to bleeding, or clystering, or black hellebore, as has been already inculcated: afterwards, on the ensuing days, he is to be nourished by the before-mentioned aliments, avoiding

all things which I have said require due caution. If, by these means the disease be not brought to a termination, we are to resort to white hellebore, and use it for three or four days at shorter intervals; not repeating the remedy, unless he have another fit. But on the intermediate days his strength must be supported, adding some other aliments to those already prescribed above. When he awakes in the morning, his body is to be gently anointed with old oil, including his head, and excluding his abdomen: he should walk as far, and in as straight a direction as possible: after the walk, he should be rubbed in a warm apartment briskly and for a long time, and with not less than two hundred movements of the hand, unless he be weak: then cold water should be freely affused, allowing it to fall from the head; he should take a little food, and repose awhile; repeat his walk before night; again be strongly rubbed, so as to touch neither his abdomen nor his head; afterwards sup, and at intervals of three or four days take acrid food for one or for two days running.

If he have not been freed even by these means, let him shave his head: let him be anointed with oil, adding vinegar and nitre; let him be perfused with salt water: let him drink castor with water, on any

empty stomach: let him use no water for drink except such as has been boiled. Some have freed themselves from this disease by drinking the hot blood of a slain gladiator; such a wretched remedy is made tolerable by a still more wretched disease. Now as regards the physician's province, the last remedy is to draw a little blood from both legs, near the ankle; to lance the occiput, and apply the cupping instrument: to burn in two issues with the actual cautery, one in the occiput, and another below it, at that part where the uppermost vertebra is connected with the head, so that the pernicious humour may escape. If the disease be not brought to an end by these means, it is probable that it will be perpetual. To mitigate it merely, one should employ much exercise, friction, and the foods above-mentioned; and especially avoid every thing which we have declared to be inadmissible.

24. Equally well known is that affection which they sometimes call ARQUATUS, sometimes the ROYAL disease, or JAUNDICE; of which Hippocrates says, "if it accrue after the seventh day, while the patient is yet feverish, he is safe, provided the præcordia remain soft:" Diocles, that if it arise after a fever, it is even beyond dispute salutary; if the fever after

the jaundice, that it destroys. Moreover the complexion betrays the disease, especially that of the eyes, in which what ought to be white, becomes yellow. It is usually accompanied by thirst, head-ach, frequent hiccough, induration at the right side of the præcordia, and during violent motion of the body, by difficulty of breathing, and even with paralysis. After this malady has lasted for some longer period, the whole body becomes bleached with a kind of pallor. On the first day one ought to fast, on the second to purge by clyster: then, if fever be present, to discuss that by regimen; if there be no fever, to give scammony in the form of potion, or white beet triturated with water, or bitter almonds, wormwood, and anise with hydromel; the anise constituting the smallest proportion.

Asclepiades, rejecting diuretics, made the patient drink even salt water, and that for two days, by way of purging him. Some, omitting the use of the articles mentioned above, say they can produce the same effects by diuretics, and extenuant food. I MOST DECIDEDLY PREFER the stronger remedies when there is a sufficiency, the milder, when there is a failure of the strength. If purging have been used, he ought, for the first three days afterwards

moderately to take food of the middle class; and to drink the wine called Græcum salsum, that the lax state of bowels may be permanent: then for the next three days to eat more nutritious food, and some flesh also, and to keep to water: then to return to the former plan of diet, with this difference, that he may feed more heartily; omitting the Greek wine, he ought to drink that which is sound, and austere; and so to vary these matters, that he may at one time interpose acrid food, and at another return to salt wine. But throughout the whole course, he should use exercise and friction; if in winter, the bath, if in summer, cold swim-mings; his bed and chamber more orna-mented; games, mirth, diversions, and every sport by which the mind is exhila-rated; whence, as it should seem, it is called the royal disease. A digesting ma-lagma applied on the præcordia is ser-viceable, or dried figs applied there, if the liver or spleen be affected.

25. The disease which the Greeks call *ἐλεφαντίασις* (ELEPHANTIASIS) is almost unknown in Italy, although in some coun-tries very frequent; and is ranked with the chronic. The entire frame is so af-fected that even the bones may be said to be diseased. The surface of the body has

crowded blotches and tumours; their redness is gradually changed to black; the surface of the skin in different spots is irregularly thick, thin, hard and soft, and rough as though with scales; the body grows emaciated, the mouth, calves, and feet grow tumid: when the disease is of long standing, the fingers and toes are hid under the swelling; slight fever arises, which readily destroys one overwhelmed with so many afflictions. Therefore at the commencement blood ought immediately to be drawn on two successive days, or the bowels purged with black hellebore, during which period, fasting should be had recourse to, as rigid as can be sustained: then his strength should be in some degree reinforced, and his bowels clystered; and when, after these measures the body has experienced some relief, we should employ exercise, and especially running: sweat is to be elicited first by corporeal exertion, and then also by the dry sweating rooms: friction ought to be employed; and a proper medium regarded, that the strength may be preserved. Bathing should not be frequent; the food should contain nothing fat, or glutinous, or flatulent: it is proper to allow wine, but not on the first days. Plantain bruised, and smeared on, appears to be a conservative to the body.

26. We likewise seldom meet with cataleptic cases, in which there is a stupor, both of body and mind. Sometimes they happen from a thunder stroke, sometimes from disease; this last the Greeks call ἀποπληξίαν. Such patients are to be blooded and purged, either with white hellebore, or by clystering. Then frictions are to be employed, and the leanest food of the middle class; so also the acrid nutriments; and they should abstain from wine.

27. SECT. 1. But resolution of the nerves is a frequent occurrence in every country; although sometimes it affects the whole, sometimes parts of the body. Ancient authors have denominated the former ἀποπληξίαν, or apoplexy; the latter παράλυσιν, or PARALYSIS. I perceive they are both now called paralysis. Now they who have a violent resolution in all their members, are wont to be rapidly carried off; but if not suddenly destroyed, they last a long time, it is true, but yet rarely get well, and even their memory being lost, they most generally drag on a miserable existence. But when partial it is never acute, often of long continuance, generally curable. When there is a violent resolution of all the limbs, blood-letting either destroys or cures; while scarcely any other plan

of treatment ever restores health ; often only delays death, and in the interim increases the miseries of life. If after bleeding, neither motion nor reason return, the case is hopeless ; while if they do, there is even a prospect of recovery. But when the resolution is partial, blood is to be drawn, or the bowels purged by clyster, according to the strength of the body and the violence of the disease. With regard to other means, they are the same in both cases ; for it is of the last importance to avoid cold, and gradually to return to exercises ; yet so that, if able, he may at once resort to walking ; if weakness in his legs prevent that, he may be carried, or agitated by moving his bed ; at these times the affected limb should in some degree be moved of itself, if possible ; otherwise by the aid of another, that it may thus, in some degree, be forced to return to its usual actions. To irritate the surface of the skin of the palsied member, is also serviceable ; beating it with nettles, or applying mustard for this purpose, so that this last be removed when the skin shall have begun to grow red. Bruised squills, or bulbs bruised with frankincense, form a proper application. Nor is it inexpedient a long time to vellicate the skin every third day, by means of resin, and that, too, in several

places; sometimes to apply the cupping instruments without making incisions. Old oil is best for unction, or nitre mixed with vinegar and oil. Furthermore, it is very necessary to foment with hot sea-water, or if that be not at hand, at least with some salt water. Swimming baths also of the same kind, whether natural or artificial, if conveniently situated, are to be used in preference; and the limbs which are the weakest, ought chiefly to be brought into play; but, however, in default of these, the common bath is serviceable. The food ought to be of the middle class, particularly venison; the drink hot water, without wine; but when the disease has been of long continuance, the wine called *Græcum salsum* may be interposed every fourth or fifth day, by way of purgation. Vomiting after supper is useful.

SECT. 2. But sometimes also a PAIN of the NERVES is wont to occur. In this case one ought not, as some inculcate, to vomit, or to excite the urine by medicine, nor sweating by exercise. Water should be drunk twice a day. The body ought to be gently rubbed over, while in bed, for some considerable time, afterwards keeping in the breath; even in exercise, the upper parts are in preference to be put in motion; the patient should use the bath but sel-

dom, and change his climate from time to time by travelling. Where pain is present, the part is to be thoroughly anointed with nitre and water without oil; it is then to be wrapped up, and held over sulphur in a brasier, at a gentle heat, and thus fumigated; and this is to be done for some time, but while he is fasting, and after he shall have perfectly concocted. The cupping instruments are also frequently to be applied to the painful part, and it ought to be gently struck with inflated bladders. It is useful likewise to make a mixture of suet and the bruised seeds of the henbane and nettle, in equal proportions, and to apply this; also to foment with water in which sulphur has been boiled. Bottles filled with hot water are likewise properly placed on, or bitumen mixed with barley meal. And violent gestation is preferably employed, even during the pain, which in other pains is exceedingly hurtful.

SECT. 3. Moreover a TREMOR of the nerves is in like manner aggravated by vomiting and diuretics. The bath and dry sweatings are likewise prejudicial to it. The patient's drink should be water: he ought to employ smart walking: also unctions and frictions, and these principally performed by himself: the upper parts are to be brought into play by the ball and similar

exercises: he may use what food he likes, but with a due and especial regard to concoction: after meat he must avoid solicitude; and he should indulge in sexual intercourse very seldom; but if he have erred in this particular, then gently, and for a length of time he ought to be thoroughly rubbed with oil, and that by the hands of boys rather than by those of men.

SECT. 4. When INTERNAL SUPPURATIONS have been detected, it is of the first importance to try by repressing cataplasms to prevent a hurtful collection of matter; afterwards, should these fail, to aim at its dissipation, by discussing malagmata. If we do not accomplish this, it follows, that it be elicited: and then allowed to mature. Then, the termination of every vomica is a bursting: and a discharge of pus, either from the mouth or anus, is a proof of this occurrence. But we ought to do nothing which may impede the free exit of all the pus. One should principally use gruels and hot water. When the pus has ceased to be discharged, one may pass to food easy of digestion; but such as is more nutritious and cold, and to cold water, beginning however with tepid food. At first some nutriments may be eaten with honey, as pine nuts, or Greek nuts or filberts; afterwards even

these must be withdrawn, so that the cicatrix may be the sooner formed. Taking the juice of leek, or horehound, is a remedy for the ulcer in that stage; and leeks ought to be added to all his food. Furthermore, it will be requisite to employ friction in those parts which are not affected. Also easy walking: and when ulcers are in a healing condition, one should avoid exasperating them, either by wrestling, or running, or by any other means; for vomiting of blood is in this disease attended with fatal consequences, and therefore in every way to be avoided.

BOOK IV.

1. THUS far those kinds of diseases have been investigated, which are so seated in the entire body, that no particular situations can be assigned to them: now I shall speak of those which are partial. The diseases of all internal parts, and their cure, will be better understood, when I shall have previously pointed out their relative situations.

The HEAD therefore, and parts contained in the mouth, are not merely bounded by the tongue and palate: but by all its own external visible parts. To the right and left of the throat are large veins which they call σφαγίτιδες; and arteries also, which they call καρωτίδας, taking their course upwards, are continued beyond the ears. But in the neck itself glands are seated, which sometimes become painfully enlarged.

Then begin two passages: one they call the arteria aspera, or TRACHEA, the other the ŒSOPHAGUS. The trachea being external reaches to the lungs; the Œsophagus on the inner side, goes to the stomach: the former is for the reception of air, the latter

for that of the food. Now, since these passages are distinct, just where they meet, there is a small tongue upon the trachea, at the entrance of the fauces, which is elevated while we breathe; but when we are in the act of taking food, or drink, closes up the trachea.

Now the TRACHEA being hard and cartilaginous, rises in the throat, and retreats in the remainder of its course. It is made up of certain circles, arranged in the form of the vertebræ of the spine; in such way, however, that it is rough externally, and internally smooth like the stomach, and taking a direction downwards towards the præcordia, it is connected with the lungs.

The LUNG is spongy, and therefore capable of containing air, and being connected to the spine posteriorly, is divided into two portions, in the manner of an ox's hoof. Attached to this is the HEART, which is of a muscular nature, situated in the chest under the left breast, and has, as it were, two ventricles. But below the heart and lungs, there is a transverse septum formed of a strong membrane, separating the abdomen from the præcordia: being of a tendinous structure, and having a number of vessels dispersed on it: it separates not only the intestines, but the liver and spleen from the

upper parts. These viscera are in proximity with it, but have their position below, on the right and left. The LIVER commencing on the right side under the præcordia, and immediately below the septum, is internally concave, externally convex; this being prominent, slightly rests on the stomach, and is divided into four lobes. Inferiorly the GALL BLADDER adheres to it. But the SPLEEN on the left, being connected with the intestines, and not with the same septum, is of a soft and exceeding porous structure, and of a moderate length and thickness; and emerging slightly from beyond the margin of the ribs into the abdominal cavity, is principally buried under them. Now these three organs are joined. But the KIDNEYS are separate, adhering to the loins below the last ribs, rounded at the margin opposed to the ribs, and crooked at the other side; they are vascular, have small cavities, and are invested with tunics. And such are the relative situations of the bowels. The ŒSOPHAGUS, which is the beginning of the intestines, arises nervous from the seventh vertebra of the spine, and is united with the stomach about the præcordia. But the STOMACH, which is the receptacle of the food, is made up of two coats, and is situated between the spleen

and the liver; each of these last extending somewhat over it. There are also thin bands, by which these three parts are connected together, and joined to that septum which I have above described as transverse. Then, the lower part of the stomach turning a little to the right, is narrowed till it forms the uppermost intestine. This junction the Greeks denominate *πυλωρὸν*, because it allows of the escape of the egesta into the parts below, in the manner of a portal. From that begins the jejunum, which is an intestine moderately convoluted, and so called because it never retains what it receives; but immediately transmits it to the parts below. The next is the slender intestine, highly convoluted, each convolution being connected with those which are more internal to it, by means of slight bands; which being turned towards the right side, and ended in the region of the right hip, do nevertheless principally occupy the upper part. Afterwards, this intestine is joined by a thicker transverse one, which commencing at the right side is pervious and long towards its left, but not so towards its right side; and is on this account denominated cœcum. But that part which is pervious being of large compass sinuated, less nervous than the upper intes-

tines, disposed in flexions on either side, but occupying the left more than the right, touches the liver and the stomach: it is then connected by small membranes which proceed from the left kidney, and making a curve to the right, it is directed downwards, where it empties itself, and on that account there takes the name of "intestinum rectum." Now the omentum covers all these organs, being smooth and narrow at its lower, and softer at its upper portion: and fat also forms on it, which is of an insensible nature, like the brain and marrow. But from either kidney single vessels of a whitish colour take their course to the bladder: these the Greeks call ἐρητηγας, from the notion that the urine descending through them, distils into the bladder. The bladder, nervous and double at its fundus, but full and fleshy at its cervix, is connected by veins to the intestines, and to that bone which lies under the pubes: but is in itself detached and free: not having the same situation in males which it has in females. For in males it is in juxta-position with the rectum, inclined somewhat to the left side; in females it is placed above the genital organs, and is supported as it hangs, by the uterus itself. Again, in males the urethra is longer, and

narrower from its neck to the penis; in females it is shorter and wider, and shews itself above the neck of the womb.

In virgins the WOMB is exceedingly small; nay even in married women, unless when they are pregnant, it does not exceed a hand's grasp. It arises opposite to the middle of the belly, being provided with a straight and narrowed neck, and has a slight inclination towards the right hip; then advancing over the rectum, it is connected at its side to the woman's ilia. The ilia themselves are situated between the hips and pubes, at the lower part of the belly. From these and the pubes, the abdomen reaches upwards to the præcordia; externally, it is covered by the skin which is visible, internally, it is lined by a fine membrane, called by the Greeks *περιτόναιος*, which is connected to the omentum.

CAP. 2. SECT. 1. Having, after a fashion, afforded a view of these parts so far as is necessary to the practitioner, I shall recount the remedies for the disorders of each, commencing with the head; which last term I confine to so much of it as is covered with hair: for disorders of the eyes, the ears, the teeth, and the like, remain to be explained, elsewhere. Now the head is subject to an acute and dangerous disease which the

Greeks call κεφαλαίαν; the characteristic marks of which are strong shivering, nervous relaxation, dimness of sight, vomiting, together with a suppression of the voice ; or nasal hæmorrhage, with coldness of the body and fainting : besides these symptoms there is a violent pain, chiefly about the temples or occiput. Moreover, a chronic weakness of the head endures for a person's life : although neither severe, nor dangerous : sometimes the pain is of a severer kind, but temporary, and not of a fatal character; which last is contracted by indigestion, or by cold, or by heat, or by insolation. And all these pains occur sometimes with, and sometimes without fever : sometimes in the whole, and sometimes in part of the head; and sometimes excruciate also the most contiguous part of the face.

In addition to these, there is yet another kind met with, which may be chronic : in this a humour distends the skin, so that it swells, and yields to the pressure of the finger: the Greeks call it ὕδροκέφαλον. Now with regard to the second of these, I said, when recounting the means to be adopted by sound persons in partial weakness, how that ought to be treated. So again I have explained the proper remedies for

head-ach with fever, in that part where the treatment of fevers has been expounded. It is now my business to speak of the others. Of these, that which is acute, and that which is unusually violent, and that which, arising from some sudden cause, is violent without being fatal, should first be treated by blood-letting. But that measure, unless the pain be insupportable, is unnecessary: and it is more prudent to abstain from food: and if possible from drink also; or if this be impracticable, to drink water. Should the pain remain on the day following, one ought to give a clyster, to excite sneezing, and to take nothing but water; for on this plan, one or two days often bring all the pain to a termination; especially should it have arisen from wine or from crudity. When these means afford small relief, the patient's hair should be clipped down to the scalp; and it is our next duty to consider what has caused the pain. If heat, it is expedient to sluice the head with an abundance of cold water; to apply a hollow sponge, squeezed occasionally from cold water; to anoint with rose oil and vinegar, or to apply in preference, succid wool, steeped in these, or some refrigerant cataplasms. But if cold have been the noxious cause, it is

proper to sluice the head with hot sea, or at any rate with salt water, or with a decoction of laurel; then to rub the head stoutly; and afterwards to saturate it with hot oil, and to wear a cap over it. Some also bind it up, others load it with neck-cloths, and in this way experience relief; and others are benefitted by hot cataplasms. Therefore even when the cause is not known, it is right to observe whether refrigerants or calefacients afford most alleviation, and to use those which experiment seems to sanction. But if but little be known with regard to the cause, one ought to sluice the head first with hot water as before-mentioned, or with salt-water, or decoction of laurel; and then with cold posca. The following are of universal application to every chronic head-ach; to excite sneezing, to rub the lower parts smartly, to gargle with sialagogues, to cup the temples and occiput, to draw blood from the nostrils, to thoroughly vellicate the temples with resin, and to blister the affected parts with mustard; lint being first placed under it, lest it corrode too violently; or to ulcerate the painful part by means of the actual cautery, and to take food very sparingly, with water: after the pain has been alleviated, to go into the bath: to have

plenty of hot water affused first over the body, and then with cold, allowing it to fall from the head. When the pain is entirely removed, again to return to the use of wine; but ever afterwards to drink water before any thing else.

That species in which there is a collection of fluid, is of a different nature. In it, the hair should be clipped close to the scalp: then we should put on mustard to produce exulceration: should that not answer, we should make incisions.

The following are the common means of curing dropsies: exercise, sweatings, strong frictions, and the taking of such food and drink as principally excite the urine.

SECT. 2. There is a disease arising in the face, which the Greeks call *κυνικὸν σπασμὸν*. It generally comes on with an acute fever, the mouth being drawn aside by a singular motion; and it is therefore nothing else but a convulsion of the mouth. There is, moreover, a frequent change of colour in the face and entire body; and a disposition for sleep.

In this, it is best to let blood. If the disease be not removed by that, to purge by clyster: and should that fail also, to vomit with white hellebore: it is necessary, moreover, to avoid insolation, lassitude,

and wine. When not discussed by these remedies, we should employ running, friction, gentle and continued, for the part affected; and brief and violent, for the remaining parts. It is beneficial, likewise, to excite sneezing; to shave the head; and pour upon it hot water, either that from sea, or at all events, some containing salt, with the addition of sulphur; after the friction, again to be rubbed; to chew mustard; and, at the same time, to apply cerate to the affected parts, and mustard to the sound, until it blisters. The most eligible food is of the middle class.

SECT. 3. But when the TONGUE is PARALYSED, so as to obstruct a person's delivery, which is sometimes a distinct affection, and at others arises from another disease, it is proper to gargle with a decoction of thyme, hyssop, or catmint; to drink water; to smartly rub the head, the mouth, the parts below the chin, and the neck; to smear the tongue itself with assa-fœtida; to chew very acrid substances, such as mustard, garlick, onions; to use his utmost efforts in pronouncing words; to be exercised while holding in his breath; frequently to employ cold affusion; sometimes to eat plenty of radishes, and then to vomit.

SECT. 4. Sometimes a HUMOUR DISTILLS FROM THE HEAD into the nose, which is unimportant; sometimes into the fauces, which is worse; and sometimes into the lungs, which is the most dangerous. When it has distilled into the nose, a thin rheum flows from it, there is a slight pain, and a sense of weight in the head, and frequent sneezings: when into the fauces, it irritates them, and produces a slight cough: when into the lungs, besides the sneezing and cough, there is head-ach, lassitude, thirst, heats, and bilious wind.

GRAVEDO, although another affection, is not very different. It obstructs the nostrils, suppresses the voice, and excites a dry cough; the saliva is salt in this affection; there is a sounding in the ears, the vessels of the head are excited, and the urine is turbid. Hippocrates names these collectively *κορύζας*; I observe this term is still retained among the Greeks, and that they call a destillation *κατασαγμὸν*. These affections are of short duration, but when neglected, usually become chronic. There is no danger, except when they produce ulceration of the lungs. When we experience any of the above symptoms, we ought forthwith to abstain from going in the sun, from the bath, from wine, and from venery;

at the same time, we may use unction, and our usual food nothing the less. Smart exercises should be employed, but under cover, and after it, the head and face should be rubbed above fifty times. And it rarely happens that the disease is not mitigated, provided we have practised restraint for two or three days at least. After some alleviation, when in a destillation the rheum has become thick; or when in a gravedo the nostrils become freer, the bath must be employed, and the face and head freely fomented, first with hot, and then with tepid water; and after that, wine may be taken, with a fuller diet. But if the rheum be quite as thin on the fourth day, or the nostrils appear no less obstructed, he should take austere Aminæan wine, and then water again, for two days; after which he may return to the bath, and to his usual mode of living. It is not necessary, however, even on the days on which certain articles are to be omitted, to live like invalids; but to do every thing one was accustomed to do in health, that person excepted whom the disease is wont to annoy for a longer period, and in a more violent degree, for whom a stricter regimen is requisite.

In this case, therefore, when the humour

has distilled into the nostrils or fauces, besides the means before-mentioned, he should walk much, even at the very beginning: the lower parts should be strongly rubbed, milder friction should be used for the chest and head; his ordinary food should be diminished to one half; he should take eggs, starch, and similar incrassants, and resist the thirst to the utmost of his power. When he has been thus prepared for the bath, and has employed that remedy, small fish, or flesh may be added to his diet, provided, however, he do not all at once take his usual quantity of food: undiluted wine may be taken freely.

But when it distills into the lungs, there is need of much more walking and friction, and of the same dietetic regimen; if their effect be not satisfactory, he should use a more stimulant diet, and indulge in sleep, and refrain from every kind of business: the bath should be tried occasionally, but at a later period.

But in a GRAVEDO, he ought, on the first day, to rest; neither to eat, nor to drink; to cover the head, and surround the throat with flannel; on the next day to get up, and refrain from drink, or if necessity require, not to exceed a hemina of water; on the third day to take a mode-

rate quantity of the crumb of bread, with some small fish, or light flesh, and to drink water. When a person is unable to restrain himself from using a fuller diet, he ought to vomit: when he comes to the bath, he should foment his head and face with plenty of hot water, until he sweats, and then resume his wine. After employing these means, it is scarcely possible the inconvenience should remain; but should it, we ought to employ cold, dry, light food, as little fluid as possible, and keep on with the frictions and exercises, which are necessary in every affection of this nature.

3. We pass from the head to the neck, which is subject to very severe diseases. Neither is there any disease more troublesome and acute than that, which by a certain rigor of the nerves, at one time approximates the head to the shoulders, at another the chin to the chest, and at another keeps the neck on the full stretch, erect and immoveable. The Greeks call the first *ὀπισθότονον*, the next *ἐμπροσθότονον*, the last *τέτανον*, or TETANUS; although some use these less scientifically as synonymous terms. They often prove destructive before the fourth day; if the patients live beyond that, they are safe. All these species

are treated in the same way, and so far there is no dispute. But Asclepiades believed bleeding to be decidedly requisite; a remedy which some have said ought as decidedly to be avoided; because at that time the system principally requires heat, and because this resides in the blood. But the last assertion is false; for neither is it the nature of the blood to be peculiarly hot, but this, of all the parts of which the frame is composed, most rapidly becomes hot and cold again. Whether it ought to be drawn, may be learned from the precepts which have been given with regard to blood-letting. But it is doubtless proper to give castor, and with it pepper or assafœtida: then a moist and hot fomentation is requisite: and thus most persons occasionally sluice the neck with plenty of hot water. That affords temporary relief, but renders the nerves more liable to cold, which should be especially avoided. It is therefore better first to anoint the neck with liquid cerate, then to apply ox bladders or bottles filled with hot oil, or a hot meal poultice, or round pepper bruised with figs. However, hot salt used as a fomentation constitutes the most useful application.—When any one of these plans has been adopted, we ought to

bring the patient near the fire, or if in summer, in the sun; and to thoroughly rub his neck, shoulders, and spine, with old oil in preference: if that be not at hand, with Syrian; if not even that be near, with very old lard. Friction, though serviceable to all the vertebræ of the body, is particularly so to those of the neck: therefore this remedy ought to be resorted to by day and night, but with certain intervals; and during such intermission, we should apply any malagma made from the calefacients. Cold is especially to be guarded against, and hence a fire ought to be constantly kept in the patient's bed-room, especially just before dawn, when the cold is most intense. Nor will it be without service to keep the head close clipped, and to moisten it with hot orris oil, or that of cypress, and to cover it by putting on a cap; sometimes to make him descend entirely into the hot oil, or into hot water in which fœnugreek has been boiled, and a third part of oil added. Purging by clyster also often relaxes the upper parts: but when the pain has grown more violent, the neck should be cupped, after being previously scarified; and the same part should be burnt with the actual cautery, or corroded with mustard. When the pain has

been alleviated, and the neck has begun to be moved, we may know that the disease is yielding to the remedies. But food requiring mastication, ought to be for a long time avoided. He should use gruels, and also fresh or soft-boiled eggs; and some broth may be taken. When the case is going on favourably, and the neck appears to be in its natural state, we should begin with pulse or well-moistened intrita. He may, however, even chew bread at an earlier period than he can taste wine; for the use of this last is highly dangerous, and therefore to be deferred for a long time.

4. SECT. 1. Now as the last affection occurs in the entire neck, so another, equally dangerous and acute, is wont to happen in the fauces. Our countrymen call it angina, or quinsy: the Greeks name it according to the species; for sometimes there is no evident redness or tumour; but the body is arid, the breath fetched with difficulty, the limbs debilitated: this they call *συνάγχη*. Sometimes the tongue and fauces are swollen and red, the voice suppressed, the eyes turned, the face pallid, and there is hiccough: this is called *κυνάγχη*. Both have these following symptoms in common: the patient cannot swallow food, or drink; and his breathing is obstructed.

There is a slight affection in which there is tumour and redness only, without the other consequences: this they call *παρασυνάγχην*. Whichever the species, if the strength permit, blood should be drawn, even though there be no abundance of it; the next thing is to purge by clyster. It is right to apply a cucurbital also below the chin, and any where on the throat; that it may draw forth the suffocative matter. Afterwards moist fomentations are requisite: for dry ones choke the breath. Therefore we ought to apply sponges, which had better be dipped occasionally into hot oil, in preference to hot water; and for this purpose also hot brine is very efficacious. Then it is proper to boil down hyssop, or catmint, or thyme, or wormwood, or even bran, or dry figs, in hydromel, and to gargle with it: afterwards to anoint the palate with ox gall, or with that remedy which is prepared from mulberries. Pepper dust is also fitly applied. The last remedy, when these means have been of little service, is to make tolerably deep incisions at that part which is just below the jaw, above the neck, and in the palate about the uvula, or in those veins which are under the tongue; that the disease may have vent through the wounds.

When by these, the patient is not relieved, we may know that he is subdued by the malady.

But when the disease is thus mitigated, and the fauces at last admit food and air, his convalescence is easy. And sometimes nature also lends her assistance, by the disease passing from a narrower to a more spacious situation; and thus, redness and swelling appearing in the præcordia, we may know that the fauces are freed.

Whatever has produced the alleviation, the patient should begin with liquids, and especially hydromel: then take soft bland food, until the fauces return to their original state. I hear it commonly reported, that if one take a young swallow, he remains free from angina for a whole year; and that if that be salted and burnt when one is afflicted with the disease, and its ashes be sprinkled into hydromel, it proves beneficial. And since this fact is creditably reported, and can be attended with no danger, although I have not read of it in medical records, I believed myself bound to give it insertion in my work.

SECT. 2. There is also an affection about the fauces, variously named by the Greeks, according to its intensity. It is entirely confined to a difficulty of breath-

ing: but so long as this is moderate, and produces no sense of constriction, it is called δύσπνοια; when more violent, so that the patient cannot breathe without noise and anhelation, ἀσθμα; and when he cannot respire except with the neck erect, ὀρθόπνοια. Of these, the first is usually of long continuance: the two following acute.

The symptoms common to these are, a hissing sound, on account of the narrowness of the respiratory passage, a recurrent pain in the chest and præcordia, and sometimes in the shoulders; to these accedes cough. The remedy, unless any thing contra-indicate, is blood-letting. Nor does that suffice, but the belly should be kept lax with milk. The bowels are to be purged; sometimes also to be clystered; by which means the body being extenuated, he begins to breathe with less difficulty. Moreover the head should be kept high up in the bed: the chest assisted by fomentations and hot cataplasms, either dry or moist; afterwards a malagma is to be applied, or at any rate cypress cerate, or orris ointment. After that, hydromel ought to be taken as a common drink, in which hyssop, or bruised capers have been boiled. Either nitre, or white cresses are usefully taken in the form of linctus, first

fried, then bruised and mixed with honey: honey, galbanum, and resin of turpentine are boiled together, and when incorporated, a quantity, of the size of a bean, is daily dissolved under the tongue: or of crude sulphur P. \times = of southernwood P. \times are rubbed with a cyath of wine and supped up, with the chill off. Nor is it a groundless opinion that a fox's liver after being dry, and deprived of its juices ought to be bruised, and the polenta from it sprinkled in the drink: or that its lungs ought to be eaten roasted as fresh as possible, having been cooked without using iron in that process. Besides these, he should resort to gruels and light aliments sometimes to weak austere wine, now and then to vomiting. Benefit is also derived from whatever excites the urine but from nothing in a greater degree, than from walking with a slow pace, until completely fatigued; from much friction, especially of the lower parts, either in the sun or at the fire, both of his own exertion and that of others, to the extent of sweating.

SECT. 3. But sometimes in the inner part of the fauces ulceration is wont to occur. In this affection most persons use hot poultices and moist fomentations externally: they are desirous also that ho-

steam be taken into the mouth; others say that these means mollify the parts, and bring them more under the influence of the existing disease. But if cold be properly avoided, these remedies are safe; while if there be any reason to be apprehensive of this, they are inapplicable.

But to rub the throat is decidedly dangerous, for it increases the ulceration. Nor are diuretics of any service, because as they pass, they may attenuate the phlegm, which had better be suppressed. Asclepiades, the excellent author of many methods which we ourselves pursue, says, that very sour vinegar should be supped: for that by this, the ulcers are constringed without any injury. Although that may suppress the blood, it cannot cure the ulcers. For this last purpose lycium is a better remedy, and this he equally approves: or the juice of leek, or horehound, or sweet almonds bruised with tragacanth and mixed with passum; or linseed bruised and mixed with sweet wine. The exercise of walking and running is also necessary; and strong friction over the whole of the lower part of the body from the chest downwards. The aliments ought neither to be too acrid nor rough; honey, lentils, tragum, milk, ptisan, fat flesh, and above all leeks, and such

mixed dishes as contain these. The drink should be as scanty as possible. It should be water, either simple, or with pomegranates, or dates boiled therein. Mild gargles are also serviceable; or should these be less efficient, such as are repressing. This kind of disease is neither acute, and may possibly be of no long continuance; yet it requires a diversified treatment, to prevent it becoming a violent and tedious affection.

SECT. 4. But cough GENERALLY arises from excoriation of the fauces, which is contracted in many ways. Hence when their healthy condition has been restored, the cough itself is brought to an end. SOMETIMES, however, it is a distinct affection, and when inveterate is got rid of with difficulty. Sometimes it is dry, sometimes excites a discharge of rheum. It is requisite to drink hyssop every second day; to run with the breath held in, but by no means in the dust; to read vociferously, which at first is impeded by the cough, but afterwards gets the better of it: then to walk: afterwards to be exercised also by the hands, and to rub the chest for a long time: after these, to eat three ounces of the richest figs, boiled over a brasier. Besides, if the cough be moist, frictions with

certain of the calefacients are serviceable, in such manner that the head may also be well rubbed at the same time: also dry cupping the chest; mustard applied to the external fauces until it slightly excoriate; a drink made of mint, sweet almonds, and starch; and taking at first bread and afterwards any mild food. But if the cough be dry, and that be exceedingly troublesome, the taking of a cyath of austere wine assists it, provided that be done at intervals, and not oftener than three or four times; it is requisite also to eat a small portion of the very best assafoetida: to take the juice of leek or of horehound; squills as a linctus; to sip vinegar of squills, or certainly acrid vinegar, or two cyaths of wine with a clove of bruised garlic.

A cough is benefited by travelling, long voyaging, residence at the sea-side, swim-mings; by sometimes taking bland food, as mallows and nettle; sometimes that which is acrid, as garlick boiled in milk: by gruels, to which assafoetida has been added, or in which onions have been boiled to wasting: by fresh eggs with sulphur: and by first giving water to drink, and then this and wine, in their turns, varying them every other day.

SECT. 5. One has reason to be more

alarmed when one spits blood: although that is at one time attended with less, and at another with more danger. Sometimes it proceeds from the gums, sometimes from the mouth; and from the latter sometimes even copiously, although without cough, without ulceration, and without any disease of the gum, so that, as it sometimes issues from the nostrils without expectoration, it likewise proceeds from the mouth. So again, sometimes true blood flows, at others a matter resembling water in which flesh has been recently washed. But sometimes it proceeds from the upper part of the fauces, and occasionally with ulceration in that part; but sometimes even without an ulcer, it proceeds from the open mouth of a vessel, or from some tubercles of the nares. When this is the nature of the case, neither food nor drink occasions pain, nor is any matter excreted from the ulcer. But sometimes the throat and bronchiæ being in a state of ulceration, a frequent cough expels blood also: while it is wont sometimes to be given off even from the lungs, or the chest, or the side, or the liver: women who have no regular menstruation, frequently spit blood.

There are medical authors who say that hæmorrhage proceeds from an eroded, or

from a ruptured part, or from the open mouth of a vessel. They call the first *διάβρωσιν*; the second, *ῥήξιν*; the third, *ἀναστόμωσιν*. The last is the least, and the first the most hurtful; and it often happens that pus is discharged after the blood. Now, sometimes he who has stopped the bleeding has done sufficient for the recovery. But should ulcers ensue, or if there be pus, or a cough, the disorders are various and dangerous, according to their situation. When merely blood is discharged, both the remedy and the termination is expeditious: nor ought we to be unaware, that to those who have an habitual hæmorrhage, or to those who have pains in the spine or hips, or after strong exercise or walking, so long as there is no fever, a moderate flux of blood is not prejudicial; that when voided with the urine, it even removes lassitude; nay, that it is not alarming in one who has fallen from an eminence, if nothing else unusual be observed in his urine; that vomiting of blood carries no danger with it, even when recurrent, when the body has time to regain strength and flesh; and that there is not the slightest danger, when it occurs in a robust habit, without being excessive, and without exciting cough, or increased heat.

These remarks apply to all the species. I now come to the parts above named. When it proceeds from the gums, it is sufficient to chew purslane; when from the mouth, to hold pure wine in this last; or if that fail, vinegar. If, during the use of these remedies, the blood bursts forth alarmingly, inasmuch as it may destroy the person, it is very expedient to derivate its course by applying the cupping cucurbital to the back of the head, after scarification. When it occurs to a female who has no menstruation, it is fit, after making incisions into the groins, to apply the same instrument. When has proceeded from the fauces or internal parts, there is both more ground for apprehension, and greater care required. Blood should be abstracted; and if it still flow from the mouth, this should be repeated a second and a third time, and some little drawn away daily; he ought, without delay, to sup vinegar, or the juice of plantain or leek; and uncleansed wool, moistened with vinegar, should be applied over the affected part, and should be kept cold by means of a sponge. Erasistratus tied ligatures on the legs, thighs, and arms, of such patients, in several places. Asclepiades asserts that this, so far from being beneficial, is even

injurious. Yet do experiments testify that it often answers very well. Neither is it necessary that the ligatures be applied in many places: it is sufficient that it be done below the groins, above the ancles, at the top of the shoulders, and also on the fore arms. Then, if fever be urgent, gruel should be given, and water for his common drink, in which has been boiled any one of the alvine astringents; if there be no fever, either washed alica, or bread soaked in cold water, and soft boiled eggs may be given; and as to his drink, he may either have that above prescribed, or sweet wine, or cold water: although drink should be regulated by the knowledge of thirst being serviceable to this malady. In addition to these means, repose, security, and silence are necessary. His head should be elevated when lying down, and properly clipped of its hair. The face should be often bathed with cold water. But injury results from wine, bathing, venery, taking oil with his food, all acrid substances, also from hot fomentations, a hot and close chamber, piling much clothes on his body, and also from frictions. When the hæmorrhage has completely ceased, then, at last, we may begin by rubbing the fore-arms and legs; letting alone the chest. In this case, dur-

ing the winter, it is necessary to reside near the coast; during summer, in inland districts.

CAP. 5. Just below the fauces is the stomach, in which several chronic affections not unusually occur. For sometimes there is a great heat, and sometimes a flatulency affects it; at others, inflammation or ulceration; sometimes phlegm, and at others bile arises there; but the most frequent malady of this part is that in which it is greatly debilitated by relaxation (now called dyspepsia); nor is there any affection by which it is more disturbed, or in its turn produces greater disturbance of the whole body. Now, the remedies for this organ are as diversified as its diseases. When affected with HEATS, it is from time to time to be bathed externally with rose-oil and vinegar; and powdered rose-leaves mixed with oil may be applied; and those cataplasms which at once both repress and mollify.

If there be nothing to prevent it, cold water may be given to drink. When the case is FLATULENCY, cupping is serviceable, but without incision; dry and hot, but not very strong fomentations do good. Abstinence should be interposed. A potion of wormwood, or hyssop, or rue, is often of

service. At the first gentle, and then smarter exercise ought to be employed; and that in preference which brings into action the upper parts, which sort is best suited to all diseases of the stomach. After exercise, it is necessary to employ unction and friction; sometimes the bath, though rarely; sometimes clystering; afterwards food of a hot nature, and such as is not flatulent; and hot drinks in the same mode, first water, and then, when the flatulence has subsided, austere wine. In all maladies of the stomach, directions should be given that the PATIENT, WHEN WELL, CONTINUE THAT REGIMEN, BY THE USE OF WHICH HE HAS REGAINED HIS HEALTH: for his weakness returns, unless the health be defended by the same means by which it has been restored. But when any INFLAMMATION is present, which is usually followed by swelling and pain, the chief remedies are repose and abstinence, surrounding the part with sulphurated wool, and taking wormwood fasting. If an ardent heat afflict the stomach, it should be bathed from time to time with vinegar and rose oil, and food should be taken moderately; and such remedies applied externally as may at once both repress and soften: afterwards, these being withdrawn, we must employ hot

meal cataplasms, to discuss the relics of the disease : occasionally the bowels should be clystered : exercise must be resorted to, and a fuller diet. But if ulceration affect the stomach, the same means are to be adopted as have been ordered for ulcerated fauces. Exercise and friction of the lower parts are to be resorted to ; bland and glutinous food should be used, but not to satiety ; all acrid and acid substances are to be withdrawn ; he may use sweet wine if there be no fever ; but even if that produce flatulency, he may certainly take some of a mild nature ; but neither very cold nor too hot.

When the stomach is filled with phlegm, vomiting becomes necessary, sometimes on an empty stomach, at others after a meal : benefit is derived from exercise, gestation, sailing, and friction : nothing is to be eaten or drunk except what is warm ; those things only being avoided which are wont to collect the phlegm. When the stomach is disordered with bile, it is a more troublesome affection. Now, they who are thus affected, after an interval of some days, usually vomit it up ; and sometimes they vomit black bile too, which is the most dangerous. In these cases purging by clyster is proper : wormwood potions are given :

gestation and sailing necessary, and vomiting from the nausea occasioned thereby: crudity should be avoided: such food should be taken as is easy of digestion, and suitable to the stomach; the wine austere. The most common and the worst affection of the stomach is relaxation; which is that state in which it does not retain aliment, and in which the system, ceasing to be nourished, is thus consumed by a tabes. The bath is very prejudicial in this case; loud readings and exercise of the upper part of the body necessary; so also frictions and inunctions. Such patients ought to be sluiced with cold water, and to swim in it; to subject even the stomach to streams of the same, and particularly as far as from the shoulders downwards to that part which is opposite to the stomach: to remain for some time in cold and medicated fountains is salutary, such as those of Cutiliæ or Sambruinæ. Also cold food should be taken, and such as is digested with difficulty, rather than that which is easily viated. Therefore, most persons can digest beef who can digest nothing else. Hence it may be inferred that neither birds, nor venison, nor fish ought to be given, unless of the harder sort. Cold wine is most suitable as a drink; or otherwise at

all events that which is very hot and undiluted ; such as Rhetic or Allobrogic, or any other which is both austere and has been seasoned with resin ; if there be none of that, some as rough as possible, and particularly the Signine. When the food is not retained, water should be given, and more perfect vomiting elicited, and again food must be given ; then the cucurbital are to be applied two digits below the stomach, and kept on there for two or three hours. If at the same time there be both vomiting, and pain, uncleansed wool is to be applied to the stomach, or a sponge out of vinegar, or a cooling poultice ; while the fore arms and legs are to be rubbed strongly, but not for any long time, and to be warmed. When there is more pain, we should dry-cup, four digits below the præcordia, and immediately give bread out of cold posca : if it should not stay, after the vomiting, either of the light aliments which are not unfit for the stomach : if it should not retain even that, wine may be given by cyaths, every hour, till the stomach be continent. Radish juice is also a powerful remedy : that of the sour, with a like quantity of the sweet pomegranate, still more powerful ; with the addition also of the juice of endive and mint, but with this last in the smallest

proportion; with which it is best to mingle as much cold water as equals the quantity of all these put together; for that avails more than wine for composing the stomach. But spontaneous vomiting should be suppressed, even if nausea be present; although when the food has become acedcent, or putrid internally, both of which are manifested by ructation, it is to be ejected; and the stomach refitted by the means which I mentioned last. When immediate danger has been removed, we ought to resume what has been ordered above.

6. The stomach is bounded by the sides; and in these also violent pains not unusually happen; and they take their origin either from cold, or from a blow, or from immoderate running, or from disease. But occasionally the affection is limited to pain: and that is sometimes slowly, sometimes rapidly brought to an end; now and then it is even of a fatal character, and an acute disease arises, which is called by the Greeks *πλευριτικός*. To this accede pains of the side, fever, and cough: and by this last, when the disease is moderate, phlegm is expectorated; when violent, blood. Sometimes also the cough is dry, and forces up nothing: that symptom is more

dangerous in the first affection, and less so in the second. But the remedy for a violent and recent pain is blood-letting. When the case is slighter, or of long standing, that aid is either superfluous, or too late; and our resource must be cupping, after scarification of the skin. Also mustard with vinegar is properly applied upon the chest: until it excites ulcers and pustules; and then a medicament which may draw forth the humour. One ought moreover to surround the side with a bottom of sulphurated wool: afterwards, when the inflammation has somewhat abated, to use dry and hot fomentations. After these, we must proceed to malagmata. When the pain is of longer standing, it is discussed at last by applying resin. Hot food and drink should be used: cold avoided; and, at the same time, it is not inappropriate to rub the extremities with oil and sulphur. When the cough is mitigated, he should read gently, and now take both acrid food and undiluted wine. Such are the remedies prescribed by physicians; although, without these, the herb germander, drunk in water, would appear to be a sufficient remedy for our rustics. These means are generally applicable to every pleurisy; if the disease be of an acute character there

is more difficulty. In this case, besides the rules abovementioned, the following are to be observed: that the food be as thin and bland as possible, especially gruel, and that in preference which is made of ptisan; or chicken boiled into broth with leeks; and not administered oftener than every third day, unless the state of the strength require it more frequently; and that the drink be hydromel, in which hysop or rue has been boiled. The proper periods for the exhibition of these last will become manifest, by paying due regard to the increase and decline of the fever; for they should be given in the greatest remission: with this provision, however, that we bear in mind that in this kind of cough the fauces should not be left to get dry: for often when there is nothing to be expectorated, it is continued, and has a suffocating tendency. For which reason, I said that a cough which brings up nothing, is worse than that which detaches a phlegm. Now in this case, the very nature of the disease does not allow wine to be supped as above ordered: so instead of it, the cream of ptisan is to be taken. But although the patient ought to be supported by these things during the impetus of the disease, yet when

it has abated somewhat, a fuller diet, and also some wine may be given, provided nothing be exhibited which may refrigerate the body, or exasperate the fauces. Should there be a cough during the process of recruiting his strength also, it will be expedient to leave off for a day; and on the next to take a little more wine with his food. So again at the commencement of the cough, it will not be improper to drink wine by cyaths: but in this kind of malady, sweet, or at any rate bland wine, is more suitable. When the disease is inveterate, the body must be strengthened by athletic training.

7. From the frame of the viscera we pass to the viscera themselves, and first to the LUNGS; in these a violent and acute disease arises, which the Greeks call *περιπνευμονιόν*. The nature of it is as follows:—The whole of the lungs is affected; upon this state ensues a cough, carrying with it bile or pus; a weight of the præcordia, and of the entire chest; difficulty of breathing, severe febrile paroxysms, constant watching, anorexia, and tabes. This kind of malady is more dangerous than painful. It is proper to bleed, if the strength be sufficient; if insufficient, to dry-cup the præcordia. Then, to disperse

by gestation, if the patient be strong enough for it: if not, yet to move him about in the house. It is fit to give a potion of hyssop, with which dry figs have been boiled; or hydromel, boiled down with hyssop, or rue; to use friction for a very long time at the shoulders, and afterwards in the fore-arms, feet, and legs; to rub gently over against the lungs; and to do that twice daily. But as to diet, neither salt, nor acrid, nor bitter articles are proper for him; nor those which bind the bowels, but some of a blander nature. Therefore, at the beginning, gruel should be given, made from ptisan, or alica, or rice, with new lard boiled in it; and along with this, raw eggs, pine nuts with honey, and bread with washed alica, or hydromel; afterwards, for his drink, not merely pure water, but also tepid, or in summer cold mulse, unless any thing prohibit. But in the increase of the disorder, it is sufficient to give these every second day; when it no longer increases, he should abstain from every thing, as far as is practicable, except lukewarm water. When the strength fails, it should be sustained with hydromel. The application of hot fomentations, or of those which repress and mollify, proves of service against the pains; so also well pow-

dered salt, mixed with cerate, and applied to the chest; for it slightly erodes the skin and derivates that matter by which the lung is distressed. A poultice made of those articles which have a drawing quality, is also beneficial. Nor is it improper, while the disease is oppressing, to keep the patient's chamber windows shut; when somewhat relieved, to admit a little air three or four times a day, by partially opening the windows. Then, during refection, to abstain for several days from wine; to use gestation and friction; to allow, besides his gruels and former aliments, from the pot-herbs, leeks; and of flesh, the heels, and extreme tendroons; small fish likewise, with the precaution, that for a length of time nothing be taken except what is soft and mild.

8. There is a disease also of another viscus, that is to say, the LIVER, which is in like manner prone to be sometimes chronic, and sometimes acute; the Greeks call it *ἥπατικόν*. There is a violent pain under the right præcordia, reaching up to the right side of the thorax, and to the throat, and upper arm of the affected part; sometimes also the right hand is tormented with pain; there is a strong shivering: when it is severe, bile is vomited up;

sometimes hiccough almost strangulates the patient. And these are the symptoms of the disease when acute. When there is suppuration in the liver, it is of a more chronic character; the pain is now ended, and now becomes more intense; the right præcordia become hard and swollen; there is greater difficulty of breathing after food; and some resolution of the jaws accedes. When the disorder has grown inveterate, the belly, legs, and feet begin to swell; the chest, upper arms, and parts about the throat, on both sides, become extenuated. At the commencement, the best remedy is blood-letting; then the bowels should be relaxed, and if other means fail, by black hellebore; cataplasms are to be applied externally; first such as may repress, then the hot and discutient, to which orris or wormwood may be added; and after these a malagma. Gruels should be given; all his aliments should be warm and slightly nutritious, and, generally, such as are eligible in pneumonia; likewise those articles which excite the urine, together with potions having that property. In this disease thyme is useful, so also savoury, hyssop, catmint, starch, sesamum, bay berries, pine flowers, blood-herb, mint, quince-pulp, pigeon's liver,

fresh and uncooked. Some of these may be eaten alone, and some added to the gruel or drink, but they should be taken sparingly. Neither is it improper to swallow wormwood bruised with honey and pepper, and of that a catapotium daily. He must especially abstain from every thing cold, for nothing is more hurtful to the liver. He should use frictions for the extremities; all labour, all violent motion must be avoided: he should not even keep in his breath long together. Anger, trepidation, heavy weights, blows, and running are inimical. Copious affusion of the body is serviceable, with warm water, in winter; if in summer, with that which is tepid; plentiful unction also, and sweating in the bath. But when the liver is suffering from an abscess, the same means are to be adopted, as in other internal suppurations. Some even make a counter-opening with a lancet, and cauterize the vomica.

9. But when the SPLEEN is affected, it swells, as does likewise the left side; and this last is hard and renitent: the bowels are tense: there is also some tumidity in the legs; the ulcers either do not heal at all, or certainly cicatrize with difficulty: in active walking and running there is a

pain, with some sense of uneasiness. Rest aggravates this disorder, and therefore exercise and labour are requisite; moderation however being observed, lest these, if carried too far, produce fever. Unctions, frictions, and insudations are necessary. All sweets are hurtful: as are also milk and cheese: but acids are most suitable. On this account it is expedient to sup acrid vinegar alone, and more particularly vinegar of squills. Salsaments ought to be eaten, or olives preserved in hard brine; lettuces steeped in vinegar, and endive in the same; beets with mustard; asparagus, horse-radish, wild parsnip, heels, cheeks, lean birds, and venison of the same kind. Wormwood-decoction ought to be given for a drink; but after food, forge water in which the smith has from time to time extinguished his irons; for this last has, in an especial degree, a coercive effect upon the spleen, as has been observed in certain animals which, when reared on the premises of smiths, have small spleens. Thin austere wine may also be given; and every thing which is diuretic, both in the form of food and drink. Trefoil seed is of particular service, or cumin, or parsley, or wild thyme, or cytissus, or purslane, or cat-mint, or thyme, or hyssop, or savoury; for these seem most effectually to draw the

humour from it. An ox's spleen is also exhibited with advantage ; and rocket and cresses are particularly active in extenuating the spleen. Palliatives also should be applied externally. That the Greeks call *μυροδάλανον* may be made of ointment and dates ; or of linseed and the seed of cresses, with the addition of wine and oil : or of green cypress and dry figs : or of mustard with a fourth part of the fat taken from a goat's kidneys, rubbed in the sun and applied without delay. Capers are very fit for this purpose in many ways ; for they may both be eaten with meat, and their briny liquor may be supped. Furthermore, it is expedient to apply the bruised root, or the rind of it with bran, or the caper itself rubbed up with honey. Malagmata also answer the same purpose.

10. But when the KIDNEYS have been affected, they remain disordered for a long time : and it is a worse case when bilious vomiting accedes. One should rest quiet ; sleep on a soft bed ; relax the bowels ; if that should not answer, clyster also : frequently sit in hot water : neither take cold food nor drink : abstain from every thing salt, acrid, and acid, and from orchard fruit : drink freely : add sometimes

to the food and sometimes to the drink pepper, leek, ferula, and the white poppy, which are the most decided diuretics. A suitable remedy for renal ulcers, if they still require to be cleansed, is formed of sixty blanched cucumber-seeds, twelve kernels of the *pinus silvestris*, as much anise as can be taken up with the three fingers, and a little saffron; all triturated together, and taken in two doses with mulse. But if it be the pain only that requires to be mitigated, thirty cucumber seeds, twenty of the aforesaid kernels, five sweet almonds, and a little saffron, may be brayed together, and administered with milk as a drink. And some of the malagmata are with propriety laid over the part; and especially such as draw forth the humour.

11. From the VISCERA we come to the INTESTINES, which are liable both to acute and chronic distempers. Cholera must first be mentioned; because that would appear to be a disease common to the stomach and intestines. For there is at the same time both purging and vomiting: and besides these the intestines are griped, there is an eruption of bile both upwards and downwards, at first like water, and afterwards appearing as though recent flesh had been

washed therein ; sometimes white, at others black or vari-coloured. Hence the Greeks have named this disease *χολέραν*. Besides the symptoms above mentioned, the legs and hands are also often contracted ; there is urgent thirst, and fainting : nor is it surprising that, under such an assemblage of symptoms, sudden death ensues. Nevertheless, there is no malady in which relief is afforded with less difficulty. Therefore, without delay, when these symptoms have occurred, he ought to drink as much tepid water as he can, and vomit. Vomiting by this means is almost sure to accrue ; and even if it should not, benefit ensues from having mixed fresh matter with the corrupt ; and to stop the vomiting constitutes one half the cure. When the vomiting has been stayed, he should forthwith abstain from all drink. But if gripes be present, it is proper to bathe the stomach with cold and moist fomentations ; or with tepid, if the abdomen be painful, assisting the belly itself by remedies of a tolerably warm nature. But when vomiting, and purging, and thirst, are violently tormenting the patient, and the vomited egesta be somewhat crude, it is not yet the proper season for wine ; water should be given, and even that not cold, but with the chill

off: and pennyroyal steeped in vinegar must be applied to the nostrils; or polenta sprinkled with wine, or mint is a convenient application. But when the crudity has been removed, then there is still more reason to apprehend fainting. That, therefore, is the season for resorting to wine. It ought to be weak, aromatic, and mixed with cold water; or it is proper to take it with polenta, or honey added thereto; and as often as the stomach or bowels discharge, so often, by these should he recruit the strength. Erasistratus said that the drink should be at first mixed with three or five drops of wine, and that, afterwards, it should be gradually given more undiluted. If he gave the wine from the commencement under a dread of crudity, he was in the right so to do: if he thought a violent weakness could be benefitted by three drops of wine, he was in the wrong. But if the patient be suffering from inanition, and his legs be contracted with spasm, a wormwood-potion should be given at intervals. If the extremities be cold they should be anointed with hot oil, to which a little wax has been added, and cherished with hot fomentations. When a tranquil state has not been produced even under the

use of these remedies, a cupping-glass should be applied externally opposite to the stomach itself, or mustard laid on there. When this organ has become composed, he should sleep; on the next day certainly abstain from drink; on the third, go into the bath: and gradually recruit himself with aliments: and by sleep, to which there is a natural tendency, avoiding lassitude and cold. If slight febrile action remain after the suppression of the cholera, it is necessary to purge the bowels by clyster, and then to use food and wine.

12. Now this disease is in fact of an acute character; and, since it is both situated in the intestines and the stomach, it is no easy matter to say to which part it chiefly belongs. But that which is called by the Greeks *κοιλιακός*, is seated at the pylorus of the stomach, and is usually chronic. Under this affection, the abdomen becomes indurated, and pain is felt there. The bowels void nothing, not even wind; the extremities become cold: the breathing difficult. It is particularly useful, at first, to apply hot cataplasms entirely over the abdomen, in order to assuage the pain: to vomit after food, and so to empty the belly: afterwards, on the next days, to dry-cup the abdomen and hips; to keep

the bowels open by giving milk and salt wine, cold; and figs also, if the season permit; in such manner that neither the food nor drink be given all at once, but gradually. Wherefore at intervals it suffices to administer two, or three cyaths of drink, and food in proportion: a cyath of water, mixed with a cyath of milk, and so exhibited answers conveniently enough: inflating and acrid aliments are the more useful; therefore, bruised garlick may be also rightly mixed with the milk. But in process of time gestation becomes necessary, especially that by sailing; the patient should be rubbed three or four times a day, adding nitre to the oil; he should have warm water poured on him after food; then apply mustard over all his limbs, except his head, until they be excoriated and reddened; and especially if the frame be solid and robust: afterwards he should gradually pass to the use of medicines which bind the bowels. Roast meat should be given, such as is nutritious and not easily corrupted; for drink, boiled rain-water but in the quantities of two or three cyaths. When the disease is inveterate, he should swallow a piece of assafoetida, equalling the size of a pepper-corn: drink wine, or water every other day: occasionally sup wine

by cyaths: clyster with tepid rain-water; and especially when the pain remains in the lower parts.

13. There are two distempers whose seat is limited to the intestines themselves; the one to the smaller, the other to the larger. The first is acute, the last may be chronic. Diocles, the Carystian, named the disease of the smaller gut *χόρδαψον*, that of the larger *ἐιλεόν*. I observe that by most persons the former is now called *ἐιλεόν*, the latter *κολικόν*. Now the first sometimes excites pain above, and sometimes below the umbilicus. Inflammation occurs in either part: neither stools, nor wind is passed downwards: if the upper part be affected, food is voided by the mouth: if the lower, fæces; that is, when either the one or the other has become inveterate. The danger is aggravated by a bilious vomiting of a bad odour, whether various, or black. The remedy is bleeding, or cupping in several places; but not incising every place: for it is sufficient to do that in two or three parts, while dry cupping the others, is all that is required. It is then expedient to ascertain what part is affected: for over that there is usually swelling. And if it be above the umbilicus, alviduction is of no service; if below, it is best, according to the opinion of Erasistratus.

tus, to purge by clyster; and that remedy is frequently sufficient. Now this is effected by the strained cream of ptisan with oil and honey, without further addition. When there is no swelling, it is proper to place both hands upon the upper part of the abdomen, and to draw them down gradually: for the seat of the disease will thus be detected by its being renitent; and then it may be decided whether or not the bowels ought to be clystered. The following are general remedies: to apply hot cataplasms, and to put them from the breasts as far as the groins and spine, changing them frequently; to rub the fore-arms and legs; to immerse the patient in hot oil; and if the pain do not cease, also to inject into the bowels three or four cyaths of the same. When by these means we have obtained a transmission of wind downwards, we should proffer for drink moderately warm mulse; for previously, drinking should be guarded against with the utmost precaution. Should this last remedy prove satisfactory, we ought to add gruel. When the pain and fever have subsided, then at last we ought to use a fuller diet; but that not of a flatulent, or hard, or strong nature, lest the intestines be injured while they are as yet in a weakly condition. No drink should

be given, except pure water. For such as are vinous and acid, are alike injurious. And he should subsequently avoid bathing, walking, gestation, and all other motions of the body. For the affection is liable to return; and exposure to cold or any jactitation brings on a relapse, unless the strength have been completely restored.

14. Now the malady whose seat is in the larger intestine, generally happens in that part which I have described as the cœcum. There is great flatulency: severe pain, especially in the right side; the intestine, which seems to be everted, almost forces out the wind. In most cases, it arises after chills and crudities, and afterwards subsides; and frequently recurring during summer, it emaciates, without curtailing life. When the pain has commenced, it is requisite to apply dry and hot fomentations; but at first mild and afterwards stronger; and at the same time to evocate the matter to the extremities; that is to say, to the legs and arms: if not thus removed, the painful part should be dry-cupped. There is also a remedy prepared for the purpose, which is called the *κολικόν*. Cassius used to boast that he invented it. It is more useful when given as a drink; but even as an external application it alleviates the pain, by dispersing

the wind. Unless the anguish be removed, neither food nor drink ought to be taken. I have already mentioned the diet proper for these cases. The medicinal preparation, which is called *κολικὸν*, consists of the following: of costum, anise, castoreum, of each P. \times . iii. parsley P. den. iii. long and round pepper, of each P. \times . ii. of poppy-tears, round cyperus, myrrh, nard, of each P. \times . vi. all mixed together with honey. Now this may both be swallowed, and taken in hot water.

15. Next to these is a common affection of the intestines, called GRIPES, and by the Greeks *δυσεντερία*. The intestines are ulcerated internally; cruentate blood flows from them; and that sometimes with fæces uniformly liquid; at others with mucous excretions: occasionally also some fleshy matter comes away: there is frequent desire for stool, and pain in the anus: with this pain there is some trivial excretion; and by that also the anguish is increased: this after a time is somewhat alleviated, and there is a slight interval of ease; sleep is interrupted: some fever arises; and when the disease has grown inveterate, it either destroys the patient, or, even though it be cured, torments for a considerable time. It is of the last importance to rest quiet, for all agitation exulcerates: then to take, while

fasting, a cyath of wine, with an addition of the root of cinquefoil: to apply repressing poultices to the abdomen, which in the previously mentioned diseases are inexpedient; and as often as he goes to stool, to bathe his posteriors with a warm decoction of vervains: to eat purslane either boiled, or pickled in strong brine; and to take food and drink of an astringent quality. When the disease is chronic, it is proper to clyster with the cream of ptisan, or with milk, or melted fat, or deer-marrow, or oil, or butter with rose oil, or the raw white of eggs with this last, or with a decoction of linseed; or if no sleep ensue, the yolks with a decoction of rose-leaves: for these alleviate the pain, and mitigate the state of the ulcers; and are particularly useful, in the event of a loathing of food. Themison has recorded his opinion that strong brine should be used in the same way. But the food should be such as may gently bind the bowels. Diuretics when they have their proper effect, are useful by determining the humours to another part: if they fail of their effect, they augment the malady: hence they must not be employed, except in habits susceptible of their operation. If fever be present, pure warm water should be given: or that which is itself astringent:

if that be not at hand, light, austere wine. If for several days the remedies have afforded no relief, and the affection be now inveterate, the drinking of very cold water constringes the ulcers, and lays the foundation of recovery. But when the purging has been checked, he should immediately return to the use of warm water. Sometimes also a putrid sanies descends, excessively fetid: and a flux of pure blood is not unusual. In the former case, the bowels should be clystered with hydromel, and then should be injected the remedies above comprised. A lump of minium bruised with a hemina of salt is effective against gangrene of the intestines, if mixed with water and used as a clyster. But when there is a flux of blood, the food and drink should be of an astringent quality.

16. After dysentery sometimes a LIENTERY arises; in which the intestines can retain nothing, and quickly discharge in an undigested state whatever has been eaten. This is sometimes of long continuance, and sometimes rapidly destroys. In this it is decidedly proper to employ remedies which are calculated to check discharge, in order that we may increase the retentive power of the intestines. Therefore mustard should be applied over

the breast; and after the skin is ulcerated, a malagma, to draw out the humour; the patient should sit in a decoction of vervains; take such food and drink as may bind the belly; and use cold affusions. It is expedient however to be on the look out, lest by applying these remedies, the contrary affection arise, through immoderate flatulencies.

Therefore the intestines will require to be strengthened gradually by daily increasing the nutriment; and since, as in every ventral flux, it is expedient not to go to stool as often as one has the inclination, but as often as one is compelled, so in this also is it especially necessary, in order to habituate the intestines to bear their burden. There is another rule which applies to all similar affections, and here requires a particular observance; that, as those things which are beneficial, are disagreeable, such as plantain, and bramble-berries, and all mixtures of pomegranate bark, those, which the patient likes best, should be given in preference; but if he loath them all, that something more grateful, even though less useful, be interposed, to excite the appetite. Exercises and frictions are necessary also in this disease; and with these, as Hippocrates thought, insolation, heat, the bath,

and vomiting; the last effect being excited, if other means fail, by white hellebore.

17. Moreover WORMS also sometimes infest the bowels; and these are sometimes discharged downwards, and what is more disgusting, sometimes by the mouth; and sometimes we observe them to be broad, which are the worst; and sometimes round. When they are broad, a decoction of lupins or mulberry bark may be given for a drink; or bruised hyssop, or an acetabulum of pepper, or a little scammony. Or on one day he may vomit after eating garlick, and on the next collect the fine roots of pomegranate to the extent of a handful; boil them when bruised in three sextarii of water, down to one third; add a little nitre, and drink the decoction on an empty stomach. Then after the interval of three hours, let him take two draughts of such decoction, or the same with strong brine added to it: then let him go to stool, hot water being placed in the vessel beneath. And when they are the round sort, which principally infest children, the same remedies may be given, together with some more gentle; as the bruised seed of the nettle, or of cabbage, or of cumin with water, or mint in the same, or a decoction of wormwood, or hyssop in hydromel, or the seed of cresses bruised up with vine-

gar. It is also serviceable to eat lupins and garlic; or to use oil as a clyster.

18. There is again another affection, slighter than either of those recently spoken of, which the Greeks call *τεϊνεσμόν*. That can neither be ranked with the acute, nor with the chronic diseases, since it is both easily removed, and never of itself destroys life. In this, as in dysentery, there is a frequent inclination for stool, and equal pain attending evacuation. But matter resembling phlegm and mucus is discharged downwards, and sometimes a matter slightly cruentate; although mixed with some natural fæces. He ought to sit down in hot water, and frequently lubricate the anus; for which purpose several medicines are proper; as butter with rose oil, acacia dissolved in vinegar, the plaster which the Greeks call *τετραφάρμακον*, melted with rose oil: alum wrapped up in wool, and thus applied; and the same remedies which are beneficial in dysentery, used in the form of clysters. Also decoction of vervains to foment the lower parts. The drink should be barely lukewarm; his plan of diet the same as that prescribed for dysentery.

19. *DIARRHŒA* is a trivial disorder, when recent; in this there is a lax state of the bowels, and motions more frequent

than usual : sometimes the pain is moderate, at others very severe ; and this last is the worst. A diarrhœa of one day's continuance is often salutary : so it is when existing for several, so long as there is no fever, and it subsides within seven days. For thus the system is cleansed, and a matter advantageously discharged, which would otherwise have been injurious. But long continuance of this disorder is dangerous : for it sometimes excites dysentery, and slight febrile paroxysms, and so consumes the strength. On the first day it is sufficient to rest quiet, without checking the looseness. When it ceases spontaneously, to use the bath and take a little nutriment. Should it continue, to abstain not only from food but from drink also. The day after, if nevertheless the bowels be lax, to rest in like manner, and to take a little astringent food. On the third day to use the bath, to rub the whole body powerfully, except the abdomen, to bring the loins and shoulders near the fire ; to use food, but that of a binding nature, wine in small quantities undiluted. If the flux remain on the next day, to eat more, but to vomit also. On the whole, to oppose it by thirst, fasting, and vomiting until it subsides : for it can scarce happen that, after observing this plan, the bowels should remain unrestrained. Another method, when

you may wish to constringe, is to sup and then vomit: next day to lie in bed: in the evening to be anointed, but gently: then to take about half a pound of bread in undiluted Aminæan wine; then some roast meat, particularly birds; and afterwards to drink the same wine mingled with rain-water: and having done so till the fifth day, again to vomit. Asclepiades, contrary to former authors, affirmed the drink ought to be constantly cold; nay, as cold as possible. I AM OF OPINION that every one ought to confide in his own personal experience, in deciding whether he should use it hot or cold. Furthermore it sometimes happens that this malady, when neglected for several days, becomes more difficult to cure. He ought to commence with a vomit: on the evening of the following day to be anointed in a tepid apartment, to take food in moderation, and the roughest wine without dilution; to keep rue with cerate on the abdomen. But when the body is thus affected, there is no need of walking, or of friction: carriage exercise is beneficial, riding on horseback still more so: nothing is more strengthening to the intestines. But when medicines are also to be used, that is the fittest which is prepared from pomaceous fruit. In the vintage season, pears and crab-apples are to be thrown into a large

vessel; or when these are not to be had, green Tarantine or Signine pears, or Scandinavian or Amerinian apples, or the fruit called myrapia; and to these should be added quinces and pomegranates with their peel, the service fruit, and particularly that sort called the torminalia, so that these last fill one third of the pot: then, after that, it should be filled with must, and boiled, until all the ingredients having been dissolved, become incorporated. This is not ungrateful to the palate; and taken moderately, whenever need requires, it restrains the bowels, without any injury to the stomach. It suffices to take two or three spoonsful in the day. Another more powerful remedy is prepared by gathering myrtle berries, expressing the vinous juice therefrom, and boiling it till a tenth part remain: the dose is a cyath. A third, which can always be made, is prepared by scooping out a pomegranate, and having removed all the seeds, we are again to put in the interstitial membranes: then to pour in raw eggs, and mix with a small rod: then put the quince itself upon a chafing-dish; which is not burned, so long as there is any fluid in it: when it begins to dry, it is requisite to remove it, and to eat the contained extract with a spoon. It acquires greater efficacy

by the addition of some other things : for this reason, it is thrown into pepper-vinegar, and mixed with salt and pepper, and something may be eaten with them. Pul-ticula, with which a little old honeycomb has been boiled, lentils boiled with pomegranate peel, bramble tops boiled in water, and eaten with oil and vinegar, are efficacious ; and so likewise is the drinking of that water in which either dates, or quinces, or dry sorbs, or bramble berries have been boiled : which kind I mean, as often as I say that astringent drink ought to be given. A hemina of wheat also is boiled in austere Aminæan wine ; and that wheat is given to the patient, when fasting and thirsty, and the wine drunk afterwards ; which may justly be ranked among the most efficacious remedies. So also Signine wine is given as a drink, or the austere resinated, or any other which is austere. And pomegranate is bruised with its rinds and seeds, and mingled with wine of the same sort : and the patient either drinks that neat, or mixed. But the use of medicines is superfluous, except in bad cases.

20. In females, a violent disease arises in the womb also ; and, next to the stomach, THIS PART IS MOST SYMPATHETICALLY AFFECTED BY, AND MOST SYMPATHETICALLY AFFECTS THE REST OF

THE SYSTEM. Sometimes also it so completely takes away the senses, as to occasion the patient to fall, as if in epilepsy. The case, however, differs in this respect, the eyes are not turned, nor does froth issue forth, nor are there any convulsions: there is only a deep sleep. The affection in some women returning frequently, becomes permanent. When it has occurred, if there be sufficient strength, blood-letting is of service; if insufficient, the cucurbitals are to be applied to the groins. When the patient lies in this state for some considerable time, and has otherwise been used so to do, it is expedient, in order to rouse her, to apply an extinguished lamp-wick to her nose, or any of those articles I have described to be of a disagreeable odour. The affusion of cold water has the same effect: and triturated with honey is an auxiliary, or cerate with cyprine oil, or any hot and moist poultice applied to the external parts of generation, as high up as the pubes. Meantime it is proper to rub the hips and hams. Then, when she comes to herself, wine is to be interdicted for a whole year, even though the same disorder should not return: daily and universal friction must be employed, but chiefly of the abdomen and hams: food of the middle class should be

given: mustard applied upon the lower belly every third or fourth day, until the surface of the body be red. When there is a hardness left there, nightshade, steeped in milk and then bruised, appears serviceable as an emollient: so also white wax and deer's marrow with orris oil, or beef or goat suet mixed with rose oil. Her drink should be castor, or git, or dill. If her system require cleansing, she should be purged with cypress. But if the womb be exulcerated, a cerate should be formed of rose oil; and fresh hog's lard and white of egg may be mixed and applied; or white of egg, mixed with rose oil, with the addition of powder of rose leaves, to give it a consistence. But when the womb is suffering from pain, it ought to be fumigated with sulphur. When excessive menstruation is deranging a female's health, the remedy is to scarify and cup the groins, or the part immediately below the breasts. When the discharge is malignant

* * * *

uniting together

Several pages are here deficient. See Morgagni's Epistles, and Targa's note. Further explanations will be attempted in my LEXICON CELSI-ANUM.

White olives also produce this effect, and the dark poppy, taken with honey: so also gum dissolved with powdered smallage seed, and administered with a cyath of passum. In addition to these remedies, all aromatic potions are useful, such as those made of spikenard, saffron, cinnamon, cassia, and the like; a decoction of the pistacia lentiscus, or mastich tree, is equally effectual. Nevertheless, when the pain is insupportable, and when there is hæmorrhage, blood-letting is also proper; or certainly cupping the hips after scarifying the skin.

SECT. 2. When an excessive flow of urine, disproportionate to the quantity of the fluids drunk, and discharged without pain, is producing emaciation and endangering life, if it be limpid there is need of exercise and friction; and that, especially out in the sun, or near the fire: the bath ought to be seldom employed, and without loitering in it: the food astringent, the wine undiluted and austere, cold in summer, in winter lukewarm; but in the smallest proportion. The lower belly is either to be clystered, or purged with milk. When the urine is thick, the exercise and friction ought to be somewhat stronger; his stay the bath longer; the

food and wine both tender. In either affection, all things are to be avoided which usually excite the urinary discharge.

21. There is also an affection in the generative organs; an excessive seminal discharge, which is given off without sexual intercourse, and nocturnal dreams, to such an extent, that in time it destroys the person by a *tabes*. In this affection, very strong frictions, affusions, and very cold swimming baths are useful: nor should food, or drink be taken except cold. He ought, moreover, to avoid crudities, and all flatulent food: to take none of that kind which seems to collect the semen such as winter wheat, simila, eggs, alica, starch, all kinds of glutinous flesh, pepper, rocket, bulbs, pine-nuts. Nor is it inexpedient to foment the lower parts with a decoction of the astringent vervains: to cover the lower part of the abdomen, and the groins, with some cataplasms of the same herbs; and especially of rue with vinegar, and to avoid sleeping in a supine position.

22. It remains that I come to the extremities, which are connected by means of joints. I will begin with the hips. A pain not unusually occurs in these; and that often debilitates the patient, and some it never quits. This last kind is difficult of

cure, because a malignant force, for the most part the consequence of chronic disorders, rushes to this quarter, and, liberating other parts, fixes itself here.

We must first foment with hot water, and afterwards use cataplasms. That which seems most useful is the sliced bark of the caper, mixed with barley meal, or with figs boiled in water: or the meal of darnel boiled in diluted wine, and mixed with dry lees; and since these are apt to get cold, it is better to apply the malagmata at night. Also the root of elicampagne bruised, and then boiled in austere wine, and extensively applied over the hips, is one of the most efficacious remedies. Should these not have removed the pain, hot and moist salt must be used. If the pain have not been removed even by this means, or if swelling accrue, cupping glasses are to be applied after incising the skin; the urine is to be promoted; the bowels, if bound, to be clystered. The last and most efficacious remedy in obstinate cases, is to establish three or four ulcers above the hip, by means of the actual cautery. We should likewise employ friction, especially in the sun, and several times in the same day, so that the hurtful collection of matter may be dis-

persed : and that too on the hips themselves, when there is no ulceration there ; when there is, it should be employed on other parts. Now since ulceration by the actual cautery is often required to be performed, to the intent that nocent matter may be elicited, it is a general rule, not to heal such ulcers as readily as one can ; but to keep them open, until that affection subside, which it is our object to relieve.

23. Next in succession to the hips come the knees ; in which pain is wont sometimes to occur. Our relief is in the cataplasms and cucurbitals aforesaid ; as it is also in pains of the humeral, and other joints. Riding on horseback is of all things most hurtful to one who has pains of the knees. Furthermore, all affections of this kind, when inveterate, scarce admit of cure without cauterization.

24. ARTICULAR diseases in the hands and feet are more frequent, and of longer continuance ; such for example as usually occur in the foot and hand. These rarely attack eunuchs, or boys before a first sexual intercourse, or women, except those who have a suppressed menstrual discharge. When such pains are first felt, blood should be drawn ; for that done at the very commencement, often ensures health for one year, and some-

times for life. Some also, by cleansing their systems with asses' milk, have escaped ever after. Some by refraining a whole year from wine, mulse, and venery, have rendered themselves secure all their lives; and this plan should most decidedly be followed, even after the fit has subsided. But if the disease have become habitual, although the patient may be safe at those seasons in which the pain remits, yet at the periods of its recurrence, which are usually spring and autumn, he ought to be more careful. Now when the pain is violent, he ought in the morning to use gestation; then to be carried, to move himself about by gentle walking, and if it be footgout, to walk and sit alternately, at short intervals.

Before he take his food, he ought to be gently rubbed in a hot place; to sweat; to be sluiced with tepid water; afterwards to take aliments of the middle class, taking in the intervals some of the diuretics; and as often as his habit becomes full, to vomit. When the pain is violent, it makes a difference whether it is without tumour, or whether there be swelling with heat, or whether the tumour has already grown callous. For when there is no tumour, hot fomentations should be used. It is proper to heat sea-

water, or strong brine; then to throw it into a basin, and when the man can bear it, therein to immerse his feet, throw his cloak over, and cover up with a blanket; gradually pouring in some of the same liquor near the lip of the vessel, to keep up the temperature; and then, at night, to put on calefacient poultices, particularly the root of mallows boiled in wine. But when there is swelling and heat, refrigerants are more beneficial, and the joints ought to be kept in very cold water; but not long together, lest the nerves be injured. Again, a cooling cataplasm must be applied; nor must this plan be continued long, but a transition made to those applications which are at once repressing and emollient.

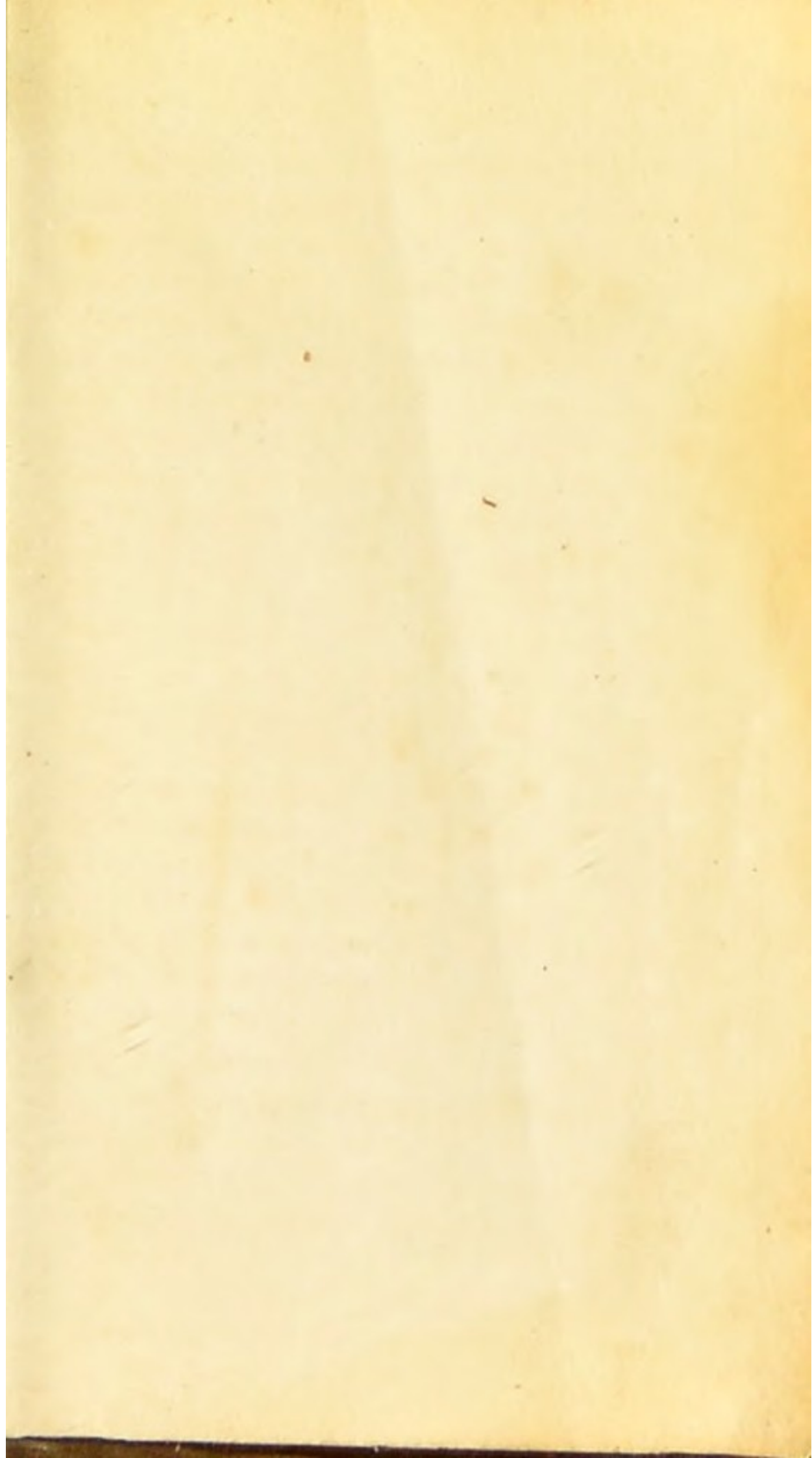
When the pain is more violent, the rind of the poppy is to be boiled in wine, and mixed with a cerate made of rose oil; or an equal quantity of wax and hog's lard may be melted together, and wine mixed with these: afterwards, when that portion which has been applied grows hot, it should be removed, and more from time to time substituted. But when the tumours have grown callous and painful, a sponge frequently dipped in oil and vinegar, or squeezed out of cold water, affords alleviation: or pitch, wax, and alum, in equal

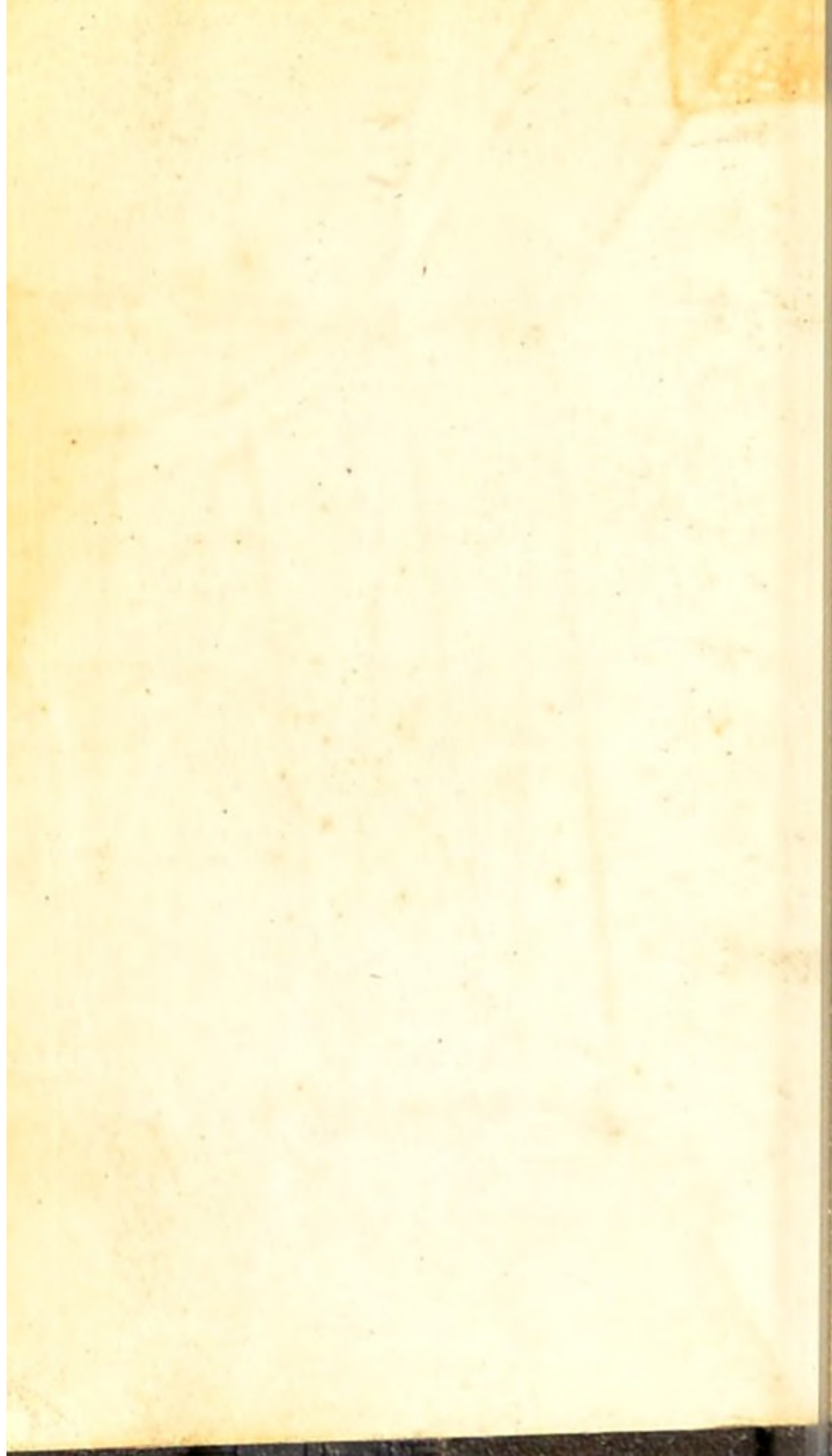
portions. There are also several malagmata proper for the hands and feet. But when the pain will not permit of anything being laid on, if the part be not swollen, we may foment with a sponge dipped in the decoction of poppy-rinds, or of the root of the wild cucumber, and then put saffron with poppy juice on the joints. When there is tumour, we ought to foment with a tepid decoction of mastich, or of the repressing vervains: to apply also a medicament made of bitter almonds triturated with vinegar; or of cerussa with the juice of bruised blood-wort. A stone also which eats away the flesh, and which the Greeks call *σαρκοφάγον*, hollowed out to admit the feet, relieves them, if therein introduced and retained. Hence, in Asia, the Assian stone is most esteemed. When the pain and inflammation have abated, which happens in forty days, unless it be the patient's fault, he should resort to moderate exercises, abstinence, mild inunctions, rubbing the joints with acopum, or liquid cypress cerate. Riding on horseback is improper for the gouty. Moreover, they who have joint pains periodically, ought by a careful diet to obviate an useless superfluity of the humours of the body, both by vomiting, and if there

be anything alarming in the state of the system, either by clystering, or purging with milk. This last Erasistratus rejected in the cure of the gouty, lest the derivation downwards might render the feet plethoric: although it is clear, that by purgation of every kind, not merely the upper but also the lower parts of the body are depleted.

25. But from whatever disease a patient is recovering, when his convalescence is slow, he ought to awake at break of day; nevertheless to lie still in bed: about the third hour to rub his body gently with anointed hands: then, by way of amusement, to walk as much as he pleases, without attending to any business: to use gestation for a long time: much friction: frequently to change his abode, his climate, and his food: after drinking wine for three or four days, alternately to take water for one, or two. For thus it will happen, that he will not fall into affections conducive to tabes, but soon regain his strength. When perfectly recovered, any sudden irregularity will be dangerous.

He should, therefore, in returning to an unrestrained mode of living, gradually omit to observe the dietetic precepts just mentioned.





Cockey

