

**A guide to health, or, Advice to both sexes, in nervous and consumptive complaints, scurvy, leprosy, and scrofula, also, on a certain disease and sexual debility : to which is added an address to boys, young men, parents, tutors, and guardians of youth, with observations on watering places, hot and cold bathing, &c; / by S. Soloman.**

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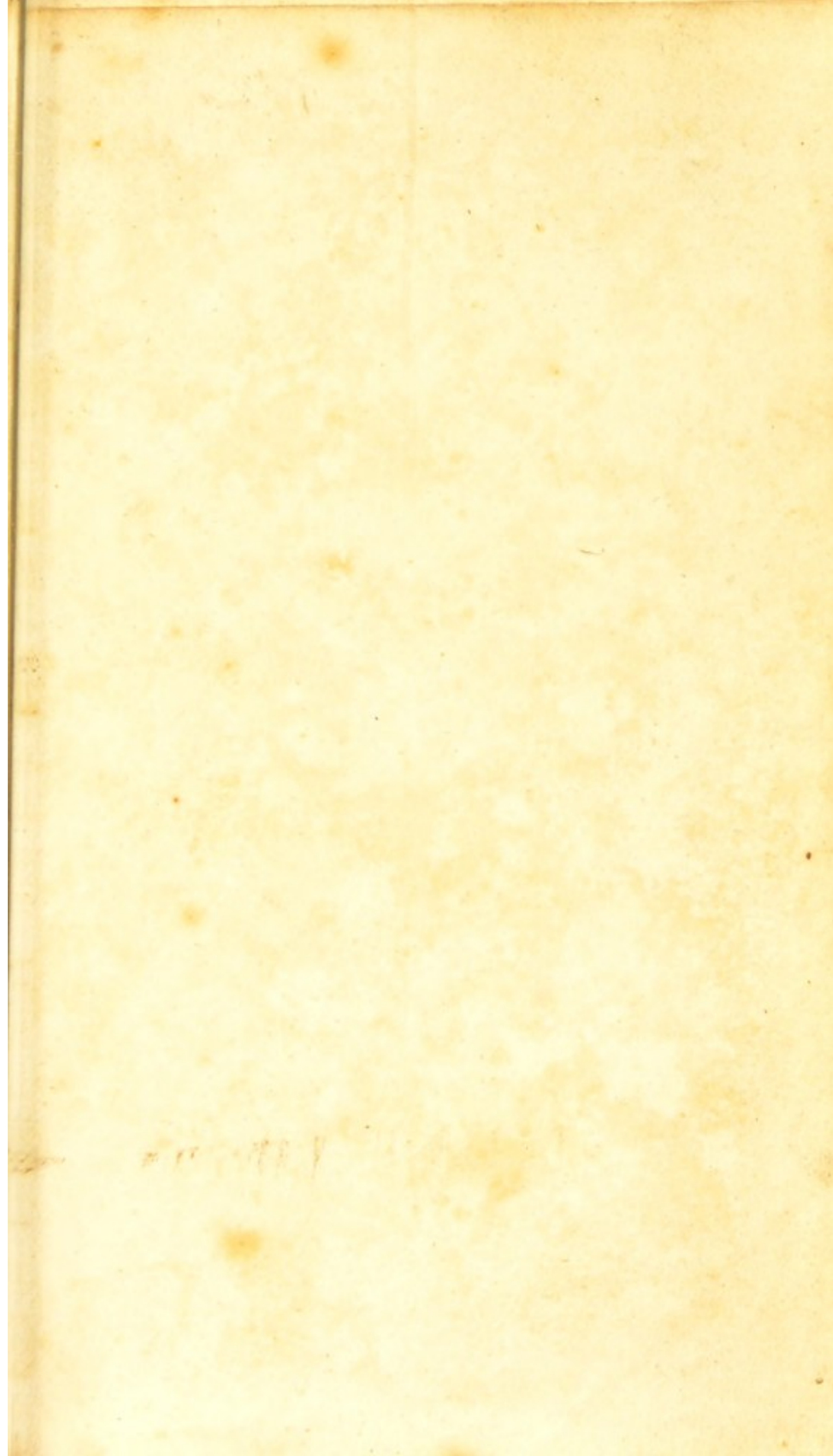
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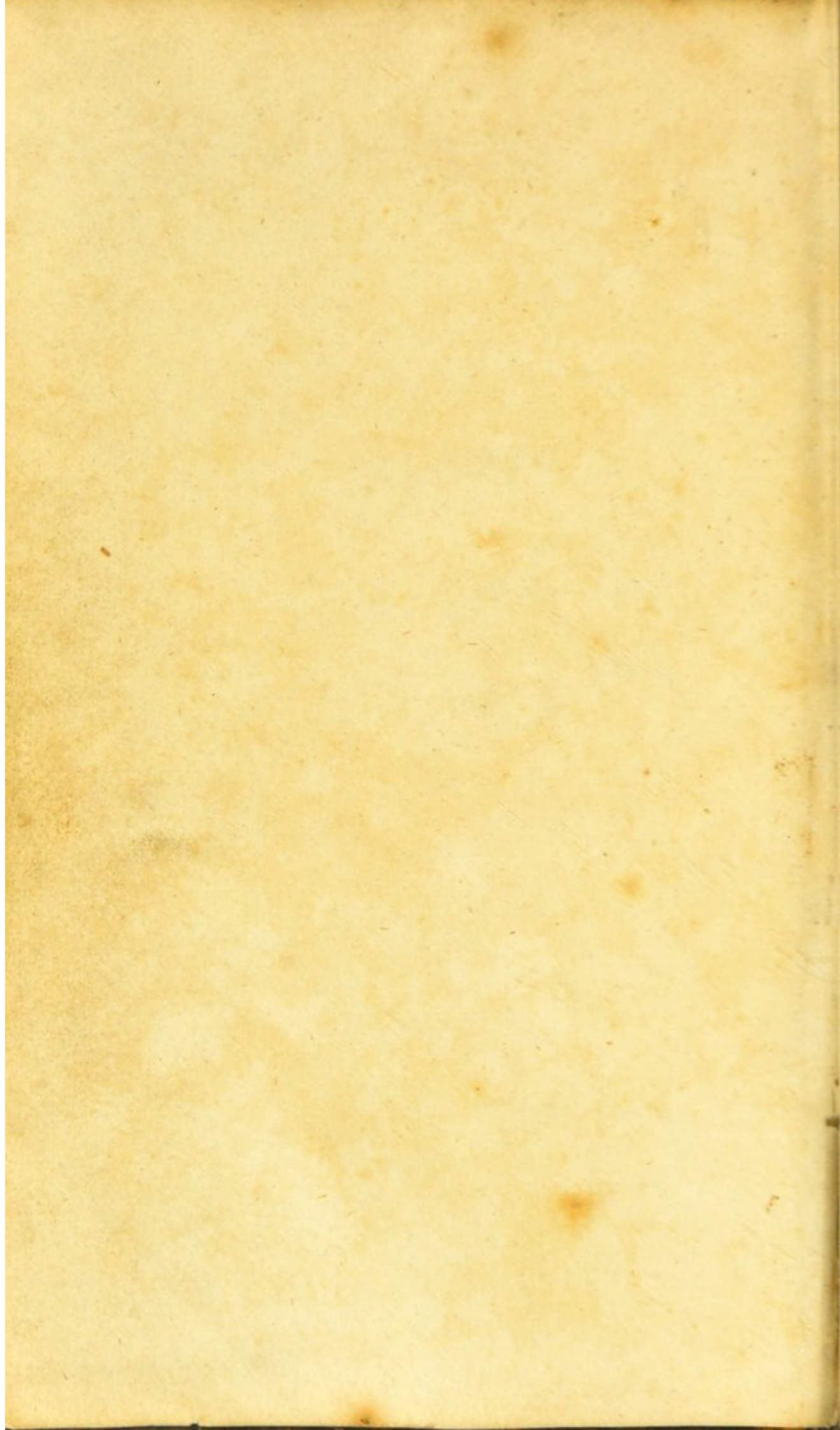
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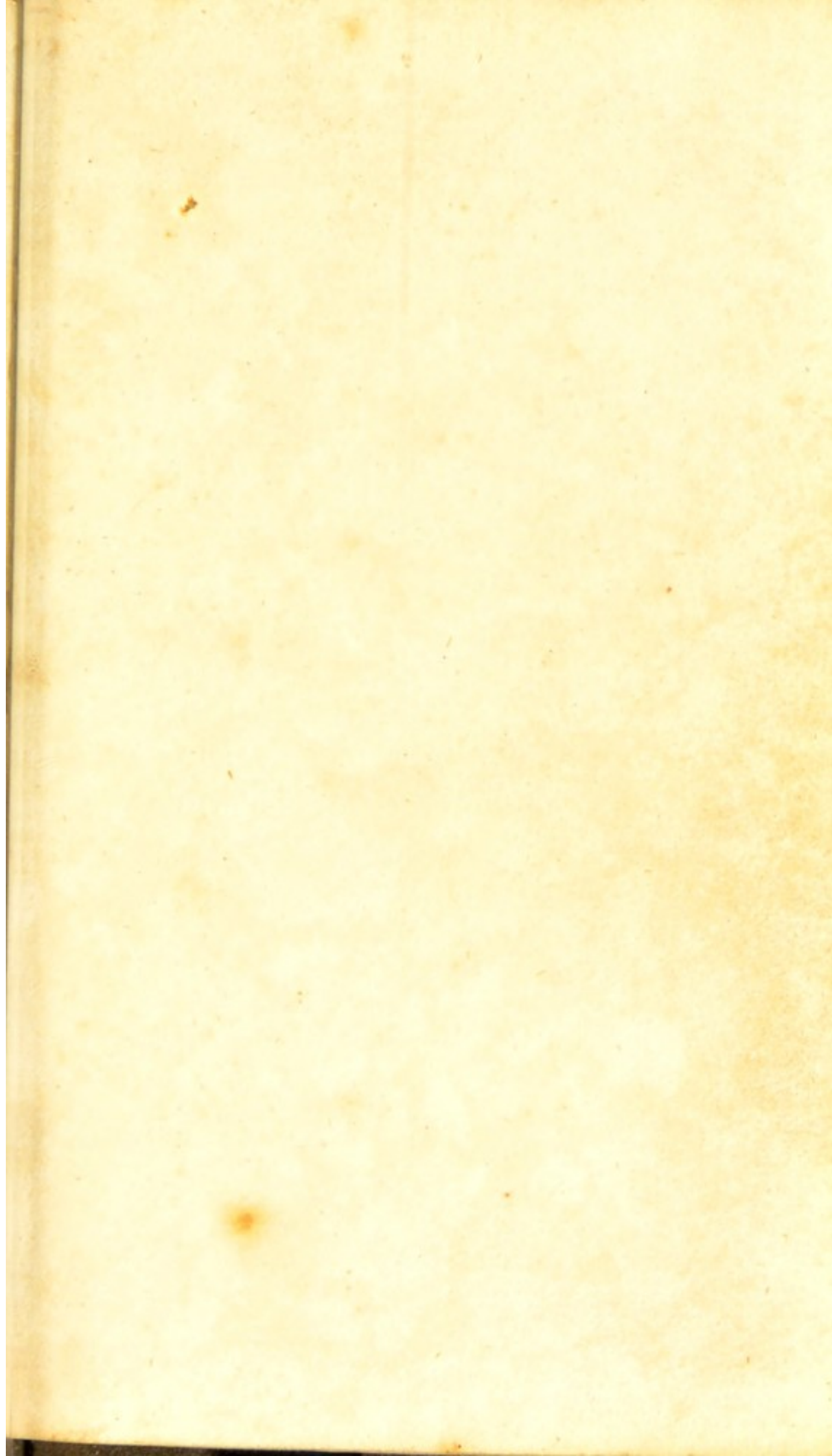
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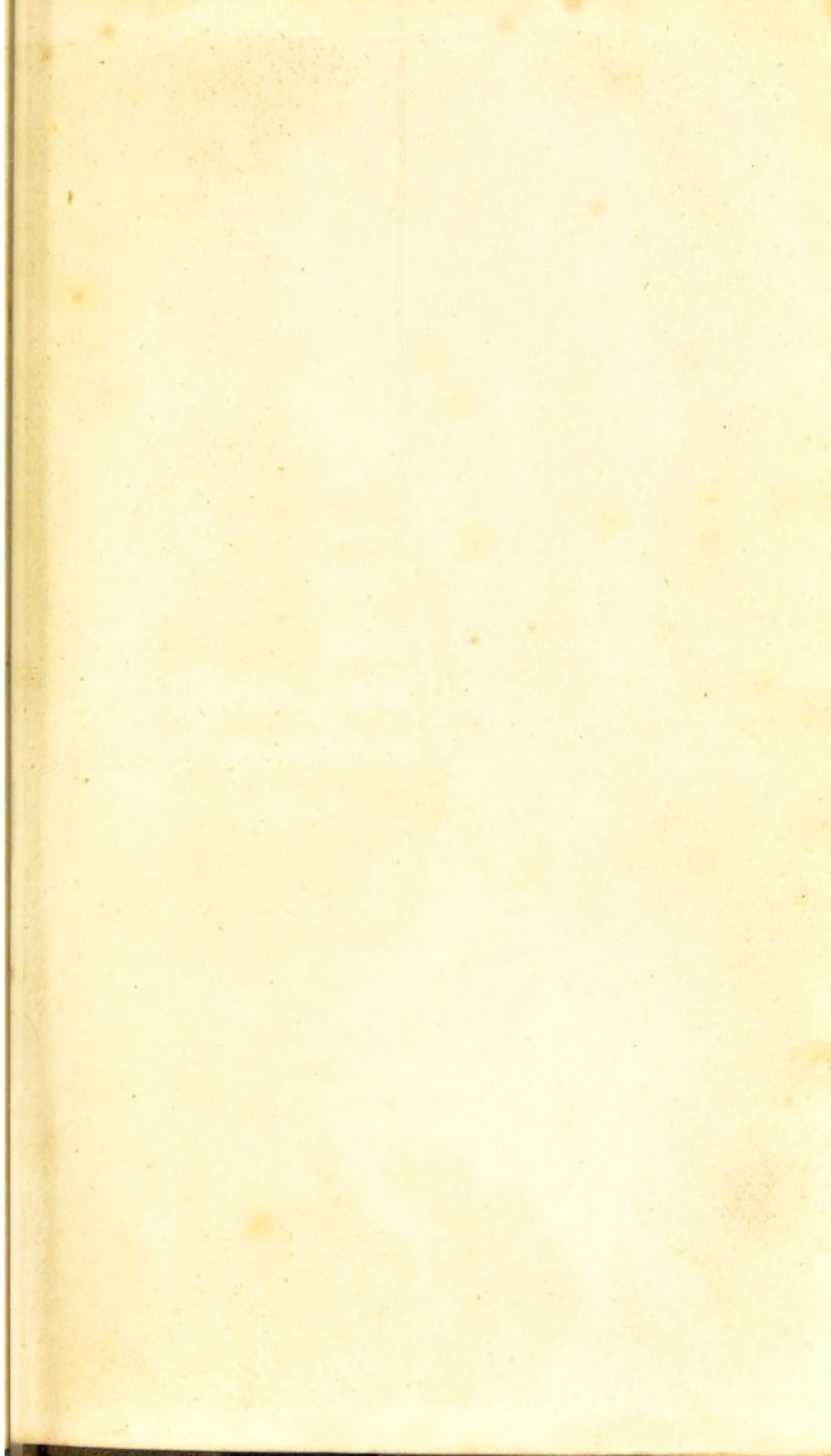




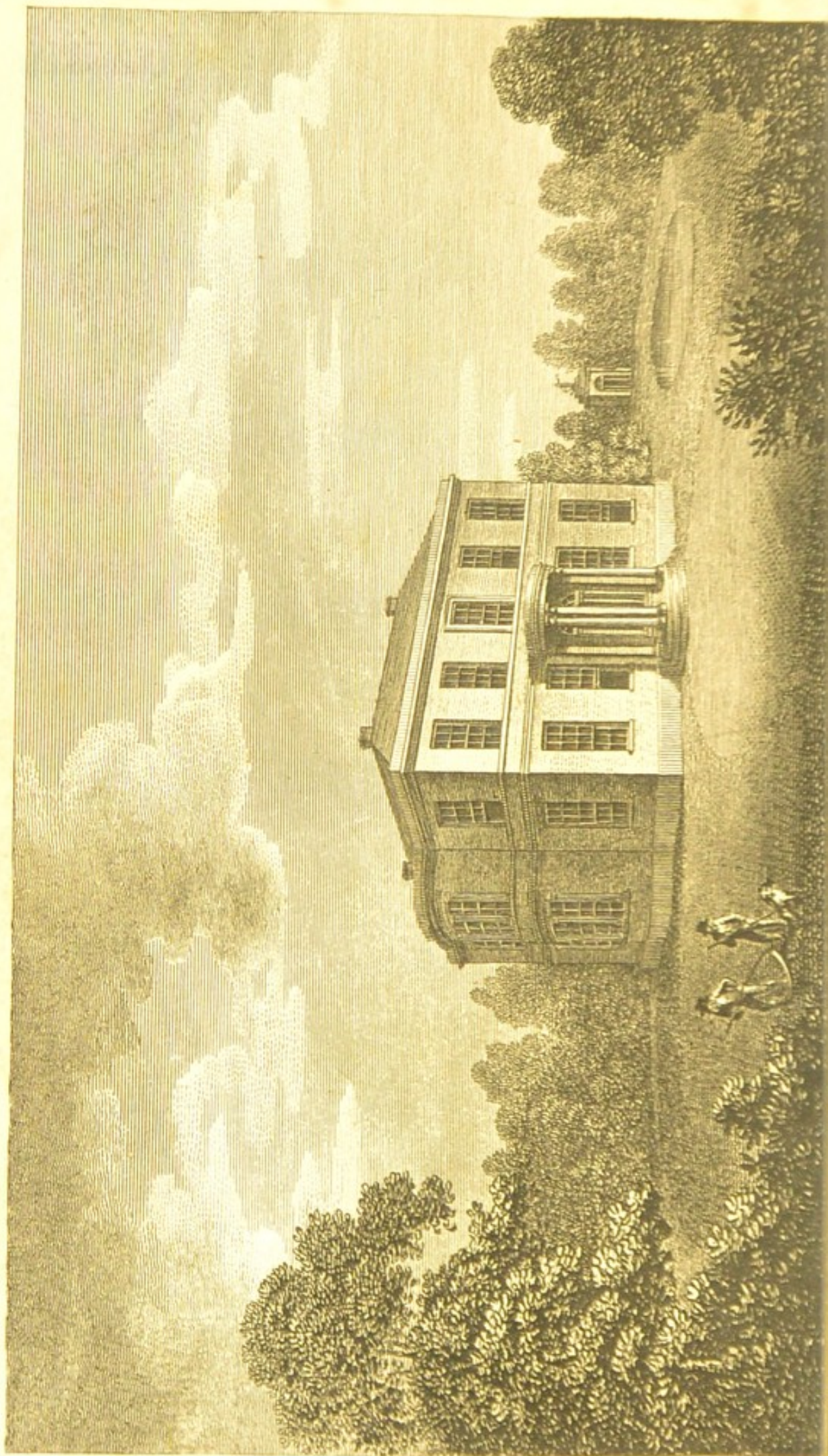


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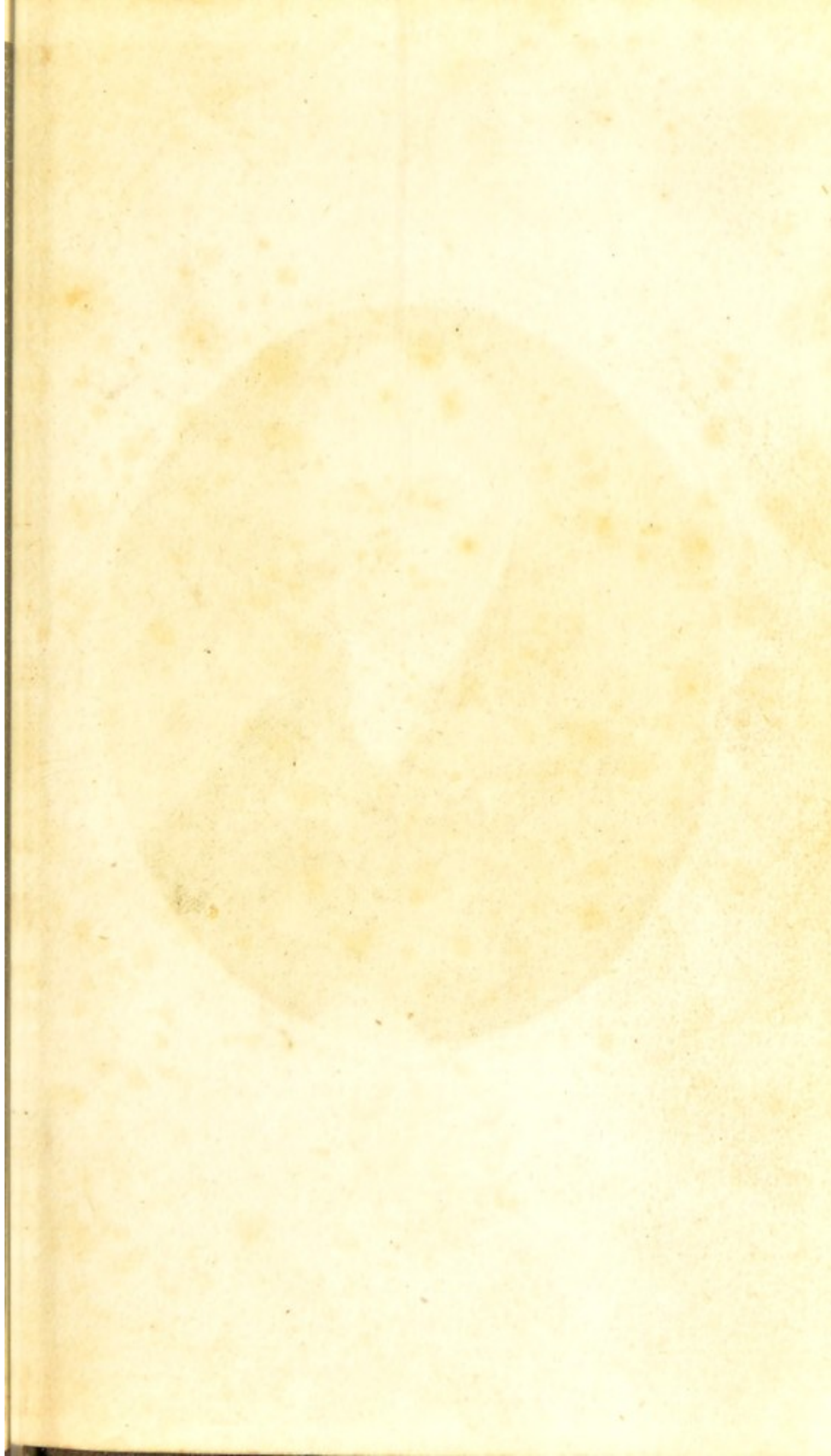
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A  
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OR,

**Advice to both Sexes,**

IN

**NERVOUS AND CONSUMPTIVE COMPLAINTS,**

**SCURVY, LEPROSY, AND SCROFULA;**

ALSO, ON

*A Certain Disease and Sexual Debility.*

To which is added,

**AN ADDRESS**

To Boys, Young Men, Parents, Tutors, and Guardians of Youth,

WITH

**OBSERVATIONS**

ON WATERING PLACES, HOT AND COLD BATHING, &c.

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By S. SOLOMON, M. D.

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SIXTY-FOURTH EDITION, WITH ADDITIONS.

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“The Knowledge of a Disease is Half its Cure.”

SWIFT.

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 and Ireland, also America.

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# GUIDE TO HEALTH

BY DR. J. H. WELLS

WITH ILLUSTRATIONS BY J. H. WELLS

NEW YORK: J. H. WELLS

1894



## P R E F A C E.



Nothing is more certain than that “ custom becomes a second nature,” and has great influence upon our bodies. Nay, it has too often more power over the mind, than reason itself. The honestest man living, in keeping company with libertines, by degrees forgets the maxims of probity, which he had imbibed from the very breast, and gives himself up to those vices which he sees practised.— If he be so happy as to relinquish that bad company and to meet with better, virtue will triumph in its turn, and he insensibly resumes the wisdom which he had abandoned. In short, all the alterations which we perceive in the temper, carriage, and manners of most men, have scarce any other foundation but the force of custom. Hence it is



evident, that those who endeavour to render the art of healing familiar to persons of all ranks and degrees, cannot fail to excite malignant clamours from that narrow-minded part of the medical profession, who may deem their trade injured by the removal of the mysterious veil with which it is studiously concealed from vulgar eyes.— Armed against the stings of such hornets, and animated by a conscious rectitude of philanthropy, I shall persevere in those endeavours, which, for a series of years, have been crowned with success, and drawn forth the most flattering testimonies of the invaluable properties of my discoveries.

Aware, as I am, of the illiberal attempts frequently made to prejudice the public mind against my medicines, I consider it a duty incumbent on me to repel the attacks, which nothing but the unprecedented large demand for them, through most part of the world, could have occasioned.

Nor have my publications escaped the lash of the self-created critics, although the voice of the community in general has stamped that value on them which the cynics wish to depreciate. The sale of my ‘*Guide to Health*’ alone, is a body of evidence that cannot be shaken; UPWARDS OF *one hundred and twenty thousand* COPIES having been sold within the last fourteen years, prove at once the most decided approbation of a discerning public.

Dr. Harvey was excluded the college when he dared to publish what has since proved to be the greatest of



## PREFACE.

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human discoveries, namely, the ‘Circulation of the Blood!’\* and were not the inventors of the *Art of Printing* deemed infernal agents by the fanaticism of priestcraft? Was not Dr. James, whose Fever Powder has been universally efficacious, equally attacked and libelled? What was the result?—the Navy—the Army—the Public—and at last the FACULTY in all the *Hospitals* were happy in adopting it. Subsequently, it is true, that the

\* Life of Dr. William Harvey, born 1578, died 1657.

In every walk of life, and in every profession, Britain has reason to be proud of her sons. The healing art, in particular, has not only been carried to a very great degree of practical perfection by some of our illustrious countrymen, but many of the most valuable and salutary discoveries in physiology and anatomy exclusively belong to them. No medical author, however, has gained more glory than Harvey. His investigations led to the most important ends, and tend to the benefit of all mankind to the latest posterity; they throw a lustre on his profession and his name, which envy cannot tarnish or malevolence conceal.

This celebrated physician was the eldest son of a genteel family settled at Folkstone, in Kent. When he had reached his tenth year, he was sent to the grammar school at Canterbury; whence, being well stored with classical learning, he was removed at an early age to Gonvil and Caius College, Cambridge. In this university he diligently applied to such studies as were fundamentally connected with medicine; and after six years spent here, he commenced his foreign travels, with a view, solely, to proficiency in his destined profession. Retiring to Padua, in Italy, he attended the lectures of the famous Fabricius, of Aquapendente, on anatomy; of Minodaus, on pharmacy; and of Casserius, on surgery. Under such distinguished masters, with a mind naturally inquisitive, and wholly devoted to medical studies and researches, his progress must have been rapid; but whether he had yet conceived the idea which led to his future fame, cannot now be ascertained. He staid to take a degree in that university, and at the age of twenty-four returned to his native country.

Being immediately admitted doctor in physic at Cambridge,



*pulvis antimonialis* has been frequently used as a substitute for James's Powder; but then it is only a substitute, and nothing more; for there is evidently a material difference in the *effect* produced from each.

The *Bark*, that great and truly wonderful medicine, met with the utmost opposition when it was originally

he settled in London, and entered on the practice of his profession. By gradual advances, he rose to considerable eminence; was chosen a fellow of the college of physicians, and appointed physician to St. Bartholomew's hospital.

In 1615 he was chosen by the college to read an anatomical and chirurgical lecture; and it is probable that this gave him the first opportunity of disclosing his sentiments respecting the peculiar structure of the heart, and the circulation of the blood. His ideas, on this subject, he threw out with caution, and gradually developed the important principles to which they led; but when he had thoroughly canvassed his own hypothesis, fortified it by arguments, and confirmed it by repeated experiments, he published at Frankfort a Latin treatise concerning the motion of the heart and blood. This work, in the opinion of the best judges, is a master-piece of perspicuity in arrangement, and of strong reasoning; nor was its literary merit inferior to the sublime doctrines which it was intended to establish.

But though Harvey's discovery was of the greatest importance in the healing art; and deserved the candid reception, if not the high approbation, of all; he met with that fate which superior merit must not hope to escape. He was envied by those who could not comprehend the value of his doctrine; he was traduced by the dull plodders in the trammels of established prejudices, who could not reach his heights. His own profession, in particular, for some time regarded his opinions as heretical or dangerous; and though they were not able to confute him, they raised a war of words, in which argument was lost, and truth and reason were treated as the worst of foes. It appears from a letter of Harvey's to one of his friends, that in proportion as he deserved reputation, his practice as a physician diminished; and that the most ignoble arts were used to depress a man, whom obloquy could not depreciate, and whose applause was one day to become universal through the world.



brought forward in Europe, about the year 1647; and it was not till a long series of years before its salutary properties were acknowledged by the Faculty! And where is there a medicine so much and so successfully resorted to at the present day?

The same may be said of Friar's Balsam or Jesuits' Drops—Locatelli's Balsam—Lockyer's Pills—Mathews' Pills—Plummer's Pills—Daffy's Elixir—Dover's Powder—Goulard's Extract, and many others, originally proprietary medicines, but now considered worthy a place in the regular pharmacopœia, though *for fashion-sake their names have been recently altered.*

Even foreign physicians entered warmly into the controversy; and either attacked the truth of his hypothesis, or denied him the praise of originality. It is thus in every branch of science, and in every great and meritorious performance. Those who have benefited or enlightened mankind, have too frequently been made the victims of their virtues or their knowledge; and envy, which cannot endure to behold living worth, has relented only at the grave.

But Harvey, though he suffered from the storm, had the singular felicity to outlive its fury; and to see the world pressing forward to pay him the homage due to an original genius, and a benefactor of his kind. The more his system was criticised, the more its validity was established; like gold which has been tried, and comes brighter out of the furnace. By degrees the circulation of the blood was generally admitted; and men began to wonder how such a palpable truth had so long been undiscovered, and still more so long opposed.

In 1623 king James the first appointed Dr. Harvey a supernumerary physician in ordinary, with a promise that he should be placed on the royal establishment at the first vacancy. He was afterwards made physician to Charles the first, and attended his majesty at the battle of Edge-hill, and thence to Oxford, where he was incorporated Doctor in Physic. Soon after, by the king's particular recommendation, he was elected



Montaigne,\* in one of his essays, treats, with great humour, of physic and physicians; and makes it a charge against them, that they perpetually direct variations in each other's prescriptions. "Whoever saw," says he, "one physician approve of the prescription of another, without taking something away, or adding something to it? By which they sufficiently betray their art, and make it manifest to us, that they therein more consider their own reputation, and consequently their profit, than their patients' interest."

warden of Merton college in that university; but the power of the parliament prevailing, he was obliged to relinquish this office, and retired to the neighbourhood of London.

In 1651 he published a very valuable book on the generation of animals; but being unacceptable to the parliamentary party, for his adherence to Charles, his house was plundered of all the furniture, and all his manuscripts were carried off and irrecoverably lost.

Next year, however, having lived to silence envy, and to make opposition ashamed of shewing its face, a statue was erected to his honour by the college of physicians; and two years afterwards he was chosen president of that body, in his absence. This distinction he declined with due acknowledgments, on account of his age, and increasing infirmities; but as a testimony of his gratitude, having no children, he made the college his heirs, and settled his whole paternal estate upon them. He had previously built a room for them to assemble in, and fitted up a library; and now he instituted an annual commemoration of benefactors, with a proper salary; and attended the first in person. The Harveian oration still continues to be delivered; and the aspiring and ingenious physician who is appointed to pronounce it, has thus an honorable opportunity of shewing his taste, his learning, his skill or his discoveries, before the most competent judges of his art.

During the latter part of his life, Harvey became a victim

\* Montaigne's Essays, book 2d. chap. 37th, page 703.—Consult also the same chapter, page 719.



It is said by Mr. Seward, in his entertaining anecdotes, that the late Lord Mansfield gave this advice to a military gentleman, who was appointed Governor of one of our islands in the West-Indies, and who expressed his apprehensions of not being able to discharge his duty as chancellor of his province. "When you decide, never give reasons for your decision. You will in general decide well; yet may give very bad reasons for your judgment."\*

It is extremely ridiculous to hear several medical men say that "they will not prescribe the *Cordial Balm of Gilead*, because they cannot use a medicine they do not know." I wish they would abide by their own rule, for

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to the gout, and resigned his breath with general admiration and regret, on the third of June, 1657. He was buried at Hampstead, in Essex, where a monument was erected to his memory.

Besides an eminent skill in every branch of science more immediately connected with his profession, he was well versed in general literature. He was laboriously studious, regular, and virtuous in his life; and not only an excellent physician, but an excellent man. His modesty, his candour, and his piety, were equal to his knowledge; and the more he penetrated into the wonders of nature, the more he was inclined to adore its divine author. With regard to his grand discovery, the Circulation of the Blood, it was soon confessed to be founded on the solid basis of reason and experience, and can never be controverted again. Of what consequence it was in the art of medicine, may be inferred from this circumstance, that it is perhaps impossible to define health and sickness in fewer words, than by styling the former a free, and the latter an obstructed, circulation.—*Vide Mavor's British Nepos, from the 20th of Elizabeth to the 8th of Charles the second.*

\* Anecdotes of distinguished Persons, vol. 2d. page 361.



then as they know nothing, they would do nothing. I do not mean absolutely that they know nothing at all; they are acquainted with the properties of drugs and medicines so far as the experience of their predecessors and their own has taught them. They know for example, that Jalap is an exotic root, which exhibited in certain quantities, purges briskly and excites watery stools. They know that Ipecacuanha causes vomiting, and sometimes cures a purging. They know that Mercury raises a salivation; and they know that the Peruvian Bark removes an intermittent fever without any sensible operation; but none of them are in the least degree acquainted with the method nature pursues in the preparation of these drugs, or, from the knowledge of their component parts, can assign any reasonable cause why the one purges, the other vomits, the third salivates, and the fourth cures in a way that would appear supernatural if it was less common. All they know of these is from their effects when introduced into the body, which could by no means be discovered previous to their use; and just so much they know of my medicines, if they would call to their aid the same experience that has made them acquainted with other remedies. But when it suits their purpose they seem perfectly well acquainted with them; and yet when they are proposed by the patient or his relatives, they cannot consent because they do not know them! Of these, various instances have been recorded.

In Physic there is a wide field open for discovery,



which, I trust, will call forth the powers of ingenious men. There are many disorders which no physician yet has been able to cure: but it does not follow from this that ALL those diseases are incurable. Physicians are not more divided in their opinions, prescriptions, and mode of administering them, than their patients differ in the nature of their diseases, as well as constitutions; therefore, that the reader may be the better enabled to judge of disorders, by symptoms, I have laid down in this work the causes, signs, and regimen to be observed in the most dangerous cases, as well as the best and safest medicines to be taken *with* my preparations, if the nature of the disease requires it, during the different courses thereof.

People addicted to reading not unfrequently add mental to bodily ailment, by the avidity with which they lay hold of Medical Books, few of which are calculated for any but the Faculty. But that the knowledge of medicine is only to be obtained by much perseverance, is not to be denied; nor can it be contended, that in this age, the gates of knowledge are not *open to all men*; nor that those who shall most sedulously apply themselves will acquire the largest store. Happy it is for this country, that the Sciences are *open to every one* who shall choose to explore them; and thrice happy are its people, that the STUDY OF PHYSIC is *not restrained* to those alone, who have passed through various ceremonies\*; for to their freedom of re-

\* The author has however the advantage, if any advantage is to be claimed, i. e. that of having regularly graduated.



straint may we, perhaps, impute the *unrivalled skill* of that celebrated DIVINE† who has restored the most amiable of men§ from a malady the most affecting in the catalogue of human infirmities† And it is an incontrovertible fact, that the most considerable improvements in medicine have been made by persons who were not regular and systematic professors of the art; while those who valued themselves upon these distinctions, have been the most violent opposers of every new discovery, and have displayed the greatest acrimony, rarely adopting it into their own practice till after a long struggle, and the public opinion has been fully decided upon it||. If they evidently see their error, they are too proud and vain to acknowledge it—a pride totally incompatible with true dignity and elevation of mind, and to which the lives of thousands have been sacrificed. Such physicians endeavour to impress upon mankind an high opinion of their understanding; which, once effected, serves them instead of genius and science. But happily the same manly and liberal spirit of enquiry which has enlightened every other branch of knowledge, begins to find its way into medicine—the tyranny of authority and system declines apace—and I am bold to maintain, that by the introduction and establishment of my discoveries thousands have been benefited, who would otherwise have long since mingled with the dust: nor can

† Dr. Willis.

§ His Majesty.

† Hypochondriacism or Mental Affection.

|| The vaccine inoculation is a recent and incontrovertible instance.



any of the faculty, with any colour of argument, invalidate the assertion.

“ The best preservative to keep the mind in health, says Lord Bacon (and in many instances the BODY too) is the faithful admonition of a friend.” Unfortunately, the dislike of having not merely our vices, but even our foibles, follies, and faults exposed, deters thousands from asking for or receiving what the philosopher recommends; and thus YOUTH in particular rush headlong into the vortex of dissipation and death!—To obviate consequences so destructive to the species and eventually to population, has fallen to my lot, by making public this “ GUIDE TO HEALTH,” which is pointed out to the deluded of either sex as the “ Silent Friend” which they may consult *without exposure*, and with assured confidence of success.

It cannot be presumed that the mode of making known the virtues of a medicine, through the medium of a Newspaper, is even *improper*, much less *disgraceful*.—If the remedy be of *superior efficacy*, it becomes a duty to the public, that the inventor or proprietor declare it:—and it must not be argued that the *medicine is debased*, by the channel through which society is made acquainted with it; yet is it not a truth, that many a victim of disease has been *dissuaded* from, nay, *refused* the use of medicines which might have been ministered to his *relief*, perhaps his *cure*, solely because their *uses* and *properties* had been set forth in a *Newspaper*? as if their efficacy had been diminished or destroyed by being declared through that



organ, the Printing Press, which *KINGS* are *proud* to speak by, and which, *properly* and *justly* employed, must ever produce the most *important* and *substantial blessings* to *mankind*.

Some have urged the necessity of supporting the respectability and dignity of the profession against what they are pleased to term Empiricism. I assert that no improvement can be made in any art without it,—it is by means of repeated *trial* and *experiment* that any beneficial discovery is procured. My Medicines are *WELL TRIED*, their *Virtues having been proved* in Thousands of instances; and in cases that occur immediately under their influence, it is certainly better that such medicines should be used, than any that can be suggested by theory, the effects of which have not been sufficiently ascertained.—Others have made a more direct attack upon my preparations, by pretending to have discovered their component parts—they have failed most egregiously—it is a *secret* which they have not skill to discover, though envy would fain arrive at this desirable object. Like the critics, they overlook the beauties, in their eager search for something whereon to exercise their malignity—but I affirm my medicines are as far beyond the powers of research, as my fame is above the reach of malice.

Silence were, perhaps, the best remedy to that dart which is hourly shot from the bows of the interested and malevolent against public medicines; truly weak indeed is the favourite reed of their quiver. It requires the



*strongest conviction of intrinsic worth and physical excellence, by long and great experience, to induce an inventor or proprietor of any medicine to incur the serious and certain expence of making it known by ADVERTISEMENTS ; an expence of many THOUSAND pounds Annually to me, independent of SEVERAL Thousands a year paid for Government Stamps affixed to my medicines, which a very great and general demand can alone defray, and which nothing short of fatuity could induce any one to enter upon without such previous conviction ; to an attempt to give publicity to a medicine whose merit will not support its character when known, no advantage can possibly be derived ; on the contrary, the result must be marked by great loss of money and by time ill-applied.*

No other motive, than the utility which the Second Part of this Work might be to mankind, could have induced me to undertake it. The crimes of our fellow-creatures afford but a melancholy reflection ; the consideration of which affects whilst it humiliates human nature. The idea of diminishing their frequency, and softening the miseries that flow from them, is itself sufficient recompence. The difficulty of conveying ideas upon a subject that necessarily requires terms and expressions of an unbecoming tendency, has not passed unobserved ; nor has any precaution been



neglected to render the language as grateful to the reader as the subject is susceptible of. There are stumbling-blocks inseparable therefrom, that could not be dispensed with. Should such important articles as are therein enumerated, be passed over in silence? Certainly no. The sacred writers—the fathers of the church—the ecclesiastical writers, did not think it proper to be passive upon crimes of sensual depravity, because they could not be described without words. To check the dreadful consequences of secret, delusive, and vicious propensities, it is necessary to follow their example, agreeing with St. Augustine; who says, “If what I have written should give offence to any libidinous person, let him rather accuse his own turpitude, than the words I have been obliged to use, in explaining my thoughts upon the generation of man. I hope the wise and modest reader will forgive me for those expressions I was obliged to make use of.”—The virtuous and enlightened, who well know the proneness of man to evil, will approve my endeavours to make mankind shun vice, by the dread of present ill and future misery, certain attendants on the crime of self-abuse.

Those Zoilus's of society and literature, who do nothing themselves, and condemn whatever is done by



others, will perhaps say that this work tends more to promote vice than suppress it; that those who were before ignorant of it, will thence become acquainted with it.—To such critics, no reply is necessary.—But as there are weak, though virtuous minds, upon whom such discourse may make some impression, this general reflection is due to them:—that the *Guide to Health*, in this respect, stands in the same predicament as all books of *Morality*—they should be all suppressed, if it be multiplying vice by displaying its dangers. Holy writ, the writings of the fathers, and of the casuists, should all be prohibited for the same reasons. What person would think of reading a book, upon a medical subject, whilst he is ignorant of the name or symptoms of the disease? Inspired by the hope of stopping the progress of corruption, more baneful than the ravages of both the small-pox and the sword, and even more to be dreaded, (as by its working in the shades of mystery, it secretly undermines, without even those who are its victims thinking of its malignity) my design will be fully answered if this work is rendered useful to mankind. Let the eyes of youth be open—let them behold the danger and the evil attendant on the votaries of delusion—that is the surest means of preventing the decay which is complained of in human nature; and, perhaps,



restoring to her in a few generations, the strength and power of our ancestors, with which we have little more than an historical acquaintance.

The best antidote against popular prejudices is the establishment of some material *facts* beyond the power of contradiction, and producing them before the public in well AUTHENTICATED cases. This is that sun-shine, the genuine warmth of which the slender roots of prejudice cannot bear. TRUTH will then prevail, prejudices subside, and all persons be fairly left to their own enquiries and their own experience. There is no case that has yet been published by me which has not been exactly true, to the best of my information and belief, and for which I had not the most authentic evidence; many of them are attested by people of great respectability, and the originals are in my possession. As I have no fear, nor any interest separate from that of the public, my Readers are at full liberty to challenge, and if in their power, to disprove them. Though pleased with the universal approbation I have received, I would not enjoy it at the expence of truth.

In no other department of human society, has there occurred an instance of such prejudice and self-interest, as one which happened a few years ago in that of medicine:



I allude to the rejection and neglect of the Brunonian system. In this profound and accurate work, the various facts relating to animation, which had been isolated, and in consequence either altogether useless, or subject to the arbitrary will and misrepresentation of those who thought proper to employ them, are by a careful induction reduced to the heads to which they properly belong, and their general nature thereby appreciated. The causes of animation are hence elucidated, as far perhaps as the human mind can penetrate. The advantages which might be derived from this medical system is incalculable. By it the medical art is reduced to a few simple principles, which every person may easily comprehend and with safety apply to the cure of diseases. Brown, however, the immortal benefactor of the human race, lived in poverty and neglect, and his system is seldom mentioned except in terms of affected contempt and disapprobation in all the medical schools with which I am acquainted.—Our systems of philosophy have changed by the discoveries of Newton; yet medicine, even after the labours of a Brown, remains nearly in the same state of imperfection in which it existed in the days of Hippocrates or Galen.

The late Bonnel Thornton, whose turn for wit and hu-



mour was only equalled by the strength of his understanding, used frequently to entertain himself and his friends at the expence of physicians; conceiving he had a right, as he was himself bred to the profession of physic. The formal wig worn by his fraternity was frequently the object of his mirth; and though knowledge and merit could not escape his discernment, one might almost have thought, from his manner of treating the physical wig, that he thought the success of physicians depended on the quantity of hair on the outside of the head, and not on any knowledge or skill within. Mr. Thornton was once confined to his bed by a fever, which greatly alarmed his most intimate friends, who did not conceive he could recover, from the simple medicines he employed. They urged him incessantly to call in the assistance of a physician, and he at length declared that he would the next day have a consultation of them. This declaration caused much happiness among his friends, and they were determined to be punctual in their attendance at the appointed time, that they might be certain that Thornton did not omit any circumstances which might be necessary for the doctors to know. The friends attended accordingly the next day, and found Mr. Thornton sitting up in his bed, with the curtains open, looking gravely at three tye-wigs, placed



in order upon blocks between the bed-posts. "What is the meaning of this?" exclaimed the friends. "Why, this is the consultation of physicians," answered Mr. Thornton, "which you made me promise to have, and you see I have kept my word." "It is astonishing that you can be so merry," cried one of the company, "on an occasion in which your life is in danger!" "I beg you will excuse me," returned Thornton, "for I know what I am about. It is allowed to be more than an even chance against a patient when he calls in a consultation of the perrivigpated fraternity; I am willing to lessen the hazard, by taking the assistance of so much of the doctor as may do me good, and avoiding that which alone occasions the danger." "I do not understand you," answered the friend; "the sight of the doctor," replied Thornton, "has I am persuaded, cured many a patient; this I have completed in the figures before me; the danger lies in the doctors' physic; this I have avoided, by the present consultation. Be at ease, my friends; Nature is the best physician, and she employs few medicines; the assistance she wants I shall give, and save my money, and my life." The friends were far from being satisfied; yet Bonnel Thornton soon recovered, and for many a year joined them in laughing at the *consultation of physicians*.

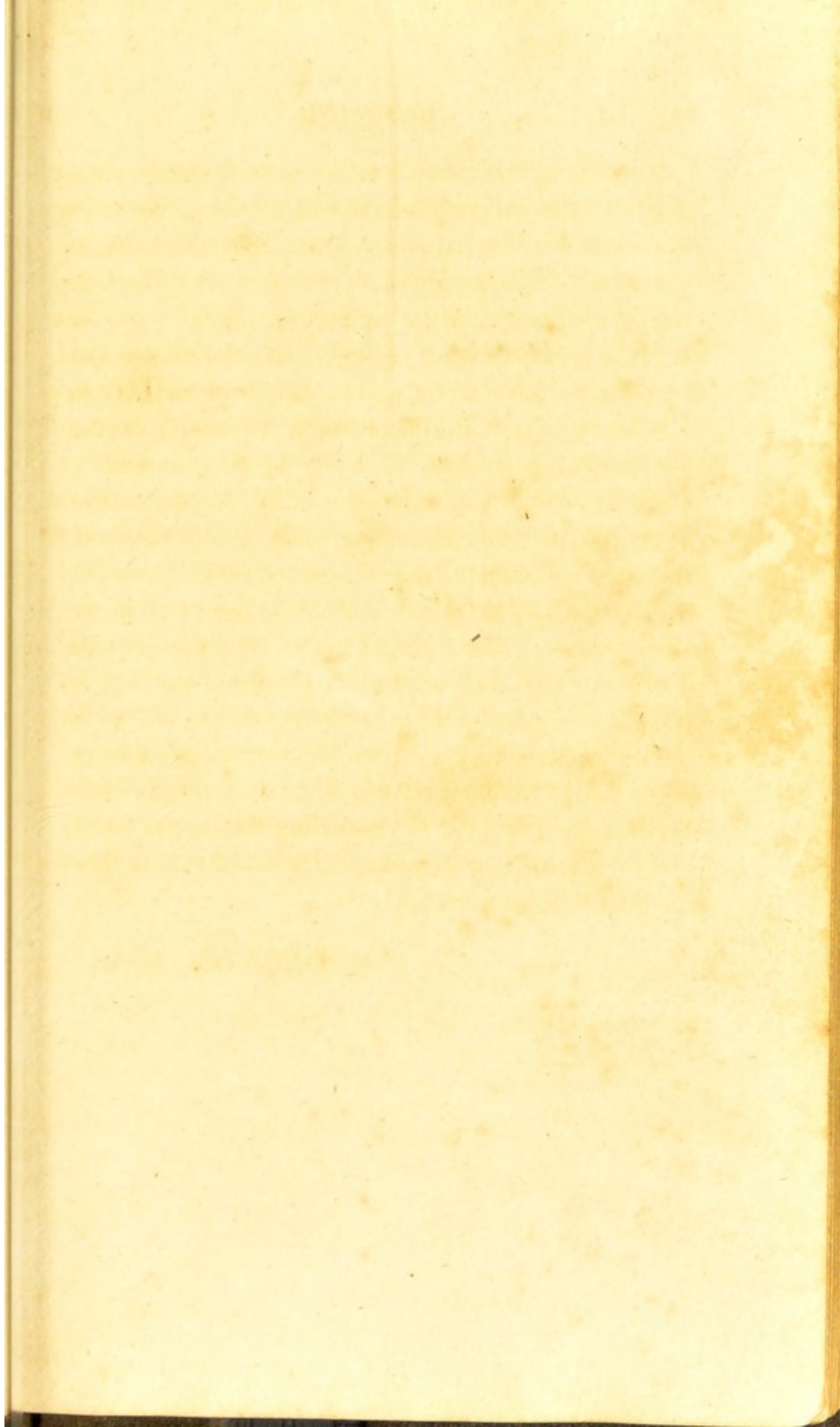


It is not my inclination to be severe on the faculty: what I affirm is on just grounds, and with sincerity, which they alone will deny who are interested in misrepresenting my character. I am merely endeavouring to justify my practice, and to remove secret aspersions. That which has been my principal support against the mean artifices and false suggestions of my opponents, and those who have envied my success, will, I trust, never fail me—"The consciousness of my integrity." I pity them for the abortive efforts wherewith they have aimed their pointless arrows at my well-earned reputation, which I consider as my supreme reward on this side the grave, for a life devoted not less faithfully than successfully to the service of my fellow-creatures. Their treatment however was no other than I expected, and what every physician must expect, who (like me) shall dare to counteract the practice of his medical contemporaries. I am however happy in the reflection that I have not lived in vain; as it is with heartfelt pleasure I see the success of my labours, and daily receive the acknowledgments of those who have been benefited by my discoveries.

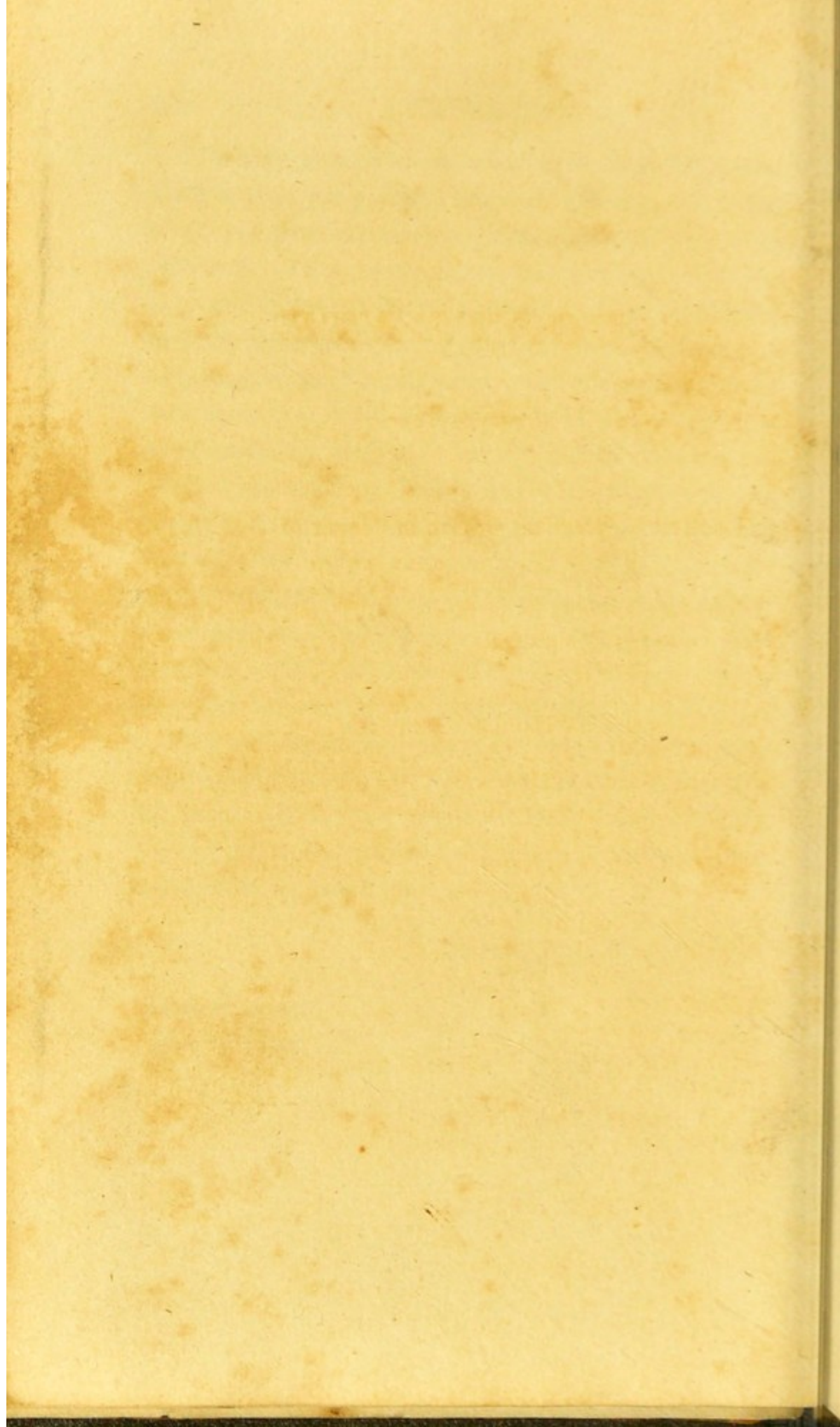
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A

# GUIDE TO HEALTH.

PART I.

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GUIDE TO HEALTH

PART I





A

## GUIDE TO HEALTH.

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### PART I.

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ON NERVOUS AND

### *Hypochondriac Complaints, Lowness of Spirits, &c.*

“ To administer to a mind diseased,  
“ Pluck from the memory a rooted sorrow,  
“ Raze out the written troubles of the brain,  
“ And with some sweet oblivious antidote  
“ Cleanse the foul bosom of that perilous stuff  
“ Which weighs upon the heart,”

Is certainly a task surrounded with difficulties seemingly insurmountable.

MELANCHOLY, or HYPONDRIASIS, is said to be the inexorable parent of every mental disease ; but *Paracelsus* ridicules the idea of its being incurable ; and certain it is, that this dreadful malady, even in its most afflicting stages, seldom causes immediate death, except indeed by the ungoverned hand of the miserable sufferer. *Montanus*, however, is of opinion, that to whatever extent the patient may be relieved, some dregs and vestiges, the *vestigia flammæ*, will still remain and accompany him to his grave ; and unquestionably it is a disease much more easy to be prevented than entirely cured.

An honest physician will endeavour to obtain, by every means in his power, the good opinion and confidence of his patient ; for *Galen* is of opinion that the confidence of the patient sometimes contributes to the cure of melancholy as much as the physician's physic ; and *Para-*



*celsus* informs us that *Hippocrates* was as much indebted for the surprising cures he performed, to the high conceit his patients entertained of his honoured ability, as to his knowledge of medicine. Melancholy is a disorder of the mind, to the cure or alleviation of which, nothing is more essential than the kind office and conversation of a real friend.

The material melancholy is either simple or mixed, offending in quantity or quality, and varying according to the place where it settles, as brain, spleen, mesaraick veins, heart, womb and stomach, or differing according to the mixture of those natural humours amongst themselves, or four unnatural adust humours, as they are diversly tempered and mingled. If natural melancholy abound in the body, which is cold and dry, so that it be more than the body is well able to bear, it consequently must be distempered (saith *Faventius*) and diseased; and so the other, if it be depraved, whether it arise from that other melancholy of choler adust, or from blood, produceth the like effects, and is, as *Montaltus* contends, if it come by adustion of humours, most part hot and dry. Some difference I find whether this melancholy matter may be ingendered of all four humours, about the colour and temper of it. *Galen* holds it may be ingendered of three alone, excluding phlegm or pituita; whose true assertion *Valesius* and *Menardus* stiffly maintain; and so does *Fuchsius*, *Montaltus* and *Montanus* — How (say they) can white become black? But *Hercules de Saxonia* and *Cardan* are of the opposite part (it may be ingendered of phlegm, though it seldom come to pass) so is *Guianerius* and *Laurentius*, with *Melanethon*; the latter of whom in his book “de Anima,” and chapter of humours, calls it *Asininam*, dull swinish melancholy, and saith that he was an eye-witness of it; so is *Wecker*.

From melancholy adust arises one kind, from choler another, which is most brutish; another from phlegm, which is dull; and the last from blood, which is best. — Of these some are cold and dry, others hot and dry, varying according to their mixtures, as they are intended and remitted; and indeed, as *Rodericus a Fons* deter-



mines, ichorous and those serous matters being thickened become phlegm, and phlegm degenerates into choler; choler adust becomes æruginosa melancholia, as vinegar out of purest wine putrified, or by exhalation of purer spirits, is so made, and becomes sour and sharp; and from the sharpness of this humour proceed much waking, troublesome thoughts, dreams, &c. so that I conclude as before. If the humour be cold, it is a cause of dotage, and produces milder symptoms; if hot, they are rash, raving mad, or inclining to it. If the brain be hot, the animal spirits are hot, much madness follows with violent actions; if cold, fatuity and sottishness. The colour of this mixture likewise varies, be it hot or cold; it is sometimes black, sometimes not, *Melanelius* also proves out of *Galen*; and *Hippocrates* in his book of Melancholy gives an instance of a burning coal, which when it is hot, shines; when it cools, looks black, and so doth the humour. This diversity of melancholy matter causes diversity of effects. If it be within the body and not putrified, it causeth black jaundice; if putrified, a quartan ague; if it break out to the skin, leprosy; if to parts, several maladies, as scurvy, &c. If it trouble the mind, as it is diversly mixed, it occasions several kinds of madness and dotage.

Among other symptoms of this disease we may reckon costiveness, and keeping in of our ordinary excrements. *Celsus* says inflammation of the head, dulness, cloudiness, head-ach, &c. are its consequences. *Prosper Calenus* will have its distemper not the organ only but the mind itself by troubling it; and sometimes it is a sole cause of madness. Likewise the suppression of the menses in women, or of any other customary evacuation, is apt to produce this disorder, as well as a single life persevered in too long. Too great a retention of the semen (according to *Asculanus* and *Magninus*) sends up poisoned vapours to the brain and heart; and *Galen* holds, that if this natural seed be overlong kept (in some parties) it turns to poison. Intemperance is however as bad in the other extreme, and is frequently productive of this lamentable disorder. *Galen* reckons up melancholy amongst those diseases



which are exasperated by venery; and *Magninus* gives the reason, because it infrigidates and dries up the body, and consumes the spirits; and would therefore have all such as are cold and dry, to take heed of and avoid it as a mortal enemy.

Idleness and solitariness also tend to melancholy.—Those that are idle are far more subject to this disease than such as are conversant or employed about any office or business. It causes crudities, obstructions, and vicious humours; quenches the natural heat, dulls the spirits, and makes them unapt to do any thing whatsoever; it contaminates the soul and irritates it with cares, griefs, false fears, discontents, and suspicions.

A love of solitude and walking alone in solitary places, (though pleasant and delightful in its commencement) indulging the pleasing phantasies of the imagination, &c. induce a habit which at length becomes unconquerable, so that when any grief invades the mind, there are but feeble energies to resist, or strength to bear it, and a settled melancholy is the consequence. It is therefore necessary to rouse the mind and body to action, that the health and vigour of both may be preserved.

*The inordinate indulgence of the passions.*—Sorrow strikes the heart, makes it tremble and pine away with great pain, and the black blood drawn from the spleen and diffused under the ribs on the left side, causes those hypochondriacal convulsions which happen to them which are troubled with sorrow. Fear is the cause of many lamentable effects, as to be red, pale, tremble, sweat; it makes sudden cold and heat to come all over the body, palpitation of the heart, syncope, &c. and it causes sometimes sudden madness. A sense of shame and disgrace will also, in generous minds, become the source of melancholy. Envy so gnaws many men's hearts, that they become altogether melancholy: therefore Solomon calls it the rotting of the bones. Anger, if carried to excess, is a cruel tempest of the mind, making the eyes to sparkle fire, and stare; the teeth gnash in the head, the tongue stutter, the face pale or red, preparing the body to melancholy and madness itself.—



Discontents, cares, crosses, miseries, or whatsoever it is that may cause any molestation of spirits, grief, anguish or perplexity, attenuate our bodies, dry and wither them, and dispose to this disease.

The patient must also call forth, with resolution and fortitude, all the possible powers of his mind in aid of his physician; for although it will be highly to his advantage to rely with implicit confidence upon the skill of those whom he may consult, he may do much for himself, and, like the waggoner in *Æsop*, by setting his shoulders to the wheel, greatly relieve his distress. An unreserved disclosure of the most minute circumstances of his case, is an indispensable obligation; for by suffering, like a cowardly citizen, who neglects to arm until the enemy is at its gates, his bashfulness or indifference to conceal any of its symptoms, he will not only protract his cure, but possibly produce incalculable mischief. It is, however, the common fault of all melancholy persons rather to overstate their afflictions than to conceal them. Obedience also to the directions of the physician, and a steady perseverance in the course he shall prescribe, is a necessary duty on the part of the patient.

Melancholy men have, in general, good appetites and bad digestion; and nothing sooner poisons both the body and mind, than to eat and ingurgitate beyond all measure, as some of them do.

Thus when alas! men come to die  
Of dropsy, jaundice, stone or gout,  
When the black reckoning draws nigh,  
And life before the bottle's out:

When long-drawn Time's upon the tilt,  
Few sands and minutes left to run,  
When all our past gone years are spilt,  
And the great work is left undone:

When restless conscience knocks within,  
And in despair begins to bawl,  
Death, like the drawer, then steps in,  
And cries, I'm ready at your call.

Change of air, and variety of pleasing objects, are the best remedies for this infirmity.



Bathing either in natural or artificial baths, is of great use in this malady, and yields, as many physicians, particularly *Ætius*, *Galen*, *Rhasis*, and *Montanus*, contend, as speedy a remedy as any other physic whatsoever.\*

Exercise, both mental and corporeal, when duly regulated, and discreetly taken, highly contributes not only to the restoration and establishment of general health, but to the prevention and expulsion of this particular disease. The fittest time for exercise is before meals, when the body is empty, particularly in a morning, after the pores have been cleared by ablution from the perspiration of sleep, and the body relieved from its repletion. The mind and body must be in continual exercise.

It was the advice of the prophet *Tiresias* to *Menippus*, who travelled all the world over, even down to Hell itself, in search of content, to be *merry and wise*. To exhilarate the heart has been the practice of every age and country as the best means of preserving life; but the mischief is, that many men drown their wits in wine, consume their fortunes, lose their time, weaken their temperatures, contract diseases, and completely ruin their constitutions. In their endeavours to avoid the Scylla of dejection, they plunge into the Charybdis of drunkenness, and use that mirth which was intended for their help to their undoing.

Friendship, indeed, when it is rational and sober, as well as lively and pleasant, is of all other remedies the most powerful and efficacious in the cure of this disease. It gives new life and animation to the object it supports; forming the most pleasing remedy against not only melancholy, but every grievance and discontent—for discontents and grievances are the lot of man—misery is necessary to the attainment of true happiness. Whatever is necessary, as *Cicero* asserts, on the authority of an ancient poet, cannot be grievous. The evils that a man is born to endure, he ought to bear without repining; remembering that fickleness is the characteristic of fortune; that sorrows surmounted sweeten life; and that the highest human attainment is a *contented mind*.

\* Vide 3d part of this Work "On Bathing."



*Signs of Love Melancholy.*—Difference of pulse, neglect of business, want of sleep, often sighs and blushings when there is any speech of their mistress, are manifest signs; but when both parties are present, all their speeches, glances, actions, &c. will betray them. If they cannot see them, they will still be walking and waiting about their mistresses doors, or wherever they hope to have an opportunity of meeting, and seeking all occasions to be in her company: and if any impediments or ill success interpose, they are either greatly dejected, solitary, silent, or weeping, lamenting, sighing, or complaining, and subject to torments to which the Spanish Inquisition is not comparable. Biting cares, perturbations, passions, sorrows, fears, suspicions, discontent, jealousies, ravings, agonies, restlessness, anxieties, anguish, sudden startings, sullen ruminating, are symptoms of this melancholy; they can think of nothing, speak of nothing, but the beloved object. *Abraham Hoffmannus* relates out of *Plato*, how that *Empedocles* the philosopher was present at the dissection of one that died for love: his heart was combust, his liver smoky, his lungs dried up, insomuch that he verily believed that his soul was either sod or wasted through the vehemency of love's fires; and if this passion continue, saith *Ælian Montaltus*, it makes the blood hot, thick and black, and if the inflammation get into the brain, with continual meditation and waking, it so dries it up that madness follows, or else they make away with themselves.

Sickness and disease are also in weak minds the sources of melancholy; but that which is painful to the body may be profitable to the soul. Sickness, the mother of modesty, puts us in mind of our mortality, and while we drive on heedlessly in the full career of worldly pomp and jollity, kindly pulls us by the ear and brings us to a proper sense of our duty.

*Seneca* calls the happiness of wealth *bracteata felicitas*, tin-foiled happiness; and *infelix felicitas*, an unhappy felicity. A poor man drinks out of a wooden dish, and eats his hearty meal with a wooden spoon; a rich man, with languid appetite, picks his dainties with a silver



fork from plates of gold; but in *auro bibitur venenum*; the one drinks in health and happiness from his potted jug, the other disease and poison from his jewelled cup.

Whatever is beyond moderation, says *Mandarensis*, is not useful but troublesome; and he that is not satisfied with a little will never have enough.

The death of a friend is certainly an event of a very grievous and afflicting nature; but ought we, in a life so transitory and full of perils, to fix our affections so firmly, even on deserving objects, as to render our sorrows for their loss so poignant as to injure health, and destroy all future happiness? One of the chief benefits of virtue is the contempt of death; an advantage which accommodates human life with a soft and easy tranquility, and gives us a pure and amiable taste of it; without which every other pleasure is extinct. *Socrates*, while in the agonies of death, perceiving that his friends *Appollodorus* and *Crito*, with some others, were weeping over him, asked them what they meant by being sorrowful on so joyful an occasion.

There are many other grievances which happen to mortals in this life, from friends, wives, children, servants, masters, companions, neighbours, and ourselves, to the cure of which the following rules will greatly contribute: "Recompence evil with good; do nothing through contention or vain-glory; but every thing with meekness of mind and love for one another."

The most common symptoms are weakness, flatulence, palpitations, watchfulness, drowsiness after eating, timidity, flushes of heat and cold, numbness, cramps in different parts, giddiness, pains, (especially of the head, back and loins,) hiccough, difficulty of respiration, and deglutition, anxiety, dry cough, &c. &c.

One symptom of which it is impossible to form any adequate conception is yet undistinguished. It is described as making its attacks by violent paroxysms, which are, however, usually preceded by portentous indications like the brooding of a furious storm. It pervades with its baleful influence the whole nervous system, writhing the heart with inexpressible anguish, and ex-



citing the most dreadful suggestions of horror and despair ! To this demon have thousands fallen a sacrifice in the direful transports of its rage.

These disorders usually attend a sedentary life.—Want of exercise enervates the body, and subjects the patient to all those diseases which depend upon too great delicacy and sensibility of the moving fibres. Though men of genius are more liable to disorders of the nerves, the mercantile part of the world are not exempt from them. Genius often throws the nerves into convulsions, but attention naturally benumbs the faculties. Nervous disorders are generally attended with palpitation of the heart, fluttering and trembling of the limbs, and shortness of breath after the least exercise ; the patient is affected with joy, and sometimes grief, without a cause ; flying pains in the head also accompany this disorder, often violent but not lasting ; sleepless nights, with a wandering and violent imagination, are its concomitants. In the extreme degree of this disease the symptoms increase in violence, and each assumes a distinct name. They are brought on and increased by a variety of causes, among which the following are the most general :—Excess of grief or pleasure ; leading a studious or sedentary life : the horrid practice of a secret and destructive vice ; immoderate use of tea, coffee, ardent spirits, and by long residence in hot climates.

There are many cases, in which attentive observation confirms them to be connected with a morbid state of the stomach and bowels. Thus when a person dreams of food, or of eating, it will generally be found that those organs are loaded with crudities. In case of corporeal affection, the imagination seems to be sympathetically impressed with the respective condition of the body.—Dr. Thompson observes, that “the eating of raw onions at bed-time, was, in the fifteenth century, prescribed by *Magicians* as an infallible arcanum for procuring pleasant dreams !” The learned and ingenious Dr. Whyte was extremely attentive to the dreams of patients in acute diseases, and there are many reasons for believing that such attention is necessary to practical observation, in



nervous disorders, where the intimate connexion between the mind and the body is particularly evident.

Dull head-aches, sleepiness and melancholy, are symptoms attendant on nervous disorders: they generally arise from want of spirit and motion in the nervous fluid; and if permitted to gather strength by long continuance or indulgence, become very terrible.

The patient must be conformable and content to be ruled by his physician, otherwise all his endeavours will come to no good end. It is absolutely necessary also that he be heartily willing and desirous to be cured, and to that end candidly and fully communicate his case and the secret causes which he conceives to have produced his disorder; and this should be done as early as possible. To mislead the physician by a false or imperfect statement, or to delay the application of proper remedies, only serves to strengthen the disease and to undo himself. He should also place confidence, be of good cheer, and entertain a sure hope that the physician can do him good—to which is to be added perseverance, obedience and constancy---not lightly to change his physician and run from one to another, for by this means the malady will be increased and made most dangerous and difficult to cure; neither should the patient be too bold to practise upon himself, or to try conclusions, if he read a receipt in a book, for so many greatly mistake and do themselves more harm than good.

A quiet mind is that *voluptas* or *summum bonum* of Epicurus; *non dolere, curis vacare, animo tranquillo esse*,---“not to grieve, but to want cares and have a quiet soul is the only pleasure of the world,” as Seneca truly recites his opinion; not that of eating and drinking, which injurious Aristotle maliciously puts upon him, and for which he is still mistaken---*male audit et vapulat*---“slandered without a cause and lashed by all posterity.” Fear and sorrow, therefore, are especially to be avoided, and the mind to be mitigated with mirth, constancy, good hope; vain terror, bad objects, are to be removed, and all such persons in whose company they be not well pleased.——  
*Gualter Bruel, Fernelius Consil, 43, ——— Hildesheim,*



&c. all inculcate this as an especial means of their cure, that their minds be quietly pacified, vain conceits diverted, if possible, from terrors, cares, fixed studies, cogitations, and whatsoever it is that shall any way molest or trouble the soul.

The body's mischiefs, as *Plato* proves, proceed from the soul; and if the mind be not first satisfied, the body can never be cured. For anger stirs choler, and heats the blood and vital spirits. Sorrow, on the other side, refrigerates the body and extinguisheth natural heat, overthrows appetite, hinders concoction, dries up the temperature, and perverts the understanding; fear dissolves the spirits, infects the heart, attenuates the soul; and for these causes all passions and perturbations must, to the uttermost of our power, most seriously be removed. Whatsoever it is that runs in his mind, vain conceit, be it pleasing or displeasing which so much affects or troubles him, by all possible means must be withstood; expel those vain, false, frivolous imaginations, absurd conceits, feigned fears and sorrows (from which, saith *Piso*, this disease chiefly originates) by doing something or other that shall be opposite to them, thinking of something else, persuading, reasoning, &c. which generally make a speedy alteration.

The mind of the patient should be soothed by the consolations of friendship. Nothing so delights and eases the mind as when we have a prepared bosom to which our secrets may descend, of whose conscience we are assured as our own, whose speech may ease our succourless estate, counsel, relieve, create mirth, and expel our mourning, and whose very sight may be acceptable to us.—The mind is also much exhilarated by music, affecting not only the ears, but the very arteries, the vital and animal spirits; it erects the mind and makes it nimble; this it will effect in the most dull and sorrowful souls, and if there be any clouds, dust, or dregs of cares yet lurking in our thoughts, most powerfully it wipes them all away.

Mirth and merry company may not be separated



from music; it whets the wit, makes the body lively and fit for any manner of employment. Mirth, saith *Vivus*, purges the blood, confirms health, causes a fresh pleasing and fine colour. Avoid too much study and perturbation of the mind, and as much as possible the patient should live at heart's ease.

Valetudinarians should not be alarmed at this necessary description; for while these symptoms are in the condition above described, they may be removed; and there is no danger but through neglect. Age or intemperance alone will give them strength; but sobriety and timely care will lay the foundation for a permanent cure.—Many have recourse to spirituous liquors, which give a temporary relief, but which are sure to increase the disease.

Nervous patients are generally dull and inactive, subject to muse without thinking, and to disregard every thing; the appetite is bad, the stomach weak, eructation frequent, and breathing difficult; lowness of spirits, dimness of sight, vain suspicions, melancholy listlessness, a disgust of every thing, and a drowsy inactivity, are the ordinary symptoms of nervous complaints in general.

Every thing that tends to relax or weaken the body, disposes it to nervous diseases; as do frequent bleeding, purging, vomiting, &c. Whatever hurts the digestion, or prevents the proper assimilation of the food, has likewise this effect; as long fasting, excess of drinking, use of windy, crude, or unwholesome aliments, or an unfavourable posture of the body.

A feeble state of the nerves being generally accompanied with occasional lowness of spirits; the patient ought carefully to guard against every cause of debility, and engage in active pursuits, to secure the constitution from the further progress of the disease.

Shortness of sight appears also to be one of its earliest harbingers. Nervous patients are likewise peculiarly subject to hardness of hearing, which is frequently attended with a *tinnitus*, or fallacious perception of noise.

Few studious persons are entirely free from nervous disorders. Intense study not only preys upon the spirits, but prevents the person from taking proper exercise; by



which means the digestion is impaired, the nourishment prevented, the solids relaxed, and the whole mass of humours vitiated. Grief and disappointment produce also the same effects. In short, whatever weakens the body, or depresses the spirits, occasions nervous disorders; as unwholesome air, want of sleep, great fatigue, disagreeable apprehensions, anxiety, vexation, &c.

This complaint generally discovers itself by an eccentric conduct, inactivity, dislike to motion, anorexia, borborygmi, costiveness, oppressions from wind, frequent sighing, anxiety about the præcordia, great dejection, internal sinking, load at the stomach, palpitation of the heart, taciturnity, wild incoherent discourse, ridiculous notions, the mind being fixed upon one object, &c. and is preceded by a variety of symptoms, as windy inflations or distempers of the stomach and intestines; the appetite and digestion usually bad, yet sometimes an uncommon craving for food, and a quick digestion; the food often turns sour upon the stomach, and the patient is troubled with vomiting of clear water, tough phlegm, or blackish coloured liquor resembling the grounds of coffee; excruciating pains are often felt about the navel, attended with a rumbling noise in the bowels; the body sometimes loose, but more commonly bound, which occasions a retention of wind and great uneasiness.

As the disease increases, the patient is troubled with head-ache, cramp, and fixed pains in various parts of the body, the eyes are clouded, and often affected with pain and dryness. The mind is disturbed on the most trivial occasion, and hurried into commotions, inquietudes, terrors, dulness, anger, &c. The patient entertains wild imaginations and extravagant fancies; the memory becomes weak and the judgment fails; in short, the whole animal functions are impaired. The urine is sometimes small in quantity, at other times very copious and quite clear; great straitness of the breast, with difficulty of breathing; violent *palpitations of the heart*, sudden flushes of heat in various parts of the body; at other times a sense of cold, as if water was poured on them; flying pains in the arms and limbs, back and belly, re-



sembling those occasioned by the gravel; the pulse variable, sometimes uncommonly slow, and at other times very quick; yawning, the hiccough, *frequent sighing*, and a sense of suffocation, as from a ball or lump in the throat; alternate fits of crying and convulsive laughing; the sleep unsound and seldom refreshing, and the patient often troubled with *horrid dreams*.

Nervous disorders may be hereditary, or acquired by a sedentary life—tedious diseases; *profuse evacuations*; or by depressing the passions.

Excess of pleasure does not only produce languishing disorders but it sometimes brings on acute diseases, and it always impedes the cure of those which are derived from another source; it easily produces that malignity which, in my opinion, is nothing but a defeat in the natural powers. Hippocrates has already left us, in his history of epidemical disorders, the observation of a young man, who, after having committed those excesses, was seized with a fever, accompanied with the most disagreeable and irregular symptoms, and which at length proved mortal.

The symptoms in the female, from the natural delicacy of constitution and the softer manner of life, are in general more frequent and violent than in the male.—Weakness of the nervous system is often, alas! too often, occasioned by irregularities in one sex, and sensual excesses in the other, which bring the flower of youth to premature old age.

It is observed by Sydenham, that nervous diseases imitate all kinds of distempers so exactly, that a physician is generally at a loss to distinguish them from an essential disease of any part; but that one peculiar symptom is, a *despair of ever recovering*. As the most common symptom of this disease is therefore a constant dread of death, it of course renders those unhappy persons who labour under it peevish, fickle, impatient: apt to run from one doctor to another: and this is the reason why they so seldom reap benefit from medicine, since they have not sufficient resolution to persist in *any* one course till it has time to produce its proper effect. Those who seriously



wish to be cured, must patiently *persevere* in the remedies hereinafter prescribed for them; for it will avail little to adopt a medicine, if its use be declined before it is possible that its effects can be perceptible, or before it can have time to act upon the system.

Dr. Walker justly remarks, that "one reason why complaints of the nervous kind are not more frequently removed is, that patients have seldom resolution to persevere sufficiently in any means of relief prescribed them. It will be necessary to inform the patient that an *effectual* cure may be obtained, but a *speedy* one is not to be hoped for. It is better not to be discouraged by a few ineffectual efforts to relieve the complaint; but it must be remembered, that frequently the more gradual and progressive the cure, the more *certain* and permanent it will prove."

*Love Melancholy.*—Castalio would not have young men read the Canticles, because, to his thinking, it was too light and amorous a tract, a ballad of ballads, as our old English translation has it. He might as well forbid the reading of Genesis, because of the loves of Jacob and Rachel, the stories of Shechem and Dinah, Judah and Tamar; reject the book of Numbers, for the fornications of the people of Israel with the Moabites; that of the Judges, for Sampson and Dalilah's embracings; that of the Kings, for David and Bathsheba's adulteries, the incest of Amnon and Tamar, Solomon's concubines, &c. the Stories of Esther, Judith, Susanna, and many such.

*Domestic opportunities.*—It is impossible almost for two young folks, equal in years, to live together and not to be in love; especially in great houses, princes' courts, where they are idle—in *summo gradu*—"fare well, live at ease, and cannot tell otherwise how to spend their time."

Night alone, one occasion, is enough to set all on fire; and they are so cunning in great houses, that they make their best advantage of it; many a gentlewoman that is guilty to herself of her imperfections, paintings, impostures, will not willingly be seen by day, but as Castalio notes, in the night—*Diem ut glis odit, tadarum lucem super ominia mavult*—"she hates the day



like a dormouse, and above all things loves torches and candle-light; and if she must come abroad in the day, she covets, as in a mercer's shop, a very obfuscate and obscure sight."

*Music.*—If thou didst but hear her sing, saith Lucian, thou wouldst forget father and mother, forsake all thy friends and follow her. A sweet voice and music are powerful enticers. Helena is highly commended by Theocritus the poet, for her sweet voice and music; none could play so well as she. And Daphnis in the same Edyllion,

How sweet a face hath Daphne! how lovely a voice!  
Honey itself is not so pleasant in my choice.

Clitiphon complains in Tætius of Leucippe's sweet tunes; he heard her play by chance upon the lute, and sing a pretty song to it in commendations of a rose, out of old Anacreon,

Rose, the fairest of all flowers!  
Rose, delight of higher powers!  
Rose, the joy of mortal men!  
Rose, the pleasure of fine women!  
Rose, the graces' ornament!  
Rose, Dione's sweet content!

To this effect the lovely virgin, with a melodious air upon her golden wired harp or lute, I know not well whether, played and sang, which transported him beyond himself and ravished his heart. It was Jason's discourse as much as his beauty, or any other of his good parts, which delighted Medea so much.

Some again are incensed by reading romances. Amadis de Gaul, Palmerin de Oliva, the Knight of the Sun, &c. on hearing such tales of lovers, descriptions of their persons, lascivious discourses, such as Astyanassa, Helena's waiting-woman, by the report of Suidas, writ of old—*de variis concubiteris modes*;---and after her, Phi-



linis and Elephantine ; or those light tracts of Aristides Milesius, mentioned by Plutarch and found by the Persians in Crassas's army amongst the spoils ; Aratine's dialogues, with ditties, love songs, &c. must needs set them on fire, with such like pictures as those of Aretine, or wanton objects in what kind soever : no stronger engine need be than to hear or read of love toys, fables and discourses ; many by these means are made quite mad.

I had a suitor lov'd me dearly (said Aretinis Lucretia) and the more he gave me, the more eagerly he wooed me, the more I seemed to neglect, to scorn him ; and, what I commonly granted others I would not allow to him. I would not let him see me, converse with me, no, nor salute me. To gull him the more, and fetch him over (for him only I aimed at) I caused my servant to personate another, and bring me a present as from the Spanish court, whilst we were musing in each other's company, as if he had been the Count's servant ; which he did excellently well perform :—*Comes de monte Turco*,---“ My lord and master hath sent your ladyship a small present, and part of his hunting ; a piece of venison, a pheasant, a few partridges, &c. (all which she bought with her own money) commends his love and service to you, desiring you to accept of it in good part, and he means very shortly to come and see you.” With all she shewed him rings, gloves, scarfs, coronets, which others had sent her, when there was no such matter, but only to circumvent him. By these means, as she concludes, I made the poor gentleman so mad that he was ready to venture his dearest blood for my sake.

A most potent medicine was many years since introduced by me to public notice, and its happy salutary success has been without a parallel.---This medicine is distinguished by the name of

### *The Cordial Balm of Gilead.*

Its composition has been sanctioned by the most learned physicians of the age ; and is principally composed of the Balm of Gilead, from which it derives its name, which is the most celebrated medicine that is employed by the physicians of the East. It has preserved its reputation



from a period prior to the birth of Christ,\* even to the present day, and is considered by the Turks, and other Oriental nations, as one of the most efficacious and universal medical remedies. To whatever circumstance it may be ascribed, whether from the adulterations to which it is exposed in passing through so many mercenary hands before it can arrive on our shores, or from the monopolizing spirit of the Eastern despots, who carry on a profitable traffic with this highly-esteemed Balm, it is but rarely imported into Europe. It is sent from Mecca, now its native soil, to the great Princes and Sovereigns of Europe, as a scarce and valuable present from the Grand Seigneur. It is brought by the East-India Company's ships, through the correspondence which Dr. Solomon has established with one of the first houses connected with the Honourable Company to supply him with it.

The virtues of this medicine have been treated on by the most ancient writers, and among the moderns, by Professor WILDENOW, of Berlin; the following particulars of which are inserted in the *Medical and Physical Journal* for March 1799.

Among the Eastern nations it has long been a favourite and popular remedy, taken internally in cases of diseased intestines, ulcers of the lungs, liver and kidneys: and in general it is reputed an excellent diaphoretic and alexipharmic medicine. The modern Egyptians make daily use of it during the ravages of the plague, in order to prevent or repel that destructive malady.

\* The place where it formerly grew was Gilead, in Judea, more than 1730 years before Christ, or 1000 years before the Queen of Saba came to Jerusalem; and nothing is more certain, than that the Balsam Tree had been transplanted from Abyssinia to Judea, and become an Article of commerce there; and the place from which it originally was brought, through length of time, combined with other reasons, came to be forgotten.—This is however contrary to the authority of Josephus, the Jewish historian, who says, that a tree of this Balm was brought to Jerusalem by the Queen of Saba, and given, among other presents, to King Solomon, who, as we know from Scripture, was very studious on all sorts of plants, and skilful in the description and distinction of them. Here it seems to have been cultivated, and to have thriven so, that the place of its origin came to be forgotten.—*Bruce's Travels*, vol. 5.



It is further believed, that the Egyptian women possess the wonderful art of rendering themselves fruitful, either by the internal use of this Balm, or by perfuming and smoaking their bodies with it. The beauty of the skin is also said to be not a little improved by the use of it: and the ladies of the seraglio anoint their bodies with it after tepid bathing. Throughout the East the Balm of Gilead is to this day considered as a sovereign remedy against all diseases: and such is the unalterable veneration the Orientals entertain for it, that every part of this tree is, in some form or other, converted to medical purposes.

The ancient Oriental Physicians made use only of that Balm which spontaneously dropped from the tree, or which exuded after incision: the Turkish ladies apply it externally to beautify their skins and make their hair grow: this is the kind which the Grand Seignior sometimes sends as a present to other princes, and which is occasionally vended in the shops as a rare and costly article.

It appears from the most authentic ancient writings that the Balm of Gilead was an important article of commerce several centuries before the christian era. Bruce, the Abyssinian traveller, pointed out the native soil of this Balm, being the same as that of the Myrtle, behind Azab, along the coast of Arabia, and extending to the straits of Babelmandel.

Ancient writers have related many marvellous and fabulous things as connected with the history of this tree. Some asserted that it possessed such a degree of antipathy to iron, that it sensibly trembled, on the smallest particle of iron entering into contact with it: and that on this account, any incisions made in its rind must be performed with ivory, glass, or some other hard substance. Mr. Bruce, however, was an eye-witness to this incision being made with an axe, without any trembling on the part of the tree; and it is also probable that similar operations have been always made with the same instrument. Other writers have maintained, that persons who



anoint their bodies with this Balm, have a peculiar claim to never-fading beauty and to perpetual youth.

In the year 1766, Fredrick the Great, king of Prussia, being extremely concerned at the ill state of health of his general, Mons. L. Fonquet, obtained for that favourite, through the medium of his ambassador at Constantinople, frequent supplies of the Balm of Gilead, by which means his Majesty had the satisfaction of improving the health, and prolonging the existence, of one of his best generals and faithful friends.—*Vide Holcroft's History of the King of Prussia, 8vo.*

This medicine, the Cordial Balm of Gilead, now so highly interesting to the community at large, was discovered by the Author of these sheets, who, finding it possessed of *extraordinary virtues, by repeated trials* upon many thousands of patients, and during a series of many years, has spared neither time, labour or expence, in bringing it to PERFECTION, and to whom *alone* the ART and SECRET of preparing it is known. Its success has given birth to a variety of miserable imitations, under similar titles; and those who thus delude the public, scruple not even at the baseness of copying every word of the advertisements, &c. published for this restorative.

The reputation of this medicine has been so well established, that liberal-minded medical men, in this country, Ireland and America, have frequently recommended it to their patients: and it is certainly established, from the most incontrovertible evidence, that to the use of this medicine alone, the ravages of the YELLOW FEVER in America were stayed, and thousands of lives saved from that epidemic disorder in the years 1800 and 1801, as well as in the late unfortunate expedition to Walcheren, where many officers would have fallen a sacrifice to that pestilential climate, had not this wonderful restorative been resorted to.

The CORDIAL BALM OF GILEAD is certainly an elegant and efficacious medicine in weak and shattered constitutions, weakness of sight or memory, hypochon-



dria, tremblings, horrors of the mind, sexual debility, and all other diseases arising from a relaxed state of the nervous system, and often the consequence of intemperance, debauchery, inattention to the necessary cares of health, luxury, or studious life.---This Cordial Balm has universally established its restorative efficacy, and may justly be enumerated amongst the foremost of those happy discoveries which medical research has procured as the blessings of the human race, and greatest counteractive to human misery. Thousands at this moment, in the United Kingdom, live to praise the day they first applied to this admirable remedy, and enjoy the blessings of health, who might otherwise have dropped into an untimely grave.

The virtues of this most celebrated Cordial are fully explained in the course of this work, by a number of *extraordinary Cures*, authenticated by persons of indubitable veracity: and hence it must prove evident that *so great a restorative, balsamic, and salubrious REMEDY*, in all cases attended with *DEBILITY* and *RELAXATION*, *from whatever cause arising*, was never before offered to mankind.

*Advice to Persons afflicted with Nervous Disorders,  
Lowness of Spirits, &c.*

PERSONS afflicted with these disorders ought never to fast long. Their food should be solid and nourishing, but easy of digestion. All excess should be carefully avoided. Hot meals are hurtful. They ought never to eat to satiety: but if weak and faint between meals, should eat a bit of bread, and drink a glass of wine, mixed with two or three tea-spoonfuls of the Cordial Balm of Gilead. Heavy suppers are to be avoided. Though wine in excess enfeebles the body, and impairs the faculties of the mind; yet taken in *moderation*, it strengthens the stomach, and promotes digestion.

Wine and water, with a tea-spoonful or two of the Cordial Balm of Gilead, is very proper to drink at meals; but if wine sours upon the stomach, or the patient is much troubled with wind, brandy and water will answer



better than wine. Every thing that promotes flatulency should be avoided. All weak and *warm* liquors are hurtful, as tea, coffee, punch, &c. A temporary relief may perhaps be found in these, but they always increase the malady, weaken the stomach, and hurt digestion. Above all things, ardent spirits ought to be avoided.--- Whatever immediate ease the patient may feel, their use will only aggravate the malady, and prove certain poison at last.

These cautions are indeed more than necessary, as most people are fond of *tea* and ardent spirits; to the use of which many of them fall victims.

Persons who have weak nerves ought to rise early, and to take exercise before breakfast, as lying too long in bed cannot fail to relax the solids. They ought likewise to be diverted, and kept as easy and cheerful as possible. There is not any thing that hurts the nervous system, or weakens the digestive powers more, than anger, fear, grief, or anxiety.

The temperature of the air is a material consideration, and of great importance. A light, dry, and warm air, is best for weak and diseased lungs; and a dry, or cold, or temporary air, is fittest for relaxed and nervous constitutions.

The necessities of nature, and the general order of things, demand action in the human species; and the mechanism of the body plainly shows that it is not only well calculated for that purpose, but also demonstrates that exercise is even indispensibly requisite to preserve regularity in the animal functions, and to fit various parts of the machine for the due performance of their several offices. Exercise is like a main spring to the machinery; it promotes digestion, prepares the blood for its destination, distributes it through all the channels of circulation, throws off the imperfect and offensive parts of the fluids, braces the nerves, gives a firm tone to the solids, and carries on an even flow of spirits throughout the whole system. Exercise is only hurtful immediately after a full meal; and in the morning, when the stomach is quite empty, much exercise is very injurious.

Frequent exercise relieves the head, abates rheuma-



tic pains, keeps the bowels open, and has a tendency to prevent the gouty affections. It contributes to general health, and by increasing the circulation and secretion in the legs and feet, (since the extremities are the original seat of the disease), it may perhaps hinder the formation and assimilation of those morbid particles which are found to exist, in a concreted state, in a fixed or settled gout. Riding on horseback is an excellent exercise, and essentially beneficial in obstructed and nervous habits, and in all affections of the lungs; when however the nerves or bowels are very weak, riding in an open carriage is to be preferred. Moderate dancing occasionally is an useful exercise.

There are two prevailing errors in regard to exercise, which Dr. Harper remarks in his *Economy of Health*. "People of relaxed, delicate, and nervous habits," says he, "who should always avoid too much exercise at one time, often hurt themselves by over exertion, because they judge it advisable to take plenty of exercise. There are others, again, who being confined within doors, leading a sedentary life, think to compensate for the want of regular exercise, by a hard ride or walk once a week; but this is a mistaken notion; the nerves of such people, unaccustomed to bear so great a degree of agitation, are over-strained and relaxed by it, while the circulation of their fluids, which is generally very slow and languid, is thrown into disorder from the same cause, and thus a foundation is laid for those very complaints it was meant to prevent."

Nothing is more common than to hear people express their surprise at having caught cold. They are not perhaps ignorant that damp air, wet clothes, the drinking of cold liquors when the body is very hot, or too warm liquors when it is cold, and such like are the chief causes; but do not consider that all sudden transition from one temperature and one extreme to another, are equally conducive to the same effect, though the circumstances may not be obvious to them.

Soft flannel worn next the skin, cannot be too strongly recommended to those who labour under any affections



of the lungs, or weakness of the bowels; the same expedient will be found serviceable in the rheumatism, and in all scorbutic, dropsical, hypochondriac, and melancholic complaints.\*

Too much sleep weakens the nerves, renders the temper peevish, and predisposes to apoplexy and palsy; it likewise creates a lethargic and indolent disposition, disqualifies for action, and blunts the energy both of the intellectual and corporeal faculties. On the other hand nothing can be more pernicious than the loss of sleep and want of due rest; watching, by exciting an artificial fever, and by stimulating the nervous system, when its powers are already exhausted, effectually wastes the strength, debilitates the body, and lays it open to every attack, especially to nervous and phrenetic fevers.

The duration of sleep must be proportioned rather to the nature of the constitution than to the degree of exercise or labour. In lax and tender habits, the natural motion and attrition in the system, exhaust and dissipate the vital strength much sooner than in those constitutions which are hardy and robust; consequently to repair the waste and consumption, the former require longer sleep than is necessary for the latter; besides, in those who have much exercise or labour, the powers of circulation being more complete, and sleep more mature, the business of nature is sooner performed.

Heavy suppers, much reading, study, or any considerable agitation or application of mind near the hour of going to bed, tend to prevent sound sleep, and to occasion dreams; the drinking of tea, coffee, or any other thin, weak liquor, will also retard sleep.

An appetite for food or nourishment is almost an infallible sign of health; but if the digestion, at the same time, be not regular and perfect, it is a false appetite, arising either from some preternatural stimulus, or from luxuriant living; hence the stomach craves more than is necessary. The simplicity of food has numerous

\* The reader, perhaps, will have experienced on this subject, a great diversity of opinion; mine is confirmed by every day's practice.



advocates; and there is no doubt, the more varieties the stomach is accustomed to, the more dainties, and perhaps the larger quantities are needful.—The manner of living should therefore be regulated from the earliest period: the children of the rich as well as the poor, should, from the first, be accustomed to plain and substantial food, without being indulged with rarities; they should begin to take whatever is offered to them, to prevent their stomachs from being too nice; at the same time nothing to which they seem to have a fixed dislike should be forced upon them; it is as dangerous as it is unnatural.

A diet consisting chiefly of milk and vegetables, has been found in general to renovate the constitution, remove sterility, and eradicate some of the most obstinate chronic complaints.

The practice of eating and drinking things very hot is pernicious; it spoils the teeth, brings on the tooth-ache, weakens the head and eyes, ruins the stomach, and produces incalculable mischief.

Water, as being a vehicle particularly connected with all the departments of nourishment, deserves particular attention. Pure cold water acts as a tonic or corroborant, internally in the stomach as well as externally; it passes off gently by the different excretions; it dilutes the saline, and corrects the bilious, part of the blood. Bad water must be prejudicial to the health, according to the manner and degree it happens to be impregnated with heterogeneous matter. Snow water, and water that freezes most readily into ice, are found to be purest of all. The next in purity is rain water, which falls in moderate weather; and then river water, which runs with a brisk current. Spring water in passing through the strata of the earth, often imbibes mineral and other ingredients, and accordingly becomes more objectionable; nevertheless, it is commonly and properly used, because it is more readily obtained in a pure state than any of the former generally are. The purest water is that which is lightest and most limpid; that which has neither taste, colour, nor smell; that which easily lathers with soap, and that which does not effe-



vesce or bubble, nor form a sediment when good vinegar or spirit of sal ammoniac is put into it. A certain method of purifying water is by distillation, the most easy is by boiling.—Filtration, the mixture of chalk or sand, exposure to the open air, and allowing it due time to settle, are individually conducive towards the purification of the water.

### *Method of Cure.*

IT has generally been thought that nervous diseases are seldom radically cured; but that their symptoms may be sometimes alleviated, and the patient's life rendered more comfortable, by proper medicines, is, I believe, universally allowed.

Now I will venture to affirm, that if the following mode be pursued, there will be no doubt of a radical cure being obtained. In the first place I would recommend a vomit of 15 or 20 grains of ipecacuanha; and when the patient is costive, a little rhubarb or some other mild purgatives to be taken, as the body should never be suffered to remain long in a costive state. All strong violent purgatives are, however, to be avoided, as aloes, jalap, &c. An infusion of sena and rhubarb in brandy answers very well. This may be made to any strength, and taken in such quantity as the patient finds necessary. When the digestion is bad, or the stomach relaxed and weak, the following infusion of Peruvian bark may be used with advantage.

Of Peruvian bark an ounce; gentian root, orange peel, and coriander seeds, of each half an ounce; let these ingredients be bruised in a mortar; and infused in a bottle of brandy for five or six days.

Half a table spoonful of the strained liquor, with the like dose of the Cordial Balm of Gilead, may be taken in a glass of water, an hour before breakfast, dinner, and supper.

The Cordial Balm of Gilead is universally acknowledged to be peculiarly efficacious in all inward wastings, loss of appetite, indigestion, depression of spirits, trembling or shaking of the hands and limbs, obstinate



coughs, shortness of breath, and consumptive habits. It thins the blood, eases the most violent pains in the head and stomach, and promotes gentle perspiration; is pleasant to the taste and smell, gently astringing the fibres of the stomach, and giving that proper tensity which a good digestion requires. Nothing can be better adapted to help and nourish the constitution after a nocturnal debauch with wine, &c. This Cordial is highly esteemed in the East and West Indies, for nourishing and invigorating the nervous system, and acting as a general restorative on debilitated constitutions, arising from bilious complaints contracted in hot climates. Those who have the care and education of females, the studious as well as the sedentary part of the community, should never be without the Cordial Balm of Gilead, which removes diseases in the head, invigorates the mind, improves the memory, and enlivens the imagination.

Luxury increases the sensibility of the passions; it is always accompanied by indolence, is unfavourable to health, and renders the body less robust and strong. The custom of giving scope to our desires, on every occasion which is essential to luxury, is apt both to multiply our wishes and our uneasiness at our inability to gratify them. Thus we see children, who are accustomed to be indulged on every occasion, have their wishes thereby much enlarged and are apt to break into violent sallies of anger, when the object of their desires cannot be procured to their expectations. The same temper is equally perceivable at a more advanced period of life.—This kind of sensibility is merely selfish, and bears little respect to the welfare or feelings of others, or to common humanity. The cruelties practised in the most deliberate and protracted manner upon some brute animals, the devoted victims of luxurious indulgence, evince this position very strongly, even in the present age.

“All crammed poultry, and even vegetables forced by hot-beds, tend more to putrefaction, and consequently are more unfit for human food than those that are brought up in a natural manner.”——*Cheyne's Essay*, p. 73.

That man who has reached the greatest extent of



mortal existence, may be considered as the perfection of his race. It is in the power of every one to adopt a plan, accidents excepted, which will secure a long and healthy life. It is next to an impossibility, that he who lives temperately, and selects a plain and wholesome diet, should fall sick or die prematurely. Distempers cannot be produced without causes; and if no cause exist, there can be no sudden or fatal consequence. Good air appears more immediately necessary to well being than food; for a person may live several days without the latter, but not many minutes in cases of the deprivation of or improper state of the former. It has been ascertained, that the vivifying principle contained in the atmosphere, is a pure dephlogisticated fluid; the air we breathe is therefore more or less healthy in proportion to the quantity it contains of this animating principle. This quality exhales copiously from the green leaves of every kind of vegetable; even from the most poisonous; the frequent instances of longevity of country people may from hence then be fairly deduced. The air of cities and large towns, on the contrary, is daily impregnated with noxious animal effluvia and phlogiston.

That to sup sparingly is most healthful, may be inferred from the experience of an infinite number of persons who have received the greatest benefit from light suppers. The stomach not being overburthened, sleep is rendered more pleasant; from sparing suppers, the production of humours which cause defluxions, gouts, rheumatisms, dropsies, giddiness, and corruption in the mouth from the scurvy, is prevented.

Let supper little be, and light;  
But none makes always the best night:  
It gives sweet sleep without a dream,  
Leaves morning's mouth—sweet, moist, and clean.

Some years since, a neighbour became very feverish, and he was persuaded to go to bed. I paid him a visit, when I found the windows close shut, the curtains of the bed drawn, and the room very hot. It was July. He was burning hot, and complained for want of breath. I threw open the curtains, covered him warm, and open-



ed the windows. The wind then blew into the room, and he presently told me his shortness of breath had left him. I persuaded him to drink some water with a table spoonful of the Cordial Balm of Gilead in it, which refreshed him. After I had taken my leave of him, he called for more water; while he had the cup in his hand, the apothecary came in, who finding him about to drink of water, told him if he did he was a dead man; but instead of forbearing, he drank it up in his presence; on which the apothecary took his leave, saying, he would have nothing more to do with him. However, before night, the person arose, went abroad, and found his fever had left him.

To patients afflicted with *wind*, the greatest benefit is certainly to be experienced from the Cordial Balm of Gilead; to two tea-spoonfuls of which, 15, 20, or 30 drops, of Elixir of Vitriol may be added, and taken two or three times a day in a glass of water. This will *expel wind, strengthen the stomach, and promote digestion.*

It would be an easy matter to enumerate many medicines for relieving nervous disorders; but whoever wishes for a *thorough* cure, must only expect it from the *Cordial Balm of Gilead*, aided by proper regimen: but it must be observed that the greatest attention is necessary, as to regularity, in taking this valuable medicine, as well as to diet, air, exercise, and amusement; *General Directions* for which will be found in this work.

It will no doubt be acceptable to the reader, to see accounts of some of the remarkable cases and cures which have been performed by this truly invaluable medicine, in disorders for which it was invented; I have therefore selected a few such cases as have come within my own immediate knowledge, and have inserted them as well to enable all persons to judge of the superior efficacy of the Cordial Balm of Gilead, as to shew that none, however dangerous their situation may be, should despair, but seek for advice and remedy, even though bereft of every hope of relief.



## NERVOUS CASES,

*Addressed to Dr. Solomon, Gilead-House, near  
Liverpool.*

Dear Sir—An afflicted Lady who laboured under the deepest nervous affection possible (bordering on madness) and on the eve of being sent by her friends to a place of confinement where she had been before, procured a bottle of your Cordial Balm of Gilead, and, thank the Almighty, the same has really had a wonderful effect, she being now as well as ever she was in her life. I think it is no more than right that you should be made acquainted with the circumstance, and I shall be happy to satisfy any enquiries.—I remain, dear Sir, yours truly,

S. ALEXANDER,

*Portsmouth, 11th Feb. 1814.*

*Navy Agent.*

*Extract of a Letter from a Lady of high Respectability, dated Durnford-Street, Stone-House, Devonshire, 19th Dec. 1813.*—Sir—I beg to assure you that I have in my own person a very strong proof of the value of your Cordial Balm of Gilead, and it will ever afford me sincere pleasure to say so.

S. E. H.

Sir—It gives me pleasure to communicate to you the great benefit I have derived from your Cordial Balm of Gilead, in a severe disorder of the nervous, bilious, and flatulent kind, with which I had been long affected. I now continue taking it, and shall always keep some in my house. Be so kind as to send me another large supply, for which you will receive the inclosed remittance. The alteration produced by your wonderful medicine, proves highly satisfactory both to myself and friends, to many of whom I have given it. I flatter myself this acknowledgment will be beneficial to the public, and you are at liberty to publish it, with reference to my friend Mr. A. BRADLEY, Middle New-street, Gough-square, London, who will satisfy the most scrupulous enquirer as to its authenticity.



To Dr. SOLOMON, Gilead-House,

*Hawkshead, Apr. 5, 1811.*

Sir—About two years ago I laboured under a violent nervous complaint, attended with great weakness and loss of memory; was induced to try your Cordial Balm of Gilead, which I purchased of your agents M. & R. Branthwaite, booksellers, in Kendal, and very soon found the happy effects which it produced by being restored to my former strength and memory. I have a wish to make this case public, but motives of delicacy prevent my name being inserted. Any person wishing to be informed of further particulars, may have ample information, and a proper address, by applying to Messrs. Branthwaite, M. S.

*Evesham, Worcestershire, 28th Oct. 1806.*

Sir—I have a circumstance to mention to you, which will speak loudly in praise of your incomparable medicine the Cordial Balm of Gilead:—A person having been afflicted for a long time with the most excruciating pains in his legs, back, &c. which confined him to his bed and nearly brought him to the grave, declared to me that “his life was not worth a seven-shilling piece” when he had recourse to your medicine, which soon relieved him, and by a little further perseverance in taking it, he is now restored to perfect health, and was at my house yesterday.—I am, Sir, yours, &c.

JOHN AGG, Post-master.

Copy of a Letter from Messrs. CLARKE and LOMAX,  
Printers and Booksellers, Stockport.

*Stockport, May 12th, 1806.*

Sir—A Gentleman of the first respectability, who had lingered under a tedious illness eight years, having been snatched from the jaws of death by your invaluable Cordial Balm of Gilead, we consider it a duty incumbent upon us, to lose no time in informing you, that you may be enabled to publish its virtues for the sake of our afflicted fellow-creatures. You may suppose, from the length of his illness, no expence or medical aid was spared, and



providentially for his numerous family of ten children, your inestimable medicine was thought of, which has happily restored him to his former good state of health. Being a clerical gentleman, he wishes his name not to be published; but to remove any doubt from the minds of the afflicted, any enquiries relative thereto, will be cheerfully satisfied by,

Sir, yours respectfully,  
CLARKE and LOMAX.

To Dr. SOLOMON, Gilead-House.  
*Nantwich, 13th Sept. 1806.*

Sir—I feel a pleasure in communicating to you the great benefit which a Lady in the neighbourhood of this place has experienced from your Cordial Balm of Gilead:—she has informed me since her recovery, that she was in a very low and weak state for a long time, during which she applied for advice to several medical men—their prescriptions gave her not the least relief; and such was the weakened state in which she continued, that her friends despaired of her recovery. The name which your medicine, the Cordial Balm of Gilead, has acquired for its efficacy in these cases, at last determined them, as the last resource, to try of what avail it would be to her; they purchased a small bottle, and afterwards one of the larger size, from these she found such immediate relief as to encourage them to send for another; this to their astonishment completely restored her to health. Some little time afterwards she paid me for the latter, and then declared that she considered herself as well as ever she was in her life. This I am ready to attest to any one who shall call upon me. I have also been frequently informed by several who have purchased it of me, of the benefit they have received from it in other cases.—I am, Sir, your obedient servant,

T. CRAIG.

*Fruro, Sept. 16th, 1806.*

Sir—My son (James) was very dangerously ill by the bursting of a blood-vessel, and violently affected with



pain in his side. Your valuable medicine has perfectly restored him; and as a farther proof of the great efficacy of your Cordial Balm of Gilead, I can assure you, that Mr. Daniel Clarke, of the Post-Office, in this town, has recovered his health by that medicine, after being last year in a deep decline and in a very alarming state of debility.

I am, Sir, your obedient servant,  
*Opposite Pearce's Hotel.* HENRY OSLER.

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*Extract of a Letter from Mr. George Mason, Baldock, Herts, dated Jan. 31, 1805.*

Sir—I have the pleasure to inform you, that the Lady of William Fuller, Esq. near this town, has experienced a remarkable cure of a long standing nervous complaint, by the use of your excellent medicine the Cordial Balm of Gilead, though many remedies had been unsuccessfully tried by the faculty. Two bottles of the Cordial Balm of Gilead, have alone produced the happy effect which she had, for a considerable time, sought for in vain. If further information is necessary, reference may be had by any respectable enquirer to the Lady herself, by letter post-paid, or to

Your obedient servant,  
 GEORGE MASON.

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*Warminster, May 22d, 1806.*

Sir—A Lady of this town has received infinite benefit from the use of a few bottles of your Cordial Balm of Gilead, in a very bad nervous complaint.

JOHN PRING, Druggist.

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*Bishops-Waltham, May 14th, 1806.*

Sir—FARMER BUNDY, of Upham, near this town, was very ill, and sent some time ago to me for a small quantity of your Cordial Balm of Gilead: shortly after he was able to come for more himself, and is now recovered from a complication of disorders which had almost brought him to the grave. He says that the benefit he



has received is wonderful, and that you are welcome to make use of his name.---I am, Sir, your obedient servant,  
ANN JENNINGS.

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HAMPSHIRE.

Mr. HOLLIS, of Romsey, writes, that a young man of his acquaintance has received a remarkable cure by the Cordial Balm of Gilead, having been troubled with fits of long standing, attended by a nervous complaint; he is now as well as any person in that town, as Mr. H. can vouch by reference to the person himself.

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TOTNESS, DEVON.

Sir—I think it but justice to assure you I have heard much in praise of the Cordial Balm of Gilead, from such respectable authority, as to afford no room to doubt its efficacy. It is a truly valuable medicine, in high estimation in this neighbourhood, where the demand for it is so very great, that I beg you will send me a box of it as soon as possible—my stock of it is so low it will not, I fear, last till the fresh supply arrives.

I am, Sir, your most obedient servant,

C. FISHER, Bookseller and Printer,

January 18, 1806.

Totness, Devonshire.

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*Spithead, 2d Dec. 1798.*

For the benefit of mankind, and of my brother officers in particular, I authorise Dr. Solomon, of Liverpool, to publish this my acknowledgement of the efficacy of his medicine the Cordial Balm of Gilead. As I do not chuse my name to appear in print, persons desirous of knowing the truth of my assertion, may by enquiring of Messrs. Toulmin, Navy agents, Surrey-street, Strand, London; or Mr. Alexander Navy Agent, opposite the Navy Post-Office, Broad-street, Portsmouth, learn my name and address. By an irregular life I had been excessively weakened and debilitated---a dozen bottles of the Cordial Balm of Gilead absolutely restored me to my primitive health.

N. B. The above is from a principal Officer of a 74.



Tavistock, 5th Feb. 1806.

Sir---In various cases, to my certain knowledge, your Cordial Balm of Gilead, and Anti-Impetigines, have been of great service in this part of the country; and from my observation, those who have purchased either of them from my warehouse, have given me repeated instances of it. This is literally a true statement, and you are at liberty to make use of this declaration as publicly as you think proper.

I remain, Sir, your very obedient servant,  
J. CUMMINS.

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EXTRACT OF A LETTER FROM BEVERLEY, IN THE  
COUNTY OF YORK.

Sir---A respectable farmer's daughter, in the neighbourhood of Beverley, was for fifteen years afflicted with a nervous complaint, attended with lowness of spirits, violent pains in her back and left breast, for which numerous remedies were tried in vain, at length she obtained a complete cure by two bottles of the Cordial Balm of Gilead.

Witness---M. Turner, Beverley.

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EXTRACT OF A LETTER FROM MR. T. WATKINS, HIGH-  
TOWN, HEREFORD,

dated Nov. 3, 1799.

Sir---A Lady of this city, for years laboured under a nervous complaint, attended with lowness of spirits, pain in her side, &c. for which she almost tried every medicine to no effect. She requests me to acquaint you, for the good of the public, that four half-guinea bottles of the Cordial Balm of Gilead have entirely removed the complaint, and she is now happily restored to a perfect state of health.

T. WATKINS.

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INTERESTING INTELLIGENCE

From Scarbro', communicated by Miss BAYLEY, of the Library,  
Sept. 17, 1799, in a Letter to Dr. SOLOMON.

The Cordial Balm of Gilead is certainly held in very high estimation in this place, not only by the respectable inhabitants, but likewise by many families of the first rank and distinction, who come to spaw, and who have been



pleased to sanction it with their patronage. I have heard great encomiums from a number of invalids that have purchased it, who think it a truly balsamic, salutary, and efficacious medicine, and believe it has never failed to give comfort and relief to the afflicted.

Birmingham, Dec. 6, 1798.

Sir--- I long laboured under the painful effects of indigestion, and could obtain no relief from regular medical advice. In this state I was recommended to try your Cordial Balm of Gilead; but having an objection to public medicine, I resisted the idea for some time. The weakness, however, gaining on my constitution, as scarcely any sustenance remained on my stomach, I determined to give your Cordial Balm of Gilead a fair trial, and immediately sent for some to Mr. Swinney's, printer, in this town, and the consequences have fully justified the report I had of your medicine; for my spirits were soon recruited, and my appetite and digestion, after eighteen months wasting and excruciating illness, are now happily restored.--- As this singular case may be the means of inducing others, under similar complaints, to use the same remedy, you have full consent to make it public. I remain, Sir, with great respect, your very humble servant,

EDWARD FOX, Livery-street, Harper's-hill.

The following gentlemen, inhabitants of Birmingham, are witnesses to the above cure;

James Millar, Esq.	John Robotham.	Henry Hawkins.
John Ellis.	John Taylor, Esq.	James Ferral.
Walter Archer.		

EXTRACT OF A LETTER FROM T. TOKELOVE, ESQ.  
DODDINGTON, ISLE OF ELY.

Sept. 17, 1799.

A friend of mine, in a very poor state of health, occasioned by over-studying, together with much trouble and anxiety of mind, which brought on a nervous disorder, with great depression and lowness of spirits, was induced, by reading your Guide to Health, (which I put into his hand) to purchase a bottle of your Cordial Balm of Gilead. Having been long afflicted with such a depression



at the stomach, and sinking of the spirits, attended with violent pain, that he was greatly apprehensive fatal consequences would ensue, to his great comfort he found immediate relief from pain by your invaluable medicine, and his spirits soon became brisker. He has continued to take it ever since; to the first bottle of which, with the blessing of God, he attributes the preservation of his life.

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To Dr. SOLOMON, Gilead-House, near Liverpool.

Edinburgh, 29th Nov. 1806.

Sir---As it certainly must be very gratifying to you to be informed of the great efficacy of your medicines, I beg leave therefore to hand you the following particulars, which I am anxious that you make public, in order that others in similar circumstances may have immediate recourse to such a valuable remedy as your Cordial Balm of Gilead.---Although a very young man, I was reduced to such a state of debility, in consequence of a nervous complaint, as scarcely to be able to walk, and totally unable to follow my usual employment. I had many other disagreeable symptoms, particularly a violent pain in the stomach, with a great depression and lowness of spirits. In this miserable situation I had recourse to your Cordial Balm of Gilead, and bought a small bottle from Mr. Smith, 38, North-Bridge, your Agent in this City, (to whom reference may be had) from which I derived so much advantage as to be able in the course of a few days to resume my employment; since that time I have taken several bottles more, from which I have also experienced similar benefit, so much so, that to your medicine, under Divine Providence, I look upon as the preservation of my life. Accept therefore, dear Sir, of my most grateful thanks; and believe me, with respect, your most obedient servant,

JOHN SHORT.

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THE FOLLOWING INTERESTING LETTER IS TOO IMPORTANT TO BE  
WITHHELD FROM THE PUBLIC.

Glasgow, 26th July, 1798.

Sir--The rapid and increasing sale which your "Guide to Health," and Balm of Gilead, have of late experi-



enced in my circuit, is a proof, among many others, of the benefit derived from them, by the invalids of both sexes. The following cases were communicated to me by the parties, of their own accord, viz.

A gentleman who had resided in the West-Indies for many years, came home for the recovery of his health; he consulted the faculty in Edinburgh; their prescriptions afforded him no relief. Seeing a case similar to his own in your "Guide to Health," cured by your Cordial Balm of Gilead, he was induced to make trial of it: he says, that during the time of his taking the first six bottles of it, he was not sensible of any benefit; but, by being determined to persevere, from that time he experienced the greatest alteration for the better, till happily he recovered his health completely. He is now as well, as stout and hearty, as ever. This gentleman's case was a continual head-ache, dulness of hearing, loss of appetite, general debility, &c. &c.

#### ANOTHER CASE.

A young gentleman came to me whom I never saw before, to my knowledge, and informed me that he could not in justice to you and the public, withhold his testimony of the benefit he derived from four bottles of your Cordial Balm of Gilead, which completely restored him to health. His complaint was, as he thought, the first stage of a consumption, want of appetite, great head-ache, general debility, &c.

ANGUS McDONALD.

I, THOMAS JAMES, farmer, of Sterenton, in the parish of Ludford, in the county of Hereford, in justice to your excellent Balm of Gilead, acquaint you, that my wife has been afflicted with a nervous complaint in her head (stomach particularly) and in her bowels, for these several months past, which rendered her incapable of following her business. I was advised to try your Balm of Gilead, when I accordingly went to Mr. Griffiths', printer, Ludlow, and purchased two bottles, by which she found great relief, when I was happy to go and purchase



two more, and now, thank God, I can say she is perfectly cured. Witness my hand, the 29th day of March, 1798,  
THOMAS JAMES

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ACCOUNT OF A WONDERFUL RECOVERY,  
COMMUNICATED BY MR. MATHEWS, NO. 18, STRAND, LONDON.

*A Lady was afflicted with nervous affections, and a very high inflammation of the lungs, attended with excessive coughing, which reduced her to death's door.... She had the best medical advice she could procure, and that of Dr. Pitcairne among others; but to no good purpose. She continued twelve months in this disordered state; went to Bristol, but found no relief: for four months together she could not lie down in her bed without the hazard of excessive pain or suffocation, and during that period could only rest by being propped up with pillows. Being almost worn out with suffering, a friend advised her to buy a bottle of your Cordial Balm of Gilead: she purchased two half-guinea bottles, and found much relief by them, and then bought a 5l. box, which perfectly restored her from the debilitated state of her lungs and nervous disorder. She also added, that many of her friends, through her recommendation, had found great benefit by taking the Balm of Gilead.*

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AFFIDAVIT OF MR. J. BROOM, DOWNEND,  
NEAR BRISTOL.

*I was long troubled with a nervous complaint, accompanied with great trembling, weakness, debility, and lowness of spirits, and when I conversed with a friend, tears involuntarily gushed from my eyes. Thus I became emaciated, and so reduced as not to be able to walk into my own garden, or scarcely stand on my feet. I was afflicted with a bad cough and head-ache, and being constantly in pains both of body and mind, I was rendered incapable of doing any thing. In this deplorable state I entered upon a course of the Cordial Balm of Gilead, and found immediate relief; three bottles perfectly restored me to my usual state of health. It is now 18 months since I was thus cruelly afflicted, and gratitude compels me to come forward in this public manner to*



*declare that I have not had the least return since. I am,*  
*Sir, your humble servant,* J. BROOM.

*Downend, near Bristol, Jan. 28th, 1799.*

Sworn before me, one of his Majesty's }  
 Justices of the Peace for the county } C. J. HARFORD.  
 of Gloucester, }  
 W. Sheppard, No. 3, Wine-street, }  
 William Saunders, } Bristol.

#### GENERAL PRINTING OFFICE, CHESTER.

*January 17th, 1797.*

*Sir—I feel much pleasure in having it in my power to communicate to you a most surprising cure, effected by your Cordial Balm of Gilead. A young man, a mercer of this city, my acquaintance, about 30 years of age, has been afflicted from his infancy with a nervous complaint, attended with great debility, languor, want of appetite, and lowness of spirits, which lately increased so much as to render him incapable of attending to business for the last 12 months. In this deplorable state he was advised by his physicians as the last resource, to go into the country; but he found no relief from the change. He then tried your Cordial Balm of Gilead; from the first bottle of which he obtained immediate relief, and six bottles more have restored him to a sound and perfect state of health.—I remain, Sir, your obedient servant,*

*J. FLETCHER, Printer of the Chester Chronicle.*



### *Phthisis, or Consumption,*

IS owing to an ulcer in the lungs, whereby the whole body is gradually emaciated and consumed, which complaint has engaged the study and attention of the first physicians of this and all other nations in vain, until Dr. Solomon's Cordial Balm of Gilead was happily discovered and promulgated to the world, and which has produced instances of such good effects, as must convince the most incredulous of its amazing restorative powers. To enumerate its truly happy, healing, balsamic, and renovating efficacy, testimonies of the first authority are now extant. It is admirably calculated for bilious and other disorders of the stomach and bowels; for headaches occasioned by indigestion; and for preventing palsies and apoplexies, so often the consequences of



free living. Recourse should be had to it after every excess, and upon every slight indisposition.

THE CAUSE.—That which occasions the stagnation of the blood in the lungs, till it is converted into purulent matter. This may be owing to nervous, bilious, asthmatical or dropsical complaints; excess of libidinous indulgences; baneful effects of a secret vice amongst youth; a too studious or sedentary life; heat of climate; hard drinking; immoderate use of mercurials, or of tea, coffee, or other watery liquids. It may be owing to cold caught in damp beds, or damp houses; chlorosis or green sickness; excess of grief or pleasure; to a teneritude of the arterial vessels; an acrid blood; debility of the fibres of the viscera; long neck, strait breast, depressed scapulæ; an ulcer in the liver, spleen, pancreas, kidneys, mesentery, or uterus; a metastasis of matter; neglect of customary exercises, &c. &c.

THE SYMPTOMS.—A slight fever, generally exacerbated towards evening; too great but particular heat; flying stitches; hectic flushing; pain in the stomach or breast; pain in the side, the patient lying with most ease on the affected side. Morton says that a long continued dry cough, and a disposition to vomit, excited by it after eating, is the greatest reason to suspect an approaching consumption.

The patient generally complains of a more than usual degree of heat; a pain and oppression of the breast, especially after motion; the saliva is of a saltish taste, and sometimes mixed with blood. The patient is apt to be sad; the appetite bad, and the thirst great. A variable pulse; though sometimes the pulse is pretty full and rather hard. These are the common symptoms of a consumption. Afterwards the patient spits a greenish, white or bloody matter. The body is extenuated by the hectic fever and colliquative sweats, which naturally succeed each other regularly night and morning. A looseness and excessive discharge of urine, are often troublesome symptoms at this time, and greatly weaken the patient. A burning heat in the palms of the hands, and the face generally flushes after eating; the fingers



become remarkably small, the nails bent inwards, and the hair falls off. At last, the swelling of the feet and legs, the total loss of strength, the sinking of the eyes, the difficulty of swallowing, and the coldness of the extremities, shew the approach of death, which, however, the patient seldom thinks near. Such is the usual progress of this fatal disease, which, if not properly checked, commonly sets all medicine at defiance.

“A persuasion of the incurable nature of *Consumptions*,” says *May* in his *Essay on Pulmonary Consumptions*, “has thrown considerable obstacles in the way of improving the treatment of that *cruel disease*; and the medical world, acting under the influence of this persuasion, have made little progress in ascertaining the most rational and effectual mode of curing it.” In the bills of mortality (for London only) in 1806, *Three Thousand Nine Hundred and Ninety-six* persons are stated to have fallen victims to Consumption. This dreadful list too plainly shows that the usual practice is defective. It becomes then a duty to the physician as well as the patient to try other medicine, since the situation cannot be worse than the above report represents it to be with those labouring under that dreadful malady.

*Dr. May* further adds, “that the chilling conviction of the fatality of this disease has checked the ardour of investigation, which, upon other occasions, has excited the exertions of the most industrious and ingenious medical writers of the present age.” If this is the case, alas! what is the condition of those labouring under asthma or Consumption? are they to be left a prey to a weakened constitution, and a mind bereft of the cheering ray of hope?—No, a *remedy*, a *cure*, and a perfect one *is to be obtained*, and HAS BEEN in numberless instances PERFORMED, in consumptive cases of the most deplorable nature---that remedy is the *Cordial Balm of Gilead*, a restorative unequalled, a bracer and invigorator of the whole animal functions. Every day adds more encomiums to the virtues of this exalted medicine than can possibly be published.

METHOD OF CURE in Consumptive Complaints.--EX-



ercise is to be observed in consumptive as well as in *nervous cases*, to which the reader is referred. New milk should be taken for breakfast and supper; if it purges it should be boiled. Cow's milk is preferable to that of the Ass. Women's has been by some recommended.—— Goat's whey is too diluent, and Dr. Marryatt has observed many fatal effects from it. The same celebrated author says, that meat broths may be taken as strong as the stomach will bear, particularly pork; jellies prepared from any animal substance, should be taken as often as possible, and the patient should ride on horseback every morning; if too weak to sit alone, should be supported by one that rides behind, for, says he, "riding in a morning is absolutely necessary." Boerhaave is of opinion, that butter-milk is better than any other kind of drink for consumptive persons, and says he has known very extraordinary cures performed by butter-milk, when the case was looked upon as desperate: in this opinion Baynard also coincides. I am perfectly convinced it has a very good effect, particularly if two or three tea-spoonfuls of the Cordial Balm of Gilead be mixed with each draught, which will prevent any of the griping pains in the bowels that butter-milk is otherwise apt to occasion.

A dry, warm, clear air, is necessary; likewise the Bristol\* or spa waters; or for common drink, an infusion

\* The Author's practice from the city of Bristol and its vicinity has been extensive; and applications for his advice numerous. He feels himself highly flattered by the many marks of attention paid to him from persons of the first respectability in that neighbourhood.

NO. 3, WINE-STREET, BRISTOL.

Sir—We ordered of you, three weeks ago, Six Dozen of your Balm of Gilead: we are sorry to inform you they are not yet arrived. It is a great disappointment, as we sold the last two bottles this evening, and the person wanted more. Our sale increases rapidly; we have sold, in the course of a few months, upwards of FIFTEEN HUNDRED bottles; and we are happy to inform you, that several persons within our own knowledge have found great relief in Nervous and Consumptive Complaints, Asthas, Shortness of Breathing, &c. &c.——We trust the box



of linseed or decoction of bran; or for a change, sago, salop, or chocolate; tea prepared from tusseligo or colts-foot flowers, sweetened with honey, I can with confidence recommend; but above all things the Cordial Balm of Gilead ought to be attended to, and taken as before directed in any of the above liquids, either as a common drink, or at least three or four times a day: let it however be observed, that it is not to be taken alone, but mixed in some mild liquid. Shell-fish of all sorts, and wild fowls are very proper; and port wine with the Cordial may be freely used. Conserve of red roses, to the quantity of three or four ounces a day, has been taken with amazing advantage.

Lemon juice, sweetened with honey, and rose or lime water, and a little of the Cordial Balm of Gilead added thereto, has a peculiar good effect in this disease.

Bark is frequently administered with very great advantage when an imposthume is formed on the lungs, which may be distinguished by the spitting of gross matter, oppression of the breast, and hectic symptoms. It is best to be given in substance. An ounce of bark may be divided into sixteen doses, and one taken every three hours in a little rose or lime water, sweetened with syrup of balsam. Lime water may be made by putting half a pound of quick lime into a pan, and pouring thereon a gallon of boiling water; when it has stood for twelve hours, pour off the clear liquor, and cork it up in bottles for use.

The following recipe I have known most wonderfully efficacious in desperate consumptive cases:

Take vinegar of squills, an ounce; lime-water, half a pint; honey, and honey of roses, of each a quarter of a pound; juice of two lemons, and one small bottle of the Cordial

will come to hand to-morrow. We are, Sir, very respectfully,  
your most obedient servants,

BULGIN & SHEPPARD.

*To Dr. Solomon, Liverpool.*

EXTRACT OF ANOTHER LETTER.

In addition to our letter of the 7th ult. we have sold, since the above period, near ONE HUNDRED bottles more, to persons of the first respectability, who speak of its efficacy with rapture.



Balm of Gilead. Put the whole over a gentle fire, in a saucepan, and let it boil a few minutes; take off the scum, and strain it through a cloth.

Of this mixture let a table-spoonful or two, more or less, be taken five or six times a day: if it causes any sickness, which is very seldom the case, let the dose be diminished, or omitted for one day, and then begin with it in a lesser dose than before, as one, two, or three tea-spoonfuls at a time, gradually increasing the quantity as the constitution of the patient will admit.

It should be given in such doses as may produce a trifling nausea or sickness, which will soon go off; but it is never intended to excite vomiting. There is no desirable effect that may not be expected from it.

## CONSUMPTIVE CASES, &c.

addressed to

*Dr. Solomon, Gilead-House, near Liverpool.*

### EXTRACT OF A LETTER FROM MR. J. B. PHILLIPSON, BRIGHTON.

Dear Sir—I have the supreme pleasure of stating to you the case of a remarkable cure performed by your invaluable medicine the Cordial Balm of Gilead. A Gentleman who had resided some years in the East-Indies, from which climate and the abuse of spirituous liquors, his constitution was so much impaired, that on his arrival in England he was declared to be in the last stage of a Consumption. Feeling the dangerous state to which he was reduced, his friends recommended to him the Bristol Hot-Wells, which he tried with many other remedies without experiencing the least good effect: but hearing the highest encomiums passed on your invaluable medicines, he was induced to try a bottle of the Cordial Balm of Gilead, from which he found so much relief that he was encouraged to a perseverance in its use, and in a short time obtained a perfect cure. During his residence at Brighton, I had the pleasure of observing the rapid change to convalescence in his constitution; and before he left he positively affirmed he felt himself in as firm a state of health as ever he was in his life, which he attributed solely to your inestimable medicine the Cordial Balm of Gilead.—I remain, dear Sir, your obedient servant,

*Sept. 16th, 1813.*

J. B. PHILLIPSON.



*Pontefract, April 2, 1811.*

Sir—An instance of the singular efficacy of your Cordial Balm of Gilead has fallen under my notice, which merits general publicity. A man, in this neighbourhood, about the age of 30, had the appearance of labouring under that dangerous disease the Phthisis Pulmonalis, or Consumption. He had a considerable degree of hectic fever, profuse night-sweats, expectorated much, and was reduced to a state of extreme debility. Having had the best medical advice he could procure, without obtaining relief, he had recourse to your Cordial Balm of Gilead. For some time he perceived little alteration; but persevering in the use of this medicine, all the unfavourable symptoms gradually abated, and he has attained a vigorous state of health.

Yours respectfully, B. BOOTHROYD.

ANOTHER VERY REMARKABLE INSTANCE OF THE GREAT EFFICACY OF  
DR. SOLOMON'S CELEBRATED CORDIAL BALM OF GILEAD, COMMUNICATED BY MR. E. PIERCY, PRINTER AND BOOKSELLER.

*Birmingham, Aug. 21, 1811.*

Sir—I feel much satisfaction in being able to communicate to you a recent and extraordinary case, in which the great efficacy of the Cordial Balm of Gilead was most strikingly demonstrated: A young man, about 18 years of age, an inhabitant of Kidderminster, a few miles distance from hence, having caught a violent cold, which, either from being neglected or improperly treated, settled upon his lungs, and produced alarming symptoms of a rapid decline: under these distressing circumstances, two eminent physicians were consulted, who attended the young man for many weeks, without being able to afford him any relief. They did not hesitate to pronounce his case to be a deep and incurable Consumption; finding they could not render him any service, and to avoid putting his friends to unnecessary expence, declined their visits, assuring his relations, in their opinion, he could not survive much longer. Previous however to their taking leave of the young man, himself and his friends had expressed a wish to try your Cordial Balm of Gilead. To this the physicians consented, saying, it could do neither harm nor good, and might tend to tranquillize the young man's mind.

A family bottle was accordingly sent for, and taken without any apparent benefit. His friends, however, did not despair.—They sent for a second bottle, and indulged a hope that symptoms of amendment began to appear. Thus encouraged, they continued to use the Cordial Balm of Gilead: and when five bottles were taken, the spirits, strength and appetite of the young man were visibly and very materially improved, and by continuing the use of the Cordial Balm of Gilead a few weeks longer, he was, with God's blessing, and to the great comfort and astonishment of his family and friends, restored to perfect



health. Any further particulars may be known, by applying to, Sir, your obedient servant,  
E. PIERCY.

*Applethwaite, near Kendal, Dec. 25th, 1811.*

Sir—Impressed with the restoring virtues of your highly celebrated medicine the Cordial Balm of Gilead, I feel myself bound in justice to you, and for the benefit of the public, to inform you, that early in the last spring I had a violent pain in my breast, accompanied with difficulty of breathing and excessive weakness, so that I could scarcely walk. I continued for some time labouring under the most distressing symptoms; when, seeing in the Westmoreland Advertiser an account of some cures performed in this neighbourhood by taking the said medicine, in the latter part of September I procured a *family bottle* of Messrs. M. & R. Branthwaite, your agents, by taking of which, in two days time I felt its restorative virtues, and before I had finished the same was restored to my former health; which thank God I am now in: and remain

Your most obedient servant,

Witnesses, ISAAC HUTCHINSON,  
*M. & R. Branthwaite, Kendal.* (aged 25 years.)

*Lynn, 28th Jan. 1810.*

Sir—I am happy in being enabled, by the following cases, to bear testimony in favour of the good effects of the Cordial Balm of Gilead. JUSTICE NEVILLE, a young man of this town, a tailor by business, had been for a considerable length of time in a declining state, and was at last so much reduced in strength, as to be unable to walk across the room without assistance; was afterwards wholly confined to his bed, and his death expected every day by his friends. In this hopeless situation, his father was induced to make trial of the Cordial Balm of Gilead, a large bottle of which he purchased of me. After taking it only three days he found benefit, and by a regular attention to the directions, and continuance of the medicine, was at length restored to health, and is now able to attend daily to his business as formerly; it being at this time six months since he left off taking it. This is, in fact, a remarkable instance of the virtues of the Cordial Balm of Gilead, as his friends, neighbours and myself can certify.

A friend of mine also, who resides about six miles from Lynn, was afflicted several years with a severe nervous head-ache, for which he could find no benefit, although he had the best advice in his neighbourhood; has obtained such relief from the Cordial Balm of Gilead, that he constantly keeps a large bottle in his house; and to use his own words "he cannot live without it." You are at liberty to make what use you please of the above statements, as I am ready at all times to testify to their truth.

I am, Sir, your obedient servant,

THOMAS MILLER, bookseller, Lynn, Norfolk.



EXTRACT OF A LETTER FROM WELSHPOOL,  
dated the 22d of Jan. 1807.

Sir—We have the pleasure of informing you that a young woman of the name of M. Lewis, of the parish of Llanfychangel, who had long laboured under a nervous complaint, attended with internal weakness, loss of appetite, pains in the head and breast, and was even confined to her bed, was happily restored to health, by taking two bottles of your valuable Cordial, which was purchased at our shop by a friend of the afflicted's.

R. and J. GRIFFITHS.

COPY OF A LETTER

From JOHN CARTER MULLINER, Esq. of Shotley, near Ipswich,  
dated the 29th of August, 1801.

Sir—Gratitude impels me not only to thank you, but also to request you to make my case public for the benefit of others:—My family have always been consumptive, having lost two sisters and a brother; and I should certainly have fallen a victim if your Cordial Balm of Gilead had not saved me. I have been under almost all the faculty of eminence near me; particularly Dr. Hawes, of Cavendish, so eminently famous for consumptive cases. You have my hearty concurrence to make my case known. Finding relief from a small bottle, when nothing else afforded me the smallest benefit, I persevered till a 5*l.* case completely cured me. I assure you I will recommend the Balm of Gilead to all I know labouring under similar complaints.—I am, Sir, your obedient servant,

To Dr. Solomon, Liverpool.

J. C. MULLINER.

N. B. Persons desirous of further information, may be satisfied in every particular by Mr. Woolfrey Middleditch, Chemist, Ipswich.

CASE OF JAMES VAUGHAN, ESQ. (LATE BANKER) PARK-STREET, BRISTOL, WHO HAS VERY LAUDABLY GIVEN PERMISSION TO ITS BEING MADE PUBLIC, FOR THE GOOD OF THE AFFLICTED.

*He is 61 years of age, and acknowledges with gratitude that he received infinite benefit from seven bottles of the Cordial Balm of Gilead; having thereby been restored from an asthma, cough, violent wheezing of the lungs, strong hypochondria, lowness of spirits, great relaxation, weakness of body, restless nights, uncomfortable dreams, all which reduced him very much; he is now lusty, strong and hearty, and enjoys better health than he has experienced for these 35 years.*

JAMES VAUGHAN.

*Signed 26th June, 1799.*



SHIP CHARLES, OF BOSTON.

To Dr. SOLOMON, Gilead-House, near Liverpool.

Liverpool, 18th Feb. 1807.

Dear Sir—For the cure you performed on my brother AMOS ATWELL, accept my most sincere thanks. For several years my brother laboured under a most alarming nervous disease, which deprived him of the means of attending to his business as Captain of a vessel from Boston. He had spent considerable sums of money, and employed the best of the faculty in America to no effect. At length I advised him to come in my ship to Liverpool to consult you; he did so—and I have the satisfaction to declare, he returned to his native country and friends a sound man, and continues so to this day, from taking of your Cordial Balm of Gilead only.

I am, dear Sir, your most obedient servant,

ZACHARIAH ATWELL.

Witness—RALPH ISAACS, Silversmith,  
Pool-lane, Liverpool.

COPY OF A LETTER

FROM MR. BRETT, (FATHER OF THAT CELEBRATED ACTRESS THE LATE MRS. CHAPMAN) NOW 71 YEARS OF AGE, AND RESIDENT IN LIVERPOOL, TO WHOM REFERENCE MAY BE HAD.

Sir—For many years during the winter season, or in foggy weather, I have been subject to asthma, cough and wheezing, which rendered my breathing very painful and difficult, so that I could scarcely follow my profession as a music-master, particularly when I had to ascend rising ground, being obliged to stop frequently, for a considerable time, to recover my breath. After having taken every thing that was prescribed, in vain, I was prevailed on to try the effects of the Cordial Balm of Gilead, a single bottle produced the most happy change for the better—every symptom was relieved, and I can safely aver, that it is one of the best medicines I ever knew for such a complaint as I laboured under; and have no doubt of its being of the like service to persons suffering under the same affliction, from which I am happily restored.—I am, Sir, your obedient servant,

Liverpool, 9th Feb. 1805.

G. BRETT.

The following appeared in Aris's Birmingham Gazette,  
June, 1804.

TO THE PUBLIC.

Having lately heard of the very wonderful effects of the Cordial Balm of Gilead, on several respectable persons in the neighbourhood of West-Bromwich, I was induced to purchase of Mr. Swinney, printer, Birmingham, a bottle for my wife, who had been long and severely afflicted with a nervous weakness, bilious and spasmodic complaint in her stomach, so as to render her life very



uncomfortable; I have now the happiness to declare, that she is amazingly recovered by the use of that most beneficial medicine.—Knowing the happy effects to be derived from Dr. Solomon's Balm of Gilead, I have procured some of it for sale, that the public may be supplied at my shop, where they may be referred to others who have likewise experienced the good qualities of this restorative medicine.

JOSEPH FRANKS,

Spon-lane, near the Bull, West-Bromwich.

Witness—WM. MEWIS, Grocer, 26, High-street, }  
Birmingham. }

EXTRACT OF A LETTER FROM MR. S. HAZARD,  
BATH,

dated October 6th, 1800.

Sir—A Lady a few days since called upon me, and declared that the Cordial Balm of Gilead had saved the life of her friend. Another Lady assured me that she was cured of a violent nervous complaint, by a few bottles, and that when she began taking it, she could not write, or scarcely attend to any thing.

Donaghadee, Oct. 18, 1801.

Dear Sir—Two cures performed by your Cordial Balm of Gilead, having come under my own knowledge, I thought it my duty to communicate the same to you :

One is a gentleman of the utmost consequence and respectability in the county of Antrim; he assured me that he got the greatest relief from a complaint in his stomach, and by taking four bottles was completely cured.

The other, a Mr. John Johnson, of Ballyholme, near Bangor, 58 years of age, has been of late attacked with a very severe cough and spitting, and in the mornings an inclination to vomit, who was relieved by only taking two bottles.

Thus you see in this obscure corner, your medicine has been found out, and no doubt it is much to your satisfaction to hear of it.—I am, dear Sir, your most obedient servant,

JAMES LEMAN, Agent to the British Packet.

Extract of a Letter from W. Greenshields, Esq. one of his Majesty's Justices of the Peace for the county of Dublin.

Sir—Mrs Greenshields has tried your Cordial Balm of Gilead, and although she has had the advice of many of the most eminent of the faculty in Ireland, to prescribe for a bilious complaint that has attacked her these ten years; she found the most wonderful benefit from your medicine alone.

WM. GREENSHIELDS.

Dublin, 7, Montague-street, Oct. 9, 1800.



*Lieut. Col. COLQUHOUN, of Ross-Lodge, Dunbarton, (uncle to James Colquhoun, Esq. M. P. Rosedoe House, Dunbarton,) has reaped the most extraordinary benefit from Dr. Solomon's Cordial Balm of Gilead, in a nervous complaint, attended with very alarming symptoms of weakness of many years standing, occasioned by great fatigue during a long campaign in the last American war; many unsuccessful medicines, recommended by the most eminent in the profession, were tried, which would be tedious to recapitulate; suffice it to say, that the Cordial Balm of Gilead was the only remedy that had the long-wished-for effect. So sensible is the Colonel of the great efficacy of this medicine, that he has generously given Dr. Solomon permission to make use of his name, in recommending the Cordial Balm of Gilead as a most valuable, safe, and efficacious medicine in all cases of weakness and relaxation of the nervous system, &c.——July, 1800.*

*The wife of Mr. SAMUEL COCK, Perfumer, Plymouth-Dock, having been for many months in an extremely weak and relaxed state of body, and bad digestion, not being able to retain any thing on her stomach, and her nervous system so weak, that every little noise put her into the most violent agitation, was given over by her friends, and her doctor declared he could prescribe no more for her. In this unhappy situation the Cordial Balm of Gilead was resorted to, and by the blessing of God, six bottles completely restored her to health and spirits. Mr. M. Taylor is a witness to the above case; he has resided in the house of Mr. Cock for near two years past, and having occasion to leave town for a few weeks, was greatly surprised on his return to find her much better than he had ever known her before, especially, as on his leaving Plymouth, he never expected to see her again alive.*

*August 10, 1800.*

*October, 1802.*

*Sir—My wife, at the age of 43, was taken ill, so that she could not walk out of the house, and was for near three years confined to her bed, with extreme weakness: she was afflicted with strong nervous affections, trembling, debility, lowness of spirits, and subject to fits, by which she was reduced to a mere skeleton. After trying the best advice in our neighbourhood in vain, she had recourse to your Cordial Balm of Gilead, which was purchased of Mr. Simmonds, of Blandford, by taking four bottles of which she was entirely cured some time since, and now remains perfectly well, to the astonishment of all her neighbours. I remain, dear Sir, your obliged humble servant,*

*Witnesses,*

*J. GRIFFIN.*

*William Shave, Overseer of Watcombe, near Blandford.  
Samuel Simmonds, Blandford.*

*ROBERT RAIKES, Esq. (founder of the Sunday Schools) of Gloucester, unites his testimony to the great success and wonderful efficacy of the Cordial Balm of Gilead.*



To Dr. SOLOMON, LIVERPOOL.

Dear Sir---I cannot refer to the time when I have taken the pen in my hand with more satisfaction than the period in which it is now occupied, to acquaint you of the astonishing efficacy of your Cordial Balm of Gilead, which I have used in consequence of excessive debility, occasioned by a three years residence in the West Indies, and imputed to the heat of the atmosphere. Having embarked from that part of the world so emaciated, with but little appetite, and my strength very nearly exhausted, spiritless, and unable to get any natural sleep, I arrived in this situation at Liverpool, and applied immediately to Dr. Solomon, whose excellent advice and medicine, after persevering in it six weeks, completely restored me to my original good state of health. I am now returning to the West Indies, in the ship *Diana*, Captain Coupland, where I shall exert myself, as much as possible, to establish the Cordial Balm of Gilead, well knowing it is a medicine deserving every encomium that can be bestowed on it, and perfectly adapted to the climate. I am, dear Sir, your obliged and obedient servant,

Witnesses,

JOHN WATKINS.

M. Samuel, silversmith and draper, Old-Dock.

D. Isaac, ready-made seamen's clothes warehouse, Wapping, Liverpool.

Liverpool, Sept. 7th, 1799.

#### EXTRAORDINARY CURE

OF MR. JOHN MULLINS, THORNE, NEAR DONCASTER.

Sir—Through a relapse of a severe nervous fever in October, 1800, I was brought into a deep decline, accompanied by such constant profuse sweats as obliged me to change my linen two or three times a day, and was given up by the faculty as incurable: my cough, which had been gaining ground for some time, was very violent indeed, and caused me to expectorate great quantities of very viscid and offensive matter: I was totally deprived of sleep for a long time: I thus became weak, emaciated, and so helpless, that I could not cross the room without being supported by my wife and daughter: I was so nervous, that though I have seen persons tremulous from a paralytic stroke, and from the effects of an ague fit, they were not in such a deplorable state as I was at times for hours together. I was in this forlorn and helpless condition when your valuable, nay inestimable, Cordial Balm of Gilead was first administered to me, in doses of 3 tea-spoonfuls,



3 times a day, which was gradually increased to 4 tea-spoonfuls 4 times a day; I found benefit directly, my cough began to mend, and in about three weeks it was quite gone; in like manner did this Balm brace my nerves, create an appetite, promote natural rest, and gradually invigorate my whole frame; in a word, I recovered! and, thank God, I have not had the least return since. I enjoy better health than I ever did before, quite free from the slightest nervous symptoms.

Mr. Sheardown, of Doncaster, from whom the Cordial Balm of Gilead was obtained, as well as all who know me, consider my recovery as little short of a miracle; and, if people labouring under consumptive or nervous disorders would have recourse to this grand medicine the Cordial Balm of Gilead, I make no doubt of their deriving the same benefits; and for the good of mankind I wish it was more generally known and resorted to. Some of the Cordial being also given to an infant daughter of mine when in convulsions, it had an instantaneous and wonderful effect in recovering her. You are at liberty to make this public in any manner you think proper; and am, Sir, your obliged and humble servant,

JOHN MULLINS.

Thorne-Quay, 11th March.

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From the Dublin Evening Post.

Queen's Head Hotel, No. 25, Bridge-street, Dublin,  
October 26, 1801.

Dear Sir—With much pleasure and thanks I write to inform you that my wife, from being in the last stage of a weak and bilious nervous fever, attended with every symptom of decay, is now restored to perfect good health by taking five bottles of your truly celebrated medicine the Cordial Balm of Gilead. I should consider it a crime if I withheld from the public my testimony of the good effect of this medicine; you will therefore please to make the cure known at large, and I will satisfy any enquirer on the subject.—I am, dear Sir, your obedient servant,

A. DEMPSTER.

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ANOTHER REMARKABLE PROOF.

Drogheda, Oct. 15, 1801.

Dear Sir—I have had a great demand for your Balm of Gilead, and two gentlemen assured me that they obtained the greatest benefit in nervous and consumptive complaints by taking it. Its safety and salubrity cannot be doubted by those who have tried it; and I feel bound to declare, that the sale reflects credit on the vendors whom you have appointed in this country.

JOHN HOLLAND.



Extract of a Letter from Mr. W. HODGSON, Editor of  
the Carlisle Journal,

dated June 30th, 1801.

Sir--Mr. J. HARPER, an inhabitant of this neighbourhood, for several years laboured under a most lamentable depression of spirits, which rendered him almost incapable of either bodily or mental exertion; and although he had the advice of several gentlemen of the faculty, of unquestionable abilities, yet I perceived with much concern that he grew worse, and he ultimately exhibited every symptom of a person in the last stage of a consumption; his countenance was pale and meagre, and his voice had lost its usual sonorous tone. Through continued importunity, I prevailed on him at length to make trial of your Cordial Balm of Gilead; and after using seven bottles of it, his spirits were much recruited, his face began to resume its wonted bloom and plumpness, and he is now, I am happy to state, completely restored to his pristine health and vigour.\*

W. HODGSON.

From the Bristol Gazette.

Bristol, Dec. 1799.

Dear Sir—It would be injustice to the afflicted as well as yourself, were I not to declare that I am restored from a state of deplorable debility, weakness, and the horrid train of symptoms attendant on a nervous complaint of long standing, by the Cordial Balm of Gilead. My complaint so emaciated me as to be almost incapable of performing the duty in which I have been engaged, (as mate in the *Trelawney*, from this port to Jamaica, for six voyages) at sea or at home. But happily I can now declare, that that valuable medicine of yours has restored my health and invigorated my constitution, which had previously been impaired by great exertion and heat of climate. I can further assure you, that my wife has taken the Cordial Balm of Gilead for a complaint

\* The following *Jeu de Esprit* was written upon the occasion.

Whatever of health or strength I know,  
To thee sage Solomon I owe;  
Again at sixty-one a boy,  
I feel a renovated joy.  
Tormented all the live-long day,  
By night to horrid dreams a prey,  
My body wasted lank and thin,  
My bones just starting through the skin,  
I walk'd the shadow of a man—  
From what I was to what I am.  
Such Solomon thy skill is,  
Seven bottles made the Cure complete,  
And set me firm upon my feet,  
As Hector or Achilles.



in her stomach, attended with a variety of distressing and alarming symptoms of debility, with success; being now, thank God, perfectly free therefrom. Should this letter be deemed proper for publication, you certainly have my permission.—I am, dear Sir, your obedient servant,

SAMUEL LOVELL.

Witnesses—W. PINE & SON, Wine-street.

Mrs. PRICE, widow of the Rev. Mr. Price, late Vicar of St. John's church, Chester, begs to acquaint Dr. Solomon, that having been for a considerable time grievously afflicted with a nervous and bilious complaint, want of appetite, indigestion, &c. for which she had the best advice of the most able Physicians of Liverpool, but all without the smallest benefit, until, by urgent solicitation of friends, she made use of a bottle of the Cordial Balm of Gilead, and which Mrs. P. assures Dr. Solomon, has completely restored her to health.

N. B. Mrs. P. is the daughter of that much lamented member of the Corporation, the late Alderman Bolland of Chester.

The following Copy of a Letter was addressed to SAMUEL SOLOMON, Esq. M. D. Liverpool.

Dear Sir—I am an old man, 77 years of age, and I believe should have been in my grave long since was it not for your famous medicine the Cordial Balm of Gilead. Many cures it has performed, but none I think so great as mine; I can prove on oath, if required, that it has done me the most good of any thing on earth. Sir, I know you not, and as I bought your medicine, can have no interest in voluntarily sending you this letter, for your satisfaction, as well as for the good of every body. I was taken with a cold, being removed into a cold room in very cold weather, and was taken so ill that I was almost deprived of breath, thinking I should expire every minute. However, Mr. Bailey kindly got me a half-guinea bottle of the Cordial Balm of Gilead; in less than five days it broke a lump just above my stomach, which appeared to me to be as large as a goose's egg, which immediately cured me; however, I have kept taking it ever since, and shall do so as long as I live, for it revives my heart, and gives such comfort as I cannot describe.

As I find I shall save a guinea by taking twelve bottles together, and for which you charge five guineas, do pray send them to me, for there is a great difficulty in getting them here; having sent to Manchester, they tell me they can hardly get supplied fast enough. Please to pack them up carefully, and direct them for me, JEFFERY FROST, Macclesfield, Cheshire. I shall, dear, kind Sir, ever pray for you, and remain your very humble servant,

JEFFERY FROST.

P. S. I wish you to publish my case for the good of all people who are ill.—Mr. T. Goodwin, Macclesfield, paid Dr. Solomon five guineas for the medicine, on account of Mr. Jeffery Frost.



To S. SOLOMON, Esq. M. D. LIVERPOOL.

January 21, 1803.

Dear Sir—As I have experienced as well as many others in this neighbourhood, the most extraordinary efficacy of your Cordial Balm of Gilead, in a severe asthmatic complaint, attended with violent spasms, which attacked me before Christmas last, I am happy to inform you that I am not singular in my encomiums of its great and salutary virtues, so that the prejudice of the public is now here subsided against your medicine because it was advertised. The sale therefore is now become great indeed—not a bottle is left in all the vicinity. Pray do not fail sending a supply on receipt hereof. I am, dear Sir, your obedient servant,

ROBERT BUTLER,

Printer of the Blackburn Mail.

Extract of a Letter from JOHN JACKSON, Esq. Castle-Carberry, county of Kildare, Ireland, Aug. 1, 1801.

Dear Sir—I inform you with great pleasure, that Mrs. JACKSON, my wife, was two years and a half completely bed-ridden, and not able, from her great weakness, to eat, drink, or digest any thing, till she was advised by a friend to try your truly celebrated Cordial Balm of Gilead, nine bottles of which have had so extraordinary and happy an effect, that she is now, though at the age of 63 years, able to walk out and exercise herself, being most perfectly recovered, to the surprise and astonishment of all her neighbours; in consideration of which, and in justice to your medicine, you have my permission to publish the same, should you think proper.—I am, dearest Sir, your much obliged,

JOHN JACKSON.

#### Extract from the Glasgow Courier.

Mr. Alexander Hunter, merchant, in Glasgow, was for a long time in a bad state of health, so that he was under the necessity of giving up business, and retiring to the country; and even the country air had no effect in restoring him to health. At length he was advised to make trial of the Cordial Balm of Gilead, a few bottles of which restored him to health. He has some time since resumed business, and enjoys good health. Each of the above gentlemen will satisfy those who intend to begin a course of the Cordial Balm of Gilead, on personal application.

Copy of a Letter from T. V. CLENDENING, Esq. dated Thomas-Town, Castlebar, Ireland, Aug. 15, 1802, forwarded under frank by the Honourable Denis Browne, M. P. for the county of Mayo, brother to the Marquis of Sligo,

To Dr. SOLOMON, LIVERPOOL.

Sir—Having been for several years affected with a violent nervous complaint, accompanied with pains in my head and breast,



so as to be frequently confined for days to my bed, and having had recourse to the faculty in several parts of this kingdom to no purpose, I was at length recommended to try your Cordial Balm of Gilead. After taking three bottles, I am happy in being able to state, I find myself perfectly recovered, which I entirely attribute, under God, to your invaluable medicine. You are perfectly at liberty to publish this circumstance, and I shall make it generally known in this part of the country. I am, Sir, your obedient servant,

T. V. CLENDENING.

Sir—I have used your Cordial Balm of Gilead for a nervous complaint with unbounded success, and have known several of the most respectable families who have used it with the happiest effects in Jamaica, Barbadoes, and England, in similar cases, and can with confidence recommend it to the public.

I am, Sir, your obedient servant,  
Red-Lion, Newp rt, Gloucestershire, ROBERT GILES.  
July 5th, 1806.

THE FOLLOWING LETTER IS TOO IMPORTANT TO  
BE WITHHELD FROM THE PUBLIC.

Colne, Sept. 24, 1798.

Gentlemen—I am from the use of a bottle of the Cordial Balm of Gilead, which I bought of you, restored from great weakness, debility, pains in the back and head, to health; I had long been a sufferer; it was occasioned by a nervous complaint, originating by having made too free with my constitution. Had it not been for Dr. Solomon's Balm of Gilead, I might still have laboured under that distressing and afflicting complaint. Pray send me another bottle by the Carrier, and oblige yours truly,

FREDERICK GARDINER.

To Messrs. R. Byrne & Co. Printers, &c.  
Burnley, Lancashire.

Hadleigh, Suffolk, Nov. 10th, 1808.

Mrs. Dunningham, mother of Mr. John Dunningham, farmer, Angel-street, Hadleigh, Suffolk, was afflicted a long time with a severe mental complaint, for which the most eminent of the faculty were resorted to, but without obtaining any relief; at length Mr. Dunningham, her son, wearied with a continual expence, and the unsuccessful attempts made to remove the malady, purchased a bottle of the Cordial Balm of Gilead, which had the desired effect, and completely restored her to her mental faculties, although upwards of 60 years of age.

The above case was communicated by Mr. W. Golding, a relation of Mrs. Dunningham's, to Mr. Swinney of Birmingham, by whom it was transmitted to Dr. Solomon.



Extract of a Letter from Mr. JOSEPH MORRIS, of Chepstow,  
To Dr. SOLOMON.

*Chepstow, 5th Oct. 1808.*

Sir—I have to inform you of the following case, cured by your Cordial Balm of Gilead:—Mr LEWIS WILLIAMS, painter and glazier, of the town of Brecon, in the county of Brecon, was for a very long time labouring under an extreme lowness of spirits, so much so that he was obliged to neglect a great part of his business. He went to Swansea, thinking bathing would be of service to him; but to his great concern, he found no relief. He afterwards came to Chepstow, his native place, where his mother and friends now live: he complained to me how ill he was, and appeared much dejected, saying, he thought he never should be well any more. I advised him to take your Cordial Balm of Gilead...he bought of me a five pound case...and his brother assured me, a few days ago, that he is now as well as ever he knew him; being sure that it was the Balm of Gilead only that had restored him to his usual health and spirits. I am, Sir, your humble servant,  
JOSEPH MORRIS.

Copy of a Letter from Mr. J. DINGLE, Bookseller and Stationer,  
Bury St. Edmund's, Sept. 1, 1807.

Sir—A person who had several times sent for a 10s. 6d. bottle of your Cordial Balm of Gilead, lately called on me for a bottle, and informed me—"That it had done him a wonderful deal of good—for he had been gradually declining a long time...had spent a great deal of money for advice, and found no benefit...he paid one surgeon 16l....another 6l. but all to no purpose. At the time he sent for the first bottle of your Cordial Balm of Gilead, he could not walk across his house, without the assistance of some one to help him---Indeed he was getting worse daily---he had taken the Gilead but a few days, agreeable to the directions, when he found himself much better."---He continues taking it at this time, and from his appearance is likely to do well. You have the man's wishes to do what you please with the above statement, which is literally as he told it me.

I am, Sir, your obedient servant, J. DINGLE.



### *Bilious, Flatulent, and Windy Complaints.*

BILIOUS and Windy are of all Disorders the most common, and have, perhaps the least attention paid them; notwithstanding that few persons are free from some disagreeable circumstances owing to wind and bile, which frequently prove the source of the worst and most complicate cases.

METHOD OF CURE—The predominant acid in the stomach is destroyed by an emetic; the wind is to be expelled by the use of the Cordial Balm of Gilead, which is a most noble carminative, nervine, and cardiac; the bowels to be kept free by aloetics or antimonials; if accompanied with a diarrhœa, let bark with opiates be given; ginger, castor, opiate confection, tincture of asa-fœtida, and such like. A milk diet, at least morning and evening, is of the utmost service. Abstinence from fruit, vegetables, malt, and other fermented liquors, is indispensibly necessary. Animal food, and spirits with two or three tea-spoonfuls of the Cordial Balm of Gilead, diluted with water, may be used with safety; the warmer the liquor is drank the better. Pains, sickness, and common disorders of the stomach and bowels, are instantly removed by two or three table-spoonfuls of the Cordial Balm of Gilead, in half a pint of boiling water, taken as hot and as fast as it can be supped. Obstinate pains in the sides and loins of many years standing, have soon yielded to this salubrious Cordial.

It would be proper to propose the following questions to all persons who are suspected to labour under chronic complaints, viz.—Have you frequent heartburn? any soreness or heat in the stomach? Does water ever rise in your mouth in the morning? Do you feel nausea or sickness at your stomach in the morning? Are you oppressed with wind in your bowels? Do you find ease by discharging it? Does it ever rise in your throat, or does it seem to fly between your shoulders? Have you any pain in



your left side? Do you feel a sort of weight or pressure over your eyes? Have you a sensation of fulness after eating? a fluttering about your heart? Any swelling at the pit of your stomach, or pain on the right side of it, or under the blade bone of your right shoulder? Do you not feel a faintness within you? Are you costive? Do you ever void worms or slime? Any difficulty of breathing?

A single affirmative to any of the above questions will warrant the use of the Cordial Balm of Gilead,\* which aided by mild evacuants, as the nature of the case may require, keeping the bowels open, or restraining the flux if excessively loose, will, to the no small surprise of the patient, soon restore the unhappy sufferer to a perfect state of health, by removing the cause of the disease, as the author has joyfully experienced, in many hundred of instances, with the most happy and uniform success.

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*Extract of a Letter from Mr. Thomas Greenlees, Rochdale, dated Oct. 15th, 1800.*

On the 16th inst. I had the pleasure of being informed by Mr. HOYLE, woollen tradesman, near Newchurch, Rosendale, of his being restored to a very good state of health, by the use of four bottles of your Cordial Balm of Gilead, after having been long to all appearance in a deep decline and bilious complaint.

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*Extract of a Letter forwarded by Mr. Tregortha, Burslem, Staffordshire, Dec. 29th, 1801.*

Sir—I was extremely ill for above three months, with a pain in my right side, my legs and belly were swelled prodigiously, the food I took occasioned excessive pain in my stomach, in short, I was so reduced that my life was despaired of. The first bottle I took of Dr. Solomon's Cordial Balm of Gilead, brought on a regular evacuation by stool, and four more restored me to a perfect state of health.

THOMAS GUEST.

*Witness—J. TREGORTHA, Burslem.*

\* Vide General Directions for taking it.



## *Nausea, or Want of Appetite.*

THIS generally, in my opinion, is rather a symptom of other diseases, than a disease of itself; particularly of the Asthma, Dropsy, Hypochondria, Melancholy and Nervous Complaints, Gout, &c. for when the humours are corrupted, and the spirits depressed, as in malignant diseases, the faculty of digestion is impaired. Begin the cure with a vomit of about 20 grains of ipecacuanha; a course of the Cordial Balm of Gilead; exercise; early rising; temperance; and the cold bath. These being observed, the cure will soon be obtained.

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From the Hereford Journal, August 12th, 1801.

*Extract of a Letter from Mr. Joseph Morris, Chepstow, dated May 11th, 1801.*

Sir—It is with great pleasure I acquaint you, that a gentleman in this neighbourhood has found wonderful relief by taking your noble Cordial Balm of Gilead. He was troubled with a violent cough, which deprived him of his rest at night, continually spitting up a blackish substance, from which your medicine has completely recovered him. Several other persons have received great benefit, who do not choose to have their names mentioned, but to whom any respectable enquirer will be referred, by your humble servant,

JOSEPH MORRIS.

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Mr. Owen Owen, of Caernarvon, has a cousin, Grace Parry, living in Mœ'l den Ferry, Anglesea, who for seven years was in a drooping low way, and so dreadfully afflicted with a nervous complaint, that at times she was confined to her bed. All remedies that could be obtained, were tried in vain, until the Cordial Balm of Gilead was had recourse to, from which she was immediately benefited, and by a little further perseverance is now quite recovered, being quite sound, well, and hearty.--- This case (among a thousand others) so justly establish-



ing the great efficacy of the Cordial Balm of Gilead, is attested by Mr. Owen Owen, of Caernarvon, who will give every satisfaction to those who think proper to be satisfied of the truth.---*Attested 3d Sept. 1891.*

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### *Incubus, or Night Mare.*

THE Incubus rarely seizes any one except in their sleep, and when the stomach is oppressed with aliment of hard digestion, especially if the patient lies on his back. Those that are seized with it seem to have a heaviness of the breast, and about the præcordia; and have a desire but not the power to speak. Sometimes they see spectres of various forms, and cannot get rid of the load, or remove the body but after a long struggle; at length the imaginary weight vanishes, but generally leaves a tremor of the heart, and frequently a quick and violent vibration of the diaphragm.

Those who are subject to this disorder ought to eat little or no supper, lie with the head raised high with pillows, take every night two table-spoonfuls of the Cordial Balm of Gilead ten minutes before going to bed, use plenty of exercise, and if possible the cold bath, according to the directions for bathing at the latter part of this work, to which the reader is referred. The Cordial Balm of Gilead ought also to be taken in the day-time, according to the General Directions.

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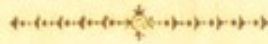
### *Loss or Defect of Memory.*

THE remote causes of this complaint are hurts of the head, falls, contusions; incontinence of temper; too great loss of blood or semen, either by excessive venery or by pollution; epilepsy or melancholy, sometimes by certain narcotic drugs taken internally.

The cure consists in taking the Cordial Balm of Gilead regularly three or four times a day, using moderate ex-



ercise, rising early, applying externally to the temples and vortex, oil of amber; and the shower bath has been of great service during a course of the medicine. The diet should be moderate and strengthening.



## ATTESTATIONS.

FROM HULL.

TO DR. SOLOMON.

Sir—I have sold a number of bottles of your Cordial Balm of Gilead, and have not heard a single complaint against it; so far from that, I sold two bottles to a Gentleman farmer at Barrow, near Hull, who informed me his son had found himself much better after taking them: I believe it was for a nervous complaint.

Yours respectfully,

W. RAWSON,  
Printer of the Hull Advertiser.

FROM EDINBURGH.

*Edinburgh, Jan. 11, 1798.*

Sir---The cures effected in Scotland by your medicine the Cordial Balm of Gilead, in a variety of singular cases within my knowledge, have rendered the sale thereof rapid beyond example in this part of the island. I have therefore to request you to lose no time in forwarding me a very large supply by the first carrier. I am, Sir, very respectfully, your obedient servant,

J. BAXTER, Italian Warehouse,  
*To Dr. Solomon, Liverpool.* South-Bridge.

*From W. Meyler, Esq. Member of the Common Council  
of the City of Bath.*

The Cordial Balm of Gilead, I declare that I have always heard the greatest encomiums of; it has given universal satisfaction to those who have tried it,

W. MEYLER.



*Extract of a Letter from Shrewsbury, to S. Solomon,  
M. D. Liverpool.*

Sir---Of your popular medicine, the Cordial Balm of Gilead, I have sold several large packages I ordered from you, and have begun upon the last box, which I received a few days ago, and expect the bottles will be gone in a very short time. I would wish you therefore to send me another supply of twelve dozen by the first carrier, together with the parcel of the Treatises of the 'Guide to Health,' which I ordered of you some time back, and which would have been sold, had they been ready when I ordered them.

The Cordial Balm of Gilead is in great repute in this part of the kingdom, and I have heard great commendation of it from the Ladies and Gentlemen who have purchased it. Inclosed I send you a bank note, which please to put to the credit of my account; and am, Sir, your very humble servant,

THOMAS WOOD,

Printer of the Shrewsbury Chronicle.

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*Yeovil, Somersetshire, Feb. 26, 1807.*

Sir---If the increased demand for your Cordial Balm of Gilead, which I have had for the last three months, be a proof of its excellence, it unquestionably is that which I have often heard it pronounced, *a truly valuable medicine*; and I declare that I have neither known, nor even heard of one instance wherein it has failed to produce the desired effect; and sorry I am, that, through motives of delicacy, I am prevented from stating to you the particulars of some wonderful cures, which have been performed by it on persons who have purchased it of me; suffice it to say, that it is held in very high estimation here, and you will greatly oblige me by sending me a fresh supply of it immediately, and also of your Abstergent Lotion, and your Guide to Health.

I am, Sir, yours respectfully, S. BARTAR.

Inclosed is a draft for 10*l.* which place to account.

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FROM MANCHESTER.

Sir---The demand for your Cordial Balm of Gilead has



certainly been more than for any other medicine that has ever come within our knowledge and experience; and from the continuance and increase of that demand, as well as from the expressions of approbation which we have heard from the purchasers, we believe it to be intrinsically salutary, balsamic and good, well calculated to administer to the comforts and relief of the afflicted. We are, yours, &c.

COWDROY & BODEN,  
Printers of the Manchester Gazette.

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*Hysterics, Languor, Fainting,  
Swooning, &c.*

THOSE of weak nerves and delicate constitutions, are most liable to swooning or fainting fits, which are seldom dangerous when properly attended to, but prove extremely hurtful if wholly neglected.

The general causes of swoonings are, sudden transition from heat to cold; breathing air that is deprived of its proper spring or elasticity; great fatigue, excessive weakness, loss of blood, long fasting, fear, grief, and other affections of the mind.

Persons who faint ought immediately to be removed into cold air; the temples should be rubbed with strong vinegar or brandy, and volatile spirit of sal ammoniac applied to the nose. The patient should be laid on the back with the head low; have a little of the Cordial Balm of Gilead in some wine, or even in some water, given as soon as it is possible to be poured into the mouth by little and little at a time,\* and a compress dipped in the Cordial Balm of Gilead should be applied to the pit of the stomach.

\* A worthy and most respectable Clergyman having a dangerous spasmodic affection in the lower region of the stomach was rescued from the jaws of death at three o'clock in the morning, when his family were taking their last farewell of him, consisting of a wife and ten children, by a table-spoonful of the Cordial Balm of Gilead, and only once repeated. Reference may be had to the Rev. Gentleman himself, by applying to Mr. Swinney, High-street, Birmingham.



In all epidemic fevers, whether proceeding from the above causes, or from weakness, relaxation, and debility in general; from nervous and hypochondriac affections, great fatigue, long fasting, or loss of blood; the patient must be supported by generous wine, in which a dose of the Cordial Balm of Gilead is mixed; jellies, broths, sago gruel with wine, new milk, and other things of a light cordial nature. These things are to be given out of the fit. All that can be done in the fit is directed above.

It has been common in faintings, § first to bleed the patient, but I will venture to say, that nothing can be more prejudicial or dangerous in weak and debilitated constitutions; in plethoric habits it may sometimes be of service, though it should always be trusted with great caution.

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#### CASES AND ATTESTATIONS.

*Extraordinary Case.*—I, JOHN BARNES, master and owner of the Margaret sloop, of Dumfries, do declare, that being in a gale of wind on the 21st of October, 1797, off the banks between the Ormshead and North-West Buoy, and having severely suffered by great exertion and fatigue, having lost all our sails, I was suddenly seized with a violent spasm at the pit of my stomach, which nearly deprived me of life, and I was unable to attend the deck for some time. Fortunately a passenger had part of a bottle of the Cordial Balm of Gilead by him, by which he had been cured of a nervous com-

§ The author was lately in Staffordshire, and going in with the proprietor of a colliery to see his works, he was struck with surprise at the following incident:—A man was drawn up from the coal-pit without the least signs of life, having been, as it was supposed, suffocated by foul air. Several persons who were present, appeared indifferent at this melancholy spectacle, and were reproved by the Doctor for their want of feeling; when, to his utter amazement, they turned the man on his belly, dug up a sod from the earth, and put his head into the hole:—symptoms of animation were soon discernable, and in a short time the man got up and walked away as if nothing had been the matter with him. How many persons lives might be saved, if this simple method of resuscitation was universally known and adopted!



plaint, and he persuaded me to take a dose, which the moment I had done, relieved me; and I have not been troubled with that dangerous, painful, and alarming complaint since.

JOHN BARNES.

*Liverpool, Oct. 28th, 1797.*

Witnesses { Joseph Lee.  
              { Tho. Swarbreck, Printer, Liverpool.

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FROM PENRITH.

A young Lady near Penrith, in the county of Cumberland, was long afflicted with a consumption so deeply that her life was despaired of; in this situation she was recommended to take Dr. Solomon's Cordial Balm of Gilead, which restored her to perfect health, to the surprise and joy of her friends and relations. Mr. Anthony Soulby, bookseller, Mr. Merrick Thompson, check manufacturer, Penrith, and Mr Munnerly, at Mr Fletcher's Printing-Office, Chester, have attested the truth of this wonderful cure.

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FROM HEREFORD.

An Officer of the 7th Dragoon Guards, on the 22d Feb. 1801, waited on Mr. T. Watkins, High-Town, Hereford, and requested him to forward the particulars of this extraordinary cure, to Dr. Solomon of Liverpool, for publication.

CASE.—He had long been subject to a nervous disorder, which affected his whole frame, his hands shook so violently that he could not write. Seven bottles of the Cordial Balm of Gilead perfectly cured him, and he can now write as well as ever he could in his life.

TWO MORE CASES, *communicated by the same.*--A Gentleman was cured of a bilious complaint of long standing, by a few bottles of the Cordial Balm of Gilead.

A Lady, who was for years afflicted with hysteric and nervous affections, and subject to fits, was also cured by the Cordial Balm of Gilead two years ago, and has not had any return of her complaint since.

The above cases I attest, and will refer any enquirer to the parties themselves.

T. WATKINS.



## FROM WHITEHAVEN.

Extract of a Letter from Mr. JOHN WARE, of Whitehaven, to Dr. SOLOMON, Liverpool, dated 7th March, 1799.

“ Respecting the sale of the Balm of Gilead in this neighbourhood, for the most satisfactory reply to your enquiry I must refer you to my repeated orders for it. These may indeed be small in comparison with the demands from more populous districts ; but I do assure you that I have never undertaken the sale of a medical article (even at *half* the price) which has been so generally called for ; and you are sensible that there is now, at the end of the 4th year, no diminution ; on the contrary, it would now be more than ever inconvenient to be a single day without it. You will therefore be pleased to dispatch a fresh supply per the first coach, that the sale may not receive a check, and my customers be disappointed.”

## FROM GLASGOW.

Dear Sir—The fame of your Cordial Balm of Gilead has spread like electricity or lightning in this place: A Gentleman who used it only a few days, says it has renewed his youth: in short, all who try it fairly, acknowledge the great benefit they derive from it. The best proof I can give you of its success is, that though I sell every patent medicine of repute in the kingdom, such are the beneficial effects of the Balm of Gilead, that I sell more of it than I do of all the rest, which must be the result of the benefit derived from it in a number of complaints; and every one telling another of the great effects of this wonderful medicine. I have the authority of the first personages and gentry in Scotland, to make use of their names in referring any one to them for information relative to its efficacy, but who do not wish to have their names in print. In addition to forty dozen half-guinea bottles which I have just received, (my last supply of double that quantity being gone), please to send per first vessel to Greenock, 24 of the £5 cases without fail, as nine of them are bespoke.

I am, dear Sir, yours, &c.

Glasgow, 18th Feb. 1799. ANGUS M'DONALD.



Mr. JOLLIE, of Carlisle, declares, that for a long series of years, during the whole course of his business, he never had so great a demand for any other medicine as for the Cordial Balm of Gilead.

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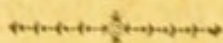
*Extract from the Salisbury Journal,*  
*Aug. 22, 1793.*

“The Printer of this Paper has received information from Mr. J. MOORE, of Poole, dated the 13th of June, stating that several gentlemen have taken the Cordial Balm of Gilead at that place, and have experienced great benefit indeed; the first bottle gave one of them the most wonderful relief, and a few more affected a complete cure of a deep decline.”





## Female Complaints.



### *Of the Menses*

ANCIENT and modern physicians have endeavoured to investigate the cause of this flux, which resembles the ocean in ebbing and flowing at certain periods. — It is called the menstrual discharge, or flux of the blood, which issues from the uterus every month. It usually begins about the age of thirteen, and terminates about forty, which renders these two periods the most critical in the whole life of females; and the greatest care is then necessary, as their future health and happiness depend in a great measure upon their good conduct at *these* times. When the important period of menstruation arrives, much depends upon proper management; a sedentary life, restraint and confinement at that time, are unfavourable; while moderate exercise, the open air, cheerful society, and indulgence, are highly requisite. Hard work, and exposure to much cold, and damp air, are too dangerous to be hazarded, even among the poorest people, inured to all kinds of rough weather. In some females the menses are very irregular, sometimes happening on the twenty-seventh day and sometimes on the thirtieth. — Duretus says, that some women have their menses twice a month, without the least injury to their health: while others have not had them even once a month. The same irregularity is observed in respect to the duration of the flux, for in some it continues three, in others four, and even six days; however for the most part, Hippocrates says, that it terminates on the third.

This monthly evacuation is the grand criterion of health in the female system. The operations of Nature



on this occasion afford the philosopher a subject for contemplative wonder and admiration !

### *Immoderate Evacuation.*

A GREAT flooding from the uterus ought not to be neglected, particularly if attended with loss of strength, and which may bring on the other symptoms of lassitude and debility, as want of appetite, crudities from indigestion, a sense of weight from the region of the stomach, an ill colour in the face, a languid pulse, swelling in the feet, and a disturbed sleep without refreshment.

When this discharge is occasioned by an error in the patient's regimen, an opposite course to that which induced the disorder must be pursued, together with two tea-spoonfuls of the Cordial Balm of Gilead, in any convenient drink, thrice a day. This will counteract the morbid affections of the blood whence it proceeds; and to *restrain the flux*, the patient should be kept quiet and easy both in body and mind. If it should be very violent, she ought to lie in bed with her head low, and live upon a cool, slender diet, as veal or chicken broths, with bread; and drink a decoction of nettle roots and great comfrey; or two drachms of alum and one drachm of japan earth may be pounded together, and divided into nine doses, one of which may be taken three times a day. Such as cannot bear alum on their stomachs may take two table-spoonfuls of the tincture of roses, with a tea-spoonful or two of the Cordial Balm of Gilead, three or four times a day, adding to each dose from eight to ten drops of laudanum; should these fail, half a drachm of Peruvian bark in powder, with ten drops of elixir of vitriol, may be taken in a glass of port wine, four times a day.

If the menses appear in women breeding, the true and only remedy is two spoonfuls of the Cordial Balm of Gilead, with ten drops of laudanum, three or four times a day, until they are restrained; for opium does not much affect the head when the lower viscera are affected. A woman's life, when almost expiring with a flux of blood, has been saved by the above remedy.



Immoderate evacuations are produced by a sedentary life and want of proper exercise; hence this is a disorder most commonly to be found among the rich, but seldom among the poor class of women, who have much exercise, and who live sparingly. It is also occasioned by the too frequent use of salt, high-seasoned victuals, spirituous liquors, violent agitation of the mind, from losses, gaming, fear, anger, grief, &c. Violent exercise is as prejudicial as moderate is serviceable; especially if the patient is subject to this flux from other causes; such as too frequent repetition of the venereal act, or from a miscarriage.

### *Suppression of the Menses.*

AS soon as a healthy female arrives at her full growth, she generates more blood than can be conveniently contained in the vessels; wherefore the superfluity is evacuated by the uterine arteries, and this is called the MENSES; but from whatever cause this flux is obstructed, (except in a state of pregnancy), means should be used immediately to restore it. Females who have arrived to the period when the menses usually begin to flow, and they do not appear, should be placed in a situation where they can have exercise, and enjoy the benefit of free air and agreeable company, instead of being kept confined to the house; and two spoonfuls of the Cordial Balm of Gilead should be taken three times a day, in any convenient drink; also a gentle dose of physic every third day; wholesome food and amusement should be attended to. There is then no fear but that Nature, assisted by this salubrious Cordial and proper exercise, will soon do her work.

The female constitution being of a more delicate conformation, and having a finer texture of nerves than the other sex, it gives a woman great quickness of sensibility and promptitude of expression; it softens their manners, refines their ideas, and produces a lively sensation of pleasure and pain. But while they enjoy these advantages, and are deservedly objects of affection and esteem, the softness and peculiar construction of their frame,



subjects them to painful and critical vicissitudes, which as they affect not only their health, but also their temper, fully entitle them to all possible lenity and indulgence.

The first appearance of the menses is generally preceded by a sense of heat, weight and dull pain in the loins, distension and hardness of the breasts, head-ache, loss of appetite, lassitude, paleness of the countenance, weariness of the legs, sometimes a slight degree of fever, and during the flux a nausea and faintness. When these symptoms are observed about the age which the menstrual flux usually begins, such things should be carefully avoided as are most likely to obstruct that necessary and salutary evacuation; and all the means used to promote it, as sitting frequently over the steam of warm water, drinking warm diluted liquors, in which a tea-spoonful or two of the Cordial Balm of Gilead have been previously put.

When the menses appear, great care should be taken to avoid any thing that may obstruct them in future.—Females ought to be extremely cautious what they eat and drink when they are unwell; every thing which is cold or apt to turn sour upon the stomach, ought to be avoided. But should it happen that any thing improper has been eaten, and the effects begin to be perceptible, a dose of this medicine will give instantaneous relief.

What is extremely hurtful at this particular period, is cold; more of the sex date their disorders from colds caught while they are out of order, by wearing thin covering, and from following the most ridiculous fashions in dress, than from any other cause;\* this ought surely to put them upon their guard, and to make them very careful in keeping themselves warm and circumspect in

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\* Mr. Wheeler's *Manchester Chronicle*, of the 9th of January, 1802, contains a paragraph worthy to be recorded; it is this:—“Among the string of remarkable domestic occurrences in the last year, the following appears: A considerable number of gay young ladies died of consumptions in November, in consequence of having gone half naked during the piercing winds of the preceding January.”



their conduct at such times. A degree of cold, that will not at any other time do the least injury, will at this period be sufficient to ruin their health and constitution.

The greatest attention likewise should be paid to the *mind*, which should be kept as easy and cheerful as possible. Every part of the animal economy is inflamed by the passions, but none more than this; anger, fear, grief, and other affections of the mind, often occasion obstructions of the menstrual flux, which prove absolutely incurable by any other remedy than the Cordial Balm of Gilead.

From a *weak* or *relaxed* state of the solids obstructions frequently proceed; in which cases the *Cordial Balm of Gilead* ought by all means to be taken, with such medicines as tend to promote digestion, to brace the solids, and assist the body in preparing good blood. A tea-spoonful or two, with a little *Bark* or other bitters, may be taken either in substance or infusion, as is most agreeable to the patient. Use exercise, the dry open air, cheerful company and agreeable amusements. In a weak habit, the diet should be good with generous liquors, and bracing and astringent medicines. In plethoric, a spare diet and attenuating remedies are necessary, drinking twice a day a tea-spoonful of the tincture of black hellebore, in warm water, bathing the feet in warm water, and sitting over its steam.

When obstructions proceed from a viscid state of blood, in women of a gross and full habit, evacuations with the use of such medicines as attenuate the humours are necessary; the patient in this case ought to be bled, and bathe her feet in warm water frequently; should take now and then a cooling purge,\* and regularly two tea-spoonfuls thrice a day of the Cordial Balm of Gilead, and live upon a spare, thin diet; her drink should be whey, water or small beer, with a tea-spoonful of the Cordial

\* The following pills may be taken with the Balm of Gilead: Take of socotrine aloes, a drachm; filings of iron, two scruples; precipitated sulphur of antimony, half a drachm; calomel, a scruple; oil of savine, twenty drops; simple syrup, enough for thirty-two pills. Two to be taken every night, or oftener.



therein, and she ought by all means to take sufficient exercise. Where obstructions are caused by affections of the mind, as grief, fear, anger, &c. every method should be taken to amuse and divert the patient; and that she may more readily forget the cause of her affliction, I would recommend a temporary change of residence, which has often a very happy influence, by presenting the mind with a variety of new objects. A soothing, kind, and amiable behaviour to females in this situation, is of the last importance.

As obstructions of the menses are often the effect of other maladies, which females are apt to bring upon themselves, by that baneful habit of self-indulgence, of which much has already been said, we should by all means endeavour to restore the patient's health and strength by the Cordial Balm of Gilead, which is the only remedy in such cases.

To instruct girls very early in their conduct and management of themselves at this critical period, is, as Dr. Buchan and other writers justly remark, the absolute duty of mothers, and those who are entrusted with their education. Ignorance and inattention to what is beneficial or hurtful at this time, are the source of many diseases and misfortunes in life, which a few sensible lessons from an experienced matron might have prevented.—Nor is care less necessary in the subsequent returns of this discharge: taking improper food, giving way to violent affections of the mind, or getting cold at this period, is sufficient to ruin the health, or render the female ever after incapable of procreation.

### *Barrenness.*

BARRENNESS is such a state of a woman's body, as indisposes it, upon the use of the natural means, to conceive and propagate her species. It may be properly reckoned among the diseases of females; as few married women, who have no children, enjoy a good state of health.

Barrenness is decidedly a female disease, for though there are deficiencies, natural or incidental, in many



*men*, which will prevent their having children by women who would be very prolific if they were married to other men; yet barrenness, in the true sense and general acceptance of the word, is exclusively and altogether a deficiency or disease peculiar to women.

Conception is hindered by an hectic, hydropic, or feverish sickly habit; by a deficiency or obstruction of the monthly courses, when the natural briskness of the blood is wanting; by an immoderate flux of the courses, which impoverishes the fluids; by the whites, which continuing too long, relax the glands of the womb, and drown, as it were, the prolific particles; and too often by *secret venery*, which utterly destroys the tone and vigour. Bleeding, lenient purgatives, such as lenitive electuary, and a gentle vomit of ipecacuanha, especially if the person be plethoric, or cachochymic, is of the greatest service. Observe particularly to use exercise and the cold bath, with a milk and vegetable diet; and to take astringent and strengthening remedies, such as bark, steel, alum, dragons blood, elixir of vitriol, Spa or Tunbridge waters.

Continue the Cordial Balm of Gilead three or four times a day, as the age or constitution of the patient may require, as it will greatly warm and purify the blood and juices, increase the animal spirits, invigorate and revive the whole human machine, and remove the usual impediment to fertility, by preparing the womb for performing its office, and the ova for impregnation.

The Cordial Balm of Gilead warms, comforts, and excites the generative parts to admiration, and seldom fails of curing in a month or six weeks, if duly followed, all common occasions of barrenness.

### *Chlorosis, or Green Sickness,*

IS an obstruction from the womb-vessels of females, when their courses begin to flow. It is attended with a sallow, pale, or greenish colour of the face, a difficulty of breathing, a sickness of the stomach at sight of food; sometimes an unnatural desire of feeding on chalk, coals, stones, tobacco-pipes, sealing-wax, and other things of an



hurtful and improper nature. The stoppage of the menses is not always the cause of the distemper; as in its progress they sometimes flow regularly. According to *Etmuller*, the suppression of the menses is rather the effect, than the cause, of this disease. *Sydenham* looks upon the disease to be a species of *hysteric affection*, which is known by the paleness and discolouration of the face, and of the whole body; but it indisputably arises from stifling or suppressing the calls of nature at this vernal season, or juvenile spring of life, which is most sensibly impressed upon the whole human fabric.

That the system of female education in this country is extremely erroneous, must be evident to every person acquainted with the subject, or who has perused the writings of *Madame de Genlis* and *Mrs. Hannah More*. Pent up in seminaries of uncertain numbers, founded on speculations of profit, they are secluded from that society in which their future interests and welfare must centre, and associated promiscuously with companions of their own age, by which they are exposed to the danger of imbibing all the errors which subsist in juvenile minds. Unrestrained communication with each other increases the danger, and this cannot be prevented where fifteen, twenty, or more perhaps, are entrusted to the superintendence of one.

The following will generally effect a cure :

Of the leaves of briony, pennyroyal and mugwort, each an handful; infuse them four days in two quarts of water, and then strain off the liquor for use.

Bottle it up, and take a gill glass three parts full, with two or three tea-spoonfuls of the Cordial Balm of Gilead added thereto, three times a day, viz. morning, noon and night, until the patient finds herself entirely free from every symptom of the disease.

For this malady, which hurries thousands of amiable young females into consumptions, the celebrated Cordial Balm of Gilead (prepared by no one else in the world but *Dr. Solomon, Gilead-House, near Liverpool*) is the best remedy ever known; it promotes the menstrual discharge, cleanses the urinary passages, dissolves viscid humours.



in the blood, sharpens the appetite, stimulates the nerves, and invigorates the spirits, which in all stages of the Chlorosis are apt to be depressed. When this disorder is not very far advanced, nor obstinate, take from two tea-spoonfuls to a table-spoonful of the Cordial three or four times a day, in a wine-glass of cold water, for 30 or 40 days successively, and it will perform a cure without the infusion, which however makes the dose the stronger.

### *Fluor Albus, or Whites.*

THE Fluor Albus, or Whites, consists in the efflux of a whitish, lymphatic, serous, or aqueous humour from the matrix. Sydenham says, it is sometimes white, sometimes pale yellow, green, or blackish; sometimes it is sharp and corrosive; sometimes foul and foetid; the face is discoloured; there is a pain in the small of the back; the appetite is lost, and the eyes and feet swell.

It generally proceeds from that debilitated state of the body which is produced by indolence, or excessive use of tea, coffee, or any other weak, watery diet. Some women have a periodical flux of the whites instead of the menses. It is attended with a pain and weight in the loins, cloudy urine, a loathing of some things, and a longing after others.

Barren women, and those who are most liable to miscarry, are chiefly troubled with the whites. The feet swell by day and the face by night. It is attended with a difficulty of breathing, and a palpitation of the heart. The discharge is sometimes so sharp as to ulcerate the parts, which, however, are soon healed by a little common cerate. It brings on dropsies and consumption, which, if not speedily remedied, puts a period to the patient's existence; and it is sometimes attended with such acute pain, that the patient cannot bear conjugal embraces.

It may be known from the venereal disease (to distinguish which is sometimes of great consequence) by the whites ceasing at the time of the menses, and not appearing again until they are over; but a venereal running remains constantly upon the patient, even at the same



time as the monthly discharge. Dr. Pitcairne relates a case which lasted four years, during which period the disorder returned regularly every new moon, and continued eight days.

Maids of a weakly constitution, as well as married women and widows, are often troubled with the whites; indeed there are few of the sex, especially such as are any way sickly, but experience it more or less.

The patient should take as much exercise as possible, and let her drink rather freely of red port or claret, mixed with Pyrmont, Bristol, or lime water; tea and coffee are to be avoided. Strong broths and milk diet are exceedingly good to be taken in this disease; she must abstain from herbs and fruit, and drink port wine at meals.

She ought by no means to lie long in bed, and nothing can possibly be better than a decoction of tormentil roots, bistory, comfrey, and rose leaves, added to two or three tea-spoonfuls of the Cordial Balm of Gilead, which must be persisted in morning, noon, and night, for ten days; then twice a day for ten days more, after which continue the decoction, and take the Cordial every morning and evening for a month, in a wine-glass of cold spring water; the disease will be found gradually to abate, and upon any symptom of a return of it, take a tea-spoonful of the Cordial in a wine-glass of cold water for a week; or thirty drops of balsam copivi, with a tea-spoonful of the Cordial Balm of Gilead, three times a day, may be taken, and it will entirely go off. In warm weather, the cold bath will be of singular service.

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#### C A S E S.

A married Lady, residing at Newcastle-under-Lyme, aged 27 years, was ill upwards of three years; the original cause of her complaint was abortion, and taking cold afterwards, which was succeeded by a continual sickness and looseness. Having had three miscarriages in less than ten months, and having taken a variety of astringent medicines without effect, was at length so reduced, that she was unable to walk out of the house for



above two years, and worn to a mere skeleton. In this weak and languishing condition, having become exceeding thin in body and dejected in mind, her husband applied to Dr. Solomon, of Liverpool, for some of his celebrated Cordial Balm of Gilead, which effectually restored her former health and strength in about three months.

A Lady in Bold-street, Liverpool, was cured by Dr. Solomon's Cordial Balm of Gilead, of a nervous complaint and weakness, after many remedies had been used without success.

Mary Browne, of Preston, was cured of a deep decline, which she had laboured under for a long time, by a short course of that astonishing preparation the Cordial Balm of Gilead.

In justice to Dr. Solomon and his medicine the Cordial Balm of Gilead, I declare that I have taken it for a nervous complaint with the most happy effects, and have known it to be administered in genteel families with safety, certainty, and wonderful efficacy.

C. CROOKENDEN, Merchant, Liverpool.

It is with pleasure I confess that your Cordial Balm of Gilead has been of the greatest service to me in a nervous complaint of many years standing, which had resisted the power of all other medicines that had been tried. I consider it as an extraordinary and wonderful medicine, perfectly safe, and of real virtue and efficacy.

ANN BATTY, Hosier, 44, Dale-street,

Witness---Elizabeth Brown.

Liverpool.

### *Pregnancy, or Child-bearing,*

CANNOT properly be called a disease, though attended with a variety of complaints which require great attention, but for the cure or alleviation of which, medical aid has hitherto proved very deficient.—It is therefore



in these complaints, that the Cordial Balm of Gilead exerts most extraordinary properties, and excels whatever has been hitherto offered under a medical form. It is an universal purifier of all those heterogeneous particles which produce nausea; for as it is according to the grossness of the essences at the time of conception, that vomiting, pains in the head and stomach, fainting, &c. arise, which proceed from the jarring elements, arising from the disproportion of semen in the constituent parts of the male and female, in their primary qualities, which is not only attended with great debility and depression to the mother in her whole nervous system, but frequently with hereditary diseases and dreadful consequences to the infant offspring, so that nothing but the powerful exertion of the active faculty of nature can preserve from falling a prey to the gross and viscid elements, which contaminate this procreative mixture. Now the Cordial Balm of Gilead is elegantly adapted to invigorate and assist that active faculty in expelling all viscid humours. Hence the Cordial Balm of Gilead produces the most salutary effects to every woman in a state of pregnancy, removing all loathings, longings or vomitings, and effectually preventing abortion.

For these important purposes, when a woman enters into the state of matrimony, she would do well to take two spoonfuls of the Cordial Balm of Gilead every morning and evening, to promote conception; continue it three times a week from conception to the end of the fourth month; then it should be omitted till a fortnight before her time, when she should take a tea-spoonful or two in a wine-glass of cold spring water every morning till her labour, at which time it will wonderfully strengthen her, assist her throes, facilitate the birth, promote the lochia, and carry off the after-pains. She might take it occasionally during the month, in any symptom of cold, fever or hysterics, diluted in a wine-glass of warm water, about the middle of the day.

Pregnant women are often afflicted with the heart-burn, sickness and vomiting, especially in the morning;—likewise both the head-ache and tooth-ache are



very troublesome symptoms of pregnancy. The former may generally be removed by keeping the body gently open with using sena and prunes, figs, roasted apples, and the like : and as for the latter, it is soon removed by dipping a bit of cotton or lint into the Cordial Balm of Gilead, and applying it to the affected tooth.

Several other complaints incident to pregnant women might be mentioned, as a cough, difficulty of breathing, suppression and incontinency of urine, &c. but all these symptoms are readily removed by having recourse to the Cordial Balm of Gilead, and taking it as before directed.

Every other disorder to which a woman, during the state of pregnancy, is liable, is chiefly if not entirely, owing to a deficiency of heat and blood ; which may be easily gathered from the consideration of the expence she is at for the nutrition of the fœtus, and the formation of its appurtenances : if two ounces of blood were drawn every day from a person ever so healthy, for forty weeks together, let it be left to common sense to determine whether such a one can stand in need of supernumerary venæsections during that time.

It is upon this account that their faces appear so thin, and various disorders attack them which originate from a deficiency of blood. If a woman with child is bled, says Hippocrates, a miscarriage is endangered ; the larger the fœtus, the more certain and expeditious will be the abortion. Experience confirms the truth of this observation of the divine old man. I have known many ladies who used phlebotomy during their pregnancy, and miscarried ; but on the omission of it, went out their full time, and were delivered of healthy children. That all do not miscarry who are bled is true, and indeed nothing is more to be wondered at than the inexhaustible resources of nature, by which she can recover herself from the consequences of such ill-timed evacuations.

To use plebotomy because the periodical visits disappear, is absurd and puerile, for it cannot be a manly argument, that we ought to lavish away that fluid which nature demonstrates her want of, by her care to preserve it. Bleeding is always hazardous and improper during



pregnancy, and frequently brings on convulsions and death. To this rash and inexcusable imprudence, it is owing, that such numbers of women, who even go their time, die in child-bed.

## **ABORTION.**

As every pregnant woman is more or less in danger of abortion, it should be guarded against with the greatest care, for it not only weakens the constitution, but renders her liable to the same misfortune afterwards.

Abortion may happen at any period of pregnancy ; but it is most common in the second or third month--- Sometimes, however, it happens in the fourth or fifth. If it happens in the seventh month, the child may be kept alive by proper care and attention.

The common causes of Abortion, according to Astruc, are the death of the child, weakness or relaxation of the mother, great evacuations, violent exercise, raising great weights, reaching high, jumping or stepping from an eminence, vomiting, coughing, convulsion fits, blows on the belly, falls, fevers, disagreeable smells, excessive loss of blood, indulgence, high living or the contrary, violent passions or affections of the mind, as grief, fear, &c.

The signs of approaching abortion are not unlike those of a natural labour ; such as sickness, palpitation of the heart, pains in the loins or about the bottom of the belly ; a dull, heavy pain in the inside of the thighs, the breasts become flat and soft, there is a discharge of blood or watery humours from the womb.

To prevent abortion, women who are subject to miscarry, and those who are of a weak or relaxed habit, ought to take two or three tea-spoonfuls of the Cordial Balm of Gilead three or four times a day, about eleven in the morning, a quarter of an hour before and again after dinner, and about eight o'clock in the evening ; to use solid food, abstaining from the use of tea and other watery liquids ; to keep the body free by the use of sena, and prunes stewed, or lenitive electuary ; to rise early, and go to bed soon ; to shun damp houses ; to take fre-



quent exercise in the open air, but to avoid fatigue ; and never to go abroad in damp or foggy weather.

Pregnant women ought to be kept cheerful and easy in their minds, and their appetites ought to be indulged as far as prudence will admit.

*Upon the first appearance of any symptoms of abortion,* the woman ought to be laid in bed on a mattress, with her head low ; she should be kept quiet, and her mind soothed and comforted ; she ought not to be kept too hot, nor take any thing of a heating nature. Her food should consist of broths, rice and milk, jellies, gruel made of oatmeal, and the like, all which ought to be taken cold. Her drink ought to be barley-water, sharpened with a little lemon juice ; or she may take half a drachm of nitre in a cupful of water gruel, every five or six hours.— Should she be seized with a violent looseness, the best thing will be to drink a little starch, boiled in milk, to a thin consistence.

If affected with vomiting, let her take three tea-spoonfuls of the Cordial Balm of Gilead in a little French brandy, and repeat it every third hour until the intention is answered. In general, opiates are of service, but they should always be given with caution. Pregnant women should not be restrained from following their usual exercise. Want of exercise not only weakens the body, but is the chief cause of abortion. There are some women, however, of so delicate a texture, that it is necessary for them to avoid almost every kind of exercise, during the whole period of pregnancy. Women who are subject to miscarriages, should never fail to take the Cordial Balm of Gilead, from the time they have reason to believe they are pregnant, until a full month after they have quickened. It may be taken once, twice, or thrice a day, or every other day, as the urgency of the case may require, from one to three tea-spoonfuls, in a glass of *smiths' forge water*, which may be obtained at any blacksmith's shop, (but it ought to be filtered through paper,) or in soft spring water, in which common oak bark has been steeped, and she will effectually get over all causes of abortion.... Women, after sudden miscarri-



ages, or bad labours, will find wonderful relief by taking a tea-spoonful or two of it once or twice a day, in a wine glassful of warm water, for a week or ten days.

Nurses also, whose milk is griping or defective, should take it once or twice a day, or as often as occasion may require. Its good effects will quickly be experienced, the milk will be purified and augmented, and all the fluid secretions promoted, in a manner productive of sound health both to the mother and child.

### *The Turn of Life.*

THE menses generally cease to flow between forty and fifty years of age, which renders this period very critical, as it lays the foundation for many future diseases. So copious a drain being taken into the habit, without previous preparation, is the sole cause of this danger.

The more slowly and gradually this salutary evacuation is diminished, the less the constitution is exposed to disorder, on its final termination. It is therefore always advisable to take proper steps to prolong its continuance, and secure the system from an abrupt and hasty departure.

All women are more or less sensible when this period arrives, and should take care of themselves accordingly; for when the menses are about to go off, they appear for the most part irregular, both in time and quantity; once in a fortnight, three, five, or six weeks; sometimes very sparingly, at other times in immoderate quantities. For want only of necessary care and attention during the time the menses thus vary, and give symptoms of their departure, many complaints ensue; among which are colds and chills, succeeded by violent flushings of the face, and heats of the extremities; restless nights, troublesome dreams, and unequal spirits, inflammation of the bowels, spasmodic affections, stiffness of the limbs, swelled ancles, sore legs, with pain and inflammation; the piles, and other symptoms of plenitude. But all this might easily be prevented, by attention to a due regi-



men, and taking this truly valuable Cordial as frequent as occasion may require.

When a woman suspects her menses are about to leave her, let her take a (dry) vomit, and make a decoction, by taking

Gentian roots, one pound; sena and orange peel, of each half a pound; pour upon these a gallon of hot water, and after it has stood 24 hours, pour it off for use.

Take from two to four tea-spoonfuls of the Cordial Balm of Gilead in a gill glassful of the above decoction, every night and morning for ten days; then continue it every morning for ten days more, and afterwards every two or three days, or oftener; the patient is likewise to take a dose of gentle physic twice a week. This course must be followed up every *spring* and *fall* for a month or six weeks successively, by all women who find their menses come sparingly, until they entirely cease:—if they flow too abundantly, and produce a flooding, the patient must be kept as much as possible at rest, with her head low, until the medicine has had time to take effect. Let her diet be spare, but not too lax:—The following recipe will be of great service:

Conserve of roses, an ounce; astringent saffron of iron, two drachms; and oil of cinnamon, six drops.

Mix these into an electuary, (which may be made up by an apothecary) and take the quantity of a large nutmeg every day at noon, for six, eight, or ten days or longer, as the urgency of the case may require, drinking immediately after it one table-spoonful of the Cordial Balm of Gilead in a wine glassful of warm water. The flooding, by this means, will gradually abate, the feverish symptoms go off, the back will be strengthened, the womb-vessels cleansed, and the patient wonderfully restored. After the tenth day, in most cases, the electuary may be discontinued, and the Cordial Balm of Gilead, from two tea-spoonfuls to one table-spoonful and a half, taken according to the constitution of the patient, to prevent a relapse.

It is evident that the intention of nature in returning



this flux back into the habit, is to nourish and preserve life, not to destroy it. Until the age of puberty, girls require this blood for the nourishment of their bodies; when that is sufficiently established, it is applied to the purpose of nourishing the foetus, and of suckling the infant. When child-bearing subsides, and the eve of life comes on, the flux is returned back to comfort and preserve it. Therefore, if women were careful to observe a regular course before this flux returns upon them, by adopting the methods I have prescribed, and by taking this medicine at spring and fall, for two or three years previous to the time, they might not only escape the perils and dangers attendant on this period, but would lay the foundation of a settled state of life, and enjoy a sound constitution of body, to extreme old age.

It is a just observation that those who grow fast, are generally sickly and seldom live to a great age. The prime of life draws very soon towards the verge of declension, which stage, like their youth, is equally rapid in its progress. They should be very cautious of taking cold by their covering; more young ladies have fallen victims to slender dress than can be imagined.\* Quick

\* The Ladies, in 1802, discarded all dress except a kind of long *chemise*.—The following parody was written on the occasion :

Doctors ! I have lost my health,  
Where O where my vigour ?  
No faithless swain, no act of stealth,  
Reduced me to this figure.

Plump and rosy was my face,  
And graceful was my form,  
Till fashion deem'd it a disgrace  
To keep my body warm.

I sacrific'd to modish whim,  
(What Belle can e'er forsake it) ?  
To make myself genteel and slim,  
I strip me almost naked.

And naked thus I must remain,  
Till Fashion weds with Reason;  
God grant they may united reign  
Before the frosty season.



growth draws out and elongates the fibres and vessels to a greater extension than the vital powers can nourish and support; hence the constitution becomes weak and relaxed. This error in the procedure of nature should be remedied, if practicable, by the cold bath, and the Cordial Balm of Gilead, which proves invariably efficacious in the following symptoms, occasioned by female irregularities, &c.

Nausea and Vomiting	Lowness of Spirits
Wind in the Stomach & Bowels	Swelling of the Legs, Feet, and
Indigestion	Ancles
Loss of Appetite	Rumbling Noise in the inside of
Pains in the Head, Limbs, Belly,	the body
Back, and Loins	Heat of Urine
Heat and Pain, with a degree of	Alternate Flushing of Heat and
moisture in the private parts	Chilliness
Dimness of Sight	Unusual Appearance of the
Confusion of Sight	Periodical Discharge, which is
Weakness of Sight, with a sense	sometimes discoloured
of weight over the eye-lids	Gelatinous or Fleishy Substances
Difficulty of Breathing	discharged
Palpitations of the Heart	Tremors, Faintings, Watling,
Swelling of the Belly, as if	Agitation, Anxiety,
puffed up with wind	Bad Dreams, Spasms, &c. &c.

Females disorders are certainly more complicate than those of men; who from their peculiar delicacy are subject to diseases, which men, as far as regards sensation, must be totally strangers to.

This consideration naturally inspires our sex with tenderness and compassion for the many weaknesses and complaints women labour under; at the same time it excites in us an ardent desire to aid and protect them on all occasions, as the objects of our felicity; and tenderly preserve them, as the plantation of mankind.

||§|| *The reader is referred to "Instructions to be observed by those afflicted with Nervous Complaints, &c." in the latter part of this work.*



## POETRY.

*From the Birmingham Chronicle.*

TO DR. SOLOMON, ON HIS CHARITABLE DONATION TO  
THE BIRMINGHAM DISPENSARY.

GREAT SOLOMON, when he with riches and power,  
Began in Life's waning to pall,  
Exclaim'd, while deploring the flight of each hour,  
" 'Twas Vanity ! Vanity all ! "

Nay, the pomp of a palace and state of a King,  
With all earthly grandeur at will,  
Only tempted the wisest of Monarchs to sing,  
That " 'Twas Vanity ! Vanity still ! "

Yet, mounting his chariot, or mounting his throne,  
All the world still before him he drove !  
While dazzling in splendour, like Phœbus, he shone,  
Scarce eclips'd by the bright Son of Jove !

And Thou, *little* Solomon, aiming at Him,  
With no little pomp and parade,  
Like the Sun's Charioteer, feeble optics to dim,  
In a blaze hast *thy* chariot display'd !

And caus'd scowling Envy to cast a skance eye,  
At an equipage fit for a Prince !

And while thy fleet stud through the streets seem'd to fly,  
Made many a gall'd jade to wince.

Yet the censure of Vanity thou canst evade,  
As thy drift and thy driving, 'tis plain,  
Only prove to the world, that thou driv'st a good trade,  
And, of course, art not driving in vain.

And as to thy BALM, that with *Gilead's* name grac'd,  
Has heap'd up thy coffers with wealth ;

The good things of this world are, on Thee, not misplac'd,  
If thy Balm keeps the World in good Health ;



While rich mortals among, in thy physical rounds,  
 Thou dispensest thy nostrums and truce;  
 Our Dispens'ry to Thee, stands indebted for pounds,  
 Towards physicking poor Mortals, GRATIS.

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## MAMMON,

FOR ONCE, THE FRIEND OF MERIT.  
 AN EPIGRAM.

On a certain eminent Banker in L——, asserting that Dr. SOLOMON, the Proprietor of the Cordial Balm of Gilead, had made deposits with him and Co. for these last three years, to a very great amount.

DR. SOLOMON says, the whole Medical Pack,  
 Treat his Balm with derision, and call him a Quack;  
 Yet my Balm, says the Doctor, deride it who will,  
 Can cure near as fast as their Worships can kill.  
 That they're *learned* is true, and moreover, they're *wise*,  
 Yet as nothing like purse-filling Wisdom we prize,  
 E'en the Bible itself to this Truth must accord,  
 That "He who sows well ought to reap due reward."  
 So as *Gilead's* blest Balm, he from old *Palestine*  
 To *Britannia* has brought, and its wealth proves a Mine—  
 A Mine fraught with Health, the most priz'd of all things,  
 And a Mine fraught with Wealth, from the Profit it brings:  
 Talk of this, that, or t'other old biblical tract,  
 All matters must yield to plain matters of fact;  
 And the Faculty's Wisdom, though great it may be,  
 Yet *Solomon's Wisdom* still greater we see;  
 For his Balm rescues Thousands each year from the grave,  
 While Thousands in pocket he yearly can save;  
 And that Wisdom most surely must *Sterling* appear,  
 Which produces a *Sterling* — *Thousand a Year*.

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## A Poetical Manifesto.

"THE MIRTHFUL MUSE, WHICH SPURNS AT LIES,  
 MAY SKETCH A TRUTH IN SPORTIVE GUISE."

Cumberland.

AT a town in the West, where Death-hunters repair,  
 And take different courses to catch him when there,  
 By having recourse, when there's no sort of needing,  
 To sousing and sweating, and purging and bleeding;



While others at *real* disease seldom shock'd are,  
 'Till Death draws their curtain in shape of a doctor;  
 Prescribing pukes, blisters, and potions and pills,  
 Either one way or other, to cure all their ills.  
 At this modern GOLGOTHA, crowded so full  
 Of Death's spoils, you may call it, "The Place of a Skull!"  
 I, *Timothy Totter*, a man of some means,  
 And perhaps somewhat richer in bullion than brains,  
 Had long laboured under a vile complication,  
 And poz'd three physicians about its causation:  
 Who triunely agreed, that till that was explor'd,  
 Their patient could never to health be restor'd:  
 And THIS the wise trio had long trac'd in vain,  
 Thro' the nerves, lungs and liver, the head and the brain;  
 Till, at last, their poor patient, impatient of quacking,  
 Threw their drugs in the sink, and the Doctors sent packing.  
 But, lo! a few se'nnights had scarcely gone by,  
 After each, in his turn, had pronounc'd 'I must die,'  
 When from sickness's bed hale and lusty I sprung,  
 Like the folk from the mill which grinds old people young;  
 And meeting my three quondam friends in the Crescent,  
 Who thought me laid low, quit of cares and quiescent;  
 Don't wonder, said I, that you see me recover'd!  
 Since by *Solomon's Wisdom* my case is discovered!  
 And that wisdom which flows from a fountain so pure,  
 Has at once trac'd the cause, and effected the cure.  
 You could find out no Balm for my deep wounded health,  
 Tho' your worships deep skill suck'd my brains and my wealth;  
 But to show what has snatch'd me from death past denial,  
 Read the words 'BALM OF GILEAD' on this little phial!  
 This is truth, let Incredency say what it will,  
 Witness—TIMOTHY TOTTER, of Totterdown-Hill.  
 P. S. If you think my right name is conceal'd from your view,  
 Ask at No. 13, and they'll tell you, Who's Who.





TO THE  
 AFFLICTED WITH THE SCURVY,  
 King's Evil, Scrofula, Struma, Leprosy,  
 Erysipelas or St. Anthony's Fire,  
 GOUT, RHEUMATISM, PILES, LUES VENEREA,  
 YAWS,  
*And Disorders originating in Obstructed Perspiration,*  
 OR  
 IMPURITY OF THE BLOOD.



DR. SOLOMON has, with great anxiety, observed that scorbutic and other eruptive disorders have very considerably increased in this country of late years, notwithstanding the strenuous efforts of many persons, attentive to their cure, and the whole materia medica having been ransacked for the means to eradicate them: yet they still gain ground, and become in a manner constitutional to numbers of the inhabitants of this climate.

Serious reflection upon this important subject has at length determined Dr. Solomon to endeavour to point out to the public the causes of these maladies—the various forms and appearances by which they are manifested—and to offer some observations on the best mode to obtain a certain and lasting cure: and he trusts, that these *destructive Disorders* will be totally eradicated in many, and their dreadful symptoms greatly relieved in all who apply the remedies which are recommended, in the selection of which the greatest care has been taken to discard every thing that can possibly tend to hurt the weakest constitution, and to unite with judicious acumen those medicines that are the most pointedly directed to



remove obstructions and correct impurities in the vital stream. The public have been therefore presented with the

*ANTI-IMPETIGINES,*  
**OR, SOLOMON'S DROPS;**

A most safe, salutary, and absolute specific remedy for  
those deplorable and hitherto incurable  
diseases, viz.

Scurvy,	Struma,	Piles, Gout,
Leprosy,	Erysipelas, or	Rheumatism,
Elephantiasis,	St. Anthony's	Sciatica,
King's Evil,	Fire,	Lues Venerea,
Scrofula,	Pimpled Faces,	Yaws, &c. &c.

The ANTI-IMPETIGINES is by no means a new medicine, although not long since made public; it is founded on a chemical and philosophical basis, under the sanction of the great and learned Dr. Cullen, of Edinburgh, who describes "Impetigines," in his ever to be admired Practice of Physic, No. 1737, as "disorders originating from a depraved habit, or affections of the skin." This noble medicine, as well as the Cordial Balm of Gilead, is not calculated to cure *every* complaint, as the nostrums of the day profess to do; each is appropriated to its own proper sphere, by which means its efficacy is certain and permanent. The Anti-Impetigines was divulged to the present proprietor by his father, a regular practitioner and surgeon in Prince Ferdinand's army at the time of the battle of Minden: it was never intended to have been published, but the secret was left at his father's death to him. The good of the public, however, being paramount to every other consideration, induced Dr. Solomon to prepare it for their use and advantage,

The lamentable state in which the physical art stands at this day with respect to the venereal disease, cannot be better described than in Dr. Bell's preface to his Treatise. He says, that "although much information may be obtained from *two works* just published on this com-



plaint, as well as *some other* recent ones, there is *still* much left for others to elucidate." He goes on and says, "such is the effect of his *experience* and *observation*, that *further advantages* are *daily accruing* from the *labours of individuals* IN THIS DISEASE, as well as almost every other." Here then is a confession from a respectable surgeon, founded on "experience and observation," that "further advantages are daily accruing from the labours of individuals." Dr. Solomon's labours have been indefatigable, he has at a great expence brought the Anti-Impetigines to perfection, and into universal use and request. In *venereal cases* it has not its equal for certainty, safety, and efficacy—*mercury* may perhaps be opposed against it, but the ANTI-IMPETIGINES enters the list willingly, for upon the wreck of this destructive mineral its fabric is erected, strong, firm, and lasting! Men of character, liberality, and education, possessing public confidence, as clergymen of unsullied reputation, have recommended numerous objects of those cruel diseases, the Scrofula, King's Evil, Scurvy, &c. to Dr. Solomon's care, to whom this wonderful remedy was applied with the most unbounded success; and those who were reduced to the very jaws of death by mercury and the venereal disease, and whose bones were almost starting through the skin, have been snatched from destruction and restored to their relations and friends with renovated health and vigour! Such are the virtues of the Anti-Impetigines, and such are its wondrous effects upon the human body! the antidote to mercury, and the purifier of the blood and lymph.

Dr. Hunter, the great advocate for mercury, nevertheless acknowledges in his "Apology for Mercury," p. 230, that "Mercury has no power in the Gonorrhœa: it is a specific in a chancre, which is truly venereal." And in p. 370, he says, that "new diseases arise from the *Mercury alone*; the tonsils swell; the periosteum and bones thicken; and the parts over them become œdematous and sore to the touch—and that mercury probably produces *a worse disease than the venereal*." And a farther proof of the baneful effects of mercury, is eluci-



dated in the London Medical Journal for 1786, where p. 2, Dr. Kirkland says, that "though mercury removes the venereal virus, it often leaves behind a *worse disease*, by enervating the whole body, and reducing it to a wretched state of health."

"Like the baseless fabric of a vision,

"*They leave but a wreck behind.*"

NISBET on the Scrofula.

It is well known that many medical men have treated masterly on certain complaints, and that *Mercury* is still their grand climacteric!—which, notwithstanding all its alledged improvements and combinations is *Mercury* nevertheless.

The ANTI-IMPETIGINES has long been used in an extensive private as well as public practice, and in a multiplicity of instances found to be a sovereign, a safe, a speedy, and an effectual remedy for every stage and symptom, justly claiming a pre-eminence over all other medicines, being decidedly adapted for the speedy removal of these complaints, as well as the Scrofula, King's Evil, and in the Leprosy itself it cannot be paralleled in the whole *Materia Medica*.

The Blood is the vital stream which if kept in due circulation, pure and uncontaminated, the body will be preserved in health and vigour. Hence the infinite variety of complaints an infected state of the blood induces; and hence the new and deceptive forms a tainted habit puts on, which often deceive the most eminent of the faculty, and baffle the best intentions towards a cure. *Hail, rain, or snow*, can be no obstacle to any person taking this medicine, as no farther precaution is necessary than such as is usually taken to prevent common colds; and they are taken with the utmost advantage every Spring and Autumn as a purifier of the blood; and the advantage resulting from their use is equally striking during the practice of Sea-Bathing, by those troubled with the Leprosy or Scorbatic Eruptions. It is well established as a fact, that an impure or scrofulous taint will remain in the habit for *years*, nay, for generations, *undiscovered*; and will invade the noblest organs



of the human frame, before the patient can be aware of his danger. The ANTI-IMPETIGINES strikes at the *Root*, not at the *Branches*; by which peculiar advantage, it effects a cure when other medicines fail.

The KING'S EVIL, STRUMA or SCROFULA, are hard, schirrous, and often indolent tumours that affect the glands of the neck, under the chin, arm-pits, groin, hams, arms and wrists, and most commonly are seated in the neck, and beneath the ears. To remove these obstinate symptoms, the whole *Materia Medica* has been tried with very little success, and the unhappy sufferer left to drag on a life of misery! Many are crawling along on crutches at this moment whom the ANTI-IMPETIGINES would restore to health and vigour, if recourse was had to it. The directions given with each bottle are plain, and its application is attended with little or no trouble.

In every stage of those DISORDERS where SALIVATION has repeatedly failed, when no other remedy could restore the unhappy sufferer to that health he unfortunately lost, the ANTI-IMPETIGINES will be found the only effectual and radical remedy to re-establish health and vigour.

A writer of great knowledge and experience, observes, "that at the spring and fall of the leaf, the mortality is generally greater than in the other seasons of the year," and with great truth; but many are also sent to their long home by early indiscretions, which materially affect them at these seasons, either from injudicious treatment, or by not having recourse in due time to medicine. It is, however, a pleasing consolation to the afflicted, to reflect, that a medicine of the first character is now extant, and which, if applied, will effectually relieve and restore them again to the blissful enjoyment of health and happiness.

The ANTI-IMPETIGINES, or SOLOMON'S DROPS, strengthen the constitution, purify the blood, and promote the circulation of the fluids; to effect which is evidently the work of time, and steady perseverance in the use of medicines adapted for those salutary purposes.



Disorders of the blood are generally many years in acquiring that strength which renders them almost insupportable in their operation, and alarming to the constitution: It cannot, therefore, be reasonably expected that a single bottle of any medicine will operate like a charm, and change the whole system, so long impregnated with deleterious matter; neither should patients be disheartened, if, after taking two or three bottles, they should find themselves, to their own apprehensions, rather worse—it is a predicament frequently caused by the moving of malignant matter, and is, in fact, a very favourable symptom. These Drops are gradual in their operation, gentle, and almost imperceptible—the best substitute that has ever been discovered for that dangerous mineral MERCURY, sweetening the blood, and stimulating it to expel all noxious and impure juices, giving strength and tone to the nerves, enlivening and invigorating both body and mind. Persons entering upon the holy state of matrimony, should consider, that “*where the fountain is polluted, the streams that flow from it cannot be pure.*”

It is a notorious fact, that the most simple medicines are frequently adulterated with indifferent articles, or prepared without the necessary physical knowledge, accuracy or pains. How much more liable, then, to defect, mismanagement and fraud, would this medicine be, which requires a long and intricate process.

The *Anti-Impetigines*, or *Solomon's Drops*, are not adapted for every disease: the sanative powers of this medicine are alone confined to such as originate in *Impurity of Blood*, which appear in various shapes, but spring from the same source, and unless the remedy is adequate to the removal of the very *root* of the complaint, it acts diametrically opposite to the intention of cure, as is evidently the case with mercury and antimony: which whilst they affect to give temporary relief, only fix the disorder deeper in the constitution; whilst, on the other hand, this sovereign remedy not only subdues the disease, but gives health, tone and vigour to the body, as well as to the mind; and may be safely taken, at any season, by either



sex, young or old, however debilitated the constitution, in any climate or severity of weather.

“*Whatever debilitates the body induces disease.*”—No observation is more strongly applicable than to that of the scurvy; when it has once made its appearance and actually exists, the seat of this dreadful disease is by no means confined to the particular parts which happen to be affected, it is interwoven with the whole mass of the blood; so that not only the useful and nutritious secretions, as the semen, spittle, bile, &c. are materially injured, but likewise the excrementitious discharge, as the fæces, urine, and perspiration, are rendered more acrid and offensive; hence obstructions take place in the small branches of the vessels, which soon produce eruption, extravasation, and ulcers in various parts of the body.

The following are the disorders in which this noble medicine, the *Anti-Impetigines*, is particularly recommended, with the General Directions in what manner it is to be taken, so as to draw forth its virtues and insure a permanent cure.

### THE SCURVY,

WHICH is principally caused by the acrimony of the blood; but the acrimony may be of several kinds, according to the various causes which produce it. The scurvy is sometimes caused by feeding too much upon salted provisions, as is the case with mariners, by which the blood becomes muriatic, or briny; and it does not so readily run into putrefaction, although it occasions troublesome pains and stiffness of the joints. But when provisions become in a measure putrid, under a hot climate, and corrupted waters are drank at the same time, an alkaline acrimony of the blood is occasioned, and the very worst of all kinds of scurvy, which speedily destroys the whole body. The scurvy, with an acid acrimony, generally attacks persons on land; and is produced by feeding on the worst sorts of bread, as of oats or rye, and dishes prepared from meal, with sour buttermilk too plentifully drank; also from sedentary employments, watchfulness, anxiety, cold and moist air, damp rooms,



beds and clothes, want of exercise, a suppression of customary evacuations, &c.

This disorder affects the inhabitants of most northern countries, and especially those who live in marshy, low, fat and moist soils, near stagnating water, whether fresh or salt. Those who live idle, sedentary lives, are more subject, chiefly in the winter, to the attacks of this disease, as are those who are subject to melancholic, hysteric, or hypochondriacal disorders.

It would require a volume to describe all the symptoms of this dreadful disease. Other diseases are often mistaken for this, and this as frequently for others: *It does not always manifest itself outwardly by blotches and spots upon the skin; but often lurks within, and occasions symptoms which the patient has no idea proceeds from a scorbutic taint.* The best writers who have made their observations upon it, assure us, that in any two patients afflicted with the scurvy, the same or like symptoms are seldom or never to be observed. In this, however, authors agree, that a beginning scurvy is accompanied with an unusual torpidity or sluggishness of both body and mind; with a weariness through the whole habit slowly advancing upon the patient; and is more troublesome upon waking out of sleep. The respiration becomes difficult or laborious; the legs or ancles sometimes swell; the skin becomes spotted; the gums swell, and are painful, hot, and itching, bleeding upon every slight occasion: the teeth appear naked, or uncovered by their gums, or loose; the mouth has a foetid smell: wandering pains invade all parts of the body, both external and internal. As the disease advances, the gums shew themselves with a cadaverous smell and putrefaction, inflamed, bloody, and inclined to gangrene; the veins under the tongue form knotty ringlets, and often hæmorrhages that are fatal will issue from the outward skin without any apparent wound; but more especially, blood will flow from the lips, mouth, gums, nose, lungs, stomach, &c. &c. obstinate ulcers, inflexible to all applications, and easily disposed to gangrene, especially in the legs; sores, scabs and scurf break out in the skin, and the pains are vio-



lently gnawing, darting or wounding, and shoot through the parts very swiftly, being the most troublesome in the night; and in the mean time appear black or blue spots or discolourations.

There are also many kinds of fevers that attend the scurvy; some hot and inflammatory, others malignant; add to these, vomitings, purges or fluxes, dysenteries, sharp stranguries or scalding of the urine, fainting fits, anxieties or oppressions that are sometimes suddenly fatal; dropsy, consumption, convulsions, tremblings, palsies, contractions of the limbs, black spots, and finally, discharges of the blood by vomitings and stools, from the liver, spleen, pancreas, and mysentery, which last is often wasted or consumed by a putrefaction that quickly spreads the distemper by contagion.

Thus numerous and surprising are the symptoms of this inveterate and dreadful disease; from a due consideration of which, it is evident, that no person who has reason to believe that he is affected with the least taint of the scurvy, should rest, until by proper use of medicine it has been completely subdued. The rapidity with which this disorder rages, when once it has entered the constitution, is truly astonishing: the patient is therefore guarded against thinking lightly of his danger, because the symptoms may perhaps appear to him to be trifling; and those who have begun a course of medicine calculated to cleanse the blood of its impurity, are strongly recommended to persist in the use of it, until every vestige of the complaint has been completely eradicated. The scurvy is so universal a distemper, that no part is free from its rage; the chyle, the blood and the lymph, are all tainted therewith. The use of remedies should be continued for some time, completely to root out the disorder.

A medicine like the *Anti-Impetigines* or *Solomon's Drops*, is in the present times more than doubly valuable, as the intemperance and luxury of the age is hastening the ravages of the scurvy, and rendering our blood more impure; and though a love of intemperance cannot on any account be defended, yet those who have



been weak enough to associate with the sons of luxury; and thereby destroy their own constitutions, have the means now offered them of repairing the breach, and—so far as is in the power of physic—to restore themselves to perfect health.

Solomon's Drops may be administered to females and children with the utmost safety and efficacy, which circumstance has principally contributed to its great celebrity, and to its universal use and request.

Persons afflicted with the scurvy should attend to cleanliness, take frequent exercise in the open air, mix as much as possible with cheerful and enlivening company; and adopt a vegetable or milk diet, and the free use of acids, oranges, apples, lemons, limes, tamarinds, scurvy-grass, water-cresses, brook-lime, &c.

New bread, fresh beer or cyder, pot-herbs, and milk diet, seldom fail to remove the scurvy at the early stages of the disease. When these things cannot be obtained, as in long voyages, the patient's food and drink should be sharpened with cream of tartar, elixir of vitriol, or the spirit of sea water, &c.

All kinds of salads are good in *sea-scurvies*; and likewise the decoction of the roots of water dock, which is made by boiling a pound of the root in three quarts of water, till about one third of the water is consumed.—The dose is from half a pint to a pint a day, according to the strength of the constitution, and as the stomach will bear it. This must be used for a length of time.

In *every* kind of scurvy the diet should be thin and attenuating, light, and easy of digestion, as the flesh and broth of young animals, &c. All salt and smoke-dried meat should be carefully avoided, particularly every thing that is hard of digestion, or which yields indifferent nourishment. The air should be pure, sweet and dry, and the body should be kept always open.

The Anti-Impetigines is grateful to the palate, and being uniform in its action, gently promotes every evacuation, and is peculiarly efficacious in all impurities of the blood and juices. It is strengthening and stomachic, purges mildly without irritation; produces a gentle per-



spiration just after administration, operates mostly by urine, the quantity of which it generally increases, and frequently occasions a very visible alteration in the colour and nature of it.

The Anti-Impetigines or Solomon's Drops, promote all natural secretions; therefore by thus gently assisting nature in her own way, it of course follows, that perseverance in its use is necessary; and as the blood is gradually cleansed by it, the patient must not be surprised if he does not find *visibly* good effects immediately, especially if the complaint be an obstinate one; or if in some instances he *appears* to be worse; but by a steady perseverance in its use, and proper attention to the directions, a radical cure may be *depended on*.

These Drops being purely *vegetable*, a low vegetable diet *alone* is by no means friendly to their operation. Flesh meat may and ought to be eaten; but it should be such as is fresh, plain, sound, and easy of digestion.

All rich sauces must be avoided; also spiced, salted, high-seasoned and smoke-dried provisions, as well as acids, cold salads, (unless immediately after long sea voyages,) unripe fruit, and the most indigestible kind of boiled vegetables. Eat beef, veal, mutton, lamb, poultry, and rabbits; roasted meats are far preferable to boiled, and their own natural gravy should be used freely. Shrimps, prawns, crabs, cray-fish, and oysters may be taken in moderation; lobsters very sparingly; but no other kind of fish.

A strict abstinence from fat, oil, cheese, bacon, and salted meats; from vinegar, pickles, and every acid, must be observed; particularly in obstinate land scurvy, rheumatic, or scrofulous cases; or the medicine cannot have the desired effect.

Though salted meat ought not to be eaten, it is not meant to forbid the use of SALT with fresh meat.

Supper should be light, and taken as early as convenient. The breakfast should be gruel, tea, coffee, cocoa, milk-porridge. But the patient should take particular care not to live too much upon slops. A due portion of animal as well as vegetable food, appears to be neces-



sary, to afford proper nourishment to the human frame. A biscuit, or the crust of bread, is far preferable to the crumb, which contains an acidity that is evaporated from the crust, especially where it is rather burnt. Spirituous and strong liquors must be abstained from. Good sound malt liquor may be drank at meals. But in most constitutions where there is a scorbutic taint, all liquor in which there is any portion of hops is injurious, whilst the juice or extract of malt is very serviceable. Hence it follows, that although ale or porter may, in many cases, be found prejudicial, yet sweet wort will be essentially useful, and should be drank by all those who are afflicted with scorbutic complaints.

Milk is not proper in all constitutions, and in a weak state of the stomach and bowels it had better be avoided, Air and moderate exercise will not only be serviceable but necessary.

At a time like the present, when Seamen are considered the bulwark and grand support of the Nation, the feeling and humane mind must suffer the most poignant distress from a knowledge that great numbers of those brave and useful men are labouring under the most painful disorders, arising from the Scurvy, and other diseases incident to a sea-faring life; yet there is a consolation in the reflection, that where the ANTI-IMPETIGINES, or SOLOMON'S DROPS, is attainable, thousands may be rescued from the grave, and still render essential services to society. The whole mass of disorders arising from impurities of the blood, are effectually removed by its cleansing powers, and is especially serviceable when the human frame has been injured by that dangerous mineral Mercury, the deleterious effects of which cannot be too well known.

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### GENERAL DIRECTIONS

FOR USING THE

### CELEBRATED ANTI-IMPETIGINES.

THE ANTI-IMPETIGINES must be taken from ten, fifteen, or twenty drops, to two tea-spoonfuls, gradually.



increasing a few drops each dose for an adult or grown person, until the dose is two tea-spoonfuls, when it should be again gradually decreased to ten drops, and *vice versa*. The precaution necessary for patients to observe is simply this:—To avoid colds is advisable under every process for the cure of any disease; but no alarming consequences are to be apprehended, like those in the use of mercury; for the Anti-Impetigines is the best medicine imaginable for colds. A moderate state, between cold and sweating is the most susceptible of Insensible perspiration by which its best effects are produced; consequently cold bathing should not be used during a course of this medicine.

Women and persons of a weak and tender constitution should take from ten drops to two tea-spoonfuls, in like manner increasing the dose; and children from five drops to twenty. It should be taken three or four times a day in ale, milk, gruel, whey, tea or water; and never taken by itself, but mixed with any of the above or other mild liquid; if it should operate much by stool, the dose or the frequency of taking it must be lessened.

As a *Lotion* or *Wash* for the eruptions or breakings out, in whatever case, the ABSTERGENT LOTION is a sovereign remedy; \* wash the parts affected with a bit of linen rag dipt into it. Should an unguent be preferred, *Solomon's Detergent Ointment* is an excellent application, which should be used night and morning.

\* The *Abstergent Lotion* is sold by all the Agents for Dr. Solomon's other medicines, at 4s. 6d. and 2s. 9d. a bottle, (as is also the *Detergent Ointment*, price 4s. 6d. a box) with copious directions; and with the name of the inventor, "*Saml. Solomon, Liverpool.*" engraved in their stamps, without which none of Dr. Solomon's Medicines can be genuine; and which every person should be careful to observe before purchasing. For particulars of their virtues and efficacy, see the latter part of this work.



ON THE

## VENEREAL DISEASE.

THAT a "Knowledge of a Disease is Half its Cure," is an adage which never was more fully verified than in the Venereal Disease, which, Proteus like, assumes so many different forms that it requires no small portion of experience and knowledge to distinguish some of its symptoms from other complaints, and to apply with efficacy such remedies as will produce a radical cure without undermining the constitution. The infection of the human body, which goes by the name of the Venereal Disease, may properly be considered as of two kinds, materially differing in their nature.

The first is that when the infection is local, and the effects confined to one part of the body, producing a disease there, which has a certain progress or crisis: after which it gradually abates, till the body is entirely freed from it. This is by practitioners called a Gonorrhœa, but commonly denominated a Clap.

Previously to my entering upon the principal design of this Treatise, it may not be uninteresting to give a concise account of the origin of this most direful malady, which has made such havoc since its first appearance amongst us; and this I shall do in a manner different from any other author.

In the reign of Henry the seventh, a Genoese mariner, of enterprising genius, and of extraordinary skill in navigation, applied to the king for two or three vessels, well equipped, to attempt to explore a country westward, beyond the Atlantic Ocean, which he was confident, he said of effecting, if properly encouraged, promising that every acquisition should be subject to the king, and annexed to the Crown of England. Henry having considered the proposal, either not supposing the project feasible—for want of proper spirit,—or from a parsimonious disposition (which was his principal foible) reject-



ed the proposal. The adventurer finding no encouragement in England, immediately embarked for Spain, and making the same proposition to Ferdinand and Isabella, the then reigning sovereigns, received every encouragement his most sanguine expectation could suggest; was supplied with such vessels of force as he thought expedient for carrying his undertaking into effect, and in short succeeded in making a discovery of Mexico and Peru, the southern part of the continent of America; which have ever since been annexed to the crown of Spain, and from whence the Spaniards have imported immense wealth;—together with the baneful disorder which is the subject of this treatise: originally it was denominated *Morbus Gallicus*, on account of the French having contracted it at the siege of Naples, and communicated it to the English; but in fact the Spaniards were the first propagators of it in Europe. This disorder is universal amongst the inhabitants of Mexico and Peru, and is not attended with such dreadful symptoms in that warm climate as is experienced amongst us in this cold region.

The natives of the country from whence it originates, experience so little inconvenience from it, that they give themselves little concern about it, having a plant which is found to be a specific. The celebrated Dr. Boerhaave, procured from a Spanish nobleman, who resided several years as governor of Mexico, some of the plants, which he cultivated in the physic garden belonging to the university, and which he made use of for the cure of this disorder, it is said, with success: and if that be the case, it is somewhat extraordinary the plant has not been introduced into the physic-garden at Chelsea. The same nobleman informed the professor, that a tradition prevails amongst the inhabitants of America, that the disorder first originated from the venomous bite of a serpent, the malignant effects of which has spread for centuries past through the greater portion of the inhabitants. This malady was not known in Russia, till Peter the Great came over into this country, where he continued some time, to inform himself of the English manner of ship



building, and upon his return found that his attendants had introduced a disease, which till then they were strangers to; but which is now spread through every part of that extensive empire. I thought it necessary to mention the above particulars, as being very little known to the generality of readers.

When this baneful distemper first showed its pernicious effects in England, the faculty were so little acquainted with the nature of it, that it baffled their utmost skill and application; and even the great Sydenham, styled the prince of physicians, was at a loss in the treatment of it.

At first it was supposed to be communicated like the plague, through the medium of the air, wafting the miasma within the sphere of such persons as were liable to receive the infection by respiration, and that it might propagate the infection by the breath. In confirmation of this opinion, we find in the history of England, that one of the charges against Cardinal Wolsey was, his presuming, when infected with this malady, to approach the ear, or appear in the presence, of his royal master, Henry the eighth. But future experience evinced that this was a groundless suggestion, and that the virus, however malignant, could be communicated only by contact.

Wherever that infection is received, there the disorder first appears; and as it is much oftener contracted by coition than in any other way, it follows, that its first symptoms must break out in the parts of generation more frequently than elsewhere. This is a circumstance, however, that makes no difference in the nature of the disease, which, contracted how, or wheresoever, is in its first state merely local, and requiring but a little time to become universal; that is, at first it is confined to a particular spot, the blood remaining uninfected; but in a little time, being taken by absorption into the mass of the blood, it circulates with it, mixes with the several secretions, and taints the whole habit. As the cure in the first instance is almost as easy and safe, as it is difficult and dangerous in the second; those who suspect themselves



infected, should not lose a moment in applying for relief, especially when it is considered that there is a great difference with respect to the degrees of the malignancy in the venereal poison, and the aptitude of different constitutions to foment and exalt it. In some persons it lies hid a long time without producing any sensible effects; in others it appears in a few days, and discovers the highest signs of virulency. But many persons unfortunately there are, who, though never so fully convinced of the danger of delay, want either the means or the opportunity of applying to a proper person; for their instruction particularly, the present Treatise is intended: and, to answer that end in such a manner, as to render, if possible, the intervention of a physician unnecessary.

For where is the practitioner of any éminence, whose experience beyond a first or second slight infection, has not seen the inefficacy of this boasted mineral? If physicians and surgeons, those of them who have the care of hospitals in particular, were candid enough to give the public all the information they could upon this head, it would be as generally known as it is true, not only that mercury frequently fails in cases where the infection has been contracted for the first time, and that as it loses its energy by repetition (not indeed against the constitution but against the disease alone) the cure becomes at each succeeding infection more dangerous, difficult, and uncertain than the last; but that instances every day occur, in which the excessive exhibition of that mineral seems to retard the cure, and be the only obstacle to the entire removal of the disease: instances in which the patient, reduced by the disease and the remedy together to such a state, that certain death must follow any longer persistance in the use of mercury, is sent to the country as a last resource, and then, without any other remedy but the *absence* of mercury alone, recovers his former health and strength.

Induced by the different considerations here presented to the reader, encouraged by the earnest exhortations, which some of the greatest luminaries of the physical



world have conveyed to posterity in their works, and assisted at the same time by their doctrines and principles, to consummate a discovery they reluctantly left unfinished themselves, the Inventor of the *Anti-Impetigines*, after many essays, much labour, and great expence, brought his medicine many years since, to a degree of perfection which warrants him to offer it to the public as superior to any composition, mercurial or otherwise, hitherto employed for the cure of all the various stages of the venereal disease.

Although the surest, indeed the only criterion of the excellence of my medicine is experience; and although these Drops; now in the possession of the public for above fifteen years, and increasing every day in reputation, want no recommendation that experience can give them: it will, I prusume, be satisfactory to the reader to say a few words of their nature, and the manner in which they operate.

The mildness of this medicine's operation, is not less remarkable than its efficacy; and, however strange it may appear to the reader, it is one and the same cause that produces these two seemingly incompatible effects; for acting, as it does, upon all the secretions at once, and increasing no one of them to any excessive degree, it excites no sudden or violent revolution in any one part of the body, and at the same time extends its energy to all. Besides, those of the secretions which it augments more than the rest, though moderately and safely are those, in which such an augmentation is at once least troublesome to the patient, and most efficacious in carrying off any complaint whatever of the blood and humours; I mean urine and perspiration. Mixing thus with the whole mass of the fluids, as well the more subtle and delicate as the grosser, it dissolves all viscidities, carries off impurities of every kind, and by attacking the contagion at the fountain head, removes safely, speedily and efficaciously, all inflammatory and other morbid symptoms throughout the habit, all of which, however different in appearance, spring from one and the same polluted source.



Hence its efficacy is not confined to the Venereal Disease; it has been exhibited with equal success in other maladies arising from a foulness of the blood and juices; as gout, rheumatism, scurvy, scrofula, &c.

At the same time that there is no stage of the venereal infection, however inveterate, that can resist the proper administration of this medicine, it is, from the manner of its operation, peculiarly calculated for the cure of the gonorrhœa, which it never fails to remove in a space of time incredibly short, without any risk of leaving behind it either a confirmed infection, or an habitual gleet, two consequences that so frequently follow the commonly adopted method of treating this complaint. For while, by its action upon the whole habit, it calms and abates every inflammatory symptom, at the same time, by increasing the urinary discharge, it cleanses the affected part, keeps the ulcer in a mild healing state, and washing off the matter as fast as it is formed, prevents the spreading of the first and the formation of any other. Hence it is that it removes, almost immediately, the sharpness of urine and chordee, two of the most troublesome attendants on gonorrhœa, whose absence not only rids the patient of much pain, but gives him the agreeable assurance that the cure of his complaint is considerably advanced.

It is in consequence of the extreme gentleness and innocence of these Drops, that they are given to Venereal patients during pregnancy, with the utmost ease, safety and effect, at once expelling the infection; removing the aggravation by it caused of the natural and necessary dangers of gestation and parturition, and cutting off all communication of disease from the innocent babe.

But of all the excellent properties of this medicine, there is none on which I set a higher value, than its efficacy in counteracting the ill effects of mercury, and expelling, as far as by medicine they can be expelled, all dregs and relics of that mineral from the constitution.—For this reason, those of my patients, whose circumstances or situation in life may make them wish, in cases extraordinary bad, to abridge the treatment somewhat, may add, under my own inspection, or in conformity



with my particular directions, the use of a proper mercurial preparation to that of the Anti-Impetigines, or Solomon's Drops. At the same time it must be remarked, that I recommend to patients to trust to my Drops alone; but, if mercury must be joined to them, I can assert that they will not only assist its operation, but throwing off the venereal virus and the mercurial particles by perspiration and urine, cure the patient at once of the *remedy* and the *disease*.

The gentleness of a medicine's operation, the facility with which it may be taken, the secrecy of its effects, the circumstances of its requiring no extraordinary trouble or particular preparation, are recommendations to a remedy against any disease, but peculiarly so to one for the cure of syphilis; and all these recommendations the Anti-Impetigines, or Solomon's Drops, possess in a very eminent degree. They require no confinement, neglect of business, nor particular regimen; it is sufficient if the patient avoids salted or high-seasoned food, violent exercise, strong liquors, unless in small quantity, and above all, those pleasures by which his infection was contracted. Ten, fifteen, or twenty drops, (to two tea-spoonfuls) taken in any simple liquors, (as a glass of water, a dish of tea, capillaire, &c.) are a dose. This is to be repeated three or four times every day, taking every week, or every fourth or fifth day, as may be necessary, a gentle cathartic, viz.

An ounce of Glauber's salts, or, in strong constitutions, ten drachms, or an ounce and a half, dissolved in about a gill of warm water.

Those who have a repugnance to Glauber's cathartic salt, may take

An ounce, or more, if necessary, of Epsom salts, dissolved in a little veal or chicken broth,

which will be found not only efficacious, but perfectly agreeable both to the palate and stomach.

To those however who cannot procure this salt; who consider it as too dear, or who have an insurmountable antipathy to all kinds of salts, the following composition is recommended:—



Take of the infusion of sena, an ounce and a half; tincture of sena, two drachms; soluble tartar and manna, of each, one drachm; rhubarb pulverised, twelve grains;

Mix them for a draught: the patient should shake the bottle when he is about to take it.

Should pills be preferred to any purging draught, they may be made up according to the following prescription:

Take of cathartic extract, one drachm; rhubarb, calomel and resin or jalap, of each, half a drachm; medicinal, or white soap, one scruple; syrup of white roses, or simple syrup, as much as will make into thirty pills,

of which, two three, or more, according to the constitution of the patient, may be taken for a dose, washing them down with any mild simple liquor, as whey, tea, &c. and working them off like the other purges, with warm water gruel.

In this manner the patient is to proceed, until a short time after the disappearance of all the symptoms being elapsed (for if he discontinues immediately on their disappearance, a relapse might be dreaded) he is assured of the total and radical cure of his complaint.

It is necessary to inform the reader, that in cases of external symptoms as phymosis, pharaphymosis, buboes, chancres, chrystallines, &c.) Solomon's Detergent Ointment, as an external application, is absolutely necessary: the cure may be conducted in a manner perfectly consistent with secrecy, and with very little trouble to the patient.

Those who have an opportunity of applying in person at my house, may rely on being treated in a manner best suited to their case; and those the remoteness of whose situation renders all personal intercourse impossible, shall, upon describing by letter, as minutely and exactly as they can, all the symptoms of their respective cases, receive without loss of time such directions and instructions, as may enable them either to relieve themselves, or judge whether the person they are obliged to confide themselves to, is capable of doing so effectually or not.



The former Editions of this Treatise contained many Extraordinary VENEREAL CURES effected by the Anti-Impetigines, or Solomon's Drops, all of which the present public notoriety of their excellence induces me to leave out in this.

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### *Gonorrhœa, or Clap.*

A CLAP is simply a running, or discharge of matter, occasioned by connexion with a female, but without sore or swelling; and may generally be cured in two or three weeks from the first infection, the running being an effort of nature to free herself from the infection.— In this case the patient should take the pains of observing a strict regimen with regard to eating, drinking, and exercise, in order that nature may not be obstructed or disturbed.

The other case is, where the venereal poison is mixed with the general mass of fluids, showing its effects in different parts of the body, and this is the *real* venereal disease.

In this case, nature does not make any effort towards a cure; on the contrary, the disease is continually gaining ground, till checked by art, and shows the necessity and benefit of medicine, more than perhaps any other disease to which the human body is liable.

It makes a more rapid progress in some constitutions than in others; in those disposed to, or already affected with, a consumption, as it readily fixes upon the lungs, and often proves fatal.

When the venereal virus is suffered to remain in the body some time, the whole mass of fluids seems to be corrupted; in which case, an incidental scratch or wound happening in any part degenerates into very bad spreading sores, which daily become larger, till checked by medicine. In cold climates and cold seasons, the venereal disease is more severe in its symptoms, quicker in its progress, and more difficult to cure than in warm ones. Those parts of the body most exposed to



cold are most liable to be attracted by the venereal poison, the parts of generation excepted; so that venereal sores most frequently show themselves in the throat, face and nose, and the swellings of the bones almost always happen in those of the head, collar and shins; in all which parts the bones are more thinly covered with skin and flesh more than any other.

Some people, who have gone through a proper course of remedies, in this country, without success, have been cured by continuing the same remedies in a warmer climate. Caution is necessary, to distinguish between a cure and only removing the symptoms; for a slight application of mercury outwardly, will drive a symptom from one spot and fix it in another, or drive the infection into the constitution. Thus, when a bubo is repelled by mercurial ointment rubbed into it, or mercurial plalster laid over it, sores in the nose or throat commonly show themselves immediately after; also, if a phymosis, or paraphymosis, is improperly suppressed, a bubo is the consequence; and when a running is stopped by improper injections, by violent exercise, cold, or feverish disorder happening to the patient, swelling of the testicles or buboes very commonly follow. Hence the external application of mercury to a venereal swelling or sore is absolutely forbid; except when the constitution is sufficiently guarded by internal remedies.

Venereal infection is not only communicated by coition, but also by the application of venereal matter to any part of the body on which the skin is thin, tender and moist, as the lips, tongue, inside of the mouth, inside of the nose, and inside of the eye-lids; or by the inoculation of the same to any accidental scratch, sore or wound, on any part of the body. When the matter discharged from a venereal sore, or the running from the urinary passage comes in contact with any of the soft parts above-mentioned, and is suffered to remain there for some time, it either produces an inflammation and sore in the part to which it is immediately applied, tainting at the same time the general mass of the fluids, or without making any visible impression in that part, is sucked in



by the vessels; and by producing its effects in some more distant parts, shows that it had infected the general mass of fluids.

Its effects on the urinary passage differ from those just described; it seems there to produce an inflammation and discharge of a considerable quantity of matter, without making any sore. Upon the above-mentioned principles it is, that infants are infected by sucking a nurse who has venereal sores about the nipples; and in this case, the infection being communicated by the mouth, the bubo happens in the neck: also nurses are infected by giving suck to a child who has a venereal sore about its mouth; and as she receives the infection about the nipple, the bubo will be in the arm-pit.

From all these considerations, the necessity of carefully washing the nut and foreskin in a running, and of washing the hands after touching any venereal matter, is evident; and also that this disease may be contracted very innocently, and without connexion of the two sexes.

There is, however, much difference respecting the violence of infection, or the *aptness* to catch it; which depends either upon difference in the general constitution, or in the state of the skin on the private parts.—Thus, of several persons having connexion with the same woman, one shall have only a mild running, easily cured, and another shall have a sore, bubo, or other symptom of a confirmed syphilis, without any running, or previous warning of the infection, and this without their having used any particular precaution. The same person also may have connexion with an infected woman at one time and entirely escape, and at another time shall be infected.

No probable account can be given *why* mercury is so powerful in this disease; it cannot be said to cure by sensibly evacuating the noxious matter out of the body, for the cure takes place much better when the mercury occasions no sensible evacuation than when it does.

Under the use of mercury in any shape, the body wastes a little, the strength is somewhat reduced, the gums and teeth are sometimes in pain; gold and silver carried in the pocket, or worn upon any part of the



body, are discoloured; the constitution is at the same time rendered exceedingly open to the effects of cold; and in cold weather, if some care and attention be not paid to this circumstance, the patient is liable to rheumatic pains, or is seized with looseness, attended with gripes, or perhaps is thrown into salivation, which would otherwise have been avoided: but it has not been ascertained, upon any good ground, that mercury used in a *proper* manner, ever produces any permanently bad effects upon the constitution.

A supposition has been unhappily entertained, that mercury cures only by producing a salivation; and on this account, patients have been kept for months together under that dreadful operation, the treatment under which is alone sufficient to hurt a strong constitution, supposing not a grain of mercury to have been used.... Mercury, it should be observed, heals up the sores, and takes away the appearance of the disease before it has entirely eradicated the infection from the constitution; the use of it, therefore, ought not to be discontinued too soon. Neglecting this caution, many suffer; for, thinking the cure perfect on the first disappearance of the symptoms, the remedy is left off; from this time the remaining poison gathers force, and shows itself sooner or later, and the former course of medicine is pursued; the same fault is again committed, and the same unhappy effects again follow. In this manner the disease goes on, alternately checked and gaining ground for perhaps several years, and at length very much impairs, if not entirely ruins, the constitution. In the use of the remedy hereafter recommended, the patient is particularly required to continue its use for some reasonable time after the symptoms have disappeared.

A clap, or running, admits of a speedy and certain cure in hale constitutions, but is frequently rendered tedious and destructive by the following circumstances: The patient, from a want of self-command, from a desire to conceal his malady, or from an opinion that it is slight and of no consequence, will not pay the necessary attention to regimen and medicines, or from his peculiar



situation and circumstances, cannot. But without some attention to these, according to the symptoms and virulence of the infection, it is in vain to expect a cure.

Those persons who have made use of that dangerous mineral Mercury, would do well to weigh the consequences before it is too late, and resort to those medicines of established celebrity and character, and thereby establish their health, the most valuable of all jewels, upon the most firm and lasting foundation, by a permanent and radical cure.

*The Remedy here recommended IS NOT MERCURY,* but a preparation intimately combined with the most powerful and essential parts of other anti-venereals, which render it at the same time perfectly safe to the constitution, and efficacious in the different stages, and various symptoms incident to this disorder.

The Anti-Impetigines, or Solomon's Drops, if taken after the following manner, will most assuredly re-establish health, even in the worst of cases. The dose of this medicine, in every case wherein it is recommended, is to take from ten, fifteen, or twenty drops, to two teaspoonfuls three or four times a day, in a glass of water, milk, beer, tea, or any convenient liquid.

A running, unattended with any sore, swelling, or inflammation, if attention is paid to cleanliness and the following directions, may generally be carried off in a fortnight.

A clap begins with a running, at first of a white or yellowish colour, and is generally attended with a pain or scalding in making water. In this sort of the infection, the Anti-Impetigines *alone* is found sufficient:—however, if the pain in making water should be very troublesome, it will be advisable to drink freely of tea, milk and water, whey, small beer, or water alone. It sometimes happens that the pain in making water is very great, and the patient wishes to alleviate it speedily.... In this case take

Gum Arabic, one ounce; Sal Prunella, half an ounce; dissolved in three pints of barley water, and drink of it several times in the course of the twenty-four hours, or as long as the scalding continues.



Or if an electuary should be preferred, take

Lenitive Electuary, three ounces; Sal Prunella, an ounce;  
Compound Powder of Tragacanth, an ounce and a half;  
Syrup of Marshmallows, enough for an electuary. The  
size of a chesnut to be taken three or four times a day.

The most softening kind of drink is to be preferred, as linseed tea, or a decoction of marshmallow root, or barley water; but strong liquors of every sort should be avoided.

The Anti-Impetigines (from ten drops to two teaspoonfuls, three or four times a day, in any convenient liquid) will, in most constitutions, keep the body as open as necessary, (brisk purging being hurtful). If, however, the body should be actually bound, the size of a nutmeg of Lenitive Electuary may occasionally be swallowed, or mixed in any small drink thrice a day; or instead thereof, two drachms or half an ounce of Epsom salts may be substituted.

The pain and inflammation frequently increase for a few days after the appearance of a clap, but the Anti-Impetigines will most assuredly extirpate the complaint in a reasonable time. After the pain and inflammation are abated, the *running* will gradually diminish, and when the parts have had time to recover their natural strength entirely disappear. If it should not, 20 or 30 drops of *Balsam Copaivi*, with a table-spoonful of the Cordial Balm of Gilead, (still however taking the Anti-Impetigines night and morning, as before directed) may be taken thrice a day; the patient may also use the cold bath every other day, or inject into the urethra five or six times a day.

The best INJECTIONS that can be used are,

1. Acetated Ceruse, ten grains; dissolved in Rose water, eight ounces: Or,
2. White Vitriol, ten grains; Rose water, eight ounces: Or,
3. Both these injections may be mixed and used together.

The penis must always be kept clean with warm water. This method I have generally known to succeed in six, eight, or ten days.



## THE CHORDEE.

A CHORDEE sometimes attends a clap, occasioning great pain in the course of the night, when the penis is erected. If this symptom should be very troublesome, rub a little strong mercurial ointment well under the penis, the whole length of the urethra : a warm poultice of bread and milk, with sweet oil or lard, is a useful application every night, but may be omitted if inconvenient to prepare. Should these fail, a little opium may be added to the *Injection*, No. 1, above recommended.



## SECOND STAGE

OF THE

## VENEREAL DISEASE.

THE ANTI-IMPETIGINES is certainly as powerful, pleasant, safe, and efficacious a medicine as can possibly be devised, for every degree of venereal infection, and ought to be persevered in even after there is every reason to believe that the taint is subdued. The only secret in the management of this medicine is, to give it in such a manner that it may act beyond the *prima via*, and not run off by stool; there is then no desirable effect which may not be expected from it. One motion in the 24 hours is natural; one may be produced by the Anti-Impetigines; but if the patient should have more than two in a day, let the dose be diminished to 20, 15, or 10 drops.

A running continuing beyond four weeks, swellings of the foreskin, swelled testicles and warts, for the most part indicate that the infection has entered the constitution.

Buboes, sores on any part of the body, scabs or spots on the skin, pains and swellings of the bones, head-aches, deafness and sore eyes, when supposed to proceed from a venereal cause, are universally allowed to be certain signs that the constitution is infected.



A running which has continued (under whatever treatment) more than a month, being still of a yellow or green colour, or of the colour of matter, and attended with a greater or less heat of urine, is to be treated as above directed for a clap, and the Anti-Impetigines taken as before directed.

### *Hernia Humoralis,*

Or a Swelled Testicle, is generally occasioned by great exercise, as jumping, running, or walking too briskly, or by cold bathing while a clap continues, or by exposing the private parts to the cold more than is necessary, or by drinking inflaming liquors; sometimes by strong purges. It being the most painful and dangerous symptom attending the disease, the greatest care must be taken to remove it. The testicles must be supported or bound up with a linen truss or bandage; or by two handkerchiefs, the one bound round the belly, the other tied at the back and brought between the thighs, which, when fastened at the navel, will thus suspend the testicles. If the patient is of a full habit, bleeding will be proper; the diet in this case should be as low as possible; no exercise whatever must be used, even standing up is hurtful; it will be requisite to lie down as much as possible.

The following fomentation will be serviceable :

Take of Acetated Ceruse, a scruple; of water, a quart; shake them together, and foment (as warm as the patient can bear with ease) the swelled parts with flannel frequently, for some time together: after each time of fomenting, apply a warm poultice of white bread and milk, softened with a little sweet oil, to the testicles, and take the Anti-Impetigines regularly.

The following vomit should be taken as soon as possible after the swelling is discovered.

Take of Ipecacuanha, fifteen grains; Calomel, five grains: mix them. If it should not operate, it must be repeated.

If the patient, in a former complaint, has been troubled with this symptom, he should not neglect to keep the testicles supported while a clap continues, as the swell-



ing is apt to return; if he cannot conveniently procure a linen truss, a handkerchief may be tied round the waist, and another brought underneath for that purpose.

### *Bubo, or Swelling in the Groin.*

IF a bubo has not risen much, it may generally be dispersed by rubbing well the size of a horse-bean, or half the bigness of a nutmeg, of strong mercurial ointment, into the thigh, underneath the bubo, but not upon it, three or four times a day, taking the Anti-Impetigines regularly for a fortnight longer, after it is dispersed.

If, however, it is sufficiently ripe, omit rubbing in any ointment, for it will burst of itself; then gently press out the matter, and put a warm poultice over it; or foment with warm water, and apply Solomon's Detergent Ointment, spread on lint, to the opening, twice a day. Always before it is dressed, press the matter out and wipe it very clean; the same poultice must never be used more than once in any case. The poultice need only be used for a few days after the bubo has burst; or if that is inconvenient, four or five folds of clean linen may be put over it in its stead, first applying the ointment. If proud flesh should spring up, a little blue vitriol, dissolved in warm water, may be applied thereto, twice a day, on lint; or a very little red precipitate put into the ointment will consume it. After it has been open about a fortnight, it may be healed up with a little cerate spread on lint. The Anti-Impetigines must be taken during the time.

When the nut of the penis is swelled or inflamed, the fomentation ordered for a swelled testicle will soon reduce it, if frequently used for a quarter of an hour together, after which a warm poultice of bread and milk may be applied. Sometimes the foreskin is so much swelled, that it cannot be made to uncover the nut; this is called a *Phymosis*, and is to be treated as just mentioned. When the foreskin shall have been made to go back, the parts affected should be smeared with the ointment ordered to disperse the swelled groin, afterwards letting the foreskin go over the nut again; this, and the fomentation, should be repeated several times



a day, till the swelling and inflammation are perfectly subdued. Sometimes the foreskin swells and inflames behind the nut, and cannot be got over; this is called a *Paraphymosis*, and requires the same treatment as a *phymosis*, always endeavouring to get the foreskin over the nut with great gentleness, as the least force will be very injurious. The Anti-Impetigines should be taken a week after all symptoms have disappeared. The fomentation may also be injected between the swelled foreskin and the nut of the penis frequently.

### *Chancres, or Ulcers.*

IT will be proper to dress Chancres twice a day, with Solomon's Detergent Ointment, spread on lint.

Always before the sores are dressed, the matter must be clean wiped off, then suck up the moisture with a bit of lint, afterwards wash with warm water, or dip the whole penis in a bason of warm water, for a few minutes: Take the Anti-Impetigines regularly after the existence of chancres; and for a week or more after they are healed, to secure a sound and permanent cure.

### *A Confirmed Syphilis.*

THE symptoms are violent pains in the bones, particularly those of the head and shins, which are always most painful when in bed. Ulcers will frequently attack the genital parts, also very low down in the throat, and from thence creep by the palate to the cartilage of the nose; sometimes scabs and scurfs appear in various parts of the body, which are as yellow as a honeycomb, and which appearance distinguishes them from all others. The cure depends upon the Anti-Impetigines, a tea-spoonful of which may be taken every morning, noon and night, in tea, milk, beer, or water.

Ulcers on the genital parts must be dressed with the ointment, as before directed for chancres.

During the cure of the venereal disease, if the patient catches cold whilst rubbing in the mercurial ointment to the



swelling in the groin, a soreness of the mouth and gums will sometimes happen, which however is very seldom the case if the Anti-Impetigines be taken. It may be purged off by taking a tea-spoonful of flour of brimstone, mixed with treacle and lenitive electuary, night and morning, till the mouth is recovered. A dose of salts, or twenty grains of jalap, may be taken every morning while the soreness of the mouth continues. The rubbing in of the ointment for a swelled groin must be discontinued, but chancres and inflammations must continue to be dressed as before directed. When the mouth and gums are well, the Anti-Impetigines must be taken again, and the purging medicine left off.

For ulcers in the throat, the following ASTRINGENT GARGLE is very beneficial:

Oak bark, an ounce; water, a pint and a half; boil it till the strained liquor will be one pint: to which add, alum, one drachm; honey of roses, one ounce; tincture of gum-lac, half an ounce; and best vinegar, four tablespoonfuls:

O R,

The throat may be fumigated with a drachm of factitious cinabar, thrown upon a hot heater (not red hot), and the fume received into the throat through a common funnel turned upwards, that the bottom may cover the heater, and the smoke ascend through the tube.

Sometimes venereal sores, particularly those made by buboes, will, instead of healing, grow worse under the use of common mercurial preparations; but this will very seldom, if ever, be the case, when the Anti-Impetigines is taken, and attention paid to the above directions.

A most wonderful change is frequently produced upon sores, by removing the patient from town into the country, which is with great probability imputed to the air; but to whatever circumstance it may be owing, it is certain, that many sores, the consequences of the worst kind of wounds and fractures, which could not be cured in some of our most celebrated hospitals, have been healed quickly on the patients being taken into the country.

Relative to regimen in venereal cases, I shall make one general observation: Let temperance be your guide in health; let temperance be your guide in sickness. Eat



and drink whatever suits your appetite and inclination; but take care not to pall its relish. Follow the dictates of nature and conscience in all your pursuits, which will ever point out to you the true road that leads to health and felicity.

In every case the patient should be particularly careful to peruse the Fifty-third, or *subsequent Editions*, of SOLOMON'S GUIDE TO HEALTH, because those editions *only* contain the necessary directions for the Anti-Impetigines.

A celebrated writer has observed, that one particular consequence, either originating in this disease, or from the general mode of treatment it meets with, is, that when the patient has been any length of time afflicted, he is seldom satisfied as to his having received a radical cure, and is apt to imagine that every pain, or every pimple arising upon the skin, is a proof of the disorder not being entirely eradicated. For full information on this subject, see article under head of *Proper Instructions*.

### *Impotency or Seminal Weakness.*

THIS complaint arises from a deficiency of vital heat, a weakness of the solids, profuse venery, ill-cured claps, gleet of long continuance, &c. &c. It is generally attended with loose and dangling testicles, coldness of the glans penis, seldom an erection, unless it be weak, languid, or of momentary duration, pain and weakness in the loins, involuntary emission, &c.

The cure is effected by paying proper regard to *regimen, exercise*, and the following remedy:

The patient should keep his mind constantly employed, to prevent the incursion of venereal desires or thoughts—He should rise *early* in the morning, and take a great deal of *exercise*. His diet should be shell-fish of all sorts, particularly oysters, crabs and lobsters; flat fish, as scait, turbot, dories, and plaice, especially the skin of the latter; or of any wild fowl, as pigeons, woodcocks, &c. also eggs, lampreys, and indeed eels of all sorts are by no means inferior to vipers; cavear, strong meat broths, any animal, but no vegetable food, particularly pork, calves



head with the skin on, calves feet, but above all MILK should be taken for *breakfast* and *supper*. Brandy and water is the most proper drink at dinner. The Cordial Balm of Gilead should be taken regularly, one table-spoonful at six, nine, twelve, three, and six o'clock, daily.—The following is the best remedy to stimulate to venereal embraces :

Take Oil of Cloves, half an ounce; dissolve it with the yolk of an egg; then add one Family bottle of the Cordial Balm of Gilead.

Of this elegant mixture, two tea-spoonfuls to be taken morning, noon and night, bathing the testicles with cold spring water, or equal parts of alcohol and vinegar, until they cabbage.—In these cases, however, it will be most advisable to write to the Doctor for his opinion, previous to entering upon a course of medicines.—See *Gleet*.

## GLEET.

A GLEET is occasioned by an ill-cured clap, salivation, a strain, or from a laxity of the fibres, excessive venery, &c. and consists of a drain of matter from the urethra, which, if white and ropy, or thin and glairy, is easily cured; but, when of long standing, requires some time to stop it effectually.

A gleet arising either from weakness, relaxation, or sometimes perhaps from too great irritability of the ducts of the seminal vessels, is properly called by the name of Gonorrhœa (*fluxus seminis*). In these cases a real semen is discharged, sometimes without an erection, or any sensation of pleasure, and is either continually dripping off, or evacuated at times by debilitating nocturnal or diurnal pollutions. Sometimes it is discharged only on going to stool, when the hard fæces, during their passage in the rectum, press on the seminal vesicles and prostrate gland, and thus force the relaxed orifices of their excretory ducts. It requires a most prudent and careful treatment, otherwise the patient will fall a victim to that kind of consumption, which we call with Hippocrates, *Tubes Dorsa-*



lis; for the cure of which prudence suggests an early application to the patient.

**THE CURE.**—Though many have been under my care who had been deemed incurable, yet I can safely say that I have not failed in a single instance.

The patient should abstain from all vegetables, acids, and sugar; he should rise early in the morning, take gentle exercise, use the cold bath, first plunging in the water over head, and coming out immediately, without taking the second dip, or remaining one moment in the water. The private parts and testicles should be frequently washed in cold water; one tea-spoonful of *balsam copaiva*, with one table-spoonful of the Cordial Balm of Gilead, should be taken at least four times a day, and using the following injection, is the method which I have pursued with such wonderful success:

Take white Vitriol, a scruple, dissolve it in ten ounces of boiling water; add Acetated Ceruse, 12 grains; Tincture of Opium, one drachm: inject a tea-spoonful or two five or six times a day.

Various and numerous cases of persons cured of obstinate gleans, are in possession of the Doctor, but they are omitted at the request of the patients themselves; as no case is ever made public without permission.

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### PROPER INSTRUCTIONS

TO PERSONS DOUBTFUL OF THE TRUE DIFFERENCE  
BETWEEN VENEREAL SYMPTOMS AND THOSE OF-  
TEN MISTAKEN FOR THEM.

**THE** following important chapter is recommended to the attention of those who, from whatever cause, suspect themselves to be infected with this disease; for it commonly leaves such a depression upon the spirits, particularly when large quantities of mercury have been administered, that the patient is either driven to despair, or forced into the hands of ignorant pretenders, who put him under treatment for a complaint, of which, probably, he had not the least symptom.



All eruptive disorders of the skin, if they happen without manifest cause, and obstinately refuse the force of medicine, are signs of a venereal taint; but must be distinguished from disorders of the skin, which are critical and not venereal; or from yellow or livid scorbutic spots, which abound most where other marks of a confirmed scurvy appear.

Ulcers of the throat, nose, palate and gums, with rottenness of the bones contiguous, are often observed in inveterate pox; but to distinguish these, it must be remarked, that venereal ulcers first attack the tonsil glands and throat, then the gums, but more rarely so: whilst on the contrary, scorbutic ulcers first attack the gums, and afterwards the throat.

Venereal ulcers frequently seize the nose, with a rottenness of the subjacent bone; but scorbutic ulcers, seldom, if ever.

Venereal ulcers corrode and form cavities; scorbutic ones shoot out spongy excrescences, or proud flesh.

Venereal pains are generally increased by the heat of the bed; whilst those of the scurvy, gout, and rheumatism, are eased thereby.

Venereal pains are chiefly confined to the solid or middle part of the bones of the legs and arms; scorbutic ones to the joints, and membranous parts of the body.

Venereal pains will not yield to common medicine, but others are removed by flannel or warm weather.

If a deep-seated, violent pain, has occupied the same part for a considerable time, obstinately resisting all remedies: or if the patient has been seized with a chilliness for several evenings together, succeeded by a feverish-heat, and sweats towards the morning, they are signs of a latent pox.

If, after chancres suddenly dried up, a bubo repelled, or gonorrhœa restrained by art or accident, the same complaints break out again, without fresh cause, then it is evident the patient is poxed.

Buboes, warts, chancres, or other excrescences, after an



apparent cure, without intimacy with a suspected person, are signs of the strongest infection.

There are certain symptoms peculiar to women in the venereal disease, as a suppression or overflowing of the menses; schirrous or cancer of the breast; hysteric affections; inflammations; schirrous ulcer, or cancer of the womb. They are frequently barren; or if they bring children into the world, they are strumous, rickety, hectic, and emaciated, or perhaps half rotten.

But it is of the utmost consequence for them to distinguish a fresh venereal from the fluor albus or whites; for as the former is malignant and inflammatory, and the other commonly arises from weakness and relaxation, the remedies are directly contrary.

In the fluor albus, the discharge proceeds from the parts contiguous to the urinary passage, and continues whilst the menses flow.

In the fluor albus, the discharge is attended with pains in the loins and loss of strength, with seldom any inflammation or heat of urine, except a long continuance of the discharge, which becoming sharp, excoriates the surrounding parts. But in the gonorrhœa, the discharge is preceded by inflammation, itching, a frequent desire to make water, heat of urine, and the orifice of the urinary passage becomes prominent and painful.

In the fluor albus, the discharge comes on more gently, and may be produced from a variety of causes, as sprains, frequent abortion, long illness, or irregularity of the menses: but in the gonorrhœa it often appears suddenly, without any evident cause.

Lastly, the colour of the discharge in bad habits of body is sometimes the same, viz. yellow or greenish, but is usually more offensive and greater in quantity; whilst that of the gonorrhœa is small in quantity and attended with symptoms of weakness.



PROPER DIRECTIONS for every case, wrapt round each bottle, to enable persons to cure themselves, is given with each bottle, Price **ELEVEN SHILLINGS**.

There are also **FAMILY BOTTLES**, containing the quantity of Four at 11s. for 33s. by which 11s. are saved; the Government label or stamp of which has the words—"SAML. SOLOMON, LIVERPOOL,"—engraven in its official impression, and is uniformly pasted on the cork of each bottle, with a view to protect those who buy of the Medicine Venders from the obtrusion of counterfeit imitations; and unless those words absolutely appear to form a real part of the stamp, the medicine cannot possibly be genuine; but if they do so appear, it infallibly identifies its purity, as the Officers appointed by Government at Somerset-House, London, where those stamps are kept sacred to Dr. Solomon's use only, cannot be biassed; and it is felony of the very deepest die to imitate it.

In order to encourage steady perseverance in the use of proper means, Dr. Solomon has adopted the plan of his boxes, with three large 33s. Family Bottles, containing the quantity of *twelve eleven-shilling ones* packed up safe for the country, for a five pound bank note, by which £1. 12s. is saved, including the box, &c.

Letters must have 10s. 6d. inclosed for advice; and should, for safety be thus directed:—"Money-Letter. Dr. Solomon, Gilead-House, near Liverpool. Paid double postage."

Drafts may be obtained at any Post-office, payable at Liverpool, for small sums of money, which is a secure mode of conveyance. Letters may be ordered to be addressed to X. Z. or A. B. at the Post-office, till called for.



## LINES,

Written by a Literary Gentleman, on the happy effects which he has experienced from Dr. Solomon's ANTI-IMPETIGINES, in a recent disorder, after being perfectly cured long ago of another, by his medical specific called the Balm of Gilead.

*N.B. Two Iotas coming together in the Compound Word Anti-Impetigines, the Author, conformably to grammatical Excision, has cut it short one Vowel, and made the other serve for both in the Syllabication.*

A task which gratitude demands,  
In flowing numbers mine is,  
To celebrate the healing power  
Of Antimpetigines !

And those whose fate on sickness' bed,  
Now drooping to recline is,  
Like me uprais'd, may bless thy name,  
Sweet Antimpetigines !

Yea, thousands too, whose future lot  
In fell Disease to pine is,  
When ask'd what wrought their cure? may cry,  
" 'Twas Antimpetigines !"

O, precious draught ! which ease restores,  
And puts to pain a finis ;  
My fav'rite theme shall be thy praise,  
Blest Antimpetigines !

For as thy long-fam'd Gilead's Balm  
By myriads deem'd divine is ;  
The same repenthean virtue dwells  
In Antimpetigines !

Thus each in its respective sphere,  
Specific, form'd to shine is ;  
While from the hand which cull'd that Balm  
Springs Antimpetigines !

And while their fame extends as far,  
As from the pole the line is,  
Blest be the Balm of Gilead's name,  
And Antimpetigines !



## THE LEPROSY

IS of two kinds; that of the Arabians and that of the Greeks. The former is termed *Elephantiasis* from the roughness and tubercles in the skin, said to resemble that of an elephant. All historians agree that this disorder is contagious. Some have been of opinion, that it was the parent of the *lues venerea*; and even Astruc, who thought otherwise, acknowledges it was propagated by venereal embraces. It is certain, that since that disorder has been curable, the elephantiasis has disappeared in a great measure, and the leprosy of the Greeks has also been much less frequent.

The first appearance of the elephantiasis is in the face, particularly a small speck appears on the nose or nostril, and as the disease increases, the whole body becomes full of various coloured spots. The skin is hard and rough with scabs. In process of time it turns black, and the disease eats away the flesh to the very bones. Sometimes the spots grow red, and then turn black, and the skin is covered, as it were, with scales, the body falls away, the mouth, legs, and feet, swell, and the fingers and toes are hid with a swelling; afterwards a fever arises, which ushers in death.

Formerly the leprosy made great progress in the West Indies, not only among the negroes, but the white inhabitants. Towne says, at first there appear spots of a brown copper colour dispersed over several parts of the face, but especially on the nose: these spread by slow degrees till a great part of the body is covered with them.

Hughes, in his Natural History of Barbadoes, observes, that it first begins with a permanent swelling of the ears, and the falling-off of the hairs of the eye-brows, then the face appears unctuous, shining, and full of superficial protuberant spots of a brown copper colour; the lips and nose in general swell, the fingers and toes are distorted and at last ulcerated, the infection escaping from joint to joint till it hath corroded all the fingers and



toes. The next attack is upon the trunk of the body, where it spreads in patches, increasing in circumference, and discharging a thin ichor, which dries up and emaciates the patient in a few years.

I shall add a description of this disease from Guido de Chauliac: "The Leprosy commonly begins in the face and forehead, in which filthy tubercles make their appearance, and by degrees spread all over the body, the eye-brows swell, the nostrils grow wider outwardly and straiter inwardly, the lips are disfigured with an unsightly tumour, the voice is hoarse and snuffling, the ears are turned back, the forehead is protuberant, the face is of a purple colour, the veins under the tongue are varicous and black, the muscles between the forefinger and the thumb are eaten away, the hairs fall off from the head and eye-brows, afterwards the skin of the whole body becomes black and full of spots, rough and unequal, with crusty scabs full of knobs and fissures of an horrible aspect, which make it appear like the skin of an elephant. After this the fingers and toes begin to swell, and then the legs, which being covered with rugged inequalities, seem like two sacks for magnitude. Besides all this the patient is insatiable with regard to venereal pleasures. The blood is fetid, spotted and black, and will not coagulate. This disease is hereditary and infectious; for it may be caught with the saliva of a leper if a sound person drink after him, by touch, by lying in the same bed, and by coition."

The IMPETIGI, or Leprosy of the Greeks, begins with red pimples or pustules breaking out in various parts of the body; sometimes they appear single, sometimes a great number arise together, especially on the arms and legs; as the disease increases, fresh pimples appear, which joining the former, make a sort of clusters, all which enlarge their borders, and spread in an orbicular form. The superficies of these pustules are rough, whitish and scaly; when they are scratched the scales fall off, upon which a thin ichor oozes out, which soon dries and hardens into a scaly crust. These clusters of



pustules are at first small and few, that is, three or four in an arm or leg only, and of a small size; but as the disease increases they become more numerous, and the clusters enlarge their circumference to the bigness of a crown-piece, not exactly round; afterwards it gradually increases in such a manner, that the whole body is covered with a leprous scurf.

The leprosy commonly breaks out first in the elbows and knees; but soon spreads further, and gradually shows itself all over the body.

This disorder was formerly much more common in this country than it now is, owing, no doubt, to the increase of the comforts and happiness of the poorer classes of society, to the more free use of vegetable and diluting diet, as well as a greater regard to cleanliness, &c.

The regimen and diet in this disorder should be of the same nature as in the scurvy.

The Anti-Impetigines, or Solomon's Drops, are to be taken in the same manner as directed in the foregoing chapter, to which the reader is referred; and his Detergent Ointment must be used externally agreeable to the directions given with each box.

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C A S E S.

*Norwich, March 9th, 1806.*

Sir—My son has for three years been afflicted with that distressing distemper the Leprosy; and having consulted many eminent in the faculty, without any benefit accruing from their prescriptions, I at length despaired of his recovery. Fortunately I consulted a friend, who advised me to make trial of your Anti-Impetigines, which I accordingly procured at Messrs. Stevenson's and Matchett's, the happy effects of which I soon discovered—suffice it to say, that he daily grew better, and now his health is perfectly re-established.—By publishing these few lines, and making known the case of my son, and the effects of your incomparable medicine, you will considerably oblige, Sir, your very humble servant,

E. BERRY.



A young Gentleman, clerk to a mercantile house in Liverpool, afflicted with a Dry Leprosy, which covered his whole body, was perfectly cured in five weeks. This gentleman does not wish to have his name publicly inserted; but has given permission to the Doctor to refer any respectable person to him.

John Little, weaver, in Deansgate, Manchester, was perfectly cured by Dr. Solomon, in sixteen days, by the Anti-Impetigines, of a violent scorbutic and leprous humour all over his body, attended with the most insufferable itching, for upwards of ten months.

A girl about four years of age, at Bolton, was covered with the Leprosy. After Dr. Solomon's medicines had been used a few days, the spots began to disappear, the skin returned to its usual colour, and by persevering she was entirely cured.

### *Scrofula, or King's Evil.*

WHEN disorders of the most malignant nature have either from hereditary causes, the luxury or dissipation of the age, crept as it were involuntarily into our frame; it is of the utmost importance to those afflicted with them to know where to meet with a permanent and radical cure. This obstinate disorder, the King's Evil, has taken the name from the circumstance of its being supposed in former times that the royal touch performed a complete and permanent cure.

Hard, schirrous, and often indolent tumours make their appearance in the glands of the neck, under the chin, arm-pits, groin, hams, arms and wrists; but it is most commonly seated in the neck and beneath the ears, at first like small knots, which gradually increase in number and size till they form one large tumour.—Cold tumours also appear on the joints and bones, as on the knees, elbows, hands and feet, and particularly on the fingers, breaking out with swelling, but little or no redness. *White Swellings* of the joints are also of the



scrofulous kind; these arise on the arms, legs and feet; they sometimes fix on the knees, quickly increasing with great pain and heat, and producing a slow fever which emaciates and consumes the whole body. These swellings are both external and internal; those which arise externally, affect the ligaments and tendons, and relax them so, that sometimes the heads of the joints separate, and the limb becomes useless.

Whatever tends to vitiate the humours or relax the solids, may produce the scrofula; uncleanness, weak and unwholesome aliment, heats and colds, dampness, &c. but it most commonly arises from an hereditary taint. This disorder has long been considered as extremely difficult of cure; and it is said, if the struma appears in the neck after the patients arrive to forty years of age, they seldom recover.

A generous and nourishing diet, light and easy of digestion, a warm temperature of the air, and continual exercise, are of great importance towards the cure of the king's evil.

Employ and persevere in the Anti-Impetigines, antimonial vomits, saponaceous and aromatic medicines.—In its more confirmed state, lime water and decoctions of the woods, with crude antimony, bark and steel. Attend to the state of the body, and encourage rather violent exercise, and the use of the salt water bath. Fumigate with red sulphurated quicksilver, and quicksilver with sulphur. Where there are external tumours, bring them to an head by means of a paste of honey, flour, and the yolk of an egg. Apply this twice a day, and electrify the parts.

The same dose of the Anti-Impetigines as ordered for the scurvy is to be taken internally; and the ulcers (if there are any which communicate with each other) must be syringed twice a day with Dr. Solomon's Abstergent Lotion; after which Solomon's Detergent Ointment must be applied with a bit of lint over the wound. In strumous swelling in the glands of the neck, *Solomon's Abstergent Lotion* must be used, if not broken. If already ulcerated, they must be dressed with the *Detergent Ointment*.



## *Wonderful and Extraordinary Cures*

performed by the

ANTI-IMPETIGINES, -OR SOLOMON'S DROPS.

CASES COMMUNICATED BY MR. M'DONALD, GLASGOW, TO  
DR. SOLOMON, GILEAD-HOUSE.

Sir—GRISSEL MACAULAY, now about seven years of age; about two years ago had runnings in each leg and in each hand; when from four to five years old, she was taken to the best medical people in the town of Stirling, who gave it as their opinion that one finger must be cut off each hand. The parents, not willing to maim the poor child, desisted till they had farther advice. They then took the girl to the Infirmary of Glasgow, and after the medical gentlemen there saw her, they all agreed that *one or more fingers* must be cut off each hand. This was most distressing to the parents. They heard that some wonderful cures had been performed by your Anti-Impetigines; they bought one 33s. bottle of it from me, and gave it to the child agreeably to your printed Directions wrapped round each bottle; and strange as it may appear, before that single bottle was finished, **THE CURE WAS PERFECTED, and the child was made whole**, to the inexpressible joy of her parents and friends. It is about two years since this cure was effected, and not the least symptom of relapse has appeared since, and the relatives believe that the child's constitution has undergone a complete change for the better. She is now a lively, cheerful girl, as you can see of her age. Her grandfather, Mr. Malcom Macaulay, with whom she stays, brought the child, this day, to shew her to me. I examined the marks of the running in her hands and legs, which are very visible.

Mrs. Macaulay also informs me, that a young woman who had runnings in several parts of her body, was completely cured by your Drops. The relatives of this young woman gave the first information to the parents of Grissel Macaulay, which led to this wonderful cure: and, indeed,



he says that the young woman's own cure was equally wonderful. The grandfather also informs, that the wounds began to assume a better appearance in ten days after the Drops were using, and in about ten days more, the running ceased, and soon after closed up entirely. And he adds, that, while taking the Drops, the child's appetite was good, and its deportment cheerful. Mrs. Macaulay informs me, that the medical gentlemen in Stirling gave a line to the child's parents, addressed to the medical gentlemen in the Glasgow Infirmary, to pay every attention to the child's case. The names of these gentlemen may be given, if necessary. This wonderful cure is attested by Mr. Macaulay, the child's grandfather, who is ready to shew the child, and satisfy those interested with farther information.

*Brunswick-place, Glasgow,*

*Sept. 23d, 1812.*

A. M'DONALD.

Signed—MALCOM MACAULAY.

ROBERT BROWN, Witness.

(Both residing in Glasgow.)

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EXTRACT OF A LETTER FROM MR. WOOD, SON OF MRS. WOOD, PROPRIETOR OF THE SHREWSBURY CHRONICLE, DATED MARCH 24TH, 1806.

Sir—A Clergyman in the neighbourhood of Wem, experienced the utmost relief, a few days ago, by the use of a single bottle of your Anti-Impetigines, after suffering a considerable time under a total nervous debility, loss of appetite, &c. and by persevering in the use of another bottle of that invaluable medicine, he has no doubt of being restored to his former state of health.

I remain, Sir, yours, &c. T. WOOD.

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DECEMBER 30th, 1808.

INFORMATION has been received from Mr. C. FISHER, of Totness, of a remarkable Cure effected by the Anti-Impetigines, in a *scorbutic case*, in that neighbourhood, which settled in the leg, and was entirely eradicated in a short time.—For particulars thereof any respectable enquirer is referred to Mr. Fisher.



*Two remarkable Cures of a desperate King's Evil.*

**RICHARD BLACKBURN**, a youth about twelve years of age, whose father was in the employ of Mr. Glen-ny, starch-maker, Liverpool, had totally lost the use of his limbs, and could only move by the help of crutches; he had several running ulcers, communicating with each other, from his hip and thigh down to his knee, and was so emaciated and reduced that he was not expected to live many days. He had been long a patient at the Dispensary, and all hopes of his recovery were given up. His parents were honest, of good moral character, which procured them the recommendation, to Dr. Solomon's care, of Messrs. John Glen-ny, Thomas Morgan, John Hind, Thomas Bolton, and Messrs. Copeland and Threlfall, persons of undoubted probity, residents of Liverpool. The Anti-Impetigines was tried on this subject, and in about ten weeks every sore was healed; he gained flesh, and was able to walk with a stick. So remarkable cure of a cripple, is a full proof of the sanative efficacy of this medicine in scrofulous cases. But the Doctor was unwilling to risk the publication of this cure, which occurred the 12th of May, 1795: he wished to wait the result of a few years, to determine whether the virus was actually rooted out of, or only lurking in, the system, which might probably break out at another time. Fifteen years have now elapsed, the young man is stouter and heartier than ever he was in his life, has had no return of his complaint, and no remains whatever, of the most inveterate scrofula ever yet known, except the scars, are perceptible.—1810.

**I. WILLIAM OVENS**, assay-master in Messrs. Roe and Co.'s copper-works, near Liverpool, do declare, that upwards of 14 months I laboured under an obstinate Scrofulous Evil in my right arm, which totally deprived me of the use thereof, and contracted the sinews, so that I could not lift my arm to my head. After having the best advice and remedies from an eminent physician in Liverpool, I found my arm daily growing worse, and I then had recourse to Dr. Solomon's Anti-Impetigines, which in a



month perfected a cure, so that I am now able to use my arm as well as ever I could in my life; the ulcer being quite healed, together with another of the same sort, which was forming on the other arm. It was not only my opinion, but that also of my friends and acquaintances, that if I had not applied to Dr. Solomon, I must inevitably have lost my arm. In justice to the Doctor, and for the good of the public, I wish this my case to be published. I am at any time willing to depose the above upon oath. Witness my hand the 21st day of December, 1799.

WILLIAM OVENS.

\*†\* The said Wm. Ovens has now been cured near 19 years; has had no return of his complaint since; has since been married, and has fine healthy children.—1800.

ANOTHER CASE.—AGNES, daughter of Mr. Oadiah Parkington, who lives by the third mile-stone on the road from Preston to Blackburn, was afflicted with the King's Evil for many years, and had tried in vain many remedies. Dr. Solomon cured her many years ago of that shocking disorder, hitherto thought to be incurable. This young woman is still alive, and as hearty and well as any one in the kingdom, and with the greatest pleasure is willing to convince any one of the truth.

*From the Glasgow Courier, of Tuesday, Nov. 13, 1804.*

Notwithstanding the great demand for the Anti-Impetigines, or Solomon's Drops, which are so estimable for purifying the blood, there are so many creditable attestations of their efficacy, we cannot omit the insertion of farther testimonies of their never-failing influence over diseases which baffle every other prescription.

CASE.—A young Lady of Glasgow, was, for some time troubled with a dreadful scorbutic complaint, which covered her skin with thick scales, and affected her health so much, that her friends considered her so far gone, as to be out of the power of medicine to do her good. At length they were advised to administer to her the Anti-Impetigines or Solomon's Drops, and his Abstergent Lotion; which medicines, after due perseverance, completely cured her. The young lady and her friends do not chuse to have their names published, but those who wish to use the same



medicine, for the like complaint, may apply to Mr. M'Donald, who will refer them to the party.

THE BLIND RESTORED TO SIGHT!

*Scorton, March 1st, 1794.*

**RUTH RICHMOND**, a young woman, of Scorton, in the parish of Garstang, between Preston and Lancaster, was restored to the perfect use and sight of *both* eyes, after having been quite blind, occasioned by a scrofulous habit of body, of many years standing, which affected her eyes so as totally to destroy the sight, and reduced her to the necessity of having support from the township. In consequence of this surprising cure, the overseers of the parish, &c. waited on Dr. Solomon, returned him thanks, and caused it to be advertised in the Liverpool, Blackburn, and Preston newspapers.—The following respectable persons have witnessed this extraordinary cure:

The Rev. James Fisher, B.A. D.D.

Mr. Henry Hall,        }  
Mr. Wm. Robinson,    } Overseers.

And the following principal Inhabitants of Scorton, viz.

Mr. William Cooper,

Mr. J. Dickenson,   Mr. Wm. Sandwell, &c.

*Dublin, 17th Feb. 1802.*

Dear Sir—I should be wanting in gratitude to you, and guilty of a crime to the public, was I to withhold my testimony of the good effects of your Anti-Impetigines. I was for many years in a dreadful situation, tortured night and day with violent rheumatic or gouty pains in my side, arms, and thighs, for which every remedy that could be prescribed by the most eminent physicians in Dublin was tried, and I was even bled, but to no purpose, till I purchased *one* bottle of the Anti-Impetigines, which had so happy an effect, I purchased another, the result of which is, I am now as free from pain as any man in the world. My wife was also much afflicted with the same diseases, and by using your Anti-Impetigines is completely relieved, and restored to sound, good health.



Mr. Dugdale, Dame-street, will satisfy any enquirer of the truth of the above ; and

I am, dear Sir, your obliged servant,

J. O'HALORAN.

*Scurvy and Leprosy entirely Eradicated.*

Mr. HENRY FRECKLETON, overseer, of Preston, had his face and back of his neck covered with large blotches of the Scurvy and Leprosy for many years; he could not even bear to be shaved, but always carried a pair of scissars in his pocket, that his hair-dresser might clip off the hair from about these blotches. On application to Dr. Solomon he was entirely cured in a very short time by the Anti-Impetigines.

Sir--We certify that ANN PEEL, who was for 4 years afflicted with deafness to a very great degree, occasioned by a scrofulous habit, and her brother John, who was also afflicted with blindness, by a pearl which covered his right eye, and had also a very bad leprous humour on his head and neck, were both perfectly cured by you in twelve days only. As we recommended them both to your Dispensary for poor persons, we think it no more than our duty to acknowledge with pleasure the great cure they have received from your medicine. We are, Sir, your most obedient humble servants,

THOMAS WILLIAMS.

JAMES WHITFIELD JUMP.

JOHN BOARDMAN.

MARGARET, wife of Richard Lyon, farmer, of Bold, between Prescot and Warrington, was for fifteen months afflicted with a great swelling in her fore finger, which contracted the sinews, so that she had no manner of use thereof for the whole of the above time; by applying to Dr. Solomon, she was perfectly cured in one month.—I testify this to be the truth, and that my wife's finger was restored to its proper use. As witness my hand,

RICHARD LYON.



*Shrewsbury Chronicle Office, 1st July, 1809.*

Sir—Among the numerous testimonies to the beneficial qualities of the Cordial Balm of Gilead, in this neighbourhood, two have come within our notice, a few days ago:

THOMAS ROBERTS, of Wilmington-Hall, Esq. in this county, mentioned that he had for some time been afflicted by ill health; he had lost his appetite, his breath was short, and his cough violent and long continued. By taking three bottles of the Cordial Balm of Gilead, he was restored to health and strength. Mr. Roberts moreover said, that during the time of taking this medicine, he perceived one of his tenants, Mr. WHEATHILL, labouring under similar complaints; and by giving him only two doses, he was perfectly cured.

Another confirmation of the efficacy of the Cordial Balm of Gilead, we received from the lips of Mr. IZZARD, of Shawbury, near this town, whose complaints were somewhat similar to those of Mr. Roberts; in addition to which, however, he had an almost total stoppage in his throat, and a difficulty in breathing. Two bottles completed his cure.

\* \* These testimonies were unsought and unsolicited by us, and the gentlemen now appear in perfect health.

I am, for Mr. WOOD,

Yours respectfully,

THOMAS HOWELL.

EXTRACT OF A LETTER FROM MR. W. MORRIS, JUN.  
CHEPSTOW.

Sir—Mr. SMITH's Daughter, of Ifton, near Chepstow, three or four months ago, was so dangerously ill that her life was despaired of, being severely afflicted with that dangerous and alarming complaint, *St. Vitus's Dance*, for which various remedies were tried without benefit: at last she applied to me for one bottle of the Cordial Balm of Gilead, after the taking of which she called again at my shop, and assured me, it had effectually removed her disorder, and was of opinion that one bottle more would



restore her to her usual state of health.—I remain, Sir,  
your obedient servant,  
April 26th, 1810. W. MORRIS, jun. Chepstow.

Few families are wholly exempt from scorbutic affections so common to the British climate, which exhibit various symptoms, as Eruptions, Ulceration, Debility, Loss of Appetite, and Dejection, all arising from *Impurity of Blood*, Scrofulous or Venereal Taint; which, whether from latent or recent infection, is certain to produce the greatest injury to the constitution, and prevent the enjoyment of health and happiness.

To remove the cause of these symptoms, the *Anti-Impetigines*, or *Solomon's Drops*, have been found the most safe, speedy, and beneficial, and therefore adapted to the aged, as well as youth of both sexes. They never fail to remove every species of debility arising from a contaminated state of the system. Their effects are mild though active—safe yet expeditious—and what renders this medicine of the greatest importance, is, it requires little restriction in point of diet, and no privations to the ordinary avocations in life. In short, it may be taken at any season of the year by the valetudinarian, however delicate, without the least danger, and with the certainty of deriving the most happy and beneficial effects.

### *Erysipelas, or St. Anthony's Fire,*

IS denominated an *Eruptive Fever*, or external inflammation, generally breaking out in the face, and sometimes the breast, with intense redness and a little swelling, and is beset with a vast number of small pustules, which, when the inflammation increases, are converted into small blisters.

The disorder commences with a violent pain in the back and head, a violent shaking like the ague, heat, vomiting, &c. In a few days the matter appears on the surface of the body. There is nothing more dangerous than to check this eruption, or for the expelled matter to return to the inward parts.



This disease is most common about the middle age of life, and persons of a sanguine or plethoric habit are most liable to it. It is chiefly occasioned by obstructed perspiration, when the blood has been over-heated. A moistening and slender diet, totally free from any thing heating, should be observed in this complaint.

The ANTI-IMPETIGINES is happily calculated, beyond any other medicine hitherto discovered, for effectually removing this complaint; whilst at the same time it sweetens and purifies the blood in the most safe and expeditious manner. It is to be taken as in the General Directions, to which reference may be made by those who are afflicted with this distressing malady. And the Abstergent Lotion may also be used according to the directions given with it; and in most cases it would be proper to add a little camphorated spirit of wine to the Abstergent Lotion.

## THE PILES

ARE of two kinds:—When a discharge of blood comes from the hæmorrhoidal vessels, it is called the *Bleeding Piles*; but when the vessels only swell, and discharge no blood, but are exceedingly painful, they are called the *Blind Piles*.

The bleeding piles are sometimes periodical, in which case they are essentially beneficial, and are by no means to be suppressed. Many persons have greatly injured their constitutions by stopping a periodical flux of this nature. However, when it comes on but seldom, and is not regular in its visits; when it continues long and enfeebles the patient, hurts the digestion and hinders nutrition, there is reason to conclude it is the production of some sharp chronic disease.

High living, inactivity, sedentary employments, inebriety, great costiveness of body, violent passions of the mind, the neglect or suppression of customary evacuations, will bring on this complaint. It is sometimes hereditary, and very frequently symptomatic of a deep



rooted scurvy. Pregnant women are often afflicted with it.

The patient commonly feels a sense of weight about the anus, a weakness of the stomach, flatulency in the lower parts of the belly, a frequent desire to make water and go to stool; the blood is generally black, and sometimes comes in large clots and very copiously; there are instances in which a pint and upwards has been discharged by a patient in a day.

In the blind piles there is a most intense pain, especially at the time of going to stool, and sometimes the excrements are tinged with blood: tumours appear on the verge of the anus, and the veins are much dilated with blood, raising tubercles as large as peas or grapes, some of which are soft and indolent, others hard, inflamed and painful, rendering the patient unable to walk, stand or sit; they sometimes occasion an abscess or fistula.

Linen dipt in warm spirit of wine, and emollient poultices, may be applied to the blind piles; or leeches may be used to draw off the noxious blood, and they should be anointed with the following:—Take

Hogs' lard, one ounce; powder of white gall nuts, half an ounce; tincture of opium, one drachm: mix them well together and anoint frequently.

The diet in these disorders should be cool and nourishing, of light and easy digestion; spirituous liquors should be avoided, and the body kept moderately open with a little lenitive electuary, brimstone and treacle, or Epsom salts.

The Anti-Impetigines is to be regularly taken according to the *General Directions*, and by no means left off until several days have elapsed after the complaint has disappeared.

## THE GOUT.

THE seat of the Gout is in the joints and ligaments of the bones of the feet; and, according to Boerhaave,



the principal times of its invasion are the spring and autumn.

The Gout usually seizes the patient suddenly, and without any previous notice of an immediate nature; sometimes, however, it is preceded by crudities upon the stomach, indigestion, flatulence, costiveness, a sense of heaviness, torpor, &c. which daily increases, till at length the fit comes on. The place which it first and regularly attacks is always the foot, and chiefly those parts through which the liquids have the most difficult passage, such as are most remote from the heart, and are most pressed and pinched. Aretus says, "the pain first seizes the great toe, next the edge of the heel that first touches the ground when we walk, next the hollow of the foot, and last of all the ancles swell:" from whence Sydenham concludes, that the "feet are the genuine true seat of the peccant matter." The pain becomes gradually more and more intense till it reaches the highest pitch, sometimes resembling a violent tension and dilaceration of the ligaments, sometimes resembling the gnawing of a dog, and sometimes like a close tightness and strong compression; nay, so lively and exquisite is the pain at times, that the very weight of the bed-clothes, or the motion of the bed from a person's walking across the room, become even insufferable. Sometimes it seems stretched to such a degree that the unhappy patient thinks it will burst every moment; when this is the case it is seldom more than six hours before the pain abates, or twenty-four-hours from the commencement of the paroxysm; after which the parts begin to swell, a gentle perspiration takes place, and the patient obtains rest. In a few days the other foot begins to be affected in the same manner, and the same course of distracting pain and misery must be borne as before; sometimes it attacks both feet at once, but it generally seizes one after the other. A number of these paroxysms are what is termed a fit of the gout, which is longer or shorter, according to the age, constitution, strength and disposition of the patient's body; this hap-



pens to persons of a vigorous constitution, and whom the gout seldom visits, in about fourteen days, to others for two months; and some who are debilitated with age, it does not leave till chased away by the summer's heat.—After the disease terminates, the patient's good habit of body returns in proportion to the severity of the fit.

When the gout has been improperly treated, and disturbed by incongruous medicines, it assumes a more dangerous appearance, and becomes universal; it is then called the *Irregular Gout*, and attacks the hands, wrists, elbows, knees, and other parts of the body, distorting the fingers, &c. and generating chalky substances or concretions about the ligaments of the joints.—In this case the patient is continually tormented with this cruel disorder, a month or two in summer only excepted; he is also disturbed with sickness as well as pain, being subject to head-achs, coughs, pains of the stomach, &c. Hippocrates, speaking of the gout, says, that it is “the most violent of all the disorders that affect the joints, the hardest to subdue, and the most permanent; yet, however lasting or troublesome, is by no means mortally dangerous.” Experience, however, has shown that many have fallen victims to its attacks upon some of the more noble parts.

Persons are seldom visited with the gout till they are upwards of thirty years old. It is brought on by intense study, high living, too great indulgences of the appetite, inebriety, especially the drinking too freely and constantly of rich, generous wines; also venereal pleasures used to excess, great exercise, a moist cold air, a contusion, acid gas, as appears from the sour sweats and acid eructations so common in athritic paroxysms.—The passions of the mind, and indolence, will produce the gout.

Those are particularly subject to it who are of a gross, full habit, and whose feet are suffered to perspire in wet stockings, are too suddenly chilled whilst in a state of perspiration. This disorder may also be received by contagion, and is in many instances hereditary.



Persons who are subject to the gout should observe temperance with the greatest strictness; regular diet and wholesome exercise are two things of the greatest importance. Let the patient live wholly on animal food, or use a milk diet; he may drink plentifully of milk whey, but must abstain from all vegetables, claret, and malt liquors: spirits diluted with water will do no harm.—Such persons should rise early, and take exercise; indeed too much exercise cannot be taken, nor too often repeated. The mind should be kept as calm and composed as possible: amusement and a little dissipation of thought are necessary.

In the fit of the gout, the patient's usual diet must not be materially altered. He should endeavour by all means possible to promote perspiration; for which purpose a little wine, or wine whey, may now and then be drank; and the affected parts wrapped up very warm in flannels, &c. and Water of Ammonia frequently applied.

If the gout seizes the stomach, give immediately half an ounce of æther, with a scruple of camphire in it. Let it be taken alone in a spoon, without swallowing any thing after: if the sensation it occasions is disagreeable, let the mouth be rinsed with water, and spit it out. This is an admirable remedy, and has often proved uniformly efficacious. After which, a course of the Anti-Impetigines must be entered upon.

To fix an erratic gout, and bring on a regular fit, give tincture of asafœtida and Anti-Impetigines equal parts, two tea-spoonfuls of each thrice a day, and bathe the great toe and metatarsis with Water of Ammonia.

When the fit comes on in good earnest, take

Camphire, fifteen grains; purified opium, ipecacuanha, of each three grains; precipitated sulphur of antimony, vitriolated quicksilver, each two grains; aromatic confection, enough for a bolus.

Let this be washed down with the following draught:

Tincture of guaiacum, six drachms;

Water, eight spoonfuls.

After taking this bolus and draught, the patient should lie between the blankets.



Let the Anti-Impetigines be taken regularly as ordered in the *General Directions*, (to which refer), and the draught repeated every night for some time, with the addition of two drachms of elixir of aloes, if costive, and the affected parts bathed with the Water of Ammonia frequently. That *the gout is incurable*, will then no longer be taken for granted.

### **RHEUMATISM.**

THE seat of rheumatism is in the membranous parts of the body. It is sometimes mistaken for the gout.— This disorder may occur at all times of the year, but, according to Hoffman, it is most prevalent in the spring and fall, when there are remarkable changes in the air, from hot to cold, or from cold to hot; and the wind suddenly shifts to the opposite points of the compass.

The rheumatism chiefly attacks persons after a violent exercise, or great heat of the body from any cause, and then being too suddenly cooled. It is also brought on by inebriety, excessive cold, indigestion, venery, immoderate labour, or a sudden disuse of customary exercise.

The pains are sometimes surprisingly acute, so as to render the least motion exceedingly dreaded by the patient; they are chiefly wandering, especially in the beginning of the disease, and pass from one joint to another, either of the same or of the opposite side of the body, but (if the disease be chronic) it seldom occasions a swelling, or brings a fever along with it. If the disorder, however, be of the inflammatory kind, its symptoms are most to be dreaded; the parts affected being frequently inflated with a white swelling, and so distended that the patient can scarce move a limb without the utmost pain. Boerhaave asserts, “if it lasts long and increaseth, it often deprives the joint, after the most horrid pains, of its motion, and makes it stiff by an anchyloses, scarce removable by any means whatever.” And Van Swieten “has seen in some patients such anchyloses rise in the spine of the back, from rheumatic pains, as made the poor wretches walk with their bodies bent forward, so that during the remainder of their lives they could never stand upright.”



When it seizes the loins, it is called the *Lumbago*; if in the thigh bone or hip, the *Sciatica* or *Hip-Gout*; and physicians universally agree, that when the rheumatism settles here, it is more difficult, and longer in curing than any other external part of the body. The pain is chiefly felt where the head of the thigh-bone is received into the *acetabulum* of the *coxendix*; and it will sometimes extend itself to the lower part of the loins, to the thigh, leg, and even to the extremity of the foot, yet outwardly there is no swelling or inflammation, &c. Sometimes the pain is so intense and spasmodic, that the patient cannot stand upright, or bear the least motion. All violent motion greatly exasperates the pain. In this disorder a cool and diluting diet, and cold bathing, are recommended. The patient should also ride on horseback, and wear flannel next the skin. The night air should be avoided.

The chronic rheumatism, if idiopathic, is very easily cured, however difficult it may be thought to be. The author conceives he has a right to speak with confidence on this subject, having had the management of innumerable rheumatic cases, which he never found any difficulty in curing with the following remedies. Bleeding protracts the cure in chronic cases. If symptomatic, the cure depends on the removal of the primary disorder.

The *Anti-Impetigines* must be taken inwardly, according to the *General Directions*, from one to two tea-spoonfuls), and oil of turpentine rubbed externally to the part where the pain is seated; there is then no doubt of its being speedily removed, and the patient freed from his pain.

Dr. Solomon might add much more in just report of the *Anti-Impetigines*; for great experience has convinced him, that in all morbid affections of the blood and lymph, (the cause of almost every malady), so noble, safe, and efficacious a remedy, was never offered to mankind; but he now leaves it to the world, conscious that he has done his duty, by sending forth what may be given to the tender infant, the pregnant female, and to palsied age, with a safety and efficacy hitherto unparalleled in the annals of medical discovery.



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A

**GUIDE TO HEALTH.**

**PART II.**

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GUIDE TO HEALTH.

PART II.





A  
**GUIDE TO HEALTH.**

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PART II.

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TO YOUNG MEN, BOYS, and those who have given way  
to IMMODERATE LUST, or addicted themselves to the  
destructive habit called ONANISM.

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*On Debility arising from Self-Abuse.*

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Thought fond man of these,  
Vice in his high career would stand appall'd,  
And heedless rambling impulse learn to think.

THOMSON.

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THERE is not perhaps any opinion more universal,  
nor, if we may credit the testimony of the oldest  
writers extant, more ancient, than the common one, which  
supposes a kind of progressive degeneracy in the human  
race, an unremitting depravation in all the endowments of  
man, degrading each succession of actors on this great  
stage, and setting them below their predecessors in every  
thing valuable, amiable, or great. Every generation com-  
plains of its own inferiority in size, vigour and health, and  
becomes in its turn an object of admiration to its successor,  
which, to escape the prospect of present debility, deformity  
and disease, looks back with rapture to the imaginary pre-  
eminence of former days. Homer, who lived but a few  
generations later than the hero he celebrates, thought he  
could not, with propriety, give Achilles less than the



strength of twelve of his own puny contemporaries; and the poets, who have succeeded Homer in different ages and nations, have not been less liberal to their respective favourites; not, we may suppose, that they admitted the truth of the common opinion; but that, wishing to gratify that love of the wonderful, naturally implanted in the breasts of their auditors, or readers, they were glad to do so by a fiction, which flattered their prejudices while it excited their admiration.

There can indeed be no doubt, that the opinion in question is not universally true; since, if it were, the work of depopulation must have been long since completed, and the earth ere now made one vast desert; yet, if properly considered, it will be found not to be totally false.—For certain it is, that the degeneracy of the age complained of, does really take place, and is at all times making a rapid progress, in a considerable portion of the inhabitants of this globe, that portion which occupies the most conspicuous situation on it, the rich, illustrious, and great; and that, if the breaches made upon human nature, through the sides of these, her seemingly favourite sons, were not continually repaired by the neglected and obscurer, but more useful part of her offspring, the poor and laborious, her creative powers must have been long since at a stand for want of materials to work upon. The families of kings, heroes, and nobles, after dwindling through a short succession of generations, at length totally disappear; their places are supplied from the pasture or the plough, and the new possessor of wealth and dignity, intails upon his posterity the joint and inseparable acquisition of opulence and infirmity, luxury and disease. The country, the true *officina gentium*, the great *workshop of humanity*, is continually sending in supplies from her forests and mountains, and dispatching her hardy and prolific sons to fill up the chasms of population; while cities and great towns, those immense gulphs in which the redundancies of creation are absorbed, stand open night and day to receive the voluntary victims of disease and death,

Noctes atque dies patet atri janua Ditis.



Considering the notion alluded to under this point of view, we are enabled to fix its true import, and we find that to deny the existence of the evil complained of entirely, or to admit it beyond a certain extent, are errors equally manifest, but not perhaps equally dangerous. For if to shun any calamity we are threatened with, it is necessary first to be warned of its approach, it must be of infinite consequence to a very considerable portion of mankind; to the rich, the luxurious, the sedentary, and the studious; to all the votaries of pleasure, and most of the suitors of fortune and fame; to all the inhabitants of cities and great towns without exception, and to many other orders and descriptions of men under circumstances of less general comprehension; to all these surely it must be highly important to know, that by a necessary consequence of their several situations and pursuits, they are continually anticipating the existence, intercepting the health and vigour, and precluding the happiness of their unborn posterity, and as far as in them lies, labouring for a total extinction of the human race. This consideration, however, though so very weighty and alarming in itself, may be perhaps of a nature too remote to be interesting to many. There would seem to be somewhat of a microscopic quality in the mind of man, in consequence of which we are Argus-eyed to the minutest and least important of our immediate and present concerns, but blind to those of the greatest magnitude, that are removed to ever so small a distance. Insomuch that, if the danger to be apprehended, threatened future generations only, it would be in vain to expect that much attention should be paid to it by the present. But since the pollution that fouls the whole stream must begin at the fountain head; since those who sow must reap, while their followers can only glean: since, in a word, we cannot transmit to posterity the effects of our misfortunes, our negligences or our crimes, without first feeling them ourselves; it would be madness in us not to consider whether there is a possibility, by taking certain precautions, of preventing, whenever prevention can be obtained, or of palliating, where palliation is the most that can be hoped for.



What the precautions to be taken are, in those cases where any precautions can be effectual, it is hardly necessary to point out. The common sense and common experience of every one a little advanced in the journey of life, informs him abundantly what he should both do and omit for the preservation of his health. Who is it that does not know the importance of temperance and exercise for this great purpose, or is ignorant that no care in other respects can make adequate amends for want of attention to either of these points? If these duties (for there are duties which we owe to ourselves, and these are of the number) were as generally observed as their importance is universally acknowledged, the human frame would stand little in need of artificial assistance, and physic would be cultivated rather as an amusing speculation than a practical art. But since necessity in some instances, ignorance or inattention in others, and passion in a much greater number, induces long and frequent deviations, from the path that should be followed; and since these deviations by continual repetition, exhaust and enfeeble, so as to preclude all possibility of return; it becomes one of the first duties, as it is one of the most arduous tasks of the physician to take the unhappy wanderer by the hand, assist him to measure back the steps he has trod so foolishly and fatally, and enable him, if possible, to regain the station from whence he set out.

Such are the inevitable dangers, not less mercifully than justly attached by Providence, to an imprudent and excessive enjoyment of those pleasures, which, under a legitimate sanction, and confined within the limits even then indispensable, are not only harmless, but salutary; which not only effect the perpetuation of the species, but contribute both to the mental and bodily health of the individual. But if natural delights are tempered with these bitter but necessary allays, what shall we say of the various kinds of impious debauchery, disavowed by nature and invented by the criminal ingenuity of man? Is it not reasonable to conclude, that they cannot be less destructive in their effects, than enormous in their guilt, and that even here a punishment awaits them proportioned to the offence?—



With regard to one at least, perhaps the most criminal, certainly the most pernicious of all, the odious and despicable practice of *self-abuse*, this is undeniably the case. So many causes concur to render excess in this species of libertinism inevitable, and so peculiarly destructive are the consequences of that excess, that an explanation of those causes constitutes a necessary part of a Treatise designed, as the present is, to avert or remedy evils, an infinitely large proportion of which is derived from this foul source.

If the mind borrows from the body the weakness of childhood, the sprightliness of youth, the maturity of manhood, the decrepitude of old age, the vigour of health, and the languor of disease; if it seems to be born, grow up and decay with it; if during their continuance together it reflects every colour and impression that takes place in the animal portion of our being: in return it communicates all its own sensations and affections, controuls and overbears its subject partner, and exercises over the body committed to its guidance, the empire which God and nature designed it should enjoy. Hence it is, that the feelings and desires which naturally originate in the one, may, by being frequently excited in both together, be adopted as it were by the other, and arise spontaneously there too. The calls of nature properly so termed, hunger and thirst, for instance, belong only to the body; yet as the body makes the mind a sharer in these sensations, as in every other, the offices of the two may by degrees be so confounded, that that one may learn to *lead* which ought to *follow*, that one learn to stimulate which ought to wait for the stimulation of the other.

The great alteration which takes place in the body of the male at the time when the semen begins to be formed and collected, is so manifest, that it appears to the most common observer; for the rise and continuance of the beard, and clothing of the pubes, depend thereon; and a wonderful alteration takes place in the voice and passions of the mind; the hitherto crying boy now becomes bold and intrepid, despising even real danger.



These changes are prevented by destroying the organs which serve to separate the liquor that produces it; and just observation evinces, that the amputation of the testicles at the age of virility, has made the beard fall and a puerile voice return! After this, can the power of its operation on the body be questioned? Its destination determined the only proper method of its being evacuated. Certain distempers cause it sometimes to run off; it may be involuntarily lost in lascivious dreams, &c.

Nor is this to be observed only in mankind, but other animals become fierce and vicious about the same time.—The bull, a most fierce animal previous to sexual gratification, afterwards becomes weak and languid: and the unhappy people who have exhausted all the vigour of their bodies by too early and excessive venery, live enervated, and are subject to a numerous train of miseries and disease.

Immoderate use of enjoyment, even in a natural way, depresses the spirits, relaxes the fibres, and renders the whole frame weak and exhausted: what then must be the consequence when nature is forced against her will?—*Celsus* says, that from the practice of self-pollution, young people are prevented from their growth, and as it were become old before their time. *Sanctorious* observes, that the insensible perspiration is diminished, and the coactive faculties weakened, by excessive venery; and in his several aphorisms, reckons up the damage arising from this baneful habit.

*Hippocrates* gives an account of two persons in fevers, brought on by excessive venery, one of whom escaped; not however without great difficulty, after a severe fit of sickness which lasted till the 24th day; and the other died of that weakness and debility which he had brought on himself by this most horrid and baneful practice of self-abuse.

The same celebrated author, in treating of the many diseases which arise from venereal excesses, says, that “*Tabes Dorsalis*, or *Medulla Spinalis* (a consumption of the spinal marrow) happens to those who are over lecherous of self-abuse, or lately married; they are with-



out a fever and eat heartily, but gradually waste away; and if you ask the patient how he is affected, he will say, there appears to him as if ants were creeping down the spine (back bone) from the top of the head; a great quantity of liquid semen is also discharged when he makes urine or goes to stool; nor does he retain his semen in his sleep, but has involuntary emissions whether he sleeps with his wife or not: and when he takes much exercise, he feels a great weariness and debility, a shortness of breath, a heaviness in the head, and a tingling in the ears."

Such is the state of those deplorable victims, who, if they have not timely relief perish with the *Lypiria*, a most dreadful disease, wherein the internal parts are consumed with a burning heat, and the external frozen with cold. All these complaints have been observed in patients who have indulged themselves in foul pollutions. The symptoms generally observed, were violent pains wandering through the whole body, attended sometimes with a troublesome heat, and sometimes with chilliness, especially in the loins, which complaints had continued for three, five, and even eight years, resisting all remedies except the famous and highly-exalted medicine the *Cordial Balm of Gilead*. One patient particularly, after all the above pains were lessened, felt so great a pain in his legs and thighs, that he was obliged to sit by the fire-side even in the midst of summer, though when his legs and thighs were felt they seemed to have their proper natural warmth; but what seemed to be most strange was, during this time the testicles were continually moving about his scrotum, and he perceived the like motion in his limbs, with great pain. A similar case is related (arising from the same cause) by Van Swieten, in his commentaries on Boerhaave. Operations have been performed on persons who had by this practice brought on a paraphymosis, by not being able to bring the foreskin back to cover the nut of the penis, whereby the inflammation became so great, that an incision was absolutely necessary, to let out the acrid lymph, and free the strangled glands.



The consequences which attend this horrid practice, enumerated by Dr. Tissot, are as follow:

1st. All the intellectual faculties are weakened, loss of memory ensues, the ideas are clouded, the patients sometimes fall into a slight madness; they have an incessant irksome uneasiness, continual anguish, and so keen a remorse of conscience, that they frequently shed tears. They are subject to vertigoes; all their senses, but particularly their sight and hearing, are weakened; their sleep, if they can obtain any, is disturbed with frightful dreams.

2d. The powers of their bodies decay; the growth of such as abandon themselves to these abominable practices, before it is accomplished, is greatly prevented; some cannot sleep at all, others are in a perpetual state of drowsiness; they are all affected with hysterical or hypochondriac complaints, and are overcome with the accidents that accompany those grievous disorders, as melancholy, sighing, tears, palpitation, suffocations and faintness. Some emit a calcareous saliva: cough, slow fever, and consumption, are chastisements which others meet with in their own crimes.

3d. The most acute pains form another object of the patients complaints: some are thus affected in their heads, others in their breasts, stomachs, and intestines; others have external rheumatic pains, aching numbness in all parts of the body, when they are slightly pressed.

4th. Pimples not only appear in the face, (this is one of the most common symptoms) but even real suppurating blisters upon the head, nose, the back, breast, and thighs, attended with disagreeable itching.

5th. The organs of generation also participate of that misery whereof they are the primary causes: many experience an incapacity of erection, others discharge their semen upon the slightest titillation, or the most feeble erection, or in the efforts they make when at stool. Many are affected with constant gonorrhœa, which entirely destroys their powers, the discharge resembling foetid matter or mucus; others are tormented with painful priapisms, dysuriæ, stranguries, heat of urine, and a difficulty of



rendering it, with great torment. Some have painful tumours upon the testicles, penis, bladder, and spermatic chord. In a word, either the impracticability of coition, or a deprivation of the genital liquor, renders every one imbecile who has for any length of time given away to this crime.

6th. The functions of the intestines are sometimes quite disordered; and some patients complain of stubborn constipation; others of the hæmorrhoides, or of a running of a fœtid matter from the fundament.

This last observation recalls to my mind a young man mentioned by Mr. Hoffman, who after every act of masturbation was afflicted with a diarrhœa, which was an additional cause of the loss of his strength.

*Hippocrates* says, "the seed of man arises from all the humours of his body, it is the most valuable part of them."

*Galen* observes, that "this humour is nothing but the most subtle of all others; it has veins and nerves which convey it from all parts of the body to the genitals.—When a person loses his seed, (he says in another place), he loses at the same time the vital spirit; so that it is not astonishing that too frequent coition should enervate, because the body is thereby deprived of the purest of its humours."

*Aristotle*, whose physical works will be held in esteem as long as the value of observations, and the merit and difficulty of pursuing them are known, calls it *the excrement of the last aliment*.

*Pythagoras* says, it is *the flower of the blood*. *Alcmaeon* looked upon it as a portion of the brain, and pointed out the passages by which the brain is conveyed to the testicles. *Plato* considers this liquor as a running of the spinal marrow. In a word, it appears in these testimonies, and by a variety of others which it would be needless to quote, that it is a most important liquor, which may be called the *essential oil of the animal liquors*; or to speak with more precision, the *rectified spirit*, the dissipation whereof leaves the other humours weak and in some degree vapid. The semen is kept in the *vesicula seminalis* until the



man makes use of it; during all this time the quantity which is there detained, excites the animal to the act of venery; but the greatest part of this seed, which is the most volatile and odoriferous, as well as the strongest, is absorbed into the blood, and it there produces upon its return very surprising changes; it makes the beard, hair and nails to grow; it changes the voice and manners; for age does not produce these changes in animals, it is the seed only that operates in this manner, and they are never met with in eunuchs.\*

X The seminal liquor is of vast importance to the human frame, visiting every part thereof, and exciting, wherever it passes, a gentle but continual irritation, which increases the energy of the vessels; their action upon the fluids thereby acquires fresh strength, the circulation is pushed on with redoubled vigour, and the vital functions receive a new spring, and are performed with the utmost efficacy and perfection of which they are susceptible. Hence the waste of this valuable liquor must necessarily be highly detrimental to the whole system, which will labour under the absence of a matter essentially and indispensibly requisite to the due performance of all its functions without exception, as not one of them can be carried on properly under a want of it; yet it is not merely the prodigal waste of so invaluable a treasure that injures, for it must be observed, that to produce a seminal discharge, the efforts of the organs immediately employed are not sufficient; to effect this the whole frame labours, the circulation of all the humours undergoes a violent and preternatural acceleration, the nerves are wound up to the highest tension they are susceptible of, the fibres of all the muscles of the body, and coats of the vessels, are contracted by an universal spasm, and a temporary convulsive paroxysm takes place, which require only to be repeated often, and at intervals sufficiently short, to produce all the worst effects of epilepsy.

\* Those who knew the late Mr. Rouzzini, of Bath, the great master of music, who had been castrated in his youth, must be convinced of the truth of these remarks.



Whoever considers the structure, mechanism and nature of the nerves, their importance in the animal economy, the facility with which they are put out of order, and the difficulty of recovering them when seriously attacked, must see clearly the danger of an act that disorders and agitates them so powerfully, and need not be told that the frequent repetition of such an act, if attended with no other but its own necessary ill-consequences, must inevitably be fatal.

The connexion of the nervous system with all the nobler vital organs is manifest, for when the former refuses the usual aid, the latter fall into immediate languor, and betray a total imbecility to perform their respective functions. In the stomach, digestion becomes laborious and imperfect; the humours of consequence assume a degree of crudity that renders them unfit for their different uses, nutrition ceases, and as the natural waste is not repaired, atrophy and marasmus ensue. But what is worse, while the diseases of the nerves thus give rise to all the diseases of the stomach, the latter in their turn contribute no less to the former; what was an effect soon becomes a cause, and each of the two evils increasing and aggravating the other, both grow up to a degree of magnitude and inveteracy equally incurable and intolerable. The proof of this is evident in the tendency that all persons labouring under an incomplete digestion, have to convulsive and paralytic complaints; and in the certainty and rapidity with which these and similar complaints bring on all diseases of the stomach that did not exist before. To this double cause is owing the frequency of hysterical affections in women, their nervous system being much more irritable than in the other sex.

But while the nerves act thus powerfully upon the stomach, the brain is also most materially affected; various are the diseases both of mind and body which arise in the brain in consequence of spasms and convulsions of the nerves frequently repeated: hence epilepsies of any considerable standing, if not cured, terminate generally in mania or idiotism; and hence an immoderate abuse of amorous



pleasures (for the act of coition is nothing more than a short epilepsy), is followed by similar consequences. The faculties of the mind are debased, the imagination is dulled, and the memory destroyed; the organs of sense are blunted, the sight in particular suffers, but all in a greater or less degree; and to these effects must be added that afflux of blood to the brain in coition which not unfrequently produces apoplexy and kills in the very act.

Another evil necessarily derived from the same source, is the obstruction of the insensible perspiration, which is more considerable than all the other evacuations of the body put together, and is carried on without any feeling of it on our part; hence it is easy to conceive, both how admirably energetic that action of the nerves is which operates so constant, so considerable, and yet so imperceptible an effect within our bodies, and to guess at the innumerable dangers that must attend an irregularity or stoppage of that effect. But, unfortunately, we are not left to guess at them; experience points them out too clearly to leave any room for conjecture.

But if the danger be so great in those who seek none but natural enjoyments, what must it be in the unhappy victims of the vile and destructive practice above alluded to? The fear of detection, the restraint of shame, the certainty of punishment in some way or other, enable the former to bear up against a temptation which requires the concurrence of another person to take effect; but when the criminal carries for ever about him the instruments and incentives of his own guilt, when no accomplice is necessary, when solitude encourages and darkness protects, what can hinder the odious propensity from taking frequent effect, or the repetition of the act from degenerating into habit? Add to this, that the infection being, as it almost always is, communicated in childhood or early youth, the weakness of reason, and ignorance or carelessness of consequences, natural to that age, leave it at liberty to strike root, and establish its empire over the senses; so that when the period arrives at which Reason ought to



exert her influence, the time of amendment is past, alas! never to be recalled!

What the force of habit is in all cases, is sufficiently known to those who observe what passes in themselves or others, and still more to those who to that observation join an attentive consideration of the nature of man, and of the qualities and dispositions of which he is made up. Let it not be imagined, however, that, supposing the habits of debauchery to be formed into habit, the consequences are equally destructive whether it leads to the enjoyment pointed out by nature, or to self-abuse; the difference is immense, and entirely to the disadvantage of the latter: this difference depends upon circumstances, the first of which is the facility of obtaining a degree of gratification with an imperfect erection; a most dangerous practice, which tends to destroy the tone of the nerves more than any other, and to bring on a paralysis of the organs of generation, and consequently total impotence.

Secondly, The commission of the act in a position or attitude (as sitting or standing) is highly injurious to the muscles of the legs, thighs, or back, and which by repetition never fails to induce a diseased state of some or all of them; for as all the parts of the body are then strained to the most violent degree of tension, the smallest additional labour is sure to hurt them.

And lastly, The want of a corresponding inspiration to compensate for the necessary expiration.

The importance of the insensible perspiration has been already intimated, and it must be observed that it is never so abundant as in the act of coition; but then one party inspiring what the other expires, each supplies in some sort the waste suffered by the other; whereas the masturbator loses as they do and gains nothing in return. That the mind also contributes largely to this difference, will be evident, when we consider, that the mental triumph and exultation, together with the absence of regret and repentance, which accompany the enjoyment of a beautiful or desired object, animate and invigorate the whole frame, give new strength and sprightliness to the circulation of all



the humours, and promote the generation of the animal spirits, thereby taking off greatly from the ill effects which the excess would otherwise have; while, on the other hand, the shame, remorse and despair, that check the guilty pleasures of the masturbator, during the very act, take entire possession of him afterwards, increasing the number and aggravating the danger of all the evils that attend it.

In the general suffering of the whole frame, it cannot be expected that the head shall remain unaffected. A burning pain in the membrane of the brain is a very common symptom; a more general one still, a heaviness of the head, attended with giddiness and drowsiness; while all the organs of sense lose greatly of their natural acuteness; the eyes in particular suffer; dimness of sight, heaviness and pain of the eyelids, with an accumulation of gummy matter between them, which keeps up a perpetual soreness there. Pains and spasmodic affections of the eyes themselves, and complete *gutta serena*, is no unusual consequence. One of the most frequent, is a sudden starting of tears in reading or directing the sight to any particular object, or a continual distillation of the lachrymal liquor. The sparkling appearances which we observe in the eyes of other animals, and experience sometimes in our own incoition, shew how intimate and immediate a connexion subsists between the organs of generation and those of sight.

Noises in the ears, and hardness of hearing, point out the approach of total deafness; a calamity like all the rest proceeding from the same source, no otherwise avoidable than by joining a total and timely abstinence from the criminal and destructive gratification, to which it owes its rise, to the most efficacious assistance that physic can give.

As the organs of generation constitute the instruments of the crime, so the severest, if not the first exertions of punishment are directed against them. All the partial affections to which the exquisite sensibility and extreme delicacy of structure of those organs renders them liable, may be produced by this cause; as painful priapisms,



strangury, heat of urine, complete gleans, painful tumours in the testicles, bladder, spermatic chord, penis, &c.— Nay, such a shrinking and contraction of the penis and scrotum takes place sometimes in habitual masturbators, as scarcely to leave any exterior sign of virility; but these inconveniences, however troublesome, form infinitely the smallest part of the punishment they so justly incur; a general debility and relaxation takes place, which renders erection impossible, or allows of none but incomplete ones, attended with such a depravation of the seminal liquor as makes it incapable of impregnation, even though none of the circumstances necessary to a proper intermission were wanting.

The smallest quantity of semen elaborated in place of what goes off by this continual waste, becomes burthensome to the weak and irritable vessels that contain it, and hastens to be discharged even without an erection. In case of the oozing before mentioned, it makes a great difference whether the matter be furnished by the prostrate glands, or consists of the true seminal liquor; a running of the former kind is not so dangerous as the latter, which by degrees takes away not only all power, but all desire of coition, destroys the sensibility of the nerves, and induces a paralytic flaccidity of the muscles of the organs of generation, so that the semen flows off without sensation or erection. This species of gleet, not more destructive than difficult of cure, which has in so many instances baffled the efforts of the first physicians in Europe, gives way in a space of time incredibly short to the medicine hereafter recommended.

In treating of any disease, the cure is the principal part, and that to which all the rest is subservient; so much so indeed, that in a work like the present short treatise, if the means by which that great end is to be obtained, can be inculcated by the physician, or comprehended by the patient without reference to any thing else, all that relates to causes or symptoms is superfluous. But in those cases where the confidence of the sufferers can only be gained by impressing on their minds the dangers of a malady more



than ordinary fatal, it is necessary to lead them to a knowledge of the virtues or defect of any medicine, by making them acquainted with the nature and effects of the disease for which it is designed.

In almost all cases it is easier to discover the evil than to apply the remedy; my readers, therefore, must not be surprised, if I confine what I have to say of the cure of this disease, to a short, plain, and sincere account of the properties of a medicine, which the uniform and uninterrupted success of many years practice, proves to be universally and invariably efficacious in the cure of every stage and appearance of.

It is a maxim in physic, that "to know the disease is half its cure;" but an exception must be made with regard to the malady now treated of, since of those physicians who are acknowledged to have best understood the nature of diseases and the cure, there are very few, from Hippocrates to Boerhaave, whose names have not been cited to give a sanction to some composition or particular mode of treatment, all of which, after enjoying a short period of unmerited reputation, have upon trial been found ineffectual, and sunk successively into oblivion and neglect. But we must not therefore conclude, that the *materia medica* affords nothing that can oppose with effect the ravages of this intricate and destructive disease; nor argue, that since the giants of physic have suffered a shameful defeat, it is temerity in the dwarfs of that science to enter the lists. We cannot, without impeaching the mercy and goodness of Providence, admit that there exists any evil to which there is not a fixed and appointed remedy. The investigation of those remedies is one of the noblest employments of human industry, and their discovery perhaps the sublimest triumph which the intellectual exertions of man can obtain. But as it were to humble our pride, and teach us the nothingness of our faculties, pursuits and attainments, the decrees of Providence have so ordered it, that there are few medicines of any great and real value, the discovery of which has not been owing to accident: a truth this, which the physician who under-



stands the real dignity of his profession, will never be ashamed to acknowledge, and which, properly weighed, must take off all appearance of presumption. in my offering to the world a medicine for the cure of the disease which, I have already observed, the greatest of my predecessors have found incurable.

The particular circumstances which led to the first trial of the ingredients that enter into the composition of my Cordial Balm of Gilead, I should have no objection to inform the public, however injurious that information might be to my own interest, if it was at all necessary to the relief of my patients, or the removal of the disease against which my medicine is so sovereignly efficacious.

It is no small misfortune to persons labouring under the different complaints described in the former part of these observations, that there are certain medical substances, which, while they induce a temporary and apparent amendment of their symptoms, occasion a real and inevitable aggravation of all their ill effects, which give relief for the present, only to make the aid of physic afterwards both more necessary and more difficult; not unlike those vast heaps of fuel which seem to extinguish the fire at first, only to make it burn with the greater fierceness afterwards.—All the volatile and stimulating medicines are of this class, and should be avoided the more carefully, as poisons are the more dangerous when they come in the disguise of remedies.

But of all these, the very one that is incomparably the most destructive, recommends itself most powerfully by the quickness of its operation, as well to the daring and unprincipled empiric, as to the credulous and unsuspecting patient, although it is certain that it can neither be administered by the former, nor taken by the latter, without the immediate risk of murder on the one side and suicide on the other; my readers must perceive that I mean *cantharides*, a remedy (if remedy it may be called), the internal exhibition of which is of itself sufficient to occasion in the soundest and most robust constitution, more and greater disturbances than the disease it is meant to cure.



The Cordial Balm of Gilead, to the excellence of which many of the most eminent of the Faculty have borne testimony, differs as much from compositions of this kind, in the manner of its operation as its effects; it does not act with that dangerous rapidity which betrays the inflammatory quality of the medicines it attends, but requires for the full production of its salutary effects, a moderate and by no means tedious space of time. Its principal seat of action is the stomach, restoring the digestive powers, and sending from that organ new health, life and vigour, into every part of the frame. As the stomach is in a great measure the principal source from which proceed most of the evils already described, so it must be the fountain-head of the cure, and from it the salutary streams must take their rise, that are to revive and invigorate the whole body: hence it is that the Cordial Balm of Gilead, attacking the evil at the very root, eradicates at the same time the effect and the cause, enriching and purifying those sources from whence the nerves derive their health and soundness. It fortifies without stimulating, and animates without inflaming; it favours the reproduction of the semen, and strengthens at the same time the secretory vessels and the reservoirs, so as to insure at once a due elaboration and sufficient retention of that liquor; and by that means removes radically all the affections of the genital parts in both sexes, as gleet, involuntary emission, paralytic flaccidity of the muscles, fluor albus, &c. substituting vigour to impotence, and introducing fecundity in place of barrenness.

It only remains therefore to recommend to all those who labour under any of the symptoms or complaints already enumerated, for their own sake, to have recourse to a medicine, the innocence of which, in all cases, is no less remarkable than its efficacy. A short trial will be sufficient to convince them how different it is from those that give a temporary relief only to bring on a permanent and habitual aggravation of the disease. Those who by debauchery of any species (the worst and most shameful in particular) have destroyed their constitutions, form the largest class



among the numbers in whose relief it is so sovereignly efficacious; but its good effects are not confined to these: there are too many others whose cases present similar symptoms, arising from causes very different, and who every day take the Cordial Balm of Gilead with equal or greater benefit.

It cannot be denied that the repeated and excessive use of mercury is sufficient, and independently of any other cause, so to destroy the nervous system as to bring on a total inability to the act of generation; the gleets which ill cured venereal infections sometimes leave behind them, end not unfrequently in the same calamity; habitual intoxication is known to be followed by the same consequences and scarcely in a less degree; that a long residence in hot and unhealthy climates should produce similar effects, would not be wondered at, when it is considered, that the great source of all those evils is to be found in immoderate evacuations, and that excessive evacuations must necessarily take place in the constitution of an European adult, transported to a climate so unnatural to him as those of either Indies or Africa; it is no less certain that, the female constitution being peculiarly liable to many of the worst of those different affections that make up the whole of the disorder in question, numbers of that sex every day fall, without any fault of their own, into a state of disease which is often rashly and uncharitably interpreted into the punishment of a crime too odious to name; not to mention that the inactive and sedentary of our own sex are frequently afflicted with complaints of a nature perfectly similar and removable by the same means. If to all these it be any consolation to be assured, that multitudes labouring under their respective complaints have been, and every day are relieved by the use of the Cordial Balm of Gilead, I can with truth give them that assurance, and they may with confidence accept it as the earnest of a certain and speedy cure, on condition that they take my medicine as directed, and that their several cases are not arrived at that degree of desperate extremity where no medicine can do any good.



### *Onania, or Onanism.*

THE destructive and pernicious habit of Onanism, or self-pollution, is recorded in the 38th chapter of Genesis, as the crime of ONAN, the son of Judah, with a view, no doubt, of transmitting to posterity his chastisement; and we learn from Galen, that Diogenes polluted himself by committing this crime. In scripture, besides the instance of Onan, we find self-polluters termed *effeminate*, *filthy* and *abominable*.

“ How soon the calm, humane, and polish’d man,  
“ Forgets compunction, and starts up a fiend !”

ARMSTRONG.

*Pliny*, the naturalist, informs us, that *Cornelius Gallus*, the ancient prætor, and *Titus Etherus*, the Roman knight, died in the very act of coition. There can be nothing more dreadful than what *Celsus* and *Etherus* tells us of that abominable vice. The former says, that “these pleasures are always hurtful to weak people, and the frequent indulgence of them destroys even the strongest constitutions.” The last celebrated author draws a most horrid picture of the shocking consequences that are produced by this vile practice, and says that young people have the appearance and air of old age; they become pale, effeminate, benumbed, lazy, base, stupid, and even imbecile; their bodies become bent, their legs are no longer able to carry them; they have an utter distaste for every thing, and are totally incapacitated, and many become paralytic. The stomach is disordered, the body is weakened, paleness, bodily decay, and emaciation succeed this destructive habit, and the eyes sink into the head.

Dr. Tissot draws the following lively and true picture of the consequences of this deluding practice:—“ As soon as custom has obtained any degree of strength, the soul and body both concur in soliciting the crime; the soul, beset with unclean thoughts, excites lascivious emotions; and if it be diverted for some moments by other ideas, the sharp humours which irritate the organs of generation soon



draw it back. The truth of these observations would be sufficient to stop young people in this pernicious progress, if they could see that in this respect one false step brings on another; that they cannot resist temptation; that in proportion as the motives of seduction increase, *Reason*, which should keep them within bounds, is weakened; and, in a word, they find themselves plunged in a sea of misery, without perhaps the hope of a single plank to escape upon. If sometimes early infirmities give them notice, if the danger terrifies them for some moments, when the infirmity is relieved, and the danger over, rage precipitates them afresh.

The empire which this odious practice gains over the senses, is beyond expression. No sooner has this uncleanness got possession of the heart, but it pursues its votary every where, and governs him at all times and in all places. Upon the most serious occasions, and in the solemn act of religion, he finds himself transported in a manner with lustful conceptions and desires, which take up all his thoughts.

“ Nothing so much weakens the mind as the continual bent of it to one object, which is the case with those addicted to Onanism, for in whatever vocation a person is engaged, some degree of attention is required, which this pernicious practice renders them incapable of.

“ It is true we are ignorant whether the animal spirits and the seminal liquor are the same; but experience teaches us those two fluids have a strict analogy, and that the loss of either produces the same effects.

“ The loss of too much semen occasions lassitude, debilities, and renders exercise difficult; it causes emaciation, and pains in the membrane of the brain.

“ Young people of either sex, who devote themselves to lasciviousness, destroy their health in dissipating those powers which are destined to bring their bodies to the greatest degree of vigour.

“ Too great a quantity of semen being lost in the natural course, produces very direful effects; they are still more dreadful when dissipated in an unnatural manner.—



The accidents that happen to such as waste themselves in a natural way are very terrible, but those which are acquired by masturbation are still more so."

The description which *Tulpius*, that celebrated physician and burgomaster of Amsterdam, has left us, cannot be read without horror! "The spinal marrow does not only waste, but the body and mind both equally languish, and the man perishes a miserable victim!" Too great dissipation of the animal spirits weakens the stomach, destroys the appetite, and nutrition having no longer place, the motion of the heart is weakened, and all the parts languish.

Frequent pollutions not only produce lassitude, weakness and debility, but the memory fails, a cold sensation seizes the limbs, the voice becomes hoarse, and the eyesight clouded, disturbing dreams prevent sleep from administering relief.

Mr. Harper observes, that, "the premature indulgence of amorous desires, in the early bloom of youth, is productive of the most ruinous consequences. At this period the mind grows warm, and well adapted to imbibe a proper fund and connexion of ideas, through the favourable disposition of the nerves, and the body begins to germinate and gather firmness and vigour from the maturation of its juices, especially those of the glands, which now unfold and afford a repository for the lymphatic and nutritious parts of the fluids to answer the emergencies of nature: but the unseasonable pursuit of unripe enjoyment blasts these promising fruits, draws off health and genius from the system through the channel of pleasure, and inevitably shortens life!

"When the constitution approaches its zenith or confirmed state, if the social impulse occasion disorder and reject control, its effects are too important to be neglected, as they often have the greatest influence upon the whole frame. An exquisite sensibility in the nervous system, united with sufficient powers in the circulation on the one hand, and a full and cold phlegmatic constitution on the other, are the two extremes of temperament which parti-



ularly require indulgence: the former, in order to diminish that plenitude and irritation, which, if not removed, might produce frenzy, fevers, inflammation, &c. and the latter, on purpose to create that excitement and action in the nerves and vessels which are necessary to prevent obstructions, consumptions, hypochondria, &c.

“ Continued celibacy generally loads the glands, retards the circulation, and occasions fulness and stagnation in the vessels. In this state, the mind, unexpanded by the soft fire of mutual rapture, often becomes gloomy, selfish, and contracted, and all its faculties being confined within the narrow compass of ordinary gratifications, are devoted to habits of parsimonious care and contemplative amusement.

“ Temperance is the best pledge for longevity; nevertheless young people should, by all means, inure themselves to the hardships and asperities of life. Without some share of these, to temper the lethargic effects of indolence, the body sinks into a state of effeminacy and imbecility, and the mind soon becomes as feeble and insignificant as the body.

“ Little irregularities may now and then be committed with impunity, perhaps with benefit; but frequent shocks of revelry and debauch overstrain the system, indurate the solids, block up the fine vital channels, and hasten the approach of rigid old age!”

Of all the various evils that human nature is ordained to suffer, none are more calamitous than those attending seminal pollutions, and which would be difficult to paint in colours so glaring as they merit; a practice to which youth devote themselves without being acquainted with the enormity of the crime, and all the ills which are its physical consequences. The most clouded melancholy, indifference and aversion for all pleasures, the impossibility of sharing the conversation of company, wherein they are always absent in thought; the idea of their own unhappiness, the despair which arises from considering themselves the authors of their own misery, and the necessity of renouncing the felicities of marriage, are the fluctuating



ideas which compel these miserable objects to shut themselves up from the world; and happy are those who do not, in the midst of despair, put a period to their own existence!

A description of the danger to a person who is addicted to this vice, is perhaps the most powerful motive of correction. It is a dreadful portrait, sufficient to make them retreat with horror! Consider then its principal features: The whole mass fallen to decay—all the bodily senses, all the faculties of the soul, weakened—loss of imagination and memory! Imbecility—contempt—shame and ignominy are its constant attendants: all the functions disturbed, suspended—capricious, disagreeable and disgusting even to one's self—violent pains ever renewing—all the disorders of old age in the prime of youth—and, above all, an incapacity for all the functions for which MAN was created—besides which, the humiliating consideration of being an *useless member of society*; the mortifications to which they are exposed—lassitude—debility—distaste for pleasure, and incapable of enjoying the company of even a friend—an aversion for others as well as one's self—life appears horrible—the dread which every moment starts at *suicide*!—anguish worse than pain; remorse, daily increasing.—Alas! alas! when the soul (no longer weakened by its unity with the body) serves as a fire, that is never extinguished, for an eternal punishment!

“Moderate use of coition raises and cheers the noblest faculty of the body and mind; for the grand act of nature (says Falk) is coition: that function in which nature has levelled the whole animal creation, by rendering the propagation of their species an object of the highest enjoyment: however, with this difference, that to all, except MAN, she has prescribed periods of desire: but man, as a rational being, she has left at full liberty to exercise these blissful moments with discretion. As long as that liberty is not wilfully abused, so long it is agreeable to the laws of God and man; but the moment it is perverted into debauchery, the abuser sinks below the level of a brute; and remorse, disease, and self-contempt become the fruits of his



labour. Love is ingrafted by nature in the human breast, the mother plant of every virtue, by which we are rendered pleasing to God, happy in ourselves, and useful members of society. It is by this celestial fire that the sexes beget an ardent desire to give and receive something essentially pleasing, which creates in man an idea of felicity not to be described, nor to be compared to any thing except to heaven itself. If the love is pure, the bliss is the greatest man can wish for: but beware, O youth, beware: let this noble passion be guided by reason, lest it should hurry thee headlong into lust; for if that be thy misfortune, farewell to love and every other social virtue, *thou art ruined for ever!*

“ Sacred instinct first kindles the ethereal fire; and when that pair meet whose inclinations come in unison, they proclaim to each other, with palpitating endearments, that there is a secret anxiety for becoming united into one. If this is not repugnant to the laws of chastity, and agreeable to the laws of nations, there now remains nothing but the embrace to complete the felicity, agreeable to the dictates of instinct. If this is concluded, and the period arrives, nature then prepares, and the ideas centre in this act only; the blood increases in velocity, and, like the attractive power of magnetism, they cement as they approach in contact.

Excessive venery produces lassitude, weakness, numbness, a feeble gait, head-ache, convulsions of all the senses, dimness of sight, dulness of hearing, a vacant look, a consumption of the lungs and back, and effeminacy. These evils are increased by a perpetual itch for pleasure, to which the mind and body have been so much accustomed, that it is difficult to wean themselves from it; whence follow obscene dreams and frequent erections, occasioned by the influx of semen, which, however small, becomes a burden and a stimulus, and which will discharge itself from the relaxed cells by the very slightest effort. Thus it is that this horrid practice destroys the flower of our youth, and



nips them in the bud. They fall like the first transgressor,  
when

—————In evil hour  
Forth reaching to the fruit, she pluck'd, she eat,  
Earth felt the wound, and Nature from her seat  
Sighing through all her works, gave signs of woe  
That all was lost.

Dr. Rast, a celebrated physician at Lyons, relates, that a young man, a student in medicine, sacrificed himself by excess of this kind of debauchery. The idea of the crime had made such an impression on his mind, that he died in a kind of despair, fancying he saw hell opening on every side ready to receive him. He also assures us, that he saw a child, of six or seven years old, (instructed by a servant maid), polluting himself so often, that he died of a slow fever. His rage for this act was so great, that he could not be restrained from it the very last day of his life; and when he was informed that he thereby hastened his death, he consoled himself in saying, he should go to his father, who died a few months before.

Frequent repetition of the act of self-abuse has been followed in some instances with an emission of *blood* instead of semen. It is also universally acknowledged that we are equally ignorant of the nature of spirit and the nature of matter, but we know that these two parts of man are so intimately united, that all the change which the one undergoes is felt by the other. This observation equally points out to us, that of all the disorders there are none which more quickly affect the soul than those of the *nervous* system.

Absence, distrust, or e'en with anxious joy,  
The wholesome appetites and powers of life  
Dissolve in languor; the coy stomach loathes  
The genial board; your cheerful days are gone;  
The gen'rous bloom that flush'd your cheeks is fled;  
To sighs devoted and to tender pains  
Pensive you sit, or solitary stray;  
You waste your time in musing.

Those who addict themselves to this practice are generally disordered in the stomach, and afflicted with loss of appetite—dry coughs---weakness of the voice--hoarseness--



shortness of breath upon the least exercise, and a relaxation of the whole nervous system. Some are afflicted with a considerable loss of strength—paleness—sometimes a slight jaundice—pimples often appear on the face, and particularly about the forehead, temples and nose—leanness—they are greatly affected by change of season, particularly cold weather—languor of the eyes—weakness of sight and loss of memory.

It is notorious that various disorders of the human frame are brought on by dissipation in youth, and the gross violation of those rules which prudence dictates for the preservation of health, and laying a foundation for a long and happy life, with a firm and strong constitution. The blessings of health are no sooner lost, than painful experience teaches us the inestimable value of it, and the unhappy patient looks around, too often, alas! in vain, for the means of its recovery!

“ Youth (says M. Linnæus) is the important period for framing a robust constitution. Nothing is so much to be dreaded as the premature or excessive indulgence of amorous pleasure; hence arise weakness of sight, vertigoes, loss of appetite, and mental decay. A body that is enervated in youth, never recovers itself; old age and infirmities speedily come on, and the thread of life is shortened. No care should be neglected that may contribute to the elegance and strength of the body; the excesses which I treat of are equally destructive of both; for the foundation of a happy old age, is a good constitution in youth; temperance and moderation at that age are passports to happy grey hairs!”

“ O blessed Health! thou art above all gold and treasure; it is thou who enlargest the soul, and opens all its powers to receive instruction and relish virtue. He that has thee has little more to wish for; and he that is so wretched as to want thee, wants every thing with thee!”—STERNE.

*Sanctorious* furnishes us, in his observations, with the primary cause of this peculiar danger. “ Moderate coition (says he) is useful when nature solicits for it; when it is solicited by the imagination, it weakens all the faculties,



and particularly the memory." This is easily explained ; Nature, in a state of health, does not inspire ideas, but when the vesiculæ seminalis are replete with a quantity of liquor, which has acquired such a degree of thickness as to render its return into the mass of blood difficult, then coition is both necessary and proper ; but when we wantonly, or without occasion, subject ourselves to lascivious desires, it is the imagination, lustful habit, and not nature that importunes them.

The body wastes away, th' infected mind  
Dissolves in effeminacy, forgets  
Each manly virtue, and grows dead to fame.  
Sweet heaven ! from such intoxicating charms  
Defend all worthy breasts !

Another cause why those who practise self-pollution are debilitated, is, independent of the emissions of the seed, the frequency of erection, which, though imperfect, greatly weakens them. Every part that is in a state of tension exhausts the powers, and they have none to lose : the spirits are conveyed there in large quantities, they are dissipated, and this occasions weakness.

When a person has habituated himself to confine his thoughts to one idea, he becomes incapable of any other.— Its empire is fixed, its reign is despotic ! Upon the most serious occasions he finds his thoughts occupied with lustful desires and conceptions, and wishes to withdraw from observation, that he may indulge his darling sin. To such a degree has dissipation in some places arisen, that debauchery with women is looked upon only as a habit, the most criminal in this respect make no mystery of it, and imagine it draws upon them no sort of contempt. But where is the masturbator who dares to acknowledge his infamy ? and should not this necessity of hiding the deeds in mystic obscurity be a conviction of the criminality of these acts ?

It is evident in what manner the constitution is injured more by this habit than by a natural connexion ; for after excessive coition with a woman that is beloved, a man is not sensible of the lassitude which should follow the excess,



because the joy which the soul feels increases the strength of the heart, favours the functions, and restores what was lost: but this is not the case when every effort is strained to obtain a secretion of that fluid whereby the human frame suffers such convulsions as is scarcely ever capable of being replaced? Why should we commit so great a crime against nature? Why sink the soul in a sea of woe, and depress the spirits of man, when “beauty has charms to dilate our hearts, and multiply our joys!”

What a long train of ills conspires  
To scourge our uncontroll'd desires.

### *Of the Tabes Dorsalis.*

TABES DORSALIS, or, the consumption incident to young persons of salacious dispositions, is so little treated of by the ancient practitioners of medicine, as well as through the delicacy of modern physicians, that an adequate idea of it cannot be collected from their writings. It is necessary then to say, that the first symptoms of the *Tabes Dorsalis* are easily discerned by involuntary nocturnal seminal emissions; pains in the back, as well as often in the head; fornication of the spine; aching pains, and laxness of the testicular arteries; weakness of sight; defect of memory; a mucus discharge from the urethra after excremental exertions; which are succeeded by an extreme dejection of the mental faculties: and contingent to these are gutta serena; meagre visage; emaciated body; irregular asthmatic sensations; which preceding a syndrome of hectic complaints, ultimately close the fatal catastrophe.

What can produce such alarming indications of immature debility? It is the unseemly practice, the solitary vice, which reason, which nature condemns! Suffice it to say, that it is highly incumbent on those who have the care of seminaries to beware of the hidden evil, the Onanian mischief, and prevent its growth! It is my duty to prescribe a cure to the already afflicted.

The Cordial Balm of Gilead,\* by its softening, healing,

\* Vide Directions for taking it.



and tonic qualities, as well as by its prolific and salutary effects, affords a sure prospect of returning strength, and a certain hope of muscular invigoration, to those who can have sufficient resolution to desist from the baneful practice.

The increase of dangerous consequences flowing from masturbation is too obvious to need comment; they are too sensible of it themselves, from the shocking remorse with which it is followed. When illness has opened the criminal's eyes, he sees his crimes and his dangers, and feels

—“The sting of pleasure which remorse succeeds.”

When the mask is dropt, and the real picture of their conduct appears in its most hideous colours, they find themselves guilty of a crime, the punishment for which divine justice ordained nothing less than instant death!

How many are there that have perished because they dared not reveal the cause of their illness! I have received several letters to this effect:—“I would rather die than appear before you after this acknowledgment.” Another writes, “I conceive, my dear sir, that every one can see in my face the cause of my disorder, and this makes me shun all manner of company.” The cause of this melancholy is very easily accounted for; it is the relaxation of the fibres, a diminution of the circulation, imperfect digestion, want of nutrition, obstructions occasioned by these impediments, which seem to be the effects only of melancholy; the shedding of humours, which is the necessary consequence of obstruction.

Immoderate evacuation of semen is not only prejudicial on account of the loss of that most useful humour, but likewise by the too frequent repetition of the convulsive motion by which it is discharged; for the highest pleasure is followed by an universal revulsion of the natural powers, which cannot frequently take place without enervation.—Besides, the more the strainers of the body are drained, the more humours they draw to them from the other parts, and the juices being thus conveyed to the genitals, the other parts are impoverished. Hence it is, that, from ex-



cessive venery, all the various symptoms of lassitude and debility ensue, which are increased by a perpetual itch for pleasure, which the mind contracts as well as the body, and from whence it follows that obscene dreams, frequent erections, and involuntary emissions bring the flower of youth to premature old age.

— Who against himself combines  
Abets his enemy's designs.

Nothing perhaps contributes more to increase any malady to which the human body is subject, than making the mind partake of our sufferings.

The hypochondria is no uncommon attendant on this horrid practice, and if those who are afflicted with it give themselves up to this vice, it brings on very alarming diseases. Tormenting uneasiness, agitations and anxieties, are the consequences of these united causes; and it is evident that hypochondriac complaints are sometimes accompanied with delirious fits, and phrenzy—consequences generally attendant on this abominable practice. The brain being weakened by this two-fold cause, is successively deprived of all its faculties, and the miserable victims fall into a state of imbecility, without any other than frantic intervals.

The best semen, and from which we may expect good healthy offspring, if not rendered too poor by previous pollutions, is that which is at *least* twenty-four hours in collecting, in a *sound* man, who has not abused his constitution by debaucheries of any kind; and which must be ejected with fervency, love and pleasure.

### *Nocturnal Pollutions.*

BRITANNIA's sons no more can boast of being

— Bold, firm and graceful;  
By hardship sinew'd, and by danger fir'd,  
For every virtue, every worth renown'd.

But instead thereof a puny race descend, *without natural affection; men with men working that which is unseemly, and receiving in themselves the recompence of*



*their error which is meet.* The connexion that subsists between dreams and such ideas as the soul has been occupied with in the day-time, serves to explain why masturbators are so subject to nocturnal pollutions; their soul being all the day possessed with venereal ideas, represents to itself the same objects during the night, and the lascivious dream is followed by an evacuation, which is always ready to be made when the organs have acquired a considerable degree of irritability.

All physicians that have written upon this disorder have pronounced the cure to be very difficult; and all physicians who have had occasion to treat it, have experienced it themselves; nor need we be surprised, unless we can either restore the powers of the organs, and diminish their irritability for the intermediate time between two pollutions, which is impossible, or at once prevent the return of lascivious dreams, which is equally difficult, we may be sure that the pollution will return, and that it will destroy almost all the good that was produced by the few remedies that have been taken since the last emission; so that from one pollution to another, nothing is to be gained but a very small effect, which must frequently take place before a sensible one can be produced.

Pleasure is all the reigning theme,  
Our noonday thought, our midnight dream.

The danger of a copious evacuation of semen by Onanism I have already pointed out; and I shall briefly mention the baneful effects thereof, by producing involuntary emissions during sleep. The soul and body are united by such laws, that even when the senses are fettered by sleep the soul is occupied with ideas which were transmitted to it in the day-time; and without making them sensible to external impressions, the soul, in sleep, can create the necessary motions to execute desires which are suggested by the ideas which employ it. Satyrus, surnamed Grypalopex, who resided at Thasus, had from the age of 25 years frequent nocturnal pollutions; he had even sometimes a running of seed during the day-time; he *died* of a consumption,



in his thirtieth year. Zimmerman mentions the case of a youth, of promising genius, whose faculties were destroyed by nocturnal pollutions. Tissot relates, that a man subject to these emissions always became deaf and paralytic after every evacuation; but as soon as their frequency ceased, his hearing and faculties returned! Hoffman declares, that no disorder torments patients more, or gives the physician so much trouble, as nocturnal pollutions, particularly if they have periodical returns. "The imagination," says Boerhaave, "frequently produces seminal emissions in sleep. The most studious people, and those of a splenetic cast, are subject to this habit, and the discharge of semen is commonly so considerable, that they fall into an atrophy." Celsus says, and is supported by the opinion of John of Ackarus,\* author of a work composed for the Emperor of Constantinople, "that if nocturnal emissions continue any time, the necessary consequences are a consumption and death; for the most balsamic part of the humour, and animal spirits, are dissipated; the whole body falls away, and particularly the back; the patients become feeble, dry, and pale; they languish, and have pains in their reins, and their eyes sink in their heads!"

## ACROSTIC.

D estin'd by Nature to assuage the Pain  
O f suffering Mortals, and their Health sustain;  
C rown'd with success, thy philanthropic Heart  
T housands have rescu'd from Death's fatal dart;  
O n thee devolv'd true Æsculapian power,  
R elief to yield in the afflicting hour;  
S uch are the gifts by Providence bestow'd,  
O n thee, from whence thy envy'd Fame has flow'd;  
L ong has thy Balm of Gilead held its sway,  
O 'er empiric knaves, who wou'd retard its way;  
M ankind to its benignant influence owes  
O ne general tribute, which from candour flows,  
N or will it cease, whilst man its blessing knows.

\* Medicus, sive methodus medendi, lxiii. c. 22.



# ADDRESS

TO

## PARENTS, GUARDIANS, SCHOOLMASTERS,

And those who are entrusted with

### *THE EDUCATION OF YOUTH.*

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The growing pest, whose infancy was weak,  
And easy vanquish'd, with triumphant sway  
O'erpowers your life. For want of *timely care*  
Millions have died of medicable wounds.

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**F**ROM innumerable letters which have been in my possession—from the most extensive medical practice of any physician in Europe—and from a knowledge of the generality and effects of this habit, scarcely known and unconceived by any other practitioner, my duty prompts me to address the heads of all the public seminaries for the education of youth; for

I could a tale unfold, whose lightest word  
Would harrow up the soul!

The following case is worthy the attention of parents and guardians who have the care of youth:—A young man, twenty-eight years of age, was initiated into these abominations by his private *tutor*, and had the same disgust for the marriage-state. The anguish of his situation, joined to his exhausted condition, the consequences of his infatuation, threw him into a profound melancholy, which however yielded to the power of that nervous and strengthening medicine the Cordial Balm of Gilead.

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Permit me to entreat you who are fathers and mothers to reflect upon the source from whence the above patient



derived his misfortunes, as it is to be feared examples of this kind are not few. If Parents be sometimes deceived in the choice of those to whom they intrust the important charge of forming the mind of their offspring, what is there not to fear from those, who being only appointed to display their corporeal talents, are examined less critically with respect to their morals; and from servants who are frequently hired, without its being known whether they have any morals at all! From the means by which children have been led into the commission of it, and from the great difficulty, when once habituated to it, of releasing themselves therefrom: I do most earnestly intreat all who are concerned in the education of youth, to join with me in endeavouring

————— To save the fall  
Of virtue struggling on the brink of vice;  
In waking whispers, and repented dreams,  
To hint pure thought, and warn the favour'd soul.

Boys should be watched with the care of love, and with a jealous eye, in all their secret haunts and private hours, particularly if a disposition be discovered in them to be alone, and a disgust at their playful amusements. And not the *boys* only, but the assistants—the *ushers* should be diligently scrutinized, watched and examined by the master; for too many instances have I known of *their* being the fatal cause of many a young man's fall!

Many young and tender plants of both sexes have been blasted by the very hand entrusted with their rearing.—Should it be asked, where is the remedy of this evil? the answer is concise and simply this—Be particularly careful in the choice of a preceptor; watch over the preceptor and his pupil with that vigilance which an attentive and careful father of a family exerts, to know what is done in the darkest recesses of his house.

Never leave servants or tutors alone with youth, if you have the least reason for suspicion. The eye of care and of sedulous watchfulness should accompany them even to their most secret retreats. In *great schools* it is that



young boys are seduced by elder ones to retire and commit this destructive vice.

Encourage youth in every action, every word, every thought, and every look, towards the attainment of that which is just and honourable;—check in them every thing which has the least tendency to vice!

PARENTS, persuade your children to make you their *confidant*—teach them to give you their *hearts*!

GUARDIANS, watch, with the most tender care, over your little charge; be unto them as the angel in Paradise, whose sword turned *every* way, to keep the way of the tree of life! Guard them from all evil—lead them to all good! And by your conduct allure them to look up to *you* as, and *be you to them*, their most faithful friend!

TUTORS, feed your flocks like true shepherds, remembering how much depends upon your own *example* as well as upon your precepts! Your charge is most solemn and most important:—Parents, Guardians, your country, Heaven itself, entrusts to your care its choicest gifts—its greatest treasures! 'Tis your's to form the husband, the parent, the statesman, the patriot, the candidate for Heaven!

It is time to conclude these shocking details; I am weary of this retrospect of the turpitude and misery of mankind. Would young people only take time to consider that every act of debauchery of this kind strikes deep at the root of the constitution, inevitably hastens those disorders they fear, and will in the very flower of their youth bring on all the infirmities of the most languishing old age, they certainly would abhor and desist from so vile and abominable a practice.

“ Human nature is burthened with innumerable evils, every man should lend a hand to lessen the dreadful aggregate.”

Before I dismiss this subject, it is absolutely necessary to remark, that it ought not to be expected that disorders like those alluded to, which perhaps have been many years accumulating, can be removed in a few days. Those who wish to restore their health, strength and vigour,



ought strictly to adhere to the advice and remedies prescribed by their physician; they should consider, that from implicit confidence and steady perseverance, a cure can only be obtained. A patient, inattentive to his own welfare, cannot expect a cure. Hippocrates justly observes, that "the patient, the physician, and the assistants, ought equally to do their duty." Aretus says, "let the patient have courage, and conspire with the physician against the disorder. The most stubborn distempers generally give way to this harmony." Experience daily demonstrates the justness of this assertion; and the author can safely challenge the whole world to prove one single instance where the remedies herein prescribed have failed in producing the most happy and salutary effects, even in the worst of cases, wherein they have been taken regularly and persevered in for a moderate length of time.

Persons who have addicted themselves to this vice, generally find themselves disgusted at all amusements, absent in company, stupid and lifeless every where, and if they think at all feel themselves plunged into the deepest melancholy. From all these miseries the Cordial Balm of Gilead is calculated to afford relief. But it should be observed that perseverance is necessary. In all cases too a particular attention to the directions, as also a regularity as to time and quantity, is to be regarded; and above all it must be kept in remembrance, that it will be in vain to expect any relief without punctuality; the merely taking a bottle or two, then leaving off for some days, and beginning again, will be of no service.





## A D V I C E

TO THOSE WHO HAVE GIVEN WAY TO THIS DELU-  
SIVE AND DESTRUCTIVE HABIT.



“ Without Health we can enjoy no fortune :

“ Honours, Riches, and all other advantages are useless.”

HIPPOCRATES.

**T**HE first step that should be taken with regard to the cure, is, to leave off those practices that have occasioned the disease, though I confess it appears to me to be a difficult matter, as the very soul itself is generally so much polluted that it can dwell on no other idea. However by a sincere repentance, and fixed determination to desist before it is too late, there is not the least doubt but that the irritability may be subdued, provided the following rules be attended to.

Although the efficacy of the Cordial Balm of Gilead is such that in most cases no assistance is required from any thing else, yet a due attention to air, exercise, sleep, and regimen, is in all proper, and in a few absolutely necessary. A few words on each of these heads will be sufficient.

The air to be chosen by persons who wish to obtain a cure in any of the last stages of the disease (for prior to that an attention to this circumstance is not so necessary) should be pure, and for that reason cities and great towns must be avoided, if possible: but all country air will not answer the end proposed; it must be dry and temperate, as well as pure, if hot it exhausts, if moist it relaxes; cold, though far from being beneficial, is much less hurtful than too great heat.\*

\* Jones, in his *Physiological Disquisitions*, p. 627, says, and says truly, that “ the happiest situation, and the most promising toward the enjoyment of life and health, and every convenience, is near the bottom of an high hill that hath a southerly exposure,



Wherever the patient is, he must not neglect exercise : it should be moderate at first and be augmented by degrees, being always left off before too great fatigue take place. All exercise is best fasting, and with regard to the kind of exercise most conducive to health, none is preferable to walking, when the patient is able to take enough of that. But that being seldom the case when the disease has made any progress, recourse must be had to riding on horseback ; and if the patient is very weak, to a carriage. Under this head may be classed frictions with flannel or a flesh-brush, which in many cases are of use ; and the cold bath, which properly employed, is always greatly beneficial,

Much depends upon a due regulation of sleep, especially as the want or disturbance of that great restorative, is one of the most distressing symptoms of the disease. To contribute effectually to the cure, it should be sound and not too long : the best way of procuring sleep is upon a hard bed or mattrass, to rise early, take sufficient exercise and proper food during the day, and sup lightly. No assistance should be sought from opium in this respect, except in cases of the last necessity.

Food opportunely given, says Celsus, is the best physic : if this be true, as it most certainly is, in other cases, what must it be in those where the want of strength and vigour forms the principal part of the disease ? The greatest attention must be paid by the patient both to the quantity and quality of his food ; he should rather eat a little and often, than gorge himself with a full meal at any one time : and this rule is the more necessary, as a preternatural voracity of appetite is a frequent symptom in this and every other species of decay.

It is also principally to be considered, that food only is of use or affords nourishment that is digested ; that improper food, or food taken in too great quantity is often not

with woods and plantations about the head of it ; a dry soil of sand and gravel, with a mixture of loam, and running waters with green meadows before it ; or the sea with a steep and clean shore of gravel or beach."



digested, especially in weak stomachs, and that food not digested occasions considerable disturbance in the system. Those aliments then only are to be made use of with moderation that are of easy solution and fermentation, and not flatulent or acescent. Animal and vegetable food, abounding in essential oil should be avoided; also high-flavoured food that is adhesive and glary, as muscles, raw meat, &c. &c. The use of substances that are gelatinous and adhesive, as the flesh of young animals, jellies, salop, &c. is to be preferred. Young animals yield a solution adhesive and gelatinous; old animals too strong essential oil; we should therefore chuse such whose fibres are minute and delicate. Beef and mutton are deservedly in universal request. Beef however, though it agrees with most stomachs and affords considerable nourishment, is not so easy of digestion as mutton. It is too high flavoured. Veal and lamb in France, Switzerland, and Italy, should in general be avoided; but in England, where young animals are not prematurely and unseasonably slaughtered, even delicate stomachs may now and then eat of either without the fear of indigestion. Pig is of very difficult digestion; the use therefore of this food should be proscribed, as also of pork, dried, salted and baked provisions, and stimulating sauces of every kind. Animal food is somewhat better roast than boiled.

Domestic fowls, as the turkey, common cock and hen, particularly the pullet of about ten months, are of easy digestion; so is a pigeon.

Ducks, geese, &c. contain too much essential oil, and are too high flavoured.

Among the game proper to be selected is venison, rabbits, hares, partridges, quails, pheasants, woodcocks, snipe, &c. &c. and among the fish, those of the white kind, as whiting, flounders, &c. Salmon, the king of fresh water fish, contains too much essential oil, and is often, as well as herrings, &c. unfit for valetudinarians: shell-fish, particularly oysters, lobsters, and crabs, are most proper.

Vegetables are very usefully employed with animal



food, and *vice versa*; for animal food has a tendency, in weak stomachs especially, to become putrid, and vegetable food takes on the saccharine, vinous, and acetous fermentation; but when mixed, they mutually correct and promote the digestion of each other. For the same reason, roots are used with fish, potatoes principally. We may employ with animal food, cabbages (the inner leaves), broccoli, spinach, French beans, cauliflower, and, now and then, properly qualified with pepper, peas, beans, or lentils, which, particularly the two former, have got a sanction from long continued and general use, which the certainty of their being flatulent and acescent will not remove; for the good they do, though little, when added to their gratefulness to the palate, more than counterbalances the evil they sometimes occasion by the generation of wind or gas. The artichoke is here to be mentioned, and with particular distinction. It abounds in farinaceous matter and sugar, is easy of digestion, and affords considerable nourishment.

Roots, as potatoes, turnips, parsnips, carrots, &c. afford much nourishment. The root of scarcity, like most new things has attracted much of late the public notice; but it is not deserving any particular applause.

Salads may be used advantageously with animal food, as lettuce, endive, dandelion, &c. they naturally contain, as do most of the *Olera*, a very bitter juice, which, in a great measure, is got rid of by culture. Cheese after dinner, if old, assists digestion; if new, loads the stomach.

Fruit, such as abound in sugar, as dried figs, grapes, raisins, prunes, &c. are best. The following also may be employed;—Apricots, peaches, pears, plums, &c.—Fruits abounding more in native vegetable acid than sugar, as cherries, gooseberries, strawberries, raspberries, &c. afford but little nourishment. The fruits to be eaten should be sufficiently ripe, and of the very best kind.

Apples are most useful in pie or pudding; in which state they may constitute with advantage, a part of the dinner, as may custards, &c. Acid fruits are rendered much more nourishing and easier of digestion, by heat and



the addition of sugar. Cucumbers and melons should never be eaten; they contain a mucilaginous matter extremely adhesive, and when ripe, an essential oil; they are very difficult of fermentation, and therefore of digestion. The skin of flat fish should be eaten, as affording considerable nourishment.

The patient's supper, as already noticed, should be light. It may consist of spinach and new laid eggs, or poached eggs, cold apple pie or roasted apples, artichoke or asparagus. The roasted apples may be rendered palatable with sugar.

Eggs if new laid and not boiled hard, afford a very strong nutriment. The yolk contains many unctuous, fat and sulphureous parts; the white, on the other hand, consists of moist, balsamic parts, like those of the serum. Eggs are of all substances most proper in a weak habit of body, through loss of blood, or the wastings of a fever, which require immediate and substantial nourishment. They are very beneficial to old men, who stand in need of good nutriment, and such as is easy of digestion.—*Dr. Hoffman on Aliment.*

Eggs (boiled) ought to be used when perfectly fresh, and the best way of preparing them for the table, perhaps, is to coagulate them by pouring boiling water on them, and letting them remain for about ten minutes; or they may be put into a pan when the water is cold, and the instant it boils to be taken off the fire, and the eggs suffered to remain afterwards for five minutes. To ascertain whether eggs have been well preserved, it is only necessary to examine their transparency by a candle, and to reject such as appear of a turbid colour. When poached, and eaten with bread, butter, and vinegar, they are preferred by many. The most exceptionable way is when fried with butter. They are very palatable done in this manner, but to some are very difficult of digestion.

*Eggs with Sorrel and Parsley.*—Eggs, and a little sorrel and parsley, mixed and stirred in a pan over the fire, with butter. Some butter and vinegar may be added before this dish be put upon the table.



*Eggs with Ale.*—Take one or two eggs, beaten in a little water; take also a pint of good ale or beer, sweetened with sugar, put it on the fire, making it boiling hot; then brew them together from one vessel into another, and a rich liquor will be produced,

*Eggs with Milk.*—Take three eggs and beat them up with half a spoonful of flour, a bit of sugar (about the size of a walnut), a little salt, and three quarters of a pint of milk; put them in the dish you mean to serve them in, and place it in a gentle heat for a quarter of an hour.

*Eggs with Bread.*—Put half a handful of crumbs of bread into a stew-pan, with a gill of cream, and a little salt, pepper and grated nutmeg; when the bread has imbibed all the cream, break in six eggs, and make an omelet.

*The Gloucester Jelly.*—Take pearl barley, sago, rice, eryngo-root, of each one ounce. Boil these ingredients in six pints of water till reduced to three. Then strain the liquor, and add to it a pint of new milk, with sugar to your taste.

For breakfast, boiled milk and cocoa, or good boiled milk may be used;—or milk pottage, or butter-milk, or good tea with a good deal of cream. Milk is perhaps the greatest natural restorative for those whose stomach it will sit on; unfortunately it disagrees with many persons, and whenever that is the case, it must be boiled, and if it still disagrees, it should be immediately laid aside.—It is often found to be very bad and unfit for use in cities and great towns;—but in the country, where animals enjoy better health, and are accustomed to range the fields and feed without restraint on the salutary and medicinal plants that abound on the verdant lap of nature,—it is found to possess considerable excellence and salubrity.

Chocolate may be reckoned among the useful drinks, though it may more properly be classed with aliments.—In cocoa there is a very nutritive substance, and by mixing it with sugar and aromatics, its oily or noxious qualities are corrected. “Chocolate made with milk (says M. Lewis) is an excellent breakfast for a rapid constitu-



tion. I knew a child, twelve years old, in the last stage of a consumption, when given over by a physician, recovered by her mother's giving her chocolate only in small quantities often repeated. Indeed chocolate is an aliment that for weak constitutions cannot be too much recommended."

At all meals it is necessary to employ bread well fermented ; and, at dinner and supper, to drink good pure water, discoloured with a little wine ; or very good table beer, &c. Spirituous liquors in any form are destructive ; some malt liquors not a little injurious ; from two to half a dozen glasses of generous port wine, or claret, may be taken, especially after or during dinner ; but great care is necessary in procuring wine unadulterated ; particularly, as it is very well known that substances of the most deleterious nature, as ceruse or litharge, are often made use of for recovering of wines which had turned sour.

We should never neglect to use a sufficient quantity of drink. It too often happens that people, by inattention to the calls of nature, neglect drinking entirely, which is the grand cause of acidity, obstructions in the abdomen, and a multitude of diseases to be found so frequently among men of letters, and females who live sedentary lives. But let it be observed, that the best time for drinking is not while one is eating, as the gastric juices are thereby rendered too thin, and the stomach weakened—but about an hour after meals. "The best drink is water, a liquor commonly despised, and even considered as prejudicial. I will not hesitate however," says Dr. Hufeland, "to declare it to be one of the greatest means of prolonging life. But one great point should be regarded, viz. that the water be *fresh*, that it be recently drawn from a spring or running stream, and be put into a vessel well stopped ; for all spring water, like mineral, contains fixed air, which renders it strengthening and favourable to digestion. Pure fresh water has the following advantages, which ought to inspire us with respect for it. The element of water is the greatest and only promoter of digestion. By its coldness and fixed air, it is an excellent strengthener and reviver of the stomach



and nerves. On account of its abundance of fixed air, and the saline particles it contains, it is a powerful preventive of bile and putrefaction, it assists all the secretions of the body. Without water there could be no excretion; for according to the latest experiments, oxygen is a component part of it. By drinking water, we actually imbibe a new stimulus of life.—*Art of preserving Life*, v. 2, p. 250—251.

It seems unreasonable to suppose that the water which we drink does not furnish a part of our subsistence. The following fact seems to confirm this idea. It is given by Dr. Anderson, in his "BEE," v. 11, p. 167, as follows: About twelve years ago, (Oct. 1792), a woman in Ross-shire lived several years without taking any other kind of food, besides pure water alone. The fact was authenticated in the most undeniable manner; and Sir John Lockhart Ross assured me, that he visited her after she had been on that regimen several years, and found her complexion fresh and clear, her breasts plump, and her body far from being in that emaciated state he expected."

"The very great benefits I have myself experienced," says Mr. Sandford, (the ingenious author of "*Remarks on Wine and Spirits*," &c. 12mo. Cadell and Davies), "in exchanging the usual stimulant beverage of fermented liquors, for a more diluting one, leave me no hesitation in pronouncing *pure spring water* to be unquestionably (with some few exceptions) the best liquor to be taken with our meals, though condemned as prejudicial by some, and rejected for no just reason by others.—The following advantages resulting from its use, may possibly recommend it to those who are unacquainted with its properties, viz. that it is a great promoter of digestion in healthy stomachs, and by its coldness assists to lower the heat usually generated in this process. It is a powerful preventive of biliary concretions, or *gall-stones* as they are called, and of urinary calculi, or gravel. It also assists all the secretions of the body; and as, according to the latest satisfactory experiments of Lavoisier, *oxygen* or vital air, is a component part of it, by drinking water



we actually receive fresh vital powers. It is a liquor too which may be found naturally in all climates, and agreeable to most palates; many take no other drink during their whole lives, and yet enjoy good health, though engaged in laborious occupations; a proof that water is well suited to answer every ordinary purpose of the animal economy. Sir John Floyer tells us, agreeably to the *humoural* doctrines of his day, that those who use cold water for their common drink have their humours least rarified, and escape those diseases which affect the head, as apoplexy, palsy, blindness, madness, &c. If the virtues of cold water were duly considered, every one would value it as an important medicine. To the use of it children should be bred from their cradles, because all strong liquors are injurious to their constitutions."

Good wholesome water is, according to Fourcroy, generally to be discovered by the following characteristic distinctions; it is very clear and limpid, no extraneous body alters its transparency; it has no kind of smell; it has a lively, fresh, and almost pungent taste; it boils readily without losing its transparency; it entirely dissolves soap in such a manner as to form a fluid, seemingly homogeneous. Spring or river water, which filtrates or flows through sand, is in continual motion, and not polluted with the putrefaction of animal or vegetable substances, is found to possess all these properties. This kind of water passes easily through the stomach and intestines, and is therefore favourable to digestion. On the contrary, water which stagnates in subterraneous cavities; which has no current; is overgrown with plants or abounds with insects; is very shallow, and has a soft muddy bottom, consisting of putrid vegetables, or containing calcareous salts or clay; all such water is unwholesome. Waters impregnated with the latter substances are called crude or hard, and are oppressive to the stomach and unfavourable to digestion. Armstrong has given directions for the choice of water in the following lines,

"What least of foreign principles partakes  
Is best; the lightest then what bears the touch



Of fire the least, and soonest mounts in air,  
The most insipid, the most void of smell.

.....  
Tho' thirst were e'er so resolute, avoid  
The sordid lake, and all such drowsy floods  
As fill from Lethe, Belgia's slow canals  
(With rust corrupt, with vegetation green,  
Squalid with generation and the birth  
Of little monsters), till the power of fire  
Has, from prophane embraces, disengag'd  
The violated lymph. The virgin stream  
In boiling wastes its finer soul in air,"

It appears that water owes its pleasant, fresh taste, to air, which is combined with it; for, when boiled, the first bubbles that rise consist of air, and the water after it has lost them has no longer the same lightness or relish. It recovers these properties by being exposed for some time to the atmosphere, or by being briskly shaken.—By distillation, water is obtained perfectly pure and separated from the earthy and saline matters generally contained in it, which are left at the bottom of the vessel. Distilled water has an insipid taste, and when drank oppresses the stomach with a kind of weight; but having been exposed to the open air, and briskly shaken, it recovers its taste, and may be drank with safety; for distillation does not alter water, it only deprives it of the air, which is always united to it, in its ordinary state. No natural fluids is susceptible of more combinations than water, and it has on this account long held the name of the *great Solvent of Nature*.

The scientific author of "*ZOONOMIA*," ranks water amongst the *nutrientia*, or substances affording nutriment, in his arrangement of the *materia medica* contained in that work, and observes, that water must be considered as part of our *nutriment*, because so much of it enters into the composition of our solids, as well as of our fluids; and vegetables are now believed to draw almost the whole of their nourishment from this source: it has however other uses in the system, besides that of a nourishing material, as it dilutes our fluids, and lubricates our solids; and on all these accounts a daily supply of it is required. It was formerly believed, that wa-



ters replete with calcareous earth, such as encrust the inside of tea-kettles, or are said to petrify moss, were liable to produce or to increase the stone in the bladder; this mistaken idea has lately been exploded by the improved chemistry, as no calcareous earth, or a very minute quantity, was found in the calculi analysed by Schule and Bergman. The waters of Matlock and Carlsbad, both of which cover the moss which they pass through, with a calcareous crust, are so far from increasing the stone of the bladder or kidneys, that those of Carlsbad are celebrated for giving relief to persons labouring under these diseases. Those of Matlock are drank in great quantities, without any suspicion of injury; and I well know a person who, for above ten years, drank about two pints a day of cold water from a spring, which very much incrusts the vessels it is boiled in with calcareous earth, and affords a copious calcareous sediment, with a solution of salt of tartar, who yet enjoys a state of uninterrupted health."

The too prevalent and mistaken idea that water impoverishes the blood, and is therefore hurtful to the constitution; that it has a tendency to diminish the strength and depress the spirits, has, I believe, prevented many persons from adopting the use of it; but we have abundant instances in contradiction to these suppositions, in ancient as well as in modern times.

The illustrious Haller attributed to the use of water alone, the perfection of all his senses, and particularly that of sight, though he exercised his eyes very much in microscopic observations, even to a late period of his life. The late Dr Benjamin Franklin, who died at the advanced age of 84, appears to have been well acquainted with the good effects of a water regimen, as well as of the necessity of nourishing the body by *solids*, rather than by *fluids*; which he had proved in his own person. He states that when a journeyman printer, he never drank any liquid besides water, during his work. When his fellow-labourers ridiculed him for his temperance, and told him that it was impossible to work at the press without strong drink in considerable portions, he disco-



vered to them that he never drank strong liquors, and yet could work better than they who did. He demonstrated to them, likewise, that there was more nourishment in a penny loaf, than in a quart of ale; because there was more grain in one than in the other, and consequently that the former would go farther towards enabling a man to work than the latter. John Wilson, of Sosgill, Cumberland, died in April 1799, at the advanced age of 100. He exercised the trade of a blacksmith during sixty years, in all which time his beverage was milk and water, with the exception of only two glasses of ale, and one of spirituous liquors, during the whole course of his life. It has been asserted by the late Dr. Johnson, who for many years never tasted wine, that Waller, who was a lively and cheerful companion, was a water drinker; notwithstanding which, he was enabled by his fertility of mind to heighten the mirth of Bacchanalian assemblies; and that his friend Mr. Saville said, "No man in England should keep him company but Ned Waller, without drinking.---*Boswell's Johnson*.

The late celebrated Mr. John Hunter drank no wine for the last twenty years of his life; notwithstanding which his mind and body, except disturbed occasionally by some very extraordinary paroxysms, were never more vigorous and active, than during this period; of which many of the philosophical works of this able anatomist and physiologist, now in the hands of the public, may be regarded as affording ample proof. Mr. Hunter was, notwithstanding, well known in his younger days to have been a *bon vivant*.—*Home's Life of Hunter*.

Dr. Huseland mentions an instance of a very respectable surgeon-general of the German army, a Mr. T—who ascribed his healthy and long life of more than eighty years, chiefly to the daily use of fresh spring water, which he drank for upwards of forty years. Between his thirtieth and fortieth years, he was a most miserable hypochondriac, oppressed with the deepest melancholy, tormented with palpitations of the heart, &c. and imagined he could not live six months; but from the time he began a *water regimen*, all these symptoms disap-



peared, and in the latter half of his life, he enjoyed better health than before, and was perfectly free from hypochondriac affection.—*Art of prolonging Life.*

The great advantages which the ingenious Dr. Darwin experienced by leaving off fermented liquors, may be seen detailed by himself in the 2d vol. of his *Zoonomia*, p. 452, where, after having described his own case of gout, and observed that “example has a more forcible effect than simple assertion,” he says, “that for upwards of twenty years he has been in the habit of drinking water, and has been kept in perpetual health, except accidental colds, from the changes of weather; that before he abstained from fermented liquor, he was subject to piles, gravel and gout, neither of which he has since experienced, except the latter, and that in a very slight degree.”

Dr. A. Fothergill mentions the case of his friend Dr. B. Pugh, of Midfordcastle, who having from early youth abstained from wine and spirits, declares that at that moment he not only enjoyed superior health and vivacity, but felt himself as capable of every mental and corporeal exertion as he did at twenty-five, though then in his eighty-second year.

I believe there are no instances on record of persons having really injured their health and endangered their lives by drinking water. On the contrary, it may be urged, with Dr. Armstrong, that “Nothing like pure and simple element dilutes the food, or gives the chyle so soon to flow.”—*Sandford's Remarks*, p. 120 to 139, *passim*. 1799.

Charles Macklin, that veteran of the London stage, who died July 11, 1797, in his 99th year, used to say, that when he found himself ill, during the long course of his life, he always went to bed, took nothing but bread and water, and that by this regimen he was generally relieved from every slight indisposition.

*Method of purifying Putrid Water.*—If water be putrid, it may be rendered sweet by charcoal powder.—This is one of the greatest and most beneficial discoveries of modern times, for which we are indebted to Mr.



Lowiz, of Petersburg. Water become putrid, may almost immediately be freed from its nauseous taste, as well as its bad smell, and be converted into good palatable liquor by the following process:—Take some burnt charcoal and reduce it to a fine powder; mix about a table spoonful of this powder in a pint of water; stir it well, and suffer it to stand for a few minutes. Let it then run slowly through filtering paper into a glass, and it will be found quite transparent, without any bad taste or smell, and perfectly pure for drinking. Charcoal powder may be preserved a long time in small bottles well corked, and conveniently carried in travelling.

Liquids are intended by nature to quench thirst, or to dilute food; not to gratify the palate or to strengthen the stomach. All warm drinks weaken the stomach and body: they do not cleanse the bowels or purify the blood.

The catalogue of aliments here recommended is, it may be hoped, sufficiently long to allow every patient to select at his own discretion, a regimen that may be agreeable as well as salutary. For it is much to be wished that no painful restraint in this respect, nor obligation of living upon disagreeable food, should retard a recovery which depends in no inconsiderable degree upon the patient's state of mind, who for that reason should endeavour to keep himself as tranquil and cheerful as possible, and to resist every attack of despondency and uneasiness.

The evacuations which require our principal care are stools, perspiration, and spittle. That which is the most important to assist is perspiration, which is easily disturbed in weak people; it is favoured by rubbing the skin very regularly with a flannel or flesh-brush.—*Vide Nervous Complaints.*

It is certain, however, that as the diet there recommended will restore the strength of the body, it will at the same time increase the stimulus on the organs of generation, by secretion of semen, which of course will be in larger quantities than even in healthy persons, owing to the great evacuations which have preceded.—



Some part of the semen is gradually absorbed by the lymphatics, in consequence of which the remainder becomes thick, acrid, and very stimulating. To remedy this, exercise is to be used, and that not only for pleasure, but until it is attended with a very considerable degree of fatigue. The sleep must be no more than barely sufficient to repair the fatigues occasioned by the exercise, for excess of sleep is as bad as idleness or stimulating food. Excess of wine or spirits ought to be avoided, though a glass in *moderation* will not be prejudicial.—But the only remedy, perhaps, of *real* efficacy, and from which, by *perseverance*, a permanent cure will be obtained, is the Cordial Balm of Gilead, which is possessed of this admirable quality, in preference to any other ever yet discovered, that with little or no stimulus, it restores the tone of the system, and invigorates the body in a manner incredible to those who have not observed its effects.

Nothing now remains but to instruct my readers how the Cordial Balm of Gilead is to be taken. The patient is to begin from twenty to forty drops, infused in a glass of water, capillaire, or other simple liquor, and to take that quantity twice a day, in the morning before breakfast and at night before supper, till half the contents of the bottle is exhausted, when he is to take from two teaspoonfuls to one tablespoonful thrice every day, morning and night as before, and at noon. A very short trial of this simple and agreeable not less than salutary course, will give the pleasing assurance that the foundation of recovery is solidly laid, and that nothing more than a little longer perseverance is required for the completion of the great and desirable work.

\*§\* As the cases and constitutions, as well as former modes of treatment, frequently render it necessary that an alteration should take place in regimen, diet, and dose, it would in general be prudent to lay a state of the case before Dr. Solomon, that he may be enabled to give his assistance and advice towards establishing a speedy and effectual cure. *Vide* "Instructions to be observed by those afflicted with Nervous Complaints," &c. in this book, page 243.



Numberless persons, whom imprudence or misfortune had reduced to the afflicting necessity of renouncing for ever the consolations of marriage, have become parents by the use of this medicine, and received, as it were, a second existence in the birth of a beautiful and healthy offspring. Some, induced by gratitude and a desire of communicating to others the relief they had experienced themselves, permitted me to give their names to the world, and testified with the utmost cheerfulness both their own infirmities and the obligations they owed my medicine: I availed myself of their permission, so long as the Cordial Balm of Gilead had any need of external testimony in its favour; but its properties and efficacy are at present so well known, and its reputation so widely and honourably established, that it requires no other basis to support it: I have therefore suppressed every thing of that sort in the present Edition. It is, however, earnestly to be wished, that unwary youth would guard themselves from those fatal rocks, on which thousands have been unfortunately wrecked!

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“Whatever success the faculty meet with in bodily infirmities, they are generally baffled by disorders of the mind.”

THORNTON.

Certain it is, that where confidence is not placed by a full and complete disclosure of the cause of the disease, the remedy is applied as it were at random, and the odds are always against the patient's recovery. To this, perhaps, it is principally owing, that the BALM OF GILEAD has attained such universal celebrity. Under a signature of an A. B. the patient opens the secret recesses of his soul to his physician when he lays his case before Dr. SOLOMON of Liverpool; by this means the Doctor is enabled to judge and apply with judicious acumen his remedies to the very root of the complaint. Such cases have come under his observation as seldom are fairly submitted for fear of exposure to any other medical man, and it is no reflection upon their knowledge or judgment to say, that very few of them have an opportunity of that experience, which is the only solid foundation of medical fame: whilst Dr. Solomon's very extensive practice,



and partièular attention in these cases, enable him to afford such relief as cannot be experienced by any other physician in the kingdom. And it is with the greatest pleasure and satisfaction that he acknowledges the candour and liberality of those Gentlemen of the Faculty, who have so distinguishedly countenanced his claim to public approbation, as to recommend patients to his care. Persons, however young, who have in the least given way to the delusive habit of self-abuse, should lose no time in applying to Dr. Solomon, from whom they will meet with that tenderness and fidelity which their respective cases demand.

Dr. Reece observes, that "popular medicine is a natural consequence of the progress of science and the improvement of the human mind. The turn for investigation which the mind acquires by an attention to any object of science, unavoidably draws it to consider the others in which it is interested, and which make, as it were, a part of itself. Physicians therefore have no merit in their cultivating popular medicine. It is a concession they were forced to by the example being set by those who were not of the profession, and popular medicine they found at last a necessary vehicle to the confidence of their patients. That books of popular medicine should be, as the wise critics assert, mere bugbears to terrify patients, is absurd; for we can give no other interpretation to their observation: that 'books of popular medicine should expose the folly, absurdity, and danger, of their attempting to become their own physician, and placing all the difficulties of the healing art in the strongest point of view, demonstrate the impossibility of acquiring even an imperfect knowledge of its rules, without long and laborious study, and a considerable degree of experience.'" This we cannot avoid remarking, smells too much of the shop, it is dwelling too strongly on the mysteries of the craft, and we are clear much useful information may be imparted by popular works on the subject of medicine, which in the hands of a sensible man, will be applied with more advantage than one half the prescriptions coming from the common run of what we may term closet physicians."



## INSTRUCTIONS

To be observed by those afflicted with Nervous, Consumptive, and Hypochondriac Complaints, and by all persons who labour under any Weakness or Debility, Scorbutic or Scrofulous Habits, from whatever cause arising, while under a course of the *Cordial Balm of Gilead* or the *Anti-Impetigines*.

### Government Security against Counterfeits,

Besides a Saving of One Bottle in Four.

These Medicines are sold in Bottles, price 11s. each ; there are also FAMILY BOTTLES, price 33s. containing equal to four bottles at 11s. by which the patient saves 11s. including also the duty ; the Stamp of which bears the Proprietor's name and address in the engraving, "*Saml. Solomon, Liverpool,*" to imitate which is felony ; and this privilege, of a particular set of plates for his stamps, has been granted to Dr. SOLOMON, by favour of His Majesty's Honourable Commissioners of Stamp Duties, purposely to secure the public against counterfeits.—*None else can possibly be genuine.*

As Dr. Solomon's practice is now become so great and extensive, and his constant engagements require a considerable portion of his time and attendance, he expects, when consulted, the usual compliment of a One Pound Note ; but all written cases, or letters of advice, and unaccompanied with an order for medicine and remittance, to be answered at his leisure, are requested to enclose only Half-a-Guinea. Such letters should, for safety, be thus directed :—" Money-Letter. Dr. Solomon, Gilead-House, near Liverpool. Paid double postage."

\* \* Drafts may be obtained at any Post-office, payable at Liverpool, for small sums of money, which is a secure mode of conveyance. Letters may be ordered to be addressed to X Z, or A B, at the Post-office, till called for.



Some disorders have been many years in proceeding to such a degree of malignancy as cannot be eradicated in a few weeks; therefore it is in order to encourage steady perseverance in the use of proper means, that Dr. Solomon has adopted the plan of packing into boxes, **THREE LARGE FAMILY BOTTLES**, containing the quantity of twelve at 11s. for five pounds, by which 1l. 12s. are saved.

Persons who do not wish to have their names known, may have their boxes directed to W Z, to be left at ——— till called for.

Those who wish to have the medicine immediately from the Doctor, by sending the money for any quantity they think proper (and in small orders one shilling more for a box) will have them sent by such carrier as they shall appoint. Orders with a draft for any sum may be sent by post, and the balance will be returned in the box, or orders with cash may be enclosed in a box or small parcel, by any of the coaches, diligencies, or wag-gons, and will be duly attended to.

Patients who correspond with Dr. Solomon, should always preserve the same signature, to prevent trouble and delay, as the letters are carefully arranged *alphabetically*, and must be examined previous to any medicine being prepared; and this is important, not only to the patient's recovery, but to facilitate and expedite the process of the medicine intended to be sent, as reference must be had to the former letters upon every occasion.





### *Plain Rules for Patients.*

FOR the sake of those who desire, through the blessing of God, to retain the health which they have recovered, or are under a course of the Cordial Balm of Gilead, or the Anti-Impetigines, for the recovery thereof, I have added a few plain easy rules.

The air we breathe is of great consequence to our health. Those who have been long abroad in easterly or northerly winds, should drink some thin and warm liquor going to bed, or a draught of water with a toast.

Tender people should have those who lie with them, or are much about them, sound, sweet and healthy.

Every one who would preserve health, should be as clean and sweet as possible in their houses, clothes and furniture.

The great rule of *eating and drinking*, is to suit the quality and quantity of the food to the strength of the digestion; to take always such a sort and such a measure of food as sits light and easy upon the stomach.

All pickled, or smoked, or salted, or high-seasoned food, is unwholesome.

Nothing conduces more to health, than abstinence and plain food, with due labour.

For studious persons, about eight ounces of animal food, and twelve of vegetable, in twenty-four hours, is sufficient.

Strong, and more especially spirituous liquors, are a certain, though slow poison. Experience shows there is very seldom any danger in leaving them off all at once. Strong liquors do not prevent the mischiefs of a surfeit, nor carry it off so safely as water.

Malt liquors, except clear small beer or small ale, of due age, are exceedingly hurtful to tender persons.

Coffee and tea are extremely hurtful to persons who have weak nerves.

Tender persons should eat very light supper: and that two or three hours before going to bed.



They should constantly go to bed about nine, and rise about four or five.

A due degree of exercise is indispensably necessary to health or long life.

Walking is the best exercise for those who are able to bear it; riding for those who are not. The open air, when the weather is fair, contributes much to the benefit of exercise.

We may strengthen any part of the body by constant exercise. Thus the lungs may be strengthened by loud speaking, or walking up an easy ascent; the digestion and nerves by riding; the arms and hams, by strongly rubbing them daily.

The studious ought to have stated times for exercise, at least two or three times a day; the one half of this before dinner, the other before going to bed. They should frequently shave, and frequently wash their feet.

Those who read or write much, should learn to do it standing, otherwise they will impair their health.

The fewer clothes any one uses, by day or night, the hardier he will be.

Exercise should always be on an empty stomach; should never be continued to weariness; and after it, we should take to cool by degrees, otherwise we shall catch cold.

The flesh-brush is a most useful exercise, especially to strengthen any part that is weak.

Cold-bathing is of great advantage to health; it prevents abundance of diseases. It promotes perspiration, helps the circulation of the blood, and prevents the danger of catching cold. Tender people should pour water upon the head before they go in, and walk swiftly.—To jump in with the head foremost is too great a shock to nature.

Costiveness cannot long consist with health; therefore care should be taken to remove it at the beginning; and when it is removed, to prevent its return, by soft, cool, open diet.

Obstructed perspiration (vulgarly called catching



cold) is one great source of diseases. Whenever there appears the least sign of this, let it be removed by gentle sweats.

The passions have a greater influence on health than most people are aware of.

All violent and sudden passions, such as grief and hopeless love, bring on chronical diseases.

Till the passion which caused the disease is calmed, medicine is applied in vain.

The love of God, as it is the sovereign remedy of all miseries, so in particular it effectually prevents all the bodily disorders the passions introduce, by keeping the passions themselves within due bounds. And by the unspeakable joy and perfect calm, serenity and tranquillity it gives the mind, it becomes the most powerful of all the means of health and long life.

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## GENERAL DIRECTIONS

for taking

### *THE CORDIAL BALM OF GILEAD,*

In Weaknesses, Debilities, Relaxations, Loss of Memory, and Nervous Affections in general; but it is also particularly recommended to Boys, young Men, and those who in the Prime of Life feel the Consequences of a secret Vice, too frequent amongst Youth, especially in great Schools.

THE dose of the Cordial Balm of Gilead, in all cases where it is administered, unless ordered to the contrary. The patient is to take from two tea-spoonfuls to one table-spoonful, (according to the age or constitution) half an hour before breakfast, about five o'clock in the evening, and about an hour after supper, by itself or in a tea-cup or wine-glass of water, or white wine, old hock, Madeira or sherry.

After the first bottle, a dose of the Cordial Balm of Gilead may be taken about eleven o'clock; with the exception of certain cases, a particular regimen or diet is unnecessary, reason and experience dictating to every



patient to use food of an easy digestion, and such as perfectly suits the appetite; and though forbearance is strictly enjoined, yet the constitution should be well supported, that nature, assisted by the Cordial, may have strength to throw off every noxious quality in the blood. Hence it follows, that living low, or weakening the constitution by bleeding, purging, &c. must be carefully avoided. Persons of a cold constitution should eat and drink such things as carry a warmth into the blood; others of a hot constitution should use that which is cooling. It is not the quantity which a person eats, but what he digests, that nourishes best; and that food is most proper which agrees best with the stomach.

To take medicine for any disorder whatever, is fruitless, if attention is not paid to the mode of living by the patient; for the best prescriptions may be rendered useless by inattention to this particular: whilst good nursing, and a due regard to diet, are great assistants to the most able physicians. It is desirable that particular attention be paid to the directions concerning regimen, which are treated of in this book, under their respective heads.



\* \* \* *Observe the following Affidavit.*

Liverpool, to wit.—Samuel Solomon, of Liverpool, Doctor of Medicine, came before me and made Oath, that he is the sole Inventor of a Medicine called the Cordial Balm of Gilead, and that he never discovered any part of the Ingredients from which it is composed to any person whatever.

S. SOLOMON.

Sworn at Liverpool this 29th day of August, 1796, before me, one of His Majesty's Justices of the Peace for the said Borough,

THOMAS GOLIGHTLY.



## The WIDOW's MITE.

*An Effusion of the Heart, most gratefully offered up to him, whose medical Specific has restored to Health, the last dear Pledge of conjugal Affection that survived the best of Husbands and of Men.*

You who a mother's feelings know,  
And feel a mother's love,  
Will own some joys are felt below,  
Resembling those above !

For if a sinner, here on earth,  
By penitential plaints,  
When born anew,—by second birth,  
Gives gladness to the saints ;

I, who a little saint of mine,  
Saw hastening to the grave ;  
And hourly waste and hourly pine,  
Bereav'd of hope to save !

Leave you to think what joy I felt,  
Snatch'd from despair all wild ;  
And with what thanks a mother knelt,  
When heav'n restor'd her child !

And think what thanks I owe to him,  
Whose life-renewing skill,  
Even to my heart's o'erflowing brim,  
With peace my breast did fill !

And think how much that precious BALM,  
A mother's heart must prize,  
Which did her throbbing bosom calm,  
and dried her streaming eyes !

Whose watchful cares, through sleepless nights,  
Its healing chac'd away ;  
And with maternal fond delights,  
Now crowns each rising day !

That cheek's reviving bloom to view,  
Where health now sweetly glows ;  
And deck'd in HUSBAND's peerless hue,  
Outvies the blushing rose !



To see the happiest state renew'd  
Of body and of mind;  
And pain and sickness all subdu'd,  
"Leave not a wreck behind!"

Ye feeling matrons, you I ask,  
And, sympathizing, say,  
Can I withhold the grateful task,  
To tune my votive lay?

Say, can that vow which once I made,  
When plung'd in sorrow's gloom,  
That "If restor'd by med'cine's aid,  
"And rescu'd from the tomb,

"My Boy should rouse my raptur'd muse,  
"To prove his praise well won,  
"And through the world his fame diffuse,  
Who rais'd the *Widow's Son*!"

Two matron's once, to DAVID's son,  
Appeal'd—a son to gain;  
When,—strange to tell,—Great SOLOMON,  
Cry'd—"Cleave the babe in twain!"

But of a SOLOMON I sing,  
Who,—*Heaven his Portion be*,  
Eclipsing Israel's sapient King,  
Made *whole* a son for me!

"Swell then the plaudit of his Fame,"  
Says Gratitude's sweet voice,  
"And in the health-restoring name  
Of GILEAD'S BALM rejoice!"

"For could'st thou with poetic fire,  
"Outshine Old Homer's Iliad;  
"No subject could my muse inspire,  
"Like the blest BALM OF GILEAD.

Birmingham, March 26th, 1804.

ANDROMACHE.

From the *CHESTER CHRONICLE*, Aug. 1st, 1806.

SONNET TO DR. SOLOMON.

HAIL, matchless son of Æsculapius hail,  
Haggard Disease here flies thy balmy sway,  
A Guide to Health, thro' Life's oft sick'ning vale,  
Where Folly leads to premature decay.



Here many a swain, and many a nymph so fair,  
 Who groan'd beneath disease's stubborn pow'r,  
 Snatch'd from an early grave, disease, despair,  
 Exulting live to bless thy natal hour.  
 The aged, who with palsied limbs appear,  
 When many a pang thro' ev'ry nerve doth rage,  
 Thy healing pow'r to ease restores them here,  
 And soothes the sad, the rugged path of age.  
 'Tis hence, Hygiea's blooming train are thine,  
 And round thy brow Fame's laurels shall entwine.

*Sandbach.*

T. L.



*Lines on the Balm of Gilead.*

As a promise is sacred, however unfairly extorted, it would be unkind for the reader to impute the insertion of the following petit piece to the vanity of the Author.

*Medicus sapiens est manus Dei.*

BLEST be the man, whose happy skill,  
 Avails to lessen human ill ;  
 And be his brow with honours crown'd ;  
 He merits well the glorious palm,  
 Who first, with eye sagacious found  
 That greatest blessing—GILEAD'S BALM.

Let other Bards of trifles sing,  
 To Folly's altar incense bring,  
 To self-made gods their homage pay,  
 And chant a long cantation psalm :  
 A nobler subject fires my lay,  
 That greatest blessing—GILEAD'S BALM.

What rank diseases in each form,  
 Tortur'd the frame with endless storm ;  
 Sickness on sickness seem'd t' augment,  
 No pleasing rest, no friendly calm,  
 But heav'n at length, in pity, sent  
 Its greatest blessing—GILEAD'S BALM.

The youth who stalks a spectre pale,  
 Whom all debauchery's ills assail,  
 While writhing with extreme distress,  
 Shall eager seek the cordial dram,  
 And, with rekindling life, shall bless  
 Heaven's kindest present—GILEAD'S BALM.



And wither'd age with palsied head,  
That long had languish'd on the bed,  
Shall view his sun serene decline,  
No more the sport of pain or qualm,  
For he shall taste the cup divine,  
Heaven's kindest present—GILEAD'S BALM.

'Twill e'en to sorrow peace impart,  
And staunch a reeking bleeding heart;  
'Twill every ease and aid bestow,  
To pining Miss or childless Ma'am;  
All, all shall drink, and all shall know,  
Heaven's kindest present—GILEAD'S BALM.

Fame bring thy never-fading wreath,  
Proclaim the gift with loudest breath,  
'Mid sacred physic's honour'd clan,  
Be his the glory, his the palm,  
Who proffer'd first to groaning man,  
Heaven's kindest present—GILEAD'S BALM.





## The Diploma,

*Or Testimonial of the Degree of Doctor of Physic, granted to  
SAMUEL SOLOMON, at the Mareschal College and University of  
Aberdeen.*

(Translated from the Latin Copy, viz.)

*To all and singular persons who may read, peruse, and to whose knowledge the privilege of the Degree of Doctor of Physic, by us granted, may come—We the Doctors, Masters of Arts, and Professors in the Mareschal College and University of Aberdeen, send greeting :*

*AS it has been an ancient and laudable custom, that those who have applied themselves to learning, with much labour and assiduous study, should be honoured with some singular mark of distinction, as a testimony of their successful perseverance, and a reward for their extraordinary merit, that the rising generation may be incited by such examples to pursue the arduous but glorious career of erudition and virtue :—For which reason, we hereby do signify, to all persons whatever, that the learned gentleman, Samuel Solomon, Esq. having studied and practised for many years, and thereby acquired so great a proficiency in the salutary art of Medicine, that we have found him well deserving of the highest honour we can confer upon him.*

*Therefore, We, the aforesaid Doctors, Masters of Arts and Professors, with the unanimous consent of the Rector and Principal of the University, do declare and appoint the above Samuel Solomon, Doctor of Physic, with full Licence and Authority for exercising his profession, delivering Lectures, teaching and explaining the Art of Physic in every part of the World. And we also confer upon him, by virtue of this public instrument, all the Privileges, Immunities, and Honours annexed to that degree, in their utmost extent, according to the form, spirit, and intention of the statutes of this College and University.*



*In proof and attestation of which, we have affixed the Great Seal of our University, and our respective Names and Signatures to this Diploma.*



GEO. FRENCH, Medicine  
 Doctor, Professor of Chemistry  
 and Professor Promoter, P.T.  
 GUL. LAUR. BROWN, S. S.  
 T. P. et Gymnasiarcha.  
 J. BEATTIE, L. L. D. Mor.  
 P. P.  
 PAT. COPELAND, Math. P.  
 JO. STUART, Lit. Gr. P.  
 JAS. BEATTIE, Jun. P. P.  
 ROB. HAMILTON, L. L.  
 D. P. P.  
 JAS. KIDD, L.L. O.O.O.





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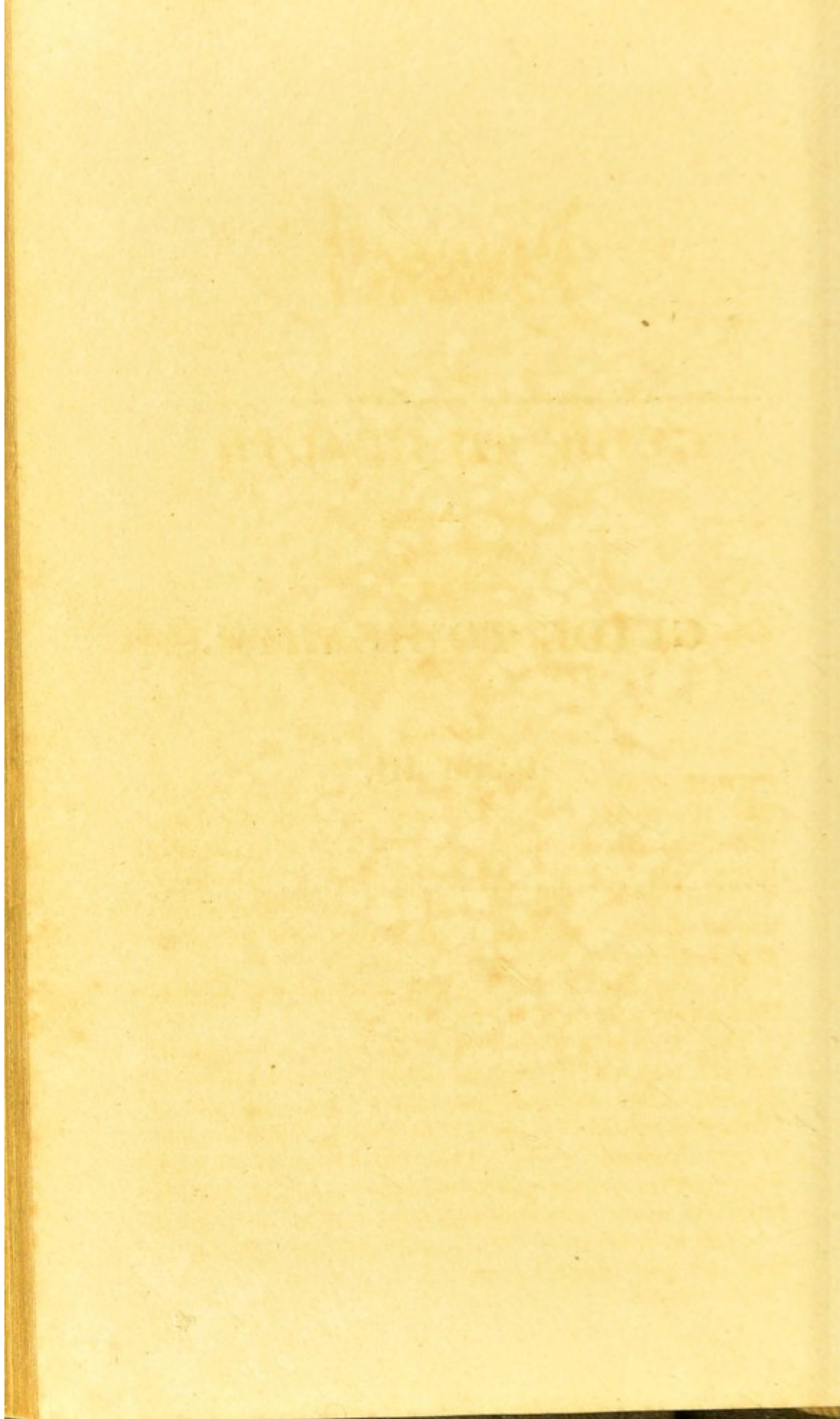
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# GUIDE TO HEALTH.

PART III.

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## GUIDE TO HEALTH.

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PART III.

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### *On the Advantages arising from Hot and Cold Bathing.*

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**T**HE great antiquity of cold bathing, begun by the Patriarchs, and afterwards imitated by the Egyptians, Jews, Greeks, Romans, and all mankind, as recorded in both sacred and profane history, proves its salutary use beyond dispute. The use of cold water upon immersion evidently invigorates both the body and the mind, and renders them both serene and calm.

Buchanan, in his history of the Scots, relates, that the Picts went naked, and slept on the snow.

The Romans, when they found their stomachs overcharged with meat, went to the bath, as we learn from Juvenal, who inveighs against those who, having gorged themselves with eating, were forced to go into the baths to give themselves relief. They found also, that a bath was good to refresh themselves after some considerable fatigue or travel, as Celsus tells us ; which makes Plautus say, that all the baths in the world were not sufficient to remove the weariness he felt.



Scutonium relates, that Antonius Musa cured the Emperor Augustus of a dangerous catarrh by cold bathing. Plato, Strabo, Diodorus, Siculus, Pausanius, and most historians and poets confirm the salutary effects of cold baths on the human frame. Lord Verulam declares, that bathing is conducive to health, and that it was as customary among the Romans, Grecians, and Turks, as eating and drinking. The Israelites used immersion by custom derived from the Egyptians, among whom they lived many hundred years. The Egyptian priests used ablutions thrice a day upon extraordinary sacrifices. Moses prescribed washing in cold water to purify the unclean, as those who had touched dead bodies, or had seminal pollutions, &c.

The Celtic nations were not without the use of bathing; the ancient Germans bathed every day in warm water in winter, and in summer in cold. In England, the famous bath in Somersetshire is said by some to have been in use 800 years before Christ; of this, however, it must be owned, we have but very slender evidence: but Dr. Musgrave makes it probable, that it was a place of considerable resort in Getas' time; there being still the remains of a statue erected to that General, in gratitude for some benefactions he had conferred upon it.

The use of baths were strongly recommended by the Ancients, and are still the delight of the Egyptians. It is by means of them that they prevent or dispel rheumatisms, catarrhs, and such cutaneous disorders as are produced by want of perspiration. Hence likewise they find a radical cure for that fatal evil which attacks the sources of generation, the remedy for which is so dangerous in Europe. By the same resource, they get rid of that uncomfortable feeling, so common to all nations, who do not pay so much attention to the cleanliness of their bodies. Mr. Tournefort, indeed, who had used steam baths at Constantinople, where there is less refinement in them than at Cairo, is of opinion, that they injure the breast; but, according to Mr. Savary, this is an error which further experience would have corrected. There are no people who make more frequent use of them than the Egyptians; and



there is no country where there are fewer asthmatic people. The Asthma is scarcely known there.

Pythagoras taught the western nations that purity was to be got by washing and sprinkling. The Romans improved the art of cold bathing; and Hippocrates and Galen well understood the useful practice and recommended it successfully in numerous cases of debility. Cambden assures us, that the Gauls, from whom our Britons sprung, had their sacred fountains called Divona, and hence it is well known at this day, that many English springs miraculously cure, when used in cold bathing. Agrippa built 170 public baths at Rome, and so great were their repute, that according to Pancirollus, there were 856 baths in that city at his time; some of them are still in considerable ruins, particularly Anthony's baths, at the foot of Mount Aventine, which appear more like a great town than a single fabric. Albert de Mandesloes informs us, that the Canarians wash their children as soon as they are born, by which they grow hardy and strong.

We learn from Scripture, that at the Pool of Bethesda, the blind, the lame and withered (consumptive), were restored in a miraculous manner by immersion therein.

The baths of Dioclesian, Salmon informs us, had seats for three thousand people, who might bathe without seeing one another. Sir John Floyer says, in 1600 all infants were immersed in cold water at their baptism, and it was found to invigorate their bodies. The custom being neglected at the revolution, that disorder called the Rickets became then known, a disorder scarce ever heard of in England till Henry the seventh's time.

Agathinus has explained the salutary effects of cold bathing, and the custom of several nations to put their children in cold water every day was prevalent in his time.

Sir John Floyer recommends Agathinus's observations to be made known to all persons, viz.—“They who desire  
“ to pass the short time of life in health, ought often to  
“ use cold bathing, for I can scarcely express in words  
“ how much benefit may be had by cold baths; for they



“ who use them, though almost spent with age, have a  
“ strong pulse, a florid colour in their face; they are active  
“ and strong; their appetite and digestion are vigorous;  
“ their senses perfect and exact; and, in short, they have  
“ all their natural actions well performed.”

Cold bathing has been found very beneficial for all rheumatic pains, paralytic weakness, and stiffness after rheumatism; a great strengthener of the limbs;—vigour and spirit follow the use of cold bathing. It is convenient for young persons, to render them insensible of cold air. Dr. Cheyne informs us, that “ Nothing is so injurious, and prevents the benefit of exercise to weak and tender constitutions, as sucking into their bodies the nitrous and humid particles of the air”—that is catching cold—“ now nothing so effectually prevents this as cold bathing.” At this age there are not instances wanting to produce innumerable cases where cold bathing has succeeded and where the nicest remedies have failed.

Reason and experience have demonstrated that the cold bath has infinite virtues. Dr. Baynard has proved the use of it, particularly in disorders occasioned by masturbation and venereal excesses, especially in a case where, independent of impotence, and a simple gonorrhœa, the patient was so very weak, increased indeed by phlebotomy and purgatives, that he was considered as incurable.

The cold bath recommends itself in a variety of cases; and is peculiarly beneficial to the inhabitants of populous cities, who indulge in voluptuousness, or lead sedentary lives. In persons of this description the action of the solids is always too weak, which induces a languid circulation, a crude indigested mass of humours, and obstruction in the capillary vessels and glandular system. Cold water, from its gravity, as well as its tonic power, is well calculated either to obviate or remove these symptoms. It accelerates the motion of the blood, promotes the different secretions, and gives permanent vigour to the solids. These important purposes are always most essentially answered by sea-bathing; for salt water ought to be preferred, not



only on account of its superior gravity, but likewise for its greater power of stimulating the skin, which promotes the perspiration, and prevents the patient from catching cold.

Whatsoever is to be effected by bracing the solids, invigorating their vibrations, and accelerating the motion of the blood, is with certainty to be obtained from the judicious use of the cold bath.

All diseases from a sily blood and a lentor in the animal juices, if the elasticity of the vessels is not worn out with age or debauches, will find relief from the cold bath, as rheumatisms of the most obstinate kind, hypochondriacal affections, and debility from a too indulgent and inactive way of life. Whatsoever inconveniences likewise proceed from a bad transpiration, or when humours are thrown upon the surface, which cannot get through, but ulcerate, blotch and deform the skin, this remedy will be of service in. For upon immersion the whole nervous system is so shook, that the very capillaries feel the influence, and the minutest passages are forced open by an increased velocity of the circulating fluids, whereby the skin will be cleared, and instead of entertaining gross acrimonious tumours, transmit only the imperceptible matter of perspiration.

It is however necessary to observe, that cold bathing is more likely to prevent, than to remove, obstructions of the glandular or lymphatic system.

Indeed, when these have arrived at a certain pitch, they are not to be easily removed by any means. In this case the cold bath will only tend to aggravate the symptoms, and hurry the unhappy patient into an untimely grave. It is therefore of the utmost importance, previous to the patient's entering upon the use of the cold bath, to determine whether or not he labours under any obstinate obstructions of the lungs or other viscera: and where this is the case, cold bathing ought strictly to be prohibited, until the passage of the lungs be cleansed and opened, and every symptom of inflammation entirely removed.



The most obvious consequences of bathing is, by a greater pressure upon our bodies, to straiten the vessels and dissolve the humours—to remove any viscid matter adhering to the sides of the vessels—to scour the glands by fitting the humours to pass them and be evacuated, and to squeeze out any obtruding matter that sticks to the sides of the vessels, and renders the action of the fluids more free and easy.

It increases the quantity of blood in the brain and viscera: hence a great quantity of spirits are generated, and moved with greater celerity through the nerves—the blood being thrown upon the viscera, a greater quantity of urine, bile, pancreatic juice, &c. is separated—what hindered secretion in the reins, liver, spleen, pancreas, mesentery, &c. will, by cold bathing, be removed, with such other obstructions as are not too chronic and obstinate. In short, cold bathing is proper in cases of scurvy, and elephantiasis—palsies, trembling, madness, relaxation, nervous and hypochondriac diseases—stone, gravel, pains, gout, cachexies, jaundice, and beginning of dropsies—where the patients after eating complain of wind—where the stomach is affected with pain and vomiting—head-aches, prickling pains in the limbs and feebleness—weakness, burning heat and flushes in the face. The cold bath, with its proper course of the Cordial Balm of Gilead, are the happy means of effecting an entire restoration of health and strength.

By the contraction it occasions, it stops hæmorrhages, gonorrhœas, fluor albus, frigidity, and impotency to venery. The quicker the immersion the more instantaneous is the effect.

It is extremely proper that some necessary preparation should be seriously attended to, before persons hastily and inconsiderately make use of the cold bath, for it is apparent that by the present fashion, which is too prevalent among all ranks and conditions of people, of assembling in crowds all the summer long, at watering places to bathe, a number of individuals are, every revolving



year, suddenly taken off by cramps and spasms upon the obstructed viscera.

Immersion in cold water is undoubtedly a custom which lays claim to the most remote antiquity; indeed it must have been coeval with man himself. The necessity of water for the purposes of cleanliness and the pleasure arising from its application to the body in hot countries, must very early have recommended it to the human species. Even the example of other animals was sufficient to give the hint to man. By instinct, many of them are led to apply cold water in this manner; and some, when deprived of its use, have often been known to languish and even die; but whether the practice of cold bathing arose from necessity, reasoning, or imitation, is an enquiry of no importance; the most material business is to point out the advantages which may be derived from it, and to guard people from an unprepared and too hasty use of it.

*Cautions before Cold Bathing.*—Bathe not when too hot, or in a state of perspiration, but give yourself time to cool.

Stay not in the water above two or three minutes, but go in and come out as quick as it is possible to do so after immersing the whole body.

Bathe before dinner; fasting; or else in the afternoon about four or five o'clock; it being improper to go in after much eating or drinking.

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The cold bath heats by stopping the pores and keeping in the effluvium or aerial spirits; and on the contrary, the hot bath cools by opening the pores, and by evaporating the hot aerial spirit considerably, and afterwards chilling the whole frame. Hence we find that heat succeeds cold, and cold heat, naturally; and for this end we heat water that it may soon cool and freeze.

*Children subject to Pimples and Eruptions on the Skin, Inflammation and Excoriation of it.*—The immersion not only clears the skin by ablution of the same from the salt humours which it imbibed from the womb, but also produces sweat and dissipates the acrid serum which cor-



rodes and inflames the skin: this is evident from the practice of the Tartarian and Tonguese people, who, as the Author of the Embassy from Muscovy to China says, as soon as their children are born, in summer-time, dip them in water, and in winter lay them in snow to harden their skins.

The benefit of bathing is very great, particularly as practised by boys and young men. All creatures in the summer go into rivers and pools to cool themselves. The general effects that bathing produces are, besides cleansing and moistening the skin, to cure thirst, cause sleep, produce urine, and prevent fever. It feeds the body, creates an appetite, and helps digestion. The way to prepare the body for

### COLD BATHING,

if very tender and delicate, is to wash it all over with warm water about spring time in May, and every morning use cooler till the sensation of cold water can be borne.

Many tender persons have used the cold bath without any such preparation, and have soon become fond of it; but certainly great care should be taken not to stay in the water too long; they should only immerse, and get out again instantly.

Cold baths were held by the Ancients in the highest veneration, especially by the Jews and Romans, not only for the amazing cures that were daily effected by this practice, but also for cleanliness and delight: and surely nothing but a conviction of their use, from observation, could have brought them into reputation again.—And it is apparent, that every day's practice will render this salutary custom as familiar to us as it was to our predecessors. If the body is properly prepared by the use of the medicine herein recommended, there are few chronic complaints in which the cold bath cannot be used with safety.

Bathing, either in natural or artificial baths, is of great use in hypochondriac diseases, and yields, as many physicians (particularly Aëtius, Galen, Rhasis, and



Montanus) contend, as speedy a remedy as any other physic whatsoever.

The richness and expence of the Roman baths are well known, which is, in some degree, a proof of their utility, especially in warm climates. But the Porrectan baths, the baths of Aquaria, the waters of Apona, the springs of St. Helen, the Chalderninian baths, and all those which are naturally impregnated with brass, iron, alum, sulphur, although greatly superior to any artificial baths of the like nature, ought to be warily frequented by melancholy persons. Of the efficacy of cold baths in the cure of this complaint, many physicians have expressed their doubts; but Cardan commends bathing in fresh rivers and cold waters, and, advising all those who wish to live long to use it, says, that it agrees with all ages and complexions, particularly in the West Indies and sultry climates.

It would occupy much time and space to describe the *thermæ* or baths, the vast ruins of which are still to be seen within the walls of Rome, like the remains of so many separate citadels. The *thermæ* Dioclesianæ might be termed an august academy for the use and instruction of the Roman people. The *pinacotheca* of this building was a complete museum of all the curiosities of art and nature; and there were public schools for all the sciences.

The *thermæ* Antonianæ, built by Caracalla, were still more extensive and magnificent; they contained cells sufficient for 2,300 persons to bathe at one time, without being seen by one another. They were adorned with all the charms of painting, architecture, and sculpture. The pipes for conveying the water were of silver. Many of the *lavacra* were of precious marble, illuminated by lamps of chrysal. Among the statues were found the famous *Toro*, and *Hercole Farnese*.

Bathing was certainly necessary to health and cleanliness in a hot country like Italy, especially before the use of linen was known; but these purposes would have been much better answered by plunging into the Tiber, than by using the warm bath in the *thermæ*, which became altogether a point of luxury borrowed from the effeminate Asi-



atics, and tended to debilitate the fibres already too much relaxed by the heat of the climate. True it is they had baths of cool water for the summer; but in general they used it milk warm, and often perfumed: they likewise indulged in vapour-baths, in order to enjoy a pleasing relaxation, which they likewise improved with odoriferous ointments. The thermæ consisted of a great variety of parts and conveniencies: the nationes, or swimming places; the portici, where people amused themselves in walking, conversing, and disputing together; the basilicæ, where the bathers assembled before they entered, and after they came out of the bath; the atria, or ample courts, adorned with noble colonnades of Numidian marble and Oriental granite; the ephebia, where the young men inured themselves to wrestling and other exercises; the frigida, or places kept cool by a constant draught of air, promoted by the disposition and number of the windows; the calidaria, where the water was warmed for the baths; the platanones, or delightful groves of sycamore; the stadia, for the performances of the athletæ; the exedra, or resting-places, provided with seats for those that were weary; the palistræ, where every one chose that exercise which pleased him best; the gymnasia, where poets, orators, and philosophers recited their works, and harangued for diversion; the eleotesia, where the fragrant oils and ointments were kept for the use of the bathers; and the conisteria, where the wrestlers were smeared with sand before they engaged. Of the thermæ in Rome, some were mercenary, and some opened gratis. Marcus Agrippa, when he was edile, opened one hundred and seventy private baths for the use of the people. In the public baths, where money was taken, each person paid a quadrans, about the value of our halfpenny; but after the hour of bathing was past, it sometimes cost a great deal more. Though there was no distinction in the places, between the first patrician and the lowest plebeian, yet the nobility used their own silver and gold plate for washing, eating, and drinking in the bath, together with towels of the finest linen. They likewise made use of the



instrument called *strigil*, which was a kind of flesh-brush. The common people contented themselves with sponges. The bathing time was from noon till the evening, when the Romans eat their principal meal. Notice was given by a bell, or some such instrument, when the baths were opened.

There were separate places for the two sexes; and indeed there were baths opened for the use of women only, at the expence of Agrippina, the mother of Nero, and some other matrons of the first quality. The use of bathing was become so habitual to the constitutions of the Romans, that Galen, in his book *De Sanitate Tuenda*, mentions a certain philosopher, who, if he intermitted but one day in his bathing, was certainly attacked with a fever. In order to preserve decorum in the baths, a set of laws and regulations were published, and the thermæ were put under the inspection of a censor, who was generally one of the first senators in Rome.

Agrippa left his gardens and baths, which stood near the pantheon, to the Roman people; among the statues that adorned them was that of a youth naked, as going into the bath, so elegantly formed by the hand of Lysippus, that Tiberias, being struck with the beauty of it, ordered it to be transferred into his own palace: but the populace raised such a clamour against him, that he was fain to have it re-conveyed to its former place. These noble baths were restored by Adrian, as we read in Spartian; but at present no part of them remains.

As epidemic fevers depend on the change of the air, frequent rains and excessive colds, nothing surely can be better to prevent such diseases than the cold bath: the coldness of the water contracts the nervous fibres and strengthens their motion, hinders their laxity and the evacuation of humours which would prejudice our health: it also promotes perspiration, urine, and the menses. The cold bath, by helping the digestion and making the body more vigorous in its exercise, is at once not only sufficient to prove its salubrity in preserving our health, but by strengthening the tone of the solids, and preserving the crasis and



motion of the fluids, it reaches as it were the very soul of the patient, and affords liveliness, briskness, and serenity, beyond the powers of description.

“No doubt,” says Dr. Baynard, “Cold bathing has  
 “a great effect on the heart as well as all other muscles;  
 “that it strengthens its fibres, and invigorates its motion,  
 “by compressing the animal spirits which agitate its muscular fibres, by causing a greater tension and contraction in themselves, and by exciting the motion of the  
 “heart; whence the humour makes its effervescence after  
 “their compression by cold water: for though, during  
 “the immersion in it, the pulse stop, and the motion of  
 “the heart is slower; yet some time after the muscles  
 “work faster, and evacuate by sweat and urine—the  
 “menses and the whole body are sensibly hotter—and if  
 “the muscles of the heart become stronger by cold bathing, then the sanguification of the chyle and the secretion of the old fæces of the blood—i. e. the choler, *bilis atra*, the sluices, salt serum, the ærial gas, are better  
 “performed, on which our health very much depends.”

Mr. Lewis, in treating of disorders originating from masturbation, venereal excesses, involuntary emissions, impotence, and gonorrhœa, says, “That of all remedies, whether external or internal, there is none can equal the virtue of the cold bath, if proper restoratives are taken when it is used. It cools the body more, helps to strengthen the nerves better, and more effectually contributes to promote perspiration than any internal medicine can do without it: and, with the aid of such bracing medicines as are of *known efficacy*, will do every good that can be expected from it.” In the *tabes dorsalis*, or dorsal consumption, the cold bath gives a spring even to the inanimate fibres. Celsus, of whose works every one has availed himself, recommends in cases of debility, originating from the fatal effects of libidinis, *strengthening remedies* and diet, abstinence from amorous pleasures, and the cold bath. Aretus joins in the same opinion. Actuarius has prophetically described the virtues of that all-powerful medicine the Cordial Balm of Gilead. He says, “let the



patient take before immersion in the cold bath, and during a course of it, *such medicines as strengthen without stimulating too violently the nervous system.*"

Nature teaches us what regimen is most suitable to each climate; but luxury and evil custom, or fancy, corrupt our natural senses, and introduce ill habits, whereby our bodies are greatly disordered and become unhealthy.

If we reflect on the practices of the inhabitants of the cold, and those of the hot climates, the observations I have made will appear evident.

In hot countries, nature dictates a cool regimen—to cool our bodies by air and thin clothing—to eat fruit and drink water, instead of flesh meat and fermented liquors—to cool our dwellings by larger windows and doors—to avoid going into the air in the hottest part of the day—to walk only in the morning and evening—to lie cool at night, and go into the cold bath.

In cold countries, on the other hand, hot diet of flesh meats are used; fermented liquors, strong beer and wine; more clothes are worn, great fires kept burning, more exercise is taken—the houses are closer and lower, and for diseases the cold or hot baths are resorted to. Great fear of catching cold drives them into excess in the use of hot things, flesh meats, high sauces, spirituous and fermented liquors, wines, tobacco, snuff, tea, coffee, &c. &c.

The use of the Cordial Balm of Gilead, and the cold bath together, is pointed out by the nature of their virtues; they produce the same effects; and being combined, will cure disorders which every other remedy would only have encreased. Being strengthening, sedative, and febrifugal, they reinvigorate, diminish the feverish and nervous heat: they calm the irregular motions produced by the spasmodic disposition of the nervous system; they fortify a weak stomach, and quickly dissipate its attendant pains; they restore appetite, they facilitate digestion and nutrition, they promote all the functions, and particularly perspiration, which renders them so efficacious in all catarrhus and cutaneous disorders. In a word, they remove all



the disorders occasioned by weakness, provided the patient is not afflicted with indissoluble obstructions, inflammations, nor internal ulcerous abscesses, which conditions almost necessarily exclude the cold bath.

In what is called a plethoric state, or too great a fullness of the body, it is likewise dangerous to use the cold bath, without due preparation. In this case there is great danger in bursting a blood vessel, or occasioning an inflammation of the brain, or some of the viscera. This precaution is more essentially necessary to those who live high and are of a gross habit. Yet it is very remarkable that these are the people who resort with the greatest ardour to the sea-side, and plunge into the water without the least consideration. No doubt they often escape without injury; but so many are instantaneously carried off by a cramp, apoplexy, &c. that no sanction can be given to the practice. On the contrary, no person ought to bathe until the body has been previously prepared by some active stimulus on the blood and bowels.

Another class of patients, who stand peculiarly in need of the bracing qualities of cold water, is the nervous.—This includes the greatest number of the male, and almost all the female inhabitants of great cities. Yet even these persons ought to be cautious in using the cold bath. Nervous people have often weak bowels, and may, as well as others, be subject to congestions and obstructions of the viscera; and in this case they will not be able to bear the effects of cold water. For them, therefore, and indeed for all delicate people, the best plan would be to accustom themselves to its use by the most pleasing and gentle degrees. They ought to begin at the warmest season, and gradually use it as the cold encreases, till at length the coldest will prove quite agreeable. Nature revolts against all sudden transitions! and those who do violence to her dictates, have often cause to repent of their temerity.

To young people, and particularly to children, cold bathing is of the last importance. The best time for bathing is in the morning. The bather should take previ-



ously, gentle exercise, to put the body in an agreeable glow. Immediately after bathing, the body should be well rubbed with a towel, and it should be succeeded by half an hour's exercise. For children, as well as adults, one or two dips are all that is necessary for health—remaining too long in the water debilitates. Their lax fibres render its tonic powers peculiarly proper. It promotes their growth, increases their strength, and prevents a variety of diseases incident to childhood. Were infants early accustomed to the cold bath, it would seldom disagree with them; and we should see fewer instances of the scrofula, rickets, and other diseases, which prove fatal to many, and make others miserable for life.— Sometimes, indeed, these disorders render infants incapable of bearing the shock of cold water; but this is owing to their not having been early and regularly accustomed to it. It is however necessary here to caution young men against too frequent bathing; as I have known many fatal consequences result from the daily practice of plunging into rivers, and continuing there too long.

I would particularly recommend the use of the cold bath to all persons of a debilitated constitution and a relaxed fibre; for weakness of the back and reins, scrofula, swellings, and relaxations of the joints, and all nervous affections. For the sedentary and studious, I would likewise recommend the same practice, as it will in some measure supply the place of exercise, and give tone and vigour to the muscular system; for there is not, perhaps, in the whole compass of the materia medica, a more powerful bracer than the cold bath; yet its use ought to be adopted with the utmost precaution, and not before the circulating mass has undergone a salutary preparation.

Where the shock of the cold bath is too severe for the patient, the shower bath may be used with advantage.— Its action can be regulated at pleasure; and as the water descends like rain, it gently impels the blood towards the lower extremities, and prevents the danger which would arise from its sudden and rapid determination to the lungs and head by a total immersion. A common



watering pan would be a good substitute for the shower bath.

As cold bathing has a constant tendency to propel the blood and other humours towards the head, it ought to be a rule always to wet that part first, or as soon as possible. By due attention to this circumstance, there is reason to believe, that violent head-aches, and other complaints, which frequently proceed from cold bathing, might be often prevented.

In cases of extreme personal weakness, in hysteric and hypochondriac cases, in nervous disorders which induce spasms, convulsions, epilepsy, and similar consequences of the debility or irritability of the system, the shower bath will in general be preferable to immersion. But in those disorders the cold bath in any shape must not be used at once; instead of being beneficial, it would be highly dangerous. It will be proper to begin with the tepid bath, about the warmth of milk from the cow, and to reduce it gradually, and almost imperceptibly, till the constitution can bear it entirely cold, and then to persevere in the cold bath, not only till a cure, but afterwards.

In most cases, sea-bathing should be accompanied with drinking the salt-water.

The cold bath, when too long continued in, not only occasions an excessive flux of humours towards the head, but chills the blood, cramps the muscles, relaxes the nerves, and wholly defeats the intention of bathing.—Hence, by not adverting to this circumstance, expert swimmers are often injured, and sometimes lose their lives before any assistance can be given.

It must be allowed by every physiologist, by every pretender to medical experience, that the principal preparation necessary to sea-bathing is, to be careful that the veins, arteries, nerves, and vessels of the whole body are completely open, or at least are free from any absolute obstruction. The action of the water upon the circulating system is so great, that the blood and all the animal juices are propelled with such astonishing rapidity through the body, that should an obstruction in the vessels suddenly



check their progress, a vein bursts, cramp ensues, or convulsive spasms seize the vital parts, and either sudden death, or a dangerous disease, is the natural consequence.

From the observations the Author has had frequent opportunities of making at Harrogate, Brighton, Buxton, Worthing, Blackpool, Cheltenham, Ramsgate, Southampton, Bath, Hot-Wells, Bridlington, Scarbro',\* and many other watering-places and sea-ports, he is warranted in recommending the Cordial Balm of Gilead, as the safest and most effectual medium, by which the vessels of the human body can be perfectly and completely prepared to sustain the severe shock the whole system is made to undergo, by sudden immersion in the cold bath. If it be taken by grown persons night and morning, in the quantity of a large table-spoonful in a wine-glass of cold spring water, for only one week before the cold bath is used, every obstruction of the vessels will be timely removed; the viscera and vital organs will be strengthened and cleansed; the bowels will be gently lubricated and opened, and the whole body will be found in a state that will become quickly susceptible of the benefits of bathing; of which those who make trial of the medicine will very soon be convinced.

The superstitious notions of nurses prejudice them against the use of the cold bath for children, when it is evident nothing can be more beneficial for them; besides, the utility of washing their extremities in cold water, daily, when in health, in the winter season, is very apparent; but in the summer, they should have only one dip every second day, and a tea-spoonful of the Cordial Balm of Gilead given soon after it, in a small portion of warm milk and water: this will brace the nerves, prevent rickets, scrofula, and many diseases; but great care must be taken to dry them well with flannel before their clothes are put on.

\* There is a warm sea-water bath, and a shower bath, at Scarbro', worthy the attention of the valetudinarian. They are the property of Messrs. Wilson and Travis, eminent surgeons, and gentlemen of the utmost liberality and humanity.



To studious persons, or those of a sedentary life, the cold bath and the medicine here recommended, are of the first importance; these ought not to be neglected by persons of a relaxed habit, especially in the warm season; at the same time, should they be of a costive habit of body, which is generally the case, a couple of drachms of Epsom salts, a little manna, electuary of sena, or any other mild opening medicine should be taken occasionally to keep the body open.

Sea-water is certainly better than fresh water, where it can be conveniently had recourse to. But very excellent effects are produced by bathing in good spring water.

Nervous and weakly persons should bathe only every other day, and in some cases only twice a week, and take the Cordial Balm of Gilead every night and morning, or three or four times a day. Those who bathe every morning, ought to take a dose of the medicine every evening. One single bottle quickly proves its efficacy, which has established it as a cordial companion to the bathing places. Persons of a plethoric habit, should never attempt cold bathing till the body be prepared by a course of drinking salt water, or other attenuants.

The most proper seasons of the year for nervous people to use cold bathing, are summer and autumn. If the patient is of a spare habit, three or four times a week will be sufficient to bathe, and the Cordial Balm of Gilead should be used according to the instructions given, and regimen prescribed for nervous persons. In old gleet, the cold bath is of the utmost importance, and ought never to be omitted. There is not perhaps a more powerful bracer in the whole compass of medicine. The patient should plunge in over head and ears every morning fasting, and not stay a minute in the water; he should also take such medicines internally as are pointed out under the head GLEETS. All warm baths relax frequently in proportion as the cold braces; but as this is a general rule, and as warm baths are seldom used but under the direction of a physician, I shall give my opinion upon the subject in the succeeding pages.



The cold bath is peculiarly beneficial to inhabitants of populous cities, who indulge in idleness, debauchery, or lead sedentary or studious lives. These persons, as well as the nervous class of the community, have often weak bowels, and are not able to bear the effects of cold water, without previous preparation, and proper corroborants, during the use of the bath. For this purpose this treatise was chiefly undertaken, by the persuasion of several valetudinarians, who wished to have my observations more at large upon a matter of such importance than could be given in the course of epistolary correspondence; and I feel pleasure in repeating, that a more proper medicine for the weak, sickly, and infirm, during a course of cold bathing, never came under my observations, as thousands can testify, who have taken the Cordial Balm of Gilead.

When cold bathing occasions chilliness, loss of appetite, listlessness, pain of the breast or bowels, a prostration of strength, or violent head-aches, it ought to be discontinued, and recourse had to a few doses of the Cordial Balm of Gilead.

“ A proper medicine, when judiciously administered, is as necessary to the human body in a disordered state, as food. It is one of the greatest blessings which Providence has bestowed upon us for the relief of such afflictions as our frail nature is subject to; for what avails the honours and glory of the world to a patient languishing under the most direful symptoms of a disease? they cannot create him the least satisfaction! Pains and afflictions are as intolerable to the most dignified as to the meanest subject. But surely it is our duty, when once we are in possession of a remedy, to heal, to cure, and restore the languishing, pining, and sickly part of the community, to give it every possible degree of publicity, particularly when that remedy has stood the test of many years practice, with the most unbounded success; when the rich, as well as the poor, of either sex, have experienced its salubrious effects.

The fame of the REMEDY which I recommend, as the



best preparative to a course of cold bathing, is spread all over the civilized part of the globe : that remedy is distinguished by the name of the

### CORDIAL BALM OF GILEAD,

of which it is my pride to avow myself the inventor and proprietor. A single table-spoonful for an adult or grown person, is a dose, to be taken previous to an immersion in the cold bath, and repeated in the evening ; it may be taken by itself, or in a small portion of any convenient liquid. For children under three years of age, a tea-spoonful in a wine glass of milk or water, should be taken once a day—from three to five, a tea-spoonful and a half—from six to twelve, or fourteen years of age, two tea-spoonfuls twice a day, and so on, according to the age and strength of the patient.





ON THE  
 EFFICACY of the WATERS at BATH,  
 SOMERSETSHIRE,  
 In GOUTY and CHRONIC DISEASES.

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BATH is situated in west long. 2. 30. north lat. 51. 27. distant 107 miles from London; where are several springs of hot water, distinguished by the names of the *King's Bath*, the *Queen's Bath*, the *Cross Bath*, the *Leper's Bath*, and the *Duke of Kingston's Bath*.—Here cripples and diseased persons *only* used formerly to resort; but now it is more frequented by the *SOUND for pleasure* than the *SICK for health*.

The waters are impregnated with a vitriolic principle, yielding, upon evaporation, a little neutral salt and a calcareous earth and iron. They are pleasant to the taste, efficacious, and strengthening to the bowels and stomach, bracing the relaxed fibres, and invigorating the circulation. In bilious complaints they prove serviceable, as well as in nervous, paralytic, rheumatic, and gouty.

At the King's Bath is a handsome pump-room, where company resort in a morning to drink the waters. In the Cross Bath is a monument of the Ascent of the Holy Ghost, attended by Angels, erected by the Earl of Melfort, in marble. The King's Bath is 65 feet 10 inches by 40 feet 10 inches. It contains above 346 tons of water when filled to its usual height. In the middle is a wooden building, with seats and niches for the accommodation of bathers; there are also iron rings all round to hold by, and persons (both male and female) to attend



them in the bath. A bathing dress of brown canvass is usually hired for the purpose, which the person intending to bathe puts on in his own lodgings, and is carried in a chair of a close and particular make to one of the slips which opens into the bath: having stayed his stated time in the bath, he puts off his bathing dress, and being wrapped up in blankets is carried home to bed, where he lays some time to encourage perspiration. Adjoining the King's Bath are places furnished with pumps to pour the hot streams on any particular parts of the body.

The Queen's Bath being filled from the King's, and lying at a greater distance from the source, is not so hot. The bathers descend first into the Queen's Bath, and generally advance to the centre of the other.

The Duke of Kingston, in 1755, having cleared the spring and the sewer of the Bath, made several judicious improvements, whereby invalids may be accommodated at all hours by night as well as by day. The two seasons are *spring* and *fall*;—but those who take the waters purely for their health, do not regard the seasons, but drink them all the year round.

It is now universally established, that the drinking freely of the Bath Waters after full meals, and pursuing a regular course of the Cordial Balm of Gilead, will be found of the greatest use in the intervals of the *Gout*.—It should also be drank in the morning fasting. Its diluting and cleansing qualities, aided by the use of this medicine, have been found a sovereign remedy in restoring decayed appetite, and strengthening weak digestion, when other remedies have failed. A gouty person ought to avoid intemperance; he should drink freely of the Bath Water, and take a dose of the Cordial before he goes to bed; the gouty salts would be thereby dissolved, and more readily carried off, by the free perspiration, sweating, and urine which ensue.\*

\* The gouty part should be frequently bathed with AQUA AMMONIA, and covered with flannel.



The learned have been divided and much perplexed about the heat of Bath Waters. The following experiment will probably account for it:—Mix filings of steel and powder of sulphur by working them into a paste with water, and put it into a cellar under a cock dropping water slowly and regularly; the water will soon become of the same heat and virtue, though not so pleasant as the Bath Waters. The Hot Bath raised the thermometer to 114 degrees, and the Cross Bath to 107.

That the heat of the Bath Waters is owing to a principle within themselves, is evident from their retaining it longer than any other water heated to the same degree.—The sulphur in the Bath Waters is evident to the senses, forming large clusters on the top of the Baths, mixed with earth and some vegetable substances. The steel is manifested by the blueish tincture given to the water from the pump by the infusion of nut-gall; hence it is evident that the Bath Waters must be an excellent remedy in the gout and other chronical cases, not only from their properties of introducing a foreign warmth and motion to cold and decayed bowels and fluids, thereby encreasing and enlivening the slow circulation; but by their chalybeate principle, so peculiarly locked-up in sulphur, that the patient reaps all the benefit and healthful effects of the best preparations of this medicine without the nauseous taste of it, and the frequent disorders of the stomach that every other way of giving steel produces.

The hand of nature has wonderfully provided in the Bath Waters a remedy to relieve the miseries of human life. The innumerable crowds of cripples of all sorts, and those of other persons, rendered miserable by chronical distempers, being every year cured or relieved, is so apparent, that neither philosophy nor rhetoric can be more convincing on the subject.

It is somewhat uncommon that bathing, which for many hundred years has wrought such cures as we have on record, and singly maintained so long the reputation of Bath, should for this last century (in which only drinking the waters have been in use) have fallen into such dis-



grace, that it is now very far from being the principal thing that people come to Bath for.

Before drinking the Bath Water came to be so much used, fixed or wandering pains, stiffness or contraction of the tendons, lameness or wasted limbs, palsies or rheumatisms, were the chief distempers people came to Bath for: since all other chronical distempers whatsoever are relieved either by bathing or drinking. If people will bathe indifferently, without advice, without preparing their bodies by a course of the Cordial Balm of Gilead, and cleansing the alimentary passages, without any distinct knowledge of their case, strength, the proper season of bathing, or the time they ought to stay in at once, there must necessarily happen accidents which tend to discourage and disgrace bathing in general.—But I am well satisfied, that if bathing is managed prudently and discreetly, with the use of the Cordial Balm of Gilead, there are but few chronical cases in which it might not be useful, and in which it might not contribute, with drinking the waters, &c. towards a cure or relief.

From the experience alone of the efficacy of the Cordial Balm of Gilead to persons visiting Bath, and from the uncommon sale there of late, there can be no ground for hesitating in warmly recommending its use for bracing the nerves, raising the spirits, and by promoting the secretions by urine and perspiration, it effects the most wonderful cures when aided by the use of the Bath Waters.

The quantity of Bath Waters it is convenient to drink daily, must be varied, according to some circumstances of the patient and the nature of the distemper. Strong, full and large bodies, bear more waters than tender, thin, and lesser ones; the younger more than the elder; those of strong and firm, than those of weak and relaxed nerves; those who labour under the gravel and rheumatism, than those who are disordered in the alimentary passages, or are subject to scorbutic or nervous weaknesses, and the like:—but in general it were to be wished that people who come to Bath for their health, drank less daily than they commonly do, and allowed more time for a chronical distemper.



In most cases a *pint* in a morning is sufficient; and in low constitutions and disorders in the alimentary passages tending to vomiting and purging, *half a pint* is sufficient; and whatever is drank, it is always best to take it in small quantities, observing to add two tea-spoonfuls of the Cordial Balm of Gilead to every glass of water: and it should be taken at considerable distances of time, provided it comes within the compass of the morning. What is drank at meals, though cold, yet being fresh and not altogether drained of its principles and virtues, contributes near as much to the cure as that which is taken in the morning.

The afternoon and evening's draughts must depend upon the observation of the patient, as he finds them agreeable to his stomach. Where too much has not been taken in the morning they are very proper, provided they be in proportion to the morning's quantity, and never taken under four or five hours after dinner; and that at night, not under two or three hours after supper—these times being the most proper to assist the digestion and carry off the remains of the food: but nothing requires more the experience and judgment of a physician than the accommodating the previous preparations—the quantities to be drank and the medicines to be taken with them—to the distemper and the constitution of the patient; for these once settled, the rest goes on for the most part successfully.

### *Of Temperance, &c.*

Personal cleanliness should be carefully attended to, the body-linen often changed, and in many cases where there are symptoms of debility, a flannel waistcoat should be worn next the skin. The teeth should be kept clean and in good order; for which purpose a skilful operator should be resorted to almost in the first instance.—Bath is particularly fortunate in having the advantage of Mr. Sigmond's practice, as a Dentist, who for ability and judgment is unrivalled in the kingdom.



It is only the rich and voluptuous who acquire the gout, or by luxury enrage the complaint, if hereditary, and those only, who have spent their life-time under its tortures, can best tell what astonishing miseries it occasions, when the gouty humour has seized upon all the noble principles of life, obstructed the fine pipes and slender passages, in whose openness and soundness all the exquisite sensations of the animal faculties consist. When nothing but pain, melancholy, frightful ideas, horrid dreams and black despair remains, who would not have parted with the richest delicacies, and the most delicious wines, for a plain simple diet?—Temperance is, therefore, the most necessary of all things to be attended to for the effectual cure or relief of the gout.

What the noble *Cornaro* observes of the Italians of his time, may very well be applied to this nation at present, viz. “That we are not contented with a plain bill of fare; that we ransack the elements of earth, air, and water, for all sorts of creatures to gratify our wanton and luxurious appetites: That, as if our tables were too narrow and short to hold our provisions, we heap them up upon one another. And lastly, that, to create a false appetite, we rack our cook’s inventions for new sauces and provocatives, to make the superfluous morsel go down with the greater gust.”

This is not a groundless observation, but it carries an experimental conviction along with it. Look into all our public entertainments and feasts, and see whether luxury and intemperance be not too predominant in them. Men upon such occasions think it justifiable to give themselves the loose to eat heartily, and to drink deeply; and many think themselves not welcome or well entertained, if the master of the feast be so wise as not to give them an occasion of losing the *man*, and assuming the *beast*.

It is further urged by some others, who have absolutely abandoned themselves to sensual pleasures, “That it is better to live a few years in the full enjoyment of the good things of this world, than to spend a century in a continual restraint laid upon their appetites.” But the extrava-



gancy of these men appears at first view ; *eat, drink, and be merry*, is all they aim at, and they do not care how soon their souls shall be required of them. They are strangers to the pleasures which health and good old age can afford men, and therefore live a-pace, though in truth they do not live at all to any purpose. By their excesses and extravagancies they render themselves useless to themselves and others. They are always in a ferment, and never come to cool and sedate thoughts of things. Hence it was, that a noble\* Peer of this kingdom, one of a large genius and quick parts, was hurried by an intemperate sort of life to such extravagancies, as for several years not to be his own man ; and though he lived not half the age of a man, yet by his excesses he did not enjoy the half of those days wherein he lived. He perverted those parts which God had given him, and made them the panders to vice and debauchery ; which occasioned a noble friend to reflect upon him in these words :

Such nauseous songs by a late author made,  
Draw an unwilling censure on his shade.  
Not that warm thoughts of the transporting joy  
Can shock the chastest or the nicest cloy ;  
But words obscene, too gross to move desire,  
Like heaps of fuel, only choke the fire.

*Marquis of Normanby's Essay on Poetry.*

The late ingenious Mr. Addison has in his *Spectators* more than once treated on this subject ; particularly in No. 195, he has given us a very noble and elegant apology in favour of temperance, which, as the argument is the same, and as it contains a short account of the author *Cornaro*, with a commendable character of the treatise itself, we shall here beg leave to subjoin to this introduction.

Fools, not to know that half exceeds the whole,  
Nor the great blessings of a frugal board !

There is a story, in the *Arabian Nights Tales*, of a king who had long languished under an ill habit of body, and had taken abundance of remedies to no purpose. At

\* Earl of Rochester.



length, says the fable, a physician cured him by the following method: he took an hollow ball of wood, and filled it with several drugs; after which he closed it up so artificially that nothing appeared. He likewise took a mallet, and after having hollowed the handle and that part which strikes the ball, he enclosed in them several drugs after the same manner as in the ball itself. He then ordered the Sultan, who was his patient, to exercise himself early in the morning with these rightly prepared instruments, till such time as he should sweat: when, as the story goes, the virtues of the medicaments perspiring through the wood, had so good an influence on the Sultan's constitution, that they cured him of an indisposition which all the compositions he had taken inwardly had not been able to remove. This eastern allegory is finely contrived to shew us how beneficial bodily labour is to health, and that exercise is the most effectual physic. I have described in my hundred and fifteenth paper, from the general structure and mechanism of a human body, how absolutely necessary exercise is for its preservation; I shall in this place recommend another great preservative of health, which in many cases produces the same effects as exercise, and may, in some measure, supply its place, where opportunities of exercise are wanting. The preservative I am speaking of is *temperance*, which has those particular advantages above all other means of health, that it may be practised by all ranks and conditions, at any season or in any place. It is a kind of regimen into which every man may put himself, without interruption to business, expence of money, or loss of time. If exercise throws off all superfluities, temperance prevents them; if exercise clears the vessels, temperance neither satiates nor overstrains them; if exercise raises proper ferments in the humours, and promotes the circulation of the blood, temperance gives nature her full play, and enables her to exert herself in all her force and vigour; if exercise dissipates a growing distemper, temperance starves it.

Physic, for the most part, is nothing else but the substitute of exercise or temperance. Medicines are indeed



absolutely necessary in acute distempers, that cannot wait the slow operations of these two great instruments of health; but did men live in an habitual course of exercise and temperance, there would be but little occasion for them.—Accordingly we find, that those parts of the world are the most healthy, where they subsist by the chase; and that men lived longest when their lives were employed in hunting, and when they had little food besides what they caught.

Nature delights in the most plain and simple diet.—Every animal but man keeps to one dish. Herbs are the food of this species, fish of that, and flesh of a third. Man falls upon every thing that comes in his way; not the smallest fruit or excrescence of the earth, scarce a berry, or mushroom can escape him.

Were I to consider my readers as my patients, and to prescribe such a kind of temperance as is accommodated to all persons, and such as is particularly suitable to our climate and way of living, I would copy the following rules of a very eminent physician. Make your whole repast out of one dish. If you indulge in a second, avoid drinking any thing strong, till you have finished your meal; at the same time abstain from all sauces, or at least such as are not the most plain and simple. A man could not be well guilty of gluttony, if he adhered to these few obvious and easy rules. In the first case, there would be no variety of tastes to solicit his palate, and occasion excess; nor in the second, any artificial provocatives to relieve satiety, and create a false appetite. Were I to prescribe a rule for drinking, it should be formed upon a saying quoted by Sir William Temple; *the first glass for myself, the second for my friend, the third for good humour, and the fourth for mine enemies*. But because it is impossible for one who lives in the world to diet himself always in so philosophical a manner, I think every man should have his days of abstinence, according as his constitution will permit. These are great reliefs to nature, as they qualify her for struggling with hunger.



and thirst, whenever any distemper or duty of life may put her upon such difficulties; and at the same time give her an opportunity of extricating herself from her oppressions, and recovering the several tones and springs of her distended vessels. Besides, that abstinence well timed often kills a sickness in embryo, and destroys the first seeds of an indisposition. It is observed by two or three ancient authors that *Socrates*, notwithstanding he lived in Athens during that great plague which has made so much noise throughout all ages, and has been celebrated at different times by such eminent hands; I say, notwithstanding that he lived in the time of this devouring pestilence, he never caught the least infection, which those writers unanimously ascribe to that uninterrupted temperance which he always observed.

And here I cannot but mention an observation which I have often made, upon reading the lives of the philosophers, and comparing them with any series of kings or great men of the same number. If we consider these ancient sages, a great part of whose philosophy consisted in a temperate and abstemious course of life, one would think the life of a philosopher and the life of a man were of two different dates. For we find that the generality of these wise men were nearer an hundred than sixty years of age, at the time of their respective deaths. But the most remarkable instance of the efficacy of temperance towards the procuring of long life, is what we meet with in a little book published by *Lewis Cornaro* the Venetian; which I the rather mention, because it is of undoubted credit, as the late Venetian ambassador, who was of the same family, attested more than once in conversation, when he resided in England. *Cornaro*, who was the author of the little treatise I am mentioning, was of an infirm constitution, till about forty; when, by obstinately persisting in an exact course of temperance, he recovered a perfect state of health; insomuch that at fourscore he published his book, which has been translated into English under the title of "*SURE METHODS OF ATTAINING A LONG AND HEALTHFUL LIFE.*" He lived to give a third or fourth



edition of it, and, after having passed his hundredth year, died without pain or agony, and like one who falls asleep. The treatise I mention has been taken notice of by several eminent authors, and is written with such a spirit of cheerfulness, religion and good sense, as are the natural concomitants of temperance and sobriety. The mixture of the old man in it, is rather a recommendation than a discredit to it.

### *Maxims for prolonging Life.*

It is not good to eat too much, or to fast too long, or do any thing else that is preternatural.

Whoever eats or drinks too much, will be sick.

The distempers of repletion are cured by abstinence.

Old men can fast easily; men of ripe age can fast almost as much; but young men and children, who are brisk and lively, can hardly fast at all.

Growing persons have a great deal of natural heat, which requires a great deal of nourishment, else the body will pine away: But old men, who have but a little natural heat, require but a little food, and too much overcharges them.

It must be examined what sort of persons ought to feed once or twice a day, more or less; allowance being always made to the age of the person, to the season of the year, to the place where one lives, and to custom.

The more you feed foul bodies, the more you hurt yourselves.





## OF BRISTOL WATERS.

THE Hot-Well is situated about a mile below the City of Bristol. The spring arises out of an aperture in the solid rock, about ten feet from the surface of the river, at low water, and is computed to discharge about forty gallons in a minute. It was formerly called *St. Vincent's Well*. The waters are specific for diabetes, and good in phthisical, scorbutic, and inflammatory disorders. Hither is a great resort in the summer of invalids, as well as company, for whose accommodation and entertainment there is a pump-room, ball-room, coffee-house, with taverns, and a great number of lodging-houses both below and on a level with the well, and above is the delightful village of Clifton, which is situated on the brow of a hill, from whence there are Downs extending several miles, where the company ride out for exercise.

Nothing can be more pure and salutary than the air of these Downs, highly beneficial for the weak and infirm patient, particularly those who labour under nervous, asthmatic, and consumptive complaints. The Downs afford romantic and agreeable prospects, among which are King-road, with the ships at anchor, the mouth of the Severn, and the mountains of Wales.

The properties of the Hot-Well Water have been distinguished by many eminent physicians on the spot. It has been found that Fahrenheit's thermometer stood at 50 degrees in common spring water of the neighbouring Rock-House—that of the Hot-Well raised it to 76 degrees.

To have it in perfection it should be drank at the spring, where it has a soft, delicate, milky taste. It is hard and will not dissolve soap, but curdles; nor will it wash linen, or extract tea, as well as common spring water, unless exposed to the open air for three weeks or a month, when it will become as useful as the best common water.

Persons who frequent the Hot-Well should go to the



pump-room in a morning, and drink half a pint of it, then walk about for half an hour and take a glass of the water, and about five o'clock in the evening another half pint should be drank, and exercise taken as before; after being thus accustomed to three doses daily for awhile, the quantity may be encreased to three half pints in a morning, at intervals of half an hour between each, and the like in the afternoon. These six half pints are the usual quantity each person drinks daily during his stay at the Hot-Wells, which is generally from May to September, and which is called the Season. There is also a spring at the Upper Hot-Wells called *Sion Spring*, which does not differ materially from the Lower Well, and is no doubt derived from the same source.

There is also in a street leading to the Hot-Wells, a *Saline Mineral Spa Water*, issuing from a rock about twenty feet below the surface of the earth, which was accidentally discovered in digging a well:—here are Hot and Cold Baths, prepared from this saline spring, which are much frequented by invalids, who also drink the water as a substitute for Cheltenham Salts.

The reception the Cordial Balm of Gilead has received by all ranks since its introduction to the vicinity of Bristol and the Hot-Wells, is so favourable, that few persons of rank or fashion will be without it, as it is not only pleasant to the taste, friendly to the stomach and bowels, but also amazingly efficacious during the use of the Hot-Well Water; which, the astonishing sale Mr. Browne, 62, Wine-street, Bristol, has experienced, sufficiently proves: not to mention the quantities vended by the other agents, Mr. Bulgin, Mr. Sheppard, Mr. Mills, and Mrs. Shiercliff, whose returns have been equally respectable. Mr. Bulgin and Mr. Sheppard alone, having avowed under their hands, that “in the course of *a few months* many HUNDREDS of BOTTLES have been sold by them to persons afflicted with nervous and consumptive complaints, asthmas and shortness of breathing, with the most beneficial effects:” and subsequently their sale has been equally rapid. Such facts as these speak for themselves.



### *Of Cheltenham Waters.*

THE following communication on the virtues of the Cheltenham Waters, is made by Dr. Greene, of Cork, President of the Royal Medicine Society at Edinburgh, to Mr. Nicholson, for his Philosophical Journal :

“ Those, whose biliary organs a long residence in a warm climate has impaired, seldom fail to receive much benefit from a course of Cheltenham Water, and its use may be continued even under circumstances of great debility, and will be eminently serviceable if any symptoms of dropsy or anasarca threaten, as so often happens in affections of the liver. In glandular obstructions, its use has often been attended with success. In all cases where the secretion of bile is vitiated, or irregular ; and in jaundice from resistance to a free discharge from the gall-bladder, attended with sense of heat and distension after eating, this water will be employed with particular advantage. For removing a sense of fulness about the head in the plethoric, and for carrying off the effects of any excess in eating or drinking, no medicine seems more proper than this laxative diluent. For habitual constipations of the bowels, as the stimulus of this water is so slight that its frequent repetition cannot be productive of injury, it may be considered the safest as certainly it is the most pleasant remedy.”



### *Of Scarborough Waters.*

SCARBOROUGH Waters, from the spaws, fresh taken up, are of a *pungent* taste, leaving a pleasant flavour on the palate: they are *mildly opening* and *considerably diuretic*. They brace and strengthen the body, invigorate relaxed and debilitated stomachs, and promote concoction.



The proper season of taking them, and the necessary proportions applicable to various constitutions and habits of body, ought to be submitted to a medical gentleman, whose eminent practice and long residence on the spot enable him to discriminate with precision in most cases. Messrs. Travis and Wilson have contributed much to the comfort of the visitors of Scarborough, who have great reason to be satisfied with their skill and attention, as well as the polite urbanity of their manners. All mineral waters are best drank at the fountain head. Scarborough Waters being of a chalybeate nature, soon lose their virtues by exposure to the air and by being kept long.

Drs. Belcombe, Wittie, and Simpson, have favored the public with accurate dissertations on the efficacy of the Waters of both Wells at Scarborough, distinguished by the names of the *North-Well*, or *Chalybeate*, and the *South-Well*, or *Salt-Spring*. From the latter magnesia vitriolata, or Epsom salts, are readily obtained. It is agreed that both waters have efficacy in scurvy, hypochondriacal disorders, worms, dropsy, agues, stone, strangury, jaundice, and diseases peculiar to females; likewise chronic complaints and bilious costiveness. It is generally taken from two to four half pints, repeated at intervals.

The North-Well water by its possessing less purgative quality than the South, is in general preferred by weak and emaciated patients: but as it is evident that to such persons water alone in large quantities may prove detrimental, the Cordial Balm of Gilead mixed with it will produce the most salutary effects.

The scenery and rides about Scarborough are beautiful and romantic—lodging and board moderately charged and good. There is an assembly-room, also a good theatre. An excellent library of 4000 volumes, piano fortes and music, are kept by Mr. Ainsworth, to lend out on moderate terms. The fish is excellent that are caught near Scarborough, and generally a good supply of fruit in the season. Horses and pleasure-boats may be hired for recreation, Mr. Hornsey has a neat mu-



seum of natural curiosities. In short, those who wish to retire from the busy scene of business for a short time in summer, may find many agreeable resources at Scarborough, that are rarely to be attained at the more crowded and fashionable watering places in the kingdom.

Patients should always use the Cordial Balm of Gilead at the time of their attendance at the watering places, agreeable to the directions which accompany each bottle; if they do so, there is no doubt of their health and strength being in a short time perfectly renovated.



### *Of Mineral Waters.*

CHALYBEATE Waters, taken inwardly, strengthen the constitution in general; increase the tone of the fibres, quicken the circulation of the blood, and restore it to a proper consistence. They are particularly recommended in spasmodic affections, arising from irritability and relaxation of the nervous system, in fluor albus, gleet, female obstructions, hysteric and hypochondriacal complaints, loss of appetite, indigestion, and a variety of other disorders arising from weakness.

SULPHUREOUS WATERS, particularly HARROGATE, are diuretic, and strongly diaphoretic, and are therefore good in cutaneous diseases, used both internally and externally. They usually make silver appear of a copper colour.

SULPHUREOUS PURGING WATERS are good in the same diseases as the *Alterative Sulphureous Waters*, as also for foulness of the bowels, &c.

SALINE WATERS.—The operation of these waters is chiefly by urine; they are useful in the gravel and stone, and in other disorders of the kidneys and bladder, as well as in gouty and rheumatic complaints, cutaneous disorders, and those of the nervous kind.

The HOT MINERAL WATERS are preferable in many cases to the COLD, as from their warmth they are more



agreeable to the stomachs of weak people, and promote perspiration. And as warm baths, they are useful in rheumatisms, inflammations, costiveness, &c. &c.

**BATHING IN THE SALT WATER** early in the morning, is, in many respects, preferable to a late hour, when the constitution is able to bear it. It induces a habit of early rising, and the water at that period of the day being most cool, of consequence has a more tonic effect.

Salt Water, even if not thoroughly wiped from the body, is not apt to give cold, and therefore the bather, after an immersion, need not be anxious on this account, but proceed to take such exercise as may keep up moderately, or promote the salutary glow, which is the test of the bath agreeing with the constitution.





*A soft, clear, & delicate SKIN.*

THE CELEBRATED  
**ABSTERGENT LOTION,**

Highly Esteemed throughout Europe

FOR THE CURE OF

*Scorbutic Eruptions, Coarseness, Redness, Pimples, &c.*

ON THE FACE, HANDS, AND NECK,

the only Remedy for

EFFECTUALLY CLEARING THE COMPLEXION,

AND REMOVING

ALL DISEASES OF THE SKIN,

IS PREPARED BY THE INVENTOR AND SOLE PROPRIETOR,

**S. SOLOMON, M. D.**

GILEAD-HOUSE, NEAR LIVERPOOL.

“ Nothing contributes so much to our general Success in Life  
as an engaging first Appearance.” CHESTERFIELD.

“ SIMPLEX MUNDITIIS.”—Hor. 1 Od. v. 5.

..... Elegant by Cleanliness.

*To the Nobility, Gentry, and Public in general.*

**T**HIS LOTION, for a series of years, has been universally admired by the Nobility and Gentry, as the most elegant, fragrant, mild, safe and valuable Liquid or Wash, and highly esteemed for its great virtues in cleansing, clearing, and softening the skin, as well as for freeing it from cutaneous eruptions, so detrimental to female beauty: it gently restores the skin to a degree of fairness and purity beyond the powers of description.

*A beautiful Complexion, and healthful Appearance,*  
are the admiration of all who behold them, the pride of all who possess them, and the envy of all who want them; for what can be more distressing to a fine woman, on the



perfecting of whose face Nature has lavished all her power, than to find her complexion discoloured, and her features deformed with disgusting pimples that destroy the effect of all her charms!—It unfortunately happens, very frequently, that the female sex, when attacked by these complaints, suffer much more from them than men; as the texture of their skin is endowed with a much greater degree of delicacy and sensibility. It is in this case that the imagination, the influence of which on the softer sex is so very extensive, takes the lead, exasperates the disease, and renders it a thousand times more obstinate: and yet Dr. Solomon can assure the public, from assiduous observation and long experience, that these impurities, arising from obstructed perspiration, are the easiest of all others to overcome. The vessels, when once freed from the matter contained in them, and which had become vitiated by stagnation, readily assume the tone and energy necessary for cutaneous secretion.

The Abstergent Lotion assists the efforts of Nature in opening the channels of perspiration, and enabling her to get rid of what is loathsome to the human frame; to get rid of that which the longer it is pent up, the more inveterate and offensive it becomes: or, in other words, *to remedy those afflictions which arise from obstructed perspiration.*

“A good Appearance is the best Letter of Recommendation.”—SPECTATOR.

### THE FACE.

The Face is the most common seat of cutaneous eruption, in consequence of its being more particularly exposed to the action of the air, and it is supposed that the extreme cutaneous vessels, which, in a natural state circulate colourless fluids, on being excited in the manner here mentioned, or on the application of stimulants, or perhaps from causes at present unknown to us, absorb oxygen from the atmosphere, which occasions a heat, inflammation, florid appearance, and cutaneous eruption.

The Abstergent Lotion renders the face fair and delicate, and removes every kind of stain, tan, sunburn, or



freckle, which rouge, long illness or fatigue, generally produce; in short, it is the only cosmetic a Lady can use at her toilet with ease and comfort.

“ Beauty——  
 “ That steals so softly in the Stripling’s Heart,  
 “ And gives it a *new pulse* unknown before.”

When the all-powerful charms of our fair Countrywomen are capable of stimulating the breasts of youth to noble enterprize and laudable pursuits, who in return expect to be rewarded with the enchanting smiles and amiable hearts of those they love, an auxiliary which can heighten their powers of fascination must certainly be a valuable acquisition and appendage to the toilet.

DR. SOLOMON’S

## ABSTERGENT LOTION,

by removing the exterior obstructions from the skin, beautifies the complexion, opens the innumerable pores in the surface of the human body, and assists nature in expelling the noxious humours from the vital fluid, which would otherwise, by being forced back into the blood, become the cause of many dangerous diseases.

The treatment of cutaneous disorders having been formerly very perplexed and intricate, it is now hoped will soon become a very simple and easy part of the practitioner’s employment, from the improvements which have universally resulted from a free spirit of enquiry. Instead of the tedious and debilitating courses of medicines, which patients went through formerly, and which, perhaps, they are still too frequently obliged to undergo, it is now found, that the greatest number of those complaints are more certainly and speedily removed, by the use of local remedies merely, than they ever were by a contrary course; and that a principal dependance is to be placed upon those which are of an astringent and drying quality.

Dr. GARNETT, in his Treatise on the Mineral Waters of Harrogate, says, “ Notwithstanding the common appearance of these diseases, few have been so little understood. Herpetic complaints have been almost universally



confounded with the scorbutic kind ; but no two diseases are more opposite. Scorbutic complaints have been shewn by Dr. Trotter, Dr. Beddoes, &c. to depend upon a deficiency of that principle ; and besides, the real scorbutic ulcer exhibits appearances perfectly different from the disorders now under consideration ; insomuch, that there is scarcely a possibility of mistaking the one for the other : and the remedies of the two diseases are just as opposite as their several symptoms and appearances are different."

It is evident that Cleanliness, if it cannot be called one of the Virtues, must ever rank very near them : from age to age it has ever been admitted, that

"CLEANLINESS IS NEXT TO GODLINESS :"

it is a mark of politeness ; it produces love ; and it bears analogy to purity of mind : ARISTOTLE calls it one of the Half Virtues. No one, unadorned with this Virtue, can go into company without giving a manifest offence : and the easier or higher any one's fortune is, this duty rises proportionably. The more any country is civilized, the more they consult this part of politeness. We need but compare our ideas of a female Hottentot to an English beauty, to be satisfied of what hath been advanced.

The Abstergent Lotion will purify the skin, totally relieve the slender tubes which impart the excretions by the cuticular pores, and liberate those pores from the loads which perspiration clogs them with, thereby removing by even a single trial, in many instances,

PIMPLES, BLOTCHES, AND CARBUNCLES.

Those who accustom themselves to the use of *Rouge*, will hereby be enabled to give Nature an opportunity of working her own relief, by washing off frequently (and at least every evening) that incrustation or covering which is more or less pernicious, according to its duration on the face, with the Abstergent Lotion, which will produce in its stead a lovely natural hue, and cleanse and purify the channels from the secretive organs, being one of the best correctors that can be efficaciously used.



## SHAVING.

Gentlemen should have recourse to this admirable remedy when shaving is become a dreadful operation by an eruptive disease on the face. It may be used without the smallest hazard, for a more sovereign remedy cannot be devised for even the most delicate frame, than this estimable Lotion.

*It clears and beautifies the SKIN,*  
removes speedily, without pain or trouble, all kinds of pimples, tetters, ring-worms, spots, redness, swellings, or carbuncles of the nose, blotches, and *every species of cutaneous eruption on the surface of the human body.*

It is unnecessary to enumerate all the advantages resulting to the constitution of every person, by effectually removing obstructions from the surface of the skin, and thereby keeping *free and open* the innumerable passages and pores through which nature expels all useless or noxious humours from the vital fluid, and which, being obstructed, are forced back again into the blood, and become the sources of many dangerous diseases. It is therefore a matter of much consequence, as well to prevent hurtful disorders, as for the

*Preservation of Ease, Comfort, and Beauty,*  
to all persons, (however slightly affected,) that they should occasionally have recourse to the Abstergent Lotion; but more especially it becomes urgently requisite when the *effects of obstruction* make their appearance, and break out into pimples, redness, carbuncles, or other cutaneous eruptions. The ABSTERGENT LOTION *never fails* with those who give it a *fair trial*. The public have long been convinced of the certainty of its *success* as a safe and certain remedy for herpetic complaints in general.

The most respectable references are given, but by the particular desire of many persons of the first rank and distinction in the United Kingdom, no cases will be made public of those who use the Abstergent Lotion.

It has been commonly considered an unsafe and dangerous practice to attempt the cure of such eruptions in



any other way than by correcting the fluids which at first were supposed to have produced them; that this opinion should have remained so long uncontroverted, by regular practitioners, is somewhat singular; as it appears from the writings of many authors, that those complaints were constantly and easily cured, as they still are, with local external applications only.

When any of the capillary glands are stimulated into greater irritative actions than is natural, *they secrete a more copious material, which is also more viscid than usual.* This is more or less troublesome or noxious, according to the importance of the functions of the part affected; on the skin, where this secretion ought naturally to evaporate, it becomes so viscid as to adhere to the membrane, and produces the scurf on the heads of many people.

The Abstergent Lotion is peculiarly pleasant in its operation—an agreeable softness to the skin immediately succeeds its use. It sweetens and refreshes the whole complexion, which resumes at one and the same time an enlivened appearance. It is generally used after the following manner.

### *Directions for its Use.*

Pour a little of it into a cup, wash the parts affected frequently, with a napkin dipt in the Lotion. If the humours be considerable, the Abstergent ought not to be used more than twice in twenty-four hours, diluted with double the quantity of cold spring water; and the most advisable time of applying the Lotion, is at rising in the morning and going to bed at night.

*Price 4s 6d. per Pint Bottle,*  
DUTY INCLUDED.

As no doubt exists that Medicines are subject to be counterfeited in proportion to their excellence and reputation, this should always be enquired for in the name of



"*Solomon's Abstergent Lotion*," and be careful to observe, that a Government Stamp is pasted over the cork of each bottle, with the name and place of abode of the proprietor, thus, "*Saml. Solomon, Liverpool*," engraven therein, to imitate which is *felony* and punishable with death, all others are dangerous counterfeits, as the Honourable Commissioners for the Stamp Duties have been pleased to grant Dr. Solomon the privilege of an exclusive and particular set of Plates for his Stamps, which are a sufficient security to the public in general against all manner of imposition.

Purchasers of Dr. Solomon's Medicines are, therefore, requested in a particular manner to observe, that none is or can possibly be genuine which is not stamped in the manner above stated; of course all others are counterfeits.





## A VALUABLE

## Acquisition to the Public at Large.

*No Family, Boarding-School, or Sea-faring Person  
should be without it.*

S O L O M O N 's

## Detergent Ointment,

FOR THE CURE OF

Old Wounds	Burns or Scalds	Ring-Worms
Ulcers	Gangrene	Fistula or Piles
Chilblains	Mortification	Leprosy
Chigres	Erysipelas, or St.	Yaws
Sore Legs	Anthony's Fire	King's Evil
Scorbutic or Scro-	Sore or Scald	Eruptions on the
fulous Humours	Heads	lips, nose, or any
Venereal Ulcers &	Kibes	part of the human
Sores	Shingles	body
Chapped Hands	Tetters	

PRICE 4s. 6d. PER BOX,

the stamp of which bears the proprietor's name and address in the engraving, "*Saml. Solomon, Liverpool,*" without which none are genuine.

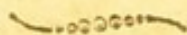
This Ointment is a safe, speedy, certain, efficacious, external remedy, which has been used in private practice upwards of forty-five years, with unparalleled success; and is only made public that its Efficacy in *some cases* of a delicate nature (wherein that celebrated medicine the ANTI-IMPETIGINES, or SOLOMON'S DROPS, are requisite), may be generally known. It may be applied by the patient, without the necessity of exposure to an apo-



thecary, should the case be ever so urgent, being a certain remedy for all the above complaints.

### DIRECTIONS.

First warm the ointment before the fire, and spread a small portion of it on a bit of lint, and apply it to the parts affected; or it may be rubbed on any eruptive part, as the face, nose, lips, &c. with the finger. A fresh application is necessary daily, and its effects are quickly demonstrated by a perfect cure.



### IMPROMPTU,

*On reading in the Morning Chronicle, that Dr. Solomon, of Liverpool, had subscribed the Sum of a Hundred Pounds, towards the laudable and liberal Contributions, raised in that town, for the Relief of the Poor, in the Winter of 1801.*

ROYAL Solomon, reckon'd the wisest of Kings,  
Did a wonderful deal of wise and good things:  
And his namesake the Doctor, lay truth at his door,  
Has in this done a real good thing for the Poor:  
But, as under the rose, it is well understood,  
That he is the wisest who does the most good:  
As we lend to the Lord, to the Poor what is given,  
And the Lender is richly rewarded in Heaven;  
Was King Solomon living, and I his adviser,  
I would tell him he could not do better nor wiser.

So far to the Doctor, encomium is due,  
But of where he resides, if we take a review,  
Though, 'tis true, a cool Hundred's a truly good thing,  
And the Praise of the Giver the Pauper may sing,  
There are those that have long held their residence there,  
Who would Thousands bestow, had they Thousands to spare.



THE  
**CORDIAL BALM OF GILEAD,**  
 ANTI-IMPETIGINES,

ABSTERGENT LOTION, DETERGENT OINTMENT,  
 and the

**Guide to Health,**

MAY BE OBTAINED EVERY DAY AT GILEAD-HOUSE, NEAR LIVERPOOL;  
*And, for the Accommodation of the Afflicted,*  
 OF THE FOLLOWING RESPECTABLE AGENTS, viz.

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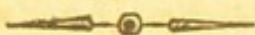
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F I N I S.

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