

A few interesting remarks on bilious disorders, particularly the jaundice, and yellow fever, &c.; : highly important to persons of fashion, the sedentary, and those who inhabit or frequent tropical climates, recommending the anti-bilious powder, a certain and experienced remedy / by Robert Priestley.

Contributors

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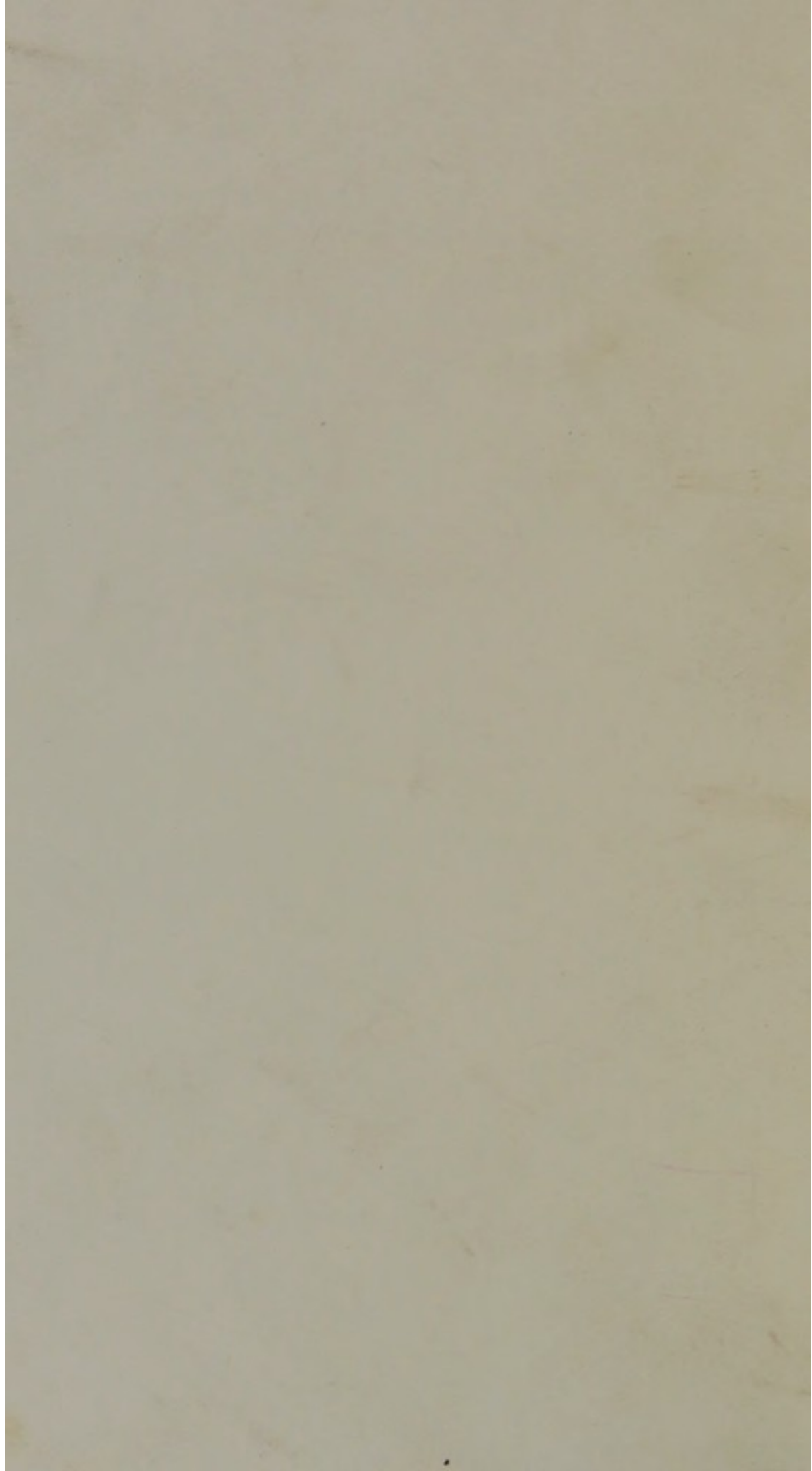
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A FEW
INTERESTING REMARKS
ON
BILIOUS DISORDERS,
PARTICULARLY THE
JAUNDICE,
AND
YELLOW FEVER, &c.

HIGHLY IMPORTANT TO PERSONS OF FASHION, THE SEDENTARY,
AND THOSE WHO INHABIT OR FREQUENT

TROPICAL CLIMATES;

RECOMMENDING THE
ANTI-BILIOUS POWDER,
A CERTAIN AND EXPERIENCED
REMEDY.

By ROBERT PRIESTLEY, M. D.

Surgeon to the West York Supplementary Militia, commanded by the
Right Honorable Lord Harewood.

Hoc opus, hoc studium, parvi properemus et ampli,
Si patriæ volumus si nobis vivere cari.

HOR.

Leeds:

PRINTED BY THOMAS GILL;

To be had in LONDON at the WAREHOUSE, No. 39, *Brook-Street*, *Holborn*;
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1798.

PRICE TWO SHILLINGS AND SIX-PENCE.

INTERESTING REMARKS
TO THE RESPECTABLE INHABITANTS OF
BILIOUS DISORDERS.

WATERBURY

THE GREAT YELLOW FEVER, &c. &c. &c.
TROPICAL CLIMATES
ANTHONY

ANTHONY'S
A CERTAIN AND EXPERIENCED
REMEDY
BY ROBERT PRISTLEY, M.D.

PRINTED BY THOMAS GILL
1795

TO THE RESPECTABLE INHABITANTS OF
L E E D S.

LADIES AND GENTLEMEN,

WHEN I first thought of publishing the following Sheets, Gratitude suggested that they should appear under your auspices. The favorable opportunity of expressing a fond attachment to the *place of my birth*, and a sincere esteem for its inhabitants, whose intimacy and friendship I have enjoyed during the exercise of my profession upwards of *Thirty Years*, dictated the *propriety* of this address. I am also inclined to hope, that the public at large will receive with greater candor the proposal of a *new and important Remedy*, when it appears under the sanction of those who have experienced its efficacy or witnessed its effects, and who are best acquainted with my professional character and conduct.

At an early period of my medical practice, my attention was called to a variety of *bilious* cases, in the treatment of which I pursued for some time the usual and most approved methods. Their frequent inefficacy naturally led me to the trial of others equally safe, and, in my opinion, better adapted to the symptoms and causes of each complaint. I was much encouraged by
the

the result of the first attempts. A few instances of success did not, however, entirely remove my timidity, in deviating from the track of so many great men who had gone before me: but finding that the old path commonly led to the *grave*, and that the further I pursued my own discoveries, the stronger proofs I had of their salutary tendency, I have since proceeded with perfect *security* and *confidence*. It is certainly no small presumption in favor of a Medicine, that, in the course of repeated experiments for *Thirty Years*, it has never once failed of affording relief, and seldom of establishing a permanent cure. The persons, whom I am now addressing, can bear the most honorable testimony to the truth of this assertion.

The stile of the following remarks might have received a higher polish, and it were easy to have made a more scientific display of medical reading. But my object was not to obtain the reputation of an elegant writer, or to present the learned world with a new and compleat treatise. The intention of these Remarks is, to represent faithfully the danger of Bilious Disorders, together with the long train of distressing maladies which they too frequently bring on; and, by the recital of plain facts fully authenticated, to recommend to the public at large a Powder entirely Vegetable, which has been administered
with

with unprecedented success in very extensive private practice : with the addition of such directions as are necessary for the most beneficial application of this Medicine, according to the age and sex of the patient, and the symptoms which the complaint may exhibit.

To overturn any received Hypothesis, to revive any old or establish any new Theory, were equally foreign to this purpose. Clearness and simplicity are preferable to artificial ornaments, or curious speculation, when the intention is directed solely to General Utility.

I have not failed to acknowledge the high medical authorities from which I have derived useful hints or material assistance, as the omission would be disingenuous and unjust. To TISSOT, COE, LIND, LEAKE, TROTTER, SAUNDERS, CLARKS, and other eminent authors, we are indebted for several valuable Treatises on Bilious Disorders: these writers have very accurately described the symptoms, and ably investigated the causes of these complaints; they have likewise given many important suggestions for their cure, and it will be found throughout the following remarks, that every attention and deference has been paid to their opinions, which coincide with the mode of treatment I have invariably and successfully adopted.

My

My original intention was to have made known to the public, or at least to the faculty, the composition of this medicine—but am prevented by the following considerations.—The ingredients are not to be found in the Apothecaries' shops—they are only to be obtained at suitable seasons, and by a judicious selection, and they require a tedious and careful preparation. Imparting the recipe would not therefore bid fair to be of general utility, and it might prove injurious; for the needy might be tempted to make up a medicine similar in appearance, but with nauseous and in these cases noxious drugs, which would not possess any essential property of the real ingredients. I shall therefore continue so long as I am able to prepare the medicine with my own hands; and shall take proper precautions that the discovery shall not perish with its inventor.

In whatever manner the rest of the world may receive the offer of my services, I shall always remember with pride and gratitude the friendship and encouragement of the inhabitants of LEEDS; happy, thus publicly to make acknowledgment for former kindnesses, and to return sincere thanks for recent obligations.

I AM,
LADIES AND GENTLEMEN,
WITH THE HIGHEST RESPECT,
YOUR MOST OBLIGED
AND DEVOTED HUMBLE SERVANT,

LEEDS,
April 21st, 1797.

ROBERT PRIESTLEY.

A FEW
INTERESTING REMARKS
ON THE
NATURE, CAUSES, SYMPTOMS
AND CURE OF
BILIOUS DISORDERS,
AND PARTICULARLY OF THE
JAUNDICE,

SO JUSTLY DESCRIBED BY THE POET, AS

“ The Yellow Fiend
Ting’d with her own accumulated Gall.”

*THE Field of Medicine is so extensive,
that he is intitled to our praise who even
cultivates a small quarter of it.*

SIR WALTER RALEIGH.

The desire of food to the hungry, or of
drink to the thirsty, is hardly more strong
and urgent, than is the desire of health
to the distempered, of ease to those who
are in pain. We may therefore con-
clude

clude that as soon as the mind of man was in some degree relieved from apprehension of the want of food, the next object of his research would be to discover the means of relief from pain, and remedies against disease. For the pursuit of such enquiries there would be sufficient leisure, after the earliest improvements in agriculture, when the art of cultivating the soil became somewhat known and practised.

Dr. Duncan in his *Therapeuticks* says “ that the art of medicine proposes for its end, the preservation of health, and the cure of diseases; and that as the attainment of this end is so intimately connected with the happiness of mankind, there is sufficient room to believe, that medicine would claim their attention, even prior to the earliest date at which it can be proved to be exercised by the testimony of records or tradition; that, also, the exercise of this art is impressed by instinct on the brute creation, directed to mankind by the first dawnings of reason, and daily enforced by motives of humanity.”

As

As the natural progress of the works of man is from rudeness to convenience—to elegance; so we should imagine the progress of knowledge must extend from that which was *immediately necessary*, to that which was so in the next degree; and undoubtedly the object of greatest importance, next to provision for the *immediate necessities of nature*, must be to seek for *the means of preserving health*, and to be capable of *removing disease*. It may be therefore properly concluded, that there was a quick transition from one to the other.

The animal fabric is so constituted, that when invaded by disease, it exerts all its powers to remove the offending cause. These instinctive efforts, when successful, would obviously suggest the idea of imitation, and become rational grounds of future practice; thus by the exercise of the reasoning faculty we can compare past with present objects, and consequently attain to a knowledge of the event of disorders.

Æsculapiades observes, “ that some of the first remedies have been discovered by chance. When the discovery fell into the hands of a man attentive to its operation, it then received a proper direction ; but otherwise it was like a diamond falling into the hands of a savage.”

“ *Ignorance and superstition, as is observed by an ingenious author, have attributed extraordinary medical virtues to almost every production of nature ;*” and, indeed the greatest part of a general history of medicine would be little more than a history of the opinions, which prevailed perhaps for a few years, and then fell into contempt and oblivion : But whenever the nature and causes of any disease have been clearly investigated, and sufficiently understood, the rational mode of treatment proved obvious and simple ; and for every disorder hitherto discovered to be *curable*, was found its appropriate remedy.

Repeated trials and long experience thus furnished the rudiments of Medicine, which was at length erected into an art by patient and sedulous enquiries into the
structure

structure of the human frame ; the symptoms, causes, and nature of those disorders to which it is liable ; and the healing virtues of the vegetable and mineral worlds ; *gradually distinguishing pernicious from salutary things.** Physic, even among some of the most enlightened nations of antiquity, was enveloped in theory and groundless system, notwithstanding her votaries assumed the name of EXPERIMENTALISTS ; a proof, however, that *experience* was rightly considered as the *true road* to the temple of *Hygeia* ; and which, if carefully pursued, will never fail to lead to some important discovery, either in the seat of disease, or to the best mode for its removal or alleviation.

“ When we look back on the slender
 “ causes which have given rise to the
 “ noblest productions of *Nature* and *Art*,
 “ we need not be surprised, that by such
 “ information, great advances were made
 “ in the method of curing diseases. Those
 “ who practised in this simple manner,
 “ were not deluded by *theory* or *hypothesis*,
 “ but judged by the evidence of their
 “ own

* Celsus in *Præfat.*

“ own eyes ; taking it for granted, that
 “ what had cured one, might prove equal-
 “ ly salutary to another, under the like
 “ circumstances ; and it may be remark-
 “ ed, that knowledge thus experimentally
 “ obtained, is more genuine and less fal-
 “ lacious, than that of which we become
 “ possessed by more elaborate means.

“ Knowledge ought not therefore to be
 “ despised because it springs from hum-
 “ ble sources, but rather should be con-
 “ sidered like gold in the mine, which
 “ lies buried with baser metals ; and often
 “ is brought to light by mere chance,
 “ after human industry has sought for it
 “ in vain.” *

That popular and interesting publica-
 tion the Spectator has the following ju-
 dicious remark : “ Physic, for the most
 part is nothing else but the substitute of
 exercise or temperance.” This is self-
 evident : Exercise whets the appetite, and
 temperance prevents the abuse of it.

Would mankind but attend to those
 great preservers of health which reason

* Dr. Leake's Medical Instructions.

and experience so strongly recommend, it need not be doubted that the most salutary effects would be produced, and the use of medicaments be much more restricted than at present.

Since, however, a necessity often arises for the use of such medical assistance as may tend to relieve the afflicted, from whatever source their complaints proceed, surely it is the duty of such, as by professional education, and long continued habits of practice, are the best qualified, and have it in their power effectually to alleviate and remove the distresses of those who unhappily labour under the severe pressure of disease, to promulgate their discoveries in the healing art.

Impelled, therefore, by the sense of this duty, and by motives of benevolence, more than by any selfish views of personal interest, which he regards only so far as is fair and honorable, the *Inventor* and *Proprietor of a Medicine*, as simple in its composition, as it is expeditious in effecting that most necessary *desideratum*, recovery
from

from a disorder often fatal, or at least *relief* from some of its most distressing symptoms, begs leave to offer his service to public attention.

It is well known that there are very few diseases, whether acute or chronic, which do not, in some measure, affect the Stomach and Viscera : and it is likewise, a lamentable consideration, that no complaints incident to human nature are more frequent than those of the Stomach and Bowels, or more fatal in their progress when neglected or improperly treated ; frequently, if not attended to in time, terminating in obstinate and incurable maladies.

OF THE LIVER.

The structure of the Liver is peculiarly tender and susceptible, and though so liable to disorder, from that very delicacy of its texture, it is much to be regretted, that few complaints have been less investigated, understood, or successfully treated, than those of this gland, so
im-

important in the animal œconomy. The various theories respecting the formation of this organ, and its several functions, have given rise to as many different opinions on the nature of the disorders to which it is subject : whence have sprung the many *projected remedies* introduced upon the prevalence of each hypothesis ; but which, unsupported by success, have each, in turn, given way to modes of practice not better founded than the preceding. Thus has the *Faundice* too often fatally baffled the skill of the most plausible theorists.

The Liver is destined to secrete or separate the bile from the blood ; the use of which in digestion is of the highest importance to the animal œconomy, It is the largest gland in the human body ; and the secretion being performed from venal blood, by the capillary ramifications of the *pori biliarii*, the circulation is slow. Hence obstructions in this organ, to which it is more liable than any other of the viscera, seldom fail to be the general consequence of inactivity and bodily weakness. Sedentary persons, to whom
re-

repletion is common, and those of elevated rank and fashionable life, whose high seasoned viands are generally pernicious, these classes, who equally impair their health by *late hours*, whether spent in nocturnal and intense study, or wasted in midnight revels and dissipating amusements, are particularly subject to Bilious Complaints, and frequently afflicted with schirrous Livers. Where the necessary functions of the Liver are not duly performed, in consequence of its vitiated state, the health must soon be impaired; and not only indigestion and loss of appetite ensue, but an obstinate *Faundice* and atrophy will, in the end, prove inevitable.

Various are the causes which occasion obstructions in the Liver; the most usual is that which arises from the stoppage of a Gall-stone in the hepatic, or more frequently, in the common duct; morbid concretions being known to form more readily in the gall-bladder, where the bile is collected, than in the hepatic duct, through the branches of which it circulates.

A stricture of the common duct sometimes producing obstruction, such stricture is often improperly attributed to spasmodic affection, which perhaps can only take place in that part passing through the *coats of the duodenum* or smaller intestines, and which may be constricted by the muscular fibres of those intestines. The discharge of the Bile may also be obstructed by the Pancreas (which is sometimes schirrous) pressing the common duct: at least its vicinity renders such an effect highly probable. Another cause may be an actual schirrous state of the Liver itself, producing an accumulation of the Bile within its own substance.

The Yellow Fever in the West-Indies furnishes, however, an instance, that the *Jaundice* may exist, though the *bilious canals* are open and free. This disease being accompanied with a *diffusion of Bile* through the whole mass of blood, produces JAUNDICE, with a redundancy of Bile in the Stomach and Bowels, which discharges itself by vomiting and purging. It is therefore evident that a redundant secretion is, in this case, the cause of

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Jaundice.

Jaundice. Very often also, this complaint has been the consequent effect of spasm, immoderate grief, and of that species of disease proceeding from any impediment to the secretion of Bile in the Liver.

An immoderate use of spirituous Liquors frequently occasions the *Jaundice*, as they have a direct tendency to produce diseases of the Liver, and evidently weaken the tone of the Stomach.

This dreadful complaint, at all times extremely dangerous in warm climates; but of late particularly fatal in the West-Indies, may, however, *be happily prevented*, by the use of the Medicine *at present recommended*.

SYMPTOMS OF THE JAUNDICE.

THE symptoms of this complaint are indolence, lassitude, anxiety, sickness, oppression of the breast, difficult respiration, pain about the pit of the stomach, a dry skin, the complexion of a saffron hue, by which even the whites of the
 eyes

eyes are discolored, with itching, costiveness, hard white or greyish stools, yellow and high-coloured urine tinging the linen yellow, with a bitterish taste in the mouth.

It may not be improper here to offer a few remarks upon the nature of the Bile. To the eye it appears an homogeneous fluid, of a greenish colour, inclining to yellow when diluted: thus upon a dilution with the aqueous particles of the blood, it gives the yellow tinge of *Jaundice*.

Chemical experiments have unfolded the assemblage of properties naturally inherent in the Bile. From these it may be inferred, that this liquor is endowed with a saponaceous quality, combined with a mucilaginous substance, whence its tenacity, a resinous substance containing the colouring principle, and a mild mineral alkali.

OF THE BILE.

The most obvious use of the Bile is, unquestionably, that of stimulating the

intestines, and promoting both digestion and the natural discharge by stool. For, when the Bile is diverted from the Stomach and Bowels, as in the Jaundice evidently appears, costiveness takes place. When the Bile is deficient in quantity, or activity, want of appetite, indigestion, and *habitual costiveness* are brought on. The torpor which seizes the intestines, thus deprived of their natural stimulus, is diffused by sympathy through every part of the system, and both languor and lassitude necessarily ensue. Here we may discover the original cause of many chronic diseases; these are too often the consequences of indigestion, and a crude chyle, which impoverish the blood, and render it unfit for the nourishment of the body, and the several purposes of life; hence the Gout, and Scurvy, a Dropsy, or Consumption.

Another misfortune generally attending an undue or imperfect secretion of the Bile by its proper organ, the Liver, is, that the particles, which when properly secreted become Bile, remain in the blood, the vital stream is inspissated thereby, and
its

its globules rendered more dense than in the time of health, as is evident by the colour of it being darker: the globules of Bile likewise are more compact and its colour consequently black.* From this vitiated state of the Blood and Bile, arise Melancholy, with various distressing hysteric or hypochondriac disorders, very difficult of cure. In these complaints an imperfect secretion of bilious particles is performed by the subcutaneous glands, and lymphatic arteries which terminate under the *Epidermis*, and also by these tubuli of the kidneys, which convey the urine from the blood to the pelvis of each kidney for its evacuation. These extraordinary, but generally ineffectual, efforts of nature to expel the accumulated and offending Bile, produce the *icterick* symptoms, a discolored skin and urine.

It is well known, that an increased secretion of Bile is prevalent in all hot climates, producing diseases, by the excess of its quantity in the first passages: Thrown back into the Stomach, sickness, indigestion,

* Hence called *Atra Bilis*, and the Distemper *Melancholia*, a word of the same import.

tion, loss of appetite, furr upon the tongue attended with thirst, and an unusual lassitude are the consequence; or falling upon the Bowels probably with increased acrimony, a painful diarrhœa is excited, the peristaltic motion of the intestines becomes irregular or inverted, and their tone is considerably, if not irrecoverably, impaired. This redundancy of the Bile is, by the action of the absorbent vessels, generally introduced into the whole system: the *cutis* is tinged, the urine similarly affected, the pulse raised, thirst excited, the animal heat increased, and a considerable degree of fever supervening, the body becomes emaciated, and every external symptom of ill-health is apparent in the patient. Ardent Fevers, which often prove fatal, are thus immediately kindled up by the Bile, rendered more acrid or corrupt, and forced into the circulation of the blood. Its acrimony and malignity, when highly exalted, wound or corrode the spongy, nervous lining of the stomach and bowels, exciting inflammation, and even a mortification. From obstruction of degenerate Bile in the

Pylorus,

Pylorus, or lower orifice of the stomach, a schirrus in that very sensible part may arise——“ a cruel disorder attended by
 “ vomitings, a weight, and afterwards
 “ pain in the part, productive of death ;
 “ the patient perishing with hunger, and
 “ after having felt the sharpness and cor-
 “ ruption of the humours, *and above all* of
 “ the Bile, which is always disordered,
 “ and sometimes black and fœtid.”*

We may sum up and conclude this melancholy detail of afflicting maladies, in the words of an author, to whose work we are indebted for many valuable observations ; “ The usual consequences of
 “ large or numerous biliary concretions,
 “ when they cannot be discharged, and
 “ the patient escaping other fatal diseases,
 “ lives long enough for them to produce
 “ their genuine effects, are, an ill habit of
 “ body, a continued Jaundice, and a wast-
 “ ing of flesh and strength, and at last an
 “ incurable Dropsy.”†

It must be observed that in warm climates the most healthy constitutions are sub-

* Tissot.

† Dr. Coe, on Biliary Concretions.

subject to some or all of these distressing symptoms, even without any degree of intemperance or irregularity; nor are they to be altogether avoided by any precaution with respect to diet.

The natives of warm climates suffer less inconvenience from the increased secretion of Bile occasioned by the heat of the atmosphere, than Europeans, whose constitutions, unhabituated to such climates, are thence particularly exposed to diseases of the Liver and the other organs of digestion. The alkaline nature of the Bile is probably more increased in warm climates, and it is in a greater degree, saturated with resinous particles; hence its emetic and purgative qualities become more active: and even if the secretion were not so copious, its increased acrimony would produce more severe effects in the first passages. In such cases, provided the Viscera remain sound, a sea voyage, and change of climate to a cooler temperature, produce the most salutary effects, gradually reducing the increased secretion and activity of the Bile; the Stomach and
Bowels,

Bowels at the same time recovering their tone and functions.

That the Bile is extremely putrescent has been the generally received opinion; but the contrary appears to be the case. Repeated experiments have satisfactorily proved that the Bile absolutely resists putrefaction; that, mixed with other animal substances, it preserves them long sweet, and retards their natural tendency to a putrid state. It seems, therefore, an admirable provision of nature against the putrid fermentation incident to warm climates, that the Bile be more copious and active, thereby operating upon the system more effectually, as a powerful antiseptic; and though assuredly, very many great inconveniences result from an excess of Bile, a decrease of its natural quantity, or activity, would be attended with more dangerous and lasting disorders; for, it is more easy to carry off the excess, than to supply its deficiency; or even to abate the acrimony, than to increase its activity.

It generally happens, that the appetites and digestion of Europeans are, more or

D

less,

less, impaired by a long residence in tropical climates; and though persons in this situation seldom fail to receive much benefit by a Sea Voyage and a *gradual return* to their native air; yet the assistance of medicine will be highly conducive towards rectifying the tendency to *excessive* or *morbid secretion*, and finally to restore the habit to its wonted strength and uniformity of action.

C U R E.

WE have hitherto, only enumerated the different degrees and symptoms of disease, arising from a *vitiated, redundant, or obstructed Bile*. We now proceed to exhibit a *more pleasing and animating* prospect, which is that of the removal of the morbid effects, and the complete restoration of health.

Preparatory to this, it must be observed, that temperance, and a *strict attention* to the *rules of nature*, are indispensable; for otherwise medicine, with all its acknowledged efficacy, can be of no avail.

When

When the disease is occasioned by a Sedentary Life, joined to a *Hypochondriacal* or *Melancholy Disposition*, which too often is found to be the case, the patient should take as much exercise as can be used without fatigue, on horseback, or in a carriage, walking, &c. &c.—Amusements are also expedient to cheer the spirits and quicken the languid circulation.

Many are the *remedies* which have been proposed for the cure of *bilious disorders*. Among these *mercury* has been, in some cases, strongly recommended, and in a few only recent obstructions, *perhaps*, with some foundation. The success is however doubtful, and the exhibition of this medicine is attended with extreme danger, except in very able hands. How often has the immoderate use of mercury, by enlarging the secretions, and thus causing an excessive waste of the animal fluids, disposed the already distempered body to universal relaxation, and produced *spitting of blood, consumption, dropsy*, and other chronic diseases! Professor Hoffman condemns mercury in general in a Jaundice, for fear of a salivation or other

ill consequences ; this opinion is confirmed by the subsequent authorities of Dr. Coe, and Dr. Leake ; indeed it may be suspected that these effects are more likely to happen in Liver cases, especially of long standing, than in any others. Experience shews, that every medicinal resource, has hitherto proved, if not universally unsuccessful, at least extremely uncertain with respect to the result of its operation. And the learned Boerhaave asserts “ that there is not greater difficulty in curing the diseases of any particular part of the body than of the liver, by reason of the peculiar laws of circulation in that organ.* Very active medicines in particular, are seldom given with advantage in these disorders ; strong emetics are found to *encrease* the secretion of bile, and drastic *purges* weaken the patient, without *removing* the complaint.

These observations induced the writer to try the application of another and a milder mean, such as was sanctioned by the indications of cure, upon established medical

* Institut. cap. de hepatis actione, sect. 350.

medical principles, though not hitherto adopted in practice : the favorable result of the first experiments exceeded his expectation, and subsequent experience has enabled him to ascertain the extent of its efficacy, and to administer it in that simple form suited to general use.

“ To propose medicines confirmed by practice, not mere conjectures,” was the avowed aim of that eminent physician Dr. Mead ; this ought most cautiously to be kept in view, whenever any medicine is offered to the public. With strict regard to this important object, the ANTI-BILIOUS POWDER is recommended, as a safe and effectual remedy, which, during the experience of *Thirty Years* has *not failed*, IN ANY SINGLE INSTANCE *to accomplish a permanent cure*, where a *complication of other disorders* had not already *exhausted* nature. And, to satisfy the world, that the Proprietor is not actuated by any *illiberal* or *selfish motive*, nor entertains any *sinister* view in asserting and declaring the virtues and properties of this Remedy, he offers to submit a trial of it to any gentleman of the faculty who will

will please to apply ; and to those patients who are really poor, *and come properly recommended*, he extends the use of it in a manner inconsistent with the sordid views of emolument.

He flatters himself, however, that *the rich, the benevolent*, and indeed all such as can *afford the means*, will give due encouragement to a Medicine which is competent to relieve the human frame from some of the most dreadful maladies to which it is incident.

OF THE MEDICINE.

TO arrest the progress of Bilious Disorders, to avert their immediate and dangerous symptoms, to prevent the long train of fatal Effects by which they are followed, and to afford Relief in the most advanced stages of these complaints, where a perfect Cure is perhaps beyond the power of Nature or Art, *Experience* has proved that the Medicine here recommended is successfully composed.

This

This Medicine is a Powder, consisting entirely of Vegetable Ingredients; and though endued with powerful qualities, is perfectly easy and safe in its operation. Its efficacy will be found in *strengthening the Stomach, promoting Digestion, exciting the languid Circulation, exhilarating the Spirits, and invigorating the whole System.*

Encouraged by the constant success of the Medicine, in his extensive private practice, the Proprietor now commits his little bark to the imperious tide of public opinion; not entertaining, however, the vain expectation, that his disinterested motives and strict adherence to truth will operate to insure him general approbation, the desire of which is laudable in every medical candidate, though it may be the lot of very few to obtain or deserve it; but convinced, that whoever may be induced to make trial of this medicine, will receive *important Relief*, if not a *radical* cure, without the possibility of the *smallest* injury to the constitution.

DIRECTIONS.

IN all Biliary Obstructions it is very proper to observe, that the body should be kept constantly open; and for accomplishing this, soluble tartar, magnesia, wheys, butter-milk, ripe fruits *before* dinner, roasted apples the first thing in the morning, fasting two hours after eating them, are extremely proper.* Should these, however, fail of producing the desired effect, either the following decoction, or pills may be taken.

THE DECOCTION.

TAKE of the fresh roots and leaves of dandelion sliced small, three ounces; of dried Zante currants, one ounce; let the dandelion and currants be well washed;

* Apples and Cyder have an attenuating, and dissolvent quality, adapted to correct such a State of the Blood, (as takes place in icterick disorders,) we have reason therefore to think, that the use of them may contribute to the Relief of Persons afflicted with the Jaundice. *Lobb, on Dissolvents for the Stone or Gout.*

washed; of senna leaves, half an ounce: Boil these ingredients in three pints of water, till reduced to two; strain off the decoction into a bottle for use; add to every quart two ounces of the best brandy. A teacupful of this gentle opening medicine may be taken every night and morning, and may be repeated more frequently, if necessary.

THE OPENING PILLS.

TAKE of Castile soap, two drams; of powdered jalap, one dram and half; of vitriolated tartar and rhubarb, each one dram; of oil of juniper, fifty drops; let the rhubarb, jalap, tartar, be in fine powder.—The powders and the soap should be beat well together; then add the oil; and with the mucilage of gum arabic, a sufficient quantity, make them into pills. Half a dram of the mass will make eight pills of a moderate size.

Four, five or six of these pills will generally prove a sufficient purge. For

E

keeping

keeping the body gently open, one or two may be taken night and morning with good effect, as *occasion* requires.

REGIMEN.

To assist the operation of the Powders, such kinds of exercise as cheer the spirits and promote circulation are essential ; and such diet should be resorted to as is nutritive in its quality, and has been experienced by the patient to agree the best with his stomach. Care should at the same time be taken to avoid high seasoned meats, sauces, pastry, &c.

It would also be highly conducive to the good effect of the Medicine, as well as to the re-establishment and preservation of health, were suppers totally avoided, or that they consisted only of what is light and easy of digestion, and taken soon in the evening.—Early going to rest, which is particularly recommended, as essential to procure sound, refreshing, and invigorating sleep, would contribute to early rising, and by these means render
the

the body alert and active ; being thus prepared and qualified to receive all the advantages of medical aid, peculiar benefit, the most salutary effects, will result from using the Powders.

When any foulness of the Stomach is indicated by retching, sick head-ach, or other symptoms, it will be advisable to give a gentle emetic, consisting of from fifteen to thirty grains of ipecacoanha, the evening preceding the first administration of the powder. And it is necessary that a distinction should be attended to for children, both with respect to the emetic, when necessary, and the Powders, according to their age and constitution,

The POWDER itself must be taken *upon an empty stomach*, having been previously mixed, the night before, with the *pulps of roasted Apples while hot* ; nor must any kind of sustenance be taken, *upon any consideration, for six hours following*, when a little light food and moderate exercise may be allowed. *Roasted Apples* are the most proper vehicle in which the Powder can be taken ; but when these *are abso-*

lutely not to be obtained, or have lost their acidity, the best substitutes will be formed by adding a teaspoonfull of Lemon-juice to either Treacle or Currant Jellies, Raspberry Jams, and all preserves of a similar nature.

Patients of delicate constitutions should only take half a Powder at a time, nor indeed is a greater proportion necessary to be administered; unless an obstinate Jaundice, or a Schirrous Liver should render the taking of a whole Powder absolutely requisite.

The Powder having been taken four mornings successively, an intermission of three mornings may take place; and so on till a cure is effected.

ADVICE

ADVICE TO THE FREQUENTERS OF
NAVY FROM THE CLIMATE OF THE
TROPICAL CLIMATES



ADVICE

AND

DIRECTIONS

TO NAVAL

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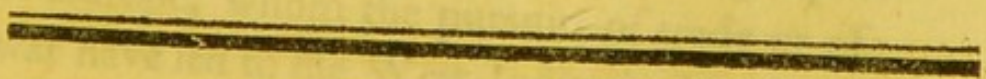
MILITARY GENTLEMEN, &c.

AND

INHABITANTS

OF

TROPICAL CLIMATES.



of the history of the world. - Something must
be done to reclaim our countrymen to ser-
vice in these islands; otherwise we must
abandon the lucrative commerce of these
islands.

* Times on British Forces.

ADVICE TO THE TRAVELLER

BY

THE

REV. J. BRIDGES

OF

THE

UNIVERSITY OF

OXFORD

IN TWO VOLUMES

VOLUME I

GENERAL PRINCIPLES

OF

TRAVELLING

AND

OF

THE

CLIMATE

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WEST INDIES

ADVICE TO THE FREQUENTERS OF TROPICAL CLIMATES.

BILIOUS diseases are among the most common of the chronic distempers of the inhabitants of England, as well as of Tropical Climates, and therefore merit the peculiar attention of Medical Practitioners; but there is no form, perhaps, in which Death makes its approaches with greater rapidity, or with more certain effect, than the YELLOW FEVER of the West-Indies, the Senegal Fever, and the Remittents of India, generally proceeding from vitiated or redundant Bile: for “No corruption is worse than that of the *Bile*, and the fevers generated by it are the worst of them all.” * The Yellow Fever is a species of JAUNDICE, but of the *most malignant* nature, evidently arising from *a redundant and vitiated secretion of the bile*; it has proved particularly fatal to the people of Europe, whom the pursuits of trade or of war have led to the West-Indies in the course of the last five or six years. “Something must be done to reconcile our countrymen to service in these islands; otherwise we must abandon the lucrative commerce of these
fertile

* Tissot on Bilious Fevers.

fertile regions." † The fire and sword of the enemy have spread far less havoc than this disease among the soldiers and seamen of Britain :

" Her bravest sons, keen for the fight, have died
 " The death of cowards, and of common men,—
 " Sunk void of wounds, and fall'n without renown.

This *has* been too fully verified, and the Malady still continues fatally prevalent at Philadelphia, New-York, &c. in Dominica, in St. Vincent's, in Martinique, and, above all, in St. Domingo, an island at once *so rich* and *so unhealthy*. Its fertile soil but unwholesome climate making it, as it were, a *paradise* infested *with the plague*. That pestilence is inflicted by the YELLOW FEVER, ‡

† This is an impressive observation of Dr. Trotter. We shall be happy if it prove that we have only contributed to this *something* confessedly deficient.

‡ Two writers of great ability, Dr. RUSH, of *Philadelphia*, and Dr. BENJAMIN MOSELEY, of *Pall-Mall, London*, have treated fully of this dreadful calamity. The picture which the latter has given of an unhappy patient of his in the West-Indies, a young officer of great merit, in the last stage of his disease, after four days illness, is drawn by the hand of a master. " I arrived at the lodgings of this much esteemed young man (says the doctor) about four hours before his death. When I entered the room, he was vomiting a black muddy cruor, and was bleeding at the nose. A
 bloody

the Bilious Remittent Fever; and by the other putrid disorders incident to hot climates; against the danger of these I beg leave to suggest a few *interesting*, and, I hope, *effectual cautions*; preparatory to the administration of the ANTI-BILIOUS POWDER, not only as a *preventive*, but in the more advanced stages of those *dreadful maladies*.

The causes, the symptoms, the progress, and the final issue of them, have been so accurately described by the *niciest* observers, that any *new attempt* of that kind, instead of affording further useful information, would
serve

bloody ichor was oozing from the corners of his eyes, and from his mouth and gums. His face was besmeared with blood, and, with the dullness of his eyes, it presented a most distressing contrast to his natural visage. His abdomen was swelled, and inflated prodigiously. His body was all over of a deep yellow, interspersed with livid spots. His hands and feet were of a livid hue. Every part of him was cold excepting about his heart. He had a deep strong hiccup, but neither delirium nor coma; and was, at my first seeing him, as I thought, in his perfect senses. He looked at the changed appearance of his skin, and expressed, though he could not speak, by his sad countenance, that he knew life was soon to yield up her citadel, now abandoning the rest of his body. Exhausted with vomiting, he at last was suffocated with the blood he was endeavouring to bring up, and expired.

Moseley, on Tropical Diseases, 3d edit. p. 459.

serve only to exhibit a gloomy catalogue of mortality, and to aggravate by repetition, the picture of human calamity. We have, however, as Dr. Trotter observes, the concurring testimony of the latest writers on the subject, that the Yellow Fever is, in its first stage, a disease of a high inflammatory disposition; and in its latter stage, as the consequence of the preceding, attended with symptoms of exhausted energy, terminating in gangrene and putrefaction. The yellowness of skin he thinks has been too slightly treated in the pathology of this disease. Such a large suffusion of the Bile cannot be supposed to take place, without some peculiar affection of the secreting organ. It is certain this kind of Icterus differs from all others, for there is no obstruction of the ducts: it passes into the intestines, and is taken up by the lacteals; not the whole of it, for the fæces are more highly tinged than usual. In Jaundice from other causes, no bile is found in the alimentary canal.*

Let us therefore turn to a more pleasing subject, and point out the *sources* of rational comfort and security to the frequenters of those regions of disease. Let us teach *them* how to *prevent*, how to *weaken*, and how, in
most

* Medicina Nautica, p. 357.

most cases, to *repel the attacks of such formidable enemies.**

ON

* The following very sensible Remarks, under the title of MEDICAL OBSERVATIONS, lately appeared in an American Publication; the arguments are so just, and the positions so true, that they merit the attention of all who are liable to the maladies under consideration :

“ The inhabitants of New-York, as justly alarmed as the Philadelphians at the havoc of disease, have seen, if not with a jealous, at least with an amazed eye, a Frenchman dwelling often under the same roof, enjoyed the purest health, whilst they fell, as it were struck by a thunder-bolt without being able to experience any relief from medical skill; surprised at this singularity, we have scrutinised into the wonderful effects of nature as far as can be allowed to an human, and of course, a weak eye; and we attribute the difference to the manner of living customary to both nations and their treating themselves.

“ The more we examine the modes of living of an American and Frenchman whether indisposed or in good health, the more we persist in our system, and in the idea, that the American cannot totally preserve himself free from this raging fever which commonly breaks out in hot weather, but by following *another regimen* directly opposite to that which he has till now used.

“ Although the American seems commonly to enjoy the best health, though his high color announces the strongest constitution, yet we are much inclined to think that he would not run so many risks in the summer time, were he to be more attentive to his health,

ON THE BEST MODE OF PREVENTION.

Prevention of diseases is effected either by removing the causes which produce them, or, when

health, during the other seasons, and live upon more wholesome food ; were he less fond of strong liquors, tea and green fruits, and would he make a frequent use of baths and lotions ; which are as wholesome for the intestines, as necessary for exterior cleanliness.

“ We do not attempt to scrutinize the Americans in the paths of private life ; but we must say that, in general, temperance is not observable among them as it should be, nor that moderation in the choice of aliment or comforts of which the French daily reap the advantage ; the latter relish Burgundy and old Bordeaux wine, and seldom allow themselves to drink *spirituous liquors* ; while the Americans disapprove of Claret, as too weak, and prefer Madeira, Sherry, Port, Rum, and Gin, which must, of course, inflame and throw the blood into a fermentation. And with wonder we see Americans who say they have been *advised to use them, especially during the disorder in order to give tone to the stomach!*

“ The French never drink any tea unless they feel their stomach uneasy ; in the morning and in the evening the Americans seem to *swim in tea*, which is so strong, that an English tea pot would make as many as twenty according to the French fashion. Should what has been said by skillful and learned doc-
tors

when this cannot be done, in counteracting their influence. Increase and degeneracy of Bile
are

tors be true, *that tea is one of the most corrosive vegetables*, the juice or essence of it must of course make *a slow but strong impression on the nerves, and occasion the dissolution of the blood*. It is likewise customary to eat with their tea, heavy cakes of all kinds, and toasts which are not reckoned to be good unless they are thickly covered with butter, which increases the bilious mass of humor.

“ We shall not repeat the observations which we have heretofore made, upon the averseness the Americans feel for soup and restorative broths; on their eating their meat running with blood with scarcely any bread, and plenty of heavy potatoes, the only vegetables which are seen on their table, whilst the French always give the preference to vegetables which are light and wholesome. We cannot help also observing that in the months of May, June, July, the street and markets were seen in the morning furnished with an immense quantity of fruits, the most part of which are either *green* or *unripe*. In the evening all those fruits have disappeared and been eaten; hence it is not extraordinary, that bloody-fluxes, dysenteries and bad chyles, by means of such unwholesome food must unquestionably be ingrafted into and vitiate the whole system.

“ As to baths; baths of cleannliess, injections, &c. there are very few French in the least careful of their health who do not make use of them.

“ The Americans, far from practising those useful and wholesome tokens look upon them as ridiculous and unbecoming.

“ It

are immediate causes of malignant Fevers ;
whatever, therefore, may tend to promote
those

“ It is no longer surprizing therefore that Americans, heedless of their health, *living on unwholesome foods and drinking heating liquors*, should prove so little disposed to resist the impression of scorching hot weather, which opens the pores, and occasions, if we may be allowed the expression, a continual *depredation* on the vital principle, through a thousand issues, always open. It is not to be wondered that heat and dampness, *which on this continent more rapidly succeed each other than in any other climate*, should soon bring into a state of fermentation, humours impregnated with so many principles of putridity. Will any one wonder at seeing the unfortunate seized with the fever, and fall so suddenly its victims, when they are seen to swallow remedies, which far from keeping down and cooling the fermentation, increase it; when they are seen undergoing copious bleedings, storing in emetics, bark, Madeira and other spirits called cordial, producing in the body the same effects as oil on fire ? We see when those unfortunate persons are left by themselves, deserted and given up by their nearest relations, whom a panic keeps as far from them as from persons infected with the plague, that sorrow and despair, much more than the most violent remedies with which they are treated, hurry them to an unavoidable death.

“ For some time past the French have been noticing those salutary observations to the Americans, who listen to them with coolness, although many of them perceive the justness of those hints, but unhappily as soon as the epidemic Pest seems to abate, as soon as the coolness of the weather brings back the
hope

those alarming symptoms should be carefully avoided. All *excesses of the table, every species of intemperance, the allurements of the bottle and bowl, and particularly NEW RUM*, or even any dilution of that noxious spirit, will be found to *relax the frame, to invite disease, and to hurry the self-devoted victim to the grave.*

Of all the evils which exert their baneful influence over the stomach, Dr. Leake very judiciously and forcibly remarks that none is so pernicious in its consequence as the use of *Drams*, however veiled under the elegant names of *Parfait Amour, Bouquet de Venus, &c.* Such spirituous compounds, like liquid fire, will harden and contract its fibres, and as it were cauterize and crisp up its tender, nervous lining, so as at once to destroy both feeling and appetite, which never can be restored.—They likewise harden the animal food taken into the stomach, and render it indigestible: In a word *Spirituuous Liquors* are so destructive to the stomach, that they totally divest it of all feeling and vital heat: And if so pernicious, in temperate and even cold climates, how fatal, how destructive
their

hope of seeing it disappear, they hastily return to their usual way of living, and risk the danger of *annually falling a sacrifice to want of precaution, and unwillingly we add, to Intemperance!*

their use in those burning regions which want no artificial fire to inflame the fluids and dissolve the solids of our frame !

Rules are laid down in the former part of this work, with respect to diet and a proper mode of living. It will commonly prevent, and alway mitigate the force of *malignant Fevers* on the system. Dr. Rush says, “ the best preventives of the disorder, are, a temperate diet, consisting chiefly of vegetables, great moderation in the exercise of body and mind, warm cloathing, cleanliness, and a gently open state of the body.”*

“ An open state of the bowels is an excellent assistant to health in the West-Indies ; it is indeed indispensable, and secures the stomach against a regurgitation of Bile, so prevalent there.”†

To the directions already given we shall only add, that the *water made use of* is far from being an object of little importance. It should always be as pure as possible. The *filtering Stone* is certainly the most *effectual* refiner; but where that conveniency cannot be procured, half an ounce of powdered alum will clarify five or six gallons of water.

AIR,

* Dr. Rush addressing his countrymen at Philadelphia.

† Dr. Trotter Med. Naut. p. 348.

AIR, so essential to the existence of every living creature, is too often the vehicle of disease in the West-Indies. The atmosphere of *low, marshy situations* is impregnated with *noxious effluvia*,—what the poet so justly, so emphatically calls—*volatile corruption*. While you have health fly to a more pure and elevated spot; do not at the risk of life, breathe the *tainted gale*,—or the *putrid vapor*. Be equally careful not to expose yourself to the vertical rays of the meridian sun, nor to the *falling dews* and *external night air*. Never forget that the most robust constitution will scarcely resist the *united extremes of heat and moisture*; and that the *ague* of our own Fens is not half so destructive as the *autumnal fevers* of the Tropics.

In quest of sites avoid the mournful plain,
 Where osiers thrive, and trees that love the lake,
 Where many lazy muddy rivers flow;
 Nor for the wealth that all the Indies roll
 Fix near the marshy margin of the main;
 For from the humid soil, and wat'ry reign,
 Eternal vapors rise; the spongy air
 For ever weeps, or turgid with the weight
 Of waters pours a sounding deluge down.
 Skies such as these let ev'ry mortal shun,
 Who dreads the dropsy, palsy, or the gout,
 Tertian, corrosive scurvy, moist catarrh,
 Or any other injury that grows
 From raw-spun fibres, idle and unstrung,
 Skin ill perspiring, and the *purple flood*
 In languid eddies loit'ring into phlegm.

ARMSTRONG.

Tropical countries are regularly subject to periodical winds and rains—denominated Monsoons, peculiarly prejudicial and often speedily fatal to European constitutions—these produce the sickly seasons in the months of July, August, September and October. To guard against the influence of this season, against which the natives themselves are not proof, is essential to the existence of all who resort to these climates, from colder regions.

The following are very important general positions of Dr. Lind—"the father of nautical medicine."—They are the result of long and very extensive observations, directed with great judgment.

" 1st. That the most healthy countries in the world generally contain certain spots of ground, where strangers are subject to the attacks of sickness."

" 2dly. That there is hardly to be found any large extent of continent, or even any island, that does not contain some places, where Europeans may enjoy an uninterrupted state of health during all seasons of the year."

Experience shews that the fatal effects of *heat and moisture united in extremes*, are dependant

dant upon situation and soil. The reasoning is clear and decisive upon this point.—“ Heat does not altogether depend upon a proximity to the Equator, but varies at inconsiderable distances, chiefly according to the elevation of the ground, the degree of ventilation, and the nature of the soil.” The summits of the Andes or Cordilleras, in America, even under the Line, are covered with snow, and uninhabitable by man or beast from intense cold.

If, in this our temperate climate the Hundreds of Essex—the fens of Lincolnshire and Cambridgeshire—the flats of Kent—and other spots contiguous to healthy situations—are subject to endemic, or local complaints—what fatality must we look for between the Tropics in similar low, flat, marshy districts—especially where the soil around is uncleared of the woods which obstruct the current of air, and in vallies incircled by mountains, which congregate the vapors and pour down those direful inundations, not more destructive in the instant rage of the torrent, than deleterious in the subsequent stagnation on the plain.

“ The safest retreats, not only from the sultry heats, and the inundations of a low country, but also from the sickness attendant

upon them, are to be found on the sides of hills or mountains, where there are no morasses within three miles, where the soil is dry, gravelly, and clear from wood, shrubs, or stagnating water, where the heat of the day seldom exceeds 70 degrees on Farenheit's thermometer, and the cold of the night is not under 54 degrees. Such elevated and temperate situations, where Europeans may enjoy good health in the hottest climates, in all seasons of the year, may be met with in almost every quarter of the globe." Those therefore whose circumstances and business will permit, should retire, especially during the night, to the mountains, for health, until they are seasoned to the climate; and others, who cannot afford this precaution, should be immediately removed thither when taken ill.

Dr. MOSELEY very strongly recommends the use of *flannel cloathing* to those whose duty compels them to experience the extremes of heat and cold, especially soldiers, who are necessarily exposed to night air. "It is hardly to be credited what men can go through wrapped up, as it were, in flannel. The coldness of the night air then, has a medium to pass to their bodies; which breaks the force of its impression, and prevents the suppression of perspiration. It is warmth without incumbrance:—

cumbrance :—a great consideration to a soldier. Besides, flannel acts as a friction to the skin, and keeps the pores open : it also creates an uniform atmosphere round the body. Occasional cloathing of this sort is absolutely necessary for officers and soldiers on actual service in hot climates ; not only as a defence against the inconveniences arising from rains, dews, and night air, but to put on after having been wet, much fatigued, and heated : that perspiration may not be suddenly checked, and that the body may cool gradually. After sickness, a flannel jacket worn next the skin often prevents relapses.*

In addition to change of air, care should be taken not to depress the spirits of *even the healthy* with suggestions of fatal Contagion ; for wherever a currency of *free air*, has been introduced, and *cleanliness* has been observed, the most immediate attendants upon sick persons have actually escaped Infection. Besides, the very Idea, if unsupported by facts, is *inhuman*. It prevents a number of well-disposed persons from rendering the kind offices, which might be given with safety, and often prove of as much consequence as medicine.

“ If it is found necessary in medical practice, in order to make attendants careful in
their

* Treatise on Tropical Diseases, p. 192.

their duty to the sick, to keep up their confidence in the preservative means against infection; I see no necessity for having recourse to deception, or the pious fraud of a placebo. Let the nurses of hospitals, who attend patients in infectious fevers, be impressed, that if they shift the sick man often in bed-cloaths and body-linen; keep him clean in person by frequent ablution, and change the air of the ward very frequently; that it will not only recover the patient, but will infallibly prevent other persons from being infected. Truth that soon decides doubts, will quickly assure every nurse, that this is the only certain method of prevention; and it is the only guide that ought to regulate the conduct of a physician.”*

It too often happens that elevation of spirits and emancipation from restraint of diet, induce too great excess in improper gratifications, especially in food and strong liquors; the latter being too often of the worst kind. These indulgences disordering and inflaming the habit, render it no wonder that the diseases in question become so prevalent and destructive.—To those who are temperate, *Cold Bathing*

* Dr. Trotter's *Medicina Nautica*, p. 249.

Bathing * and *Vegetable Diet*, are of very important use, as well as every kind of *light exercise*, such as *moderate Dancing*, or any other gently tending to exhilarate the spirits: *Ventilators* in different apartments would produce a currency of pure and cool air.—Too much *Indulgence of Ease* is very pernicious, especially in a confined atmosphere; the result of such indulgence has too often appeared in a languor or general sense of debility, a perpetual drowsiness, but no refreshing sleep; a great increase of heat, or excitement of profuse and pernicious perspiration; a decay of appetite; retention of stools and urine; accumulations in the *Stomach, Liver, and Bowels*, and other morbid symptoms of poisonous absorption; and it is almost equally unnecessary to point out the extreme imprudence of taking *large draughts of cold fluids* after such exercise, or when

* I dare not recommend cold bathing; it is death with intemperance, and dangerous where there is any fault in the viscera. It is a luxury denied to almost all except the sober and abstemious females; who well know the delight and advantage of it. Indiscriminate bathing has been fatal to several men whom I remember, that used it, to add pungency to voluptuousness. People must be temperate in their way of living, and free from obstructions in the viscera, who bathe. Therefore, I believe it will not accord with either the habits, or situations of many.

Moseley on Tropical Diseases, 3d edit. p. 83.

when the body is heated by *passion*, by *spirituous liquors*, or any other *inflammatory* cause, which seldom fail to arrest the circulation. The preceding Observations, though some of them may appear of more importance in the *Treatment* than in the *Prevention* of these Disorders, will be found highly useful in both.

Dr. Cleghorn in his Treatise on the Disorders of Minorca, and Dr. Clark, Physician to the Infirmary and Dispensary at Newcastle, have given many judicious observations on the manner in which Europeans live in the East and West Indies; but Dr. Moseley has so compleatly treated this important subject, that it were superfluous to quote other authorities. The following extracts in particular ought to be made known to all who have occasion to frequent warm climates, their importance is a sufficient apology for the insertion of them at length.*

If

* Diseases of climate must ever remain; but there is no climate in which some diseases are not acquired that might be avoided: and there is no climate in which so much care and circumspection are required to secure the body from diseases, and where they are so violent and rapid, as that which is the subject of the present consideration.

The

If these suggestions are duly attended to,
and one of the **ANTI-BILIOUS POWDERS** be
divided

The ridiculous notion that people are to die of putrid diseases in hot climates, unless they keep up their spirits, and embalm their bodies, by the assistance of an additional quantity of wine, strong liquors, and living well, as it is vulgarly called, has caused the death of thousands.

Another almost equally pernicious practice, from the same notion of putrefraction, among new-comers, is, to devour great quantities of fruit, and to drench themselves with acid drinks; but if they escape a flux they destroy the tone of the stomach, and are soon left without either appetite or digestion.

Some people heat themselves by too much exertion or by violent exercise in the sun: and, when heated, expose themselves to get hastily cooled. Others expose themselves to rain; or walk in wet grass; or sit long in the night air; these are causes of great mischief.

Festivity, the resource of men, and dancing, the resource of women, are customs much practised in the West-Indies: and hospitality, which there knows no bounds, sometimes makes her kind offices and amusements dangerous to her friends. New-comers have no business at feasts, or at balls.

There is, in the inhabitants of hot climates, unless present sickness has an absolute controul over the body, a promptitude and bias to pleasure, and an alienation from serious thought and deep reflection. The brilliancy of the skies, and the levity of the atmosphere, conspire to influence the nerves against philosophy and her frigid tenets, and forbid their practice among the children of the sun.

divided and half of it taken *every other morning*, abstaining from eating or drinking any thing else

The means of preventing diseases in hot climates, are founded on the same principles as the means of preventing them in every other climate are. The theme has been much worn by divines, philosophers, and physicians.

If *Temperance* had not so many powerful adversaries to contend with, in the numerous relatives to sensuality, every person would be healthy. The young would be so from present, and the old from past observance. But there seems to be such a variety of claims in the body, each nerve contending for its portion of pleasure, that reason is often lost in the conflict, and driven from her throne by the anarchy of passions.

By keeping the body quiet, and cool within, as well as without, the first object of seasoning in hot climates will be attained; which is, to moderate the action of the solids, and to diminish the volume and density of the fluids. Thus the serum of the blood is neither heated, nor rendered acrid; less thirst is excited, and also less perspiration: by which means both the risque and the danger of checking perspiration suddenly are obviated.

Living in a house with lofty and spacious rooms, in a dry situation; keeping within doors as much as possible during the middle of the day; never travelling on a full stomach, or when heated with wine; avoiding the night air in general, but in particular after travelling much, or having been much exposed, on the same day in the heat of the sun; never sitting down, or remaining in a current of air, with wet linen on, or when much heated; nor suffering the body
to

else for four hours after, I may, *with a degree of confidence*, stake my claims to public re-

to cool suddenly, by unbuttoning or throwing off the coat, or any other part of the dress ; never going out when it rains, and if by accident overtaken in it, to get as soon as possible to bed, and remain there an hour or two, first putting the feet in warm water, and drinking a basin or two of warm tea ; pursuing some amusement in vacant hours from business, that is not fatiguing, and that does not agitate the mind ; going to bed, and rising, at early hours ; taking much rest for that is necessary ; sleeping as coolly as possible, but never upon a ground floor if it can be avoided ; using gentle exercise early in the morning ; drinking but little wine, and that Claret or Maderia, but no spirituous liquors, nor punch, for acids are, in the end destruction to the stomach ; eating light food of easy digestion, roasted in preference to boiled, and of whatever sort best agrees with the stomach (for those countries have a great variety of luxuries, as well as necessaries of life) ; using but little butter ; vegetables well boiled ; fruit sparingly ; tea or coffee for breakfast ; avoiding suppers ; with now and then taking a dose of salts, and making that day, a day of abstinence,—are the best cautions, and precepts for health that I can give.

Though there is abundance of excellent water in most of the West-Indian islands, particularly in Jamaica, in which there are also springs of powerfully hot sulphureous, and cold chalybeate waters ; yet for the common purposes of life, it is an article of too much consequence to health, not to merit the greatest attention in the choice of it, in respect to its pureness from any vegetable, metallic, or saline property : and its

regard on their efficacy as a *preventive*, whether the disorder be excited by the climate, or communicated by infection. It is admitted that various circumstances concur to render the body more or less liable to disease, or unable

transparency and levity, from not being loaded with terrene matter.

Mineral and brackish waters may easily be distinguished by the taste : and water that is so situated as to receive the leaves of trees, and vegetables, unless it be in a very rapid stream, should never be used.

When all precaution to guard against sickness has failed, and prudence proved abortive to new-comers, they will have this comfort at least, for their pains, that their disorders will seldom be severe, or expensive, and will generally have a speedy termination ; and that their *Seasoning*, as it is emphatically called, will be removed by bleeding, a dose of salts, rest, and a cooling regimen.

Where this mild composition for future health has not been merited, and no terms have been made with the climate, violent diseases may be expected ; among which, the DYSENTERY, particularly with soldiers and sailors, or an INFLAMMATORY FEVER, perhaps to that degree which has the appellation of the YELLOW FEVER, may be looked for.

These diseases, if we except the TETANUS, are the most formidable, and have been treated with the least success, of any in the torrid zone. Their rapidity demands the most decisive promptitude—The shortness of their duration affords no time for experiment.—An error once committed can never be remedied.

Treatise on Tropical Diseases, 3d edit. p. 79 and 113.

able to sustain its attacks ; the same circumstances predispose it to receive infection. A medicine therefore which corrects the undue secretion of Bile, whether in quantity or quality, which highly aggravates when it is not the sole cause of the complaint ; a medicine which will likewise *keep the body gently open*, and promotes the due performance of all the secretions ; will be found to obviate the causes which produce or encrease this disorder. A purge of salt water is recommended by good authority, to every man about the time of crossing the Line, to be repeated three times before the ship makes the islands : the good effects of which have been remarked. More beneficial effects may be therefore expected from a Medicine which not only keeps the bowels open, but rectifies the Bile and regulates its secretion, on which health, in these climates, so much depends.

THE ANTI-BILIOUS POWDER it is presumed will prove a *certain Specific* in all cases as a *preventive* and in many as a *curative*. Calomel has been the only specific yet known ; but even its most zealous advocates have lamented the want of a better, from its very frequent failures ;—and the destructive tendency of that dangerous mineral is well known to almost every practitioner.—The present

REMEDY is entirely free from *that*, as well as any *other*, dangerous substance; but by its *important Action on the Liver*, it is thoroughly calculated to carry off all the *redundant* as well as the *degenerate Bile*, so that the Putrid Vapors, *although received into the system*, not having those obstructions to combat, will fail of their effect; and the patient using the *proper precautions*, as recommended, may be continued in Health *even in the midst of contagion*.

In short, I cannot too particularly recommend to all those who may be exposed to Infection of any kind, that they begin early with the Powder, before debility takes place; for the strength of the patient aided and confirmed by the good effects which may be expected to follow an early and regular course of them, will prove the effectual and successful means for preventing that fatality too generally attendant upon those dreadful disorders.—We cannot flatter ourselves that it will prove infallible in every stage of these malignant Fevers, yet this may be depended upon, that the deplored mortality will be considerably diminished, if this remedy be regularly persevered in, though the putrid symptoms should have seized on the constitution before the Powders are administered: and I
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feel the strongest conviction, that if early applied, and properly continued, they will be found effectually to hinder the morbid appearances from taking place at all, and that upon trial they will prove far superior to any other Preventive or Remedy hitherto recommended or discovered.

ON THE TREATMENT PROPER AFTER INFECTION.

The best writers on this subject, however great the diversity of their opinions appears to be in other points, concur in one remark, that nature's most uniform effort in every stage of the morbid process consists in *violent Retching*;—that the discharge of the Bile always affords some relief;—but that, when the disease gains ground, the biliary secretion is increased and hurried on in such a rapid manner, that it resembles grounds of Coffee rather than Bile. This is an infallible sign of approaching death; and hence the Spaniards have given the disorder itself the name of *Vomito nigro*, or *the black Vomit*, as, when the evacuation assumes that fatal hue, few hopes can be entertained of the unhappy victim.

To second the efforts of nature has ever been considered as the *safest mode of practice*. Upon that principle, which neither the folly of empiricism nor the ingenuity of plausible theories can overturn, I would strongly recommend EMETICS, *but such only as CLEANSE the STOMACH without increasing its IRRITABILITY.** Neither Diuretics, Antispasmodics, Cordials, or Blisters are to be depended on in Fevers incident to Tropical Climates.—Bark,† Opium and Wine should be very cautiously

* Let the first step be *vomiting and purging*. Tissot on Bilious Fevers.

† The greatest precaution should be observed for as Dr. Moseley observes.

“ *Bark*, in unskillful hands, is a precarious remedy even in the intermittents in the West-Indies, and should never be long persisted in, without evidently good effects : and then not without the frequent intervention of calomel.

If the fever be a recent one, and has a tendency to a remittent, the premature use of bark impedes the secretions, causes strictures in the capillary vessels, and fixes immovable obstructions in the brain; whence follow a train of evils. This I have so often seen, that I can but wonder at writers not observing more caution, in advising bark early in the remissions of fevers :—nay, even in their exacerbations, and where the fever is continual. But such practise is repugnant to reason ; and I know from experience, that fatal effects in other respects also have been occasioned by it. Indeed, bark cannot be given to advantage, while

tiously introduced especially at the commencement of the Complaint. Intestinal Evacuations

while the viscera are loaded with sharp, pituitous, and glutinous matter, and the sanguiferous and lymphatic vessels stuffed and clogged, with heated and sizzly blood and lymph—impediments that must remain while the fever does, and cannot be removed while there is a remission only. Where there is any tendency to inflammation in the habit, bark increases the impetus of the blood, and by constricting the vessels, and lessening the diameters of the secretory and excretory ducts, it operates as a direct poison.

In intermittents also which succeed acute diseases, bark, without great care, does more harm than good. It increases those obstructions in the abdominal viscera which almost always follow severe disorders in hot climates ; and which bark often converts into incurable *schirrhi*, or dropsies.

At the setting in of autumnal diseases, intermittents are always attended with a greater secretion of bile, than they are afterwards, when the season has farther advanced. And the earlier the autumnal sickly season commences, the more the liver is affected and the greater is the quantity of bile attending them. For which reason, bark at that time is improper, when given without perfect intermissions. A patient can take much more bark, without injury, in a December intermittent, than he can in an August one. Yellowness in the eyes, tension of the abdomen, and a cough, are generally produced by a few doses of bark, in the beginning of autumn ; and this is an infallible sign, that the body is not properly prepared for it. But when the autumnal intermittents do not set in

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tions should by all means be promoted; where, however the state of the Fever will not allow
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until November, bark, in general, may be taken with safety, without much previous preparation, because they are seldom attended with those excessive bilious secretions, and that febrile disposition, which accompany them in earlier months.

Spring diseases, in hot climates, though not always strongly marked, have in general an inflammatory tendency; which tendency gradually declines with the year, and disappears in Autumn.

The autumnal diseases, in Jamaica, in the year 1776, set in, in November; the season was cold and rainy. Fevers came on with a shivering; but a good intermission generally succeeded the first paroxysm; in which, if eight or ten drams of bark were given, all went on well: if not, the fever returned the next evening, and the following day only a remission succeeded—bark then would not answer. The third fit universally ended in a low continued fever, which required early blisters, cordials, and stimulants, as the patients all sunk very much, and many died.

The type of diseases is very often dissimilar, in the same season, in a district only of a few miles. In hot, marshy, low situations, autumnal intermittents have generally a putrid tendency; and sometimes after a few paroxysms degenerate into irregular, low fevers, accompanied with colliquative sweats, and diarrhoeas. Here the early use of bark, in every climate, is proper; and the almost indiscriminate administration of it, seldom attended with danger.

This locality of disease ought to be well considered, by those who write for the information of others;
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of such discharges, then, Emetics must be substituted in preference to any other mode.

BLEEDING, the common expedient of French Surgeons *in almost every complaint*, and which has been *too inconsiderately adopted* by our medical practitioners in *Tropical Climates*, is of all experiments *the most dangerous*.

We have the first authorities on our side when we seriously caution with respect to BLEEDING in the YELLOW FEVER. Hippocrates *was so much afraid of Bleeding upon account of a FEVER, that he often thought proper to forbear it for that reason.* Nay he forbids Bleeding even in a spitting of Blood, if the patient be of a *bilious habit*; because says one of his best commentators, “if the *Blood* is very thin and approaches to the nature of a *Bilious humor*, it is still more attenuated by *bleeding*, and there is some danger lest it degenerate *totally* into a *Bilious humor*.”—Galen also observes that “*Bleeding* cures neither *Obstruction* nor *Putrefaction*, and *sharply reproves all who bleed indiscriminately in all putrid fevers*.”—The ingenious Dr. Maty was also against *Venesection*; he remarks, that “the frequent repetition of *Venesection* is a bad custom.

Those and should not be confounded with the endemics of a country, or of a climate at large: for such varieties occur in every part of the world.

Those who are accustomed to *frequent Bleedings*, lose the best of their Blood; they acquire more indeed in equal quantity, but not of the same quality; for this *new Blood* is crude, watery, sluggish, unfit for circulation, causes Dropsies, and almost inevitably produces distempers from debility, defect of good Blood and Spirits, and a redundancy of water."

But in *Bilious Cases*, it has been proved by the most rational and the most enlightened Practitioners, that Venesection is not only *detrimental*, but *dangerous*. The great Tissot in his learned *Essay on Bilious Fevers*, has very ably classed the many great hazards attendant on *Bleeding in Bilious Complaints*:—He asserts, and we confirm his authority by our own practice, "that Bleeding, instead of allaying, *augments the violence of the distemper*;" and adduces the following reasons :

" 1st. Every remedy and *especially Bleeding*, where it does no good is *prejudicial*; for whenever it does not *remove the cause of the disease*, it *wastes the strength*, the preservation of which is so important; for nothing conduces more to a *certain cure*, than that the *strength of the patient be unshaken*:—It is *therefore to be supported*, by all means. For the more the strength of the Patient, *which*

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is all the remains of health, is weakened, the greater will be the violence of the disease.

“ 2ndly. Bleeding *relaxes*; and from Relaxation follow *two very bad symptoms*, quite contrary to the indications, *an increase of putrefaction*, and *weakness of the Bowels*; whereas it should be our aim to *strengthen the Bowels*, and *destroy the putridity of bad humors*. It plainly appearing that Bleeding, whilst it relaxes the parts which contain the morbid humor, according as the disorder is either inflammatory or putrid, *prevents or promotes* the putrefaction.

“ 3dly. The disorder is *aggravated* if the putrid matter *is hurried into the mass of Blood*, and this resorption is *forwarded* by phlebotomy; thus the *disease is multiplied*, all the humors *are infected*, the *whole machine is dissolved* by a *putrid colliquation*, and *all hopes of cure cut off*.

“ 4thly. It not only promotes its absorption, but *increases its virulence*; for the quantity of good blood being diminished, the effects of the poison become greater.

“ 5thly. The production of a Bilious Fever is not the work of one hour; the sordes are gradually accumulated, the Bowels obstructed,

structed, the functions of the whole intestinal Canal are languidly performed, digestion remains imperfect, and for that reason nutrition is also imperfect; neither is the same quantity of Blood *prepared*, nor is that kind of Blood elaborated, which alone is capable of *true inflammation*.

“ 6thly. Many severe symptoms are brought on by a *nervous* sympathy, whose violence is *increased* by a greater tendency in the humors to motion, and this as before observed, *always gathers strength* BY BLEEDING; and it is often in this way, *that it brings on Delirium and Convulsions.*”

The ingenious Dr. Paisley, Surgeon-general at Madras confirms our opinion that the first indication is to *clear the Bowels of Bile, Phlegm*, and other *causes of irritation*; the second to *remove the obstruction of the Liver*; and lastly, to *recover the lost tone of the Intestines*, and to strengthen the system in general:—He is an enemy to Venesection.—Dr. WADE also in his *Treatment of Disorders in Bengal*, on good authority remarks, that “ the deceitful interval of ease, which succeeds the operation, soon vanishes; the Fever re-kindles, *probably with redoubled fury*, and finds the patient much less capable of resistance to its violence, ex-
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hausted by the Bleeding, and by the excessive discharges from the skin, which have been imprudently prolonged by various means."

Dr. BROOKE remarks that "*the loss of eight or ten ounces of blood* in the first attack of the SENEGAL FEVER, has *sunk the pulse* beyond the possibility of raising it *afterwards*, and that even in plethoric habits, attended with great pains of the head. It is, indeed, surprising, how little these fevers will bear of *evacuations* of any kind, especially *Bleeding*."

Dr. JAMES CLARK, whose testimony is unexceptionable, declares from his observation at Dominica, *that there was not a single instance of an emigrant recovering who had been bled*; and that, on the contrary, *a cure seldom failed*, where *different* steps were taken.*

Mr.

* Dr. John Clark's observations on Venesection are so determinate, *from his own experience*, that the insertion of them in this place is highly necessary.

VENESECTION. This evacuation has been recommended almost universally by Physicians, to remove fulness of the vessels, to reduce the fever, and to bring it to regular remissions. In some cases, where the constitution is vigorous, and the infection mild, perhaps taking away some blood in the beginning of fevers, may not be attended with much danger. I have too much respect, indeed, for several eminent authors, after making all proper allowances
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Mr. HOLLIDAY at the Havanna makes a similar assertion, *that Blood-letting always*
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for their theoretic ideas of the danger from the *phlogistic diathesis*, to believe they would so strongly enjoin bleeding had they not often found it advantageous, at least harmless. Guided by such authorities, in the beginning of my practice, I was frequently induced to try the effects of bleeding. In fevers which occurred upon first entering into hot climates it seemed to do no harm, as they were generally of so mild a nature as to require little more to remove them than cleansing the bowels, and keeping up a moderate perspiration. But, after a short continuance of hot weather, even although bleeding seemed to be indicated by great heat, thirst, head-ach, and oppressed pulse, I seldom or never saw it answer any good purpose.

Encouraged by the similarity of the Bengal fever and that of the marshes described by Sir John Pringle, without paying any regard to the difference of climate, I thought the violence of the fever required at least one bleeding : and finding the same evacuation recommended by Dr. Huck and Dr. Cleghorn, I was induced to open a vein during the first paroxysm in three of our patients at Culpee. The consequence was, the first did not bear the evacuation ; his pulse flagged ; and he was very delirious in the ensuing fit ; the remissions became very obscure and the exacerbations were only to be known by his delirium. The other two were seized very suddenly, and fell down in a deliquium ; on opening a vein, they returned to their senses ; but, before five or six ounces of blood were taken away, they became faint ; and the feverish paroxysm ran higher than in those who did not suffer
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aggravated the complaint, and hastened the fatal issue. The use of the lancet does, indeed, require very great deliberation. In *chronic disorders*, it often produces a *dropsical* tendency: in *acute*, it *prematurely* determines death or recovery, and should not therefore be resorted to *with so much rashness*. It can only be used with safety within the first hour of the accession, and where the urgency of symptoms immediately call for it to prevent or cure delirium. The utmost skill of the physician or surgeon is requisite to judge of these symptoms, or the life will flow out with the blood of the patient. A high pulse in the **YELLOW FEVER** does not indicate the necessity of bleeding, but the strong effort of nature to resist and get rid of an impetuous assailant. Let us not then be so forward to *sluice away the vital current*: let us rather promote and assist the *kind purposes of nature*:

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the evacuation. For the future, I was determined to be very cautious in blood-letting; and, therefore, laid it aside in every fever in warm climates, both at sea and on shore, unless accompanied with topical inflammation.

Since that period, even in the fevers which have occurred at Newcastle, I have not had occasion to prescribe bleeding, above three times, in genuine idiopathic fevers; and am certain I never lost a patient from omitting this evacuation.

whenever heaviness, lassitude, oppression, or loss of appetite, the first symptoms of this disease takes place, let us administer Emetics; even here, however, the greatest caution must be observed, lest instead of removing the irritating sickness, common in this fever, or exciting a diaphoresis, a spasm be produced in the stomach; incessant vomiting; inflammation; the vessels of the thorax and head be stifled with blood; and the patient vomit away his life."—the best way then, *if possible*, will be, as Dr. Moseley observes, "to evacuate the contents of the bowels, *and turn the humors downwards.*" And let me *recommend*, in addition to these, and to the *most abstemious diet*, the powerful co-operation of the ANTI-BILIOUS POWDER.

Since then all these great authorities concur with me that *removing the obstruction* is the grand object to be obtained: It cannot be thought impertinent that I so strongly recommend the ANTI-BILIOUS POWDER, which I hope may prove the *successful means* of producing the wished-for effect.

When *well-timed gentle* Emetics* have
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* Take two drahms of Ipecacoanha root, bruise it, and infuse it in half a pint of boiling water, let it stand covered six hours, then strain it off, and give from four to six table spoonfuls every half hour, till

relieved the stomach, and gentle PURGATIVES have cleansed the Bowels from the morbid matter, with which they were overcharged and their tone relaxed, the Stomach will soon feel the invigorating influence of the POWDER, which must be administered in the following manner :

Take half a powder every two or three hours in syrup of Lemons or Oranges,† or as before described in the General Directions; but not in any liquid with which the powder will not incorporate, such as Water, Wine, or Spirits, neither of these being a proper vehicle. As the *violence* of the symptoms is found to abate, the powder may be *gradually* discontinued; and upon a *total remission of the disorder*, the best mode of insuring a perfect re-establishment of health is by taking large quantities of Bark either in Substance or strong Decoction with a generous allowance of Red Port or Madeira, &c.

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it operate by vomit. The Powder of Ipecacoanha, if it be procured good, will have nearly the same effect, taken in doses of fifteen to thirty grains. The Faculty whenever any of those disorders prevail always keep, or ought so to do, the infusion ready made and the demand for it enables them to have it generally pretty fresh.

† Lemon juice and salt of wormwood given in an effervescent state, is a proper auxiliary and febrifuge. *Moseley*, p. 442.

This mode of treatment, if adopted on the appearance of the first symptoms, will be found generally efficacious, and secure the health without diminishing the strength of the patient. If these symptoms have been neglected, or should the habit of body of the patient favor the disease, and the inflammatory symptoms commence their alarming appearance, by a high degree of fever, with great heat, and strong beating in all the arteries; recourse must instantly be had to the most able medical aid, the able directions of Dr. Moseley, Dr. Rush, and Dr. Trotter, must be carefully regarded, venesection must reluctantly be resorted to—not repeating the operation when the inflammatory symptoms abate, or when the second stage of the disorder supervenes : but increasing the doses of the Powder, which will be found to act as a mild but powerful diaphoretic, and will remain upon the stomach when all nauseous and most other medicines are rejected. Its operation will be found perfectly to correspond with the indications of cure so ably pointed out by Dr. Moseley.

The Diet should be particularly restricted. Fish of all kinds, and animal food must be utterly prohibited, and every other nourishment

ment which may exasperate the already disordered blood. The patient may subsist on farinaceous aliment, and drink plentifully of diluting, refrigerating, and subacid liquors, made with oranges, lemons, tamarinds, spirit of vitriol, &c. in barley water, pure water, or other thin and cooling liquid: “ but a
 “ *Solution of Chrystals of tartar* in pure
 “ Water, with current jelly which will impart to it a saponaceous quality, is preferable to all the rest: It not only resists putrefaction, and promotes the secretion of
 “ urine, but also keeps the Body gently
 “ laxative.”* Tartish juicy fruits; as Ananas, Granadilloes, Barbadoes Cherries, and Water-Melons; as also Plantains, and Bananas roasted for food; Jelly of Guavas, may likewise be allowed. Cooling Emulsions made of the milk of the Cocoa-nut are also very proper. The Essence of Spruce, a little diluted, has done wonders at Saint Domingo, both in Prevention and Cure. It acted as a laxative and consequently was judiciously administered. The sharpness of the Penguins will be found highly useful in penetrating the thick tenacious scurf with which the glands of the mouth are loaded.

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* Dr. Leake on Disorders of the Viscera.

“ Take an Ounce of Chrystals of Tartar with One Dram of Borax, pour a Quart of boiling Water upon it, and when almost Cold sweeten with Currant Jelly or Honey.”

I therefore earnestly conjure such of my readers as may inhabit or occasionally visit tropical Climates, not to neglect the PREVENTIVE and the CURATIVE methods here laid down. A little timely care will shield them from danger; and, if attacked, they must see the madness of deferring *so easy an experiment to a crisis which chills every emotion of hope, and presents to the friend and the physician no other prospect but that of inevitable death.*

—————“ Should the public bane
Infect you, or some trespass of your own,
A flaw of nature hint mortality,
Soon as a not unpleasing horror glides
Along the spine thro’ all your torpid limbs,
When first the head throbs, or the stomach feels
A sickly load, a weary pain the loins,
Be Celsus call’d : the Fates come rushing on ;
The rapid Fates admit of no delay.
While wilful you, and fatally secure,
Expect tomorrow’s more auspicious sun,
The growing pest, whose infancy was weak,
And easy vanquish’d, with triumphant sway
O’erpow’rs your life.—*For want of timely care
Millions have dy’d of medicable wounds. !*
Dr. Armstrongs art of preserving Health. B. III. L. 502.

I conclude by again recurring to TISSOT, who thus closes his able Treatise: “ All the differences between Countries produce no difference in the method of Cure. From these

these varieties it happens that some distempers are more frequent in one, and some in another; but whenever the same disease occurs, the same method of Cure is necessary in all countries"—I rely therefore on the candor of a generous public, and flatter myself it cannot be deemed arrogance in me to request a preference of trial, fully convinced as I am of the efficacy of the means proposed, and considering that I risk the credit of long Medical Practice, on the beneficial accomplishment of all that can be desired from the success of a Medicine, *professedly not universal, nor applicable to ALL complaints*; but which is happily competent to remove anxiety and disease in a variety of dangerous and distressing cases, and to re-establish health and comfort, however impaired by any amongst the long train of Bilious Disorders.

R. PRIESTLEY.

LEEDS, 21st April, 1798.

PLAIN AND IMPORTANT FACTS,
ADDRESSED TO PERSONS AFFLICTED WITH
BILIOUS DISEASES OF EVERY KIND;
COMPLAINTS IN THE
STOMACH AND BOWELS,
JAUNDICE, YELLOW FEVER,
GALL-STONES in the GALL-BLADDER,
SALLOW HUE of the EYES and SKIN,
AND ALL OTHER DISORDERS ARISING FROM
A VITIATED STATE of the LIVER,
AND FROM AN
IMPERFECT SECRETION,
OR
REDUNDANCY of BILE.

DR. ROBERT PRIESTLEY, of
LEEDS, YORKSHIRE, impelled by the
consideration that it is the duty of every
one to promote the happiness of man-
kind; by publishing every Discovery of
general and extensive utility, thus pub-
licly assures persons afflicted with the
above Complaints, that the

ANTI-BILIOUS POWDER,

which, with confidence, he recommends,
has never once failed to establish a *per-
manent Cure*, or, at least, to afford *important
Relief* in the most *delicate*, and at the same
time, most *alarming* Cases, during an *un-
remitted Practice* for the space of THIRTY
YEARS: to obviate every unnecessary
Prejudice, he appeals to the *Inhabitants*
of LEEDS and its populous neighbour-
hood, for their testimony to his conduct
and professional success. To evince also
the *disinterestedness* of his motives, he ex-
tends the use of the Powders *to the Poor*,
who come *properly recommended*, in a man-
ner *inconsistent with the views of any sordid
emolument*.

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This Medicine, although *entirely vegetable, pleasant to the Taste, and grateful to the Stomach*, though almost *imperceptible*, but *rapid* in its salubrious progress; is yet of the utmost efficacy in the removal of *Calculi* or *Gall-Stones* in the *Gall-Bladder*, or in the *hepatic* or *common Duct*; as well as *Bilious Disorders* of the *Stomach* and *Bowels*: giving *strength to these organs*, promoting *Digestion*, exciting *languid Circulation*, recovering the *Complexion from its sallow hue*, and *invigorating the whole Constitution*: By the same means *counteracting the attacks of icteric Complaints*, preventing their ill effects upon the habit, and *securing the continuance of Health*.

Any other arguments than Facts in favor of this Medicine, would insult the understanding of every man who has a just sense of the *Value of Health*, and is capable of distinguishing between the **TRICKS of IMPOSTURE**, and the *force of INDISPUTABLE EVIDENCE*.

Dr. PRIESTLEY'S TREATISE on the JAUNDICE and YELLOW FEVER, accompanied with various *well authenticated*

ated Cases, more fully describe the Treatment and Cure of those dreadful Disorders, than can be comprised in an Advertisement.

It may be reasonably presumed, that the unhappy sufferers from those severe complaints which indicate a *diseased State of the Liver or Bowels*, whether arising from *melancholy, intense application to business, the immoderate use of malt, vinous, or spirituous liquors*, must be anxious to procure a remedy—to them inestimable—adapted to their particular relief, and sanctioned by *proofs* which leave *no doubt* of its *efficacy*.

As this Powder retains its *salutary virtues* in the extremes of heat and cold in *every climate*, it will be of the *utmost service* to those Europeans who occasionally visit or reside between the Tropics. Captains of ships in particular, and Traders to the EAST and WEST INDIES, to AFRICA, and all the regions under the Torrid-Zone, might be looked upon as the *willing Victims of Disease*, if they neglected so effectual a *Preservative*.

The

The POWDERS are sold Wholesale, Retail, and for Exportation, ONLY, at the WAREHOUSE, N^o. 39, BROOK-STREET, HOLBORN.

Mr. COPPERTHWAIT, *Park-Square, LEEDS, Yorkshire*, Agent for the District North of the Trent, and THOMAS GILL, Printer and Stationer.

Mr. SCOTT, Apothecary, *Edinburgh*, Agent for *North Britain*.

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They are also sold by every principal Printer and Bookseller in Great-Britain and Ireland.

The PACKET, will consist of Twelve Powders. Price ONE GUINEA.

Proper Allowance to Trading Companies, Captains of Ships, and other Persons purchasing a Quantity for Exportation.

ADDRESS.

WHEN a Medicine of any kind is recommended to the afflicted, it inspires confidence to be well assured of its efficacy, and probable good effects. The skill of the Physician inspires this confidence, when his person or reputation is known to the patient. When this is not the case, as it can seldom occur where a Medicine is offered to the public by a provincial Physician known but to his own friends and patients, however numerous they may be, the only circumstance that may give authenticity and authority to such a recommendation, is the proof that it has been already administered, in variety of instances, with uniform success. When this success, long continued, and very extensive in private practice, is evinced by persons of respectability, competent to judge of the circumstances, whose testimony cannot reasonably be doubted, and who can be applied to for ultimate satisfaction, as existing proofs, *living in health* by its efficacy—the Medicine then comes recommended in the strongest manner—and if it be not possible to adduce
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an Instance where it has failed of producing salutary effects, nothing farther is necessary to establish its reputation, but to lay the plain facts before the public.

Urged by the desire of extending the mild and efficacious powers of this valuable Medicine, wherever they may be useful, in a mode perfectly unexceptionable, a few of these facts are now brought forward—without *unnecessarily* exciting the feelings of any individual, by exposing his complaints against his inclination—without *improperly* attempting to interest the public mind, by a prolix detail of the increase of practice, and many extraordinary successes which the Doctor has met with in his treatment of BILIOUS COMPLAINTS and DISORDERS OF THE STOMACH AND BOWELS, during an experience of many years, no less than during the *few months* since the first Impression of this tract; but with a firm confidence, arising from circumstances so propitious, he submits to public inspection, the following cases of respectable persons, which, among many others equally important have happily succeeded by the use of his ANTI-BILIOUS POWDER.

C A S E I.

The Rev. Mr. SMITH.

To Dr. Priestley,

IMPRESSED, Sir, with a due sense of the very great Benefit I have received from your ANTI-BILIOUS POWDERS, I beg your acceptance of my grateful acknowledgment for the same.

I do, moreover, aver that, for several years past, I had been afflicted with a *Bilious Complaint*, attended, at Intervals, with violent *Sickness* and *dangerous Symptoms*, and had received only a temporary Relief from all the Prescriptions of the Faculty; insomuch that for these three years, I have been obliged to have constant Recourse to various Medicines, in order to alleviate the pain: When upon seeing your *late interesting Remarks on Bilious Disorders*, I determined to make Trial of your *Invention*, as you are pleased to term a sovereign Remedy for the Jaundice. The Consequence was, that, by taking only Three of your Powders, I found myself effectually relieved from my Complaint, and I have never since felt a Return of it in the smallest Degree.

You

You have, Sir, my permission to
make such use as you may think proper of
this Declaration :

Mean while I am,

With sincere Gratitude,

Your obedient humble Servant,

JOSEPH SMITH.

Stourton-Lodge, near Leeds, Sept. 8th, 1797.

C A S E II.

Mr. WILLIAM THACKREY,

Master - Dyer, LEEDS.

To Dr. R. Priestley,

Sir,

I am impelled publickly to thank you
for your personal attention, and to express
myself truly happy at the discovery of your
ANTI-BILIOUS POWDER.

In May last my Case was truly de-
plorable. Seemingly at the point of Death
by means of an inveterate Jaundice, my Bo-
dy and Legs were swelled to a large extent;
with every symptom of Dropsy. Thus cir-
cumstanced, unable to rise from Bed, I was
informed of your Publication on Bilious Com-
plaints, which my Partner was kind enough
to bring me : Convinced at the same time, of
its

its description of my Case, and, from my knowledge of you, that you would not publish what you had not experienced, I without hesitation applied, and I have no occasion to multiply to you, what were my alarming and distressing symptoms. Agreeably to your advice, I took *one whole Powder*, the sudden effect of which was as extraordinary as agreeable ; it produced, in an imperceptable manner, immediate Relief by the removal of a load from my Stomach. Surprised by such a change for the better, I did not hesitate taking a *second Powder* which enabled me to leave my Bed, and every Idea of danger gradually vanished. I am happy to add, that *six Powders* more *totally eradicated the Complaint*, after all the efforts of the Faculty had been exerted without the least success,—and I now enjoy perfect Health.

Make what use of this Communication you please ; for I consider by it I shall benefit sufferers in a similar situation, at the same time that I shew my grateful Acknowledgment to you, as

Sir,

Your obliged humble Servant,

WM. THACKREY.

Oct. 7th, 1797.

C A S E III.

SAMUEL WHITEHEAD, Hair-Dresser, of *Keighley*, in the *West-Riding* of *Yorkshire*, late a Ballotted Man in the *West-York*, Supplementary Militia, under the command of

THE RIGHT HONORABLE
LORD HAREWOOD.

During the exercise of the Doctor's Duty as Surgeon to this respectable Corps, whilst embodied at *Leeds*; the above person was reported on the Sick List, afflicted with the Jaundice.—*Four Powders*, only, being administered to him, he was *perfectly cured*.

June 21st, 1797.

C A S E IV.

Mr. JOSEPH THORNTON.

Upholder and Cabinet-Maker, *Kirkgate, Leeds.*

To Dr. R. Priestley,

Sir,

I beg you will please to make public my thanks to you for a Cure performed by taking
only

only Five of your ANTI-BILIOUS POWDERS in a severe Bilious Complaint, attended with Jaundice. It was well for me in May last, when I was so greatly afflicted, that I saw your Publication, or I still might have laboured under my Disease without Relief.—Your attention and skill perfectly restored me to Health, and I am happy in this opportunity of testifying my obligation.

I am,

Sir,

Your obedient humble Servant,

JOSEPH THORNTON.

Kirkgate, Leeds, Oct. 7th, 1797.

C A S E V.

Mr. BROWN, of *Armley*, near *Leeds*.

To Dr. R. Priestley,

Sir,

Having laboured under a Bilious Complaint at my Stomach and Bowels, owing to Indigestion, attended by the most excruciating pains, a general lassitude of body, and, anxiety of mind, for twelve years; having consulted and followed the Prescriptions of

many of the Faculty to little purpose; I am happy to acquaint you that by attending to your wholesome advice and taking your ANTI-BILIOUS POWDER, I am perfectly relieved.—It is necessary I should mention, that the second morning after taking the first Powder I voided from my Stomach, a Worm nearly Seven Inches in length, and several smaller ones since.—For the last two or three years I constantly discharged Bloody Excrement occasioned by the excess of my Complaint; that also has ceased: and I have the satisfaction of declaring, that from a very emaciated state of Body I am recovered to unexpected strength; my complexion is restored to its usual appearance, and I enjoy perfect health. I think it my duty, having found so much Benefit, to acquaint you of the Circumstances; at the same time respectfully adding, that if mentioning my Name and Situation will be of any public benefit; you have my full consent and approbation.

I am,

Sir,

Sincerely,

Your obliged humble Servant,

ROBERT BROWN.

Armley, Oct. 12th, 1797.

CASE

 C A S E VI.

Copy of a LETTER to

Mrs. BINNS, Bookseller, LEEDS,

Madam,

The natural delicacy of our sex preventing every Idea of my name being known, and yet desirous of informing you of the benefit I have received by taking Dr. PRIESTLEY'S POWDER, I cannot resist writing to you upon the subject; and requesting you will be so good as to acquaint him.

I have not arrived at the age of *thirty*; and yet I have had my share of affliction.—Having lost a dear mother whom I shall ever regret, it preyed upon my spirits so much, that I lost all my usual vivacity, and sunk into a lowness of spirits, seemingly unconquerable. The excess of my grief, and the carelessness I paid to receiving proper nourishment, so reduced my habit, that I was seized with the Jaundice; my complexion, naturally florid, changed to an orange colour, and I had all the internal inconveniences attending disorders of this kind.

My situation was now truly afflicting; my friends and acquaintance could scarce trace any resemblance of my former features; and

and though I would gladly have been restored to my health, yet every medical assistance was tried without the least benefit.

I was advised, as a last resort, to try the Buxton waters;—their effect was very trifling indeed.—I had given myself up as lost, and resigned to whatever might happen; when on my return to town, a lady of my acquaintance was so obliging as to lend me one of the Doctors Pamphlets, with a wish that I would give the Powder a trial.—I thought the request not unreasonable, though I had no hope of success.

Upon taking *four* of the Powders in Raspberry Jam, for I have an aversion to Apples, I perceived an amazing change for the better.—I then continued them, when surprizing to relate, my Jaundice left me; by taking *three* more Powders, my colour, and my spirits returned; and, excepting the regret I must ever feel, my health is perfectly restored.

I should mention to you that making too great use of the Buxton waters, caused a feverish complaint, which the Powder also removed.

Be so good as to excuse this trouble from

Madam,

Your &c.

Great Marlborough-Street, London, Oct. 25, 1797.

 C A S E VII.

*Copy of a Letter to Mrs. VICKERS, of
LEEDS, from a Young Lady afflicted with a
BILIOUS COMPLAINT IN HER STOMACH
AND BOWELS.*

I return you Thanks for sending me the Powders, according to my wish; I assure you, they have been of very great service to me; and I have reason to value them. It is my intention to keep them always by me as *Treasures*. I should have called upon Dr. PRIESTLEY, had I come to LEEDS, at the time proposed. Will thank you to inform him, the first opportunity, that I have received much benefit from them; and sincerely hope many others will have the same Blessing:—For health is a Blessing indeed, we don't know how to value sufficiently.

August 3d, 1797.

 C A S E VIII.

To Dr. R. Priestley.

Dear Sir,

I wish you would let the following Certificate, appear in the rough form it now is,

as I think the learned or unlearned may understand its Contents, without cramming it full of Physical Terms, or Technical Phrases; nor can Theory set aside practical Facts; they are stubborn things, and will force their way, in spite of the most ingenious reasoning, such matters of fact require no Embellishment.

Yours sincerely,

WM. MANN.

To the Public at large.

I do hereby Certify, that a Young Woman, a Relation of mine, about Twenty-one Years of Age, who has resided with me for many Years, was in April last, seized with a Violent Bilious Complaint, which increased to such a degree, that in six or eight Weeks time, she had lost her appetite and spirits, and was otherwise so far reduced as to be scarce able to walk, from debility and great swelling of her Legs, attended with Sickness and difficult respiration. Her Complexion, which before was rather florid, changed to a deep Yellow, and every other Symptom of Jaundice made its dreadful appearance, after taking a variety of Medicines to no good Effect, I was advised to send her into the
Country

Country for a few Weeks, which I did, but to no purpose, for instead of doing her any service, I thought her worse than when she went. However, after hearing of Dr. Priestley's Medicine for curing the Jaundice, I was determined she should make trial of his ANTI-BILIOUS POWDERS, which she accordingly did, after taking two of them, at four different times, to my great astonishment, she seemed much better and more chearful, with a return of appetite, and after giving over taking for four mornings together, she took two Powders more, at four other different times, and I, as well as all her acquaintance, were surprized to perceive her natural colour, strength, appetite, and vivacity returned, and she is now perfectly cured.—It is no more than doing common Justice to Dr. PRIESTLEY, and for the benefit of Mankind in general to make this Case Public.—With my thanks (and particularly those of the young Woman) full of gratitude, giving leave to the Doctor to make what use of this Certificate he pleases.

As witness my Hand,

WM. MANN, Sen.

Attorney at Law.

Sunny-Bank, near Leeds, Jan. 2d, 1793.

Witness

HARRIET MANN,

(The Person lately afflicted.)

C A S E IX.

Mrs. MARGARET SCHOLEY, recommended by Mr. L. Ray, Dyer, of Mill-Hill, Leeds, was afflicted with the Jaundice. By taking only *four* Powders, in eight Days her Complaint was totally eradicated.

C A S E X.

To Dr. R. Priestley,

Sir,

The Information you did me the Honor to communicate of ANN WALKER's Recovery, was delivered by the Poor Woman herself, who acknowledges (with heart-felt Gratitude for your kindness) her perfect Restoration from the distressing malady she so long laboured under.—Permit me Sir, to add that I shall feel it no less a Duty, than it will be a real Pleasure to me, to assert this astonishing Cure as a Fact which may be useful to hundreds afflicted with Bilious Disorders.—I am likewise indebted for your “Remarks, &c.” which I shall take an early opportunity of sending to a Friend in South Wales,

Wales, with an Account of the Effects I have witnessed from the use of your POWDER, as a means of making the utility of it more generally known in that part of the Island.

I remain with respect,

Sir,

Your most humble Servant,

WADE BROWN.

Meadow-Lane, Leeds, 26 April, 1798.

ANN WALKER, of Leeds, aged about 43 Years, of a delicate Constitution, about 15 months ago, was seized with symptoms of Colic which brought on a Dysentery and resisted many judicious Medicines administered by her Apothecary. This distressing Complaint terminated in the Black-Jaundice which is generally deemed by the Faculty incurable, and seldom yields to Medicine. Three Weeks ago she was recommended by me (being at that Time one of the Committee for the relief of the Poor) to the Care of Dr. PRIESTLEY, and by the use of his ANTI-BILIOUS POWDER, as prescribed, she rapidly recovered her Health and is now perfectly re-established.

Witness,

WADE BROWN.

The preceding Cases, important and interesting as they certainly are, sufficiently confirm what has been advanced in my REMARKS ON BILIOUS DISORDERS;—I take the liberty, nevertheless, of subjoining a Case, which in my humble opinion, merits particular attention.

A YOUNG LADY from the neighbourhood of *Chester*, applied for my advice, in a severe BILIARY COMPLAINT. She was oppressed by a remittent fever, attended with every symptom of *Hypochondria*, and at intervals, afflicted with excruciating pain in her stomach and bowels, which admitted of no relief but from large doses of opiates. Her pulse was quick and irregular; the fæces inclined to a clayey colour; and indeed, altogether, the Young Lady exhibited a very melancholy picture of the ravage occasioned by BILIARY OBSTRUCTION.

I found that all the accustomed modes of treatment had been regularly abided by, and all the skill usual in such cases faithfully exerted. She had tried the Buxton and Whitby Waters, and also, agreeably to her physician's advice, those of Harrogate, without producing the desired effect.

On

On her return from the latter place in July last, I advised her to try the ANTI-BILIOUS POWDER, and abide by the Regimen which I should prescribe; this she consented to do, and I had the pleasure to find the account I received from her brother highly satisfactory: He informed me, that when she returned home, though timid at first, by the pressing advice of her friends she took the Powder as prescribed, using gentle exercise, and being, in some degree relieved from her languor by every variety of entertainment which her family could invent.—The disorder, however, being obstinate, it was not till she had taken *eight Powders*, that riding out on horseback, she discovered an unusual sensation in her chest, and, as she expressed it, was relieved from “*an oppressive weight at her Stomach.*” From this agreeable change in her stomach, the morbid symptoms gradually decreased; her complexion, naturally delicate, re-assumed, from a deep tinged yellow, its usual florid appearance; and her eyes, equally discolored, regained their natural liveliness. Ultimately she experienced perfect health, with all its desirable concomitants.

Indeed, after what has been already advanced in the foregoing pages, should there
 remain

remain a shadow of doubt respecting the merit of the ANTI-BILIOUS POWDER, or any prejudice which it may be proper to remove; willing to lay myself and the success of my Medicine open to every investigation, with pleasure I refer the anxious invalid, and the candid inquirer, to any Lady or Gentleman in LEEDS. My Character and professional Abilities, during a long residence in this respectable town and neighbourhood, I trust will stand the test of the strictest scrutiny; and obviate every idea either of PRETENCE or DELUSION.

R. P.

Leeds,

1st, M A Y,

1798.



