

A serious address on the dangerous consequences of neglecting common coughs and colds : containing, a simple, efficacious, and domestic method of cure, necessary for all families ... / by Thomas Hayes.

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SERIOUS ADDRESS

On the dangerous Consequences of neglecting
COMMON COUGHS AND COLDS;

CONTAINING,

A Simple, Efficacious, and Domestic Method of
CURE.

Necessary for all FAMILIES.

THE SECOND EDITION.

To which is now added,

SUCCESSFUL DIRECTIONS

To Prevent and Cure

CONSUMPTIONS.

By THOMAS HAYES.

Member of the Corporation of Surgeons, London, &c.

*“The slightest Catarrhal Defluxion, or Cough, ought not to be
“neglected, if it does not go off in a few Days.”*

Dr. FOTHERGILL.

L O N D O N:

Printed for J. MURRAY, No. 32, Fleet-Street,

A N D

Messrs. SHEPPERSON and REYNOLDS, Oxford-Street.

M D C C L X X X V.

[Price Two Shillings.]

1800
COMMONS OF GREAT BRITAIN

IN PARLIAMENT ASSEMBLED
THE SEVENTH DAY OF APRIL

1800

IN ANSWER TO A RESOLUTION

PASSED IN THE HOUSE OF COMMONS

THE SEVENTH DAY OF APRIL

1800

BY ORDER OF THE HOUSE OF COMMONS

THOMAS BURNETT, CLERK OF THE HOUSE OF COMMONS

PRINTED BY RICHARD CLAY AND COMPANY, BUNGAY, SUFFOLK

T O

Sir Richard Jebb, Bart. M.D. F.R.S. & S. A.

PHYSICIAN EXTRAORDINARY to His MAJESTY, &c.

S I R,

THERE is no one to whom I can with so much propriety address this little work as to you, because no person can be a better judge than yourself of the necessity for early care, to prevent the complaints it treats of, as you have had the most extensive practice, with the most distinguished success in curing them. Besides, the friendship which you had for my worthy patron Mr. Collins, and the many kindnesses which you have shewn to me, demand it as a tribute of gratitude from,

S I R,

Your most obedient,

And most devoted humble Servant,

THOMAS HAYES.

Hampstead.
March 30, 1785.

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T H E

P R E F A C E.

IT is unnecessary to inform the Public, of the numbers of persons of both sexes, that are afflicted every Winter, with most dreadful colds, coughs, and consumptive complaints, in this great metropolis, and every large town in this kingdom, from the neglecting of slight colds in their early state. But common as this case is, the truth of which most men acknowledge; is it not strange that it should not be striking enough to enforce a stricter attention to it, than is paid in common? For its consequences are not less (to speak within compass) than an annual loss of twenty thousand persons in the island of Great Britain; besides

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the numbers, who suffer long and painful illnesses, from rheumatisms, pleurifies, quinsies, &c. arising from the same neglect, and afterwards recover.

Physicians, from the earliest date, have cautioned the public against letting colds gain ground upon them; but as few read their writings, except those who make physic their profession, and as the world often suspects, that what comes from them must be interesting to themselves only, I do not wonder that this caution is not always regarded. It has always been difficult to persuade men of their true interests, or we should not have found *Inoculation* so slow, in advancing to the confidence and use we now see it with the people; but through the means of the learned and judicious Baron Dymfdale, it is become familiar and safe, and a great friend to health and beauty. The *Humane Society*, through the indefatigable zeal of Dr. *Harwes*, becomes also daily more and more conspicuously useful, in restoring,
numerous

numerous members to the state; notwithstanding the many prejudices which long prevailed against it. Facts, sooner or later, will support themselves, though we have shewn above, that they are sometimes slow; we therefore hope, that the object of the present trifle will be attended to in the course of time, and the more especially, when it shall appear, to have been undertaken, the very opposite to interested motives! For were the enclosed hints strictly pursued, the author would have very little business, and half his brethren of the faculty, must then be obliged to seek some other means, of earning a livelihood.

Two very sensible writers, Tissot and Buchan, have addressed themselves to the public in general on the subject of medicine, and many excellent directions they have given respecting the management of colds, and other diseases; but on this subject, they have not entered so fully as we think the disorders required; and in

others they have not confined themselves within such limits, as to be of use, without injury: Hence this little tract may not, perhaps, be without its use, as a companion to their celebrated works; for beyond a common cold, or a slight fever, persons are not competent to direct for themselves.

It requires an arrangement, and comparison, of the several constitutions, and symptoms, together with a number of other minutia, which are not to be acquired, but by experience, and a knowledge of the animal œconomy, and with which very few but medical men, are acquainted.

The works just now alluded to, are more calculated to inform young practitioners in medicine, and men of letters, than for the people in general, who have not an opportunity to study the leading characters which are to distinguish one disease from another; for this is often
attended

attended with difficulty, and mistakes are sometimes made, even, by men eminent in the profession. It is well known, that physicians never prescribe for themselves. The embarrassment of mind, and a number of deceitful symptoms, that attend the sick, must for ever render it impracticable for him to be a competent judge of his own disease; and the several changes and complications to which it is liable, serve still to encrease the difficulty. How then, shall the many ignorant persons, to whom the above-mentioned books are left open to, wherein many very potent medicines are recommended, be thought equal to the task of prescribing, either for themselves, or for their neighbours; whom they cease not on all occasions, from urging to take Dr. James's Powder, or any other favourite medicine; let the complaint be ever so different from what they conceived? Certainly, the application of such powerful medicines, requires the most judicious medical ability and experience,

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Now, to such as have a propensity to prescribe for the sick, without being very well acquainted with the nature of the disease, and the full powers of the medicines they apply, (except upon emergency, and where other advice is not readily to be had) we would most earnestly recommend to read the *sixth commandment*, and reflect, that by administering powerful drugs, much hazard is run, and many melancholy disasters have happened. We believe it to be well intended, but cannot imagine it not to be wicked. The number of errors which perpetually are made, none but medical men can conceive.

The intention of the present sheets, is to convince the public, of the danger of depending too much upon that fatal expectation of colds going off spontaneously: of trifling with little complaints; and of trusting to such means as are not likely to remove them.

We

If a cold comes on with any violence, apply the means here recommended for three or four days, if the patient does not get materially worse before, or the complaint abate in that time, send for the best assistance in your power; if you are not able to send for a physician, let it be an apothecary of a humane, and tender disposition; and one, who studies more to remove the complaint, than how he shall load you with a number of phials.

Such was my worthy friend and patron Mr. George Collins, surgeon, who was revered and loved by all who knew him. For knowledge in his profession, few surpassed him; in goodness of heart, fewer equalled him; and in his death, the rich and poor had an inestimable loss. He was the learned man's companion, and the poor man's friend; all Hampstead, with one accordant voice declare, they

“Ne'er shall see his like again.”

I cannot

I cannot forbear embracing this opportunity, to pay so just and grateful tribute to his memory.

A man of the above principles, will not unnecessarily load you with nauseous drugs, nor will he add to the calamities of the poor tradesman, by extravagant charges, which is too often the rapacious practice of the profession.

To this will be said, ought not every man to live by his business; we fairly admit it, and most certainly expect to do so ourselves. To the sharks of the profession we allude, and not to the honest, candid, humane practitioner, who feels for others ills, and others circumstances.

We have made two very long quotations, which most feelingly illustrate, and confirm our opinions, and which we think cannot be too commonly known. The one was written by the celebrated Dr. Huxham,
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of Plymouth; and the other by the late Dr. Fothergill; and the reason why we have given them so long and full, is, such persons as this little work is designed for, have not a medical library to consult, and it would be needless to recommend them by their titles only.

The handsome manner which all the Reviewers have spoken of the First Edition, naturally caused it a rapid sale. This last has waited for the additions that are made, which I hope will equally meet with their approbation, as well as be serviceable to such persons as are inclined to become consumptive.

To Dr. John Jebb, F. R. S. I am highly obliged (tho' unknown to him) for a very polite letter of approbation of the whole pamphlet, except in one part which I shall gladly correct; the genteel manner which it was sent to me, and the philanthropy which he has shewn in this

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small act, is a strong proof of the goodness of his heart and principles.

After what has been advanced in the first part of the Preface, it may seem strange, that I should attempt to prescribe beyond a common cold, my reasons for it are,

First, Because many persons have desired me to make the additions which are here.

Secondly, I have taken great care to advise such things only as cannot do injury, used with the precautions here directed.

Thirdly, I have been more minute in some very essential means of recovery, than medical men's time, in much practice, will permit, and I expect more attention from addressing myself to the understanding than a mere injunction.

Fourthly,

Fourthly, I have taken more pains to shew what is injurious than what is beneficial, at the same time hoping that no person will depend upon my book, only, for the cure of so dangerous a disease, but rather offer these additional reasons to warn the reader of the dangers which attend neglected Coughs and Colds, and to induce those who have unhappily got bad ones to apply a simple, rational and approved method of cure in preference to the thoughtless, imprudent means generally taken.

The author has much occasion for indulgence from his critical readers, to look over many imperfections which they may find; as his professional avocations will not permit him to attend much to correctness in writing, and he hopes that the object of the present work, will fully clear him of any other vanity, than that of desiring to be useful to his fellow creatures.

The first part of the book is devoted to a general history of the United States from its discovery to the present time. It is written in a simple and plain style, and is intended for the use of schools and families. The author has endeavored to give a full and accurate account of the events which have shaped the history of the country, and to show the progress of its civilization and improvement. The second part of the book is a history of the United States from the year 1776 to the present time. It is written in a more detailed and interesting style, and is intended for the use of those who wish to know more of the history of the country. The author has endeavored to give a full and accurate account of the events which have shaped the history of the country, and to show the progress of its civilization and improvement.

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Serious A D D R E S S,

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A COLD arises from the effect of cold, or moist air, applied to the surface of the body and lungs, from going too thinly clad, or exposing the body to cold air, after having been heated by exercise; or, when the pores are opened from drinking warm liquors.

Some persons will bear every possible change without much injury, whilst others cannot take the least liberty with themselves without suffering most severely. Therefore, every man should know enough of his own constitution, to regulate himself, as, indeed, he, in this respect, may, if he will but give himself the trouble to think, and from hence,
whatever

whatever experience has taught him as improper, or as disagreeing with him, he should most carefully avoid.

Almost every body knows the symptoms of a cold, or what are the common sensations, or effects of what is called *the having a Cold*; but as these begin on some more violent than in others, we shall give the common symptoms as they generally arise.

A Cold then, is a sense of chilliness on the skin, attended with a lassitude or weariness, and slight shivers at times, with a degree of headach, and flying pains in the limbs, a stuffing of the nose, frequent sneezing, and running of a clear limpid water from the eyes, and the nose, with, or without, a dry tickling cough, or hoarseness. Sometimes the sneezing, stuffing of the nose, or cough, give the first intelligence of its approach, and sometimes it is preceded by some of the other symptoms. These, as they are found to come on with more or less violence, permit the patient to continue in his usual employment, or pleasure, until they get so far increased, or have laid such hold on the constitution, as to oblige him to desist, unless nature, by some happy effort, restores the obstructed vessels to their
proper

proper offices, and cause the several fluids to be circulated through the proper tubes. If the patient is not relieved this way, Fever, Rheumatism, Inflammation of the Lungs, or some other disease must ensue.

As coughs are the most common and violent effects of cold, and so commonly disregarded, and as these are the most insidious attendants, and capable of bringing on the most serious complaints, we cannot too strongly enforce a proper sense of the danger that attends them. Inflammation in the lungs is excited, by the perpetual action which is given to the chest by coughing; and great injury is done to the fine membrane, which lines, or covers, the passage to the lungs, and the whole cavity of the chest, as well as the lungs themselves, from the same cause. The least inflammation happening to the pleura, or lungs, is very much to be feared, may pave the road to consumption and death; and we will hazard our reputation, if three parts of the consumptions, which happen, do not take their rise from these commonly neglected trifling coughs, as they are but too commonly called, causing inflammation, &c.

It is not unusual for a patient to tell you, that he ails nothing, except having a cough; when, in fact, his pulse is full, quick, and hard; his tongue coated with a thick white fur; and he makes thick muddy water, or such as is very high coloured; he has cold chills running down his back, soreness in the chest, and on the muscles of the belly, besides other symptoms of fever; but he will insist he has not the least fever, and that the cough is the cause of all these symptoms, if he happens to be informed of them; but it sometimes happens, that all these are disregarded, till he is obliged to take to his bed; for he persuades himself he cannot be feverish, because he feels himself cold; and, to remove which coldness, he continues to drink warm cordials, or hot spicy drinks; and, because he has no appetite, he eats rich relishing things, as he thinks to give him one, and to keep him from being starved; all of which have a full tendency to encourage, or create, inflammation, and would be the direct means to employ for that purpose, to an enemy, were one disposed so to do.

By these improper things, a trifling cold, in the first instance, is increased, and a fever and inflammation is caused; and especially if the
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person is full of blood, and been used to *live* what is called *well*. The many varieties of the symptoms, and danger attending them, depend greatly upon the age, strength, and constitution of the patient, and the manner in which he has lived; for a person who has been accustomed to eat hearty suppers of gross animal food, and drink strong, viscid liquors, may be cut off in the course of a few days; while a thin, spare, or more delicate person, will linger many months, in consequence of having fewer materials in the habit for violent inflammation. The late Sir John Pringle, a distinguished ornament of his profession, says—“ Diseases, arising from cold, are all of the inflammatory kind, viz. coughs, pleurifies, peripneumonies, rheumatic-pains, and the like, together with consumptions, which, in the army, are almost always owing to neglected colds.”—And we are well assured, that it is so in the cities of London, and Westminster. In confirmation of which, permit me to lay before my readers, part of a valuable paper, written by the late Dr. Fothergill, upon this subject.

“ The most trifling cold or cough, says he, if it continues, may either advance gradually, till it ends in immediate mischief, or may

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“ leave such impressions as may subject the
 “ patient to frequent returns: a cough, there-
 “ fore in children, or young persons, or in
 “ persons of a certain make at any time of life,
 “ ought speedily to be cured.”

The way in which Colds do injury to the lungs and other parts, and so lay a foundation for future mischief, is, by the action of cold upon the *very* fine vessels, which occasion obstruction, and a little degree of inflammation, but not violent enough, at present, to be very observeable; but such a degree of tenderness is left on the part affected, that often establishes an habitual cough, which is rendered more troublesome and dangerous by every additional cold; and which, sooner or later, causes the death of the patient, unless that care is taken which we wish to point out, as necessary to prevent it. It is observed by Dr. Fothergill, that a cough, in persons of a *certain make*, should speedily be cured, and for this reason; such as are tall and thin, with long necks, flat chests, and with shoulders sticking out like wings, and otherwise of a delicate texture, are the most common victims to consumptions, and are what he means by a *certain make*: and, for the generality, those who
 are

are said to be born of consumptive patients, or those who often, indeed, die of what is termed hereditary consumption, mostly answer this description, and are of that *certain make*, just now alluded to, and which is found to run thro' whole families. To such persons we cannot but recommend the greatest care, as colds on them commit the greatest ravages, and are always very susceptible of the least impression. It requires, we very well know, more persuasion than we are masters of, to lessen this common, but fatal, inattention: but, lest we should be suspected of having represented danger in too high a degree, and of having given an opinion not well founded, we shall give a continuance of that excellent paper of Dr. Fothergill's, wherein he so feelingly expresses the distressing situation to which neglect subjects the human constitution, that any who ever read it, we hope, will always bear it strong enough in their minds, to make them carefully avoid every tendency to such neglect.

“ I know, gentlemen* (says Dr. Fothergill)
 “ that you (addressing himself to a Society of

* See Medical Observations and Inquiries, vol iv.

Physicians) as well as myself, often have
 “ occasion to look back at the fatal neglect,
 “ committed both by the sick themselves, as
 “ well as those who ought to have had their
 “ future health more at heart. With what ease
 “ would many of the most incurable consumptive
 “ cases have been prevented, or cured, at their
 “ first commencement? A person whose
 “ emaciated figure strikes one with horror, his
 “ forehead covered with drops of sweat, his
 “ cheeks painted with livid crimson, his eyes
 “ sunk, all the little fat that raised them in
 “ their orbits, and every where else, being wast-
 “ ed; his pulse quick, and tremulous, his nails
 “ bending over the ends of his fingers; the
 “ palms of his hands as dry as they are pain-
 “ fully hot to the touch; his breath offensive,
 “ quick, and laborious; his cough incessant,
 “ scarce allowing him time to tell you, that
 “ some months ago, he got a cold; but,
 “ perhaps, he knew not how he got it, he
 “ neglected it for this very reason, and neglected
 “ every means of assistance, till the mischief was
 “ become incurable, and scarcely left a hope of
 “ palliation. You see multitudes of such objects
 “ daily, and see them with a mixture of anger
 “ and compassion, for their neglect and their
 “ sufferings. Excuse me for trespassing in this
 “ manner

“manner on your time and your humanity.
 “Though it is not in your power to prevent all
 “these sacrifices to ignorance and inattention;
 “yet, if the faculty combine in prompting
 “their fellow citizens to necessary care, and
 “prompt them to suffer no slight beginnings to
 “pass unregarded; however they may be
 “acting against their own interest, they will
 “have the satisfaction of contributing to the
 “preservation of many a useful life; for,
 “perhaps, among those who perish by consump-
 “tions, there are many who, in respect to the
 “excellencies both of body and mind, have
 “given indications of becoming conspicuous
 “ornaments of humanity.”

Can there be a more affecting picture of a
 common and distressing scene, and shall one see
 the same want of care continue to prevail, after
 such a pathetic and feeling exhortation? Yet,
 we very much fear, from the numbers that ap-
 ply to us in the last stages of the disease, without
 ever having been confined to any particular or
 proper regimen, that the fault does not always
 lie with the sick only.

We have clearly proved the great danger
 that arises from neglecting coughs and colds;

we shall next advise a plain and simple method of cure, and which is in every one's power to make use of; if they begin very violent, or continue long, trust not too much to your own advice, but seek the best you can. If you are poor, there are numbers of Hospitals, Dispensaries, &c. in the metropolis, always ready to give the best directions; and, if in better circumstances, it will be found a folly to put it off.

As some of my readers may wish to know how cold air proves injurious to the constitution, and as it may furnish an additional caution for them to avoid exposing themselves more than is necessary, particularly those persons who have tender lungs, we shall give the manner as plain as possible.

The human body, is furnished with an innumerable set of very minute vessels, which open their mouths, or beginnings, on the external part of the skin, all over the frame; and these communicate with every part of the body internally; these vessels are what are called the pores; they carry a moisture out of the constitution, called insensible perspiration, and the sweat, which is sensible; the insensible perspiration is constantly and invisibly exhaling
from

from every constitution in health in very large quantities, even to the amount of five or six pounds, every twelve hours, in adult persons. The lungs are furnished with a very large quantity of it, which is very visibly seen on glass, or in a chaise, and which is thrown out by every respiration; every part of the chaise being equally moist at the same time, though the glass only points it out.

* Cold and damp air has the peculiar property of causing a spasm, or some other means of acting upon the vessels, or nerves, surrounding them, so as to close up their mouths, and prevent the natural and necessary discharge of perspiration, sometimes over the whole body, and some-

* I am sorry that so great a physician as Dr. Heberden should conceive so strange an idea as to suppose that wet rooms, damp beds, linen, &c. should not produce mischief to the human body, an idea which every day's experience proves to be erroneous and very destructive to health. I have been collecting cases for these twelve years past, in support of this opinion; for the greatest geniusses are misled by Theory, as the deservedly Dr. Heberden has been in this particular, which I shall shew at some future opportunity.—*See Medical Transactions, Vol. 2.*

times but in parts; and wherever this happens, the evil is presently felt by the patient. If it is only in one particular part, as in a fore throat, stiff-neck, inflamed eye, or pains in any one particular place, it is termed local, and does not always affect the health; but if it happens in a larger degree, the health becomes injured from sympathy, or consent of parts, if not from general disorder. If much of the insensible perspiration is thrown into the habit, or, in other words, if much of the skin is obstructed, so as not to have a proper circulation, cold chills, and a sense of cold water being poured down the back, and loins, is presently felt; pain in the limbs, slight headach, and a kind of lassitude, or weariness, comes on, and is succeeded by fever, more or less.

As the lungs, and passage to them, are most exposed to cold, moist or noxious air, they, the most frequently, receive the first impression; then the cough is the harbinger of the effect, and inflammation either arise from the spasm on the part, in the first instance, or from the degree of agitation which is given to the chest, by the act of coughing. We see one remarkable effect of confined perspiration in colds in the eyes, nose, and throat, of the serum or limph
which

which is discharged, of contracting such a degree of sharpness and acrimony, as to scald the parts it comes in contact with; it is this which irritates the upper part of the wind pipe, and causes the perpetual coughing; and, perhaps, it is this kind of irritability, which may be the internal cause of fevers in general. And from hence it appears, why colds sometimes are easily cured, having more or less of this acrimony, and why they become so dangerous, sometimes, from trifling neglect, or after having indulged in heating spirituous liquors, &c. and from hence the absurdity of the adage of “*feeding a cold*, whatever justice there may be *in starving a fever*,” clearly appears.

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CURE OF COLDS, COUGHS,

∞c. ∞c.

IN curing colds, three things are essentially necessary; to open the obstructed pores, to discharge any irritable matter out of the constitution, and to observe such a kind of diet, as shall consist of a mild and innocent nature, and such as is calculated to prevent fever, and inflammation, and at the same time be conducive to recovery,

As soon as a cold, or cough, is found to come upon a person, he should immediately lessen the quantity of his food; it should consist of suppers moderately warm, especially at night, such as small broths, water gruel, and the like; the solids should be rice, sago, light puddings, fruits and vegetables; the drinks should be barley-water, small beer, apple-water, lin-feed tea, toast and water, or any other cooling liquid, that is void of the irritable, or heating qualities.

A friend of the author's, as soon as he finds a cold come upon him (and he is very much exposed to the inclemency of the weather, from the nature of his business) confines himself entirely to this kind of plan, particularly to water gruel, sweetened with honey, and which never fails to carry it off in a few days; he never is kept close to his house, but by attending to it early, prevents mischief, which would otherwise ensue; and most simple fevers, as well as colds, might be removed by such early attention and prudent care.

Perhaps it will be asked, is a man, with every trifling cold or cough, to lay himself up, and keep his house or bed? if so, he may be always nursing and coddling himself, neglect his business, and other important concerns. To which I reply, there is a medium to be observed in every thing; the time for confinement to the house must always depend upon the state of the disease, neither is it always necessary to be confined at home for a cold; but suppose I really thought it, no prudent man, when he comes to consider seriously, that he stakes his health, and, perhaps, his life, to a day or two's confinement at home, or retrenching himself from rich food, wine, or heating things, will
think

think much of the penalty to prevent it; for to enjoy good health, is the most important concern of human life; riches, honour, and power, are burdens without it; therefore every prudent means of obtaining it, is an indisputable duty implanted in our nature; and nothing more contributes to that end, than attending early to slight colds, in order that they may not prove the source of greater mischief. If on approaching the cold air, it causes a violent coughing, it is necessary to keep in a warm room till the tenderness of the lungs is gone off, otherwise, except in the case of fever, it is not requisite to be kept to the house, but to attend to the diet, warm suppers at night, &c. which we shall mention elsewhere.

Fevers and colds become heightened by the continuing to eat animal foods, rich sauces, and drinking of wines and spirits, which are designed to support animal strength, and furnish the body with activity and fire, for exercise, pleasure, or business, and now, instead of being wholesome and friendly to the constitution, become its enemy, and nourish fever and inflammation. For this reason the All-wise Creator has deprived us of appetite in fevers, and rendered food loathsome

loathsome to the sight; the cooling fruits and vegetables, and preparations of them, possess more nourishing properties than is commonly believed; these were the physic of the primitive physicians, and many of the moderns who are the greatest ornaments to this country, perform the greatest cures by a judicious adoption of them. Boiled turnips, roasted apples, asparagus, falfafy, scorzenera, lettuces, colliflowers, brocoli, &c. possess many saponaceous, cooling and antifebrile principles, which correct the blood and juices, dissolve obstructions, and will do * more in eradicating the scurvy, and other foulnesses of blood of that nature, than all your Norton's Drops, Frankfort Pills, Mercurials, Antimonials, &c. in the nation, and that perfectly innocent, which we wish we could say was always the case with those just mentioned.

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* At some future period, we propose to offer to the public, some observations on many neglected efficacious simples of this kingdom; for, while we are traversing from pole to pole, in search of new medicaments, we are neglecting many very valuable ones at home. We could wish such an essay from a more able pen, but perhaps the attempts of the *little* may excite the efforts of the *great*.

The above kinds of nourishment, together with a plentiful dilution of soft drinks, involve the floating acrimony, and lessen the spasmodic affection, and tend to promote perspiration. Small wine, or lemon or vinegar wheys, amazingly contribute to this end; if they are made too strong of wine, or spirits of hartshorn, &c. they heat and stimulate, and have a very contrary effect to what was intended, the patient is hot, burns, and is restless, instead of having a moist skin and a refreshing and balmy sleep.

Bathing the feet in luke-warm water, or bran and water, that is a little hotter than milk just taken from the cow, going to bed, is an excellent simple mean of producing a regular circulation, and gentle perspiration. Great caution is necessary here, not to get fresh cold; the feet should be carefully and speedily wiped dry, and afterwards wrapped up in a warm dry flannel, and the patient to go immediately into a warm bed. If the water is too hot, it proves a great stimulus, and does injury, and if cold can do no good. It is no uncommon thing for persons that drink gruel, and other warm liquids, to promote perspiration, that they take them before they undress, by which means, if it happen to be cold weather, they get fresh cold in undressing

dressing, for the warm drinks make them often break out into a sweat, which becomes check'd before the patient gets into bed. We would therefore advise them to be taken after the patient is in bed, and then for him to lie down immediately, and to keep still and quite for some time, and no doubt but the expectation will be gratified,

If the patient has a cold, attended with stuffing of the nose, a cough, and hoarseness, let him receive the steam or vapour of a large pan of warm water, wherein a few camomile flowers, or elder, or rosemary, have been boiled; this steam should come in contact with the whole head, and face, and be continued for a full quarter of an hour, or more, and should be kept hot by fresh supplies of hot water being put into the pan; the whole should be covered with a flannel, or some other warm cloathing, to prevent cold air coming at the same time, and, after this process is over, the same care is necessary to keep the perspiration from being checked; the patient should breath through a handkerchief, that the cold air may be first warmed, before it gets to the lungs; if the complaint is only about the head and throat, and no cough attends, a
 little

little vinegar added to the other ingredients may be of use. The bathing the feet does neither preclude the warm drinks or this remedy being made use of.

If the cough is the most troublesome complaint, besides the means just mentioned, the patient must be perpetually taking soft, mucilaginous drinks, prepared by the boiling of quince-seeds in water, and sweetened with honey, or sugar-candy, to the palate, or linseed-tea, a decoction of barley, figs, and raisins, &c. A tea-spoonful of Paregoric Elixir, or syrup of white Poppies, in half a pint of either of them, may be taken by spoonfuls, which will sheath the passage to the lungs, and quiet the cough; currant jelly, and some of the soft marmalades, contribute to the same end; rob of elder, is a most excellent medicine for this purpose, and is aperient, sudorific, and cooling, is preferable to spermaceti, and oily medicines, in general. But as oils and spermaceti have sometimes their use, we would recommend them not to be taken in large quantities, as they are too often done, because they turn rancid upon the stomach; when they are thought proper, the following smooth emulsion is thought excellently good, as thus;

Take

Where ever paregoric elixir is recommended, I would wish it to be understood, that whenever there is much heat, and opiates are thought proper, that the preference should be given to the syrup of white poppies, or a few drops of laudenum as the elixir is prepared with spirits of wine and might be too heating. This observation I own escaped me, and I am indebted to Dr. John Jebb, F. R. S. for this necessary hint. For while we are wishing to do good, it should be our principle object not to do harm.

Take of barley water, six ounces by measure, white sugar, and powder of gum arabic, of each three drams, incorporate the sugar and gum arabic together in a mortar, with a small quantity of the water, and gradually mix one ounce of fresh and sweet oil of almonds, linseed, or oil of olives, and then by little at a time, add the rest of the water, and it will be a soft white emulsion.

If opiates are proper, half an ounce of syrup of white poppies, or paregoric elixir, may be added, which will be shewn when we come to speak of opiates. A dram or two of spermaceti carefully mixed with the same quantity of

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gum

gum arabic, after the same manner, may be prepared into an emulsion, and is better than dissolving it with an egg, and not so apt to turn rancid. An excellent emulsion may be prepared of white poppy-seeds, or blanched sweet almonds, which will not only serve as such, but is nutritious and cooling, and very good in fevers of the inflammatory kind, the which is prepared thus:

Take of almonds blanched fresh and sound, or of white poppy-seeds, two ounces, beat them in a marble mortar with the same quantity of sugar, till they are smooth, adding a small quantity of water to facilitate that purpose, a quart of Bristol, or pure water, or barley water, may be added to these ingredients, and strain it through a muslin rag or fine sieve, and then it is fit for use; if it is required to be more mucilaginous, an ounce of gum arabic may be dissolved in it; half a pint of it taken a little warm now and then wonderfully sheaths the sharp mucus, and dilutes the acrimonious juices in the first passages.

We have already spoken of one species of inhalation, viz. the vapour from a pan of
water

water and camomile flowers, but to answer a different purpose than what we are now going to advise another. The great Boerhaave, Baron Van Swieten, and the late Sir John Pringle, very strongly recommended the receiving of warm vapours to the lungs, in coughs and complaints of that organ; our experience, if of any weight after such authorities, fully admit the fact and confirm the veracity and usefulness of them. Mr. Mudge, a very ingenious surgeon at Plymouth, has lately published a book, describing a machine which conveys the vapour very commodiously to the lungs, which he calls an Inhaler, wherein he declares, that the use of a tea spoonful of pægoric elixir, taken at bed-time in some warm liquid, and the use of the warm vapour of simple water through his machine, will cure a catarrhus cough in a night's time. The public are much indebted to Mr. Mudge for his ingenious invention, but many of the poorer sort of people cannot afford to pay half a Guinea for it, a price certainly extravagant for so simple a machine; we could wish the poor to receive the advantages of health equal with the rich, and the means of becoming so, when they unhappily want it.

Every cough, whether moist or dry, attended with or without inflammation, receives benefit from the use of the inhaler, as also pleurifies, fore-throats, asthmas, and in every affection of the chest, except in spitting of blood. Mr. Mudge recommends the vapour of warm water only, but we believe that many different herbs, boiled in water, would furnish certain useful virtues to particular cases. Indeed Sir John Pringle says, in his diseases of the army, that Dr. Huck, now Dr. Richard Saunders (a name as respectable as any among those who practice physic) had found great benefit from the addition of a little vinegar, where tough plegm abounded.

Nothing can more strongly recommend the act of inhalation than the following quotation from the very eminent Dr. Huxham, and as it confirms and supports our opinions, as to this and some other parts of our treatment, we beg leave to give it to our readers, in its full length as follows :

“ But nothing more effectually promotes ex-
 “ pectoration, (by attenuating and resolving the
 “ impacted matter) than drinking freely and
 “ frequently of cooling, relaxing and gently
 “ saponaceous liquors ; such as thin whey, the
 “ barley

“ barley ptisan, with liquorice, figs, &c. the
 “ decoction, or rather infusion, of the pectoral
 “ herbs, as ground-ivy, maiden-hair, colt’s-
 “ foot, hyfop, &c. these should be gently aci-
 “ dulated with juice of lemon, or Seville-
 “ oranges; if any thing more detergent in the
 “ above drinks is wanted, honey may be added,
 “ an admirable natural cordial soap, thrown
 “ almost out of the modern *Materia Medica*,
 “ I know not why, nor how, for where it gripes
 “ or purges one, it agrees with a thousand,
 “ and even its griping and purging quality
 “ may be easily corrected by boiling. Hip-
 “ pocrates used oxymel and mulsum in such
 “ cases, and advised against drinking mere
 “ water, in pulmonic cases, as neither good
 “ for the cough, nor to promote expectorati-
 “ on;—any of all these things by turns drank
 “ warm, answer the above intention exceedingly
 “ well, if taken in frequent but small quanti-
 “ ties, sipping them as it were perpetually; for
 “ by this means much of the relaxing and re-
 “ solving vapour is also drawn into the lungs,
 “ and much of them absorbed by their imbi-
 “ bing vessels, so that the relaxing and diluting
 “ is thus carried on in a double manner, and
 “ of course very effectually. Very large
 “ draughts

“ draughts should not be taken at once; for
 “ they overcharge the stomach, produce indi-
 “ gestion and flatulence, and force up the mid-
 “ riff too much, which greatly embarrasses the
 “ respiration; therefore Hippocrates advises
 “ to drink in those diseases, out of a cup with a
 “ narrow mouth, probably both that the liquor
 “ and vapour might be preserved warm longer
 “ and that less might be drank at a time, and
 “ also that the steam might be more copiously
 “ carried into the mouth and nose.—Many
 “ kinds of drink he advises for this purpose,
 “ but particularly recommends barley-water,
 “ honey and water, oxymel and vinegar and
 “ water.”

From hence it appears that warm vapour is
 considered to be of signal benefit; but we
 would not recommend any other in simple
 coughs or colds, than the vapour from water
 in which have been boiled camomile, or elder-
 flowers, milk and water, marsh-mallow tea, or
 some such simple things. There is a liquid ad-
 vertised, called Stern's Æther, which we think
 too irritating for the case we now recommend.
 For the great intention of inhaling, is to relax
 the rigid or irritable membrane that lines the
 trachea,

trachea, or passage to the lungs, to sheath the parts that are excoriated by the sharp mucus, or to lessen the sharpness of that mucus, and cause it to be more easily spit away.

The cold air should be carefully prevented from coming to the lungs after having inhaled; it is better done in bed than up for this reason, and because it generally promotes perspiration. In trying to do good we should be careful to avoid every thing that may prove injurious.

If a cold be at all severe, nothing can so soon contribute to lessen that severity, and prevent a fever, as gentle purging; we prefer the mild simple things, to such as are more active and violent, for it is not the very great number of motions that are procured, that gives the expected relief, as the stronger purges hurry through the bowels, and do not carry the irritating causes out of the body, nor do they tend to cool the blood and juices, and thereby prevent both fever and inflammation, which is the material object we should have in view. Manna, and Glauber's-salt, cream of tartar, tamarinds, rhubarb, and sal polychrest, lenitive electary, or indeed any other gentle cooling means, which
the

the patient has been accustomed to use, will be right to have continued. The following mixture is very well calculated for this end, and will agree with most constitutions:

Take of Epsom, Glauber, or Rochelle salt, one ounce, boiling water, or simple peppermint-water, four ounces, tincture of rhubarb, or of senna, one ounce and half; mix: Half or a third of the whole may be taken in the morning, and repeated once in two hours till a motion or two are procured. An ounce of manna may be added to it, if the patient pleases. As a person, hard to purge, can take the whole of the above mixture, it must be properly proportioned to such as are more easily moved.

Such as cannot take a liquid, may use the following pills, and dilute with barley-water, warm tea, or water-gruel.

Take of rhubarb in fine powder, sal polychrest, of each one scruple, calx of antimony unwashed ten grains, of syrup of buckthorn a sufficient quantity to make eight pills, four of which may be taken at night, and the rest

rest in the morning, if no effect is produced before; if these should not be found quick enough, for any particular constitution, a few grains of extract of Jalap may be added.

Of such as are used to take an electary, cream of tartar, and lenitive electary, mixed together, will often answer the purpose; a teaspoonful taken night and morning, so as to procure two motions a day is very sufficient.

After the body has been sufficiently opened, (or indeed before, if the symptoms are pressing) that is, if there be much fever, pains in the limbs, head, or back, the cough hard and troublesome, or there be any darting pains in the chest, or under the breast-bone, or if the muscles of the belly be made sore by the perpetual coughing, bleeding is absolutely necessary, for these pains denote inflammation having seized some part, and as nothing stops the progress of inflammation so much as bleeding, from six to ten ounces of blood, may be taken away immediately; a few ounces taken away *now*, may prevent the repetition of the operation very many times, if this period is missed, and the inflammation suffered to go on for the want of it. You will perpetually

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hear

hear of danger arising from bleeding, of producing agues, or that it is not right to bleed in cold weather, or some other simple reasons given why the operation should not be performed. Wherever there is a tendency to inflammation, and particularly in the lungs, none that are in their senses will hesitate to take blood away. Suppose you are nervous, gouty, or low, (terms that are very vague and uncertain, and often mislead) a few ounces of blood will do no great harm, but the omission may; the quantity must be proportioned to the necessity, age, and strength of the patient, and to the manner in which he has been used to live; for one would not bleed a delicate person, and one who lives regular, in the same quantity as those who live freely, and are more robust.

The great fault is, that bleeding, like other means, neglected too long before it is performed, loses much of its power; for when mischief has taken place, the disease will have its regular course, and twenty repetitions will not have so salutary effects, or be able to reduce the inflammatory state of the blood, as one timely one would in the beginning. A few ounces of blood in coughs may generally with
safety

safety be lost; but a repetition requires able advice to direct properly.

After a proper regimen has been observed, the body been opened, and a few ounces of blood taken away, if the cold should not have been attended to in time, or not get any better with the above mentioned treatment, antimonials, given in mild doses, very much contributes to relax the skin, open the pores, and remove fever and inflammation; and indeed it requires all those very often to remove bad colds.

In administering antimonials, we are not prejudiced in favour of any particular preparation, whether antimonial wine, kermes mineral, emetic tartar, or Dr. James's powder; we think indeed that all the virtues of antimony, may be received from emetic tartar, or kermes mineral, the former in doses of a quarter of a grain, to half a grain, given once in three, four, or six hours, in any vehicle; and the latter, from one to three grains in the same distance of time as they may be found to operate; a nausea, or sickness, being produced, and succeeded by sweat, or a few gentle motions, or both, is the operation we

would wish, but not violence, for persons often encrease their colds, from being obliged to get out of bed frequently, when in a profuse perspiration, from the violence of the antimonial; indeed, when there is much bile in the first passages, it serves to encrease that violence. The opening the body with our mild purge, previous to the administering antimony, prevents this taking place:

In twelve hours, fever and cold will often be carried off by a prudent use of antimonials; but bleeding and purging should precede its use. If Dr. James's powder be preferred, from three to five grains, may be given every three, four, or six hours, as was before advised. The patient does not reap benefit from being ruffled by it; and persons full of blood, and those that are weakly, receive much injury from this cause, and we fear that the indiscriminate and officious use that is made of it, does much harm; the more mildly and regularly it operates, the better and safer; that is, by gentle sickness, sweating, urine, or stool, or all together moderately.

One caution we think necessary to be observed by those who give James's powder, according to the directions in the packets, or papers, which are sold. Always to weigh the same with nicety which they mean to give, and never to trust to the quantity which their paper states it to have.

They profess to contain, in each paper, twenty grains and a fraction, but the Author has weighed them often, and found some to contain twenty-nine grains in each single paper, and in others, fourteen grains only; and any candid person may easily judge the mischief that may be done by seven or eight grains, given to weakly persons, when five were only intended; and what delay, and of course injury, must accrue to others, in giving and depending upon the operation of five grains, when three, or three grains and a quarter, had only been taken. It is a medicine of great power, and great virtue, given properly; but in these uncertain doses, and when not properly adapted to each particular case and constitution, is capable of proving mischievous. The public have a right to exactness from the proprietors of the powder, considering how well they are paid for it,

it, and that the health and lives of his Majesty's subjects are at stake.

If the body and skin should be very hot, and feverish, five or six grains of nitre, in barley-water, or the almond emulsion, will lessen the heat and not interfere with the antimonials, when taken between the hours of taking the antimony.

The following mixture is one of the best general medicines to cure fevers in most constitutions as perhaps can be prescribed, and possesses no quality likely to do harm, a circumstance which the author would wish a prescriber to have always in view.

Take of the fresh juice of lemons, three ounces, salt of wormwood, two drachms, emetic tartar, one grain, simple spear-mint-water, five ounces, sugar as much as may be palatable. The whole of this mixture, will make four doses, for an adult person, and may be taken at the distance of four, five, or six hours between each dose; younger persons may take two spoonfuls at the same distances of time, as may be found necessary; but we could advise people not to trust to this, or to any general medicine too long,

long, for fear some symptom, attending particular cases and constitutions, should indicate some other mode of treatment, and which none but the experienced can distinguish or discover.

Dr. Buchan has very strongly recommended a plaster of Burgundy pitch, to be applied to the back for an obstinate cough; we have known it of service, but a blister is often as little troublesome and more speedily beneficial. Where a blister is objected to, use the other, but depend not on externals only of any kind.

Opiates are often given in troublesome coughs; we are of opinion that they ought not to precede bleeding and purging, especially if there be the least fever or inflammation; Dr. Fothergill held this opinion, where the breast and lungs are much agitated by coughing, rest ought to be procured; but as opiates encrease the heat of the body, and lessen its powers, they should be given with caution. A tea spoonful of paregoric elixir, or syrup of white poppies, in any of the emulsions, or mucilaginous drinks, as was before observed, and taken at going to bed, will certainly do no harm, and will tend to quiet the cough and procure sleep.

Farther

Farther with medicine we mean not to go, nor even quite so far, if violent symptoms come on, without calling in good advice, as we have all along intimated; but as so many people have a propensity to *Quackery*, we would wish them to do it with as little mischief as possible, and as near the regular practice as may be, and for this reason, we have held out to them, safe and mild remedies, with cautious rules for administering them, and we doubt not but if they are given properly, that they will have the desired end.

We think it our duty, after having given some directions to remove colds, and prevent them becoming dangerous, to offer a few remarks, whereby colds may be prevented, and constitutions, subject to catch them, rendered less liable to do so, and make the weakly to become strong—and the strong more vigorous.

In a variable climate like ours much will depend upon regularity in living, and the mode of dressing agreeably to the season of the year, and severity of the weather. In England, we are very neglectful in this particular, but we must admit that a great deal depends upon custom begun early in life, and regularly continued.

ed. Very weakly constitutions may be very much improved, and strengthened, by training them gradually to bear the vicissitudes of this changeable atmosphere, and make them become what is called *hardy*; but we have seen this very often carried too far; the vigour of the body as well as the mind, in some constitutions, may be very largely encreased, whilst in others, if you press it beyond a certain *pitch* you injure both. Parents, who have these objects in view, would do well to consider the natural strength both of body and mind, and to bend the bough very gradually; otherwise, they will often break it in the attempt. So it is in persons that are ill, or recovering from sickness; when the body is in good health, it may be made, by degrees, to bear almost every change without inconvenience, but whilst disease, or its effects, remain upon them, the most trifling innovation in diet, cloathing, &c. is not without hazard of danger.

Nothing, perhaps, contributes more to strengthen the constitution, and render the body less liable to catch cold, than bathing in the Cold Bath, or in the Sea. Yet this should never be used whilst the patient has a cough or cold

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upon

upon him, but if it is begun in relaxed or weakly constitutions, or such as are called nervous, colds and their consequences will be prevented. It may be used twice or thrice a week.

Next to cold bathing, warm cloathing demands our attention, which we recommend to be sufficiently worn, to prevent the keen blasts of the north and north-east winds from blowing off the perspiration from our bodies, and thereby closing the pores of the skin, and producing colds, rheumatisms, fevers, &c.

Moisture is also very injurious to the body, but moisture and cold applied together, are more powerfully bad, than either of them alone. Therefore, what can cold and moisture be resisted so well by, as warm cloathing? that is, warm stockings, and shoes; and such as are accustomed to have winter coughs, asthmas, sore throats, &c. will find a thin flannel waistcoat worn next the skin under the shirt, to be one of the best preventatives known; and we are surprized to find the judicious Buchan object to flannel.

No body of men enjoy better health than coachmen and chairmen, who go through every vicissitude

vicissitude of weather, and we attribute it to their going so warmly cloathed as they do, and their health would be still more permanent, if they had not a bad custom of drinking warm purl, and other warm drinks, and immediately after going into the cold air; whereas a glass of any spirits, or a pint of cold strong beer, fortify the body against cold much more, because the warm drinks open the pores, and the cold ones do not.

We are sorry to see so many absurd fashions invented for my fair country-women, fraught with so much danger to their health, and of course to their beauty. If they are to wear great hoops, short stays, and petty-coats up to their knees, they require warm flannel drawers, and warm under coverings to keep them from the influence of cold. It is a matter of some surprize, that delicate as they really are, more mischief does not accrue from such modes of dressing. In a morning, they are wrapped up, with close warm gowns, and the face, neck, and chest, carefully guarded from cold by a warm cap and handkerchief; and in the evening, are seen half naked in the street, the play-house, or in a cold

coach. Or, perhaps, after sitting in a warm room, heated with large fires, a number of candles, and full of people for three hours together, then, all on a sudden they walk through a cold airy gallery, and winding flairs, with currents of wind blowing up; and afterwards be driven a mile or two in a cold coach, through a pinching frost, or damp midnight air.

Our young men are equally careless in conducting themselves in the same things, as well as in their cloathing, one minute they are in a hot crouded play-house, and the next exposed to the cold piercing eddies, and great currents of air that are felt round the Garden, the larger streets, and St. Paul's; and so indiscreet is pride, that you seldom see them in a great coat when they are dressed for the evening, although they have been wearing it almost the whole day before.

Our young citizens are particularly regardless of this circumstance; one part of the day they are in a close warm accompting house, and in the evening with light thin cloaths, with the breast open, and perhaps under a course of mercury.

cury. Mercury is injurious to the body, when, troubled with a cold, and it is dangerous to be exposed to wet and cold during the time it is taken, as it contributes to the catching cold by its debilitating powers.

We could wish the morals of the people were such as not to require its so frequent exhibition; but as we cannot be expected to reform the age, we think it our duty to recommend warm cloathing, whilst they are requiring its specifick virtues, that it may not do more injury than good.

Too warm cloathing relaxes and debilitates the body, and promotes too plentiful perspiration; a medium is therefore to be observed, but a want of that which is proper, is attended with more serious mischief than by too warm a cloathing, if it be not imprudently thrown by *suddenly*.

Children, that are subject to gripes, convulsions, coughs, &c. should always wear warm stockings; these, and many of their complaints, arise, from their tender limbs being chilled, by
the

the severe cold of our winters, and their legs and feet not being covered at all—A pernicious custom!

To conclude, if every person that finds himself afflicted with a cold, would take the trouble to read this pamphlet with attention, so as to understand its contents well, and not to cursorily catch one part, without attending to the other; and afterwards carefully to apply the means here recommended, we flatter ourselves, without presumption, that the complaint would soon be removed, and the patient, instead of languishing many months of a consumption, in consequence of having neglected this care, would enjoy good health, and vigour in its place. Was this to be attended to in general, it would soon put an end to the disputes of the learned, whether our *births*, or our *burials*, exceed each other; by the great numbers of subjects it would save to the state, and shew foreigners, that consumptions are rarely, if ever contagious in *England*, and by no means so common as they are in *Spain*, *Portugal*, and *Italy*. The great contagion here is, *carelessness of colds in their origin*, and which

we

we hope to see lessened every day, it is *our* most anxious *wish*, and if we have the pleasure to hear, that, *but one parent saved his darling son, or one son an affectionate and tender parent, thorough our directions, we shall have a rich reward;* and it will confirm us in an old favourite motto, that “NO LIFE IS SO PLEASING TO GOD, AS THAT, WHICH IS USEFUL TO MANKIND.”

Successfull

we hope to be relieved every day, it is our most
 anxious wish, and that we have the pleasure to
 hear that, but our present health is not
 yet for an affection and heavy pain, though
 our situation, we shall have a very good
 and will continue us in an old favourite
 that is, No. 1. This is a pleasure to God,
 that which is most to be desired.

we are all well, and hope to be
 relieved every day, it is our most
 anxious wish, and that we have the
 pleasure to hear that, but our
 present health is not yet for an
 affection and heavy pain, though
 our situation, we shall have a
 very good and will continue us
 in an old favourite that is, No. 1.
 This is a pleasure to God, that
 which is most to be desired.

Yours truly

John Bull
 to the Honble. the Secretary of State
 at Whitehall

SUCCESSFUL DIRECTIONS,

TO PREVENT AND CURE

CONSUMPTIONS.

—————*For want of timely care,
Millions have died of medicable wounds*

DR. ARMSTRONG.

THERE is no disease which robs the world of so many useful members of society as Consumptions; the merchant, the mechanic, and the scholar, alike become victims to its fatal influence; for not only men of the greatest talents, but women, of the fairest forms and liveliest sensibility, who might have become shining ornaments to the nation, as well as to domestic happiness, are untimely snatched away, by this cruel distemper.

Consumptions have always been common in this country, and we very much fear, that they are found rather to increase than diminish, and probably from some of the following causes: Our youth are not so robust and strong as they used to be, owing to the present modes of living, and other habits of life. We have many more persons employed at sedentary trades than used to be, in large towns, and in many businesses, which furnish the surrounding air with unwholesome materials, which are drawn in with the breath, and injure the lungs; many are also engaged in employments which require an almost constant bending of the body forwards; and others to press upon the chest, and so cause additional labour in respiration; and consequently to the circulation of the blood.

Pleasure, and dissipation, are also sought after by all ranks of people; the numerous places of public amusements, are so many seed beds, and nurseries for colds. In summer, as well as winter, the same danger prevails; owing to persons not considering sufficiently the nature of our climate. At Vauxhall, and other nocturnal amusements, what numbers may be
seen

seen at midnight, as thinly cloathed, as they were in the middle of a hot day? the hotter the day, the larger the quantity of dew naturally falls, and sometimes the whole atmosphere is loaded with watery vapour, and a brisk east, or north east wind, blowing at the same time; the pores being opened by the heat of the day, more readily become suddenly closed, a check of perspiration takes place, the lungs at the same time imbibe the damp, and cold air, and a foundation is often thus laid for future serious mischief.

*But while the chilling dews descend
Let nothing tempt you to the cold embrace
Of humid skies—————*

DR. ARMSTRONG.

Our boys, particularly in the metropolis and other large places, have too early and too frequent a knowledge of the sex, which lessens the growth and strength of their constitutions; nor does the mischief stop here, for a *certain disorder* is too often the consequence of such pursuits; and the means necessary for its cure often debilitates the body, breaks down the

crasis of the blood, weakens the elastic fibres, and renders the body more liable to receive, and less able to resist, the sudden changes, from heat to cold, which they are perpetually exposing themselves to.

There is also a practice, too common in large schools, and sometimes in private life, which has very bad effects on the constitution, which is Onanism. Parents, and guardians, and those who have the charge of youth about the time of puberty, cannot be too watchful to prevent it, or depict it in too hateful colours, in order to keep it from growing into a habit, and therefore become, like all other habits, difficult to remove.

Whether we are right in our conjectures, it is not for us to determine; be it sufficient that we think, from the observations which we have made, that we are warranted in drawing such conclusions, and offer them as beacons to the unwary. Upon the same principle, we beg leave to make another remark, which we think ourselves equally justified in hinting to our fair readers; which is to be very cautious, in the use of *cosmetics* to beautify the skin, or take
off

off pimples from the face, &c. for those which are most used, are prepared from white lead, and other most deleterious poisons; which, not only repel the humours, but communicate their poisonous qualities to the lungs, and other tender parts of the constitution.

To these occasional causes many more might be added; but as it is not our design, to write a regular and compleat treatise on Consumptions, we shall content ourselves, with just stating the general appearances and effects of the disease, and such means as we have observed to be beneficial, or detrimental, to those who have had the disorder,

The generality of Consumptions, as we have before observed, are brought on by the neglecting colds in their early state, or by some other cause, which might have been as timely removed, had it been attended to; in this we include such persons as are said to be born of consumptive parents, or out of whose family some have died of this disease. For although we admit that many diseases be hereditary; and that very distressing cases frequently happen,
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where this proves fatal to several, in one, and the same family; yet we cannot forbear thinking, but that many of them might have been prevented, by attending to the rules stated in this, and the former part of our work.

In the beginning of these sheets, I have expressed myself, as strong as I was able, of the numerous evils which arise for the want of care; and although, I have my hopes, yet I have my fears, lest it should happen in this case, as it happens in general, that advice, gives no new powers of resistance. Yet I cannot again forbear warning such persons as have coughs or other disorders in the lungs, to avoid if possible the fate of as amiable a young lady in my neighbourhood as ever the sun shone on; the beauty of whose person could only be equalled by the goodness of her heart, and other endearments of mind! a case which will not now admit of relief, although it most probably would have done, had she taken the proper care in time, or had the disease been thought serious, when it was remediable. It worked, like a worm in the bud, to the unspeakable

distress

distress of one of the best of parents, and other lamenting friends.

It is perhaps worthy of remark, that most of our youth, of both sexes, who shew very extraordinary marks of genius early, be generally of very weak delicate constitutions; their natural eagerness to improve, and to excel, is equally pleasing to themselves, their parents, and their friends. In this case, the very numerous, and arduous studies, and other necessary qualifications for the completion of the character of a bright genius, become too mighty for them to undergo with safety to their health. Nature, at this time of life, has many important offices to perform, which are impeded, by too great exertions of any kind; the solids become weakened, instead of accumulating strength; the smaller vessels are unfit for their several functions, for the want of that principle which nature employs in giving firmness, power, and exertion to the constitution, when it is weak from any cause, and particularly in such persons as out grow their strength. The whole frame insensibly becomes diseased, and is sometimes in the greatest danger, before the

the patient, or the friends suspect that medical assistance be necessary; and happy it is, when that assistance is able to discover the real cause, or do any permanent good. Therefore, ye parents! who have children of this description, consider that shining abilities will make their own way, and will not be obscured by time, that the fruit will be ripe in due season, that bodily strength is necessary to great exertions of the mind, and that many of the choicest plants, and most beautiful flowers, require the minutest, as well as the most diligent care to bring them to mature strength and beauty, and when arrived to that certain pitch, will bear many a nipping frost, and piercing cold, with impunity, which but a little before, would have deprived them of existence. The above cases often end in consumption, therefore great judgement is necessary to distinguish the true cause and apply proper means, and whoever is thus circumstanced, we cannot but urge them to guard against so distressing a situation in time.

The most frequent causes which occasion consumptions, are the small pox, measles, and several

veral other species of eruptions repelled upon the lungs, customary evacuations having been stopped suddenly, such as issues, sweaty feet, the menses, &c. colds neglected, ill cured inflammation, spasmodic asthmas, scrofulous affections, tubercles, a spitting of blood from the lungs, a malformation of the bones of the chest tight stays, and other causes which impede the free action of respiration. Absorption of matter from an abscess, women giving suck beyond their strength, or when emaciated by other profuse natural drains, the materials of several manufactures being drawn into the lungs in the act of respiration, such as barbers, mealmen, glass grinders, stone cutters, &c. &c. all tend to the same destructive end.

If the Consumption arises from violent colds, the symptoms may be gradually traced from the beginning; but, if from any of the above mentioned causes, it requires discernment to discover what that be, that it may have its correspondent cure, as may be seen, by the following case: A lady, without any previous known cause, or apparent neglect, seemed to be growing consumptive, very able physicians had been frequently consulted, and every rational means

were used for her cure, but without effect. One day I asked her, if she had any objection to an issue? she answered no, that she had had one all her life, till within a few months, when she was desired to dry it up, but now she began to recollect, she had never been well since. An issue was instantly made, and she very soon after got well, and still continues so; this is four years ago.

Persons, who are most subject to become consumptive, are of a delicate make, fair complexion and florid countenance, soft skin, long necks, narrow chests, prominent shoulders and hips sticking out like wings, with hollow temples, thick upper lips, and teeth of a milky whiteness. Many of the above description have constitutionally weak lungs, and the glands of the neck, lungs and bowels, are often obstructed, but these do not always produce mischief, till colds or some other cause, sets them in a flame, which ends in suppuration, hectic fever, ulcers, and consumption.

Sometimes, where tubercles be the immediate cause, and have been made tender, from too great exercise, breathing bad air in hot croud-

ed rooms, improper food, colds, &c. the beginnings are hardly perceivable, the cough not being very frequent at first, generally dry, or unaccompanied with much expectoration, and that, mostly, of a light frothy mucus, mixed with air, and mostly in a morning, and excite vomiting; the patient feels an uneasiness about the chest, or a sense of pain on lying down, on one, or both sides, or under the breast bone; the breathing is also oppressed with the least quickened motion, and particularly so in hot rooms, or in moist weather; his spirits are very irregular, being sometimes very lively or sad, without any known reason; a red flush will appear upon one, or both cheeks, especially after meals, with a dryness and heat in the palms of the hands; a particular quickness in speaking may be observed, as well as an unnatural peevishness, which gains upon them, though before of the sweetest dispositions; all or most of these symptoms, may be seen by a careful observer many months before the patient thinks of complaining, or will acknowledge that he is ill, and then the cough perhaps may be found to grow more troublesome, and all he ails is attributed to it, and to appease which the family apothecary is sent for, and is desired to administer some soft balsamic, but if he talks of bleeding or regimen, which now is absolutely necessary,

cessary, he is supposed to have some private views of his own to answer, or the patient replies that he is not bad enough to submit to that yet; when God knows, this is the very time that he can be of real service. By a little care, and attention, the urgency of the cough becomes abated, the soreness of the chest is also lessened, and being tired of medicines, and constraint or confinement, the patient thinks the rest will wear off; thus half cured he immediately flies to the same round of dissipation, or exposure to colds, or other means which first brought it on, which does not fail to add to the already dangerous heap, which daily accumulates till it ends in the disease in question.

After having given a full description of this disease, I hope my readers will excuse my frequent repetition of advice relative to taking care in time; it is from a conviction that it cannot be too often repeated or enforced, and not from a tautological use of the term, which it might otherwise appear to be; for I would rather that a critic should say I had used such a sentence too often, than that one person should receive any injury for the want of attending to it. Or if
this

this be a blemish to the work, I hope it will be observed by every reader.———

I shall not say much with respect to medicine here, for the reasons before given; the principle things which I shall advise, will be more to regulate the conduct of patients, by applying to their reason, matters within their comprehension, and such minutiae as physicians have not always time to direct, but which in my opinion are essentially necessary.

In the beginning of Consumptions, bleeding is a principle remedy, and in almost all constitutions, absolutely necessary, which must be repeated often, in small quantities, according to the urgency of the disease, and the strength of the patient.

If pain in the side, or under the breast bone, striking strait to the back bone, or oppression in breathing, or the cough be remarkably troublesome, or the expectoration streaked with blood, no medicine can be so useful as bleeding; three or four ounces, may be safely taken from very weakly persons in the above cases,
for

for these plainly indicate inflammation, which will do more mischief, than the temporary inconvenience, which may be supposed to arise from the weakness which bleeding may produce —those who are not so weak, may have it repeated, once in three, four, or ten days, if the pains, or other pressing evils remain. By this the root of the disease is struck at, and its progress stopped.

At the same time that bleeding is necessary, the body must be kept open, with cooling neutral salts, such as sal polychrest, cream of tartar, soluble tartar, &c. or the following powder taken three, or four times a day, in thin barley water, or any other simple vehicle, will answer that purpose, and contribute to abate feverish heat, and inflammation.

Take of sal polychrest, sugar, and compound powder of gum tragacanth, of each a scruple, mix for one dose. This may be increased or diminished, in proportion to the effects; or a tea cup full of the following pleasant apozem, may be taken three, or four times a day, for the above purposes.

Take

Take of cream of tartar, and purified nitre, of each two drams, pearl barley half an ounce, honey two ounces.—Boil these gradually in three pints of water, till half is consumed, then strain off the clear for use; liquorice root may be added or not at pleasure.

If the body be too much opened by the above recited medicines, the following draught may be used, to abate the fever, or inflammation, and should be taken two or three times a day, or oftener if needful.

Take of sugar and prepared chalk, powder of gum arabic of each half a dram, nitre purified fifteen grains, pure water, or simple mint water, two ounces.

If the nitre should be found to occasion gripes, or prove too cold for the stomach, it may be lessened to four or five grains, the saline mixture with or without the emetic tartar, may be taken for the like case, as in some constitutions it agrees best; a dram of prepared chalk may
be

be added to the mixture, and the emetic tartar omitted, where too many motions abound.

The inhaler should be used frequently with the same cautions as directed in the first part; this will lubricate the inflamed lungs, lessen the cough, and cause the mucus to be spit away with more ease and safety.

Blisters are most safe efficacious things in all complaints of the chest; it is not perhaps so much from the quantity of discharge which they draw away, as from a particular effect they have of inviting the inflammation from within outwardly, as is found in cases of sore throats, &c. we therefore advise small ones to be applied from time to time, to different parts of the chest, where the pain is, or upon the back, pit of the stomach, or sides; when one has been on the part affected a day or two let it be healed, and in a day or two after apply another to some other part, if wanted; this is less painful and more efficacious, than what is called a perpetual blister, for with that there are fresh flies applied and more trouble in general.

Issues between the shoulders, or between the ribs, in many desperate cases, I have known of singular advantage; Mr. Mudge, and others, lay great stress upon them; I have myself a good opinion of their use, and therefore recommend them.

As many very potent medicines might be prescribed, and perhaps applied improperly, we shall forbear mentioning any more, except for violent coughs, lest we should do ourselves, what we condemn in others; we shall therefore mention a few simple medicines, which will do no injury, and yet contain considerable virtue, in allaying fever in the lungs, and at the same time be lightly nutritious.

For this purpose we recommend decoctions, or infusions of liquorice root, figs and raisins, marsh mallow, dandelion, colts foot, comfrey, eryngo and mullein roots, either of these, sliced, and boiled in water until pretty much impregnated with the virtues of the plant, an ounce or two to a quart of water, and boiled to a pint, will be of sufficient strength; such as are very glutinous, as comfrey, less of the root will be sufficient; these,

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sweetened

sweetned with honey, are most excellent healing pectorals. If the fever is much abated, or if the patient be weak, or in such a state as bark might be thought adviseable, the bitter pectoral herbs, will generally be found more beneficial, as they do not bind the chest. For this purpose, I recommend infusions of hoarhound, ground ivy, lungwort, maiden hair, elecampane, wild succory, oak lungs, &c. the juice of lemons, or oranges, or any other vegetable acid, may be put in great plenty, in any of the drinks, if they agree; they cool, and abate fever, strengthen the stomach, and check night sweats, and in general are to be preferred to mineral acids.

Honey, for almost all disorders of the breast and lungs, is a most admirable remedy; Doctors Huxham, Arburthnot, and many other great men, have very justly extolled it; and as it does not agree with all constitutions, we apprehend, that clarifying it, would make it do so; indeed, some care is necessary to procure it genuine, as it is a very common base practice for dealers in it, to adulterate it, and in this case, no one knows what they eat; it may be used, in common drinks, in medicine, and on bread instead of butter.

As

As the cough is a very troublesome symptom, during the progress of consumptive disorders, it may not be amiss to give a few directions, in addition to those we have already, to keep the violence of it from doing more mischief, while the cause is being removed, by the means just recited; and such others, as we shall have occasion to mention; the pectoral infusions, and decoctions, above advised, will generally answer the end very well, but as there are many cases, which they will not, we shall give a prescription for a mixture, which will act as a good expectorant, appease the cough, and procure rest, and if any thing more anodyne is wanted one, or two of the expectorating pills may be applied for that purpose.

Take of mucilage of quince seeds six ounces, oxymel of squills half an ounce, ipecacuanha wine one dram, liquid laudanum ten drops. Mix. Of which a desert spoonful may be taken now and then to help the cough and to sheath the passage to the stomach; it should be swallowed gradually, and will thereby be more efficacious. This may be called the Healing Expectorating Mixture. And the following, Anodyne Expectorating Pills:

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Take

Take of laudanum, conserve of roses of each five grains, dried squills in powder, ipecacuanha in powder, of each four grains. With any syrup, make these up with care into ten pills, one or two of these may be taken at night going to bed, when necessary. One caution is very necessary; wherever opiates be given, to take care that they do not make the patient costive, which they generally do, the squills and ipecacuanha may probably prevent it, but if they do not, use some of the opening medicines already advised.

When the lungs are loaded with tough phlegm, and unattended with pains in the side, or under the chest, or other symptoms of inflammation, from five grains to ten of ipecacuanha, may be given once or twice a week, in a dish of tea, in the morning in bed, and the patient to lye down after it; in half an hour, more or less, it will cause a gentle effort to reach, and another dish or two of tea may be drank, and it will come off easy; I do not mean this as a regular puke, but only as a means to loosen the tough phlegm in the lungs, and by the little exertion of puking, to bring it away
more

more expeditiously, and indeed more safe and pleasant, than by much coughing.

The most difficult task, we are now going to impose, which is a rigid adherence to a particular regimen, without which the choicest medicines loose their proper effects, and the best advice is thrown away; the disease cannot be cured by medicine without the diet corresponds, and of the two, I would say, rather neglect your medicine than your food, for one improper meal may do more mischief than any physic can be able to remove in a week.

In almost every case of consumption of the lungs, where recovery is much to be expected, (some few exceptions to the contrary being allowed) flesh meats, and every preparation of them, must be forbidden. Fish, as partaking in some degree of the same nature, is also improper. Calves feet jellies, nourishing soups, and such things as are generally considered by good housewives, and people in general, as necessary to recruit the strength of the sick, are much too rich and stimulating, and too heavy to digest properly. In their place, a diet consisting of fruits,
vegetables,

vegetables, milk, and farinaceous substances, must be substituted. These will be quite sufficient to support the powers of life, while the nature of the food will furnish a mild soft nutriment to the body, free from irritating qualities, to aggravate the disease, the simplicity of which in time changes the whole mass of blood and juices, from a hot inflammatory state, to that of a pure healing kind, and render the solids less susceptible of feverish heat.

For when the lungs, or the membranes leading to, or surrounding them, are become inflamed from colds, or any other cause, the blood which is prepared from eating any of the above-mentioned things, is of a very stimulating nature, and produces that kind of effect, as urine does, when applied to the eyes, or salt water to a wound; this irritation causes spasm, and, by its effects, hurries the blood through the lungs faster than it ought to do, to be properly strained, and purified, and mixed with air, (which is the natural office of the lungs to perform) this also quickens the pulse as quick again as it does in health, and creates a disturbance to
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the whole frame; the fever is thus kept up, and the constitution is worn out, by the constant action, and re-action of nature, in attempting to remove it.

There is so much observance necessary in this matter, that even very mild food may produce bad chyle, and therefore an irritating principle to the blood, animal fibres, nerves, or whatever else conveys the active principle of life or disease; I will not dispute with casuists, which of them does it; be it sufficient, that in my opinion, a very hearty meal taken of rice, or any other food equally innocent, may, by distending the stomach, lessen the free action of the heart and lungs; by overloading the powers of digestion, and by filling the intestines with more chyle than can be properly prepared, may produce all the mischief we want to avoid.

Therefore, for the above reasons, we recommend, that consumptive persons should take only a little food at a time, but repeat it the oftener; they should not be so careful to attend to regular meals, but study more what will remove the cause of the disease, than please the palate.

palate. An ingenious person, may make, or prepare, an almost endless variety of dishes, from the vast tribe of fruits, vegetables, &c. to satisfy the desires of a reasonable being, without meat; potatoes may be boiled, baked, roasted, and prepared in a variety of ways—rice, sago, millet, salep, tapioka, pearl barley, &c. will make a numerous tribe of pleasing repasts; salads, and ripe fruits; marmalades, and preserves; jellies, and preparations of them; with good light well baked bread, will furnish most delicious banquets in their turn. But of all the most generally useful and acceptable foods, milk claims the preference, and will admit of abundance of means to make it palatable and useful. Rennet whey, in consumptive cases, as well as in many others, is beyond all praise, in my opinion; the living entirely upon rennet whey and a little white bread, and baked apples, for about six weeks, restored to health the author of this, from a state the most dangerous; and he truly may say he was starved into life. A quart or three pints or more, should be drank daily.

Permit me here to remark, that much mischief is done by a common custom, of weakly persons

persons going to drink the milk from the cow, (as it is termed) it is in general too rich for the stomach, and is apt to curdle, and especially when rum is mixed with it, a very common, but a very pernicious custom. Doctor Fothergill took great pains to abolish this very dangerous practice—In general milk is best for consumptive persons, and other valetudinarians, after it has been skimmed, or the grosser parts separated by cream of tartar, oranges, lemons, sorrel, raisins, or some other grateful acid. Buttermilk, asses, goats, or mares milk, may be taken in their natural state, being much lighter than that of cows. Some physicians have had opinions, that milk would be more salutary, were the cattle to be fed on particular herbs, but in mine, this purpose will be better answered, by making a strong infusion of the herbs you want, and mixing milk with it, as you will then certainly know the exact proportion of the herbs which you receive, otherwise not. Turnips baked in equal parts of milk and water, and the juice afterwards strained, and sweetened with sugar-candy, and drunk often, is very useful for coughs, as well as nourishment.

The following is a most excellent food, which may be made and taken at pleasure; it may receive a variety of flavours from rose water, orgeat, orange flower water, &c.

Take of rice, pearl barley, sago, and of candied eryngo root, of each one ounce, boil these in three quarts of water, till half is consumed, and towards the end put in a quart of milk, then let the whole boil a little and strain it for use; or those who choose, may eat it all as it is; those who are very weakly had better strain it; it will be as light as asses milk, and more nourishing, and not so liable to cause a purging. A quarter of a pint should be taken three or four times a day a little warm.

Lettuces, favoys, cauliflowers, artichokes, pease, beans, turnips, scorzenera, falfasy, and asparagus, &c. &c. may be freely indulged in, cooked in a variety of ways. It is very observable, that the history of medicine furnishes us with a number of cases of persons, having recovered, after both physicians and friends, had given them up to die; these persons have been restored by living entirely upon cucumbers,
grapes

grapes, melons, water-creffes, milk and bread, or some one of them. There may be a few cafes of confumption, or of confumption of a particular kind, where more generous nourishment must be allowed, but these are rare; but so long as appetite is more consulted than health, and so long as medical men continue to indulge it, rather than displease their patients, consumptions will be common, and will prove fatal! an indulgent physician, in these cafes, is like a mild judge to a desperate criminal, who injures society by mistaken lenity.

The drinks should be rennet whey, the common emulsion, Bristol water, Seltzer water, or any light pure cooling drinks; they may be acidulated with oranges, lemons, apples, currants, tamarinds, or other fruits, or sweetened with honey, capillaire, orgeat, &c. but wines, beer, ales, and all spirituous, or fermented liquors, should be considered as improper; they promote fever, and inflammation, excite coughing, and encrease the disease. Coffee, or tea, cocoa, &c. may be drunk, provided they be not taken too hot, or in two large a quantity at a time, and with one third of skimmed milk mixed with them, and

not found to affect the nerves. If so their use is improper—Butter, cheese, and cream, are too rich, irritating and gross to be allowed with propriety:

Next to proper food, drinks, and medicines, pure air is of the greatest importance to the recovery of consumptive persons; and we are well assured that it is not sufficiently attended to by the faculty, or we should not see so many persons in the last stage of the disorder, before they are sent out of London, and other large towns,

The air of large cities is certainly bad for diseased lungs, and I fear that the air of Islington, Brompton, Chelsea, Kensington, &c. is not sufficiently ventilated or free from the effluvia of London smoke, to make them so advantageous as more lofty situations, or those a few miles farther from town*. The situation must be suited to the nature of the disease and to the time of year, or severity of the season; it would be absurd to send

* Nor can any place be wholesome for diseased lungs where stagnant waters, or the contaminated air arising from putrid vegetables abounds, which is the case near many large nurseries, and in many places in the vicinity of the river.

a very weakly person in the middle of winter, on the summit of Hampstead or Highgate Hills, or to bleak Black Heath, but warm mild situations may be found even in winter, near to the above places, which are sheltered from the colder winds, yet enjoying the benefit of pure air.

In that elegant poem on the art of preserving health, the following compliment was paid very deservedly to Hampstead.

But if the busy town,
Attract thee still to toil for power or gold,
Sweetly thou mayst thy vacant hours possess
In Hampstead, courted by the western wind.

Much might be said on the variety of situations which would be injurious or salutary to consumptive persons, but would take more time than we can here admit; such a work, executed with ability and candour, in our opinion, would be a valuable acquisition to the public.

The next thing which I have to recommend, is a proper regulation of exercise. There is nothing more injurious to consumptive persons than riding on horse-back at improper times, or in an improper degree, for altho' it stands recommended by the highest authorities, both ancient and modern,

modern, yet it has not been sufficiently limited to prove of benefit, without very frequently being injurious. If there be fever, spitting of blood, violent coughs, attended with pains in the chest or side, or a very quick pulse, much exercise of any kind is improper; but where these do not prevail, gentle riding, and encreased by degrees, as the constitution can bear, by giving a general and equal exercise to the whole frame, makes it salutary and agreeable, if taken properly; for the times of riding, require attention to direct judiciously the season of the year, temperature of the climate, and the situation, must be all well considered.

To ride very early in the morning, before the sun has warmed the air, and dispersed the dew, or fog, is very injurious, and likely to encrease the cough; or if the patient be recovering, may bring on a return of the complaint. It is equally improper to ride in the middle of a hot day, or be exposed to the fervid heat of the sun, as also too late in the evening, when the dews are falling, for the lungs are susceptible of the least impropriety in these respects, and those who know the hazard, will do well

not

not to venture. The riding in a coach or chariot, sailing in a boat, or any other easy exercise in the open air, is preferable to walking, or any other that occasions much fatigue.

The minds of consumptive persons should be kept as tranquil as possible; great anxiety after business, pleasure, or study, or any other thing, which has a tendency to ruffle the nerves or disorder the frame; but such light things as will amuse the mind, and pass the time away cheerfully, will contribute to the cure. Nor need I say that anger, or any violent passion, proves extremely injurious to consumptive persons. Dancing, shouting, reading, or talking loud, singing, or blowing wind instruments, or any means which call for much exertion of the lungs, is improper. The patient should keep the body in as easy an upright posture as possible, therefore should be careful to avoid leaning on the chest, and to let the blood have a free equal circulation by refraining from tight garters, tight stays, &c. and, it is no inconsiderable moment for the patient to lie moderately cool in bed, and on a matras particularly where night-sweats prevail; nor need I say, to go to bed soon in the evening, and rise early in the morning.

morning. It would be much happier if patients could be brought to consider how much a speedy and permanent recovery depends upon the observance of such trifling circumstances, and how little a matter deranges the frame of a valetudinarian! which, by being neglected time after time, it becomes very difficult to establish a fund of good health again; nor can I better conclude than by the following lines from that excellent poem of Dr. John Armstrong, on the art of preserving health.

—————While the vital fire

Burns feebly, heap not the green fuel on ;

But prudently foment the wand'ring spark

With what the soonest feels its kindred touch :

Be frugal even of that, a little give

At first ; that kindled, add a little more ;

Fill, by deliberate nourishing, the flame

Reviv'd, with all its wonted vigour glows.

F I N I S.

E R R A T A.

Page	Line		
30,	5,	for <i>ostruēcted,</i>	read <i>obstruēcted.</i>
	21,	dele <i>the</i>	
36,		dele <i>the last line.</i>	
ibid.		for <i>the catch word Take,</i>	———— <i>Where.</i>
37,	5,	— <i>laudenum,</i>	———— <i>laudanum.</i>
40,	14,	— <i>plegm,</i>	———— <i>phlegm.</i>
55,	12,	— <i>my</i>	———— <i>our.</i>