

A letter to hypochondriac & nervous patients, : particularly to all who are afflicted with lowness and depression of the spirits, alarming diseases of the head and stomach, horrid thoughts, vain fears, frightful dreams, insanity, fits, loss of memory, relaxations from miscarriages, or difficult labours, debilitated habits from long continuance in hot climates, palsies, dorsal consumptions, and weaknesses incident to both sexes, spasms from irregular influx of vital heat into the affected muscles, anomalous gout and rheumatism, obstinate bilious cases, indigestion, atonic gouty diseases, slow, nervous, putrid, malignant, petechial fevers, and broken constitutions, &c.; To which are added, hints to prevent the above diseases, under the following headings ...; likewise, the copy of a letter from the author, together with his prescription to cure his Majesty's most tremendous disorder, that was laid before the Right Honorable Mr. Pitt, at his house in Downing-street, and very cordially received, on Tuesday, the 13th of January, 1789. / by S. Freeman, M. D. author of the Ladies' friend and Practical midwifery, and proprietor of the most invaluable medicine called Fothergel's universal nervous cordial drops.

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A
L E T T E R
TO
Hypochondriac & Nervous Patients,
P A R T I C U L A R L Y
TO ALL WHO ARE AFFLICTED
W I T H

Lowness and Depression of the Spirits, alarming Diseases of the Head and Stomach, horrid Thoughts, vain Fears, frightful Dreams, Insanity, Fits, Loss of Memory, Relaxations from Miscarriages, or difficult Labours, debilitated Habits from a long Continuance in hot Climates, Palsies, Dorsal Consumptions, and Weaknesses incident to both Sexes, Spasms from an irregular Influx of vital Heat into the affected Muscles, Anomalous Gout and Rheumatism, obstinate Bilious Cases, Indigestion, Atonic Gouty Diseases, Slow, Nervous, Putrid, Malignant, Petechial Fevers, and broken Constitutions, &c.

TO WHICH ARE ADDED,
HINTS TO PREVENT THE ABOVE DISEASES,

UNDER THE FOLLOWING HEADS:

THE PASSIONS OF THE MIND,
OF THE AIR,
OF THE WINDS,
FOOD AND DRINK,
REST AND MOTION,
WATCHING,

OF DRUNKENNESS,
OF EXERTION,
OF PLETHORA,
THE HUMORS OF THE BODY,
HETEROGENEOUS MATTERS, &c.

L I K E W I S E,

The Copy of a Letter from the Author, together with his PRESCRIPTIONS to CURE his MAJESTY's most tremendous Disorder, that was laid before the Right Honorable Mr. PITT, at his House in Downing-street, and very cordially received, on Tuesday, the 13th of January, 1789.

BY S. FREEMAN, M. D.
Author of the *Ladies' Friend and Practical Midwifery*,
AND
Proprietor of that most invaluable Medicine called FOTHERGEL'S UNIVERSAL NERVOUS CORDIAL DROPS.

L O N D O N:
PRINTED FOR THE AUTHOR,
And may be had at No. 72, HATTON-GARDEN; and at his Country House, at HINTON ST. GEORGE, Somerset; and of all the Bookfellers in the Kingdom.—[PRICE 1S.]

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T O

Hypochondriac & Nervous Patients.

OF all Disorders that afflict the human Race none deserves our Pity and Attention more than those of the Nervous Kind, which arise from a Variety of different Causes, as a sedentary Life, long fasting, close study, free living, extreme Heat, Passion, Grief, sudden Frights, Love, Hatred, Miscarriages, and bad Lyings-in, Colds, Fevers, &c. &c.

They also produce innumerable bad Effects, of which the following are a Part: The Loss of Appetite, bad Digestion, restless Nights, frightful Dreams, desponding Thoughts, confused Ideas, Loss of Memory, Dimness of Sight, Pains in the Head from Vapours, Heaviness, Lassitude, Weakness, Wind, and Pain in the Stomach and Bowels, Instability of Mind, extreme Laughing or Crying, Lowness of Spirits, Hypochondriac Passion, Melancholy Madness, Lethargy, Apoplexy, Palsy, St. Vitus's Dance, Falling Sickness, Hysterical and Convulsion Fits, Dumbness, wandering and fixed Gout, Dread, Horror, Fear, slow Fever, &c.

Thus follow a Train of Misery to the unhappy Sufferer, as well as Distress to his or her Family, in seeing them confined in Mad-Houses, others starving to Death, fearing Want in the Midst of

Affluence, whilst Numbers, through real or causeless Fears, are bereft of Hope, and by a Variety of different Ways launch themselves into an *awful Eternity*! These, with a Variety of other Evils, too frequently appear in the public Papers, besides a much greater Number, which, through Prudence, and for the Sake of Families, it is hoped will be for ever kept concealed. Being frequently called to attend Abroad, and daily visited at Home by Numbers of those distressed and unhappy Patients, and hearing each rehearse their Sorrows, is my Motive for this Address, wherein are some very extraordinary Cases, many of which may seem doubtful to those who read them, and that for the following Reason, the Disorders which had withstood every Effect (by many physical Gentlemen of Character) for a Number of Years should at last be radically cured, without the least Evacuation or visible Appearance, or Effects, produced by the Medicines administered, any more than many of the Complaints have vanished as the darkest Night disappears before the approaching Sun, which had gone through a Variety of Trials, both in and out of the different Hospitals, without the least Benefit, and particularly those Complaints which arise from Frights, Grief, Miscarriages, or bad Lyings-in, Epilepsies, Hysterical and Convulsion Fits, and other Disorders of the Head and Stomach, many of which were Ten, Twenty, and some no less than Thirty Years standing, and deemed incurable by the most eminent Physicians, that were relieved by such easy Methods as to seem incredible, that such Disorders which had baffled the united Efforts of so many able medical Gentlemen, whose great Skill and Success in other Disorders has done Honor to their Profession and Character; yet one thing ought to be remembered, which is, that the Bountiful Giver of all Good hath given to different Men peculiar Gifts; besides is it any Marvel that one, who so many Years having made the Disorder of the Nerves his peculiar Study, and not a Day without more or less of these unhappy Complaints under his Care, should have made more Discoveries, and been more conversant with a Disorder of such an intricate Nature? Now a few Words upon the Source from whence they spring.—The Brain is the Origin of all the Nerves, the Seat or Throne of Reason, and the Fountain

from whence all the five Senses flow, and that each act its Part both by Sympathy and Antipathy: The Effects of either appear on the Muscles of the Face, as the common Index of the Mind, and that the Brain, in Conjunction with the Heart, influences the whole. View those afflicted with Melancholy and Madness, and confined within dreary Walls! behold their Dejection, and view the Horror which sits on their gloomy Brows! for alas! what is frail Man when Reason has but for a Moment forsook its Throne! how soon does a dark Legion of boding Horrors encircle the Mind, for it is a Disorder which seems to insinuate in and twines round the precious Union of Body and Soul, and in a dreadful Manner afflicts them both; but by giving the Nerves Relief you will soon then perceive the Tranquillity, Peace and Happiness, which, like a precious Stream, is seen to flow in the Countenance. Physic is founded on the simple Principles of Reason, and the Laws of Nature are wonderful: The Physician is the Instrument under GOD, and an Handmaid to Nature; and if he wisely consults her she will inform him of all her Wants; and the SUPREME, in his infinite Wisdom, has laid up in the Storehouse of the Creation Remedies for all her Diseases, and enriched them with his Goodness, and inclosed them in the Cabinet of Nature, where Reason, matured by Experience, and directed by the Hand of the Almighty Giver and Director of all Things, can open the precious Resource, from whence springs that amazing Power of healing, which alone can alleviate and cure the most excruciating Disorders both of Body and Mind.

Both Sexes who are learned, as well as such as are rich, are more in general afflicted with the Hypochondriasis, the flying Gout, Indigestion, Fear, Dread, and Wind, than the lower Class, or ignorant Part of Mankind, and the Reason or Cause of it is very obvious, for People in a low Way seldom experience the Fatigue in searching after Knowledge, but make themselves very content without reflecting, so long as their present Exigencies are supplied

A Relaxation of the muscular System from intense Thought very powerfully causes many Diseases of the Nerves.

All

All who are afflicted with Nervous Complaints should avoid smoking Tobacco, and Liquors that are made too warm---immoderate eating---close Study---excessive tippling---an inactive Way of living---great Care---over Joy---Grief---sitting up late at Night---Jealousy---Malice---Passion---Hatred---Envy---and the like, which will unavoidably exhaust (the finest Spirits) the Influence of the Nervous System

Perhaps the following Reflections upon these Hints will display abundant of good Argument to the Afflicted, in Regard of knowing the most proper Method of guarding against Sicknes.

Of the PASSIONS of the MIND.

By the Passions of the Mind are meant those Commotions and false Conclusions that are excited in it upon the Perception of various Ideas and Objects, and at the same Time affect the Body.

These *Pathemata* or Affections become hurtful, either, *first*, when they exceed their Bounds by too hasty and unseasonable Conclusions about those confused Appearances and Fancies, which the Memory and other Occasions suggest, without duly enquiring into, and considering all, or the most rational Circumstances; or, *secondly*, when they are weighed and valued *precipitately*, and by mere sensual Impulses, rather than due moral Reflections, and Regards which may answer the best Ends.

To Disorders of this Kind, *Children* of both Sexes, and other grown Persons of weak Apprehensions, are most subject, from a too great Fondness for their bodily Ease, and for Want of having their Reason and Senses exercised by useful Principles and necessary Discipline, in order to a true and ready Discernment of what is good and what is Evil.

But those that have addicted themselves to circumspect Reflection, have patiently and considerately collated, and with Calmness and Composure concluded, of Things in their Intention to perform, and
have

have fortified their Minds against all Emergencies, may prevent many Disorders, moral and physical, both in their Minds and in their Bodies.

Our Passions were given us by our Creator for our Good, and well-governed Passions are greatly beneficial to the Preservation of our Health, especially that Joy which attends the Accomplishment of, and Encouragement given to some laudable Enterprize, after taking due Pains in bringing it to bear.

The Good and Hurt caused by Passions of any Sort, is ever more intense and quick, than that proceeding from any other natural or external Causes: Witness various Kinds of Fits, and Instances of Persons that have been relieved or prejudiced in their Health, cured or killed, by great and sudden Fears, Joys, &c. and that, more or less, according to the Prevalence of Custom, which here bares considerable Sway, as well as the four Cardinal Temperaments, *viz.* Hot or Cold, Moist or Dry, and their Compounds.

A due Skill in all of these much helps, and is of great Service to solve many Difficulties, and to form a right Judgment of Things. Some when moved immediately turn red, and are vociferous in expressing their Resentments (an Indication of endeavouring to remove a Hurt that Instant); others pale, and sullenly morose (a *sure* CRITERION of Revenge, and future Spite). These outward Marks depend, in a great Measure, on their different Constitutions, and arise from the Mixture of their Blood, and the Texture of its Vessels, which being closer wove, the Blood on a sudden, or a violent Commotion, is pressed towards the Centre, by the Contraction and the closing of their rigid Fibres, apter to break than yield: But in sanguine and laxer Temperaments, such a Pressure makes the Blood ooze through the yielding Coats of the Veins to their Surfaces, like Quicksilver squeezed through shammy Leather, which will hardly pass a closer Leather without breaking it. In short, the Passions must neither be entirely stifled nor suppressed, lest a Sluggishness, and an irregular disorderly Circulation should ensue; nor must they

be

be too much excited, lest their Violence and Continuance should extremely disturb the Brain, Spirits, Nerves and Muscles, and create and cherish numberless Distempers; but a due Medium ought to be endeavoured after, since Hope, Desire, and Alacrity, are found to be great Promoters of Health; and Health itself is in short Nothing more or less than the proper Action and Re-action of the Solids and Fluids upon each other reciprocally: But raging Passions of Lust, or Spite, stifled, hurt the Body most. TORRIANOS.

Of A I R.

Air is necessary to the Preservation of the Bodies of Men, and other Animals, chiefly in these two Regards, viz. Respiration, and pressing upon their Surfaces.

Respiration is performed by the Lungs, and the *Aspera Arteria*, with its Ramifications peculiarly in them for that End, terminating in minute Vesicles, which are dilated by Inspiration of the Air, and flattened when that Air expires, whereby (or by which Action of the Lungs) the Blood is broke into smaller Globules, and intimately mixed and heated in its Vessels lying underneath them.

Some, in their Calculations, make the Pressure of the Air, upon the whole internal Surfaces of the Vesicles and Branches of the *Aspera Arteria*, far to exceed Ten Thousand Pound in Weight, arising from the vast Extent of those Surfaces, on which the Blood is spread in the capillary Vessels, to receive the Force of the Air upon each Globule, immediately to make it fit for Circulation. *An admirable Fabrick indeed!*

The Pressure varies with the Gravity of the Air to 1-10th more or less, upon the greatest Rise or Fall of the Barometers, of which Difference consumptive and asthmatic Patients, and those that have a clear shrill Voice (a Sign of a Consumption) must needs be very sensible.

The Lungs by their Action rarifying the Air within the Vesicles, extend them too much, and by their too close Contact, or lateral Pressure,

Pressure, impede Respiration; or, in other Words, the Air in the Lungs being too much rarified takes up too much Room, and in Consequence stretches the containing Air-vessels, by which they are so pressed against each other, that Shortness of Breath comes on.

Too hot an Air dries up the *Fluid-containing* Vessels, especially the Lungs, dissipates the finer, and increases the grosser Particles of either Kind of Fluid, whether serous or sanguineous, causing Obstructions, Inflammations, and Disorders in the Blood and Nerves. *Extreme Cold* contracts, closes, strengthens, and invigorates the Fibres, and causes them to bear harder, or act more forcibly upon the Fluids; thickens the Humors, and occasions Coughs, Catarrhs, and scorbutic Obstructions. *Great Moisture* relaxes the Fibres, increases the Serum, hinders Perspiration, and occasions Fluxes, Fevers, &c. and if joined with much Heat, Mortifications, Dropsies, Colds, &c.

The Pressure of the Air upon the Surface of our Bodies is not less necessary to Health than it is evident we suffer in it by a Change of Weather; when the Air, pressing more or less upon the Vessels, renders the Blood by that Means more or less compact, as it is crowded into a less, or expanded into a greater Space. The Difference of the Weight of Air at different Times is so considerable, and the Variations frequently so sudden, that it is wonderful we do not oftner suffer by such Vicissitudes and Fluctuations than we do.

The whole Weight of Air which presses equally upon a Body of about 15 square Feet Superficies (which is the most commonly supposed Computation of the Superficies of a Man's Body), when the Mercury in the Barometer is highest, is calculated to be equal to 39,900 lb. and when lowest 35,918 lb. viz. about 3982 lb. Difference betwixt the least and greatest Pressure.

Now if the Air be over ponderous its Pressure on the Vessels crowds the Fluids into them, and thereby checks and stops the Circulation; if (on the contrary) it be too light (the Vessels and their Fluids too much expanding) it begets Tumors and Eruptions, Stagnation,

and pulmonary Humors (especially Short-windedness), and Death. When the external Air is too light or too much rarified, it presses less upon the Surface of the Body, in Consequence of which the internal Air forces itself more violently into and expands the Vessels, and acts much in the same Manner as the Application of the *Cucurbitula*, or Cupping-glass, which has before the Application all the Air taken out (or exhausted) by the rarefactive Power of Fire; then when it is put upon any Part of the Body, as it has in it no pressing Air, so it also keeps off, from the Part it is applied to, all the Pressure of the atmospherical Air, and in Consequence gives Room for the internal Air to force the Blood into the expanded capillary Vessels, and thence into the Glasses, when applied after Scarifications.

Moreover the Air proves more or less salutary or noxious, according to the several Seasons, Regions, and Situations, with Respect to the Seas, and other flowing or standing Waters, Differences of Soil, higher or lower Grounds, Forests and Meteors, and their various Exhalations mixing with it, and changing the Temperaments, of which the cold and moist Weather is the most penetrating, and most apt to introduce a Shivering and Chillness, the outward Fibres contracting, and the Fluids retiring from (as in a warmer Air they flow towards) the Superficies.

But whether this be brought about by the Air's bearing on the Surface, or by an Act of the diviner Particle, the *Anima Humana* within, contracting the Fibres of the Surface, and summoning the Fluids thence, from a Principle of Self-preservation.

Of the W I N D S.

The violent Commotions of the Air, and various Winds, have likewise different Effects, from their Velocities, and sundry Qualities, and the salubrious or the hurtful Steams with which they are impregnated and fraught, which must proportionably differ greatly, as it passes over a healthy or unhealthy Country, over a large Continent or from off the Seas.

OF FOOD and DRINKING.

By *Meat* and *Drink* the Waste of the Solids and Fluids is repaired, and its Parts frequently increased: These therefore ought to abound with Ingredients suitable to the Mixtures of the Body, which are chiefly mucilaginous, fat, earthy Substances, common with Animals and Vegetables.

Custom and Necessity have already (in the Main) determined what Sorts and Parts of these may serve for Meat and Drink, and it is the Physician's Province to advise which of all and either of them is most conducive to Health, which must differ at different Times, as when they are designed to restore *lost*, or preserve *present* Health.

That Vegetables afford sufficient Nourishment Millions of Men, living only upon Bread and Water, testify; as also the Strength and Vivacity of other Animals, from which we differ not in this Regard: And perhaps from some of these it is that we have learned to dress our Corn, and render it more fit for Use, by fermenting it, as they do theirs in their Crops, e'er they admit it to descend into their Stomachs.

Corn and Pulse are most in Use; of these Rye and Wheat are best for *Bread*; Barley and Oats for *boiling*, as also Rice, Millet, &c.

The Pulse Kind are more hard and juiceless. Herbs, Roots, and some Fruits abound with Phlegm and Earth, and of Course are apt to communicate a somewhat disagreeable Ferment and Sharpness to the Blood, and are therefore not fit for Food and medicinal Use till after they have been gathered awhile, and laid sweating in a Heap, especially Apples, which should be first baked in Tarts, &c. before they are used as Food.

That the Flesh of Animals affords wholesome Food is plain by Experience, and the Structure of the human Stomach, which is very similar to that of *carniverous* Birds and Beasts, the Texture of whose Stomachs differs much from those adapted to digest Grain, Grass, &c.

The *Tartars*, *Samoids*, and their very Children, shew, that even *Carriion* and *raw Meat* will yield good Nourishment. *Nature* itself points out Milk as the simplest and most early, though not indeed the only Food, for otherwise the Use of Teeth were quite superfluous, and it would seem as strange, that many Animals, as soon as they are furnished with but an imperfect Set, seek out a stronger Diet; at best Milk affords but a spongy Kind of Flesh.

It is wonderful to see how these young Animals select that Kind of Food peculiar to their Species.

AN AVERSION to FLESH.

The Aversion sick People discover to all Flesh Meat is a convincing Proof that Men may live without it, considering how sensible they are of it, and how slow the Appetite for Meat returns, which is far otherwise with Bread, &c. a Loathing whereof *AVICEN* reckons a very bad Prognostic.

The Aversion which sick People have to Flesh Meat seems very providentially designed, because it would certainly be very prejudicial, in as much as there is no Doubt but that the Chyle, formed of Flesh, has a greater Tendency to Putrefaction than that formed of Vegetables, which, by their mild Acidity, or subacid Quality, prevent it, and in the Main prove better Food than that which abounds with saline sulphureous Particles, and (as some Flesh and Vegetables do) hastens on deadly Putrefactions, whereas saline Acidities are much more easily secreted or absorbed by testaceous Medicines; whence it appears sweet Things are not so prejudicial as some imagine, nor even sourish and tart ones, such as Lemons, sharp Vinegar, Pepper, Aromatics, or sweetish oily Seeds, as Anise, Fennel, Juniper, &c. which produce Acidities and Fermentation, and are absolutely proper in seasoning Melons, Cabbage, Cucumbers, &c. to render the same wholesome.

OF SIMPLE DRINK.

The simpler Drink, as well as Meat, is the better, not excepting even pure light Water, which (that it may not slip too hastily through

through the Body by Secretion and Excretion) is qualified with more or less of nourishing and solid Particles infused therein, chiefly fermented or fermenting, called either Beer or Wine, &c. which are somewhat more suitable to the Mixtures of the Body; fermented Liquors are mostly heady, and when made with rawish or musty Hops, or too large a Quantity of Oats, prove intoxicating; as also some Wines of *Hungary*, *Germany*, and *France*, abounding with Chalk, either from the Nature of the Soil, or the vile Adulteration of Vintners. To drink any Thing too hot is pernicious; nor is it right to use one's self to any Sort of Food, or to be too timorous or scrupulous as to the Quality or Quantity, or Time of eating. Moderation is the best Rule to be observed. Eating too much is more prejudicial than too much Drinking.

The ill Consequences of overcharging the Stomach are many, and very pernicious, but those of too great Abstinence more desperate, according to HIPPOCRATES, *Aph. Lib. 1. 5. In tenni Victu. ægri Delinquant*, &c. In the first Case the Stomach is too much extended, its Orifices closed, its Vessels compressed, and its chief Functions impeded; whence Shortness of Breath, Heart-burnings, Giddiness, Reachings, &c.

In the *Second*, the Solids are destroyed, the Fluids dissipated and thickened, the Salts sharpened, &c. whence stinking Breath, corrupt Saliva, Loathings, fainting Fits, extreme Appetite, and want of it. Gripings, Bile, Watchings, Epilepsies, raging Fevers, (which may be called Fevers of Inanition) and a Train of other Distempers. There are arising from Quality Acrimonies of *four* Kinds.

First, Saline Acrimonies, which are either, 1st, Muriatic or Briny, causing Thirst, Hoarseness, Rigidity, sharp Serum, Colliquations, grievous Pains, and the Scurvy. 2d. Simple Acids, joined with Harshness, apt to astringe and coagulate, as is in unripe Fruit, creating cutting Pains, Heart-burnings, Agues, Scurvies. 3d. Keen Acids, as in Vinegar, productive of the same Evils as the last, and of the Gout and Rheumatism, if used in too great a Quantity.

Secondly,

Secondly, Aromatic Acrimonies, made up of saline oily Sharpnesses, causing Dryness, Burnings, quick Circulations, Wastings, Contractions, Fevers, &c.

Thirdly, Spirituous Acrimonies, fermented and distilled, as strong Wine, Beer, Brandy, &c. apt to dry and contract the Fibres, strongly to coagulate the Humors, readily elevating, and as soon deadening the Spirits, as Oil does the Fire, necessitating Cravings after more and stronger, and begetting Vapours, Tumors, Consumptions, Fevers, Paleness, Dropsies, &c.

Fourthly, Fermenting and penetrating Acrimonies; as, 1st. New Wine, Cider, and other Drink, stopt up before it has done working, causing Winds, Cholics, Loosenesses of all Kinds, Vomitings, &c. Viscidities abounding in our Nourishment, prepared of Flour unleavened, and of such Parts of Animals as most abound with Jelly, as also Curds and Cheese, tough, hard, &c. which load the Stomach with raw Crudities, obstruct the Intestines, beget thick viscid Blood, and by obstructing the Glands cause Paleness, Chillness, Slothfulness, &c. All great Coolers have the same Effect, especially on those that use but little Exercise. 3^d. Oily Food, taken to Excess, too much relaxes the Solids, obstructs the smaller Vessels, keeps out the aqueous Fluids, and depraves the Mixture of all the Humors, exciting sharp and burning ones, with Belching, Bile, an excessive Thirst, Obstructions, Indigestions, Inflammations, &c.

Of R E S T and M O T I O N.

Motion and Rest must alternately relieve each other for the Support of Health. The Apostle's Injunction, *That he who will not work neither shall he eat*, is what Nature also teaches us to observe, at least in Reference to plentiful Meals, and good substantial Food. Moderate Exercise furthers an equal Distribution of the Fluids, and the straining and refining of them for their several Uses, together with Improvements of the whole in all their Functions, which Sloth destroys. Voluntary Motions ought to imitate Nature's wise Economy, which conducts every Thing smooth and gently, with great Tranquillity and Moderation. Violent, unequal and excessive Motion
heats

heats the Blood too fast. The just Proportion of it must be suited to the Strength and Temperament of the Body, for the Slender, the Light and Active, better bear it than others of a fat and tender Constitution, to whom it is in like Manner necessary, but to be used with greater Circumspection. Passive Exercise is to be preferred to strong active Exercise in most Constitutions.

The Continuance of Exercise to some Degree of Lassitude and Weariness is of great Importance, the Want of which will frustrate its Design, by not affecting equally the whole Body.

Among the various Kinds of exercising the Body there are Walking, Climbing, Pushing, Wrestling, Running, Cleaving, Sawing, Ringing, striking the Ball, Bowling, Tennis, Cricket, Riding, &c. which last I particularly recommend to all consumptive Persons.

The sober Use of *Motus* and *Potus*, for stirring and thinning of the Blood, contributes much to the preserving and restoring Health. Excessive muscular Motion wears the Solids, sublimates and dissipates the thinner, thickens the grosser Fluids, and wastes the Marrow; whence proceeds Inflammations, Fevers, Bleedings, Gangrenes, &c. especially when there is an ill Mixture of Humors, and Decay in any Part before-hand.

Rest ought gradually to succeed to Motion, so that a slower Motion must follow on a quicker, lest a sudden Change from Motion to Rest should occasion an unequal Distribution, and in Consequence Shiverings, Pains in the Limbs, and Settling in the Fluids; and no Person should sit down to a plentiful Meal immediately after hard Exercise, or go to Bed upon a full Stomach, though a small Morsel may be proper.

Too much Rest, and the Want of exercising the Muscles of any Part, or the whole Body, unfits them for Use, and induces a Sluggishness all over, together with a Load of humorous Fat and Marrow, Drowsiness and Colds:

OF WATCHING.

Watching employs our Senses and thinking Faculties, as Motion does the other Members, so that Sleep is to those the same as Rest is to these, equally necessary, and to be proportioned with great Care and Moderation. Great Fears, Sorrows, and Solitudes, disturb and prevent Sleep, so does Eating just before Bed-time; but when the Mind is easy and secure, listless and indifferent, void of attentive Thoughts, and tired with, or disrelishes its Objects, it invites to Sleep, which seems to be a Cessation of that Alacrity of Mind, in thinking and perceiving, which is usually called *Pervigilia*, i. e. Vigilance or Watching. This is observed in Persons who sleep at Church, when they don't like the Sermon, or the Parson.

Wherefore as the Sluggish and Heedless are always drowsy the Lively and Ingenious are so too (though from different Causes), and cannot well refrain from Sleep, when the Matter and Object do not suit their Inclinations. To fall asleep and awake again at one set Time depends on Custom, and a vigorous Resolution: Different Ages and Complexions must measure the Allowances of either: For of Youth the Phlegmatic and Sanguine require more Sleep than others of a different Constitution, as likewise do the Melancholy, and the Bilious, of those who are well stricken and advanced in Years.

OF DRUNKENNESS.

Drunkenness and sleepy Portions do not answer all the Ends of natural Rest, seeing they relieve not, but rather divert and employ another Way the Activity of the Mind: Whence that Weariness after such Kind of Sleep is not of the moving Fibres of the Members (to which there is indeed a Sort of Relaxation), yet in the thinking Faculties? because in them there is not that Cessation from Cares as there should be, as may be fairly gathered and inferred from those various Dreams, and those strong lively visions attending such a Sleep.

Watching is toilsome, and fatigues, whilst Sleep recruits the animal Fabric, in which, by natural Order, there must be Successions of each to each.

That

That Sleep, and the Chilliness we feel resulting from it, on a full Stomach, clearly shew, that the Mind is too much taken up with the Work of Digestion to determine the animal Spirits to the Organs of Motion; which is in a far greater Degree the Case likewise in Epilepsies and Distractions, swooning Fits, Tetanus's and Catalepsis, and an entire Insensibility in Fevers, &c. when the Mind is in too great a Hurry for determining the Spirits to the Externals in any Shape, or in due Order, she being at such Times very intent upon removing immediately some dangerous Affliction or Disorder in the *Vitals*.

Too much Watching preys upon the Spirits and the Solids, especially the Brain; increases sharp Humors, Bile, Sadness, Fevers, and Deliriums. Too much Sleep (wasting the Volatile, and gradually of Course thickening the other Fluids) loads the Brain and Head, and stupifies the Senses, with that Train of Mischiefs which attend, and is most hurtful to those who are inclinable to too much Rest.

OF EXCRETION.

Excretion is that Separation of an animal Substance which rejects somewhat out of the Body as of no farther Use; for seeing our Bodies stand in Need of continual fresh Supplies, and those Solids and Fluids, which are taken in for that Purpose, contain many Parts unfit for Nourishment, so they would prove noxious to it if retained, and not removed in Time by Excretion: On the contrary, from admitting these Excretions to exceed their Bounds many pernicious Consequences may ensue, *viz.*

An excessive Excretion of the Saliva by Spitting hinders Digestion, causes Thirst, Choler and Wasting; but a defective Excretion of it, or rather Secretion in the salivary Glands, impedes the tasting, chewing, swallowing, and digesting our Food.

Too great a Discharge of the *Gall* injures the *Chyle*, Concoction, and the Separation of the *Fæces* begets Acidities, Chillness, Debility, and Swoonings; but if obstructed it brings on the Yellow Jaundice

If the Pancreatic Lymph flows too much it has the same dire Effects as the Saliva, and over and besides occasions Loosenesses, with their Attendants, Heëtic Fevers, &c. but if it flows too sparingly it causes hard Swellings, and Stoppages in the Bowels, Costiveness, Gripes, Twisting of the Guts, Fevers, &c.

Too much Loss of Blood destroys the Spirits, and increase Crudities, with their sad Consequences. The Want of the usual Evacuations of the Blood (such as the *Menses* in Women, a Nasal or Hæmorrhoidal Flux in Men, which never suddenly stop without Danger) produces Inflammations, Fevers, and innumerable other Distempers, not to mention various other Maladies, which are also created by too great an Excretion of Urine, as the *Diabetes*, or too copious a Perspiration, as the Sweating Sickness, or the Want of either, for in Persons liable to moist Feet or Hands if the Sweating suddenly stops Illness follows.

Besides these, which are often the Occasions, or external Causes, of Distempers, there are some other Causes or Occasions of them, not outward but internal, and these are the three following :

OF P L E T H O R A.

A *Plethora*, when the Vessels are replete with Humors more than are agreeable to a natural State of Health ; and this arises either from a Diminution of some natural Evacuations, or from Debauch, and feeding higher, or taking more in Quantity than the ordinary Powers of the *Viscera* can digest and secern. Evacuation and Exercise are its Remedies. *Contraria Contrariis medentur.* HIP.

OF I L L H U M O R S.

A *Cacochymy*, when the Constitution abounds with vitiated Juices, or some ill Humors in the Blood, either ulcerous, bilious, pituitous, melancholic, acid, salt, sharp, saline or sulphureous, scorbutic or scrophulous,

MATTERS HETEROGENEOUS.

Heterogeneous Matters, when any Thing of disproportionate or different Sortment is mixed with the Blood and Spirits, or lodged in the Intestines, as in Fevers (pestilential ones especially), Swimmings in the Head, explosive Motions, Twitchings, and the Apoplexy; as also the Eggs of Insects taken in by the Air, or drink, lodging and breeding Worms within the human Body.

An Author of the Royal Society of Medicine at *Paris* says, Nervous Diseases are much more frequent now than they were formerly. Our Manner of living, the Luxury that prevails in large Cities, and extends to Persons of every Class, the immoderate Use of Tea, Coffee, Wine, and spirituous Liquors, all concur in disposing us to Complaints of this Sort. The small Number of nervous Disorders that existed in ancient times is, doubtless, one of the Reasons why the earlier medical Writers have left us but little on the Subject; for, excepting Palsy and Spasm, there were no Affections which they considered as nervous; and yet in perusing their Observations we may easily distinguish Cases to which indeed they have given no Appellation, but which evidently appear to have been what would now-a-Days be considered as Disorders of the Nerves. Another reason likewise why the ancient Physicians omitted to ascertain the true Cause of these Diseases, is the difficulty with which they are distinguished. A long Series of Observations was necessary for this Purpose, and a more perfect Knowledge of Physiology than the Ancients could possibly possess. The celebrated *Sydenham* is almost universally considered as the first medical Writer who clearly ascertained the Variety of Symptoms occasioned by Diseases of this Class, and who remarked at the same Time, that all their Symptoms depend upon too much or too little nervous Energy: And *Tissot* observes, that *Sydenham* was not the first who referred Hysterical Affections to the Nerves, this Discovery having been made thirty Years before his Time, by *Charles Piso*, a Physician of *Lorraine*, in a Work which abounds with the physiological Errors of the preceeding Ages; was published in 1618, ten Years before the Appearance of *Harvey's*

great Work, which made so thorough a Change in physiological Reasoning.

And we are to remark, that after the Time of *Sydenham* and *Willis*, both of whom made many valuable Observations on Affections of the Nerves, this class of Diseases was so far from being improved, that succeeding Writers returned to the whole and erroneous Doctrines, seemingly through Ignorance of what had been done by their Predecessors; so that in 1750 the Works of *Hoffman* and *Cheyne* were supposed to be the only valuable Writings on the Nerves; and indeed there you cannot find more than in the Writings of the before-mentioned Authors.

The proximate Cause which disturbs the Function of the Nerves are, a Disease of their Coverings, Affections of the Parts surrounding them, morbid Irritability, and an Affection of the Sensorium.

Nervous Diseases are to be mostly dreaded in moist rainy Seasons, during a deal of Heat; warm southerly Winds which moisten and relax at the same Time; and the Use of fine Indian Teas, and tepid Liquors, in nervous Disorders, should be avoided.

The CHEMICAL MEDICINE for NERVOUS and
INSANE PATIENTS, called FOTHERGEL'S UNIVER-
SAL NERVOUS CORDIAL DROPS.

THIS Aromatic Balam of the Tree of Life (Food and Phyc) is of such a subtile Quality, that its intrinsic Virtues diffuse themselves, or penetrate and pass through the most curious or minutest Pores of the animal Frame, exciting Sensation with the most agreeable Feelings, by Taste, Smell, Sight, and Hearing, to the Promotion of all which it contributes greatly: As to Food, it strengthens all the Viscera; its ætherial Parts, when rarified by natural Heat, joining the Juices in the various Vessels composing the animal Machine, nourishing, rectifying, and repairing them, whilst its grosser Particles become a new mucilaginous Lining or Coat to the Stomach, and all the digestive Bowels, when by Decay of Nature
they

they are in a State of Excoriation, or injured through Excess of Living, contrary to the wholesome Laws of Economy; and particularly for Scorbutic Habits, and for removing Lowness and Depression of the Spirits, the most alarming Diseases of the Head and Stomach, Palpitation of the Heart, horrid Thoughts, Insanity, vain Fears, frightful Dreams, Loss of Memory, Fits, Relaxations from Miscarriages or difficult Labours, debilitated Habits from a long Continuance in hot Climates, Palsies, dorsal Consumptions, and Weaknesses incident to both Sexes; and will comfort the Aged and Infirm. This grand Analeptic and Antispasmodic Arbitrary Remedy, in many Hundred Patients, never failed in any single Instance for Eighteen Years past, and is now recommended as a Specific by Numbers of the most learned Physicians, in Preference to all other publick Medicines whatever.

Proper DIRECTIONS how to make Use of FOTHERGEL'S
most wonderful Remedy for NERVOUS DISORDERS, viz.

For Tremblings, Fear, Palpitations of the Heart, Lowness and depressed Spirits.

In about a Quarter of a Pint of cold Water mix one Tea-spoonful of the Medicine, and take it Four Times every Day, without intermission, for at least Forty Days, or till recovered; and go into a Cold Bath every Morning, if the Time or Season of the Year will permit.

For violent Swimming and direful Complaints of the Head and Stomach, Gout and Rheumatism.

Take the Medicine exactly as before described, only mixing it in strong *Valerian Tea* instead of water, to which must be added, to every Dose of the Medicine, one Table-spoonful of *Huxham's Tincture of the Bark*, which may be had Genuine, in Pint or half Pint Bottles, at Mr. STABLE'S, Chemist and Apothecary, No. 27, near Gray's-Inn-Gate, Holborn.

I N S A N I T Y.

The Nervous Drops in such violent and distressed Diseases of the Head should be taken TWO TEA-SPOONSFUL at each Time, in a Glass of cold Water, with the Tincture of the Bark as before directed; and the Patient should soak his Feet about ten Minutes in warm Water and Salt every Evening, at Bed Time. Two Pounds of Salt to two Gallons of warm Water. To be warmed over again every Night.

✍ The general Times for taking the Medicine should be about Seven o'Clock in the Morning, at Eleven Forenoon, and the last Thing going into Bed.

INSANE PATIENTS, instead of Blisters upon the Head, had better have one only upon the Pit or fleshy Part of their Stomach, and keep it open a Month or two, besides an Issue in each Arm, three Pease at least, that a very large Drain may be had, which should be continued, with the Medicine, till cured, or at least relieved.

F O R F I T S.

Take one Tea-spoonful of the Medicine Four Times every Day, in half a Pint of the Decoction of the Piony Leaves or Roots. Two Ounces in two Quarts of Water, boiled to one Quart and strained, to which add, to every Dose, a Grain of the *Flowers* of Zinc, till the Patient can take two or three Grains mixt in every Dose, or more or less, just as it sets on the Stomach: For Instance, the more of the *Flowers* of Zinc the Stomach will bear, so as not to cause a vomiting, the sooner the Disorder may be expected to come to a Crisis.

These Directions are for adult Persons, those for Children must be written by Dr. FREEMAN, after receiving the State of their Disorder, and their Age, from their Friends or Relations.

The very illiberal Behaviour of a certain Quack Apothecary or two, in many Families, against the Use of this most effectual Remedy, need not be wondered at, because their special Ignorance in Medicine

is at this Time pretty well known and discovered, by the most ignorant and poorest Person throughout the Kingdom. These are Quacks by Profession; and if all Mankind knew their pretensions towards administering Medicine, (without it be first prescribed by a Physician) they would spurn at their very insolent Assurance; and yet those uncouth creatures assume the Character of Doctor, and answer to that Name as *any Puppy would to the Name of Captain without a Commission*; and though they wish to censure this *blessed Cordial*, yet at the same Time they purchase it and make it into Draughts for their deluded Patients.

Dr. FREEMAN earnestly recommends his FOTHERGEL'S CHEMICAL UNIVERSAL NERVOUS CORDIAL DROPS, to the *Friends of Persons apparently at the Point of Death*, and to every Individual who labours under any Kind of nervous Indisposition which has resisted the ordinary Remedies. To such, in whatever Station of, he addresses this Letter; but more especially to the charitably-disposed Christian, to the affectionate Parent, the dutiful Child, the fond Companion, and the tender the anxious Friend.

Hippocrates, Galen, Celsus, Sir Isaac Newton, Van Helmont, Paracelsus, Descartes, Sydenham, Boyle, Boerhaave, and many others of the greatest Philosophers and Physicians, ancient and modern, that ever blessed and enlightened the World, *prophefied*, and in all their Writings *insisted upon it*, that whenever the Practice of Physic arrived to a high Degree of Perfection, or Medicines were discovered which would effectually eradicate Diseases, inducing Health and Peace in the Body and Mind, alleviating the Pressures of Age, and lengthening human Life to the longest possible Period, it would be done by attending to the simple yet divine Voice of Nature, and by the united Influences of the great primary Principles, or natural Agents, which I so happily employ for those most important Purposes. Animated by the concurring Opinions of those great Men,--stimulated by the Prospects which were opened to my View by those bright Luminaries of Science!--shocked, too, at the very transcient, rapid, and painful Progress of Man through this World;--and moreover, almost mad

at

at the trifling Absurdities of the ordinary Practice in this useful but dangerous Art--and at the too feeble--or too harsh Effect of most Medicines as commonly used,--I was compelled with a certain, as it were divine or supernatural Energy or Impulse, to search for wider and more rational Paths, and more effectual Means for the Prevention and Cure of Diseases; how far I have succeeded those who are acquainted with my Medicines and Practice, or who even have read my late Publications, will be able to judge.---I will only say, that according to my Abilities, and agreeable to the Ideas and Directions of those great Men, I have studied and endeavoured to unite every Affinity that there is between the Elements and Man; and in short between Man and every Thing in the great System of the Universe, however remotely, however invisibly connected with his Frame. But as the *perfecting* all this vast and most comprehensive System requires a Degree of Intelligence far--very far superior to what I can pretend to, I trust that God will raise up a Succession of Men who will carry on and perfect what I have so happily begun.

In order to repel the Pretensions of the Ignorant Druggist, the pitiful Apothecary, the murdering Quack, and the needy Tradesman, from encroaching upon the Pockets of the Public, by selling their spurious and poisonous Remedies, under Sanction and Title of FOTHERGEL'S or FOTHERGILL'S UNIVERSAL NERVOUS CORDIAL DROPS, Dr. FREEMAN begs Leave to inform the Afflicted, and Public in general, that no Man in the known World can prepare this Nervous Remedy, himself excepted: And he further DECLARES UPON OATH, BEFORE THE LORD MAYOR OF LONDON, that he never shewed the Prescription, or even informed any Man whatever, of any the least Preparation thereof.

Therefore as Dr. FREEMAN warns the Afflicted against the Frauds and Villainies of such wretched Creatures above described, he hopes all Persons who want the Medicine will take this notice, and send immediately to him for it, at his House, *Hatton-Garden, London*; or if in the West of England to his Country House, *Hinton St. George, Somerset*, where they may be sure to have it perfectly Genuine, with an Allowance for Exportation.

On his MAJESTY'S INDISPOSITION.

To the Right Hon. Mr. PITT.

S I R,

SOMETHING dictates to me that it is my Duty to lay the following Proposition before your Honor, not for the Sake of Honors nor Riches, but intentionally for the Good of our Most Gracious Sovereign, the Lord the King, as well for the Peace of Mind of the best of Queens, his Royal Consort, and the Nation at large.

I have had a very extensive Practice in NERVOUS Diseases for Twenty Years past, and imagine the Medicine sent by Mr. Holdsworth, the Bearer, and the annexed Prescriptions, if faithfully administered, together with a perpetual Blister upon the fleshy Part of the Stomach, and an Issue in each Arm, or between the Shoulders three Pease at least to each Incision, to form a large Drain, and be continued three or four Months, will, with the Blessing of God, throw down the present Disorder to the Extremities of his Majesty's Feet, or give him that Relief he requires, which is the fervent Prayer of one of his most dutiful and faithful Subjects, and

*Your Honor's**Most obedient**Humble Servant,*

(Copy)

S. FREEMAN.

HATTON-GARDEN,

Jan. 13, 1789.

P R E S C R I P T I O N S.

℞ *Pulv. Nard. Indic.* ʒij.*Affafætid.**Ens Vener. an.* ʒj.*Ol. Succin. rect. gutt.* xv.*Bals. Peruvian q. s. ft. Mass.**Ft. Pilul. medioc.**Capiat* iv. *ter in Die, cum Gutt. Nerv. Nostr. (Fothergel. Dict.)**Cochl. j. min. (Theæ) in aq. Font. dulc. ʒiij.*

D

When

When the Body is not soluble.

R. Tinct. Melampodii. ℥ss.

Syr. Rosar. Solut. ℥ij.

Aq. Font. ℥iss.

M. f. Haust.

These very kind and candid Prescriptions prove without any the least Dispute that it would have been sound and warrantable Practice to have put them into Force, for ever since Nature having discharged itself from an Abscess which was formed upon his Majesty's neck he has been relieved daily. This is a certain Criterion of Dr. Freeman's superior Knowledge in his Majesty's Indisposition; and that if the King had been happy enough to have had COPIOUS DRAINS from his Arms, or from between his Shoulders, by large Issues, perhaps by this Time he might have been able to have taken the Reins of Government, which pray God send that Day may be near at hand. This ANTICIPATION of curing his Majesty it is hoped will, in some Measure, account for the Doctor's Skill in such tremendous Diseases: And he desires to inform all Practitioners in such Disorders of the Head, that he constantly makes it a Rule to form a LARGE DISCHARGE of IMPURE SERUM, which immediately lowers the febrile Heat, and the BLOOD then has its REGULAR CIRCULATION, without which the febrile Heat increase a most vehement Circulation of the Blood, then to be sure, when the Patient is drove mad, STRAIT WAISTCOATS will be wanting, or some such unfriendly or inhuman Usage.

Query—Would it not be proper to place Issues between the Shoulders, or in each Arm, after the Abscess in his Majesty's Neck has stopped discharging its Contents?

The Cause of his Majesty's Disease I rather imagine to be from Excess of Exercise, and abstemious living, which if a Medium of both be in future made Use of it is possible the Disorder may be entirely removed, so as not to return again. Change of Air, gentle Exercise, and moderate good living, should be made Use of, and persevered in; vivid Company, and besides all that, in order to divert the Imagination,

tion, MUSIC * should be allowed, particularly such Tunes as the King is fond of.

I have very often found many of my insane Patients much relieved by ordering Camphor, and Antimonial Wine, to be used as under.

℞ *Con. Cynosh.* ʒj.

Camph. gr. xv.

Vin. Antimon. gutt. xij.

M. f. Bol. S. A.

This Bolus may be administered with the Nervous Drops Four Times every Day, at the Period of four Hours between each Dose.

This is a most excellent Mode for his Majesty's present Malady, if large Drains are kept on.

Mercury in those Cases, if allowed to be used at all, should be given only once a Day, and that simply—*Argent. Viv. puriff.*

The Power of my UNIVERSAL NERVOUS CORDIAL may be known by the following Cases:

The Atonic Gout—Mr. Buckland, of No. 42, Oxford-street, was severely afflicted with the Gout in his Head and Stomach, and after exhausting a deal of Money with his Physicians was cured by this most wonderful Remedy, Fothergel's Universal Nervous Cordial Drops.

Fits—Miss Roberts, of Davis-street, Berkley-square, was violently afflicted with Fits that held her from twelve to fourteen Hours together; was perfectly cured in a few Months. She was recommended to Dr. Freeman by Mrs. Percival, of Oxford-street.

* Music the fiercest Grief can charm,
And Fate's severest Rage disarm;
Music can soften Pain to ease,
And make Despair and Madness please;
All joys on Earth it can improve,
And antedate the Bliss above.

POPE,

Faintness, Dread, Fear, and Lowness of Spirits——Mrs. Percival, near the Green Man and Still, Oxford-street, was thus afflicted; and after paying Fifty Guineas to old Dr. Pitcairn, and Seventy-five Guineas to another Physician, was cured in a short Time by this most Grand Analeptic Antispasmodic Arbitrary Remedy.

Consumption, after the Small-Pox——A little Boy, three years old, of Mr. Merrick's, of Swallow-street, effectually cured of a Consumption, after all his Friends expected the Child to die every Hour, his Body and Limbs having been wasted away to a mere Skeleton.

Dropfy and Scurvy,——A Friend of Mr. Merrick's, cured of the Dropfy and Scurvy, by a few Bottles of the Nervous Drops, which he recommended.

Lowness of Spirits, Wind, Dread, Fear, &c.——A Gentleman near Newbery, in Berkshire, was cured of the most alarming Nervous Disease, after the Faculty had tried every Thing in vain. The Medicine was sent for the afflicted Gentleman to one of the Lords of the Admiralty, who paid for it, and forwarded it to him in Berkshire.

Jaundice and Dropfy.——Mrs. Williamson, of the City of York, effectually cured by the Use of six large Bottles.

Insanity.——Mr. Morison, after being turned out of Aberdeen Infirmary, came to London, and upon Application to Dr. Freeman was cured in a short Time. (See his Case at length.)

Horrid Dreams and violent Disorder of the Head——Mr. Knox of Liverpool, having been thus afflicted for some Years was radically cured with a few Bottles of Fothergel's Nervous Drops. (See his Case at large.)

Nervous Case——Mr. John Taylor, Master of his Majesty's Ship of War Magnificent, was restored, after his blundering Apothecaries had advised him not to take the Medicine. (See his Case at large.)

Vomiting

Vomiting of Blood, and Dropsy—Mr. Pennorth, of Westminster, was all but expiring, and was cured by a few Bottles of this most wonderful Panacea.

Fainting Fits—A Lady of Norwich has been cured, by taking three Guinea Bottles, after having applied to many of the Faculty in London, at a very heavy Expence, to no purpose.

Violent Palpitation of the Heart—A young Gentlemen, a Captain of his Majesty's Foot Guards, was effectually cured with Fothergel's Universal Nervous Drops, after the King's Physicians told him he had a POLYPUS formed in his Heart, and that he was incurable; that they would not be in so dangerous a Way for Millions of Money.

Melancholy—A young Man, a Plumber, in Kent, after entirely despairing of any the least Relief from the Faculty, was cured by six Guinea Bottles of this most effectual Remedy.

Some more very extraordinary Cases at length.

To Dr. FREEMAN, *Hatton-Garden, London.*

THE very great Difficulty in curing Nervous Complaints are too evident to be disputed, by so many being disappointed of Relief by the most eminent Physicians: And as I have experienced a most wonderful Cure by your FOTHERGEL'S NERVOUS DROPS, I beg Leave to mention it thus publickly. I was Dropsical, vomited Blood from my Stomach in great Quantities, terribly disturbed in my Head, frightened at any Thing, Palpitation at the Heart, dejected Spirits, Loss of Memory, violent breakings out on my Arms and Body, and could get no Rest Night nor Day. In this Condition I was left by the most eminent Physicians, expecting every Moment would be my last, till my Wife sent for your invaluable Medicine, a few Bottles of which perfected a Cure two Years ago, without any Return of the Disease, to the Surprise of all my Acquaintance. By publishing this most extraordinary Cure it may prove beneficial to unfortunate nervous Patients, and it will be esteemed a Favor conferred on,

S I R,

Millbank-Street,

Feb. 1789.

Your obliged Servant,

E. PENNORTH.

The following very extraordinary Cure is inserted as another Proof of its great Value to the Afflicted, were the Faculty have left them in Despair.

To Dr. FREEMAN, *Hatton-Garden, London.*

HOWEVER pompous some envious Men of the Faculty may make themselves, yet those whom I have employed need not be so, for after they had done their utmost, could by no Means give me Relief in my nervous Disease. I was intolerably emaciated, had violent gouty Spasms in my Stomach and Head, Palpitations of the Heart, most horrid and dreadful Dreams. In this Situation my Doctors attended me more than eighteen Months, but were foiled in all and every Effort they made Use of to relieve me. To two of these most able Practitioners I said, that your Fothergel's Nervous Cordial Drops were much talked of, by many respectable People, and as they could do me no Service I wished to try them. "O! (say they) what a Nostrum, pr'ythee keep your Money in your Pocket." However I took to your most blessed Nostrum, which perfected a Cure in about two Months. I have since that recommended them to many others, who have received the same Benefit; and being well convinced of their Efficacy I now beg Leave to recommend them even to the Notice of Kings and Princes, and to all the Afflicted with nervous Complaints in general, and remain,

S I R, Your very grateful humble Servant,

March, 1788.

JOHN TAYLOR,

Late Master's Mate of his Majesty's Ship of War Magnificent.

Witness, Mr. John Wightman, London Punch House, Ludgate-hill:

To Dr. FREEMAN, *Hatten-Garden, London.*

MY Brother having been a Voyage to Africa, in a most low nervous State, and when he arrived in England he grew worse every Hour. In his Sleep he was terribly frightened with horrid Dreams and Startings, with a violent Disorder in his Head and Stomach. He then employed some of the most able and eminent of the Faculty, but they gave him over, and expected he would have made his Exit every Moment; but being recommended to your Grand Restorer, called FOTHERGEL'S NERVOUS DROPS, I bought a few Bottles,

bles, and he took them in a regular Manner for some Time, which made a perfect Cure. And as your most noble Remedy certainly saved his Life, for the Sake of Philanthropy I wish this Case may be made public,

No. 55, Bull-Street, Birmingham,
August, 13, 1788.

And I remain, Sir,
Your humble Servant,
J. KNOX.

Witness James Sketchley, Moor-street, Birmingham, Commissioner for taking special Bail in the several Courts of Law, for this and the adjacent Counties.

To Dr. FREEMAN, *Hatton Garden, London.*

AFTER numberless Applications to the most eminent Physicians in London, as well as in this City, for Relief, in a very severe nervous Complaint of my Head and Stomach, accompanied with Faintings and Lowness of Spirits, with a violent Palpitation of the Heart, was ordered to the Hot Wells, and to Bath, to drink the Waters for two Seasons, but to no Effect, till an Apothecary advised me to take your FOTHERGEL'S NERVOUS CORDIAL DROPS, a few Bottles of which cured me in about Eight Weeks. A Friend of my Acquaintance, now in Bristol, is in the very same low Way, who is going for Taunton next Week, I therefore beg you will be so obliging as to send me for her Use six Half-Guinea Bottles, by the Bearer, of your most valuable Nervous Drops, and you will confer another Obligation on,

(Copy)

SIR,

Your most obedient humble Servant,

St. Augustine's Back,
Bristol.

CATHERINE POWELL.

The following is the Case of a foreign Count who was all but raving Mad.

To Dr. FREEMAN, *Hatton-Garden, London.*

PLEASE to send me four more large Bottles of your NERVOUS CORDIAL DROPS, which I shall take with me to Paris, to make Use of in Case my Disorder should ever return upon me again.

I am at present entirely cured of that most cruel and alarming Disease of my Head, and the Palpitation of my Heart has never returned since I took the two first Bottles. I now sleep comfortably, and am high in Spirits; and thank God, and your superior Skill in my Nervous Case, have received a most surprising, and, I hope, lasting Relief, which no Person in Italy, Germany, nor France, could remove, nor even give me any Kind of Relief, till I came to England, and put myself under your Care. I shall keep the Issues running between my Shoulders during the Time you desired me, and am happy to thank you for such a speedy and very extraordinary Cure. God bless you,

Vale,

St. James's-street,
Jan. 24, 1789.

JEAN BAPTIST DE PONT.

A CASE of INSANITY.

To Dr. FREEMAN, *Hatton-Garden, London.*

I HAD been afflicted almost a Year and a Half with a most wonderful stubborn Nervous Disease, and was so intolerably and continually affected with violent Palpitations of my Heart, and my Mind exceedingly agitated at all Times, that I absolutely imagined I saw Spectres and Devils, both sleeping and waking. In this most dreadful and terrible Condition I languished many Months without Intermission. I applied to the most learned of the Faculty in different Parts of Scotland to no Effect; was discharged as incurable from Aberdeen Infirmary, all but raving mad. I then was sent to London for better Advice, and applied to the most eminent in Physic there to no Effect, till I was recommended to you, who ordered me a Course of your FOTHERGEL'S NERVOUS DROPS, together with a Blister to my Stomach, which soon perfected a most surprising Cure, and I have the Happiness to acknowledge it for the Benefit of Mankind in general, and remain,

SIR,

Glanbocket, Aberdeenshire,
March, 1788.

Your much obliged Servant,

(Copy)

ALEX. MORISON.

Witnesses, his Brother Kenneth Morison, and John Moulton,
No. 16, Castle-street, Leicester-Fields.