

The family medical guide : designed for the use of parents, nurses, and emigrants, those not within the reach of medical aid and all who value health containing in addition to a popular physiological treatise the symptoms, rational treatment and means for the prevention of disease with a view to the exposure of the dangerous tendencies of the present system of medical practice appended are valuable medical statistics / by Medicus.

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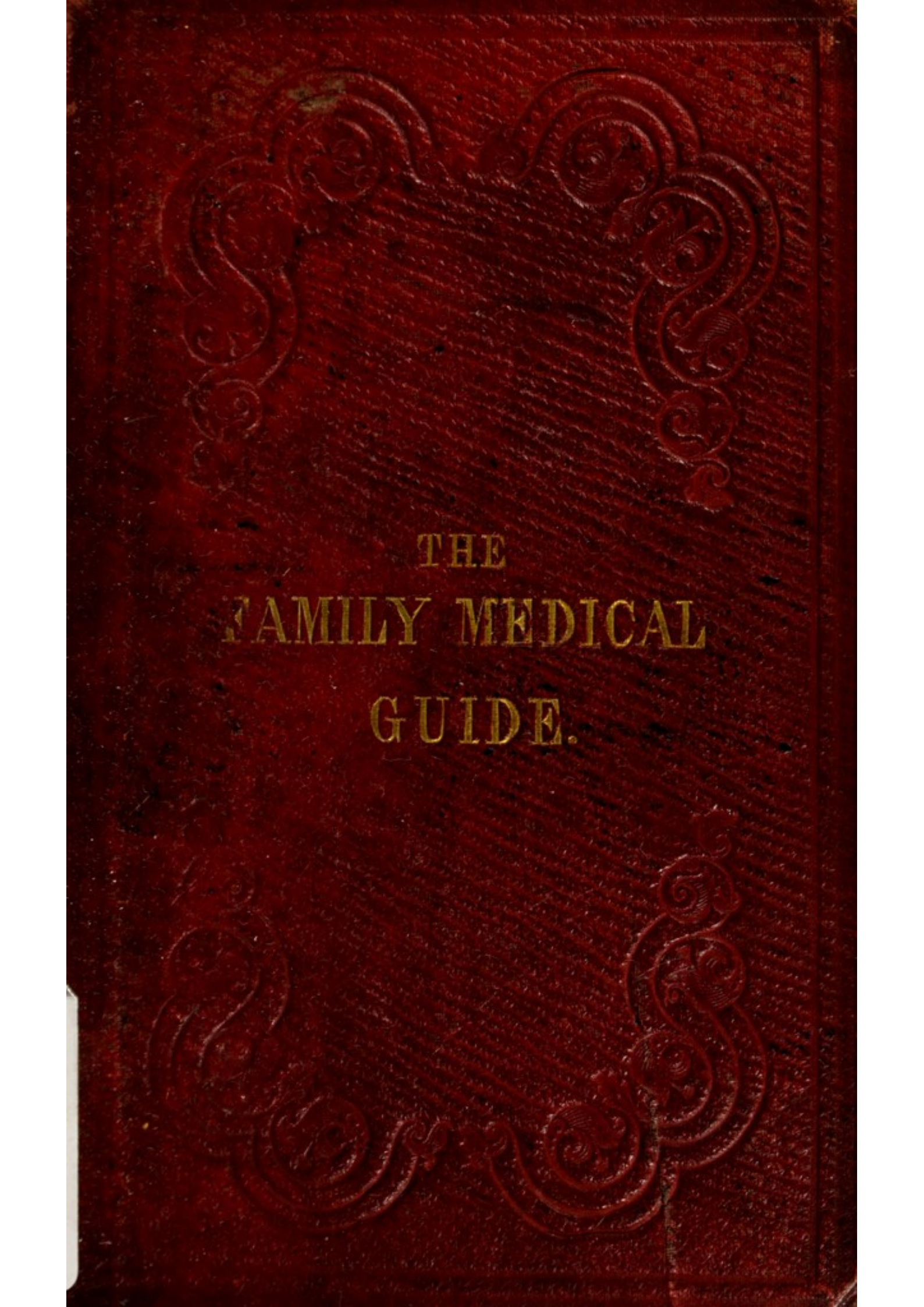
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THE
FAMILY MEDICAL
GUIDE.

30110

THE FAMILY MEDICAL GUIDE.
BY MEDICUS.

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"The high character of the Publishers of this work will be deemed sufficient guarantee of its respectability, and utter absence of anything approaching to quackery. It is evidently written by an intelligent medical practitioner. The arrangement is logical and neat, and the discussion brief and intelligible." *Glasgow Examiner*, Jan. 3, 1853

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Proprietor of "Measams Cream"

THE  
FAMILY MEDICAL GUIDE:

DESIGNED FOR THE USE OF  
PARENTS, NURSES, AND EMIGRANTS,  
THOSE NOT WITHIN THE REACH OF MEDICAL AID AND ALL  
WHO VALUE HEALTH; CONTAINING IN ADDITION TO  
A POPULAR PHYSIOLOGICAL TREATISE  
THE SYMPTOMS RATIONAL TREATMENT AND MEANS  
FOR THE  
PREVENTION OF DISEASE,

WITH A VIEW TO THE EXPOSURE OF THE DANGEROUS  
TENDENCIES OF THE

**Present System of Medical Practice,**

APPENDED ARE VALUABLE

MEDICAL STATISTICS.

BY MEDICUS,

“MAN, KNOW THYSELF.”

“PREVENTION IS BETTER THAN CURE.”

London:

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1853.

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## P R E F A C E .

I am well aware of the censure I shall incur from the "faculty," and others interested in upholding the present system of medical practice, in writing this treatise; but having seen, in the course of many years experience, the unbounded mischief produced by their unnatural system, I consider it a moral duty to expose, to the utmost of my abilities, their nefarious practices. I wish, for the sake of humanity, I could find a less harsh term to express myself, but *errors* I cannot call them, for hundreds of them know, as well as myself, it is wrong, but for the sake of their own and their families interest are compelled to adhere to the orthodox method.

I thank God I am free from such influences, and even were I not, would expose myself to any risk, rather than see hundreds of my fellow beings annually cut off in the prime of life (causing misery and want to thousands more),



than countenance such a base and absurd system

Often has my mind revolted, whilst in the exercise of my professional duties, at the pain and misery caused by the application of those three great scourges of humanity,—*Mercury, the Knife, and the Lancet*. I felt it was erroneous, and subsequent experience has verified it, and often have I resolved to use my utmost endeavours to free the world of their revolting uses.

Although the Practice of Medicine is my legitimate Profession, and for years my only means of subsistence, so disgusted am I with its principles, that until some purer system is established, never will I again enter its *pale*, but will endeavour to atone for the mischief I have inadvertently done.

In the course of this Treatise, I shall recommend a preparation (where experience justifies me in doing so), the component parts of which I am totally ignorant, but I consider it the only true philanthropy to recommend and use such articles that I know will alleviate suffering humanity, with the least amount



of inconvenience and pain, whether I am acquainted with their composition or not. Although I have discarded the *present* system of medical practice, I still pursue the study, for I consider it the highest glory of man to be able to relieve the sufferings of his fellow creatures.

Volume upon volume has been written upon these subjects, but the authors have all had some selfish intent in view, either recommending some specific, lauding some friend, or other matter of aggrandisement, but *my* only object in writing this is to benefit my fellow men, and to open their eyes to the dangers to which they are daily and hourly exposed.

Should this be the means of alleviating but one sufferer, or should it only be the means of inducing the public to look more to the cause than to the effect of disease, I shall consider myself amply rewarded.

From personal considerations I am induced to withhold my name, and subscribe myself

MEDICUS.

London, 1853.



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MEDICUS.

## INTRODUCTION.

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From time immemorial, the cure of disease has been the constant study of man; because anything that interferes with the ordinary and regular course of nature produces a corresponding degree of pain and misery to him; consequently, those who studied the alleviation of suffering humanity, and became skilled in the art, were looked upon with a degree of reverence and awe.

In ancient times, the study of medicine was pursued from feelings of philanthropy, combined with a certain degree of ambition; but as civilization advanced, and men's minds became narrowed and selfish, the finer feelings of our nature were usurped by the coarser ones of self interest and gain; the demon Mammon trod under foot true philosophy, and produced a prolongation of suffering, and engrafted upon the constitution ills that were previously unknown.



The ancient system was truly far preferable to the modern, for then was used only such things as bountiful nature provided; and ought it not to shock us, that nature has been so perverted, as to change useful, innocent substances into baneful and noxious poisons? It has often been (and justly) remarked, that the ancients were far more successful in the treatment of diseases than the moderns; the reason is plain—they looked for the *cause*, which they treated, but the moderns look at the *effect*, not the *cause*, consequently are less successful.

The treatment I shall recommend will be what I have found most beneficial, from experience. Where I know the principles of Allopathy to be right, I will recommend them; where Hydropathy, Homœopathy, or any of the many practices now in vogue, those I will recommend also.

I am no enthusiast, no sectarian, no empiric, but the truth of my statements I leave the world to verify.

It is from no personal motives I write this, for if every copy is sold at the nominal price it is published at, the remuneration would be



small; and as it is intended chiefly for gratuitous distribution, the profit will be still smaller, in fact no profit at all. All I wish is, to lay down a system of practice intelligible to the meanest capacity, that the public (and especially that portion who can least afford it), instead of flying, in case of every ache and pain, to a medical man (which generally ends in impoverishing the pocket and retarding the restoration to health), may have a resource in time of need, upon which they may rely, and which will, with God's blessing, be the means of restoring to health and happiness thousands of my fellow beings.

I have entirely omitted every thing that might be considered objectionable even by the most fastidious. I wish this work to be of that nature, that every family may have it, and every member be allowed to read it. I do not wish it to have that hole-and-corner perusal which numberless volumes, headed "Secret Sorrow," "Comfort for the Afflicted," &c., &c. have, and which are so disgusting to every right-feeling mind, that they cannot be introduced into a family without producing the



most demoralizing effects. I wish it a world-wide circulation, and pride myself the severest critic will not find in it the most remote cause for censure as to its morality, whatever may be its deficiency in other respects; and should I not have been sufficiently explicit in any part, although I withhold my name, any communication, addressed to me at the publishers, will be duly answered, without fee or reward. Here let me remark, that all the recipes given are from the highest authorities, and which I have had numberless opportunities of testing, and can vouch for their efficacy.

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THE  
ANATOMY OF THE HUMAN BODY.

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I consider it of the first importance to make my readers acquainted with the different functions of the body, and their uses, that they may more fully understand the nature of the different diseases, their causes and effects, and shall therefore enumerate the different parts of the human frame in plain language.

The origin of anatomy, like most other sciences, is lost in the darkness of ages. It is said that Apis, an Egyptian prince, favoured the study of anatomy, but that Acmeon, who lived some time before Hippocrates, was the first who made it a regular study; his knowledge, however, was very limited, for he contended that goats respired through their ears. Empedocles and Anaxagoras followed him, but of them we have no account. Democritus next appeared upon the stage; a retired life, and profound study of the various branches of natural science, obtained for him great celebrity; and his cotemporaries, astonished at his learning, supposed him mad; they consulted Hippocrates, but he, wise man, answered them, "he whom you believe to be mad is the wisest of you all." Aristotle also lived about this period; he was much occupied with the



study of *comparative* anatomy, but his investigations, which were chiefly directed to natural history, did not tend much to the advancement of *human* anatomy. It is to Diocles, who is believed to have been cotemporary with Plato, that is due the first notion of the art of dissecting animals, but his works are lost. To these men are due the praise of originating anatomy.

After them came Erasistratus and Herophylus, both great anatomists. They were both persecuted for having dissected human bodies. It is said that they carried their enthusiasm so far, as to dissect living men, but this is an error, attributable to the ignorance of the age in which they lived. Hippocrates lived about this time also (some say before); from his time to the time of Galen, nearly a space of seven hundred years, the science of anatomy was but little cultivated. Galen, physician to the Emperor Marcus Aurelius, gave a new impetus to the history of organized beings. He was very skilful in his experiments on animals, and chiefly used monkeys in his researches. After the death of Galen, a dark veil was thrown over all sciences. The horrid wars that ensued put a stop to all learning, and the sciences were entirely forgotten. Anatomy felt the change more than any other science, and nearly fourteen hundred years elapsed before it again shone forth with any degree of brilliancy. We now come down to the 16th century: its restoration was due to Vesalius, who taught at



Pava; he was justly called "the great." Nearly at the same time arose a number of great men, who cultivated anatomy extensively. The most celebrated were Columbus, Fallopius, Fabricius, Caserius, Eustachius, Sylvius, &c.

But it remained for the illustrious Bacon to convince the world that it was impossible to progress in Anatomy without a proper method; what he conceived, was executed with success by the immortal Winslow.

In the 17th century, the principal anatomists were Albinus, Cooper, Highmore, Cheselden, Mayow, Ruysch, Willis, Winslow, &c., &c.\*

In the 18th century the following are particularly distinguished:—Haller, Morgagni, Walter, Scarpa, Cruickshank, Soemmering, the Hunters, and the Bells.

But a more extensive, more philosophical, and more majestic epoch is at hand, for which we are indebted to the immortal works of Haller, Buffon, Desault, Cuvier, Dumas, Bichât, &c., &c.

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Having thus given a short history of anatomy, to which we owe so much, I will now detail the various parts of the body.

The human body consists of solids and fluids. The solids are divided into *hard* and *soft*; the former comprehends bones and cartilages; the

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\* The beginning of the 17th century was memorable for the discovery of the circulation of the blood, by our illustrious countryman, Harvey.



latter, muscles, nerves, and viscera, and all the soft parts of the body.

The fluids consist of the blood, chyle, and various humours separated from the blood.

The bones are 240 in number, viz.—

|                                  |       |
|----------------------------------|-------|
| The bones of the Skull . . . . . | 8     |
| „ „ Face . . . . .               | 14    |
| „ „ Ear . . . . .                | 8     |
| „ „ Spine . . . . .              | 26    |
| „ „ Chest . . . . .              | 25    |
| „ „ Pelvis . . . . .             | 2     |
| „ „ Shoulders . . . . .          | 4     |
| „ „ Arms . . . . .               | 2     |
| „ „ Fore Arms . . . . .          | 4     |
| „ „ Wrists and Hands . . . . .   | 54    |
| „ „ Thighs . . . . .             | 2     |
| „ „ Legs . . . . .               | 6     |
| „ „ Feet . . . . .               | 52    |
| The Teeth number . . . . .       | 32    |
| The bone of the Tongue . . . . . | 1     |
|                                  | <hr/> |
| Total . . . . .                  | 240   |
|                                  | <hr/> |

There are bones, to the number of eight, *occasionally* found in the thumbs and great toes, called sesamoid bones, which if added, make a total of 248. This number of bones collectively is called the skeleton, and form the framework of the body.



This framework is covered by muscles, and the whole is enveloped in an opaque, supple, and elastic membrane called the skin. Such is the vast importance of this integument in the preservation of health, that I shall devote a chapter to explain its composition and uses. In this envelope lies the vast and complicated machinery that performs all the various functions of life.

We will now explain the various uses of the principal internal parts of the Body: and first,

### THE BRAIN.

This organ occupies the whole of the parts within the cranium, or skull, and is divided into two parts, the cerebrum, and cerebellum, or little brain. The latter occupies the lower portion of the back part of the skull, and the former the whole of the upper and front portion. In infancy the brain is extremely soft, somewhat like the white of an egg. It gradually becomes more and more consistent, and assumes the form of a determined structure. It is not before about the seventh year of life that it is supposed to have attained to that completeness of development which fits it for vigorous functional exercise; and even at that age it is neither safe nor wise to employ it in severe and continued mental operations: hence the fallacy of our system of education, which compels a tender child to exert to the utmost of his abilities



his brain, to learn the task imposed upon him. Children by this system can be made learned, just as a plant that is forced in an hot-house can be *made* to grow ; but it is at the expense of his after-health. Under this *forcing* system a child, if he be at all clever, may become wise and obtain the appellation of “ a wonderful child,” and “ he is quite a genius ;” but watch him through life, and an hundred chances to one but you will find him, when arrived at “ manhood’s estate,” a dolt, and unfit for the social duties of life. How often it is seen that a boy who at school is dull and careless, grows to be a fine man, learned and fit to accomplish every design of his Maker !

Dr. Gall described and placed 37 pairs of organs as belonging to the brain, and appropriated to the propensities, sentiments, and intellect. Spurzheim, his pupil, added 8 pairs to these, and conjectured 2 pairs more, so according to him we have 45 or perhaps 47 pairs of organs belonging to this important part ; but this subject is too intricate to discuss in a treatise like the present. The external surface of the body, the cavities of the mouth, nostrils, windpipe, air-passages, stomach, intestinal canal, &c., constitute the confines of the incorporated living system through which it communicates with the external world ; all these surfaces are covered by the same delicate net-like membrane which covers the brain, and through these must pass everything that enters into, or



issues from, the living system; this fact illustrates the splendid theory of Dr. Dickson, whose work, the "Fallacies of the Faculty," deserves immortality. He contends that the brain is the index of most diseases, in which opinion I entirely concur.

### THE STOMACH, &c.

Although all animals are alike in possessing an internal cavity for the reception and digestion of food, yet they differ widely in the construction, size, and general arrangement of their alimentary apparatus; in some the stomach consists of a simple sac with a single aperture; in others it consists of a tube or canal of nearly equal size in all parts; in others again it is folded or convolved, so that its length is several times greater than that of the body, and portions of it are generally enlarged so as to form what is *properly* called the stomach. This is the class under which MAN comes. The stomach is the grand receptacle of the food, and its principal use, in conjunction with other parts of the alimentary cavity, is to convert the food received, into a substance called *chyme*, and passing this to those organs which take the *chyle* from it, expelling the *faecal* or useless matter from the body.

### THE LUNGS, &c.

The respiratory organs are closely associated with the organs of digestion; in fact, they con-



stitute a part of the great assimilating apparatus of the system, for in them is completed what was begun in the mouth and the stomach.

The lungs are organs of external as well as internal relation. (See chapter on Consumption.)

In the act of respiration, the lungs are one of the principal organs employed; in connection with them is a strong hollow tube called the wind-pipe, which opens into the mouth just below the roots of the tongue; this descends into the cavity of the chest, where it divides into two branches, one going into the right, and one into the left lung; here each tube divides and sub divides into innumerable, minute, hollow tubes, which terminate in little cells called air cells; these parts are the seat of consumption, asthma, &c., (see these diseases). The air is drawn by suction through this tube into the lungs, where it comes in contact with the blood, to which it parts with its vivifying, or life-giving principle, (oxygen), and is again exhaled by respiration. The right lung is larger than the left, it being divided into three lobes, whilst the left has only two; this is to make room for the heart, which lies partly on the left side. The lungs of men are generally larger than those of women.

## THE HEART

Is a muscular organ, whose function it is to aid in the circulation of the blood; it is sur-



rounded by a membranous sac of its own, called the pericardium ; it is a double organ, that is, it is composed of two corresponding halves, each having an upper and lower cavity, the upper ones are called auricles, and the lower ones ventricles. The right auricle receives the dark blood that returns in the veins from every part of the body, and contracting, sends it into the right ventricles ; from these it is conveyed into the lungs, where it comes in contact with the air which is received in the act of breathing, the oxygen of which changes it from a dark colour into a beautiful red ; it is then conveyed into the left auricle, through which it passes into the left ventricle, and from this ventricle opens the mouth of the great trunk which conveys the blood to every part of the body.

### THE LIVER, SPLEEN, &c.

The liver is a great filter, designed to separate the impurities of the blood coming from the parts where it is formed from the food, before it reaches the heart. In the liver is a little bag or sac, called the gall-bladder ; it is into this receptacle that the impurities separated from the blood by the liver are thrown, and when collected it is called bile. A great variety of opinions have existed as to the proper functions of the *spleen*. Graham considers it as a reservoir to receive a portion of the blood when the liver becomes too highly charged with that fluid :



and this seems perfectly feasible, for as the action of the heart is greater sometimes than at others, consequently the blood is thrown with greater force through every part of the body; and as the liver stops it in its course, and only allows it to pass in a regular manner (as a filter), unless some wise provision was made for the reception of the redundant supply, the consequences might be fatal.

### THE KIDNEYS, BLADDER, &c

These important organs are the principal ones of that set known as the urinary—every part of these inspire the greatest interest; but it would be rather irrelevant to make more than a few cursory remarks respecting them here. The kidneys are destined to secrete the urine which is absorbed from the body, and passes through them by two narrow tubes, called *ureters*, into the bladder, from which in due time it is expelled.

### THE BREASTS.

These are two soft hemispheres adhering to the chest; and their principal object in the female, is to secrete a fluid for the support and nourishment of infants. There are many diseases to which they are liable, which we shall treat of in the proper place.



## THE EYE

Is the organ of vision, and is situated on each side of the nose, and consists of the cornea, pupil, and the iris; it contains a number of humours or fluids, which are covered by membranes and enclosed in several coats—it is the iris which determines the colour of the eye. There are two substances called glands, situated at the outer angle of each eye, which constantly supply the eyes with moisture; the fluid secreted, having performed its office (that of keeping the eyes moist, and to give them an easy action), passes through two small openings in the eyelids, and from thence by a canal into the nose; these canals, from inflammation and other causes, frequently become obstructed, and then the moisture accumulates in the eyes until it flows over the under lids, as may be seen in violent colds, &c.

## THE EAR

Is the organ of hearing, and is perhaps the most intricate and complicated piece of mechanism in the human body; but with all the vast amount of study and investigation that has been expended upon it, little or nothing has been discovered concerning it, except its utility.

It consists of an external part called the ear; from this extends a small tube nearly an inch



in length, which leads to the part called the drum—and here let me correct a popular error—this part is protected by small stiff hairs at its entrance, and has *no opening* in connection with the tube that leads to the outward part; so that the saying that insects, &c. have entered the ear, is entirely without foundation. This drum consists of a cavity placed between the external and internal ear, with several small openings, some of which lead to the internal ear and contains four small bones, called the hammer, the anvil, the stirrup, and the round bone, from their shape; these are all connected together, and are moved by small muscles in various directions—one small tube, leading from the tympanum or drum to the internal ear, communicates with the back part of the throat. This may account for the opinion mentioned in page 1 of Acmeon, an early anatomist, who considered that goats respired through their ears; and taking into consideration the very inaccurate knowledge he possessed, and the feasibility of the air passing from the lungs through this opening, the idea is not so absurd as it at first appears.

### THE DIAPHRAGM.

This is commonly called the midriff; it is attached to all the lower borders of the chest, and lies across the body just below the ribs, and serves to separate the cavity of the chest from that



of the abdomen ; in shape it is vaulted, and performs an important part in the act of respiration (or breathing).

### THE MUSCLES.

These are fibrous bodies that cover more or less every part of the body, and are divided into *head, body, and tail*. The head and tail are firmly attached to the bones, and the body adheres loosely to other parts, in order that it may swell when the muscles act ; they are often the seat of inflammation.

### THE BLOOD.

From the blood the vital economy elaborates all the substances and forms of matter composing the animal body. The solid forms of organized matter, thus inexplicably and wonderfully elaborated, consist of membranes, nerves, muscles, tendons, ligaments, cartilages, and bones. Some eminent physiologists assert, that the elementary structure of the animal tissues consists of minute globules, which, no doubt, is the case, as every part can be resolved into the most minute atoms ; but which can only be observed with the most powerful microscopes.

It is a red fluid, which circulates through every part of the body in tubes, called arteries and veins, which are also called blood-vessels. In the arteries it is of a florid hue, and in the veins



darker, except in the pulmonary veins (or those connected with the lungs). If it is exposed to the air, it separates into two parts, a fluid, and a red mass. This red mass forms more than one half of the blood, is thick and like jelly, and ten times heavier than water. The fluid part is of a yellowish green colour, is somewhat of a viscid, watery consistency, and is thirty-eight times heavier than water; and consists of water, albumen (which is the same as the white of an egg), gelatine, muriate and carbonate of soda (which constitute its saltish principle), and phosphate of lime (or the part which forms the bones).

When a person is struck by lightning, or drowned, or takes certain poisons, the blood becomes fluid. It often becomes vitiated by disease and other causes, hence the importance of constantly attending to the circulation.\*

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\* The Hygeists tell us that the impurity of the blood is the cause of *every* disease, or rather, that there is but *one disease*, viz. the impurity of the blood; but they, like all others who write for a specific cause, look at the *effect* that is produced, and that best suits their purpose. *There must be some exciting cause* to produce the impurity; and the question arises, what is that cause? My answer is, *obstructed perspiration*. If this is so then, why not remove the *cause*? then the *effects* would cease. I conscientiously believe that to obstructed perspiration may be traced the *cause* of every known disease; and as the means of prevention are so easy, so pleasant and so inexpensive,



## THE SKIN.

This integument constitutes the entire envelope of the body. It is a dark, supple, and elastic membrane, possessing great sensibility and resistance, destined to support, confine, conceal, and preserve the deeper and more vital parts, and protect them from the action of external bodies, and, as Dr. Combe says "by its structure displays, as in fact does every other part of the animal frame, the most striking proof of the transcendent wisdom and beneficence of its great Creator."\* It varies in colour in the different races of mankind, from the white of the Caucasian to the black of the Ethiopian. It is also greatly altered by disease, and the administration of various *mineral medicines*, which shows their deleterious effects, and yet in the face of evidence of the most convincing kind, the public will allow these noxious compounds to be literally thrust down their throats. Beware! you that are parents, if you value the future welfare of your offspring, how you allow these baneful practices.

The skin is composed of an *internal* or deep layer, and an *external* or superficial one, and is abundantly supplied with nerves and blood-vessels.

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as to place them within the reach of EVERY ONE, we may safely affirm, that if disease attacks any one, it is partially their own fault.

\* Principles of Physiology, chap. iii.



The internal layer is called the true skin, and it is in this that the great sensibility resides, and is also the seat of the absorbent apparatus of the cutaneous envelope; and so numerous are the nervous filaments and arteries which enter it, and the veins that pass from it, that it is impossible to insert the point of the finest needle without wounding some of them. Hence it proves of great use in the treatment of disease: through its blood-vessels we are enabled to produce a very great effect upon internal inflammations, by withdrawing the blood from the affected part towards the surface, and through the medium of its nerves to relieve pain, and through its absorbents to convey to diseased structures certain active remedies. The outer or superficial layer is called the scarf-skin, and its use is to protect the true skin from injury, and is itself protected by being constantly moistened by a peculiar oily matter; it has neither blood nor nerves, which is proved by our repeatedly slightly cutting ourselves, which merely goes through the external skin, and does not touch the internal. It is so essential to our well being, having neither blood nor sensibility, that without it we should be in perpetual pain and misery.

The small glands, called the sweat-glands, are scattered under every part of the skin, but more abundantly in some parts than in others. Under the microscope they present the appearance of a "solitary tube intricately ravelled, one end of which



is closed, and usually buried within the glands, the other emerges from the gland and opens on the skin."\* These tubes pass in a spiral manner through the internal skin, and open in a slanting direction upon the scarf skin. These openings are closed by the approximation of the two sides of the tube, and by small valves of the external skin, which are raised as the perspiration pours from them. When a person catches cold, these small valves become as it were fixed, thereby preventing the escape of the secretion, which is continually exuding by the process called insensible perspiration. When this is the case, it must be apparent to every one the immense importance of bathing. But water alone will not dissolve the gum-like secretion, by which the valves are often closed; something therefore must be added, and nothing I have ever tried proves so effectual and so pleasant in its application as a preparation sold under the name of "Measam's Medicated Cream," this entirely dissolves it, thereby opening the pores and allowing a free perspiration, and preventing the fearful effects of obstructed perspiration, to which may be traced the cause of every known disease. It should be well rubbed over every part of the body, especially the chest, and then a warm bath should be taken, which effectually removes every obstruction. When you have such an easy and pleasant remedy

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\* Todd and Bowman's Physiology.



at hand then, will you allow yourselves to be the subject of those diseases which are the invariable consequences of a neglect of these important functions? be not like Naaman, because the remedy is simple and easy you will neglect it; if you do, the fault lies at your own doors. To show the intricate connection between the nervous apparatus of the skin, and other important functions of the body, it may be observed, that excessive grief often alters the colour of the hair. The effect of time, which destroys the nervous energy of the body, also in destroying the colour of the hair is well known to every one. The functions of the skin are more varied than any other single structure in the human body; it not only serves to protect and hide from view the delicate and vital organs of the body, but is also the organ of touch and sensation, of secretion, excretion and absorption; and as Hufeland in his "Art of Prolonging Life," says, "Without the incessant agency and activity of which, there can neither be health nor long life, and in the neglect of which, in modern times, lies the secret source of numberless diseases and evils that tend to shorten our existence." The quantity of fluids that escape from the body through the skin is estimated at about thirty-three ounces in the course of twenty-four hours. It cannot therefore be wondered at, that if the pores of the skin become closed by any cause, and the greater portion of this vast amount



of waste and prejudicial matter be thrown back upon the system, that we should be liable to so many maladies. To this cause we can trace the various diseases of the lungs, kidneys, and intestines; and also rheumatism, dropsy, face-ache, tic-doloureux, &c. &c.

Dr. Willis says, "He who is said to have suffered a chill, has in fact suffered a derangement or suppression of the secreting action of the skin, (a process which is altogether indispensable to the continuance of life,) and a disturbance of the general health follows as a necessary consequence." Erasmus Wilson also, in his celebrated work "Diseases of the Skin," says, "To arrive at something like an estimate of the value of the perspiratory system in relation to the rest of the organism, I counted the perspiratory pores on the palm of the hand, and found 3528 in a square inch. Now each of these pores being the aperture of a little tube, (as before named,) of about a quarter of an inch long, it follows that in a square inch of skin on the palm of the hand there exists a length of tube equal to 882 inches, or  $73\frac{1}{2}$  feet. Surely such an amount of drainage as 73 feet in every square inch of skin, (assuming this to be the average for the whole body,) is something wonderful, and the thought naturally intrudes itself: What if this drainage were obstructed? could we need a stronger argument for enforcing the necessity of attention to the skin." No, say I,



nothing stronger can be urged, and so I think every one of my readers will say. If you do think so, then, will you not use the preventive means that are at your call? Use a bath daily, or weekly, if not convenient, and use also that beautiful adjunct, Measam's Cream.

Having thus given the opinion of several learned men upon this subject, I shall leave it to the option of my readers to follow my instructions or not, and beware how you discard them. Health and the prevention of disease is freely offered you—  
as freely receive them.



# The Rational Treatment

OF

## DISEASES.

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IN the classification of the diseases about to be mentioned, I shall follow the plan of the celebrated Dr. Thomas of New York, as I think it better to adopt some *method* rather than give them promiscuously—and the first in the list is

### FEBRILE DISEASES.

The character by which these are known is an increased heat and frequency of the pulse, after a shivering, accompanied with a disturbance in many of the functions of the body and diminution of strength, especially in the limbs.

### FEVERS.

We cannot give a clear and proper definition of the disease known by this name, as it has no symptom peculiar to itself which can point out its real nature. The pulse varies exceedingly, sometimes it is small, (that is scarcely perceptible,) or it may be strong, quick, and regular, hard or soft, according as the fever is at its commence-



ment, height, or turn; sometimes the external parts are cold, with great internal heat, at others there is a general heat or cold over the whole body; and sometimes the heat is not greater than natural; sometimes the face is pale, sometimes red and swelled. The eyes are heavy and sad, or red, and cannot bear the light, and sometimes they are full of tears, and lose their usual lustre. The tongue is generally dry, red, or white, and variegated; the breathing is often frequent, hot, and difficult; the breath very offensive, and the appetite *usually* fails. To these symptoms may be added pains in various parts of the body, depression of strength and spirits, and a derangement of the intellect, with constipation of the bowels, vomiting and emaciation.

It is only from a careful examination and study of these symptoms that we can judge of the absence or presence of fever. Fevers are generally divided into remittants, intermittents, and continued, according to the time they take up in their duration.

### INTERMITTENT FEVERS, OR AGUE.

This name is given to that kind of fever which consists of a succession of paroxysms, or attacks, between each of which there is a distinct and perfect intermission from all feverish symptoms. Different names are given to this fever, according to the difference of time be-



tween the periods of its return. When it comes on in the space of every 24 hours it is called quotidian, or daily; every 48 hours a tertian, or every other day, and 72 hours a quartan or fourth-day fever. The tertian is the most prevalent form and prevails mostly in the spring; the quartan generally prevails in the autumn, and is the most dangerous and obstinate form; the quotidian generally assumes the *continued* form. This kind of fever occasionally resists every form of treatment, and often gives rise to *dropsy, and an enlargement of the liver and spleen*. The principal exciting causes are damp and cold; but a poor diet, intemperance, anxiety, debility, and the stoppage of various skin diseases will give rise to it. Each attack of intermittent fever is divided into the cold, hot, and sweating stages. Intermittent fever seldom proves fatal; but when it is of long continuance, then it generally produces other complaints. In warm climates this is especially the case, when the attacks are of short duration and regular in their recurrence, we may expect a speedy recovery; but when they are long, violent, and attended with much anxiety and delirium, the event is doubtful.

The treatment of these cases consists, first, in putting a stop as speedily as possible to the fit when it has taken place; and secondly, during the intermission to prevent its return. To effect the first we must have recourse to warm diluent



liquors, such as gruel, arrowroot, &c., and to those medicines which have a specific action upon the skin so as to produce perspiration.\* Bottles filled with hot water and put to the feet, or a foot-bath should also be used. The patient should use the bath for a quarter of an hour and afterwards be kept warm. If the patient is restless, about 5 drops of tincture of opium may be added to the before named draught, and about 8 grains of Dover's powder be taken at bedtime.† One drachm of powdered Peruvian bark during the intermission of the attacks may be given in a little water. Should the liver become hard, it will be advisable to put a mustard poultice over it for half an hour, and give small and repeated doses of rhubarb, about 10 grains for a dose. Should dropsy or any other unfavourable symptom arise, I should advise immediate application to the proper quarter; my object in writing this work being more to *prevent* than *cure* the more dangerous turns of fatal maladies.

As these fevers generally arise from cold, I should advise upon the first symptoms of a chill

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\* Take,—Camphorated mixture, 12 drachms.

Carbonate of ammonia, 5 grains.

Antimonial wine, 15 drops.

Simple syrup, 1 drachm.

Mix these, and take, for an adult, one of the draughts every 3 or 4 hours, and for children and young people in proportion.

† All the remedies prescribed are in doses for adults.



and obstructed perspiration, the immediate use of a warm bath, and a plentiful application of Measam Cream; then take of gentian root 1 oz., camomile flowers 1 oz, pour upon these 1 quart of boiling water, and let stand till cold, then take half a tumbler of this infusion two or three times a day, and a basin of gruel at bedtime; you will thereby remove the *cause*, and may laugh at intermittents, and in fact all kinds of fevers.

### REMITTENT FEVER.

By this is to be understood, when the fever abates, but does not entirely go off before a fresh attack takes place. This fever is principally induced by the same causes as the foregoing; but it may also be contracted by putting too many sick people<sup>\*</sup> in one room, without sufficient ventilation. The same remarks and treatment as recommended for intermittent fever also applies to this—this fever is catching, in a certain degree. Particular attention must be paid to cleanliness, by frequently changing the linen both of the patient and the bed, all noise must be avoided as far as possible, the covering of the bed must be light, and a free ventilation preserved; the patient may have to drink from time to time lemonade, barley-water acidulated, a solution of tamarinds, and in some cases even cold water; frequently sprinkle the chamber with vinegar, and immediately remove what-



ever is voided either by stool or vomiting. The head should be kept cool by covering it with rags dipped in vinegar and water, and be kept a little elevated. The immense importance of the remedies recommended for intermittent fever in the prevention of all these cases must be obvious, and surely some attention is the imperative duty of every one in the prevention of *every disease*—for the prevention is better than the cure.

### CONTINUED FEVER.

Fevers of this nature continue for several days with nearly the same violence, having evident remissions daily.

This is the most common form in this country. Dr. Thomas says, “the most usual and universal cause of this fever is the application of cold to the body, giving a check to perspiration;”<sup>\*</sup> and here again let me strongly impress the importance of using the before-named preventive means upon the first symptoms of cold.

The days on which it is generally supposed the termination of continued fevers principally happens, are the third, fifth, seventh, ninth, eleventh, fourteenth, seventeenth, and twentieth. This supposition, has been prevalent from the time of Hippocrates, down to the pre-

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\* Practice of Physic, page 26.



sent, and the truth of it, is hardly to be disputed. In all fevers, the body should be kept as quiet as possible, the patient ought therefore to be confined to bed; all mental exercises should be avoided, and the room well ventilated, &c., as recommended in page 25. The food should be light and nourishing, as arrow-root, sago, tapioca, vermicelli, &c; roasted apples, &c., may be occasionally given. Animal broths produce an increased heat in the body, and are therefore improper, unless the patient is convalescent; all spirituous liquors should be carefully avoided, and a gentle laxative occasionally taken.\*

By all means avoid the detestable lancet; if there is a great determination of blood to the head, a few leeches may be put upon the temples; but in no other case lose *one drop* of blood, or the consequences may prove fatal. If a cough attends the fever, or there is a tightness in the chest, demulcents may be taken in frequent and repeated doses; † but in all cri-

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\* Manna, 1 oz.

Powdered rhubarb, 2 scruples

Warm water or cinnamon water, 4 oz.

Mix, and take a fourth for a dose.

† Take the white of one egg

Vinegar of squills,  $\frac{1}{2}$  ounce

Linseed, 2 ounces.

Boil the linseed in a pint of water, and when nearly cold, add the other ingredients.



tical cases, apply to the proper quarters, as before recommended.

These three classes are divided into various sub-divisions; such as inflammatory, typhus, yellow, nervous, &c., fevers, which cannot be treated of in a work like the present; and which, in fact, it is scarcely commendable to write upon in a popular treatise; so we will dismiss this class, and go on to the more common and easier treated diseases.

### INFLAMMATIONS.

The character of this order of diseases is fever with topical pain and the injury of an internal function.

In every inflammation, there is an increased action of the blood-vessels, propelling forward a greater quantity of blood than usual into the affected part; by which means its sensibility or irritability are increased, its vessels distend beyond their natural tone, and the circulation of the blood through them rendered more rapid.\*

When inflammation is confined to one particular part, it is called *local*; but when it affects the whole system, it is called *general*.

The causes inducing *local* inflammation are, external injuries or bruises, wounds, compression and irritation, produced by various causes, *the application of cold*, violent exercises, certain

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\* Thomas's Practice of Physic, page 101.



diseases, and an inordinate influx of nervous energy.

The causes of *general* inflammation or in other words inflammatory fever, are a full habit of body, sudden application of cold to a heated body, intemperance, violent exercise, strong passions of the mind, and the repulsion of eruptions. These are classed under the head of continued fevers.

The diseases that come under the class of inflammations are,—

|   |                                          |
|---|------------------------------------------|
|   | Inflammation of the Brain                |
| ” | Eye.                                     |
| ” | Ear.                                     |
| ” | Tongue.                                  |
| ” | Throat.                                  |
| ” | Pleura, or covering<br>of the lungs.     |
| ” | Lungs.                                   |
| ” | Heart.                                   |
| ” | Diaphragm                                |
| ” | Liver.                                   |
| ” | Stomach.                                 |
| ” | Bowels.                                  |
| ” | Spleen.                                  |
| ” | Kidneys.                                 |
| ” | Bladder.                                 |
| ” | Womb.                                    |
| ” | Peritoneum, or lining<br>of the stomach. |
|   | Gout & Rheumatism                        |



The general treatment of Inflammations consists :

First, in removing the causes, when evident, and they continue to operate.

Secondly, in lowering the strength of the vascular system generally.

Thirdly, in lowering the tone and diminishing the sensibility, and reducing the inflammation of the affected part.

The remedies which fulfil these purposes, are called antiphlogistic, and are as follow :

To remove as much as possible, *all* natural and other agents by which the circulation is supported, as all stimulating liquors, food, &c.

The most perfect quiet, and diet of water and farinaceous substances, with sub-acid fruits and juices.

Purging with saline purgatives, as Epsom salts, Glauber salts, and those medicines which cause a specific action upon the skin, as recommended for fevers.

And cold applications of water, diluted vinegar, &c.

In all cases where these cold applications are necessary, I should recommend the use of Markwick's Spongio Piline, instead of bread and water poultices, linseed meal, &c., which often cause the patient great inconvenience and pain.

### INFLAMMATORY SORE THROAT.

The causes of this, are the application of cold to the neck, wearing damp linen, sitting in damp



rooms, blowing wind instruments, getting wet in the feet, &c.

The treatment to be followed is, to follow the antiphlogistic system of diet; and if it gets worse, put a mustard poultice round the throat, and use the gargle below,\* or a solution of Measam's Cream. A little hartshorn and oil may also be occasionally rubbed in, and take a common saline draught† occasionally.

This will be found all that is necessary in ordinary cases. Garden sage simmered in vinegar and water also makes an excellent gargle.

### THE CROUP.

This disease attacks the *lining* of the wind-pipe, sometimes extending even to the surface of the lungs. It generally creeps on imperceptibly, beginning with an hoarseness, wheezing, and dry cough; the breathing increases, and at length becomes very difficult, and the voice acquires a peculiar sound, similar to the crowing

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\* Take,—Saltpetre, 2 drachms  
Tincture of myrrh, 3 drachms  
Barley-water, half a pint  
Tincture of capsicum, 2 drachms.

Mix, and use the gargle often.

† Take,—Epsom salts, 1 ounce  
Carbonate of soda, 2 drachms  
Tartaric acid, 2 drachms  
Cinnamon-water, 4 ounces.

Mix, and take one or two table-spoonfuls, as necessary.



of a cock. It most frequently terminates fatally about the fourth or fifth day, when the child is suffocated. It usually attacks children from the age of one to eight or ten years, particularly the robust and healthy, and has scarcely ever been known to attack a grown person.

The application of cold is generally the principal cause of this, as in fact it is of every disease.

The treatment to be followed is, immediately on the appearance of the symptoms, put the patient in a warm bath and well rub the chest and throat with the Cream before named; this I have scarcely ever found fail in completely arresting the progress of the disease. The anti-phlogistic regimen should also be adopted, and the other remedies recommended for general inflammation. What can be more heart-rending than to see a child afflicted with this deadly disease? Let me beseech you, my mother-readers, to adopt the means recommended—persevere with them, and you will bless the hand that penned these lines; a beloved sister (a child), I once lost with a similar disease; and I feel persuaded if these means had been adopted, she would have been saved. Blood letting is usually advised for the severe cases of croup; but, oh! by all that you hold most dear, discard the accursed practice, follow the advice of one who has seen thousands—yes, thousands—cut off



by this foul and disgraceful operation ; the fault is your own if you allow the disease ever to get any degree beyond inconvenience. Remember, the nearly sole cause is *cold*.

### PLEURISY.

Pleurisy is an inflammation of the membrane lining the lungs, attended with an acute pain in the side, impeded respiration, fever, and a full, quick, and hard pulse ; sometimes the inflammation is only partial, then it generally attacks the right side, but it mostly affects the whole extent of the lungs. This, like all other diseases, is caused by cold, and attacks those in good health and of a full habit.

It comes on with an acute pain in the side, commonly called a *stitch*, and is accompanied by flushings in the face, increased heat over the whole body, cold shivers, difficulty of laying on the side affected, and with a cough and sickness. If it is neglected at the commencement, the inflammation proceeds with great rapidity, and the lungs themselves become affected, the passage of the blood through them is stopped, and the patient suffocated.

It is apt to leave behind it a thickening of the lining of the lung, which sometimes adheres to the ribs ; when this is the case, the patient always feels the changes of the weather in an extraordinary degree—in fact he is a living barometer ;



this sometimes lays the foundation for consumption.

The common practice is to take a large quantity of blood from the arm. Now bleeding in any case only acts as a sedative by diminishing the force of the circulating system; if an emetic be given, it answers exactly the same purpose, with the advantage of retaining the blood, the very sole and vivifying principle of life. If, then, these milder means will answer every purpose, it must be apparent to every one how wrong the practice of bleeding is. When the disease is apparent, (and it soon shows itself) our first object must be to remove the inflammation, which may be done by giving emetics,\* these soon allay the inflammation; care must be taken not to continue their use too long; when the pain has subsided, give the following: † the same draught may be given when there is a cough, whenever it is troublesome; if the pain continues, put a mustard poul-

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\* Take,—Antimonial wine, 1 drachm  
Sweet spirits of nitre, 1 drachm  
Syrup, 2 drachms  
Water, 1½ ounces.

Mix, and take this draught two or three times a day.

† Take,—Nitre, 5 grains  
Oxymel of squills, 1 drachm  
Tincture of opium, 5 drops  
Water, 1 ounce.

Mix, and take this draught two or three times a day, or when the cough is troublesome.



tice over the side affected, and let it remain on half an hour; the patient may drink plentifully of barley-water, in which should be put a small quantity of gum Arabic; should the patient become costive, give the draught recommended for fever in page 27, when necessary. Throughout the whole course of the disease the patient must abstain from all kinds of animal food, and fermented liquors and spirits, and live entirely upon gruel, sago, arrowroot, &c.; and on recovery, must begin *gradually* to return to his former diet, and avoid a fresh exposure to cold, as a return of the complaint is generally attended with worse consequences than the first attack. If these means are taken at the onset, the disease will shortly give way and a speedy restoration to health follow. By all means avoid being bled.

### INFLAMMATION OF THE LUNGS.

This is a most dangerous disease, and unhappily one of frequent occurrence in this country. It is known by a difficulty of breathing, pain in some part of the chest, cough, a frequent, full pulse, white tongue, and other symptoms of inflammatory fever. The application of cold is the most general cause of this disease. It attacks principally those of a robust constitution and full habit; it is more generally met with in men than in women, and occurs mostly in the winter and spring of the year. It also appears in a milder



form in several diseases, as measles, violent colds, &c. If relief is not afforded in time, the inflammation proceeds very rapidly, impedes the circulation of the blood through the lungs, and suffocates the patient. Proceed the same as recommended for pleurisy, omitting the tincture of opium at the *commencement* of the disease, except the patient is very restless, when it may be added, and given *only* at bedtime; the patient may also have a foot-bath every evening. But as this is a most dangerous disease, I should recommend, if it does not abate, and these means check its progress, immediately apply to some *skilful* medical practitioner. But even then remember my former admonitions, and lose not *one drop* of blood.

As a preventive use the means recommended for colds in general at the end of this book, and all medical aid may be dispensed with.

### GOUT.

This disease is hereditary, and is sometimes combined with rheumatism, and is then called Rheumatic Gout. The attacks are generally in the spring and beginning of winter; it mostly attacks men, and seldom appears earlier than at the age of from 35 to 40.

The principal causes of gout are intemperance, intense study, grief, and anxiety of mind, long want of rest, and particularly by getting wet in the feet, excessive evacuations, &c.; a full diet



of animal food, rich sauces, with a free use of fermented liquors, such as beer, ale, and wine, together with indolence and inactivity, are frequently the exciting causes; hence the frequency of gout among the rich. Acidity of the stomach is also a frequent cause of gout; when this is the case, take the following; \* this is one of the best remedies ever discovered, and by continuing its use the cure is almost certain. Galvanism is also a most excellent remedy in cases of long standing, and let those so afflicted try Mr. Halse's process; this great medical galvanist certainly deserves more praise and patronage than he gets; he has been the instrument of relieving thousands, but, like all other men who really are valuable to society, he has been attacked and slandered by many medical practitioners, who, far from encouraging any science that is really beneficial, only study how to crush it, lest it should interfere with their own orthodox practices. Show these narrow-minded, selfish men, my readers, that the march of intellect has made *some* progress amongst Englishmen; and that you in future intend to shake off the shackles of medical despotism, which has enslaved our country but too long; choose the safest, most pleasant,

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\* Take,—Epsom salts, 2 ounces

Milk of sulphur, 1 ounce

Magnesia, 2 ounces

Cream of tartar, 1 ounce.

Mix, and take a table-spoonful once or twice a day in water



and most effectual means of ridding yourselves of disease, when it is your misfortune to be attacked; submit no longer to be drugged and dosed by any one who has the money to obtain the right of killing his fellow man, under the shadow of that ephemeral article called a Diploma.

A warm or foot-bath taken at bedtime will also be found to be exceedingly beneficial, and well rub the body and parts affected with a flesh-brush, and use the stimulating embrocation\* night and morning, envelope the parts in flannel, and keep the body warm; a teaspoonful of Peruvian bark, mixed in a glass of Port wine, will also be found extremely beneficial, to be taken two or three times a day, for two or three weeks. Avoid all stimulating food and drinks; a glass of gin and water may also be taken at bedtime, by those accustomed to free living, but avoid all else of the kind. Colchicum wine is often taken, but I should recommend it *not* to be taken, as it often lays the foundation of other diseases. If the gout attacks the hips, shoulders, or ankles, apply a mustard poultice for half an hour; this I have frequently found extremely beneficial. *Take plenty of exercise, shun intemperance, keep the*

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\* Take, —Glycerine, 1 ounce  
 Hartshorn,  $\frac{1}{2}$  ounce  
 Olive oil, 2 ounces  
 Laudanum,  $\frac{1}{2}$  ounce.

Mix, and well rub the part affected night and morning.



*mind free from anxiety, use the above means, and you may laugh at the gout—hitherto considered incurable.*

### RHEUMATISM.

This disease is divided into the chronic, or of long standing, and the acute, or painful. The former is known by there being no great degree of inflammation or fever present, but merely pains; and the latter, when inflammation and fever exist in a high degree. It may occur at all times of the year, when there are frequent changes of the weather from heat to cold, but the spring and autumn are the seasons when it is most prevalent, and it attacks persons of all ages.

Dr. Thomas says, "Obstructed perspiration, occasioned either by wearing wet clothes, laying in damp linen, sleeping on the ground, or in damp rooms, or being exposed to cold air, when the body has been much heated by exercise, or by coming from a crowded room or public place into the cold air is the cause which usually produces rheumatism. There is little danger in chronic rheumatism, but a person having once been attacked by it is ever afterwards, more or less, liable to its return. Acute rheumatism is seldom attended with much danger, but sometimes it proves fatal, when it flies to the head, lungs, heart, or stomach.

The principal thing to be attended to in the treatment of acute rheumatism, is to reduce the



inflammation, and this is greatly assisted by taking the powder recommended for gout, abstaining from all stimulating food and liquids, and keeping the body warm. Cold water will be found very beneficial, if it is applied with linen rags kept constantly damp, and wrapped round the parts; and the parts may be rubbed with the liniment mentioned for gout. Hot bricks wrapped in flannel should also be put to the feet at bedtime; but the remedy upon which I generally rely is the Cream before named; if a warm or foot bath be taken, and the cream well rubbed in with friction, I conscientiously believe there would be no rheumatism in the country; it produces a reaction of the blood, throws a genial warmth over the whole system, and completely obviates the exciting cause, *obstructed perspiration*. I believe it to be a specific for both gout and rheumatism; but try it, my readers, for yourselves, and you will fully bear out my opinion. I have tried it in hundreds of cases, and have *never* found it fail, even where the parties have been afflicted for years. It is both a preventive and cure, and I feel fully justified in recommending it, feeling quite certain of the result. Do not discard it because it comes under the appellation of a patent medicine—it is vastly different to those compounds generally sold under that name, but no other means are open for its introduction. Tons of it have been used in Apothecaries' Hall, and many of the most eminent



men in the medical profession have not, nor do not, scruple to use it; I myself feel no hesitation in either using or recommending it,—why should I, when I know it will relieve suffering humanity? The celebrated Dr. Barry used it in hundreds of cases, and also Dr. Turnbull, who was so famous in diseases of the ear. After this no hesitation need be, nor ought to be, felt in using it; it is the result of thirty years study, by a most eminent chemist; it has been kept for private practice hitherto, but now is offered to the world; and I can safely affirm, nothing, even in our Pharmacopœias or any medicament known, can equal it in the cure of some diseases; this is my principal object in recommending it to my readers. I am sure, with these sentiments in my favour, they will acquit me of any improper reasons in doing so; but rely not on my statements, try it for yourselves. Even in these cases many physicians recommend *bleeding*: can anything be more absurd, when the causes are apparent? I really sometimes am of the same opinion as the celebrated Dr. James Johnson, who says, “I declare, as my conscientious opinion, founded on long observation and experience, that if there was not a single physician, surgeon, apothecary, chemist, druggist, or vendor of drugs in the country, there would be less sickness, less mortality than now prevails.” The Doctor, perhaps, was going rather too far, but it really makes conscientious men feel ashamed of their profession to



see the means used now for the ostensible purpose of curing diseases.

I would especially recommend plenty of exercise, as indolence is a very productive source of rheumatism. Those who are subject to rheumatism should carefully avoid all exposures to cold or wet; they should go warmly clothed and wear flannel next the skin, and observe carefully the directions given under the head of Colds in general.

### CHICKEN POX.

This disease attacks children generally; it is mostly preceded by chilliness, succeeded by flushings and heat, pains in the head and back, thirst, restlessness, &c., but sometimes no such symptoms are present. About the second or third day small watery bladders appear, and about the fifth day they usually dry away and form crusts or scabs. No danger ever attends the chicken pox.

The difference between small pox and this disease is, that in small pox the eruption is preceded by fever, whilst in the chicken pox fever is scarcely ever present, or very slight; the small vesicles appear much earlier in chicken pox, and are only filled with *water*, whilst in small pox they are generally filled with *matter*; and in the crust that covers the vesicles, being formed about the fifth day, whilst in small pox they have not then come to their height. These distinctions



it is necessary to attend to. It never attacks a person but once during life.

Generally it is only necessary to use spare diet on the first appearance of the disease, and give a cooling powder or two,\* but should fever be present give a teaspoonful of the saline mixture recommended in page 24, for fever, at the same time giving the child barley water, &c. to drink.

### MEASLES.

This disease is infectious, and attended with a cough, sneezing, a running from the eyes and nose, and the determination of an acrid matter to the surface of the skin, which shows itself in red spots over every part of it; they never break, but go away in a small mealy crust or scab after a few days continuance. Scarlatina sometimes resembles the measles so exactly as not to be easily distinguished, but it is very important that the one should be known from the other. The redness of scarlet fever is more equally spread than in measles, and the spots are not distinct, with the natural colour of the skin between. In the measles the eruption rises more above the skin and is rough to the touch, which is scarcely perceptible in scarlet fever, except in the arms. In scarlet fever there is seldom a

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\* Take,—rhubarb, 3 grains.

Nitre, 2 grains.

Mix and give in sugar.

N.B.— This dose is for a child.



severe cough, the eyes are not red and swollen, nor do they water much ; *these are the most characteristic symptoms of measles.* The time of eruption is also different, for it appears in the scarlet fever in the face and arms on the second day, but in measles it is only visible on the chin and breast on the third day, and does not come to the arms and hands till the fourth or fifth day. By attention to these symptoms the two may easily be distinguished.

The measles may prevail at all seasons of the year, but the middle of winter is the time they are most prevalent ; they attack persons of all ages, but principally children. The eruption of measles usually begins with a chilliness and shivering, succeeded by heat, thirst, pains in the head, back, and loins, redness of the face and eyes, swelling of the eye-lids, the eyes run water, and sickness comes on ; with these are a dry cough, frequent sneezing, difficulty of breathing, and a discharge from the nose.

About the third or fourth day small red spots, like flea-bites, appear in clusters about the face, neck, and breast, and in a day or two the whole body is covered with them. They cannot be seen, but may be felt.

The feverish symptoms do not abate on the appearance of the eruption, as in small pox, but usually increases. The cough, and running from the eyes and nose, likewise increase



On the fifth or sixth day the spots change from a vivid red to a brownish hue, and begin to dry away about the face, and on the eighth or ninth disappear on the breast and other parts of the body, and about this time a purging generally comes on.

The consequences attendant upon measles are more to be dreaded than the disease itself, for if a person is of a scrofulous constitution, this disease often shows itself, and dropsy sometimes comes on. Positively, for some forms of this disease, many medical men also recommend that infallible remedy, *bleeding*, the absurdity of which is easily seen.

In this disease, if the fever runs high, give the saline draught (in proportion to the age of the patient) as recommended for fever; keep the bowels open with the powder recommended for chicken pox, in page 43, and if the cough is troublesome the following.\* The patient should drink barley-water, linseed tea, &c.; and if very restless at night the draught below.† The child must be confined to bed and be kept warm, but not too warm; the windows should be opened once a day to allow the fresh air to enter, taking care the patient does not feel it.

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\* Take,—Oil of almonds,  $\frac{1}{2}$  ounce.

Syrup of violets,  $\frac{1}{2}$  ounce.

Mix, and give a teaspoonful occasionally.

† Take,—Sweet nitre  $\frac{1}{2}$  drachm.

Tincture of opium, 3 drops.

Barley water, a wineglassful.

Mix, and give at bed-time.

Or a teaspoonful of the syrup of poppies will be better.



A little wine and water may be occasionally given, with half a teaspoonful of Peruvian bark mixed with it. Cold principally induces this disease, but by a careful attention to the above directions serious consequences may be avoided. Gruel, arrow-root, &c., should be given, and the ordinary food recommenced with caution.

### ERYSIPELAS, OR SAINT ANTHONY'S FIRE.

This is an inflammatory disease, usually accompanied with drowsiness, and when the face is affected, often with delirium and a slight fever.

Erysipelas attacks every part of the body, but the face, legs, and feet are the principal.

The principal causes are those which excite inflammation, the use of mercury also is a great excitant to this disease.

The symptoms, in slight cases, are a roughness, heat, pain, and redness of the skin, which becomes pale when the finger is pressed upon it, and again becomes red on its removal, and the patient is hot and thirsty; these symptoms usually continue only a few days, the parts affected become yellow, the scarf skin falls off in scales, and no further inconvenience will be experienced. But in severe cases, there will be pains in the head and back, great heat, thirst, and restlessness, the parts affected will slightly swell, the pulse will be scarcely perceptible, and about the fourth day a number



of little bladders containing a fluid will appear. In obstinate cases these blisters sometimes form ulcers, which now and then become dangerous, but this does not often happen.

The species of erysipelas which most usually attacks the body is commonly called SHINGLES, which is a corruption of a French word, signifying a belt; instead of appearing of an uniform inflamed surface, it consists of a number of little blisters, extending like a belt round the body. There is little or no danger in this disease. The treatment consists first in reducing the inflammation; this is effected by giving the saline mixture recommended under the head of Intermittent Fevers (page 24), a dose of which is to be taken three times a day, and the parts kept constantly damp with a cooling lotion,\* by soaking rags with it, and wrapping them round the limbs (or if in the face, by constantly bathing it); a slight aperient† may also occasionally be taken; the parts may also be bathed in cold water, and vinegar and water, weak, may be applied

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\* Take,—Spirits of wine,  $\frac{1}{2}$  ounce.

Goulard's extract,  $\frac{1}{4}$  ounce.

Water,  $\frac{1}{4}$  pint.

Mix, and apply to the parts, cold.

\* Take,—Rochelle salts,  $\frac{1}{2}$  ounce.

Manna,  $\frac{1}{2}$  ounce.

Senna leaves,  $\frac{1}{2}$  ounce.

Boiling water, 1 pint.

Pour the boiling water on the ingredients mixed together, and when cold take a fourth part for a dose.



with advantage. The patient should follow the antiphlogistic plan, recommended in a former part of this work; eat nor drink any thing stimulating or heating, but take barley water, a little mutton, fowl, or anything light; and when the disease abates, may take one teaspoonful of Peruvian bark in a little wine, two or three times a day, also a dose of the camomile and gentian, before named, occasionally. These means will, in slight cases, be found all that is necessary; and in severe ones, little else is required but a *continuance* of this treatment, except when the blisters become full of matter, then a poultice of bread and water (warm) is to be applied to the parts. This treatment also is to be followed for shingles. But in this disease, I can strongly recommend the Cream before named; this is one of the diseases I know from long experience it will cure, if taken in time. By all means avoid using on the face powder, flour, or anything of the kind, as is often done in the country. Follow the above directions, keep the patient warm, and avoid all exposure to cold.

## OPHTHALMIA, OR INFLAMMATION OF THE EYE.

The causes of this disease are, external injuries, substances getting into the eye, exposure to bleak winds and cold, little tumours, called *styes*, which form on the eyelids, the smoke from charcoal, turf,



wood, &c., a too free use of wine, beer, &c., strong lights, or keeping the eye too long fixed on small objects, and the impurity of the blood; and sometimes it is caused by other diseases, as small pox, scurvy, scrofula, &c.

The inflammation usually comes on with a sensation as if some gritty substance was in the eye, accompanied with heat, redness, and pricking darting pains; the eyelids swell as it continues; the vessels become filled with blood, great pain is excited upon the least motion of the eye-ball, the patient cannot bear the light, and tears run from the eyes, which are so acrid, as to excoriate every part on which they happen to fall; these symptoms, in most cases, continue for some days, and gradually abate, but sometimes a thick glutinous matter is discharged from the eye, and collects in considerable quantities in the corners of the eyes, particularly during sleep. The treatment consists in allaying the inflammation by cooling astringent lotions;\* the eyes are to be kept constantly moistened with the lotion; if they are very much inflamed, put a little in a saucer, and place it on the hob so as to slightly chill it. If the inflammation runs very high one or two leeches put on the temples will afford great relief; the Cream, before

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\* Take,—Purified sulphate of zinc,  
 Sugar of lead, of each, 8 grains.  
 Rose water, 6 ounces.  
 Dissolve, and make a wash for the eyes.



named, used in a weak solution, will also be found very valuable; a dose of the aperient medicine, named in page 47, for erysipelas, is to be taken about twice a week. If the pain is very severe forty or fifty drops of tincture of opium may be added to the before-named lotion, or get some poppy-heads and pour boiling water over them, and when cold use as a lotion; these means will in most cases perform a perfect cure. In our modern practice, bleeding, blistering, and other unnatural means are resorted to, but in general they only aggravate the disease. Fancy, taking a pint of blood from the arm to relieve the eye, or raising a large blister on the back of the neck for the same purpose; can anything stronger than the absurdity of the thing be brought forward to show their utter uselessness?

When the constitution of the patient is weak, a dose of Peruvian bark in wine will be beneficial, and bathing the eye with cold spring water I have found very useful.

### BLEEDING FROM THE NOSE.

In the nose there is a considerable network of blood vessels, which are covered only by a thin tegument; so that if there is a greater flow of blood than ordinary through the vessels of the head, those of the nose are easily ruptured. The blood flows from one nostril generally, but sometimes from both. A full habit, weakness, and the decline of



life, are predisposing causes of this disease ; and the exciting ones, great heat, violent exertion, violence, such as a blow upon the nose, and everything that causes a more than natural flow of blood to the head. The bleeding sometimes comes on without any warning, but at others it is preceded by a pain and heaviness in the head, dizziness, flushings of the face, heat and itching of the nostrils, beating of the temples, and sometimes coldness of the feet, shivering, and costiveness, are forerunners of it. It is seldom attended with danger in young persons, but to those more advanced in life it is sometimes the forerunner of apoplexy, palsy, &c. and is therefore to be considered more dangerous. It more frequently attacks males than females. In headaches, dizziness, &c. it sometimes proves beneficial in removing them. It is not to be too speedily stopped in those of full habit, nor when it relieves disagreeable symptoms, and it does not produce debility.

The patient should be put in an upright position, and the nose bathed with cold water, and also be given cold water to drink. Common salt may also be put in cold water and the head be repeatedly bathed with it ; when the bleeding is very profuse, plug the nostrils with lint soaked in cold water or brandy, or alum and water may be tried, also vinegar and water, or an infusion of matico leaves. These means will generally be found sufficient. After the bleeding stops, cooling purgatives should



be given occasionally, and the patient be kept quite quiet.

### SPITTING OF BLOOD.

In this disease there is a discharge of blood, often frothy, from the mouth, brought up with a coughing or hawking, and preceded by a saltish taste in the mouth, difficulty of breathing, and a sense of weight and pain at the chest.

It usually occurs between the ages of sixteen and twenty-five, and may be occasioned by any violent exertion, such as running, jumping, wrestling, blowing wind instruments, and also by wounds, inflammation of the lungs, coughs, irregular living, excessive drinking, &c. This is seldom dangerous where the quantity of blood voided is not great. All exertion and heat should be carefully avoided, a light diet should be taken, and all stimulating food or liquids discarded. Cold acidulated liquors should be given to drink, and the patient sprinkled all over with cold water. If this does not stop it, give a little alum in water, and keep the bowels open with castor oil or a dose of Epsom salts. Blackberry or raspberry leaves boiled in vinegar and mixed with water may also be taken with good effect. When the spitting has stopped, every means should be taken to prevent a return, and this is most effectually done by finding the *cause*, and applying proper remedies to remove it. A dose of Peruvian bark will assist us much in this matter. All ex-



ertion should be avoided, and the patient be taken into the fresh air, either in a carriage or on horseback.

### PILES.

All I shall say upon this point is, use "Measam's Cream," you will find it an infallible remedy. Keep the bowels gently open with lenitive electuary, and bathe the parts with cold water.

### DYSENTERY, OR BLOODY FLUX.

This disease is known by severe griping pains in the stomach, frequent stools, and some degree of fever; the stools, though frequent, are small in quantity and of an unnatural colour, often streaked with blood. Dysentery chiefly occurs in the autumn, and is sometimes caused by cold or moisture, quickly succeeded by intense heat, which causes an obstruction of the perspiration, and produces a determination to the intestines. It is also occasioned by unwholesome or putrid food, bad water, and by noxious vapours. It often occurs on board ships, by living too long on salt provisions, and being exposed to heat. The too free use of fruits also produces it, and it often occurs as an epidemic, and more frequently in warm climates than in cold ones. It is easily distinguished from diarrhœa by the absence of fever and other symptoms. Great prostration of strength generally follows an attack of dysentery. Saline and cooling



purgatives\* should first be given to clear the stomach of any acrid matter that may be present; and to produce a gentle perspiration take the following† every four hours. If much sickness is present, take a dose of camomile tea; and if the stomach is hard, foment it with a decoction of poppy heads.

The food should consist of arrow-root, barley-water, and rice, and if much pain exists a dose of ginger in water should be given; and if the purging be violent, a dose of chalk mixture. The stomach should be fomented with warm water, and the patient kept quiet; a little Port wine and water may be given as an ordinary drink, and a little Peruvian bark be occasionally added.

### NERVOUS DISEASES.

The character of this class of diseases is, an unnatural affection of sense and motion. without any primary fever, and without local disease.

### APOPLEXY.

In this disease there is a sudden diminution or

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\* Take,—Glauber salts,  $\frac{1}{2}$  ounce.

Manna,  $\frac{1}{4}$  ounce.

Tincture of senna,  $\frac{1}{4}$  ounce,

Water,  $\frac{1}{2}$  pint.

Mix for a draught.

† Take,—Dover's powder, 3 grains.

Aromatic confection, 10 grains.

Mix for a powder.



total loss of every sense, both external and internal, and of all voluntary motion; still the heart and lungs continue to perform their functions. In some cases apoplexy is mistaken for palsy, but they are easily distinguished, by noticing that in apoplexy the respiration is difficult, the breathing heavy, sleep profound, and that every power of motion is gone. The above, and the absence of convulsions, will distinguish it from epilepsy.

Persons also in a state of intoxication are often considered to be attacked by a fit of apoplexy; in general it may be distinguished easily, by the patient not being roused by shouting in the ears, or by pinching or shaking him, by applying volatile spirits to his nose, and by his breath not smelling of spirituous liquors; sometimes, however, *in extreme cases*, it is very difficult to tell, but the treatment is the same.

Apoplexy chiefly attacks those who are advanced in life, and usually those of a corpulent habit, with a short neck and a large head, and who lead an inactive life, and who eat and drink to excess. Younger persons, however, are not free from its attacks, but they are of rare occurrence.

The cause of apoplexy is an accumulation of blood in the vessels of the head, produced by long exposure to cold or intense heat, violent fits of passion, mental anxiety, severe exercise, gluttony, drunkenness, wearing anything too tight about the neck, the fumes of certain narcotic and metallic



substances, as opium, charcoal, mercury, &c., and by blows, wounds, and other external injuries. In short, it is produced by whatever fills, distends, obstructs, ruptures, or compresses the vessels of the brain too much, thereby urging, retarding, and entirely stopping the flow of blood through the same. In a few instances the patient lies for several days insensible and motionless, and yet gradually recovers his understanding and strength, but generally he is permanently deprived of the use of one side of the body, his mind receives a shock he never recovers from, his memory becomes weakened, and the rest of life is a mere abnegation of death, but in most cases it ends in death. The *general* practice is first of all to fly to the LANCET, but Professor Recamier, an eminent physician, says, "bleeding in these cases only increases the congestion, and should therefore *never* be resorted to." In this opinion I entirely concur, and would impress upon the minds of my readers my oft-repeated suggestion, "*never be bled.*" The course to be pursued in the treatment of apoplexy is this: first loosen the neckerchief and every thing that presses upon the body, raise the head, lay the patient upon his back, and pour *cold water* from any convenient vessel from a height upon the head; this is to be repeated until the patient shows some signs of animation, then place him in bed and put warm water (in bottles) to the feet; as soon as he is able to swallow, give a dose of aperient



medicine,\* the bowels are to be kept freely open with this, and mustard poultices applied to the nape of the neck and soles of the feet; a little weak brandy and water should also be given after the fit is over. The feet are to be kept warm and dry, and the patient perfectly quiet; these means will generally be found sufficient. In conclusion, I would earnestly recommend that these means be *persevered with*: the patient may remain for hours as if dead, and many have been prematurely buried, whereas if the proper remedies had been persevered with they would have been restored,—again, avoid the detestable *Lancet*.

### PARALYSIS, OR PALSY.

This disease consists of a diminution or total loss of motion and sensibility in certain parts of the body; in some instances it is confined to a particular part, but more usually it affects one entire side of the body, from the head downwards.

This disease may arise in consequence of an attack of apoplexy, and, like it, may be occasioned by any thing that prevents the flow of the nervous power from the brain into the organs of motion, or the muscles. The long application of sedatives will also produce it; those who handle white lead

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\* Take,—Jalap, 1 scruple.

Epsom salts,  $\frac{1}{2}$  ounce.

Infusion of senna, 2 ounces..

Mix, and give for a dose.



and other minerals are consequently subject to it; the *abuse* of tobacco and spirituous liquors also gives rise to it; opium and laudanum takers are frequently attacked by it, and the continual taking of MERCURY has been known to occasion it; in fact, anything that tends to relax and enervate the system is an excitant of palsy.

The left side is the one mostly affected; it usually comes on with a sudden and immediate loss of power of moving, and the sensibility of the parts also go, but in some instances notice is given of it, by numbness, twitchings and coldness. I believe *cold* to be the most fruitful cause of paralysis.

It is to be distinguished from apoplexy by the symptoms mentioned under the head of Apoplexy, When it attacks any vital part, as the brain, heart, or lungs, it soon causes death. It is a most difficult thing to cure, but the course to be adopted is to rub the parts well several times a day with flannel dipped in mustard and water, or hartshorn and oil; also apply mustard poultices to the soles of the feet, and give occasionally a little warm brandy and water. I lately had a patient who had been improperly *bled*, (and who is not, who is bled at all?) who almost immediately afterwards was attacked with paralysis: and yet bleeding is strongly recommended, *but not by me*. A warm bath taken occasionally will also prove useful; the patient should be kept as warm as possible, and these



means be *persevered* with. Electricity also proves in some cases very valuable. The parts affected should be kept in constant motion as much as possible, and every means used to throw the whole body into continual action. The bowels should be kept gently relieved by the aperient dose recommended for apoplexy, and exercise on horseback, or if the patient cannot ride, in a carriage, should be resorted to. The diet should be light and nutritious, and every thing taken *warm*; flannel should be constantly worn, and all exposure to damp or cold carefully avoided.

The use of Peruvian bark I should also strongly recommend, and all other tonics or strengthening medicines. This disease seldom proves fatal, except in the cases mentioned, but the cure is always tedious and uncertain.

## INDIGESTION.

This disease is too well known to require any explanation, but I may mention the principal causes of it are great grief, indolence, study, drunkenness, irregularity of living, a too frequent use of warm liquors, especially of tea, smoking opium, too frequently spitting, bilious attacks, and various diseases of the liver and spleen—in fact, every thing which weakens the digestive organs; damp and cold are also frequent causes of it. I cannot do better than strongly to recommend the perusal



of Dr. Yeoman's popular treatise upon this prevalent disease, as in it will be found the whole history of cause, effect, and treatment; it is a work that may be understood by every one, and those who are sufferers (and there is few who are not) cannot fail to be benefited by it: the price is only fourpence, and can be procured through any bookseller.

My object in writing this little book is to give the public the best advice in my power, to avoid the quackery that is now practised upon them by persons under the shield of a legal document; I care not if the means to do so are of my own creating, or any other man's. When I know a more able pen than my own has been employed in doing good and showing my fellow creatures the dangers that beset them, I will not be so narrow-minded as not to point it out. I believe Dr. Yeoman's treatise to be far more able, and far better, than any I could write, therefore refer my readers to it, with the sincere conviction that all who follow its advice will be benefitted by it.

### HYSTERIA, OR HYSTERICIS.

Every one knows what is called an hysteric fit. It is very difficult to give a proper idea of it, but I will endeavour to give as good a one as possible.

It consists of what are called fits; some time before the attack the patient is low spirited, feels nervous, and has a great disposition to cry; she



cannot breathe freely, feels sick, and has a palpitation, or beating, of the heart, but generally there is a pain in the left side; great fulness is felt, and there appears to be a little ball in the throat; a sense of suffocation then comes on; she becomes faint and giddy; there is a twitching of various parts of the body; she then laughs, cries or screams, at the same time performing many queer actions; utters low and incoherent expressions, and froths at the mouth. The fit at length goes off, and is succeeded by a belching of wind, and she recovers, but does not recollect anything that has taken place; head-ache and a soreness of the whole body generally succeed.

Sometimes there are no convulsions, and the patient seems as if she were asleep.

In some cases there are severe pains in the back, cold clammy sweats, a ghastly look, and coldness of the hands and feet. It generally attacks young unmarried persons, about the period of menstruation.

Those who are delicate and nervous are most liable to its attacks, and those who sit much, are indolent, dissipated, live poorly, and have an obstruction of the monthly courses. It very rarely attacks men, and although very alarming at the time, is seldom attended with danger.

The first thing to be done is to dash cold water into the face, apply a smelling bottle to the nose, remove every thing from the neck, unfasten the frock, stays, &c., and keep her quite quiet. When



the fit is over, give a good dose of castor oil, apply warm water, &c. to the feet and hands, and give a dose of camphor, assafœtida, or æther; care should be taken that the patient does not injure herself when the fit is on. The mixture below is very good also, to be given\* in doses of a table-spoonful every two or three hours. Camomile tea is also very good. Plenty of exercise should be taken to prevent its return; early rising, good and nutritious food, and cold bathing, are also recommended. The mind must be kept quite easy, and cheerful society chosen. When it arises from a suppression of the menses, the proper remedies for that disease should be taken.

If there is cramp in the stomach, apply a mustard poultice, and take a dose of the mixture before recommended.

Wine mixed with water is the best drink.

*Never get frightened, but assist the patient in every possible manner.*

If there are cold shiverings, put the patient in bed, and apply warmth to the feet, also water with a little mustard in it; and remember, above all things, *never be bled*, or serious consequences may ensue.

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\* Take,—Tincture of lavender,  $\frac{1}{2}$  ounce.

Sal volatile, 2 drachms.

Æther, 2 drachms.

Camphor mixture, 2 ounces.

Mix, and give a table-spoonful for a dose.



## EPILEPSY, OR FALLING SICKNESS.

In this disease, the person attacked is suddenly deprived of the senses, and the whole body convulsed.

After the fit is over, the patient feels little the worse, except in cases where it occurs frequently, then it produces giddiness and weakness. It more frequently attacks children than grown persons, and boys are more subject to it than girls.

This may be confounded with hysteria, but can be easily distinguished by there being no foaming at the mouth, gnashing of the teeth, nor any laughing or crying.

The principal causes of epilepsy are blows, wounds, and other injuries of the head; water on the brain, tumours, violent fits of passion, fright, intoxication, worms, teething, and hunger also give rise to it, and sometimes it runs in a family, or is hereditary. The attacks are sometimes preceded by heaviness and pains in the head, noise in the ears, flatulency (or wind,) weariness, and giddiness, but mostly the patient falls down suddenly, without any notice, his eyes are distorted, the fingers are clenched, the limbs become convulsed, and he loses all sense and motion. Women in confinement are subject to it.

The treatment is to be varied according to the cause that produces the fit; if it proceeds from



worms, give the powder below\* occasionally, at bedtime, in sugar; apply mustard poultices to the stomach, and keep the patient low in diet; a dose of castor oil occasionally is very good. If from teething, the gums should be rubbed well with borax and honey, and the powder before recommended given. An emetic, of one scruple of ipecacuanha (or less), according to the age of the patient, also in some cases gives great relief; if there is much flatulency, give a little carbonate of soda or magnesia; from whatever it may arise, endeavour to remove the *cause*.

Little can be done whilst the fit lasts, beyond removing every thing that presses upon the neck or body; give plenty of air, and raise the head. After the fit is over, keep the patient perfectly quiet, give a light nutritious diet, take plenty of exercise, and a cold bath occasionally; take also for some time the following, † which will restore the strength and guard against further attacks. As-safætida will also be found very useful in this disease.

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\* Take,—Jalap, 10 grains.

Powdered snake root, 5 grains.

Powdered senna, 10 grains.

† Take,—Camomile flowers,  $\frac{1}{2}$  ounce.

Gentian roots, 1 ounce.

Peruvian bark,  $\frac{1}{2}$  ounce.

Pour upon these half a pint of boiling water, and when cold take a cupful for a dose.



Those subject to epilepsy should always be very careful and avoid all excitement, and never expose themselves in dangerous places in case a fit attacks them.

### CRAMP.

Cramp is usually caused by exposure to cold and damp, worms also produce it. The best treatment is to rub the part affected well with warm water, in which should be put a little mustard; drink nothing cold, and take a little brandy and water; put the feet in warm water, and endeavour to get into a perspiration; and take two or three times a day a dose of Peruvian bark in a little wine, or a little ginger in water.

### HICCUP.

Take frequently a cup of cold water, acidulated with a little vinegar; hold the breath, and sit still.

### HOOPING COUGH.

Children are the subjects of this disease, and it sometimes proves fatal. On the first symptoms, give an emetic of ipecacuanha or antimonial wine, this often cuts short the paroxysm. Exposure to cold is the most frequent cause of it. If it is very severe put a mustard poultice to the chest, and rub it with the following;\* the mixture be-

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\* Take,—Oil of amber,  $\frac{1}{2}$  ounce.

Olive oil, 1 ounce.

Mix for an embrocation.



low\* is also a most excellent remedy, and should be given in doses of a teaspoonful every hour or two. When the cough is not on, give a dose of Peruvian bark two or three times a day. These means, if persevered in, will generally be found sufficient. Should the head become affected, put a few leeches on the temples. Avoid blisters and bleeding if you wish to save the child. I have seen many killed by these unnatural means. A warm bath should also be taken occasionally; the food should be light and nutritious, and barley water and linseed tea be given to drink. Avoid all exposure to cold, but if the weather is fine, let the child have plenty of fresh air. I can also recommend the use of "Measam's Cream" in this disease; it should be well rubbed on the chest and between the shoulders, night and morning, and be continued for some time, and a few of Dr. Barry's saline Lozenges be given once or twice a day.

### WATER BRASH.

There is a thin watery fluid, discharged from the stomach, in this complaint, accompanied with belchings and burning heat in the chest. It principally attacks middle-aged people, more particularly females than males, and generally the

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\* Take,—Carbonate of potass, 10 grains.

Cochineal, 1 scruple.

Warm water, quarter pint.—Mix.



unmarried. It is a disease not much known, and the principal causes are a low diet, getting wet in the feet, acidity, and strong emotions of the mind. The attacks generally come on in the morning when the stomach is empty, with a pain in the stomach, and it feels pinched up; when the person stands upright it greatly increases the pain; these symptoms are followed by belchings, and the discharge of a thin watery fluid from the mouth.

It scarcely proves fatal, but is often tedious to remove; it sometimes accompanies indigestion.

The best remedy is to take a little magnesia or carbonate of soda, and a dose of Peruvian bark several times a day; a dose of the camomile and gentian, before recommended, should also be taken the first thing in the morning. The diet should be light, and that which is not likely to turn acid on the stomach; and linseed tea or barley-water be taken to drink.

### PALPITATION OF THE HEART.

This is an irregular action of the heart, and is produced by various diseases, debility, &c. In some instances it proves fatal. The treatment will depend upon the cause. If it arises from weakness, bitters should be taken, also the Peruvian bark; I have seen the Cream, before named, give great relief, and one gentleman's name I am allowed to mention, who found immense benefit from it,—it was Mr. J. Harris, the well known



chemist, of Bow Common,—to whom any one can apply for information. If it arises from disease, little can be said as regards the cure. In all cases the patient should carefully avoid every thing that may increase the action of the heart, such as fits of passion, sudden surprise, violent exertions, or exercises; but take moderate exercise, and live regular.

### ASTHMA.

This disease is a spasmodic affection of the lungs, and generally comes on at night. It usually commences with a sense of fulness in the stomach, lowness of spirits, sleepiness, and pains in the head; these symptoms are little noticed by the patient; on the succeeding evening, however, a tightness is felt in the chest, and the breathing becomes difficult; this continues for some time, and is accompanied with wheezing; a difficulty is felt in speaking, and a slight cough comes on; the patient can no longer keep upright, and is threatened with suffocation; at times the face becomes red, and at others is pale and shrunk. These symptoms generally continue until the following morning, and then the patient becomes easier, and begins to spit phlegm; the breathing is easier, and he falls asleep. When he awakes there is still a feeling of tightness in the chest, and he cannot bear the least motion, neither can he lay down, unless the head and shoulders are raised; towards evening he again experiences the same symptoms as the



night before; after a few nights thus spent, he at last becomes considerably easier, and the disease goes off.

The principal causes of asthma are a cold and moist atmosphere, sudden changes of the weather, gout, hereditary predisposition, certain fever, rheumatism, indigestion, frequently taking cold, water on the chest, &c. Asthma, after once taking place, is apt to return at certain periods, especially in cold, foggy weather, or by severe exercise, from eating too much, from getting cold and obstructing the perspiration, by violent passions, and by disagreeable smells and smoke.

The immediate cause of asthma is considered to be a contraction of the muscular fibres of the bronchial tubes, (those running from the windpipe to the lungs,) which prevents the air from passing freely into the lungs, thereby occasioning the alarming symptoms before named.

If the patient is young and healthy, there is a possibility of removing the disease, but if he is old, and has frequent attacks, the case is more serious, and by changing into other diseases often proves fatal.

The treatment of asthma consists of moderating the violence of the paroxysms, and when they have subsided to hinder their recurrence. During the paroxysm nothing should be done besides removing all pressure from the neck and chest, and applying rags dipped in vinegar and water to the



temples; when it has subsided, apply a mustard poultice to the chest, and give a dose of castor oil. I have found smoking tobacco or the herb stramonium very beneficial in some cases of asthma. If there is much spasm give a dose of the mixture recommended in page 62 often, or a dose of assafœtida. If there is much phlegm take a table-spoonful of syrup of squills and poppies mixed in equal proportions, or a little vinegar and treacle; put the feet in warm water at bed time. A dose of Peruvian bark with port wine should also be given two or three times a day; bathe the chest repeatedly with cold water; use moderate exercise, and if possible have a change of air. I should strongly advise a rabbit or hare skin to be worn next the chest, keep warm and dry, and be moderate in both eating and drinking. A dose of rhubarb should be occasionally taken to keep the bowels regular; coffee will be the best drink, and light nutritious articles should be given for food; vegetables are improper; garlic and onions have been recommended, and I should also recommend the use of Dr. Barry's saline lozenges, as he is a most successful practitioner.

Measam's Cream, well rubbed into the chest, just below the collar bone, will be found very beneficial.

### COLIC.

This is a painful distension of the lower part of



the belly, twisting pains about the navel, often accompanied with vomiting and costiveness.

It is caused by taking raw and acrid food, wind, acrid bile, cold applied to the surface of the body, certain metallic poisons, such as lead, &c., hysteria, the imprudent use of astringents in diarrhœa and dysentery, &c., and a very frequent cause is worms.

In the bilious colic there is loss of appetite, a bitter taste in the mouth, thirst, fever, costiveness, and a vomiting of bile attended with sharp pains round the navel, and as the disease advances the former becomes more frequent, and the latter more severe and lasting.

In the windy colic there is great costiveness, pain, soreness, and griping of the bowels, the stomach becomes hard, a rumbling noise is heard, and the hands and feet become cold.

In the hysteric colic there is sickness, severe spasms, costiveness, and the spirits are very low.

This disease often proves fatal, when neglected; painters are very subject to a peculiar kind of colic, called "painters' colic," from their constantly handling white lead.

The treatment for colic is, first to remove the *cause*, which may be known by the symptoms enumerated, and secondly to relieve the pain. If it is bilious colic, first give the following emetic;\* this will clear the stomach from all irritating sub-

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\*Take,—Antimonial wine,  $\frac{1}{2}$  ounce.

Take for a dose.



stances, and frequently cut short the paroxysm; then, after the operation of the emetic is over, give an aperient\* every two hours until the bowels are freely opened, or if this is not handy give a dose of castor oil. If it is hysteric colic give the mixture below and act as in hysteria. If it is windy colic, act as for bilious colic, omitting the emetic; but in all cases apply warmth to the feet, and put a strong mustard poultice all over the stomach, and foment with poppy-heads and camomiles; if the inflammation does not subside rub the stomach with mustard and water. Cold water also dashed upon the stomach has sometimes been found to succeed when every thing else has failed. A few drops of laudanum may also be given if the patient is in great pain and restless, and the feet should be put in warm water. These means will generally be found successful if persevered with.

For the painters' colic the same means are to be used, taking as a purgative repeated doses of castor oil, and swallowing, several times in the course of the day, a teaspoonful of mustard seeds and ginger.

If it proceeds from worms, the remedies recommended under that head must be given.

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\* Take, —Rhubarb, 1 drachm.

Magnesia, 1  $\frac{1}{2}$  drachms.

Ground ginger, 2 drachms.

Warm water, quarter pint.

Mix, and take three tablespoonfuls every two hours until the bowels are freely opened.



## DIARRHŒA, OR PURGING.

This disease consists of a frequent and copious discharge of fœculent matter from the intestines, accompanied with griping and vomiting, but without inflammation; the countenance turns pale and sometimes sallow; there is great thirst, dryness and bitterness in the mouth, and the skin is dry; and if the disease continues long the patient becomes emaciated.

The causes are cold, obstructed perspiration, various passions of the mind, indigestible food, acid fruits, the too free use of purgatives, worms, &c.; sometimes it proves fatal when not properly attended to. The treatment consists in removing the cause, and to restore the tone of the parts affected.

In the first place, a dose of antimonial wine will be found exceedingly serviceable, as it cleanses the stomach and prepares it for more active remedies; afterwards (in some few hours) give the following aperient,\* put the feet in warm water, and apply a mustard poultice to the stomach; also give to drink, often, some linseed tea, in which mix a little

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\*Take Rhubarb, 1 scruple.

Cinnamon water, 2 ounces.

Ginger,  $\frac{1}{2}$  drachm.

Mix for a dose.



magnesia or chalk, or give the following\* two or three times a day, this will generally stop the purging, but it is not to be stopped rashly, as it might cause inflammation of the bowels.

The following mixture was recommended to me by a continental physician for diarrhœa and cholera, and has *never* been known to fail.

Take,—Tincture of rhubarb, 1 ounce.

Oil of peppermint, 24 drops.

Oil of cloves, 24 drops.

Laudanum, 8 drops.

Mix and take in a wineglassful of brandy one tablespoonful every two hours if necessary.

this has saved thousands of lives.

If it proceeds from worms, proceed as directed under that head. The patient must be kept quiet, the food must be light, as chicken, mutton, &c.; brandy and water may be given occasionally.

When the purging has stopped give repeated doses of peruvian bark in wine, and use moderate exercise and fresh air

## THE THRUSH.

In this disease the mouth becomes redder than usual, the tongue swelled and rough, small white pimples appear upon the tongue, the palate, the

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\* Take,—Chalk mixture, 6 ounces.

Laudanum, 30 drops.

Mix and take one or two table spoonfuls for a dose.



back of the mouth, the gums, and lips; it generally attacks children, and is caused by acidity of the stomach, poor diet, cold and dampness, and sometimes from the bad milk of the mother.

If the disease is mild, it is easily removed by giving a little magnesia and rhubarb, and putting a little honey and borax in the mouth with a feather, and giving occasionally a dose of Peruvian bark; the child should be kept warm, dry, and clean, and its bowels regular; if the disease assumes a more malignant form, perseverance with these remedies will eventually cure it.

### SCURVY.

This disease is known by the gums bleeding, and spots of different colours appearing on the skin; they are for the most part livid, and come generally at the roots of the hair. It is caused by bad food, want of proper nourishment, too much salt or unwholesome food, with a deficiency of vegetables, cold and damp, want of cleanliness and proper exercise, in short, any thing that debilitates the constitution. It is of frequent occurrence on board ships, caused by taking too much salt food, without a sufficient quantity of vegetables to neutralize the effects of the salt. Scurvy generally comes on gradually with heaviness, weariness, loss of strength and appetite. As it advances, the countenance becomes sallow and bloated, a difficulty of breathing is experienced on the least motion,



the teeth become loose, the gums spongy, swelle and bleed, upon the slightest touch, the breath is very offensive, livid spots appear on different parts of the body, severe wandering pains are felt, particularly at night, and the skin is dry, but the intellects are for the most part clear and distinct. If these symptoms become aggravated the patient is a most wretched object, the joints swell and stiffen, and bleeding from the nose, ears, and other parts of the body, comes on, fœtid discharges take place by stool, diarrhœa or dysentery follows, and a general wasting takes place, which ends in death.

The treatment of scurvy consists in giving every description of vegetable food, also oranges, lemons, vinegar, &c.; the following is good,\* it should be given as ordered below. A teaspoonful of cream of tartar is also good. If the gums are bad, use a gargle made of alum and vinegar, and to remove the breathing put a mustard poultice on the chest and the feet in warm water. A dose of Peruvian bark should be given two or three times a day in wine, the utmost cleanliness should be attended to, temperance strictly enjoined, a nutritive diet of recent animal and vegetable food be given, and

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\* Take,—Saltpetre, 2 drachms.

Vinegar, 2 ounces.

Sugar, 2 ounces.

Soft or distilled water, 1 pint.

Mix, and take a small tumbierful once or twice a day.



wine, beer, &c. taken in moderation. Horseradish is also extremely good mixed with wine. If there are ulcers they should be washed with vinegar and water and lemon juice.

Tamarinds are also good. Gentle exercise should also be taken, in a pure and dry air and a salt bath be occasionally taken.

### JAUNDICE.

This disease is known by a yellowness of the skin, a bitter taste in the mouth, pain in the chest, heat and pricking of the skin, a yellowness of the eyes, languor, uneasiness, loss of appetite, there is sickness, and the bowels are either costive or a diarrhœa sets in.

It is caused by an obstruction to the proper formation of bile, or by there being too much bile; and the causes of these, are the presence of what is commonly called gall-stones in the gall bladder or its ducts, a contraction of the ducts, and by tumours in the parts surrounding the liver, or on the liver itself; and the principal causes of these are cold and damp.

The Jaundice is produced by the bile absorbing into the system, as its proper channel is obstructed, and it shows itself through the skin.

Those who indulge in gluttony and drunkenness are frequently attacked by Jaundice, as they produce an inactivity of the liver; and those who lead a sedentary life are also liable to it.



When it is occasioned by gall-stones, there are, sharp-cutting pains felt in the region of the liver (the right side) which will cease for a time and then return; there is also great irritation of the stomach with sickness, and the pain is greatly aggravated by eating; a pain at the top of the shoulder, or right arm, will also be felt. The Jaundice comes on with languor, inactivity, loss of appetite, wind, acidity in the stomach, and costiveness; as it advances, the skin and eyes become tinged yellow, there is frequent sickness and a bitter taste in the mouth, a dull heavy pain in the right side, which is aggravated by pressure, and a certain degree of fever is generally present.

When the disease continues long, and proceeds from a chronic affection of the liver or neighbouring parts, it is often attended with swellings and sometimes with dropsy; small pimples often appear in different parts of the body, the skin which before was yellow, turns brown or livid, and the disease sometimes turns to scurvy.

When it is recent, by the use of proper means it is soon got rid of; but when there are tumours the cure will be more difficult. If it arises from pregnancy, which is often the case, it is of little consequence, as it will generally disappear on delivery.

The first step to be taken, is to find out the true cause. If it proceeds from gall-stones in



the liver, the means to be adopted are, first, to restore the interrupted passage of the bile through the duct; secondly, to carry it off by the intestines; and thirdly, to relieve the particular symptoms.

To guard against any fever that is present, a gentle emetic should first be given, the patient is to be put into a warm bath, from five to ten drops of laudanum given, and then put to bed, and a mustard poultice applied over the liver. The bowels must be kept gently operated upon by giving aperient medicines,\* gentle exercise on horseback or otherwise should also be taken, and the region of the liver rubbed occasionally with mustard and water. Pills made of soap will also be found very beneficial; make them the size of common pills with flour, and take two at bedtime when required. If there is much sickness the following† should be given, and if much costiveness, a dose of castor oil occasionally, and if diarrhœa should come on give the remedies recommended under that head. When the disease has

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\* Take,—Powdered rhubarb, 1 scruple  
Extract of dandelion, one scruple.

Make into 24 pills, and take 2 or 3 once or twice a day.

† Take,—Carbonate of soda, 2 drachms  
Tartaric acid, 2 drachms  
Water, quarter of a pint.

Mix, and when the effervescence is over, add:

Sal volatile, 2 drachms.

and Mix, take a wineglassful two or three times a day.



abated, constant doses of Peruvian bark should be given, with good port wine, plenty of exercise be taken, and a mustard poultice occasionally put over the liver; the bowels should be kept regular and a warm bath be taken once or twice a week.

## DEAFNESS.

Deafness is occasioned by anything that proves injurious to the ear; such as loud noises from the firing of cannon, &c., violent colds in the head, wax in the ears, and disease. Small tumours sometimes form in the ear, and occasion deafness.

A good remedy for this, is to take a strong onion, bruise it, press out the juice, and then add to it a little oil of almonds; drop into the ear night and morning a few drops, and plug the ear with wool. Also Dr. Brady's remedy; take oil of sassafras five drops, sweet oil half an ounce, mix and drop some into the ear two or three times a day; this, *he* says, seldom fails to give relief. Another good remedy is, to mix a little of Measam's Cream with water, soak a piece of wool with it, and place it in the ear: this I have found to be the best remedy I know; a mustard poultice behind the ear may also be tried and the feet put in warm water at bed-time.



## LOSS OF APPETITE.

This generally arises from weakness, either natural or caused by some disease; the best remedy is to take a tonic\* three or four times a day, especially the first thing in the morning. If the patient is bilious, give a gentle aperient or an emetic; take plenty of exercise and keep the mind easy; these means will seldom be found fail to give a healthy tone to the stomach, and restore the appetite.

## COSTIVENESS.

The word implies a difficulty of stool, occasioned by an hardness and dryness of the fœces, so as to render them difficult and sometimes painful to void.

Sedentary persons and those afflicted with gout, diseases of the liver and spleen, and fevers, are most subject to it. Costiveness is frequently occasioned by neglecting the usual time of going to stool, by an unnatural heat of the body, by taking a larger proportion of solid food than liquids, and by the too free use of opium. Drinking freely,

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\* Take,—Peruvian bark, half an ounce  
 Camomile flowers, half an ounce  
 Gentian root, half an ounce  
 Warm water, one pint.

Mix, and let stand till cold; then take a wineglassful for a dose.



especially of port wine, frequently occasions costiveness.

It is usually attended with sickness, want of appetite, wind, pains in the head and stomach, and a slight fever.

The means to be adopted are, to attend to the diet, to make a practice of going to stool at certain hours of the day, and to use gentle aperients. The diet should be, for the most part, of vegetables, and the drink of malt liquors in moderate quantities; all preparations of aloes must be carefully avoided. The following\* is a good purgative, it may be used occasionally. Gruel at bedtime, and bathing the stomach and loins with warm water are also very good. Prunes and figs should also be eaten constantly, and a glass of cyder will also afford great relief. All salted articles, cheese, eggs boiled too hard, coffee, pastry, brandy, and port wines, and white and brown bread should be avoided, in fact anything that heats the system is bad. Home-made bread is the best to eat, as bakers put *alum* in their preparations, and nothing is worse for costiveness.

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\* Take,—Epsom salts, one ounce  
Sennæ, half an ounce  
Ginger, quarter of an ounce  
Boiling water, half a pint.

Mix, and when cold take half, for a dose.



## CANCER.

This disease is, on its first appearance, a hard tumour, situated upon some gland; it increases in size, and becomes knotty, hard, and very painful; in course of time it turns into an ulcer, which has an uneven surface, ragged and painful edges, and spreads very rapidly, discharging a thin matter that flays the surrounding parts, and has a foetid smell. The parts generally affected are the breasts and testicles, but sometimes it attacks the lips, tongue, and womb. Chimney-sweepers are very liable to it, from the soot lodging in the folds of the scrotum. It is most generally to be met with in persons advanced in life, especially in women about the *turn of life*. Women who have had no children, and those who have had them but not suckled them, are very liable to it. A cancer may arise from external injury, such as a blow, &c. When any gland has become enlarged and shews a tendency to become hard, proper means should be immediately applied to disperse it. All pressure should be removed, especially those *lady-killers* called stays, if it be the breasts that are affected. The bowels should be kept gently open, and a cooling regimen enjoined; all stimulants, such as wine, spirits, &c., should be abstained from. A mustard poultice should be put on the part (if accessible), and it should be constantly bathed



with warm water and well rubbed with Measam's Cream. These means I have found to prevent many cancers.

When the disease shews itself in reality, sedative poultices made of poppies, hemlock, &c., should be applied to relieve the pain, and these should be constantly used. If the disease proceeds to ulceration, make a poultice of the following :—Take half a pound of bread and two ounces of charcoal ; mix with warm water for a poultice, and put it all over the parts : or a poultice of carrots scraped, mixed with yeast and oatmeal. These will in many cases afford great relief, and destroy the fœtor and acrimony of the discharge. The air should be excluded in *all* cases. In general, every means will be found ineffectual ; but the above, and the constant use of Measam's Cream, I have found to be pre-eminently successful.

By all means avoid the LANCET and the KNIFE : if relief is to be obtained at all, it is not from them. The celebrated Dr. Reid, of Edinburgh, had as many as three operations performed upon him ; he was afflicted with cancer on the tongue ; but although he had the best and most able advice England or Scotland could afford, every operation seemed only to increase the violence of the disease. He at last sunk under it, and was indebted to chloroform for relief from the agonies of a death-bed. If, then,



such a man, with such aid, could have no relief from their deadly use, how can those less fortunately circumstanced expect it? The remark of Dr. Dickson is quite true; he says:—"Few people now die of disease—it is the orthodox fashion to die of the doctor."

### BRONCHOCELE, OR DERBYSHIRE NECK

This disease is known by a tumour on the neck, seated between the skin and windpipe, in one of the glands, called the *thyroid*.

It is very common in Derbyshire (hence its name), but very rare in any other part of Great Britain. The inhabitants of the Alps and other mountainous countries are also very subject to it, and it is there called *goitre*. Those of a scrofulous constitution are very liable to it, but *cold* is the principal cause.

The swelling is at *first* without pain, and the skin is of the natural colour; but the tumour gradually increases and grows hard and irregular, the skin becomes yellow, and the veins of the neck hard and swelled; there are flushings of the face, headache, and darting pains in the tumour.

The best remedy known is burnt sponge; it should be given in doses of half a teaspoonful, mixed with gum-arabic and gradually increased; this alone has often completely cured the disease. The neck should also be well rubbed with com-



pound camphor liniment, or Measam's Cream; iodine ointment is also very useful. The bowels should be kept gently opened with the compound rhubarb pill, a dose of Peruvian bark be given several times a day, and the part well bathed with warm water. By all means avoid having it *cut*, or the consequences may be serious.

These means should be persevered with, and the cure is pretty certain.

### TOOTH-ACHE.

This is an acute pain in one or more of the teeth, and nearly every one, I imagine, is well acquainted with it. A decayed tooth is the principal cause, but it often arises from a rheumatic affection of the nerves of the face (see NEURALGIA). The tooth should be cleansed out with a piece of wool, and a few drops of the following\* be put on a piece of lint and put into the tooth (when it is hollow); this is an excellent remedy. When it proceeds from rheumatic pains, which is known by the whole side of the face being affected, use Measam's Cream or some compound camphor liniment, or rub it with mustard and water. If these remedies do not give relief, have the tooth extracted.

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- \* Take,—Tincture of pellitory of Spain, 2 drachms  
 Laudanum, 1 drachm  
 Oil of cloves, 1 drachm  
 Tincture of camphor, half an ounce.

Mix.



The following\* is a good tooth-powder, and should be used once or twice a day with a *soft* tooth-brush. Chilled water should always be used to clean the teeth with; a hard brush should *never* be used. Camphorated chalk is the best *common* tooth-powder I know of; it prevents scurvy of the gums, and preserves the teeth from decay.

### NEURALGIA, OR TIC-DOULOUREUX.

This is a painful affection of the nerves of the face, and its principal cause is cold. The best remedy is, to take repeated doses of Peruvian bark or quinine, or the camomile and gentian mixture so often before mentioned. Measam's Cream, if well rubbed on the cheeks, I have seldom found fail. The face should be repeatedly bathed with warm water; and if the pain is very severe, a mustard poultice may be used; a dose of castor oil should also be taken occasionally, to keep the bowels regular, the face fomented with poppy-heads and camomiles, and the feet put in warm water; all exposure to cold must be carefully guarded against.

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\* Take,—Charcoal, half an ounce  
 Carbonate of soda, half an ounce  
 Camphorated chalk, half an ounce.

Mix.



## INFLAMMATION OF THE EAR, OR EAR-ACHE.

This is produced by cold. The ear should be well syringed with warm water, and then a piece of wool, soaked in olive oil and laudanum mixed, placed in the ear; a mustard poultice to be applied behind or over the ear. Measam's Cream also, used as recommended for deafness, I have found most excellent. Hops soaked in warm water and applied to the ear are also very good, likewise poppy-heads used in the same manner.

## BURNS AND SCALDS.

The best remedy I know for these is Measam's Cream; it will relieve the pain almost like magic let the burn or scald be ever so extensive. Immediately on the accident occurring, the part should be plunged into cold water; then apply a liniment made of half a pint of lime water and half a pint of linseed or sweet oil: this will give almost immediate relief. If fever presents itself, as it generally does, a dose of Peruvian bark should be given in wine, and the patient kept quiet. A little brandy and water may be given in severe cases, when the diet must also be attended to. A plaster of yeast will also be very useful in slight cases.

In case of a child drinking hot water, give immediately some linseed tea, or gum water, or



olive oil. These means will be found very efficacious; and little else, except in *very* severe cases, will be necessary. Cold water is always handy: fly to that at once, and much pain and misery will be avoided; and afterwards, if possible, get Measam's Cream.

### BRUISES.

For all bruises use Measam's Cream; it will very soon remove all blackness and pain. For black eyes it is most excellent—the parts should be well rubbed with it. If this is not handy, get some black bryony root, pour boiling water on it, and bathe the parts with it, or rub them with hartshorn and oil, or apply a carrot poultice and bathe with cold spring water.

### SPRAINS, &c.

These occur generally in the wrists and ankles. A good lotion is made with vinegar and beer-grounds; wet rags with these, wrap them round the parts, and keep constantly damp. Pumping on the parts will also be very useful. Always put the hand in a sling, if it is the wrist; and the leg on a chair, if it is the ankle. When very severe, rub the parts with hartshorn and oil, and bathe with poppy-heads.

### CORNS AND WARTS.

A good remedy for these is, to dissolve some



sal-ammoniac in vinegar, and apply constantly. Ivy-leaves applied to corns also relieve the pain. Rub the corn or wart with the inside of bean-shells. Acetic acid is also very good.

### CHILBLAINS.

A good remedy for chilblains is, to well rub the parts with brandy and water, or to mix one ounce of alum in a quarter of a pint of vinegar, to bathe the feet in warm water, and then apply this lotion. Keep the feet dry and warm. If they should break, apply a poultice of elder-leaves or yeast. Measam's Cream will also be found very useful.

### FROST-BITTEN.

Well rub the parts with snow or very cold water, and *gradually* warm them by the fire. Vinegar and water is very good. Be careful not to put them near the fire at once, but by degrees. The Cream before named I have found cure the most severe cases; it should be well rubbed in several times a day, and the parts bathed with warm water.

### SUN-STROKE, OR COUP-DE-SOLEIL.

This frequently occurs in very hot weather, and is caused by the rays of the sun falling upon the head. The treatment is the same as for apoplexy.



### SORE NIPPLES.

The parts should be washed first with warm water, or with a weak solution of alum in water. Elder ointment is a very good application, also spermaceti ointment. The nipple should always be kept clean and dry, and be constantly bathed with the alum lotion.

### MUMPS.

This disease generally comes in the glands of the neck, and is well known. The parts should be well rubbed with hartshorn and oil, and be bathed with warm water and poppy-heads, and the face tied up with flannel. A dose of castor oil or a fever-powder will also be requisite. Avoid all cold and damp.

### RINGWORM.

This is a disease of the skin, and generally comes on the head; it is usually caught from another party.

It shews itself in small red pimples, which come in a circular form and contain a thin fluid. When the body is heated, they itch intolerably; and when scratched, the thin fluid runs out and spreads the disease: at first it is generally about the size of a sixpenny-piece, but sometimes spreads as large as the palm of the hand.

A good remedy is gunpowder mixed with lard, or get some Barbadoes tar, mix it with a little



lard, and add about a teaspoonful of black pepper; this is very good. A gentle aperient should be given occasionally, also a dose of Peruvian bark two or three times a day. The hair should be shaved off round the place, and constantly bathe it with warm water. Mushroom ketchup has also been found serviceable. The Cream so often mentioned will be found an infallible remedy.

### SCALLED HEAD.

This comes, first of all, with an inflammation of the skin, a peculiar kind of matter is then formed, the skin breaks, and the matter runs upon the neighbouring parts, until at last the whole head is affected.

Children are principally affected with it, and it generally arises from uncleanliness and the want of proper nourishment. In many instances it is caught by the child putting on another's cap or bonnet, or by using a brush, or comb, that has been used by a person with the complaint.

The head should be shaved and washed with tar water; *no ointments* should be used, as they only tend to make the disease spread. A poultice made of elder-leaves is also good, and a little weak tobacco water may be used. The child should take Peruvian bark with camomiles, and the head be washed night and morning with soft



soap. All salt food should be avoided, and only those articles which are nutritious be given.

### WORMS.

There are five kinds of worms which human beings are subject to; viz. the thread or maw-worm, the long round worm, the long hair-tailed thread-worm, the tape-worm, and broad tape-worm. They generally inhabit the intestines.

The symptoms of worms are, fœtid breath, itching of the nose, hardness and fulness of the belly, an itching of the fundament, tongue very red and covered with white slime, a grinding of the teeth in sleep, slimy stools, emaciation, slow fever, convulsions, pain in the stomach, loss of appetite, a short dry cough, &c.

Unwholesome food, with a bad digestion, is the principal cause of worms. Sometimes it is very difficult to get rid of these unpleasant visitors. The treatment consists of first giving those medicines which will expel them from the place of their abode; and secondly, to prevent their increasing. At first, mild medicines should be given, such as the following.\* This should

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\* Take,—Powdered rhubarb 1 drachm.

Powdered senna,  $\frac{1}{4}$  ounce.

Powdered jalap, 1 drachm.

Ginger, 1 drachm.

Boiling water,  $\frac{1}{2}$  pint.

Pour the water on the powders, and when cold, give three table-spoonfuls every two hours until the bowels are opened.



be persevered with for a week or fortnight, a dose being given occasionally, so as to keep the bowels regular—of course omitting it when the bowels are sufficiently opened. The following\* may then be given every morning, fasting, in a little treacle or honey; this is to be given for a week or fortnight; and two or three times a week give a dose of castor oil, mixed with a little lime-water. The root of male fern given in doses of a drachm, once or twice a day, is also very good; and a decoction made of pomegranate-root is excellent for tape-worms. Turpentine sometimes is given, but it requires great care in its use, and should only be employed by those who thoroughly understand its nature, as it generally acts very powerfully. Sulphur mixed with water may occasionally be drank. Common salt also, mixed with water, and drank before breakfast, has in many cases been found very beneficial. After the worms are expelled, Peruvian bark should be taken for some time; the patient must abstain from all raw vegetables and unripe fruits, and take nothing but what is light, nutritious, and easy of digestion. If the stomach is bathed with cold water frequently, in some cases it gives great relief.

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\* Take,—Cowhage, 3 grains.

Honey,  $\frac{1}{2}$  a teaspoonful.

Mix—for a dose,



## HEARTBURN.

This disease is mostly caused by acidity on the stomach, arising from indigestion. The best remedy is, to take a teaspoonful of carbonate of soda or magnesia in a glass of camomile tea; this will generally relieve for the time, but the *cause* must be attended to: this will be explained in the work to which I have referred the reader under the head of Indigestion.

## BLOTCHES IN THE FACE.

These are sometimes very troublesome and hard to remove; but the best remedy is, to take often Peruvian bark and camomiles, and use Measam's Cream in solution. I have seldom found these means fail, even in the most obstinate cases. Surely it will be some consolation to many of my fair readers to know this.

## NETTLE-RASH.

This disease takes its name from its being attended by an eruption of the skin, similar to that produced by the sting of nettles. Sometimes a slight fever is present, and the parts are hot and itch very much. Sometimes it lasts only a few days; sometimes for months. A relative of mine is subject to it, and it only lasts for a few hours, and sometimes not that, coming and disappearing in a manner truly astonishing. The



causes of the disease are considered to be acidity, and *obstructed perspiration*. The means to be used are simple:—Take a teaspoonful of cream of tartar, bathe the parts with *cold* water, and at bedtime take a dose of castor oil; in the course of the day take a tablespoonful of the carbonate of soda and tartaric acid mixture, recommended for jaundice (page 79).

### WEANING BRASH.

This disease attacks children that are weaned too early, and those that are brought up by hand, and where improper food is given.

It comes on with griping and purging, and the stools are of a green colour, and sometimes vomiting ensues. A wasting of the body follows, convulsions come on, and the child's misery is ended by death.

If the disease is attended to in time, it may generally be quickly cured; but if neglected, it frequently proves fatal in a few weeks.

The treatment consists in giving a proper diet, and, where practicable, to return the child to the breast. Broths and jellies should be given, and all vegetables, and sweets, avoided. Pure air, exercise, and frequently washing the child with cold or tepid water, are proper. Flannel should be worn next the skin, all cold carefully avoided, and a dose of rhubarb or castor oil given occasionally.



## TEETHING.

What mother has not felt the anxiety attendant upon her infant's teething period? Of all the diseases to which children are liable, there is not one that is attended with such grievous and distressing symptoms as difficult teething. No precise time can be stated at which a child should cut its teeth, but the usual time is between the fifth and eighth month of their existence; some have the teeth before this time, some after. The process generally commences with drivelling; the gums swell and become hot; a rash sometimes breaks out in the face or on the head, and often behind the ears; the stools are of a green, pale, or leaden colour; the child is peevish and fretful, starts during sleep, often shrieks out, and puts its fingers into its mouth. These symptoms are sometimes followed by a cough and difficulty of breathing, the skin becomes hot, the child is parched and thirsty, and various diseases often shew themselves, such as scrofula, water on the brain, convulsions, &c.

A gentle emetic of ipecacuanha wine will often relieve these symptoms. The gums should be rubbed with syrup of poppies, and a dose of castor oil be given. If the child goes off into convulsions, put it immediately into a warm bath, *mindin*g to keep the head raised and out of the water. A teaspoonful of magnesia occa-



sionally will also give relief, or a little Dalby's or aniseed-water. The bowels should be kept open; the child should have plenty of exercise, in pure air, wholesome food given it, and everything done that has a tendency to keep the child in health.

An india-rubber ring (not bone or ivory) should be given to suck; and never, on any account, give laudanum or poppies.

### CONSUMPTION.

What dreadful import does this word contain, and what few families have not to mourn the loss of some dear friend from its dreadful effects! Much, very much, has been written concerning it, hundreds of causes have been assigned as its origin, and perhaps no *one* disease has given rise to more specifics and nostrums, and in none is there a wider field for quackery.

I feel myself inadequate to the task to give a clear understanding concerning it, but will use my humble endeavours to lay before my readers some few facts that I have learned from various authors, which I consider throw some light upon the subject, and from what my own experience has taught me; and here let me remark, that from the chaos of doubt and intricacy that surrounds this disease, I have gleaned that the two things that go farthest to mitigate and prevent it, are *common sense, a strict attention to the laws of nature and the*



*functions of the body.* Consumption, like every other disease, is abnormal, and is produced by neglect and an infringement of nature's laws; no cause is more fruitful than a neglected cold; no one will deny that a common cold is completely within our power; will any one say, then, that I am wrong in attributing it to *neglect*? How many lay the germ of consumption by debauchery and other excesses! and can any one say this is not an infringement of nature's laws? True, many suffer from causes over which they have no control, such as hereditary predisposition, malformations, disease, &c.; but are not these mostly the fault of our parents, and was it not brought upon themselves by infringements of nature's laws? and does it not fully prove the fulfilment of the curse pronounced by our great Creator? "I will visit the sins of the fathers upon the children, unto the third and fourth generation of them that hate me." Fathers, mothers, infringe not the laws of God, or you will not be the only sufferers; be not selfish or high-minded; think of the future welfare of *your* offspring and *their* offspring; entail not upon them the greatest misery man is heir to—consumption!

Pulmonary consumption is accompanied with general emaciation, debility, pain in the side or chest, difficulty of breathing after walking or speaking, and a cough, which proves very troublesome, especially towards morning; as the disease advances little tubercles are formed upon the lungs,



which in course of time become filled with matter, and slowly, but surely, consume the lungs and end in death.

Women are more subject to it than men, owing to the greater delicacy of their organization.

The predisposing causes of this disease are many, the principal of which are hereditary predisposition, malformations, such as a narrow chest, long neck, prominent shoulders, affections of the spine, and certain diseases, such as colds, inflammation of the lungs, scrofula, measles, small pox, &c. and various employments, such as needle pointers, stone cutters, millers, bakers, &c. and those who are exposed to the fumes of metals, &c; violent passions, sedentary pursuits, playing much on wind instruments, debaucheries, keeping on wet clothes, lying in damp beds, and in fact every thing that gives rise to obstructed perspiration.

“ Various causes have been assigned for the increasing prevalence, at the present time, of this distressing disease in this country; and among others the disuse of wood fires, and the general adoption of mineral coal for fuel, has, of itself, been thought sufficient by some persons to account for it; but the great and sudden changes of temperature or variableness to which our climate is subject ought properly to be considered as the real cause, and there is great reason to suspect that the warmth and closeness of our apartments, together with the scanty, light, and flimsy attire of our females, very



much increase the liability to this complaint."\*

The annual number of victims to consumption in this island is considered to be not less than fifty-five thousand persons, out of a population of eleven millions.

The symptoms of incipient consumption are generally, in the commencement, a short dry cough, but with which nothing is spit up for some time, except a little phlegm. The breathing becomes difficult, especially upon the least motion of the body, an oppression of the chest is felt, the body becomes leaner, and the patient feels languid and idle, the spirits become affected and the appetite lessened.

The patient frequently continues in this state for some length of time; he (or she) is more readily affected by cold, and when a slight cold is taken, the cough becomes troublesome and severe, especially at night, and a larger quantity of phlegm is brought up. Gradually the matter thus brought up becomes more thick and dark, and assumes a greenish colour, and is sometimes streaked with blood; in course of time the breathing becomes more difficult, a pain is felt in the chest, especially when the cough comes on, and the emaciation and weakness become greater; as the disease advances, the pain in the side becomes so sharp that the patient cannot lay on the side in which it occurs;

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\* Thomas's Practice of Medicine, page 527.



a fever comes on, with flushings of the face; the hands and feet burn, and the breathing is more difficult. The fever generally occurs about five o'clock in the afternoon; another attack, however, then comes on, and gradually increases until midnight; about two o'clock, however, another pause takes place, and this becomes more plainly seen, as the morning advances; and in the advanced stages of the disease ends in a profuse sweat. During the pauses, however, the patient often complains of coldness, although the skin is unnaturally warm; this occurs more particularly in the evening. As the disease advances the throat becomes slightly inflamed, and thrush sometimes comes on; during the pauses the face is sometimes very red and at others very pale, and the patient seems careworn.

At the commencement of the fever the bowels are usually costive, but as the disease advances a diarrhœa often comes on and continues frequently during the remainder of the disease. In the last stages of consumption, the patient is so thin that he (or she) looks like a walking skeleton, the countenance is altered, the cheek-bones project, the eyes look hollow, the hair falls off, and the feet and ankles swell. To the end the patient is full of hope, and I have seen persons, not an hour from death, confident of their recovery, and forming the most extravagant projects of what they are going to do when they recover; this may be considered fortunate, for it is the only thing the poor suffering creature has to comfort him; deplorable as the



effects of the disease are now, what must they be if the patient's hopes were gone, and he lay for months in misery! How true the words, "there is a balm for every wound!"

Shortly before death the extremities become cold, and sometimes the patient is delirious, which continues until death puts an end to his sufferings.

Every case of consumption is to be considered dangerous, but particularly so when small ulcers appear upon the lungs; these ulcers gradually become larger, at last they rupture (or break) the small blood vessels in the lungs; when this is the case, a violent fit of coughing comes on, and the matter that is thrown up is streaked with blood,

Consumption in many cases is stopped by pregnancy; but when this is over, its progress is more rapid, and sometimes ends in madness.

The early stages of this disease is the only time that there is any chance of cure; therefore, no time should be lost in applying the appropriate remedies.

On the first appearance of the disease, the patient must begin the antiphlogistic plan of diet, &c., and keep the bowels gently open; when there is any fever, the following\* should be given, and arrow-root, sago, &c. given with milk, poached eggs, light puddings, custards, jellies, animal broths, &c.: all

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\* Take,—Nitre, 20 grains.

Carbonate of soda, 1 drachm.

Tincture of cardamoms, 2 drachms.

Camphor water, 4 ounces.

Mix, and take one or two table spoonfuls three times a day.



fermented liquors and spirits must be carefully avoided. Asses milk is also good. The patient must be kept perfectly quiet, must not sing, talk too loud, or play on wind instruments; he must avoid going into crowded rooms, all bodily exercise, and stooping. Flannel must be worn next the skin, and the feet kept from cold, and wear a hare-skin over the chest. A voyage also to a warmer and milder climate will often give great relief; but those who have confirmed consumption, ought never to leave their country. Malta, Lisbon, Madeira, Italy, and the south of France, are the places to go to; but when circumstances will not admit of these journeys, Torquay, the valleys of Devonshire, and Penzance, in Cornwall, are the best places in England, in one of which the winter should be spent.

The patient should take moderate exercise in a carriage, or on horseback, in the pure fresh air; but at the same time all violent exertions must be carefully guarded against.

To remove the pain in the side, a mustard poultice is recommended. A small dose of antimonial wine, taken every second or third day, in water, will also occasionally give great relief.

When the cough is troublesome, take a mixture like the following,\* at the same time drink barley-

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\*Take,—Almond mixture, 6 ounces.

Syrup of squills, 3 drachms.

Paregoric, 2 drachms.

Mix, and take a little occasionally.



water, and take jelly made of Iceland moss. These are the remedies recommended in the first stages of this most dreadful disease.

In the second and third stages we must endeavour to lessen the cough, the diarrhœa, and the sweating; and put the body into as good general health as possible, by fresh air, moderate exercise, and a proper course of diet. In these stages, the antimonial wine will be found very beneficial, and must be given every second or third morning. Doses of cod liver oil may also be constantly taken; and in some cases of the worst kind I have found it give immediate relief. Peruvian bark is also an approved medicine in these cases, when the fever is considerable, but it should not otherwise be given. Oranges, and those fruits that are acid, may also be given, as they tend to stay the progress of ulcers; and mustard poultices should be constantly employed. Inhaling the steam of hot water is also recommended.

When the mouth is sore, make an infusion of Peruvian bark, and dissolve some borax in it, and frequently well rince the mouth. These means are the best known, and if they give relief, should be persevered with; and a warm bath occasionally

I have now given the symptoms and rational treatment of this worst of all diseases, and believe there is little else to be done; but in accordance with my motto, a "preventive is better than a cure," I would most earnestly impress upon the minds



of every one of my readers, the important necessity of using the means recommended for Colds in general, upon the first symptoms; thousands of lives will thus be saved, and much misery prevented.

The relation between the surface of the skin and the lungs is very great, for if the perspiration is obstructed, it generally flies to the lungs, and produces inflammation; and this, in many cases, lays the foundation of consumption. I have known several cases of consumption arise from the person merely getting wet in the feet. Surely, then, some consideration is due to the important functions of the skin; and I wish most strongly to impress upon the minds of every one, who reads these remarks, the facts stated in the chapter on the skin.

### SCROFULA.

This disease consists in hard indolent tumours in the glands, in various parts of the body, but it mostly occurs in the neck, behind the ears, and under the chin, which in course of time form ulcers, from which a fluid, like milk, runs,

The disease usually shows itself between the third and seventh year of life, but in some cases, not before fourteen or sixteen. The principal causes of scrofula in persons who are pre-disposed to it,—that is, those of a lax habit, delicate constitution, and those afflicted with various diseases,—are a long continuance of inclement weather, exposure to wet and cold, breathing impure air, eating unwholesome food, uncleanness, want of



exercise, indolence, and in fact any thing that produces an unhealthy state of body; in some persons it is hereditary. Scrofula generally commences in the winter and spring, and shows itself in small tumours under the skin, which are however, without pain; after a time they become larger, and the skin becomes purple or livid, and they are much inflamed; at length they break and matter oozes from them; the tumours gradually subside, at the same time the ulcers become larger, and spread in various directions; after a time some of the ulcers heal, but other tumours form and proceed in the same manner as the first; the disease goes on this way for years, and at last heals up, leaving behind it large and ugly scars; this is the mild form of the disease. In the more severe cases it generally attacks the eyes, and sometimes ends in blindness; it also flies to the joints, they swell, and there is great pain in them; these symptoms increase, and the muscles waste to a considerable extent; matter forms and is discharged through small openings in the skin, and produces a rottenness in the bones; the matter is absorbed into the system, and produces fever, which ends in death. Those who are predisposed to Scrofula should take regular and moderate exercise in pure air, frequently take a bath, either warm or cold, (but sea-bathing is preferable); the clothing should be such that it will protect them against any inclemency of the weather; and in cold wea-



ther flannel should be worn next the skin ; and in some cases a change of air will be advisable : when possible sea-water should be drank, but if not practicable, some artificially made, by putting tartrate or sulphate of potass in water, may be substituted. The remedies recommended for this disease are various ; a decoction of the leaves of colts-foot should be made and drank repeatedly, and the parts bathed with a decoction of hemlock. Burnt sponge in doses of a scruple (or 20 grains,) should be given in honey twice a day, at the same time drinking barley water or thin gruel ; but those which seem to give most relief are tonics,\* such as that below, or the camomile and gentian mixture before recommended ; mineral waters are also given with good effect. The bowels should be kept gently relieved by small doses of rhubarb ; the parts when not broken, should be repeatedly rubbed with the hand, and then bathed with warm water ; mercury has been recommended, but the celebrated Dr. Hooper says, “Mercury may be considered as a *bad* medicine, in the generality of scrofulous cases, given in *any* form,” with which opinion I entirely agree. Sarsaparilla and quinine may also be given in some cases with advantage.

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\* Take,—Carbonate of soda, 3 drachms,  
 Peruvian bark, 1½ ounces.  
 Barley-water, 6 ounces.  
 Mix, and take 2 table-spoonfuls 3 times a day.



When there are ulcers, they may be bathed with cold, sea, or lime water; and if they are very foul, with a weak solution of vinegar in water, and a poultice made with bread and water, or hemlock leaves, may be used. In all cases, the constitution must be strengthened with tonics; such as Peruvian bark, gentian, cascarilla, calumba root, or any vegetable tonic; the diet must be light, nutritious, and generous, taking occasionally a little wine; all exposure to cold must be avoided, and a bath, as before named, taken frequently; and in every stage of the disease, a solution of "Measams Cream" will be found very beneficial in allaying the inflammation and resolving the tumors.

An eminent physician informed me lately of a case of a young gentleman, about nine years of age, who was afflicted with scrofula of a most severe kind, and upon whom he tried this cream; he says its effect was miraculous, and in about five weeks the child was perfectly cured, *without leaving a blemish*; this surely bears out my remarks, and deserves *some* attention from those who are afflicted, and the public generally.

### INFLUENZA.

This disease usually comes on with a dull pain in the forehead, redness of the eyes, and heat in the nostrils; a thin fluid runs from the nose, which is followed by hoarseness, frequent sneezing, difficulty of breathing, a dry cough, loss of appetite,



debility, and a sensation of coldness, which is succeeded by a slight fever; as it progresses phlegm is brought up, which is at first thin and white, but gradually becomes thicker and of a yellow colour.

In the generality of cases, all that is necessary is to keep warm, and take gruel, barley-water, or toast and water, with a little lemon juice or cream of tartar in it; but when there is much fever, proceed as directed for Fever; and if there is much cough, take the following,\* and drink barley-water, &c.; a warm bath may be taken at bed-time, or put the feet in warm water. A good mixture may be made of horehound and sage, and a cupful taken occasionally. All the patient is given to drink should be cooling; and the diet should consist of beef tea, gruel, &c., and a gentle purgative be occasionally taken. Care must be taken not to catch a fresh cold; and when the attack is over take Peruvian bark, quinine, gentian, &c., also a little Port wine, and when the weather is fine, gentle exercise; an hare-skin should be worn over the chest, next the skin, which is preferable to all the plaisters in the world, as they only obstruct the perspiration, and cause irritation, whilst the hare skin effectually preserves the parts from the action of the atmosphere, and at the same time allows the perspiration to escape, besides being pleasant to wear.

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\*Take,—Syrup of squills,  $\frac{1}{2}$  ounce.  
Syrup of poppies,  $\frac{1}{2}$  ounce.  
Paregoric, 2 drachms.

Mix, and take a teaspoonful in a little water 3 times a day or oftener.



## LUMBAGO AND SCIATICA.

These diseases attack, the one the loins, which is called lumbago; and the other, the hip joint, called sciatica; they are a species of rheumatism, and are to be treated the same as recommended for chronic rheumatism.

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 POISONS.

There are four kinds of poisons:—mineral, animal, vegetable, and ærial. The mineral poisons corrode the flesh and produce inflammation. The vegetable generally stupify, and leave no marks of inflammation. The animal generally affect the whole body; and the ærial the respiratory organs.

## MINERAL POISONS.

The principal mineral poisons are lead, nitrate of silver, antimony, acids, alkalies, arsenic, and some of the preparations of mercury; *these are all used by medical practitioners.*

The effects of lead when introduced into the system are, languor, trembling, colic, palsy, convulsions, and death.

Arsenic produces a pricking and burning sensation in the stomach, and vomiting; the tongue, mouth, and throat become rough and parched, and an unquenchable thirst exists, with much anxiety and restlessness; the stomach and intestines be-



come inflamed, and soon mortify; the stomach becomes distended, and the extremities become cold, the stools are fœtid, and death ensues.

Some of the preparations of mercury produce the same effects as arsenic.

In all cases of poisoning by minerals, first of all the stomach should be emptied by giving an emetic,\* and when this has operated, give plentifully of barley water, milk, a solution of gum-arabic broth, or olive oil; these will sheath the stomach from the irritation produced by the poison. Mix wood ashes with boiling water, and allow them to settle and give the lees; or powdered charcoal may be given. Lime water, chalk, and magnesia, are also recommended, but the white of eggs is the most powerful antidote of any for arsenic. Common salt is the best remedy for nitrate of silver: mix a table spoonful of salt in a quart of water; and give a tumbler-full for a dose.

### VEGETABLE POISONS.

The principal of these are opium, hemlock, digitalis, belladonna, laurel, and various kinds of fungi; these generally produce stupor, sleep, and death: *these are all used in medicine.*

In all these cases, first of all give immediately the emetic recommended for mineral poisons.

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\* Take,—Sulphate of zinc, from 15 to 30 grains.

Powdered ipecacuanha, 10 grains.

Mix in milk, and give immediately.



In all cases where laudanum or opium has been taken the patient must be kept constantly roused and made to walk about, and on no account allowed to sleep, until all danger has disappeared; the face and body must be dashed with cold water, and hartshorn, &c., applied to the nostrils, and mustard poultices be put to the soles of the feet, and afterwards a dose of castor oil be given.

Oxalic acid is often taken in mistake for salts, in such cases,—mix some chalk or whiting with water, and give the patient, or magnesia with water may be given; this perhaps is preferable of the two. Children in the country often eat poisonous mushrooms, &c.; when this happens proceed as recommended above.

### ÆRIAL POISONS.

The fumes of metals generally produce these, and the cases that occur are more frequently from accident than design; the fumes of charcoal and coke are also poisonous. Immediately on discovering a person who has been suffocated by these fumes, take him into the open air and undress him, and allow the air to get to every part of the body, place him in a leaning posture on a chair, &c.; after a little time cover him with flannel and sprinkle the face with vinegar and water, and the stomach with cold water, and also place the legs in a cold bath; after some time well rub the body with flannel, and apply volatile salts, &c., to the



nostrils, then place him in a warm bath and put to bed, keeping him perfectly quiet; when he is able to swallow, give a little vinegar and water; always before entering a well, cesspool, &c., lower a lighted candle into it, if it goes out it must not be entered, but lime or chalk thrown into it, and not be entered until the candle burns clear in it.

### ANIMAL POISONS.

The principal of these is the bite of a mad dog, or vipers, venomous snakes, and some kinds of fish, and prussic acid. Prussic acid exists in bitter almonds, kernels of apricots, in the leaves, of the laurel and peach. It ought properly, perhaps, to be placed under the head of Vegetable Poisons.

It has a sweet taste, and smells like bitter almonds; the symptoms it produces when taken are convulsions, epilepsy, paralysis, and death. The best remedy is ammonia, largely diluted with water; but brandy, æther, or camphor, may also be given.

The symptoms produced by the bite of the rattle-snake are, sickness, a full strong pulse, the whole body swells, the eyes become filled with blood, and blood runs from the nose and ears, the teeth chatter, and death soon puts an end to the agonies of the poor creature.

The best remedies are, to immediately apply



a hot iron, or hartshorn and soap-tees to the parts. The Indians generally suck the wound at once, and then plunge the part into water.

For the sting of bees, wasps, or other venomous insects, the best application is hartshorn; and I have seen Measam's Cream instantly allay all pain and other unpleasant symptoms. To obviate the poisonous effects of muscles, lobsters, conger-eels, &c., a good strong emetic should be given, and then vinegar and water be taken.

For the bite of a mad dog, proceed as recommended for the bite of the rattle snake.

### SUSPENDED ANIMATION.

In cases of drowning, or long exposure to cold, suffocation, or strangulation, a considerable check is given to the circulation of the blood.

In cases of drowning, as soon as the body is taken out of the water, it should be taken to the nearest house, stripped, and wiped perfectly dry. It should then be placed between warm blankets, and laid on the *right* side; hot bricks, &c., placed to the feet, and the doors and windows thrown wide open. Every part of the body should then be well rubbed with flannel, and a person should blow into the mouth, at the same time stopping up the nostrils. These means should be persevered with for some length of time, and not until the body becomes cold, or shows unmistakable signs of death, should it



be discontinued. I have seen people restored after six hours, by following this treatment. When the Patient is able to swallow, give some brandy and water mixed with thin broth. This treatment also applies to cases of suffocation from whatever cause.

### CONTAGION.

In various diseases, the atmosphere becomes impregnated with a species of poison, produced by certain morbid particles flying from the body of the patient, which make these diseases what is commonly called *catching*.

In all cases, the patient should be kept by himself; and no person, except those who attend him, allowed to enter the room. The windows, doors, &c., should be opened occasionally to allow a free ventilation, and chloride of lime, or soda, and vinegar be sprinkled over and about the room. Curtains should never be used, and the bed-clothes constantly changed; no fire (except in a few cases) should be used, the chimney should be left open, and the bed-clothes should be light, and all matter that is evacuated be immediately taken from the room. All persons that enter the room should use camphor, and smell vinegar; the breath should be held as long as possible, whilst with the patient; and when they leave, should wash their hands and face, change their clothes, and get



into the open air. These means will tend greatly to diminish the liability of becoming infected, and constitute the doctor's safeguard.

### THE INJURIOUS EFFECTS OF STAYS.

Can anything be more absurd, or more prejudicial to the health, than the practice (now so much in vogue) of wearing stays—let us see their effects, and then judge. These articles are made of stiff substances, into which are introduced (I suppose to give what is called shape) various pieces of whalebone and steel; a large piece of steel generally runs down the centre, just over the breastbone, and is usually curved; this curve is so made as to press upon that part of the chest, which of all others, requires most freedom in the act of breathing; and not only this, but they are mostly laced tight, so as to compress the ribs. What is the consequence? the lungs cannot expand, so as to take in the proper quantity of air necessary to vitalize the blood; and as this is the case, blood being the very source of life, the general health becomes affected, the person looks pale, and sometimes flushed, and there is great debility; frequent head-aches, sickness, loss of appetite, indigestion, the blood flies to the head and causes fits—the menses are frequently stopped, or become irregular from weakness, the whole body becomes emaciated, and death frequently follows. This, perhaps, it may be said is taking it



in its worst light—some, perhaps, may not believe it; but I, and not only I, but every medical man in the kingdom, know that thousands of females in this country die annually, entirely from the use of stays; many I know, and some of my own family, have suffered severely from them—but I am happy to say, I have shown them their error: they have discontinued their use, and are restored to health; and let me appeal to every one of my female readers' common sense, and ask them one or two questions:—

1st.—What use are they?

2nd.—Conscientiously, do you not feel better, and more *natural* when you have *not* got them on.

3rd.—Do you believe that the Almighty in his wisdom, has forgotten, or neglected to make you perfect?

I, perhaps, may be answered, that it would be ungenteel to be without them. Are the works of God ungenteel, or are they imperfect? Some may say they feel no injurious effects from them. Stop! have you none of the symptoms enumerated, and do you not think you might trace their cause to tight lacing. Much, very much more, I could say upon this subject, but space will not allow me; but I cannot conclude without earnestly entreating every mother never to put a pair of stays upon her child, as she values her future welfare, and to warn my lady readers of their injurious effects, and entreat them to study the



subject for a few minutes, which I am sure is quite sufficient to convince the most prejudiced of the truth of my remarks.

I am quite aware something of the kind must be worn, and as I have the welfare of my countrywomen at heart, I shall feel happy to forward *gratis* to any one a pattern of what has been adopted by several members of my own family, in lieu of stays.

### COLDS IN GENERAL.

In the ordinary course of events, very little is thought of a cold; if a person is recommended to do, or take any thing for it, he is laughed at, and told "it is only a cold," and "it won't hurt;" but let me warn every one who reads these remarks against this fallacious opinion—I say it will hurt; remember, that to cold and its consequence, *obstructed perspiration*, can be traced the cause of every known disease. Why, then, should this wolf in sheep's clothing be thus despised and allowed to make serious inroads upon the constitution, before any notice is taken of it? Surely, in such a changeable climate as this, common sense ought to dictate the absolute necessity of a constant watchfulness against cold; but no, like the chamois hunter of the Alps, the danger becomes familiar, and not until some *avalanche* sweeps us away are we awakened to the risk we run.



In every case of cold, the first thing to be done is to restore the circulation of the blood; this is done by taking a warm or foot bath, and using Measam's Cream, and at bed-time take a good hot basin of gruel to promote perspiration, it will then be advisable to retire to bed and keep warm. In damp or cold weather, socks should be worn in the shoes or boot, and a hare-skin worn next the chest; and those who are troubled with rheumatism should wear flannel. If these means are taken in time they will generally be found sufficient; but in some cases a decoction made of horehound and sweetened with sugar is an excellent remedy. In every case a proper attention should be paid to the functions of the skin, and if a perspiration is produced, little fear need be of any unpleasant symptoms arising; but a bath is indispensable. Colds are the easiest of all maladies to cure, if taken in time; but their consequences are most fearful when neglected.



## MODERATION, EXERCISE, &c.

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“Be moderate in all things.”

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THIS is a great law of nature, and those who infringe it will repent; eat moderately, drink moderately, sleep moderately—this is the grand secret of health. Animal food is said by some to be highly injurious; true, it is, like everything else, if abused; the very arguments used by them prove it to be positively necessary in our conventional life; we live in an unnatural state, our various occupations produce debility, which is occasioned by an insufficient supply of animal heat; the advocate of the “Vegetarian System of Diet” says “It is too stimulating;” but it is only so when used in excess; a moderate use of it produces the very stimulus we require to keep us in health. These vegetarians, like most other sectarians, have no medium,—“*they go the whole hog,*”—they consider nothing right but their own doctrines, and forget there is a *happy medium* in all things. I quite agree with them that *once a day* is quite sufficient to partake of animal food—this is what I call moderation. Vegetables, certainly, require more consideration than is generally bestowed upon them. I perfectly coincide with the vegetable system of *medicine*, for I believe



the Almighty has given us every remedy we require in the vegetable world,—but medicine and diet are two different things.

Moderate exercise is also essentially necessary to health; in fact, health cannot be promoted without it. Indolence gives rise to many diseases, instances of which we meet with every day. Walking is the best of all exercises, it invigorates the body, and improves its tone. Riding on horseback may be considered only second to it, for it produces exactly the same effects; whilst on the other hand dancing *in crowded rooms* is highly injurious; if this is ever indulged in let it be in the open air, then it is very salutary. But to produce health, or to keep it, the one great thing necessary is, to attend to the functions of the skin; as a child I have often heard it said in the country, “That those who sweat are always healthy.” How is this? the pores of the skin are then opened and allow the waste and prejudicial matter to fly from the body; whereas if they were obstructed, they would accumulate in some part of the body and produce disease.



THE  
MODERN PRACTICE OF MEDICINE.

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CAN anything be more repugnant to one's feelings, or affect a sensitive mind more, than when duty demands the exposure of any practice which has been considered pure, in which the party has been a participator and an actor, which has been considered honourable and an interest taken in, but which by experience has been found hollow, repugnant, mean, and dishonourable? But such is my case: I have been brought up in the medical profession, have studied it, practised it, and considered it an honour to belong to it; but *that* study, *that* practice, have fully convinced me of its errors. Few have entered it with more ardour and enthusiasm than I did; few have struggled harder to master its intricacies; and few have met with a more complete frustration of every hope and design.

Being in a position to guide my fellow-man over the rocks, shoals, and dangers that beset him, I feel it my duty to point them out, that those less acquainted with the road may pass safely over. It is from no sinister motive that I do so, but from a sincere desire to benefit my



fellow-traveller through this vale of tears. Is life, is health of no more value than that those who possess a little more wealth than their neighbours, by the purchase of a *legal* document, and whether they possess abilities or not, are allowed to be the dispensers of life or death? Surely, in this age, when the march of intellect is making such rapid strides, such a practice cannot long exist. No; more able pens than my own are now exerting their power to overthrow its injurious tendencies; and let those who have the misfortune to be afflicted, comfort themselves with the knowledge that the knife, the lancet, and mercury—those deadly agents—are becoming daily more and more into disrepute: happy the day when they cease to exist. A class of men now exist whose every nerve will be strained to abolish their use, whose pride it will be to alleviate the sufferings of their fellow-creatures in the least possible time, who will not protract suffering for the mere consideration of £ s. d., who will look more to the *cause* than the *effect*, and who, instead of being a curse, will be a blessing to society.

It is in our medical schools the root of the evil exists; there, immorality rules supreme; there, instead of exalting the mind, and inciting it to noble acts, such that ought to characterize every member of the noblest of professions, the student is dragged to prostrate himself at the shrine of



prejudice and mammon ; and ere he is allowed to practise these detestable doctrines, he is made to swear to adhere to what he has been taught, without having had an opportunity of judging whether it be right or wrong. If the voice of conscience should afterwards make itself heard, and he should follow what reason dictates, he is denounced, branded as an empiric, and no stone is left unturned to ruin his prospects.

Is not the prevention of disease better than cure? No, says our modern Galen ; people *must* be ill, or how am I to live? they *must continue* ill, too, or my establishment cannot be supported. Is it not an absurd idea, my readers, for a man to give what he knows will cure at once? Is it not absurd to relieve suffering and only get one *fee* for it? Don't you think it much better to protract it, that it may cost you something considerable, and that you may have the great pleasure of being able to tell your neighbour, that such and such an illness, *cost* you so much, and that Dr. so and so, used to call in his carriage, may be twice-a-day, that he tried *everything* he could think off before he hit upon the medicine that you required? This feeling I know exists with some people ; but because some hypochondriac thinks proper to expend his money in medicine, is this a reason why the mass should suffer, and especially those who have not much to spare for their whims, and who in fact do not require it?



The prevention nor the speedy cure of disease is the interest of the doctor; it therefore behoves the public to think and act for themselves. When any article of food is found to be adulterated, and is considered as injurious, immediately there is a cry against it, until the nuisance ceases; but a man, because he is dubbed *doctor*, is allowed to enter the inmost recesses of our dwellings, to hold our very lives in his hands, to cut, and mutilate us as he likes, without one single question; instead of using his endeavours to restore his patient to health, he only studies how to prolong the disease that he may make a bill; and when he does try, he uses such poisonous articles that he makes such an impression upon the constitution, that the person for ever after feels the effects. Who is there who cannot vouch for the truth of this, either in their own person or that of some of their friends? And this is not all—by the enormous charges made, which positively frighten those of limited means; this pernicious practice gives rise to Quackery: certain articles are blazoned forth to cure every disorder flesh is heir too, and most of them are diametrically opposed to the disease for which they are used, or are of such deleterious properties as to injure whoever may use them, or are trashy and useless; but a person afflicted, is naturally induced to try anything that may be thought to give relief; and these articles being cheaper than could



be procured from the doctor, they are used—and too many can say the fearful consequences that follow.

Of the prejudice that exists amongst medical men of the present day, only those who have experienced it can form any idea. If any new medicine is introduced, it is immediately attacked, for fear it should interfere with their *profession*. Many instances I could quote of this, but time or space will not admit. One of our greatest men has been teaching for years, that unless a certain practice, which he recommended for years to the students under his care, was followed, they must not expect to become any thing in their profession; but now he finds the march of intellect is opening the eyes of the students to more enlightened views: he turns round, and says, that they cannot become anything unless they overthrow every thing that he has taught so long and adopt his new code. Surely such a system must end; and let me, in conclusion, beg my readers to throw off the yoke of medical despotism—read, think, and judge for yourselves,—one step has been taken in the right direction: anatomy is now taught in our academies; the child is taught his wonderful mechanism, and how much depends upon himself in the prevention of disease. Under such happy auspices, I cannot but predict the most favourable results; the mask will be torn from the face of empiricism, reason will resume her



sway, and man will regain that greatest of blessings—health. I must now conclude this subject, and perhaps I and the reader may meet at some future day, for I am determined to use my utmost endeavours to save my fellow-creatures from this despotic sway: and let me add, that bountiful nature has provided every remedy man requires; and that every man, woman, and child, may ward off the attacks of disease by studying nature's laws, and in fact, become their own physician, thereby saving themselves much suffering and expense.



## CONCLUSION.

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As I have so often mentioned and recommended Measam's Medicated Cream, I consider it imperative that I should say a few words concerning it, and leave my readers to judge if the motives that have induced me to do so, require any apology.

It is now pretty generally admitted, that to the skin we must look for the primary cause of disease. The perspiration which is constantly flying from the body (*see* Chapter on the Skin,) by our manner of clothing, is thrown back upon the pores of the skin and becomes formed into a thin scurf, which permanently seals them up, so that the prejudicial matter that ought to be cast from the body is pent up; in course of time it acts chemically upon the blood making it impure; this impure blood by the veins and arteries is conveyed to every part of the body, causing various diseases. This being the case, it must be obvious to every one, that to keep the body in health, this scurf *must* be removed; the question then comes, how to do it? The most feasible plan seems to be to use a bath; but water *alone* will not dissolve it, owing to its being of a *greasy* nature, something then must be added. It was at this point I stuck for years,



I could not find anything to answer this desirable end; our own, nor any foreign Pharmacopœia does not contain anything that would assist me, neither could I find it in any of the many articles advertised as *cure alls*—until being nearly tired of the search, I was accidentally made acquainted with this article. I was informed it was the discovery of an eminent chemist, and had had thirty years untiring study devoted to complete it, that it was perfectly innocent, &c.; at last I was induced to test it. I did so, and found I had obtained the very article I had so long wished for, and bless the day I became acquainted with it. It will effectually dissolve the incrustation, remove every particle from off the skin, produce perspiration and a healthy circulation of the blood, opening the pores of the skin, thereby allowing the pent-up prejudicial matter to escape, and effectually prevent disease; which, as before shown, must otherwise have been the inevitable consequence. Upon further inquiries, I found that many of our most eminent medical men were using it. Amongst others, the late celebrated Dr. Walker of St. George's Hospital; he, in fact, was so struck with its extraordinary properties that he lectured upon it, and should these lines fall into the hands of any who then attended his lectures, they will no doubt remember it. It was also used in large quantities at Apothecaries' Hall, I am informed. The celebrated Dr. Barry



also speaks in raptures of it, and hundreds of medical practitioners now use it in a disguised form.

Having thus tested it, I consider it my duty to publish it to the world. The proprietors inform me they were actuated by a philanthropic motive in offering it to the public, but say that great prejudice exists on account of its being put up and sold as a patent medicine. This I believe to be the case; but my readers must remember that it is the law of the land that nothing shall be sold, having directions with it as to what diseases it will cure or is good for, unless it is put up in *this* form. I would therefore advise *all* to throw prejudice on one side and use it; and I conscientiously believe, that was its use universal, scarcely any disease would exist. I feel convinced that ere long it must occupy a prominent place in our Pharmacopœia, for there is nothing that will answer the same purpose; and I would earnestly advise my professional brethren to cast on one side the prejudice that exists,—to try it, and then to speak conscientiously. If they *do not* find it worth consideration, condemn it; but if they do, then let them act like men, let them use their powerful interest to make it known; and if it should interfere with their profession, what matters. Is there not room and occupation enough for us all in this wide world? I wish I could



see them act more in consistence with true philosophy, and brush the cobwebs of sordidness from their brows, and try to enoble, rather than to degrade, this noble profession. Remember the day *is* coming, and fast too, when the multitudes *will* think and act for themselves; how degrading then if they find out the imposition that has been practised upon them! will it not at once damn your profession and yourselves? Whilst there is yet time, then, repent, acknowledge your errors, look to the cause of disease, cast aside your deleterious practices, *cut* for ever the knife, lancet, and mineral medicines, you may then stand a chance of saving your reputation; but unless you do, your downfall is certain. The press is at work, your practices will penetrate every hole and corner of the kingdom, and like a celebrated politician you will be glad to jump into a *quart bottle*. To those just entering upon their professional duties, and students, I would particularly recommend these remarks.

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N.B.—The diseases of females are purposely omitted, as they are so numerous; and as they only edify those whom they particularly concern, the author considers a work ought to be entirely devoted to the subject.



## TABLE

*Showing the comparative quantity of Nourishment contained in different Articles of Food.*

|                    |     |
|--------------------|-----|
| Mutton.....        | 290 |
| Chicken .....      | 270 |
| Veal .....         | 250 |
| Pork.....          | 240 |
| Beef .....         | 260 |
| Soles.....         | 210 |
| Codfish.....       | 210 |
| Brains .....       | 200 |
| White of Egg ..... | 140 |
| Milk.....          | 72  |
| Wheat.....         | 950 |
| Barley .....       | 920 |
| Oats. . . . .      | 742 |
| Peas, dry .....    | 930 |
| Beans, dry.....    | 890 |
| Bread.....         | 800 |
| Rye .....          | 792 |
| Rice.....          | 880 |
| Nuts.....          | 930 |
| Almonds.....       | 650 |
| Potatoes.....      | 260 |
| Carrots.....       | 98  |
| Turnips .....      | 42  |
| Cabbage.....       | 73  |
| Apples.....        | 170 |
| Grapes .....       | 270 |
| Tamarinds .....    | 840 |
| Melons .....       | 30  |
| Cucumber.....      | 25  |



## DR. BEAUMONT'S TABLE,

*In which it appears that the following Articles take the time shown to be converted into Chyle that is digested.*

|                                                                                                       | Hours. | Min. |
|-------------------------------------------------------------------------------------------------------|--------|------|
| Rice boiled soft . . . . .                                                                            | 1      |      |
| Apples, sweet and ripe . . . . .                                                                      | 1      | 30   |
| Sago, boiled . . . . .                                                                                | 1      | 45   |
| Tapioca, Barley, Stale Bread, Cab-<br>bage with Vinegar, raw, Boiled<br>Milk and Bread and Milk, cold | 2      |      |
| Potatoes, roasted, and Parsnips boiled                                                                | 2      | 30   |
| Baked Custard . . . . .                                                                               | 2      | 45   |
| Apple Dumpling . . . . .                                                                              | 3      |      |
| Bread Corn, baked, and Carrots boiled                                                                 | 3      | 15   |
| Potatoes and Turnips, boiled . . . . .                                                                | 3      | 30   |
| Butter and Cheese . . . . .                                                                           | 3      | 30   |
| Tripe and Pigs Feet . . . . .                                                                         | 1      |      |
| Venison . . . . .                                                                                     | 1      | 35   |
| Oysters, undressed, and Eggs, raw . .                                                                 | 2      | 3    |
| Goose and Turkey . . . . .                                                                            | 2      | 30   |
| Beef and Mutton, roasted or boiled . .                                                                | 3      |      |
| Boiled Pork, Eggs hard, boiled or fried                                                               | 3      | 30   |
| Domestic Fowls . . . . .                                                                              | 4      |      |
| Wild Fowls . . . . .                                                                                  | 4      | 30   |
| Salted Pork . . . . .                                                                                 | 4      | 30   |
| Suet . . . . .                                                                                        | 4      | 30   |
| Pork and Salted Beef . . . . .                                                                        | 5      | 30   |
| Veal, roasted . . . . .                                                                               | 5      | 30   |







