

Random reflections on indigestion, bilious complaints, scrofula, &c.; : observations on the nature and cure of gout. Remarks on diseases of the scalp, including the ring-worm. And suggestions on the treatment of the scarlet fever / by S. W. Tilke.

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Publication/Creation

London : J. Poulter, 1837.

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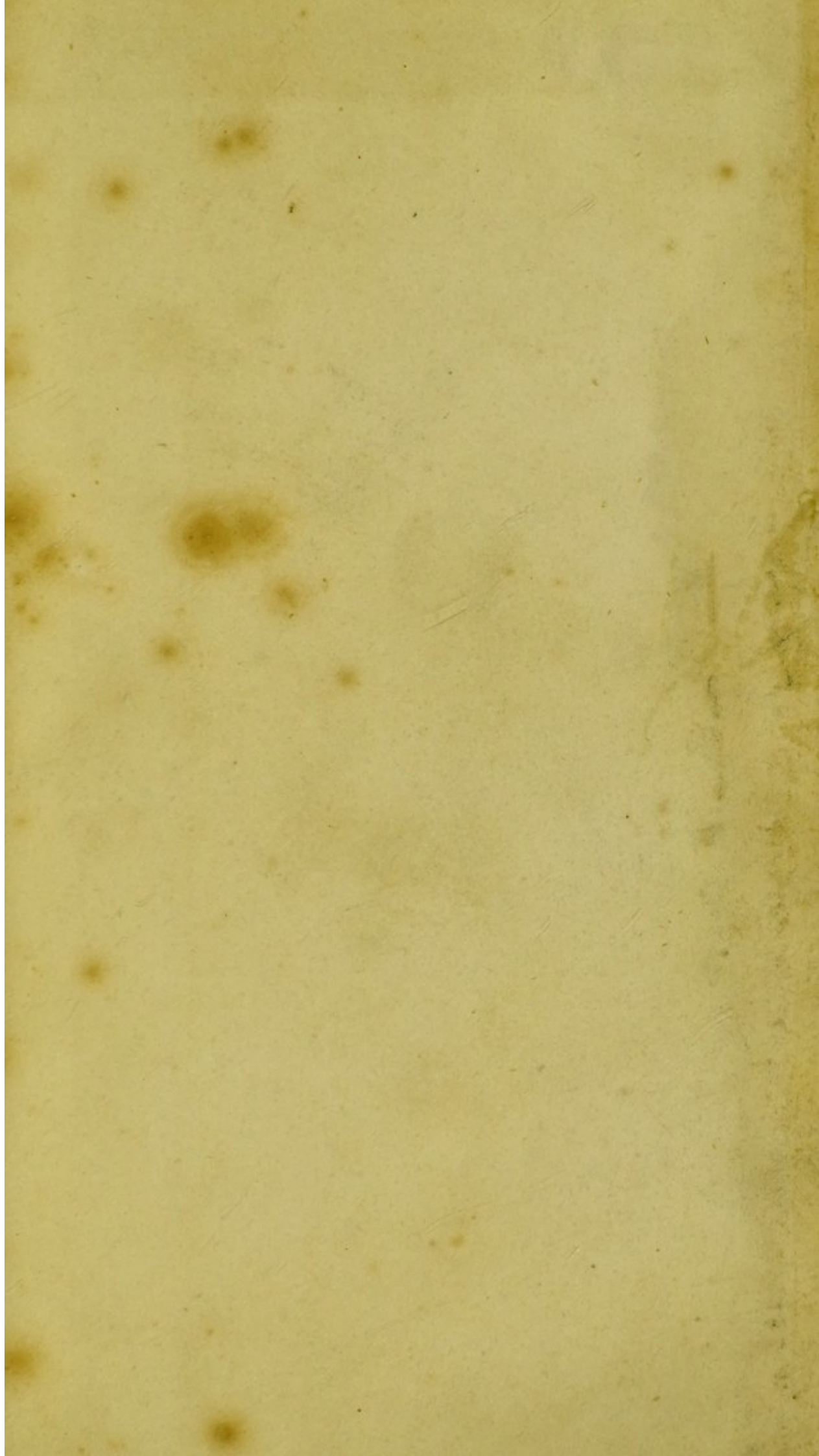


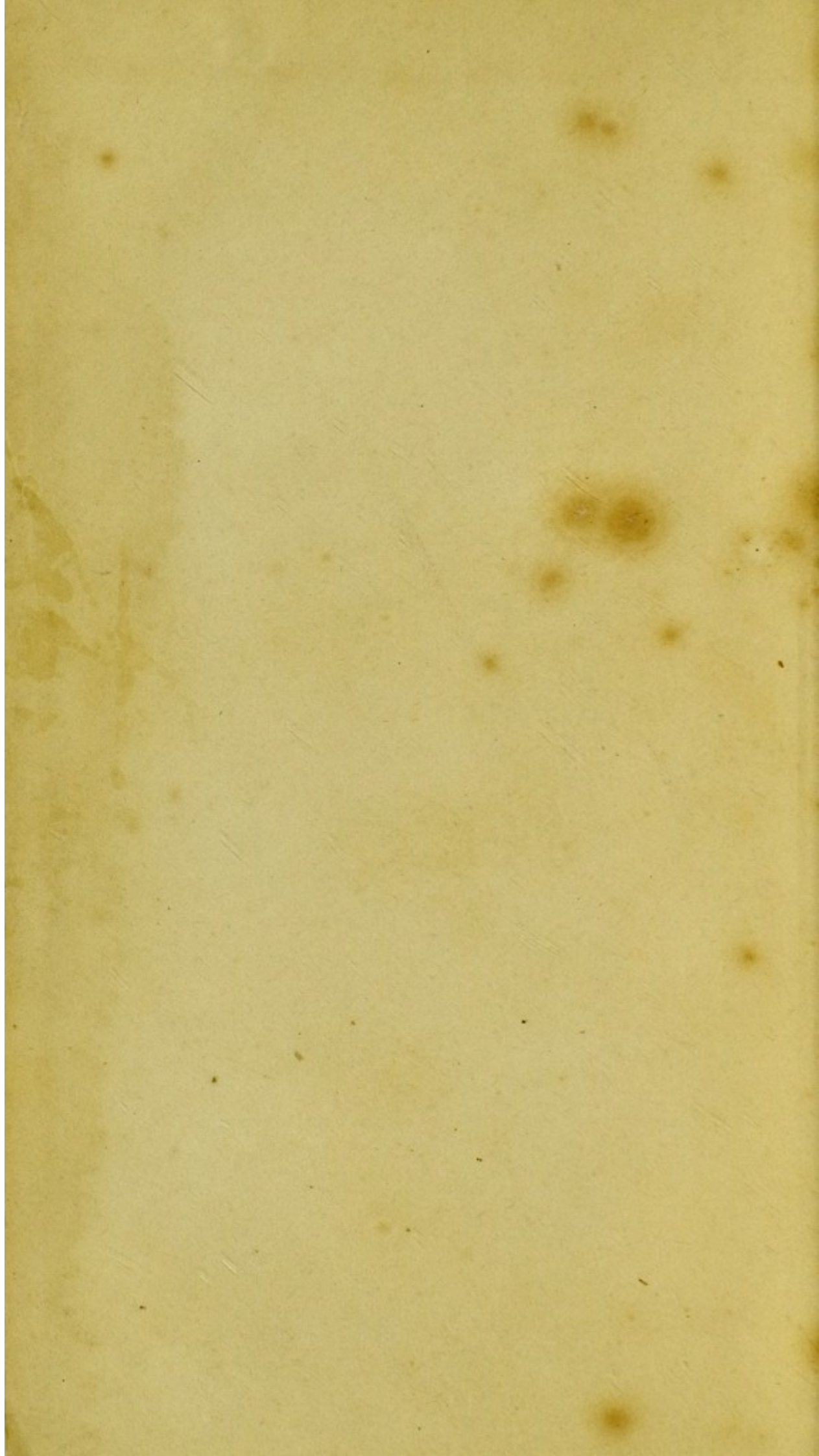
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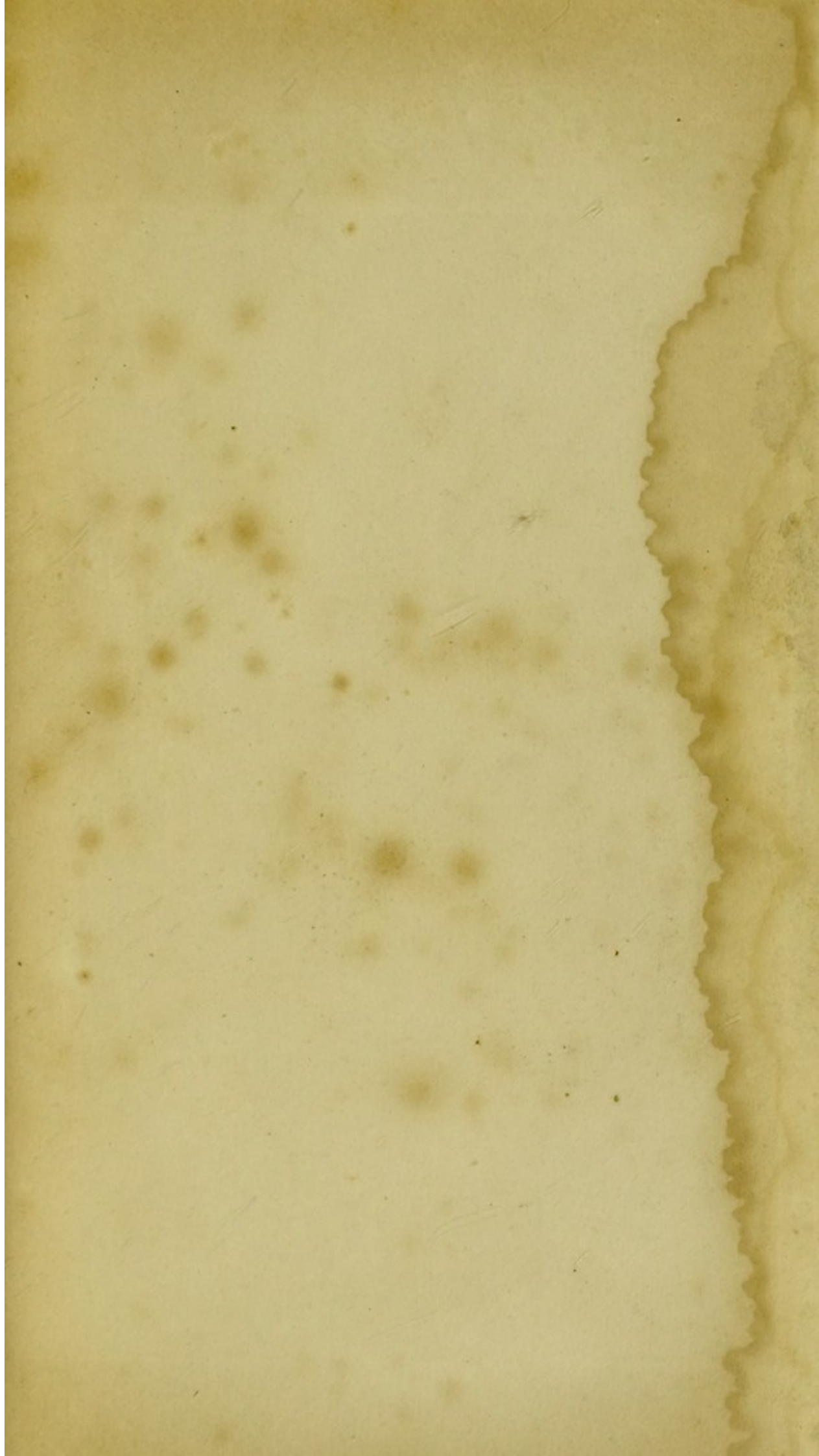


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Drawn from life & on stone by T. Overton.

Printed by C. Hullmandel.

MR. S. W. TILKE.

Practical Botanist.

Born at Sidmouth, Devon, 9th June 1794.

This Plate is presented to the Author by a grateful Patient.

6

RANDOM REFLECTIONS
ON
INDIGESTION,
BILIOUS COMPLAINTS, SCROFULA, &c.

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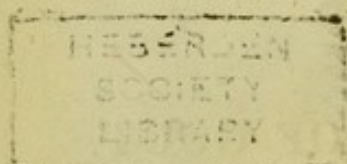
AND SUGGESTIONS ON THE TREATMENT
OF THE
SCARLET FEVER.

By S. W. TILKE.

"And the Lord God planted a garden in Eden: and there He put the man whom He had formed. And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good."—*Gen.* ii. 8, 9.

"And the fruit thereof shall be for meat, and the leaf thereof for medicine."
—*Ezek.* xlvii. 12.

LONDON:
PRINTED BY J. POULTER, GT. CHESTERFIELD STREET.
1837.



"I pray thee understand a plain man,
In his plain meaning."

SHAKSPEARE.

P R E F A C E

TO THE THIRD EDITION.

“ Men should be what they seem ;
Or those that are not, would they might seem knaves.”

“ I have neither the scholar's melancholy, which is emulation ; nor the musician's, which is fantastical ; nor the courtier's, which is proud ; nor the soldier's, which is ambitious ; nor the lawyer's, which is politic ; nor the lady's, which is nice ; nor the lover's, which is all these. But it is a melancholy of mine own ; compounded of many simples, extracted from many objects ; and, indeed, the sundry contemplation of my studies, in which my often rumination wraps me in a most humorous sadness.”

SHAKSPEARE.

WHILE I was yet in doubt whether I should find it necessary to burthen my readers with a Preface to this, my Third Edition, I had put into my hands a newspaper, giving an account of a meeting held at Exeter Hall in December 1836, which I cannot do better than introduce here, that my readers may see how anxious “ *the profession* ” are to put fetters on those who do not, like themselves, possess *diplomas*, to shield them from the consequences of their own acts.

The following is copied *verbatim*, as I will

“ Nothing extenuate
Nor set down aught in malice.”—SHAKESPEARE.

“ MEDICAL EXPOSURES.—*Meeting at Exeter Hall—The immaculate Colleges—Wretched State of the Profession—The new Pharmacopœia, its Blunders and gross Prejudices.*

“ On the 19th of December 1836, there was held, at Exeter Hall, a meeting of the British Medical Association; and if any one circumstance more than another could have opened the eyes of the public to the enormities of Medical Practice, it must have been that meeting. We naturally look to the *schools* of any particular science for an illustration of its worth: and the pupils emanating from these seminaries are certainly best qualified to describe their fitness. The College of Physicians, *par consequent*, is shown up by the British Medical Associates as only less infamous than the College of Surgeons. The latter is distinctly stated to be the ‘most illiberal corporation in the kingdom;’ the council grossly corrupt, and self-elected for life; and *apostacy* the only sure means to obtain reward! ‘And can this state of things,’ says the address, ‘continue to exist much longer?’ We opine *not*; and shall spare no efforts of our own to complete its utter extinction. At the meeting to which we have alluded, a worthy of the name of Murray, a M.D., made the following speech:—

“ ‘I beg to ask, Sir, is it your intention to obtain petitions to Parliament for protection against the monopolists of your own body on the one hand, and ignorant quacks and empirics on the other—from him who pours thousands of drastic pills down the throats of the people for every kind of disease, or to him who kills *after another fashion*!’

“ After *what* fashion! why, the fashion of the *M.D.s*, to be sure: and how does the reader suppose that Dr. Murray proposes to ‘obviate deception’ in like matters? Why, by ‘legislative enactment!’ This is too good. The doctor would be the very man to regulate by Act of Parliament the number of potatoes we ought

to swallow at a meal! The address comes much nearer the truth in speaking of the degraded state of the profession. 'The medical profession in this country has long been, and is at present, in a most unsettled and unsatisfactory state, whether we regard the position of the physician and the consulting surgeon, or that of the general practitioner. This has arisen *chiefly* from the *apathy*, the *jealousy*, and the *disunion* existing in the general body.' When *all* are corrupt—colleges, branches, and the individual members of an art to which that 'precious jewel,' our health, is referred,—there is hope, at least, of being very securely put out of the way, and rid of the troubles of this life! In the face of so much obloquy, one would fancy that the mighty 'Pharmacopœia' of the College of Physicians would not have been put forth without a revision so stern as to defy the detection of error. No such thing: their *Parvum in Multo*, both in the original and translation, is rife of errors which professional men scruple not to call 'monstrous!' It appears as though it were reserved for the councils of colleges to do foolish things. They can recommend to Government the purchase of Mrs. Stevens' Stone-solvent, which turns out to be neither more nor less than soap-suds; and yet they can sit in conclave till midnight and decide *not* to inquire into the components of a medicine which Bransby Cooper and others have declared to be most unequivocally curative for its special purposes. Oh no! *They* decide *not* to send to Mr. Surgeon Franks, Blackfriars-road, because, forsooth, he has the protection of a patent; and yet Drs. Cholmondeley and Laird were always in the habit of sending to Newberry's for 'James' Fever Powders,' a patent medicine, until the secret of its composition was purchased *by the College* for two thousand pounds. The bitterest sarcasm ever dealt against the profession is self-inflicted, and consists in their denunciation of certain medicines of which they have not the skill to detect the ingredients, and effect cures in cases where *they* (the College-recognised ignoramuses) utterly fail!

"I. C."

This is what I foretold four years ago in my Second Edition (page 7 and 8). They now begin to feel, that "such men as myself would run away with all the meat;" or, rather, "with all their guineas;" I could give them another friendly hint, and say to them,

"I entreat you take no notice, nor build yourself a trouble
Out of this scattering and unsure observance,
It were not for your quiet, nor your good,
Nor for my manhood, honesty, or
Wisdom, to let you know my thoughts;"—

"But it is no matter,
Let Hercules himself do what he may,
The cat will mew, the dog will have his day."

SHAKSPEARE.

I have long wished for a parliamentary inquiry into the "MONOPOLY of the REGULARS on the one hand, and the IGNORANT QUACKS and EMPIRICS on the other:" each class being diametrically opposed to the public weal.

Should a Committee of the House of Commons be ordered to investigate this most important subject, I should rejoice in the opportunity of appearing before them; for I well know I could "a tale unfold," and show them with what comparative ease each of the rising generation might, (by introducing in our schools certain class-books and medical catechisms, prepared expressly to instruct the inquiring mind in the virtues of Nature's productions,) be most easily taught how to judge of their own constitutions, and to communicate the benefits of this knowledge to those who have not the same opportunity.

This would be the way to destroy all existing abuses, and effectually stop the nefarious proceedings of both the *legal* and *illegal* QUACK.

“ For such things in false disloyal knaves
Are tricks of custom ; but in a man that’s just
They are close denotements working from the
Heart, that passion cannot rule.”—SHAKSPEARE.

The public might, with little effort, but good system, be speedily enabled to judge in a great measure for themselves, were such initiatory school-books on this particular subject brought forth, and which, if I can find the time, I fully intend to publish ; wherein I shall shew the order and connection of natural things, together with the means whereby they are completed ; I shall teach the youth how he may soon be conversant with the moral characters of men, and to attain a knowledge of all the arts (which are but the imitations of nature), with the advantages they provide for the welfare of man. I shall shew there is only one great book for them to study, to make them perfect ; viz. the great and infallible book of Nature, which will shew them her remedial powers are inexhaustible. I shall teach them that “ time and kindness ” claims a large share in the rebuilding of the body, which must not be hurried by the handy-work of the physician. I shall prove to them, that Nature alone knows best how to restore, or repair her own materials. I shall endeavour to convince them, that I have enjoyed

some of the pleasantest hours of my life in this delightful study. Hours stolen from my domestic circle, from the fatigue of business, and from the *time* for *sleep*.

Acting in pursuit of this principle, the blessings to be found in the vegetable kingdom must be put forth; and knowledge, built on the principles of universal good towards each other, such as rational beings should practise in matters appertaining to life and health, must be spread, if we hope to see abuses destroyed. We look for honesty of dealing in commercial and legal affairs; and I can assure the Council of "RHUBARB HALL," that in the practice of medicine a mighty change is about to take place, and probably much sooner than they expect or wish. This reform may be procrastinated, but cannot be avoided. Let the Faculty look to the rapid advances making daily in the science of botanical knowledge—a study which I delight in supporting and advocating.

At a meeting of Ladies and Gentlemen lately held at the Botanical Institution, John-street, Adelphi, a paper was read by Mr. Irving, containing many facts relating to the science, and the results of observations made by him in its pursuit in the neighbourhood of London. It appears there are about 1,500 species of plants found in Great Britain, of which about 1,000 may be obtained within a circle of twenty-five miles round the metropolis. Mr. Irving had himself found 670 different species within

two miles of Hampstead, and 900 within the same distance of the town of Croydon. The neighbourhood of London is considered the richest in the kingdom in objects of botanical research; the inhabitants of this smoky city have thus every encouragement to pursue this delightful and healthy employment.

Many of the Jessamys who attended Exeter Hall meetings have had their own way for some years past, and gone on like so many blind horses in a mill! Government might with great advantage export a ship-load of those gentlemen to explore the bounties of nature in savage lands; even among the unenlightened Sons of Nature, will frequently be found more rationality than is to be met with in the medical schools of London. Look at the medical squabbles which have been reported in the *Times* and *Morning Herald* these three years past; and mark the conduct of those men, whom education ought to have taught better: at St. Thomas's and London Hospitals; and at this moment at the Charing-cross Hospital, where it seems the contention between them is, not who shall do the most good for the suffering patients, but which of them shall carry away the largest portion of the "loaves and fishes!" They are by these means bringing about (quite unintentionally) that wholesome change in their order, which I trust I shall live to see; and most assuredly the eyes of those who have the power to force this change, are "upon their doings."

Has the practical knowledge of the present day exceeded that of Shakspeare's Apothecary in "Romeo and Juliet," or his Doctor in "Macbeth?" Decidedly not. And this alone proves that physical science had attained, full two hundred years ago, at least, the same perfection that it has now. All the writings of Shakspeare and Le Sage evince that they had not a very high opinion of the doctors of their day. What would they say, if now living, on taking up the new pharmacopœia, to find seventy-nine *old* medicines designated by seventy-nine *new* names? By such folly, many mistakes have been made in prescriptions, and the danger of these alterations must be manifest. An Act of Parliament is really required to prevent this subterfuge for their utter want of the knowledge of Nature's medicines! Can I, or any other man, point out in too broad a character, the danger that may accrue to our *deceived, physic-taking, and suffering* race?

"If it were done, when 'tis done, then 'twere well
It were done quickly." SHAKSPEARE.

If my readers turn to the *Lancet* of January 7, 1837, they will there see the danger of giving new names to so dangerous a poison as "hydrocyanic acid." This report emanates from Middlesex Hospital! If such a blunder had been committed by me, those "popinjays" of the profession would have been in arms to crush me in

such a manner, as no enlightened mind can contemplate without disgust.

I have this moment a Prospectus before me, for the erection of a hospital, drawn by several of my most influential patients, and in which they propose to introduce my system, as practised so successfully in my own establishment for the last six years. I will only add, that I should not be found wanting on this occasion, but that my gratuitous services would be freely given in aid of so important an object. It is well known that I am already deeply occupied; but I should rejoice in the selection of six or more persevering and well-educated young men,* whose heads were on the right way,

* A young medical friend has put in my hand the following statement of the manner in which several years of the most valuable period of his life have been dwindled away, in acquiring what is called a *competent* knowledge of his profession:—"A five years' residence with an eminent anatomist—a cooping up in a large parochial London Infirmary, to learn Pharmacy—a hospital dressership of twelve months, under a Sir Charles Bell—a session or two at Edinburgh, to see how the medical world wagged—then a diploma from the College of Surgeons, and a subsequent drilling in the fenny parts of Cambridgeshire—three nights in the week without 'passing through the sheets;' and all this trouble and expense, amounting to many hundreds, incurred before a shilling could be returned."

It is not wonderful that these men, after spending so much time and money in *qualifying*, as they call it, should feel anxious to indemnify themselves by over-dosing their patients—it is naturally to be expected. But what a waste of time for young men! who might, under *judicious instruction*, be early brought into action for the benefit of the afflicted, and for their own support. The vice is in the system!

with one working man who had a thorough practical knowledge of anatomy, to attend to surgical cases, to whom I would very speedily make familiar my mode of action; and I would venture my future reputation on the report which should appear of our success, during even the first twelve months; such a detail, indeed, as should gratify the subscribers, and put some of the older institutions to the blush.

To return to Dr. Murray's Exeter Hall tirade :—

“ Faith, sir, save your threats;
The bug, which you would fright me with,
I seek, I tell you. 'Tis Rigour, and not Law.”

“ There hath been much to do on both
 Sides; and the nation holds it no sin,
 To urge them on to controversy.”

“ ————— When two authorities are up,
 Neither supreme, how soon confusion
 May enter 'twixt the gap of both, and take
 The one by the other !”—SHAKSPEARE.

“ There has been much throwing about of brains.”

SHAKSPEARE.

He could not surely mean me, when he said, “ Or to him who kills after another fashion.” If he does,

“ I plead NOT GUILTY: my integrity
 Being counted falsehood, shall, as I express it,
 Be so received. But thus, if powers divine
 Behold our human actions (as they do),
 I doubt not then, but innocence shall make
 False accusation blush, and tyranny
 Tremble at patience.”

SHAKSPEARE.

I can tell the learned Doctor, without fear of contradiction, that for the last eight years, with an extensive practice, frequently in very dangerous cases, I have been invariably successful; and I HAVE NEVER LOST A PATIENT UP TO THE PRESENT MOMENT, although by far the greater number have come to me after they were tired out by "the Profession," or had been told they were INCURABLE!! Can Dr. Murray say as much?

"But there is, sir, an aiery of children, *little men*, that cry out on the top of question, and are most tyrannically clapped for it; these are now the fashion, that many, wearing rapiers, are afraid of goose-quills, and dare scarce come thither."—SHAKSPEARE.

I would recommend my friends to read a pamphlet by "Frederick Salmon, M.R.C.S.," one of their own body, "*On the Necessity of an Entire Change in the Constitution and Government of the Royal College of Surgeons.*" He says, "The present arbitrary, irresponsible, and exclusive power of the Council is subversive of science, and derogatory to the public good." This is a pretty candid admission, but the truth of it cannot be disputed.

"Oh, gentlemen, the time of life is short;
To spend that shortness basely were too long,
If life did ride upon a dial's point,
Still ending at th' arrival of an hour."—SHAKSPEARE.

Many of my sincere friends, even now, wish me to go through the regular degrees, as it is called, to get a *diploma* to PROTECT me. My answer is, my

protection is, in my hundreds of grateful patients, in a liberal, and, I hope soon, a self-protecting public; and, above all, it is in my own bosom.

“What stronger breastplate than a heart untainted?
Thrice is he arm'd that hath his quarrel just;
And he but naked, though wrapt up in steel,
Whose conscience with injustice is corrupted.”

SHAKSPEARE.

We all know what would be the examination to be gone through previous to gaining a *diploma*. But I will merely remind my readers, that I passed a more formidable ordeal several years ago, when I was invited to wait on one of the highest Medical Boards now existing in this country, to explain to them my views upon the nature and cure of disease. It is with pride I reflect on the liberal and gentlemanly observations which were addressed to me by several members of that Board; and, on taking my departure, the whole of them (fourteen in number) expressed their wishes for my success, and that they approved of all my replies to their questions, and would be happy to forward my views. Having passed this examination of an hour, with such gratifying results, what need I fear (if I were inclined) of three Examiners at Apothecaries' Hall? But

“I would rather be a toad,
And live upon the vapours of a dungeon.”

In conclusion, I will only add, that the fact of this work being, from first to last, a series of “*Random*

Reflections," is not so much my fault as my misfortune. They are put down hastily, as passing events suggest them to my mind, however unconnected they may appear when put into print. Indeed, it is not possible, under my present arrangements, that it should be otherwise, as I write but a few sentences, and am then called away to severe exercise, both of body and mind ; when I return, the thread of my ideas has been broken, and the mind flies off to other subjects. It will be sufficient encouragement to me, if my friends find here and there some things worth perusing ; and the recipes I have inserted, I can safely say, if generally acted upon, would mitigate an immense aggregate of suffering.

Very little time can be spared by me, while I prepare all my own medicines, and administer every dose, and attend the baths to all my in-door patients. Many visit me daily for consultation, to say nothing of the numerous letters I receive from the country, describing, oft-times, very difficult cases, and requiring either to be received in my house, or that I would send them medicine and directions. This of itself is a most responsible and arduous duty ; and yet I rejoice in all this, inasmuch as there is a pleasure in mitigating the sufferings of my fellow-creatures, far outweighing all pecuniary recompense ; and as in this latter respect I have nothing to desire, if I wish to do more, IT IS THAT MORE GOOD MAY BE DONE.

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RANDOM REFLECTIONS

ON

INDIGESTION, BILIOUS COMPLAINTS,

&c. &c.

“ There was a time when all the body’s members
Rebelled against the stomach—thus accused it :
That only, like a gulf, it did remain
In the midst of the body, idle and unactive,
Still cupboarding the food, never bearing
Like labour with the rest ; where the other instruments
Did see—and hear—devise—instruct—walk—feel—
And mutually participate,—did minister
Unto the appetite, and affection common
Of the whole body. The Stomach answered :—
“ True it is, my incorporate friends,” quoth he,
“ That I receive the general food at first,
Which you do live upon ; and fit it is,
Because I am the storehouse, and the shop
Of the whole body. But, if you do remember,
I send it through the rivers of the blood,
Even to the kidneys, the heart, to the seat of the brain ;
And through the cranks and outlets of the body.
The strongest nerves, and small inferior veins,
From me receive that natural support
Whereby they live—and though that all at once, you, my
good friends,
Cannot see what I do deliver out to each,
Yet I can make my audit up that all
From me do back receive the flour of all
And leave me but the bran,—What say you to it ? ”

SHAKSPEARE.

FROM the balance of power between the several intellectual faculties of man, common sense has been said to have resulted. So likewise, in the regular and equable performance of the separate functions of the body, originates good health. By the consistent action of every organ the general fabric of the body is preserved, towards the maintenance of which the circulation of the blood performs a most essential office; and it appears to be a law of nature, that, in proportion as the function of any particular part is material to the health of man, so any deviation from its healthful condition produces a corresponding serious effect. We cannot but notice on every organ of the body, that nature assists herself in various ways; and our duty is to watch and assist her, in order to mitigate human suffering.

It is far from my intention to claim any superiority over my fellow *man* in the curative *art*—on the contrary, I am free to confess, that my talents do not rise above mediocrity; yet it will not be denied, that moderate abilities, combined with persevering industry and application, when directed to one single object, are more likely to succeed (and oftener do succeed) than the most splendid talents, which aim to embrace the whole circle of science

at once. I am of opinion, (and this I speak from experience,) that every practitioner ought to spend much time by his patients' bed-side; thereby, with an observing mind, he may often gain a more practical knowledge than that gained in medical schools, or than the best medical works teach. By a diligent attendance on the sick, he may learn and fully understand the intimate connexion which subsists between the various parts of the human body—their mutual dependance on each other—their particular functions and uses; and how these are liable to be deranged by disease or other injury. These reflections will add fresh links to the chain of knowledge before attained, and ultimately lead to the accumulation of every truth that can throw new light on the disorder under his consideration. Here also, by diligent inquiry, he will ascertain, that by far the greater number of human maladies are curable by few and simple remedies, which are plentifully spread by the bounteous Author of Nature over the face of our island; such as will successfully oppose and compel a hasty retreat to many disorders, which have proved fatal to thousands of our countrymen—because too long deemed incurable. A patient, weakened both in body and mind, can do little towards the expulsion of an internal foe—unless nature be assisted in her constitutional efforts, by cordial, yet pow-

erfully invigorating means, both by medicine and diet, which latter should contain a large quantity of nutriment in a small compass; instead of a starving debilitating system; such means will do infinitely more towards the restoration of health than drug-enamoured persons may easily believe, or drug retailers be willing to allow.

“ There is scarce
Honesty enough alive to make societies secure,
But security enough to make fellowship unhappy;
Much upon this riddle runs the world;
This news is old enough, yet it is every day's news.”

SHAKSPEARE.

Shakspeare has written

“ There is no art
To find the mind's construction in the face.”

On this principle, I think the ideas of an author ought to be poured out in such a simple manner as to be at once stamped on the mind of the reader; every jargon capable of confusing the sense should be avoided. Therefore, in the plain language of common sense I now address my readers, and had I the ability to do otherwise, I think I should be inclined to overcome the temptation of using a more attractive style, for fear I should become obscure, and lose the chance of being useful.

Scarcely any two bodies are formed alike, or any two minds alike constituted; every human frame is distinguished by some peculiarity, and many cir-

cumstances may occur through life to change our temperament from what it originally was. Most persons must be aware, that a sudden change from affluence to adversity, and “other ills which flesh is heir to,” will change the whole mass of blood ; the stomach (always sympathizing with every other organ of the body) becomes disordered, the appetite bad, and bowels irregular ; every meal is attended by acidity and a flatulent distension of the stomach ; the spirits are depressed ; the sufferer becomes irritable, and those feelings influence the healthy qualities of the blood. Then, as a matter of course, the nerves, the liver, the spleen, and all other organs of the body, become more or less affected. From such causes, the effects upon the mind are sometimes so distressing, the spirits are so subdued, that the sufferer becomes unfit for the active duties of life. So thought Shakspeare when he said—

“ Infirmity of mind

Doth make me neglect my office ;

We are not ourselves when nature, being oppressed,

Commands the mind to suffer with the body.”

I much fear—nay, I have reason to know—that such distressing feelings have caused many persons who otherwise might have continued useful members of society, to attempt their own life, or actually to destroy themselves. We had, in 1836, a case to

prove this, *viz.* Mr. Stannynought, of the Edegware Road, who in a fit of despondency from the causes I have here mentioned, (for I have made diligent enquiry into the case,) destroyed his darling son, and attempted his own life, which on a second attempt he accomplished. Read how beautifully Shakspeare describes a man in such a state—

“ Some strange commotion
Is in his brain—he bites his lip, and starts ;
Stops on a sudden, looks on the ground,
Then, lays his finger on his temple—straight
Springs out into fast steps—then stops again ;
Strikes his breast hard—and then he casts
His eye against the moon ; in most strange postures
We have seen him set himself.”

Read the pompous life of Cardinal Wolsey in Shakspeare's Henry the Eighth ; he says—

“ My high-blown pride
At length broke under me, and now has left me
Weary, and old with service, to the mercy
Of a rude stream.”

And what did this rude stream ? why caused his stomach to act so powerfully with his distress of mind, that every reflecting person who reads his life, must come, I think, to the conclusion that I have, *viz.* that he died from indigestion, commonly supposed to be, and called a broken heart. The words he made use of would be the effect of an irritable, anxious, and desponding state of mind,

caused by his Royal Master giving him a paper in an angry mood, and saying—

“ Read o’er this—and after, this—and
Then to breakfast with what appetite you may.”

This act caused him to exclaim

“ Had I but served my God with half the zeal
I served my king, he would not in my age
Have left me naked to my enemies.”

“ Father Abbot,
An old man broken with the storms of state,
Is come to lay his weary bones among you,
Give him a little earth for charity.”

SHAKSPEARE.

But such an irritable, anxious, and desponding state of mind as Wolsey’s is not always attributable to indigestion ; but too often the effects brought on from such a cause as late, formal, and ill-assorted dinners, the extremes of which cause the stomach to ferment instead of digest ; for

“ Boundless intemperance
In nature is a tyranny ; it hath been
The untimely emptying of the happy throne,
And fall of many kings.”

“ Unquiet meals make ill digestion.”

SHAKSPEARE.

This may be perceived by frequent belchings after dinner. This gas does not arise from digestion but fermentation, and may be fitly compared to the fumes which arise from a tub of beer

when at work ; and it is only necessary to inspect the curd in the stomach of a kitten, to prove that the gastric fluid is an acid. But it differs from the acids human chemistry afford, which are caustic, and destroy the texture of the living body. This difference is indeed wonderful, and, like every other provision of the Deity, is a subject worthy of our consideration and admiration. This gastric fluid, or, more properly to name it, this inimitable liquor, is also a *solvent*, which acts upon all matters proper for nutrition ; and the vitality of the stomach alone secures it from its corrosive power.

Again the *Bile*,—this is a thick, viscid, soapy fluid, of a yellow colour, and very bitter ; it acts no doubt upon the matter of the diluted chyle, and by its peculiar stimulus compels the bowels to urge it onward to the large intestine. The connexion this has with the gall bladder is another work of serious consideration, to inquire for the occasion that demands its use. This remark I am led to make by Shakspeare making Hamlet say :

“ Sure I am pigeoned, livered, and lack gall,
To make oppression bitter.”

Yet it is worthy of remark, that animals, &c. who do not fast long,—as the horse,—the parrot,—and the pigeon,—have not any gall bladder ; this must account for the food passing so soon through the

body, as it could not long remain without being in an acrid and fermenting state, from want of the bitter mixed with the fluids in the bowels, which no doubt the gall bladder supplies. Again the barrel of ale affords us a proof that bitters resist fermentation and putrefaction, for without the bitter of the hop, the infusion of malt would soon become vinegar. In the same manner the bile, seasoned with the bitter from the gall bladder, prevents the corruption of the contents of nature's passage from the stomach onwards.

These things working so truly together, and being ordained with so much apparent foresight, can we for one moment doubt whether they are the effects of *chance* (as an able writer will have it), or the Providence of a Merciful God, who in mercy afflicts us with disease, to convince us we must obey the general laws of nature established by himself? In attempting to explain these things, I consider myself as composing a solemn hymn to the Author of our Bodily Frame: I first strive, by a persevering inquiry and study, to comprehend these things myself, and next I endeavour to show them to others, to evidence to them how great is the Deity's wisdom, goodness, and mercy.

Deducing my own opinion from these reflections, I have traced many of the cases brought under my notice, (particularly patients in the higher ranks of

life,) to the inconsiderate sacrifices made to fashion and custom, at the laborious dinner table ! Luxurious and extravagant dinners produce suffering rather than enjoyment, as they are contrary to the laws of human nature. Let us for a moment take a view of the (to say the least of it) insane fashion of drinking *healths* in *wine* at the dinner table. I have always contended that the thing was so absurd that it must have been brought into fashion by a drunkard. On enquiry, I found I was right, and, poor man, his sufferings before his death made him pay dear for this folly.

A very old author (Malbranch) tells us, that our senses were given us to guard ourselves from injuries, and that they never fail to answer the end for which they were given. If this good old man could but come amongst us again, and see one of our fashionable dinners, he would at once be startled at our lack of common sense, which tells us, that when extremes such as they generally consist of meet in the human stomach, a sort of Bubble-and-squeak contest takes place, Mr. Acid endeavouring with all his might to turn Mr. Saccharine-juice out of the house by forcing him up the chimney ;—if he fails in this, he disturbs his healthy body with a diseased fluid, or fills the system with vinegar and grease. This was the case with Royalty itself. Had *he* paid attention to the remarks of that eminent man

Dr. Hunter, he would have found that:—"The stomach gives information when the supplies have been expended, and represents with great exactness the quantity and quality of whatever is wanted in the present state of the machine, and in proportion as it meets with neglect or disappointment, rises or falls in its demand."

"He that in health would long remain,
From drinking healths he must refrain "

The spirit of the said wine mixing with the juices of the stomach and food, forms a fluid that prevents the absorbents from taking up and conveying the nutriment to the body; likewise the spirit acting upon the nerves, causes them to lose their elasticity. We know the bow, over-bent, becomes good for nothing; and the nerves being of an elastic nature, when over-pressed and excited by large quantities of wine, at last lose their tone, and instead of extending become relaxed, lose their wonted vigour, and are not able to disburden themselves of the morbid particles cast upon them. This brings to mind an opinion I once heard expressed by a very clever lecturer; it so pleased me that I took his words down. He said, "should the Body sue the Mind before a court of judicature for damages, it would be found that the Mind would prove a ruinous tenant to its landlord." And how can this be

otherwise, as in these days man is ignorant of himself! All his boasted education has not taught him the constituent elements of his own nature; he, of course, acts entirely at random, and exposes himself to innumerable miseries,—which, by knowing the component parts of himself, might have been avoided. By knowing that the “proper study of mankind is man,” he will not fail quickly to perceive, that on considering the construction of his body, and the necessity of healthy fluids to maintain health, he will at once see the danger of intemperance, both in eating and drinking—for if the vital functions are not regularly performed by a proper state of the solids and fluids, our health must be impaired, digestion hurt,—nerves relaxed,—secretions irregular,—and, as a natural consequence, disease must ensue. From experience I can state that but few, comparatively speaking, regard this, though claiming the title of reasonable, rational beings; yet with professions on their tongue, they become slaves to their appetites by perpetually searching out something to gratify their artificial wants. “Take heed lest your hearts be overcharged with surfeiting and drunkenness.”—Luke xxi. 34.

By eating, Adam lost Paradise, and Esau his birth-right. I beg my readers to remember the wise maxim, that “we do not live to eat and drink,

but eat and drink to live." Eat, then, only to support nature, to preserve health, and to prolong life, not to destroy it. As to drink, I would recommend the advice of St. Paul, "Brethren be sober and watchful:" if not we lay ourselves open to attacks of our enemies, for there are plenty of Iago's in this world who might say with him:

"If I can fasten but one cup upon him,
With that which he hath drunk to-night already,
He'll be as full of quarrel and offence,
As my young mistress's lap-dog :

And when, like Cassio, we have fallen into the trap of our foes, we may with him when too late exclaim,

"I remember a mass of things
But nothing distinctly—a quarrel—
But nothing wherefore—O that
Men should put an enemy in their
Mouths, to steal away their brains !
I will ask him for my place,
He shall tell me—I am a drunkard ;
Had I as many mouths as Hydra,
Such an answer would stop them all ;
To be now a sensible man, by and bye a fool,
And presently a beast ! O strange,
Every inordinate cup is unblessed,
And the ingredient is a devil."

Nature is content with little, but luxury knows no bounds ; and Aristotle tells us that common sense is a *blessing* and a *virtue*, for it is necessary to the young mind, comfortable to the aged, serviceable to the poor, an ornament to the rich, an

honour to the fortunate, and a support to the unfortunate. Yet common sense points out to us that Nature delights in plain and simple food, and every animal, except man, obeys her dictates. But man, the lord of the world, the head of the visible creation, has the wretched prerogative of transgressing the laws prescribed to his exalted nature by the wisest hand! Is not this a blind impulse? This would not be the case if the education of youth were built on the knowledge of God and his works. The practice of these studies would vegetate, and show the foundation on which all just judgment of mankind should be built.

Strange! that the sufferings and sudden deaths which are daily occasioned by intemperance, should have so little effect on the lovers of the bottle and the banquet! I believe that nearly every malady is brought on, by high-ways or bye-ways, from an over-loaded stomach; and when I have seen a fashionable practitioner mysteriously counting the pulse of his patient, or with a silver spoon on the tongue looking down his red and inflamed gullet, I have felt disposed to exclaim, “why not feel his skin, it is a much better monitor than the pulse?” tell your patient, ‘Sir, you have lived improperly; you have eaten too much, drank too much, and sat too much. Look, Sir, at the savages, who live actively and temperately—they have only one great

disorder—death ; this is a sufficient proof that the human frame was not created imperfect ; it is we ourselves that have made it so.’”

I know I shall be blamed for bringing before the mind of wealthy people any truth which may be unpalatable to them ; many would rather go on stuffing their beds with the thorns of pain and bitter reflection, instead of the down of repose and comfort, and when lying on the former, they writhe and groan with the agony they have inflicted on themselves. Now, to guard against this it is necessary for us to consider, as near as our senses and reasonable deductions will carry us, the nature of the threads and fibres of which the solids of a human body are composed. Engaged in this contemplation, I have often observed with admiration the wisdom and goodness of Providence, in furnishing such wonderful antidotes in our happy land for all the diseases of an English constitution and climate, where diseases are chiefly owing to errors of diet, or rather, as a sacred writer expresses it,—“to idleness, and fulness of bread ;” the living so much on meat—the inconstancy of the weather, our sedentary amusements ; yet, to remedy all which, kind Heaven has provided sovereign restoratives and preventatives for all our ills, and it is the duty of man to study their use and properly apply them.

Patients are very apt to inquire of their medical

attendants, “What is my disease?” A true answer to this question is not always convenient, nor would it be pleasing to the inquirer, therefore he gratifies his patient with a general term: “Madam or Sir, you are bilious.” This is very satisfactory, and often pleasing to persons of fashion, as they claim an exclusive privilege to this supposed disease, brought into note by a fashionable apothecary, who had often been puzzled for an answer to the inquiries of his patients. Had I not witnessed the mischief this fashionable term has caused, by increasing consumption and scrofula, I should not have attempted (as I intend) to be at some pains to point out the danger of taking medicine to carry off this supposed offensive bile; this bad habit tends to destroy the health they wish to preserve. In giving my reasons for believing that illness in ninety cases out of every hundred proceeds from the deficiency of bile, it will be proper to consider the meaning of the term *bilious*. I have no doubt that the bile discharged is more frequently the effect, than the cause of redundancy, brought on from the want of sleep and rest at the seasons intended by the God of Nature; also from the want of exercise, and the uncongenial food and drink we take. Persons of relaxed, delicate, or dissipated habits, generally complain of excess of bile, when the very reverse is the case—for this reason; the weakness of

their vital powers occasions a languor of the circulation—consequently this produces a poor and a watery state of the blood; the secreted humours, the bile particularly, is much less pungent than it ought to be. Other causes will produce the same effect. The suffering poor, who are reduced by indigence, improper diet, or disease, often labour under the same defect of the bile, and this continues until they are better fed, when they recover a sufficiency of bile in proportion as they gain strength. Here is one of the beautiful provisions of nature, that she is always ready to supply or take away, as may be necessary, and provides for the restoration of health, if she be kindly treated.

In fever, I have no doubt, the gall bladder, from the heat of the body, becomes inactive, or else why do we so soon lose our appetites and the sensitive palate? The reason I think is plain; it is well understood that there are thousands of absorbing vessels always employed in taking up and conveying the juices for the nutriment of the body, in time of fever in all its kinds; those vessels are wanted for another use, namely, to act the very reverse to their employment in health; instead of taking up, they are wanted as drains, to convey the diseased fluid into the different channels, to be expelled from the body. But there are many diseases accompanied with a sallow complexion, or what is called a bilious

tinge of the skin. It is for the want of this necessary ingredient (as many of the articles of our food are of a tough, glutinous and viscid nature) that the digestive power of the stomach cannot completely assimilate its contents; the bile contributes, by its soapy quality, very much to complete the necessary change, and at the same time excites the absorbing vessels or lacteals to carry it into circulation. Even in diseases of the liver (the organ which prepares the bile), it does not, strictly speaking, deserve the name of bilious. A bitter taste of the mouth, a brownish fur on the tongue, a sickness and sense of oppression at the pit of the stomach, are believed to be undoubted proofs of offensive bile in the stomach, especially if it be discharged by vomiting. Yet this is not surprising when we consider the unnatural mixture of food which is swallowed in a day. Here lies the grand fault, not in the wholesome bile, for had that continued in the stomach, its assimilating quality would rather have prevented those unnatural ferments, than have caused them. And no doubt this was the office nature intended it to perform, for after the food is passed onwards into the bowels, if the some fermentable action was to take place in the small intestines which occurs in the stomach (which the bile prevents), they would burst, and society could not long exist, under the present system of diet.

Most persons believe that bile is necessary to the stomach, to assist the digestion of our food; I would ask those who entertain such a supposition, by what chance did it get there? for if the bile ever gets into the stomach, it must be by a perverted and opposite motion of the bowels, and contrary to gravity—which, being contrary to the simplicity of the operations of nature, cannot easily be admitted, for if the wise Author of our Being had intended that the bile should be part of the digestive fluid of the stomach, it might as easily have been conveyed there by a small tube or pipe, similar to the ureters which convey the water from the kidneys to the bladder. Some may ask (and with some plausibility), how can bile be discharged from the stomach if it never gets there? The answer is easy, and as easily understood; the great sensation of sickness from a foul stomach causes a regurgitation of bile into the stomach, by inverting and counteracting the natural motion of the bowels or intestine which is closely connected with the stomach. Hence it often happens that, from its very soapy quality, pure bile is discharged by the first effort, and so always increases in quantity as the stomach gets empty; this is no proof of its being the offending cause of the vomiting, but an accidental effect.

I was at sea off Torbay a few years since, with

about 250 persons on a *pleasure* excursion by steam, and, with the exception of my brother (whom I had prepared for the voyage) and myself, there was scarcely one who was not dreadfully sick. Read Shakspeare's description of that painful sensation :—

“ But still the envious flood
Kept in my soul, and would not let it forth,
But smothered it within my panting body,
Which almost burst to belch it in the sea.”

SHAKSPEARE.

Some of the party I had known from “my boyish days,” and never knew them to have had any illness ; and as I like to take advantage of every circumstance that will employ and improve my mind, I particularly watched those persons, and found they threw up a larger quantity of bile than any three of the unhealthy ones, whose constitutions I likewise knew. It was this incident that first drew my attention to the subject, for on our landing, they came in a body to return me thanks for the kindness I had considered it my duty to pay them, by holding up their heads and drenching them with warm water, to expedite their cure. I embraced this opportunity to inquire into the state of health and constitution of many that I had not previously known, and found that those who suffered most, and threw up least bile, had been told by their

doctors (and firmly believed it themselves), that they were bilious, and were continually taking *blue pills* and *black draughts*, to remove that from the body they were actually in want of. These pernicious medicines not only carry away the healthy bile, but also the digestive mucus or lining of the stomach, which kind nature has placed there, to *rot* (that is the English word) the food we eat ; the consequence is, that when these rich juices of many sorts, mixed together beyond the conception of man, are carried off, the stomach, by sympathy for the want of it, collapses or contracts ; the palate of the mouth, which is part of the stomach, sympathizes with its friend, and loses its relish for food ; and should art be used to tempt the stomach to receive any, there it lays like a lump of lead, causing spasms, heart-burn, head-ache, &c. &c. &c. for several days, as it cannot digest for the want of nature's cordial. During this time there is no action of the bowels—the tongue becomes furred, the skin dry, and while the poor sufferer is wishing for death, the doctor is called in, and his blue pill remedy is again applied, which had before *been the cause of all the mischief*. A repetition of this sort, in my opinion, is the cause of man's degenerating in personal strength at about the same rate as he is increasing in general intellect ; and I cannot assign any other cause for the great increase of scrofula,

dropsy, and consumption, which an observing mind must have noticed have for many years been making sad inroads upon the constitution of the British people. I was about to prove that the colour of the skin, or even throwing up bile, is no proof that a person is bilious. In Devonshire, when a boy, I have witnessed, in the old practice of wrestling, that from the dreadful kicks a fine healthy young man has received, he has thrown up abundance of bile. A blow on the head, or a sudden fright, will produce the same effect; and that bile never passes into the stomach unless the action of vomiting brings it there, which gives a stronger shake to the whole system (solid and fluid,) than any other motion will be found capable of. Let any of my readers observe, and they will find the last products of vomiting will discover a drain of humours, brought into the stomach from some considerable distance in the bowels, and the colour of some part of it will show it comes from the liver, as, on dissection, such will be found in those parts.

Vomiting is one of nature's own contrivances to throw up what is offensive to the stomach, which is often so extremely sour as even to corrode the throat. Now if bile had been constantly present in the stomach it would have neutralised and corrected this sharp acid, which may be proved by mixing ox gall with any acid. The idea of bile

being a prominent cause of disease is a gross and foolish error, and in its consequences, as every day proves, a very injurious one; and the attempt to carry off this most useful and salutary humour, when it is already too scanty, is likely to lead, and frequently does lead, to most dangerous and fatal consequences. Had Abernethy lived a hundred years, and done good the whole time, he never could have atoned for the injury done to his fellow creatures by teaching them to take blue pill. Read his book, and there it will be found recommended as a cure for every disease. I have yet to learn if this was not *Quackery* in its *true* meaning. It is wonderful that a man of so much learning should recommend so gross an absurdity, that one remedy on all constitutions (where no two are alike), should be capable of restoring the tone of the fibres when they are too weak, and relax them when too rigid; that it should give substance to the fluids when too watery, and liquify them when they are too viscid; that it should calm the nerves when in a state of excitement, and restore to them their proper tone when they are inert. Such a practice surely can only require a moment's reflection, to perceive its absurdity; it is the *abuse*, and not the *use* of mercury that I condemn, for I have no doubt, in some constitutions and disorders, it may be used with the bath with great success, but during its opera-

tion the patient ought not to leave the bed-room. Thousands are now living who fancy they cannot be well unless under the specific action of mercury, which must prove injurious, as it keeps them susceptible to colds—which more or less are the forerunners to all our ailments:—Shakspeare says

“The evil that men do—lives after them.”

So it is with Abernethy, and those who walk in his steps. They never can reflect on the truth of the homely proverb, “what is one man’s meat, is another’s poison.” My opinion is the same of both medicine and diet; both must be adapted to the exigencies of nature, and all other circumstances which an attentive eye and mind will always observe. It would be as absurd for all men to diet alike, or to take the same medicines, *even for the same disease*, as it would be for all men to wear the same sized clothes, hats, or shoes. To the worshippers of this practice I have in this work given a friendly recipe. Such as will not try it, I would recommend to attend to Lord Byron’s, who prescribes for all opium and Pil. Hydrag. takers,—“go read your bible, pray, and mind your purse.”

Persons who are troubled with indigestion,—or who have weak stomachs, ought to live by rule, avoiding pastry, unripe fruits, pickles, and every thing that is flatulent, or in its nature ferment-

able and hard of digestion. They should pay a more than ordinary attention to their mode of diet: they should eat little and often, and then only from one dish at a meal, such as boiled mutton or fowl, with the decoction commonly called broth, particularly the produce of over-boiled animal food, which contains all the richness of the meat. It may be said this remedy has often been tried and found unavailing: but it is not its adoption for a day, week, or month, that will improve the patient, or remove the cause—it must be done imperceptibly; nature must not be hurried—she must have her own time to re-establish her own fluids in her digestive cistern, (for so we might call the stomach). I should say not less than six, and in very desperate cases, twelve months, this ought to be fairly tried, and those who, from long suffering, can value and appreciate the blessing of health and comfort, (for without this all other temporal blessings are as lost,) must, or at least ought to submit to this system, as the only means capable of accomplishing the removal of those troublesome diseases, brought on by improper medical treatment or the habits of diet of the present *era*—or most likely by a little of both.

Another great evil is, that persons finding themselves improve by this rule of regimen and diet, by their own suggestion or that of their friends, they

indulge in some very foolish and extravagant luxury; the consequence is, they knock down all they have built up, like a new wall receiving a shock before the mortar is set: this for a time brings them to exercise their common sense, and they go on regularly untill they again feel their improvement, when they have another treat, as it is called, which brings on another attack; this often repeated tries their patience, till at last, they give up in despair, and leave the cause of the complaint to triumph, and this only for the want of perseverance and firmness. Then the poor stomach is blamed because it does not do double and treble the duty that nature intended it should, and they would rather continue with all their sufferings, than be deprived of what they falsely call the comforts of life. To such I trust I am not now devoting my time; I must leave them to "those thorns that in their bosoms lodge," to shrink and struggle under the effects of their own folly. But this shall not prevent me from probing the cause from the foundation, for I now feel myself in that responsible situation in life, that lays upon me a great obligation, not only to make known the curative art, but also that which is by far the best, *viz.* the preventative: which I intend to do for the benefit of the afflicted.

Every person ought to be as conversant with their own constitution as they are with the lan-

guage of their country; then they would know from experience what food, drink, and mode of living is the most agreeable to their constitution, and as these change at different periods of life, they would find that what agrees with them at one time, will disagree at another. This is not surprising when we consider how many reasons may be assigned, as age, weather—easy or unhappy state of the mind—if this should be worried or troubled more than the body, the latter trembles and languishes, becomes disturbed, and sinks beneath itself.

Many, by excessive application, to study, render their bodies sickly and unfit to bear its own burden. *Celsus* tells us “that men ought to eat a great deal of meat,” but he adds this caution, “provided they can digest it;”—which cannot be expected by those who call off the natural heat of the stomach every hour to assist the offices of the mind. This I myself often feel, and when I am quite exhausted and worn out with fatigue, and would give the world for one hour’s rest, I comfort myself as if I already possessed the ease and quiet I so much longed for. I have just sufficient wisdom to know that I must not neglect the body for the exclusive improvement of the mind; to make both work well, they must be kept on an even balance; like landlord and tenant, they must each act for their mutual advantage, and not trample each other un-

der foot; and although the mind has but one disease, yet that disease is equal to all the body's afflictions. This my favourite author has shewn; such as:—"The griping pains, ruptures, catarrhs, loads of the gravel in the back, lethargies, palsies, raw eyes, rotten livers, wheezing lungs, bladders full of imposthume, sciaticus, lime-kilns in the palm, incurable bone ache, rivetted fee simple of the tetter,

"Joints of every thing,
But every thing so out of
Joint—that he is a gouty Briareus,
Many hands of no use."

I think few men have suffered more from an over-anxious working of the mind than I have. I remember that, but a few years since, I could digest any thing in the shape of good nourishing food, drink beer, wine, or spirits, and eat hot meat suppers, without feeling any ill effects.—But for the last seven years, although in the prime of life, my close and intense study, and diligent application to the patients under my care, (for when my limbs are resting themselves on the bed or couch, the head is working in contriving the best means for tomorrow, and as I know man is as incapable of continual thought, as he is of continual exercise, I find, by drawing too much on the bank of knowledge,) has so much impaired my digestive powers, that I am now compelled to live on very light food, yet

of a nourishing nature. If I was to take one glass of ale with my dinner, it would for hours make me quite miserable. There is no general rule to be laid down for these effects, and no individual must stand up for them on an universal principle. Exceptions must always be made, to adopt that course which the patient's constitution requires; by such means much mischief in the digestive process might be prevented without any medicine, simply by knowing the cause.

But system of diet alone, however well adjusted, both in quantity and quality, will not answer the end, without moderate bodily exercise, for our bodies are so made, and the animal economy so contrived that, without exercise, the juices will thicken, the joints stiffen, the nerves relax, and the digestive powers become weakened. The natural constitution of man is wonderful indeed, to endure the changes and irregularities that we impose upon it; this blessing and advantage arises from the wonderful communications of internal parts which act by that necessity of sympathy, that when one part is affected, another comes immediately to its relief. Yet for all this a change of diet may be very useful, according to circumstances and the seasons. Nature teaches us this by the vast variety of food which she has provided for man, and it is his duty to study a good adjustment thereof for

the digestive powers, and such as will well keep pace with what is expended in motion, excrement, effluvia,*****, for if any man gratifies his taste beyond the limits of prudence, he knows not where it may end. He that begins with a sparrow, may end with a hawk.—If concoction or digestion be impaired by our folly, we must beware of adding more heavy food upon such crudities, for when crude juices are mixed one with the other, we may think ourselves very fortunate if we can discharge them by the ordinary evacuations; in such a case, even one meal a day would be too much if chosen of improper meats. We ought to take (with proper medicine, such as I shall here recommend) pure and light food, and such as is familiar to the constitution and disposition: for it is the same with food, as with other likes and dislikes, some are more acceptable than others, to act in unison with the mind, the stomach, and the palate. It would be waste of time for me to write (or others read), to recommend one particular food for all indiscriminately, for sometimes one description of food compared with that of another, although in some respects inferior, is overbalanced by the inclination of the appetite towards it. And this ought not to seem strange but very reasonable, when we consider how we all differ in personal appearance, disposition, and constitution, from each other. Shakspeare, in his masterly way,

has shewn us that this is another wise provision of nature, in his "Comedy of Errors." What confusion and miserable wretchedness we should all be in, if any two of us were born alike! I have often thought, if it was only this one act of God's providence, it is enough to satisfy any unbeliever that there exists a Supreme Being, who saw the evils that would arise, from such a similarity. My readers will see I am often drawn into such like observations when shewing the different effects which food, disease, and medicine, have on each of us. As I take nature for my guide, I cannot go on without her assistance.

"Untune this string and see what discord follows !
 Tyranny plucks justice by the nose,
 The baby beats the nurse,
 And quite athwart goes all decorum."—SHAKSPEARE.

See the universal sympathy of the stomach with every part of the living body, particularly that of the skin. There is a peculiar dry and contracted state of the skin—this is always a sure indication of a deranged state of the digestive organs, and a state which I have always found gradually disappear under some mild and natural treatment, without the use of mercury. The clearness of the complexion is the best proof of a man's being in good condition. I wish the profession studied this art more, or even as well as those who understand and direct the system of training or treatment of horses.

I shall now give the results of my practice upon the subject of Indigestion. I am encouraged in this duty by a conviction of the advantage which will arise to the sufferer from acting on the system I am about to recommend, over that of the destructive mercurial practice.

“ Be comforted—

Let's make us medicine of our great revenge
To cure this deadly grief.”

SHAKSPEARE.

And I promise that, on a fair trial, it will be found that the means I have recommended will be all that is necessary to cleanse a foul stomach, and strengthen it, without any deleterious effects. Nothing will give me greater pleasure than to find that my readers have derived benefit from this advice, as I give it without any other fee than that indescribable pleasure every man feels in the act of doing good.

“ I gave it freely ever—and there is none
Can truly say he gives, if he receives.
If our betters play at that game—we must not dare
To imitate them.
Ceremony was but devised at first
To set a gloss on faint deeds. Hollow welcome—
Recanting goodness—
But where there is true friendship—there needs none.”

Then here I give no other advice than that which tends to the good of mankind—well knowing if it be faithfully and skilfully used, it will be found

capable of performing much more than ever I have promised. I am borne out in this opinion, by the success attending my own practice, and also by the concurrent testimony of multitudes of medical and scientific men from all parts of England.

Shakspeare, in describing the life of a man, has divided it into seven stages of ten years each. I think, with such a medical mind as he had, he might have subdivided the seven into about fifteen, as I have no doubt in every stage hereafter mentioned, a change or alteration in the bodily frame takes place ; and this agrees with what I have said on the action of medicine on different constitutions and periods of life.

When a child is seven days old it is disencumbered of the remains of the navel-string ; at twice seven days it notices the light ; at thrice seven days observes objects, and follows them with its eyes ; at seven months the teeth begin to appear ; at twice seven months usually it begins to walk ; at thrice seven months begins to utter words ; at four times seven months walks alone ; at seven years the teeth are renewed ; at twice seven years the beard begins to grow ; at three times seven years the body attains full growth ; at four times seven life is in perfection ; and until five times seven remains so ; at six times seven the strength and health begin to fail ; at seven times seven the mind attains maturity ; ten

times seven is the full age of man; after which (there are a few happy exceptions) he is then only fit for the crutches made by Dame Nature for declining life, which are *quietness* and *retirement*. This gives him an opportunity of looking back on an idle and wicked, or a well-spent life, and to feel that although he has lived in a crowd, he must soon *die* by himself. He reasons thus:—"I have proved that youth is not the age of pleasure; we then expect too much, and are therefore daily exposed to disappointments and mortifications—for this reason, that seldom any thing happens in this life precisely to our wishes, and properly so too. When we get a little older, and have brought down our wishes to our experience, then we become calm and begin to enjoy ourselves: but this feeling can only be felt by the good and happy.

It is hardly necessary for me to state, that the doses I have prescribed must very frequently be varied in quantity, according to the effects they produce; it is time and observation only, that can teach invalids those essential things. I would advise, as my own system of treatment, to begin with small doses, and increase them as the constitution will bear, and remember that it is better to have ten failures from over cautiousness, than to risk the loss of one life from rashness. The means I here recommend are such as are easily obtained, and safe even in unskilful hands. Many herbs that I

use being scarce, I grow them myself. As regards others not named, it would be unsafe to recommend their indiscriminate use.

I shall first commence with a remedy for a diseased stomach, such as is commonly described as bilious, and for which the blue pill is said to be the sovereign remedy. It will be seen that my great aim is to reduce medicine to so simple a form that every individual may attend to his general health himself, without having recourse to the delusions of quackery, or the equally absurd practice of mysterious pretenders to college medical science. The patient ought to feel and know that when any part of the body becomes painful, or when he feels sick and giddy, or low-spirited without a cause, and loses all appetite for food, I say he ought to know that there is something wrong in the system. Let him first attend to the stomach and take,

No. 1.

One ounce of Mountain Flax,

One ditto of Senna Leaves,

Four ditto of Liquorice Root,

One do. Rosemary (if agreeable to palate);

boil these in two quarts of water for two hours, strain when cold, and drink a wine-glass full morning, noon, and night. This combination is such a searcher to the system that it seldom acts on the bowels under twelve or sixteen hours; during that time it causes a little sickness, or nausea in the

stomach ; let this be continued for a week, unless the bowels become too active, then rest for a day or two, and go on again. By these means the liver will be purged and cleansed, and at the same time prevent the accumulation of fœculent matter in the colon. On the second week, if all goes on well (say three or four active and easy motions on a strong person, or half that number on a debilitated one), I would recommend

No. 2.

One ounce of dried Marsh Mallow,
 Half ditto of Mountain Flax,
 One ditto of Carduous or Holy Thistle,
 One ditto of the herb Chirayita ;

boil these in a quart of water for one hour, strain it into a jug, and when reduced to about sixty degrees, next add to it two drachms of dried carbonate of soda. Dose : a wine-glass full noon and night for about another week ; this will strengthen the stomach, produce healthy chyle, stimulate the whole mass of blood, and keep the bowels in a regular state. On the third week I should recommend infusions instead of decoctions, for I consider that in the latter preparation many of the fine particles and essential oils pass off by evaporation. The herbs hereafter named ought to be taken about three times a week, until the system is re-established by the enjoyment of health. Should occasion require,

as it will do in long-standing cases, he must return back to prescription No. 1 and 2, as before.

Infusion for giving a tone to the stomach. Take

No. 3.

Four drachms of best Rhubarb Root, bruised,
Four ditto of dried Ground Ivy, bruised,
Two ditto of Gentian Root, bruised,
Two ditto of Ginger Root, bruised,
Two ditto of fresh Lemon Peel ;

pour on these one quart of boiling water in a clean well-covered earthen jug, let it stand twenty-four hours, strain first through a coarse cloth or sieve, then through clean muslin, and take a wine glass full at noon and night. Not more than a pint or quart should be made for one person at a time, and then both this and the decoction should be kept well corked. I always use distilled water for decoctions and infusions, but to those who cannot get it, clean rain water, or pure river water, boiled several hours before used, is best for extracting the virtue from all kinds of herbs. Spring water should never be used. If these simple directions are attended to, any of my readers may make it in every respect as well as the first chemist in England. The best vessel for boiling ingredients for decoctions in, is about a three-pint or two-quart tin tea kettle, which should be kept for this pur-

pose; anything of copper should be avoided. If the patient is very low, I would advise

No. 4.

One ounce of dried Mint,
Two drachms of Rhubarb Root,
One ditto of Cinnamon;

pour on them one pint of water; after twenty-four hours, strain. This quantity may be taken in two days. Should it not agree well on the stomach, take,

No. 5.

Gentian Root, half an ounce,
Peruvian Bark, ditto,
Orange Peel, two drachms,
White Cinnamon, one ditto;

let these be infused in one bottle of good sherry wine, and take a wine-glass full every day at noon. This may not agree with many who for a long time have been suffering from a dry cough; to such I would advise

Two ounces of Linseed,
Four ditto of Liquorice Root,
Four ditto of Sun Raisins,
Two quarts of soft water;

let these simmer over a slow fire until reduced to one quart, then strain, and add to it half a pound of honey. Take half a pint in three doses every day, with about a dessert-spoonful of rum or brandy to each dose.

Or take the following, which is an excellent

medicine for the aged. Take of the best senna, one ounce, jalap, coriander (or carroway seeds) bruised, and cream of tartar, each half an ounce, sugar candy powdered six ounces, dried sub-carbonate of soda one drachm, old rum or brandy, one pint and a half; let it stand in a warm place for a fortnight; often shaking it, strain off, and take a dessert-spoonful twice a day.

This is an excellent remedy for a weak constitution; very pleasant for a gentle purge, and is so easily made that it may always be kept for family use. Many may not be enabled to get the strengthening herbs; to such, I would recommend the following tincture to strengthen the organs of digestion:

Tincture of Virginia Snake Root,

Ditto of Columbia Root,

Compound ditto of Cardamom Seeds,

Compound Tincture of Bark,

of each one ounce; mix and take two or three tea-spoonsful every day, one hour before and after dinner, in a wine-glass full of mint tea. Drink speedwell and wood betony for breakfast and tea, instead of foreign tea. All that I have here recommended will be unavailing unless the feet are kept clean and warm, with plenty of room in the shoe for the blood to circulate. If this be not attended to, the feet become cold, and have neither spring or play in their movement.

Many persons have applied to me with corns, bunions, and weak ankles, and I have at once seen that by wearing their shoes *rights and lefts*, and much too small, that the whole weight of their bodies have been borne by just the outside of the heel and one side of the foot, thereby throwing the sustaining bone of the ankle out of its natural perpendicular, and causing it to lose its focus and equilibrium. A slender stick whilst upright will support a great weight, which when bent will sink under it ; it is the same with the ankle when erect—it is able to bear the weight of the body ; this, in either sex, has the most injurious effects on the supporting ankles. To such I always recommend strait shoes, and the changing them every day, for I have always found it to be a cure for weak ankles, and often assists me in the cure of bodily disease. Follow the multitude in the streets, see how they tread, and then place an infant on the table, and observe the difference of the position of the foot and ankle ; the latter is nature—the former pride and folly.

The same remarks apply to the fair sex, on the evils of tight-lacing, an evil which brings on palpitation of the heart, short breathing, head-aches, consumption, and funerals without number ; these are the daily results of following the milliners' contracted *patterns*. Who would wish the heart, the lungs, the liver, the kidneys, the bowels (the length

of which are six times that of the body) which it is very well known frequently to contain eight pounds of solid mass—all these and much more to be barrelled and squeezed up in little more than the circumference of a quart pot! Such a narrow waist is often too dearly purchased by loss of health and deformity of person, and all this for the purpose of being, as it is so foolishly called, genteel, against the laws of nature! Let sickness and disease once predominate over the beauteous form of woman, and the snowy whiteness of the skin is exchanged for a sallow hue, the brightness of the eyes tarnished, and the blooming cheek soon fades.

This pernicious habit will prevent the growth and proper position of the ribs, the muscles, the chest, and the spine, which must all act in harmony, as they are so essential to the required strength of the vertebral column, and the proper freedom of the thoracic and digestive organs; and I can assure my fair young friends, that the caution I have here given must not be trifled or tampered with; I have known many fall a sacrifice to its neglect, which makes it the more my duty to raise the warning voice ere it be too late. The thoughtless may say,

“ This is the very coinage of your brain,
This bodiless creation Ecstasy
Is very cunning in.”

To such I would answer :

“ My pulse, as yours, doth temperately keep time,
 And makes as healthful music. It is not madness
 That I have uttered : bring me to the test,
 And I the matter will explain—which madness
 Cannot do.

Lay not that flattering unction to your soul,
 It will but skin and film the ulcerous place ;
 Whiles rank corruption, festering all within,
 Infects unseen.

Repent what's past ; avoid what is to come ;
 And do not spread, the compost on the weeds,
 To make them ranker.”

SHAKSPEARE.

Had I merely discovered the virtues of the Holy Thistle which I have communicated to the public, in my last edition, with the greatest plainness and sincerity, I had certainly even in this “ done the state some service.” This simple herb is a cure and preventative for those peculiarly distressing feelings arising from the *Vapours*, *Nervous disorders* of all kinds, hysterical affections brought on by the solids being relaxed and weak, and when a proper regimen of diet and exercise had not been observed—the consequence will be, that digestion will be imperfect. The absorbing vessels of the stomach, instead of running healthy fluids, will become gross and gluey. The glands, and internal coats of the intestines, will become loaded and distended with wind (or, more properly speaking, gas), whereby sharp, sour, ill-conditioned fumes, steams, and vapours will be constantly ascending to the brain,

to cause head-ache, giddiness, and oppression of spirits—to discompose its natural and useful functions, and to paint false and delusive images on the imagination. So that if these effects (their causes I have explained) be allowed to remain, and if proper remedies be not applied, these fumes, wind (or gas), and vapours, get along with the concocted and ill-conditioned chyle, through the lacteals, into the blood and other juices; thus the blood becomes thick, and cannot freely circulate. All the other juices are regulated by the fountain of life—the blood; they become also thick and gluey, and cannot pass by their natural drains through the pores of the skin. This, in my opinion, is the first, on the black list of miseries and sufferings under which so many of my fellow creatures are now suffering, for the want of that knowledge which ought to be the first rudiments of our education. These causes, and their remedies, being generally known, a knowledge of these important truths would grow with their growth, and prevent men, licensed by Act of Parliament, from making rapid fortunes by trifling with the greatest of all possible blessings—sound Bodily Health. To paraphrase Shakspeare, I would say—

“ He that robs me of my health,
 Robs me of that which not enricheth him—
 But makes me poor indeed.”

I have often reflected with “sorrow more than

anger," when alone, after receiving the visits of men of first-rate ability, well educated, some deeply versed in most arts and sciences, having a general knowledge of life, and reasoning well on the wonderful and perfect works of Nature—yet with all this, they are lamentably deficient in the all-important object, namely, that delightful study of themselves, which must in its progress open their eyes, and give them a heart to love and bless God for his wonderful providence in the construction of the human frame; this pleasing study would lay a foundation in the young mind for religious principles, and teach him that he must not only believe the word of God, but also obey it. With their minds thus enlightened—the youth of our noblest families, as well as of our poorest peasantry, might become useful members of society. But, from the faulty system of education followed in England, the former are sent to a public school, the common slaughter-house of the understanding, where they are not “tried and tutored in the world,” or in the imbibing knowledge best suited to their youth; but are tied down to the study of nearly useless languages, and the only Geography they learn is, “the world as known to the ancients;” and as a sort of finish they are made to study the rubbish part, by going as it is called “into Ovid,” which study will do every thing that human ingenuity

could invent, to sully, degrade, and ruin the mind of youth : for there the Almighty Creator of the world is caricatured by a set of gods and goddesses, made grossly licentious ! With such instruction, mixt up with the common frailties of our nature, the young mind becomes so puzzled, that it becomes actually unable to distinguish truth from falsehood, or right from wrong ; and in this state they are launched into the world as accomplished men, full of the advantages of a good classical education !

Far better would it be to leave the young mind an absolute blank, and rely for morals and profitable instruction in a similar way to those classes whose information and knowledge is enforced on them by the necessities of their daily avocations and necessities. This was the opinion of a worthy man, now living ; and perhaps I cannot do better than give his own words, as he wrote from practical experience. He says :—

“ Yes, there stands the block, there lies the birch, —that instrument of an immodest and disgraceful punishment, that monument of “ ancient night ! ” Is it not strange that while public opinion is putting an end to corporal punishment in the army, as debasing and brutalising even to the dregs of society, is it not strange, I say, that this punishment should be upheld and applauded as applicable to the feelings and conditions of ‘ ingenious youth ? ’ As a

means of discipline it is notoriously inefficient ; no lad of spirit regards for an instant the mere pain of the infliction. It is a point of honour to despise it ; and when the sense of its disgrace is overcome, when delicacy is blunted, and shame replaced by effrontery, the influence of the punishment is at an end. But here again the indolence of the master is consulted at the expense of the pupil ; it is easier to flog than to teach—it is easier to inflict stripes than to form the character ; and accordingly flogging is still the order of the day.”

Will flogging, or such a system of education, impress them with any one of the wonderful works of God’s providence to man ? No, it will misdirect them, and form in them a mind indisposed to study the productions of the earth, and the blessings sent down on them from heaven every moment of their lives. Each of us are sent into the world as an humble instrument to carry out God’s spiritual providence by natural means ; the Bible fully explains those truths, and nature has given capacity to every man to feel and know them. If we have sufficient sense to comprehend these sublime and spiritual truths, are we not equally able to understand our earthly and temporal ones ?

Keills informs us, that in our bodies there are reckoned 245 bones and 446 muscles, for the purpose of motion ; all these are ready every moment

to perform their functions. It is supposed that 100 muscles at least are in constant action, for every breath we draw ; we respire at least twenty times every minute ; the heart beats in propelling the blood into the arteries from sixty to ninety times every minute, the stomach and muscles of the bowels are every moment in action ; so that, without the least extravagance of expression, it may be truly said, that we enjoy 1000 blessings every minute. If we view all these countless blessings as we ought to do, and obey their laws, then we ought to feel grateful to him “ whose hands have made and fashioned us,” and who breathed into our nostrils the breath of life.

I have studied men, and I have found that they are always ready enough to understand their true interest, if it is presented clearly to their understanding ; for when this is done, men begin to reason and reflect, and thus it may happen that what Archimides said of the mechanical powers of the lever, might be applied to the common-sense of man.

I contend, that if the simple science required for the study of nature's medicine were once instilled in a young mind, he would by practical experience find, that nature had so constructed her work, as to be superior to all the ills or accidents to which man is subject ; she gives them as she pleases, and by whatever rule she seems to us to scatter them for

the use of mankind in every climate, that rule must remain a secret to man. As instruments, we have only the power to put the seed in the ground ; but we do not know by what means the Almighty gives life to it ; it is enough for us to know that such things are, and be thankful.

“ For there are more things in heaven and earth
Than are dreamt of in our philosophy.”

SHAKESPEARE.

Surely the higher classes should bestir themselves for their offspring, when they see, or at least ought to see, that the humbler classes of society are storing their children with useful knowledge—witness the extensive circulation of cheap literature. The common people of England are proudly disseminating useful practical knowledge over the surface of the globe, and practically exhibiting to mankind the inestimable blessings of the powers of the human mind.

I would not be considered an enemy to the highest systems of education ; on the contrary, I sometimes think I might have been more useful had I not been so neglected in my own.

“ I smile and say,
This is no flattery, these thoughts are counsellors
That feelingly persuade me what I am.
Sweet are the uses of adversity,
Which like the toad, ugly and venomous,

Wears yet a precious jewel in his head,
 And this our life, exempt from public haunts,
 Find tongues in trees, books in running streams,
 Sermons in stones, and good in every thing."

SHAKSPEARE.

Every man, however humble his station in life, is endowed with a spiritual principle which he received by the "inspiration of the Almighty," whence result the faculties of consciousness, perception, memory, imagination, judgment, reason, moral feeling, &c. It is true, indeed, that there are great differences amongst men in the possession of those faculties; yet all excel in some one or more, sufficient to promote the end of raising them from a state of moral and intellectual degradation. We are all equal in the hope of immortality beyond the grave; all ranks must come to the same mortal termination—"Dust thou art, and unto dust thou shalt return." Again Proverbs xxii. verse 2d; also Job xxxi, verse 15th; and Acts xvii. verse 26th. These quotations of the Bible contain not only a command for the practice of every virtue, but they also present us with some of the most striking and amiable examples of divine rule: "As ye would that men should do unto you, that do ye also unto them;" this precept runs through the whole of the Christian religion, and if my readers want to find a more explanatory account of all that constitutes the character of a just and

happy man, let him read the 8th and 12th chapters of Romans, which contain most important advice, and recommend a practice of every thing that can render us amiable in the sight of God and man. These chapters, with proper reflections, ought to cause in our bosoms a universal love towards men of all nations, tribes, and ranks, as we are all children of the same Almighty Parent, and members of the same great family. Diversity of fortune and station appear absolutely necessary, in a world where moral evil exists; it is a wise and gracious appointment of the Creator, and is attended with many and important advantages, such as employing and putting to its proper use the several capacities and endowments of mankind, in those states of active exertion for which they are fitted, for their own good, and for the improvement and happiness of society in general.

To men of a contrary opinion (wishing to destroy and not improve), who think property ought to be equally divided and all men on a level, I have often observed, that the first law of God was *order*, which we can witness in all nature's works. We need go no further than the bee-hive: there will be seen the king, the queen, and every order of state down to the common labourers, who toil to collect the moisture from the foliage. These bees dare not enter the hive further than the spot marked out for

them. Then there is another grade of bee, to take the load from them, and convey it to a sort of scaffolding; another bee of a superior order removes it to the roof, where the master bee is ready to plaster it on, precisely the same as a man does the ceiling of a room; while others of a superior class sit looking on, to see that each does his duty, and to administer comfort to the sick and weary, similar to the benevolent and charitable institutions surrounding us in this highly favoured country. In this faint and imperfect picture I have drawn, it will be seen that bees never work single, but always in companies, in the greatest order, that they may assist each other—*a useful hint to mankind.*

By this judicious arrangement, the exertions of a single individual are rendered conducive to the ease, the convenience, the comfort, and the mental improvement of thousands. If all men faithfully performed their allotted task heartily, and contributed in their spheres to the prosperity and happiness of each, then the misery we every day witness would no longer walk “triumphant through the world,” nor would the “world’s laws” cause the widow and the fatherless to groan from the abuse of power, by those who have deprived them of comfort. The victims of seduction would no longer crowd our streets, but, instead thereof, purity, peace, and righteousness, would run through

our world like a river, distributing safety, happiness, and repose. To dwell together in unity, to communicate useful knowledge, to teach each other, to assist the afflicted in every kindly office, and to prepare each other for that world which keeps this world in awe, should be the main business of life. The human mind, trained in wisdom, would be gradually prepared for entering on a higher scene of contemplation and enjoyment. What a happy world might this be if kindness and affection were the characteristics of the inhabitants thereof! and most fervently do I hope that, from the advance of science, and the improvement of education, this auspicious era may soon arise, when every comfort will be recognised as “coming down from the Father of Lights,” and contemplated by enlightened understandings, with emotions of admiration and delight. On such a world the God of Heaven would look down with complacency, and his providential care would be exercised in averting those physical evils which have for many years been the punishment of the moral wretchedness of mankind, by the cunning artifice of man, by supporting the dogmas of mere quibbles and unmeaning ceremonies. Surely it is the height of ignorance to be attached to ancient customs, merely because they have existed, and do exist. In what situation will such stand at that solemn period when the present course of divine pro-

vidence shall be completed on earth—when all the generations of men, both “rich and poor,” being gathered together, will have to account for the deeds done in the flesh?

“ In the corrupted currents of this world
Offence’s gilded hand may shove by Justice,
And oft ’tis seen, the wicked prize itself
Buys out the law. But ’tis not so above—
There is no shuffling—there the action lies
In its true nature, and we ourselves compell’d,
E’en to the teeth and forehead of our faults,
To give in evidence.”

SHAKSPEARE.

Then it will be known if we have practised the very sweets of that religion, which says—“Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength.” This is the first commandment; and the second very like unto it—“Thou shalt love thy neighbour as thyself.” Every man, whether educated or uneducated, however humble his situation in life, however limited the gift of his knowledge, has it in his power to practise these two grateful affections,—the first, to love his God; the second, to communicate blessings to his brethren.

“ Are we not brethren?
So man and man should be;
But clay and clay differs in dignity,
Whose dust is both alike !”

SHAKSPEARE.

He can easily study Nature's laws, and also visit the sick bed of an afflicted neighbour; he can smooth his pillow, turn him round in his bed of suffering, and cheer him with expressions of tenderness and affection, and thus console his downcast spirit by his counsel and advice. I have proved, that *by* such friendly attentions, the mind has become so consoled, as, together with the use of simple means, Nature has cured the disease.

"From lowest place where virtuous things proceed,
The place is dignified by the doer's deed."

SHAKSPEARE.

God generally gives a blessing to proper means. He teaches the seedsman to sow his seed—who does not expect to reap wheat if he sows barley. So it is in the practice of physic; he that expects success, must first learn the cause of the disease, and then be conversant with fit remedies; when this is done, the rest must be left to the Almighty, whose moral as well as spiritual laws have never yet been brought into full effect.

"What is man,
If his chief good and profit of his time
Be but to sleep and feed?—a beast, no more.
Sure he, that made us with such power of comprehension,
Looking before, and after, gave us not
That capability and god-like reason
To mould in us unused."

SHAKSPEARE.

This is a subject from which we ought never to turn away—it lies fairly before us; the evil which requires our utmost industry to counteract. If all the energies and treasures that have been expended on an unjust war had been devoted in cultivating the principle of benevolence among men, this world would long ago have assumed a very different appearance to what it has for many years wore, through the enmity, malice, frenzy, and the unforgiving disposition displayed by man towards his fellow; instead of bearing in mind that

“ All souls that were, were forfeit once ;
And *He*, that might the 'vantage best have took,
Found out the remedy : How would you be
If *He*, which is the summit of judgment, should
But judge you as you are? O, think on that,
And mercy then will breathe within your lips,
Like new-made man.”

SHAKSPEARE.

I know that the majority of medical men will object to the young mind being medicinally educated, for reasons my readers will not want me to explain :—

“ That I remember now
I am in this earthly world, where to do harm
Is often laudable ; to do good, sometimes
Accounted dangerous folly.”

SHAKSPEARE.

I have long observed the times, and dispositions of men, and I think both are alike favourable to

the supposition, that common sense, blended with honesty of intention, will ere long be universally in practice in the healing art, tending to the incalculable benefit of thousands who are now languishing in despair and hopeless misery.

“ The image of it gives me content already,
And I trust it will grow to a most prosperous perfection.”

SHAKSPEARE.

Such is the work we were sent to perform for each other. All the writings of St. James enjoin this; Paul approves of it; and He that came to save, who is no respecter of persons or sects, commands, when he says—“ Inasmuch as ye have done this unto one of the least of these my brethren, ye have done it unto me.” In order to carry this blessing into effect, it requires but a common-place understanding and talent. When the laws of Nature are studied by the repeated monitors she so often gives us of the cause and cure of disease, I am every day more convinced they must succeed, even after the failure of the splendid talents of the high-flown college practitioner, whose science has carried him too far in the unnatural and dangerous mercurial kingdom. This opinion may raise the ire of some who would, for the sake of pounds shillings and pence, wish to support a mercurial practice; to such I would say —

“ For shame ! Be not offended,
 I speak not in absolute fear of you ;
 I think our country sinks beneath the yoke !
 It weeps—it bleeds ; and each new day a gash
 Is added to her wounds.”

SHAKSPEARE.

The many applications that have been daily made to me by the Clergy, and by Charitable Institutions, since my first work appeared, to be instructed in *Nature's medicine* for the suffering poor, convince me that there is a ray of light rising on the mind of man in regard to the preventative and curative art. This science ought to be more open for social debate and improvement, than any other earthly thing that appertains to man, instead of being monopolized from age to age, by many who are not blest with sufficient sense to distinguish causes from effects. Can we have greater proofs of this wretched practice, than the many thousands of sufferers at this moment dying for the want of proper assistance to remove those juices which cause the disease? As far as my observation extends, I am of opinion that all pain proceeds from a stagnation of the impure juices of the body, which causes a compression of the membranes—the heart, the lungs, the liver, the kidneys, the flesh, the ligaments, the beautiful delicate fibres, the cartilage, the tendons, and above all the veins, arteries, and

nerves; and as the stagnation and compression are greater or lesser, so is the pain. But the pain is different in parts, according to the difference of the membranes affected, for where there are the most nerves, there are the most sensations. Observe how every thing is arranged and tempered in this respect, to contribute to our comfort ! The points of the fingers, which require to be possessed with a more delicate sensation than many other parts, are furnished with a corresponding number of nerves; at the heel of the foot they are more sparingly distributed, as it is required to be more callous. If those delicate feelings were equal over the whole body, our very clothes would become galling; and if every part were as insensible as the heel, the body would be benumbed, and we should lose the pleasure of that beautiful pliancy which infinite wisdom has designed for the active duties of life.

When we consider how these delicate organs *are abused* in their uses, during a length of years, the only wonder to me is they last so long. If we consider the number of years those blessings are continued to us, if we count the number of nights we have passed in sound repose, the days we have enjoyed without pain, and from how many visible and invisible dangers we have escaped—when I, as an individual, think of those things, my thoughts are at once fixed into a melancholy, yet pleasing, and I

trust not wholly useless reflection. He that feels that God is master of the actions of man, must not choose which part he will act, it only concerns him to be careful that what he is appointed to do, that he doeth it well.

I admit there have been discoveries made in the anatomy of the solids within the last fifty years, but I can find none made on the fluids of the body, wherein lurks the seat and cause of all diseases; these have been neglected, yet the profession abounds with men of such capacities, that if once they were to throw aside their college tuition, make experiments on the fluids, and let the humours be the foundation of their practice, they might act with some sort of certainty, to the great satisfaction and advantage to mankind. I may truly ascribe my success with my patients to having taken this view of the subject, and then finding some of nature's remedies to second and promote the natural efforts of the constitution to subdue and free itself from foul and noxious humours, which will sooner or later destroy the body and the mind. For an animated description of the evils here mentioned, see "Cases in Medicine by Wm. Stevenson, M.D.;" a work that no one of moderate understanding can read without deriving both pleasure and profit. Here will be seen the impropriety of making the Faculty the directors of the public mind. But I trust the time is

not far distant when the usurped and unrestrained medical power over the minds of men will be entirely abolished; till then, I fear it is in vain to look for any great reformation in physic; and those who attempt it will have to contend with such a powerful and violent opposition, as must retard the progress of discoveries.

“ To climb steep hills,
Requires slow pace at first.”

SHAKSPEARE.

Let but a few in each town and village whom Providence has enriched with the gifts of independence, and made the treasurers of God's bounty, acting as the real guardians of the poor, find out and soothe the bed of sickness, bearing in mind that God provides his blessings to serve the needs of nature:

“ Tis not enough to help the feeble up,
But to support him after.”

SHAKSPEARE.

In this way clergymen, and charitable ladies and gentlemen, are doing more good in opposing and stopping the progress of disease with the assistance of a single well-contrived medicine, than is effected by the present practice of all the faculty within a hundred miles. I am of opinion that it would be a great improvement in the moral state of society if all the young clergy, both of the church and dissenters, were medically instructed;

they would have ample opportunities of being useful in the sufferings of human nature. And such powers would rather increase the work of their spiritual visits than retard them; they could teach their patient to feel and know that all knowledge must be limited by religion, which at all times must be referred to for its action and use. Goodly actions, as well as preaching, comprise the duty of a clergyman; to comfort and relieve those who are on the bed of sickness, ought to be a great part of his employment:—

“ Be patient, for I will not let him stir,
 Till I have used the approved means I have,
 With wholesome syrups—drugs—and holy prayers,
 To make of him a formal man again;
 It is a branch and parcel of mine oath—
 A charitable duty of my order;
 Therefore depart, and leave him here with me.”

SHAKSPEARE.

So thought St. James, 2d chapter, 15th & 16th verses: “ If a brother or sister be naked, and destitute of daily food, and one of you say unto them, depart in peace, be ye warmed and filled, notwithstanding ye give them not those things which are needful to the body, what doth it profit?” In the prosecution of this noble end, man becomes “ a worker together with God,” an agent in carrying forward his plans of infinite benevolence, to the ultimate happiness of the universe. The moral and

religious considerations to which I have now alluded, I have never seen taken into view by any medical writer, or in any address from the pulpit: yet it has often struck me that the miraculous powers given by our Saviour to his Apostles, chiefly fell within the province of medicine; all the Apostles in a certain sense might be considered as doctors. Could any other have written the 31st of Ecclesiasticus? Their powers, it is true, were extraordinary, yet they were principally exerted in the cure of bodily disease, and no doubt such benevolent acts had some tendency in gaining a footing for the doctrines their kind Master had sent them to preach.

When I review the conduct of the Deity, what provision he has made for the temporal comfort and individual happiness of man—when I reflect on *what I every day witness*, the anguish, the tears, the groans, and all the combined forms of wretchedness which are the attendants of accumulated diseases, such as

“A wretched soul—bruised with adversity,
We bid be quiet—when we hear it cry;
But were we burdened with like weight of pain,
As much—or more—we should ourselves complain.”

SHAKESPEARE.

and when I witness the poor patient's deliverance from this bodily suffering, the mind then becoming softened, and, bursting with gratitude, his ear

is open to the counsel of him who, as God's instrument, has effected his cure; *this* is the moment to drop the seeds of gospel truths, when earthly objects appear invested with their own soberness, and when they feel conscious that, through the singular mercy of God's restoring them to health, they may be brought into that state, that they will for ever relinquish the paths of vice, and become as a "man new made. Calling instantly upon God, he raises his supplicating hands towards heaven, and eyes bathed with repentant tears, to the Father of all mercies. Thus a once depraved mind, witnessing in his own person the manifest goodness of God, must have those feelings of delight and gratitude, which for ever after cause him to love his God and keep his commandments.

" Poor soul,
God's goodness hath been great to thee
Let never day nor night unhallowed pass,
But still remember what the Lord hath done."

SHAKSPEARE.

Opposed to the Lord, all power is weakness, supported by him, weakness becomes irresistible power;—and thankful am I that the eyes of the world begin to be opened, and the new doctrine I have recommended already gaining so much ground, that few authors or practitioners have in their own life seen the like to it. This unexpected encouragement has filled me with such a sense of gratitude,

that I feel stimulated by an irresistible impulse to go onward in the work I have begun; and I doubt not, in spite of all the imperfections to be met with in my writings and practice, that many good and ingenious men will much improve on the hints I have here given.

“ I to the world am like a drop of water,
That in the ocean seeks another drop.”

SHAKSPEARE.

The christian-like charity to which I have here referred, I am happy to say, has for several years past been practised by many kind-hearted individuals. I will just give a few cases. Near Reading there lives a young clergyman only twenty-seven years of age, who, while at college studying for his profession, thought a little knowledge of medicine could do no harm. Soon after he was appointed to his present living my first publication was put into his hand; he entered so fully into my views that he determined on seeing me: when I instructed him in the use of my portable bath, and explained causes and their effects, and remedies for the same—advised him to go on in the good work he had begun, and advised him if he met with any difficulty, to write to me, and I would answer him without fee or reward. This he has done, and now this highly gifted young man, whose example is worthy the imitation of every person, is in full prac-

tice. To use the words of a neighbour “your pupil, the Rev. *****, may be seen travelling of a night from one sick house to another, giving, with his own hand, baths to the aged poor, and administering to them every comfort; he will soon starve the doctors, for he is curing all the diseases in the village.” Oh, if such deeds were common, there would be no need of the cry, “the Church in Danger.”

“ May he live
Longer than I have time to tell his years,
Ever beloved—and loving may his rule be ;
And when Old Time shall lead him to his end,
Goodness and he will make up one monument.”

SHAKSPEARE.

Another case is that of a most amiable young lady, the daughter of a country magistrate, who witnessed the cure I had performed on her beloved parent. Having told her the names of several herbs I had used, she begged me to supply her and she would attend to the poor in her neighbourhood. I did so, and when she wanted my humble advice she had it. The event will be seen in a letter from her father. He says :

“ Your firm must be called Tilke and ———. My daughter must be considered a partner ; with the means you sent, and the use of the spirit lamp, she is curing all the poor old ladies of dropsy and

rheumatism, and she has such a high opinion of the holy thistle, that she desires as a favour you will furnish her with some of its seed, and with her own hands she will sow it in a piece of ground my gardener has marked out for her in my plantation; and she says it will be the most useful thing ever planted there."

Another young lady, who came to me a patient from Suffolk, had for six years been treated on the Abernethy system, and the action of mercury so long repeated had brought her to the very brink of the grave; no one thought she would have survived the first night she came into my house; I never witnessed any person in a more deplorable state from the destructive mercury. Delicacy alone prevents my giving particulars; suffice it to say, her bones were in such a state before she came to me, that almost the whole of the lower jaw-bone, together with the teeth, came away, entirely decayed. Her father commenced law proceedings against this injudicious practitioner—but the latter soon died, so the matter was never brought before the public."

This lady was in my house six weeks. In her first letter after she left me, she says, "I cannot find words to express to you my feelings for your skill and great kindness towards me during the time I was under your roof; my friends were astonished to see me on my return. I am every day

getting better." In a second letter she says, "I am quite well." I have this moment (1837) received a letter from her, wherein she says she never enjoyed better health; she left me in October, 1835.

This young lady has ever since devoted her time to the study of herbs, having the means, as well as a humane disposition. She is now willing to extend to others that knowledge which no doubt has been the means of snatching her from an untimely grave. In a letter in which she is asking my advice, and the properties of several herbs, she says, "I often envy your daughters the delight they must have in studying your charming pursuit; I am now so fond of it I could devote all my time to its cultivation and practice. The poor woman with the bad leg of years' standing I have nearly cured under your kind advice, and the means sent. You are not aware how highly I consider myself privileged in being allowed to refer to you, to assist me in my charitable work of curing the poor and needy. I am this moment going to visit a poor woman with a large family, who for a long time has been confined to her bed with rheumatism. I shall apply your little favourite camphor bath, and all other means in which you have instructed me, and have no doubt but that I shall succeed in the desired object."

This young lady, only about twenty-two years

of age, sets a bright example to idlers and novel readers, shewing how useful every person may make themselves, however high their rank in society. In very select and similar cases, I am allowed to refer to the parents, and even the young lady herself. This reference, as a matter of course, is confined to females.

The 'North River Times,' published at Haver-shaw, tells of a young upstart of a doctor, recently settled in that village, who was a few days since called to visit a lady who had taken cold in a thumb from which she had extracted a thorn, and which had become inflamed. Young Bolus immediately administered fifty grains of calomel, and after watching the thumb with great anxiety for an hour, he prescribed a thumping dose of jalap, and went his way. In the course of the day he again called, and had the satisfaction to find his patient enjoying a happy state of purgation, but still no alteration in the thumb: whereupon he sent for another round dose of calomel, and left her for the night. The lady, burning with an inward fever, and unconscious of the nature of the drug she had taken, drank plentifully of cold water. Salivation ensued, and, though she saved her thumb, she lost her teeth, and, what is worse, her health is sacrificed for ever. The husband commenced a suit for damages: but the doctor proved that in all

cases of this kind, the practice in question was according to Gunter—or in other words, was scientific; so that, in addition to the loss of his wife's teeth and health, the plaintiff lost his suit, and had to pay his own costs.

I will now introduce to my readers the case of a young lady and her aunt, who were fast falling sacrifices to the injurious effects of minerals; these fell in my way by mere accident, as will be seen. The wife of Dr. ——— brought her two daughters to me with the Ringworm, and on each visit, while I was dressing their heads, she complained of her own dreadful sufferings, and what she had been told was the cause, namely, *bile* and the liver complaint; she had been told, and believed, that the liver was grown to her side, and all her friends thought she could not live long. Her looks told me what she had been taking, but she admitted that for two years her medical advisers (and such as are at the top of their profession) had been giving her calomel and blue pill—to use her own words, “*to scrape her liver.*” As she told me this tale, she saw me smile. She thus addressed me: “Mr. Tilke, whenever I am telling you my troubles you always smile—why do you do so?” My answer was, “if you were any other person than the wife of Dr. ——— I would soon tell you; and what is more, I would almost as soon cure you; but I know that such prejudice must exist in

the bosom of a man educated as your husband has been, and in those that are attending you, that all I could say or do would not be attended to." I then explained to her the cause—*the effects her own feelings told her*. I then said, if she would come to me for one fortnight (and her husband might come with her and see my practice), I had no doubt I could put her in that course of treatment, which would soon make her a strong woman." She went home and told her husband what I had said. The next morning for the first time he paid me a visit. I then explained to him, very fully my opinion. He at once proved himself a sensible man without prejudice; he placed his wife under my care, witnessed my practice, and slept in my house a fortnight. In two months she was in as good a state of health as ever she was in her life, and remains so up to the present moment, although four years have now elapsed.

Soon after I saw a niece of this lady, also the daughter of a professional man, but in a worse state than her aunt, as she had, from taking minerals, so stopt the efforts of nature, that all was wrong; she was nineteen years of age, and her beautiful features and form were changed to those of a *bloated person*. All desire for amusements was gone, and her mind impaired, so that she could not be left alone. Being the only child of doting parents, no expense was spared. By the desire of her medical attendants,

her father took her to Paris, to try what the amusements of that gay city would do for her ; horse exercise, and every thing that could be thought of, was tried, but all to no purpose. At last, when every hope was fled, her uncle and aunt (the doctor and his lady before spoken of) consulted me on the case, unknown to her parents. I at once pointed out to them where I thought the defect was, and the simple means nature had provided, to help, on the one hand, or to check on the other, that action of the body, which a wise Providence has ordained to the sex. I had an interview with the parents, and gave them hope I could save their afflicted child ; the mother and daughter came, and in three weeks, with my baths and harmless herb tea, all was well.

Never, to the longest day of my life, shall I divest my ears of the sound of the convulsive sobs of the poor mother, when the functions of nature were once more regular. This amiable young lady has from that time (three years since) enjoyed the best of health.

The father and brother of the wife of the doctor before alluded to, afterwards placed themselves under my care. The father, (a captain in the navy), I soon cured, as I had nothing to do but work with my steam the mercury out of the system, strengthening and sweetening the blood with a decoction of holy thistle, comfrey, and flax. The son, an officer in the Indian army, was sent home an invalid, with

the liver complaint. For a twelvemonth, although he saw what I had done for others in the family, he refused my assistance. At length he was in such a state, that I was fearful he was too far gone for me to recover. I made the attempt, and the medical gentleman who visited him almost every day, for the six weeks he was in my house, will feel pleasure at any time in stating what he saw of my practice. In three months, this gentleman was able to return to his regiment in the East-Indies. It will be seen I was truly successful in every case of this highly respectable family. I have given the particulars, as I believe that from very slight indisposition at first, the mineral practice, injudiciously applied, had aggravated to acute disease.

I shall give one more case and then close the subject, feeling I have done my duty as an individual, in cautioning the public against its practice, and of substituting a simple and effectual remedy in its stead. A young gentleman aged twenty-three, son of a family of high rank, had for nearly two years been under a mineral treatment for a supposed liver complaint: at last it turned to what is very well understood in the medical profession, *A Mercurial Fever*.

“Those of the raging fire of fever bred,
And what’s a fever but a fit of madness?
But moody and dull melancholy,
Kinsmen to grim and comfortless despair.”

SHAKSPEARE.

In this state he became my patient, and after he had taken about six baths, he found every morning on rising, a substance on his skin; he removed it by my desire and put it on a piece of writing paper; this was done for three or four days; he then showed it to a physician who was in the habit of calling at my house to visit one of my patients, who very candidly admitted it was a composition of quicksilver, which no doubt the patient's system was full of. This is only a case similar to many I have had. If any doubt this, by applying to me, I will refer them to where all doubt will cease. Having now endeavoured to show the cause, effects, and cure of indigestion, I think I cannot do better than close this subject, as I began, with a quotation from Shakspeare; and should I hereafter find that any thing I have here said has been the means of adding to the comfort of a fellow creature, my object will be attained, and I shall, in the full and happy hope of being useful, exclaim

“ O Thou, whose instrument I do account myself,
 Look on my doings with a gracious eye.
 To thee I do commend my watchful soul
 Ere I let fall the windows of mine eyes;
 Sleeping, and waking, O defend me still.”

SHAKSPEARE.”

IT was my intention, in compliance with the wishes of my numerous patients, with whom I have been so successful in Dropsy and Scrofula in all its kinds, but more particularly in Scrofulous White Swelling, to have given my opinion of those two desperate diseases, my mode of cure, and their individual cases, for the good of the community at large. This I intended to do, and also to have written a *Medical Catechism* for the use of schools and private families, as I have had several masters of the former who have freely entered into my views of the universal good that may accrue to the young mind, morally and spiritually, (for both must work together,) by early being taught to know himself, and that man is not what, from his faculties, and the design of the Creator, he should be, in the relation in which he stands to the things of this world. When this be known, man will be free from those turbulent desires which keep him a stranger to himself, and the master will soon find out the boys that have a natural talent for the study of medicine. By causing such instruction, I might say,

“ Thus play I, in one person, many parts.”—SHAKSPEARE.

To such friends I have no other apology to offer for my non-compliance, than the want of physical

strength, and being tied strictly down by my medical friends, (who I have long known have my interest at heart,) besides the intreaties of an affectionate wife, that I would not attempt it for the present.

I am grieved to find the faculty of reason, or study, so much impaired from the great shock my poor body has suffered, that

“ Like a dull actor now,
I have forgot my part, and I am out
Even in all I knew.”—SHAKSPEARE.

Therefore I must be content to publish my opinion of *Indigestion*, and leave the subject of *Dropsy* and *Scrofula* for another season. I have been so blest in my attempt to cure those diseases, that I mourn my inability to complete the task I had undertaken. Did I say mourn ! Oh no ! for I consider every event “ best as it is.” My confidence is based on the 8th of Romans and 28th verse. Besides, morally speaking,

“ To mourn a mischief that is past and gone,
Is the next way to draw new mischief on ;
The robbed, that smiles, steals something from the thief,
He robs himself that spends a bootless grief.”

SHAKSPEARE.

I am one of Nature's odd children, and always feel that my endeavours come very short of my natural desires for the public good. And whatever merit I have acquired for relieving my fellow-

creatures from pain, I have always wished that merit had been greater still, in order to show myself worthy of the gratitude and great respect that has been bestowed on me by every grade of society.

“ The friends thou hast, and their adoption tried,
Grapple them to thy heart with hoops of steel.”

SHAKSPEARE.

“ Though I am satisfied, and need no more
Than what I know, yet shall the oracle
Give rest to the minds of others ; and such as he,
Whose ignorant credulity will not
Come up to the truth.”

SHAKSPEARE.

Nature's dictates tell me to do good when I can ;
this feeling prompts me even in dangerous cases to
feel that

“ I dare do all that may become a man ;
Who dares do more, is none.”

SHAKSPEARE.

The human mind was formed for different attainments and the accomplishment of some favourite pursuit, and the means whereby one endeavours to attain it, constitute the morality or the immorality of character. The school of adversity is the best to form a useful mind, and it appears essentially requisite, from the imperfection of our nature, that we must pass through great evil to attain great good. Our pursuits in the present life are frequently interrupted by disasters or dispen-

sations, which throw a cloud on our prospects, and the most pleasing and prosperous circumstances of our affairs, for a season. But we always find pleasure, even in our prosperous days, to look back on the struggles we had to encounter in early life, and the hardships we surmounted by our own industry and perseverance. These virtues seldom fail to obtain a sufficient portion of wealth for all the wants of this life,

“ For the world is but a shifting scene.”—SHAKSPEARE.

I can truly say of myself that,

“ There is a kind of character in my life,
That to the observer doth my history
Fully unfold ; and it concerns me
To look into the bottom of my place ;
A power I have, but of what strength and nature
I am not yet instructed.”

SHAKSPEARE.

I will not stop to discuss the question, whether the college practice or mine be right. I think life too short to spend our time in idle disputations ; I am always ready to prove all I have advanced by practical facts. No doubt we both agree that

“ By medicine life may be prolonged ; yet Death
Will seize the doctor too.”

SHAKSPEARE.

It is not the men that I find fault with, but the

system of tuition and practice. No doubt the majority of the profession are, as I am, looking for useful knowledge—but God only knows which of us find it. It is unjust for ill-will to exist towards each other for our different opinions, which we cannot help; it is the man who acts wrong, and knows he does so, who is guilty, and not he who honestly and sincerely believes the wrong to be right.

I will give the different opinions of men, all of whom have been warmed by a college fire, on the subject of *Consumption*. No doubt each thought himself right, and that each considered his own remedies (although opposite to each other) effective. This bears me out in my opinion, that no man can prescribe a general remedy even for the same disease, upon all constitutions. Read what they say. One writer, *Stohid*, attributes the frequency of consumption to the introduction of Peruvian bark; another, *Morton*, considers the bark an effectual cure; a third, *Reid*, ascribes the frequency of the disease to the use of mercury; a fourth, *Brillonet*, asserts that it is only curable by this mineral; a fifth, *Rush*, says that consumption is an inflammatory disease, and should be treated by bleeding, purging, cooling medicines, and starvation; while a sixth, *Salvadori*, says it is a disease of debility, and should be treated by tonics, stimulating remedies, and generous diet. *Galen* recommended vinegar

as the best preventative of consumption. *Desault* and others assert that consumption is often brought on by the common practice with young people of taking vinegar daily to prevent obesity. *Dr. Beddoes* recommended foxglove as a specific in consumption; and *Dr. Parr* found foxglove more injurious in his practice than beneficial. *Dr. Darwin* invented a dusting box for the application of powder to the surface of the lungs, for the cure of this disease; and *Dr. Fordyce, Johnston*, and others, attribute consumption in hair-dressers, stone-cutters, tailors, and knife-grinders, to the dust received into their lungs during respiration. These different opinions are, no doubt, intended by a wise provision of nature, to stir up men's minds to enquire and endeavour to find out the cause, why extremes and opposite opinions should all work, as it appears, against each other for the ultimate happiness of man. Nothing can be more opposed to each other than winter and summer, yet neither could exist for more than a season if it were not so. A man conversant with nature could spend a long life very usefully by writing on this subject alone.

I must now speak of myself, to explain to many of my old patients why I have not complied with their wishes, as many will only know of my inability to do so through the medium of this book.

Many of my observing friends have for several

years past noticed, that by a perpetual exertion of the mind and body, my once naturally good constitution was fast giving way, and have advised me to give up my delightful study. Now, in a public point of view, my own feelings for some time have pointed out to me I cannot. No, if I were again to attempt it as I once did, I should lose all the purest pleasures of my mind, and in exchange for it I should feel debased and degraded by having been a traitor to those abilities. (which have proved useful though humble,) that God hath given me; and who has also supported me with courage to stand almost alone against such a powerful body, as my innovation could not but raise against me.

If my attentive readers refer to my opinion of the effect the mind has over the body, and learn the evils it has for many years produced on me by causing indigestion, they will suppose (and it is the fact) that I was splitting on the very rock I was guarding others against. To be brief, and I trust not tedious, I will give the case. For many months,

“ Weakness possessed me and I was faint.”

SHAKSPEARE.

Yet my anxiety and great flow of spirits kept me up; and on the 6th of December 1836, I completed my task on “ Indigestion.” Little did I

think, when I concluded this subject with those beautiful words :—

“ To thee I do commend my watchful soul,
Sleeping and waking—O defend me still.”—SHAKSPEARE.

I say, little did I think,

“ To be so sad to-night
As this hath made me.”—SHAKSPEARE.

or that in a few hours I should be in almost the agonies of death. At twelve o'clock that same night I was taken with violent spasms. Medical aid was called in, and every thing that human ingenuity could devise was tried from Monday until Saturday without the least relief. The whole of this time I had no sleep. My medical attendants began to think

“ When remedies are past, the griefs are ended,
By seeing the worst, which late our hopes depended.”
SHAKSPEARE.

They were of opinion on the Saturday that nature was nearly exhausted ; yet still thought that

“ Sleep, Nature's soft nurse,”—SHAKSPEARE.

would rally me. But no :—

“ In my heart there was a kind of fighting,
That would not let me sleep—methought, I lay
Worse than the mutinies in the Bilboes ; rashly—
And praised be rashness for it—let us know,
Our indiscretions sometimes serve us well,
And that should teach us,
There is a divinity that shapes our ends,
Rough-hew them how we will.”—SHAKSPEARE.

The soporific draught had no other effect than to cause most frightful visions of the brain, which appeared

“ Sometimes like apes, that grin and chatter at me,
And often strike me ; then like hedgehogs, which
Lay tumbling in my bare footway !
Like perspectives, which rightly gazed upon,
Shew nothing but confusion ; eyed awry,
Distinguished form.
Filip me with a three man beetle ;
With that, methought, a legion of foul fiends
Environed me, and howled in mine ears
Such hideous cries, that, with the very noise,
I trembling waked.”

SHAKSPEARE.

It now appeared as though all would soon “ be silence.” Up to this time, one of my medical attendants, Mr. Joseph, had scarcely left me night or day : the other was immediately sent for. This was the moment when I felt, as I am sure they thought, that

“ We cannot hold mortality’s strong hand.”

SHAKSPEARE.

Yet in this awful moment, I felt strong in the belief that

“ There is a special providence in the fall of a sparrow—
If it be now, ’tis not to come ; if it be not to come,
It will be now ; if it be not now, yet it will come :
The readiness is all.”

SHAKSPEARE.

Reduced as I was to the very last stage of exist-

ence, it has taught me a lesson I shall never forget, that the nearer the grave, the less the dread of "that country from which no traveller returns." When in health and prosperity, is the time to dread death, not in sickness, for then the world has lost every charm, and death every sting. There can be no doubt that this severe affliction was brought on from the power of sympathy, added to that of an overworking, both of the mind and body, the subject of *Bile* having absorbed my attention for the last twelve months. It must be understood that I cannot, from my engagements, devote more than one or two hours each day for writing; therefore my ideas press in upon me faster than my pen can record them. My mind being long fixed upon one subject, it gained such a predominancy over the body, that it is my belief, that the dripping of the biliary ducts into the bowels had for months ceased acting naturally; the consequence was, that the bile was thrown back in the reservoir or gall bladder, where it became petrified, and formed itself into gall stones. This is my opinion, although it may cause the unthinking to smile; but my object in stating this is, that it is worth the inquiry of those who wish to profit from causes, and their effects. Besides, I have a precedent to support this opinion. I once

heard a paper read, "On the Influence of the Mind over the Body." The lecturer stated, that a friend of his had devoted years to the study of the formation of stone in the kidneys. When he had completed his task, he was taken with a spasmodic attack, and died in the greatest agony. On dissection, the cavities of the kidneys were found like a stone quarry; the stones were so large that they could not pass; and it was the opinion of all his friends that he died from intense study.

Dr. Gregory and Mr. Joseph, in my case, both thought from the first it was a disease of the gall bladder, and the continual and violent spasmodic pains I suffered were a kind provision of nature sent to expel the gall-stones from the bladder, and pass them onwards into the bowels, similar, as they themselves said, to those pains felt by all Adam's daughters in the hour of nature's troubles.

Such affliction is a pill which, if wrapped up in dependence on Him who made all things perfect, may easily be swallowed, and the taste be as pleasant as honey in the mouth, or melody of music in the ear; but if discontent puts us upon chewing it, then it proves bitter and offensive.

Mysterious are the provisions of God to man, and when such afflicting visitations as these are sent us,

submission and silence become our duty. The time was come when it was necessary to apply desperate means :

“ Diseases, desperate grown,
By desperate application are relieved.”

SHAKSPEARE.

They did so, and God blessed their endeavours, for in a few hours a great number of gall-stones passed. My pains left me, and, to the great joy of an affectionate wife and daughters, as well as that of my kind friends, they pronounced me out of danger.

Nothing that I can ever write or say, can express the high opinion I entertain of the professional abilities and judicious treatment I received in the hour of danger from Dr. Gregory, of Weymouth street, and Mr. Joseph, of Blandford street; and I am pleased, and I might add, proud to say, that a physician of very great eminence, on hearing of my illness, paid me a friendly visit. When he understood the means employed for my relief, and the two gentlemen under whose care I was, he said, he had so high an opinion of both, and so much approved of the treatment, that he could do nothing more than had been done to relieve me.

Although nearly a month has now elapsed since the attack, I do and must, for “ a certain time,” feel very weak, and am so much altered,

“ My face so thin,
That in my bosom I durst not stick a rose,
Lest men should say, look where the rushlight goes.”

SHAKSPEARE.

If any conviction had been wanting of the gratitude and friendship of my patients towards me, I have had sufficient by the anxious and numerous enquiries from all classes during my painful and dangerous illness. The kind and feeling letters also received, deserve my most grateful acknowledgments, because they are from a class of persons born and brought up in a very different situation of life to that of my own. I will give one letter from a gentleman, a member of Jesus College, Cambridge, so humane and Christian-like, that I ought to be proud indeed at having the friendship of such a man. In a letter to my daughter, he says,

“ Dec. 10th, 1836.

“ It is with great concern that I learn by your letter of your father's illness ; and I need not tell you, that beyond his own immediate family, there is not a person on earth has more sincere regard for him than I have ; for independent of his skill and talent, and the gratitude I owe him for my recovery from illness, I admire him for his moral and religious principles, and for his universal charity towards others.

“ I wish I was as active as formerly, for then

I should be at his bed-side before this letter ; but pray do not fail, if Dr. Gregory and Mr. Joseph have any doubt about his case, to call in the aid of some other person to a consultation on the subject ; recollect he is public property, and of such a nature, that we cannot spare him without a great national loss being sustained. I was in the hope, when I last saw him, that his health had received great advantage from the journey he took : but I was equally aware that he was working too hard, both bodily and mentally. I dare say that Dr. Gregory and Mr. Joseph are right, about his disease being gall stones ; still I cannot conceal from you, that although he is abstemious to a degree, yet it always appeared to me that there was in his constitution a *tendency of blood to the head*, and by his constant bodily exertions, added to those of his mind, he has called too much upon his brain, and that he requires to be more attentive to himself than he has been. He must not in future sit up all night writing, and making experiments ; it is too much for any constitution to stand, however good it may originally have been. He must not in future, as regards his exertions, *put on the full steam*. Pray let me hear by return of post, and I should like to hear every other day. I pray that the Almighty may look down with pity and compassion upon him, and restore him soon to health,

to his family, and friends. Give my most affectionate regards to him, and the same to yourself, mother and sister, and believe me to remain ever your sincere friend.

“ PS.—I expect to be called to town soon, and my first visit shall be to Thayer-street. Why did you not write before? Send me full particulars what Mr. Joseph says about him ; indeed, I hope he will find time in a day or two to write to me upon the subject, as I am so much interested about his patient.”

According to his request, one of my medical attendants did write, and state all particulars ; to which my kind patient wrote the following answer.

“ Dec. 16th, 1836.

“ In proportion to the grief I experienced from the first letter I received about my good friend Tilke’s illness, so has my joy been at the account I have received from Miss Tilke’s letter of Monday, and your’s of this day, and I have to thank God, and you, for the very able, prompt, and decisive manner in which you treated his complaint, and for the present prospect of his perfect recovery. I well know how easily he is excited in his desire to cure his patients, and with how much enthusiasm he studies all complaints, and endeavours to find the

remedy, and how anxious he is to reveal, in a great measure, the result of his discoveries for the benefit of the public; but if he wishes to do justice to himself and family, he must not be so enthusiastic—he must not put on the *full steam*; but must, till his health and strength is perfectly re-established, be more like his plan of making some of his medicines, which require to be *simmered for a long time*, in order to get out the virtues of the plants. Pray tell him from me, that I really beg of him to attend to your injunctions while he is your patient, as I did to him when I was his, and then he may hope to be sooner well than he will otherwise be if he neglects your advice and orders. He must remember his words to his own patients the moment they enter his house as patients: *they must obey his orders*. I return you many thanks for your satisfactory and explicit letter, and will thank you to express to your patient my delight at his being out of danger, and the hope that he will do his part towards his perfect recovery. With my kind regards to his family, and the same to yourself,

“ Believe me to remain.”

The advice given in both letters is “ pure and honest,” and such as I intend to follow. In this mournful description of myself, it will be seen I have given numerous quotations from Shakspeare,

and must be allowed still to continue to do so. With me there is no study required to adopt Shakspeare's ideas, for they

“ Come from my head as bird-lime does from holly.”

SHAKSPEARE.

Still I cannot let the subject of Dropsy and Scrofula pass by without a few observations ; and these, with a short correspondence (the transcribing of which I can entrust to a kind daughter) is all I dare venture on at this time. To those afflicted with the Dropsy, I can hold out a prospect of cure.

“ They say miracles are past ; hence it is,
That we make trifles of what were terrors.”

SHAKSPEARE.

To those who have been taught otherwise, I can only say,

“ What I can do, can do no harm to try.”

SHAKSPEARE.

To any one suffering under the Dropsy, and yet doubting of the chance of relief from me, I would say :

“ He and his physicians are of a mind,
He, that they cannot help him,
They, that they cannot help.
How shall they credit a poor unlearned man,
When the schools embowelled of their doctrine,
Have left off the danger to itself !”

SHAKSPEARE.

As I cannot, for reasons before given, go into particulars, I must insert one recipe that I have found do good in many cases, and cannot do harm in any constitution. Take

Half pint of dried Windsor Beans,
Two ounces of Green Dandelion Root,
Two ounces of Parsley Root,
One ounce of Ground Ivy;

boil this in one quart of water very gently for one hour, strain and drink this quantity every day. The beans ought to be put first in the water cold for one hour, before being put on the fire. This is a great diuretic, but a powerful astringent to the bowels, therefore the latter must be kept regular once or twice a day by taking

One ounce of Mountain Flax,
One ounce of Leaves of Senna,
Two ounces of Liquorice Root,

simmered in three pints of water for two hours. Take a wine glassful at a time. Should this treatment cause a fluid of an oily nature to rise up to the mouth, or by the bowels, it is a sure symptom of cure. I have never failed where this effect has been produced, caused, in my opinion, by the action of the beans. Continue this medicine for two months, and I can assure my readers from experience, that they will have no cause to regret taking my advice.

As to the Scrofula, I must of necessity be brief ; it is that description of disease that Shakspeare himself was afflicted with, and the cause of his being lame for many years, and no doubt he spoke from experience when he said,

“ Diseased nature oftentimes breaks forth,
In strange eruptions.”—SHAKSPEARE.

I shall only give two cases, and these particularly by the desire of the patients themselves, as they were of the most desperate character. In this, like dropsy, I can hold out to the sufferer a prospect of cure. Those who think otherwise, I would say,

“ I am not an impostor, that proclaim
Myself against the level of my aim,
But know I think, and think I know most sure,
My art is not past power, nor you past cure.
He that of greatest works is finisher,
Oft does them by the weakest minister ;
It is not so with him that all things knows
As 'tis with us, that squares our guess by shows.”

SHAKSPEARE.

The first case was that of a young man about eighteen. He was brought to me from Blackheath ; his case was of that description commonly known by the name of a Scrofulous White Swelling in the knee, which was so bent that his foot came back almost to touch his hip. His case was so hopeless that I at once said to his uncle,

“ This disease is beyond my practice.”

SHAKESPEARE.

He thought otherwise ; and after much persuasion I consented to make a trial, on no other condition than that it should be under the daily inspection of a medical gentleman, as I thought he was too far gone for me to get my baths and medicine to act.

Extracts of letters from the patient and his cousin will shew the happy result. He says,

“ Had not Providence led my friends to consult you, I must either have lost my leg or my life, if we refer to the opinion of the three medical gentlemen who examined me, and stated that ‘ I must have my leg amputated, as it was perished.’ In three weeks after they stated this, I could walk without a stick ; I am now in perfect health.”

His cousin writes as follows :

“ Dear Sir,—I desire to acknowledge with gratitude your very great care and attention to my cousin ; and, on reflection, I can but admire the guidance of Providence that he was brought to you. His case being considered acute rheumatism by the medical gentlemen who attended him, and we, knowing your skill in the curing of that disease, placed him under your care in December 1833 ; you immediately discovered that it was not rheumatism,

but, what was far worse, a deranged state of the bodily system, and a decided white swelling in the right knee. He was an inmate of your house three weeks, during which time the kindness of Mrs. Tilke and yourself was truly parental. He then returned home, and you assured us, if we paid attention to what you prescribed, that his knee would again become perfect. I implicitly followed your rules, and with delight I saw his health improve daily. For the satisfaction of our friends I took him to ———; there were three medical gentlemen present, who told me, as soon as they saw the knee, that ‘they could do nothing for him, as the leg was perished, and that it must come off, and the sooner the better.’ To my great joy, in less than a month he was able to walk without a stick. On the 3d of March he again commenced his occupation, which he has pursued ever since; he does not walk the least lame, nor find any inconvenience from the disease he has had. It is not unlikely that this may appear to some whose eye it may meet to be an exaggerated statement; but I shall feel most happy at any time to bear personal testimony to the facts here stated. Sincerely hoping that success may still attend you,

“I am yours, ever grateful,

“E. A.”

While this youth was under my care, a gentleman of high standing in the profession, residing near Piccadilly, (who allows me the honour of referring to him to prove this case) was in the daily habit of visiting a patient of mine, who had been under his care for several years. I succeeded so much to his satisfaction, that he asked me to let him know when I had any difficult case, and he would call and witness the cure. I sent for him to see this youth; he at once pronounced it White Swelling, and in that stage he thought incurable. Family affairs took this gentleman into the country for a fortnight: on his return he called to see my patient, and was surprised to find he was gone; and when I told him he could walk, he said, "Tilke, I have that opinion of your veracity, that I would believe any thing you told me for a truth; but I have stated his case to a medical friend, and told him I should watch your treatment; but if I tell him what you have just stated, without seeing the lad, why I should be laughed at." My answer was, "Sir, invite your friend to your house any day you please, and I am sure my young patient is so grateful, that to oblige me he will come to town and visit you at your own house." He did so, and the knee was examined: when this kind and generous man gave a sort of lecture on the case, urging the propriety

of never removing a limb until every other means had been tried, and pointing out the necessity of perseverance in the profession. "You, young man," said he, "have to thank Mr. Tilke for having two legs to walk upon instead of one." Although I became this gentleman's successful medical rival in one case, he acted thus liberally towards me, and up to the present moment I have the honour of enjoying his friendship.

In a letter to another person, who afterwards became my patient, he says, "I would recommend you to try Mr. Tilke; he is not a regularly educated medical man, but he is a clever one, and what is above all, an HONEST ONE." This, Shakspeare says, as the world goes,

"Is to be one man picked out of ten thousand."

"If," he continued, "he thinks he cannot cure you, he will say so. You are perfectly safe in trying him, as he exercises so much judgment in his treatment, and the means he uses are so simple that he cannot hurt you."

And it should be observed, that this patient was recommended to me by this gentleman, entirely without my knowledge.

"Look on this picture, and on this!"

mentioned in pp. 172, 173, of the second edition, in this book ; here my readers will see the counterfeit presentment of two college practitioners. To that liberal and kind man, who has done so much to encourage me, I can only say,

“ My kind Sir, I can no other answer make,
But thanks, and thanks, and ever thanks,
Often good turns are shuffled off, which such
Uncurrent pay: but, were my worth,
As are my feelings, firm, you should
Find better dealing.
I have a desire to hold my
Acquaintance with you, or rather my
Knowledge, that I may say hereafter
He is a just man I know.”

SHAKSPEARE.

As to the conduct of the person, mentioned in p. 172 of this book, I will not trust myself to say all I feel ; for “ since my poor heart knew itself,” I have always despised an illiberal man. It is this unwarrantable conduct that

“ Blurs the grace and blush of modesty,
Calls virtue hypocrite ; takes off the rose from the fair
Forehead of an innocent love, and sets a galling blister there.

SHAKSPEARE.

This weak man was then in the very prime and vain pride of his glory ; but now he is

Not where he eats, but where he is eaten ;
A certain convocation of politic worms are even at him now.
We fat all creatures, to fat us, and we fat ourselves
For maggots. Humph—this man might be in his time
A great buyer of land, with his statutes, his recognizances,
His fines, his double vouchers—is this the fine of his fines
And the recovery of his recoveries, to have his fine proud
Pate, full of fine dirt !”

SHAKSPEARE.

My object in stating this, is like the directing post, to prevent our going the wrong way by envious feelings, instead of cultivating good-will towards each other. I trust that my readers will feel

“ That my disclaiming from a purposed evil
 Frees me so far in their most generous thoughts,
 That I have shot my arrow over the house,
 And hurt my brother.” SHAKSPEARE.

I forgive him, by the same rule as I hope to be forgiven.

The next case is that of a young gentleman afflicted with that description of scrofula known by the name of Leprosy. This was also shewn to another medical gentleman, who can prove that the ulcers were so deep, that by probing, I could touch the bone. I give the patient's own letter, written two years after the cure. I have likewise the privilege, in select cases, of referring to him personally.

“ Oct. 29th 1836.

“ Dear Sir,—Having understood that you were about compiling a new work on your system of treating various diseases, I take the opportunity of now publicly returning my sincere and heartfelt thanks for the almost miraculous cure which, through the aid of Divine Providence, you have performed on me, by your simple though effective method. If you should think it worth while to

make any use of this communication, I will state my case as briefly as possible, for the benefit of those who may have suffered from the same causes as severely as myself, in the full hope that it may be the means of dispensing your talents and exertions in a more extended sphere. Being naturally of a very scorbutic habit of body, at any time I took cold I always had a rash appear on the back of my hand, the inside of the thighs, and all over my legs. Unfortunately I caught a severe cold during last September twelvemonth, which settled in my system, and affected the parts before-mentioned to that degree, that I was literally one mass of ulcers, accompanied by the formation of a very bad abcess on the thickest part of the thigh, near the hip joint, for which I was under the necessity of being twice operated upon; and after suffering a martyrdom under the treatment of my surgical adviser, (who was a very dear friend,) I was recommended to you, I might truly say in the eleventh hour—and, to the astonishment of myself, and the joy of a dear mother and friends, I was so much recovered, that in eighteen days from the time I was placed under your care, I was able as usual to attend to my business. I am now, and have been ever since, in the enjoyment of the most perfect health, and have never had the least sign of a return of the old disease. If I was to write till doomsday, I should

never be able sufficiently to express my gratitude for your kindness to me while a patient; and the very kind treatment I have uniformly met with from yourself and family since that time, will never be obliterated from the memory of, dear Sir,

“ Your most obedient and much obliged servant,

“ J. W.”

These diseases are of so complicated a nature, that, without going into the particulars of the different effects produced on each individual, I cannot give the different remedies that I apply; but for the present must content myself by giving one which can do no harm, but real good. Take

Four ounces of Red Dock,

One ditto Dandelion,

One ditto Holy Thistle,

Two ditto Ground Ivy;

Boil this in three quarts of water till reduced to three pints, drink one pint every day. Should this not act on the bowels, keep them regular by taking

One ounce of Lenitive Electuary,

One ditto of Milk of Sulphur,

One ditto of Cream of Tartar.

Should the sores be very painful, use an ointment made from goose-grass and fig leaf, spoken of in this work.

I must now say a few words on the subject of Gout, as I have promised several friends that I would publish their letters; and although I have had for seven years a constant, and I might say the largest practice of any man living, I have seen nothing to alter the opinion I first formed of this disease. Of course, experience has taught me how to apply means best suited for different constitutions.

The following letter is from a gentleman who was given up by his medical advisers as incurable, in consequence of a tendency to dropsy and erysipelas attending his gout. This letter has been given up to me by an honourable Baronet, who has for many years taken much interest in my practice, and who himself received it from my patient.

“ April 9th, 1836.

“ My Dear Sir —, I hope this letter will be more successful than my last, which followed you half over England. I thank you for your kind inquiries after my health, and am happy to say it was never better in my life. Yet this damp weather prevents me getting so strong in my knees as I could wish; however, when settled weather arrives, I expect to gain my usual strength. When I consider what I suffered for nearly two years, with confinement to my bed with the rheumatic gout, and all the medical men whom I consulted,

together with the aid of * * * * *, did not give me any relief, but, on the contrary, I grew worse, I have great reason to be thankful that I was providentially and accidentally led to place myself under Mr. Tilke. Nothing that I can say will express to you how highly I consider his talents as relates to those cases which have been hitherto considered incurable, but most of which, if not all, have given way under his treatment; and as it regards gout and rheumatism, he seems really to play with them, so certainly and so expeditiously does he conquer the disease entirely, and eradicate it out of the constitution, of however long standing it may have been; and in common cases of gout he appears to cure it in a fortnight. Of course, where it is constitutional and has been long in the system, and where the medical men have been driving it into the constitution by colchicum, or the eau medicinale, instead of forcing it out of the constitution by baths, and by purifying the blood, the cure will require more time in proportion to the time it has been in the system, and merely checked, but never eradicated.

“Whenever I now see a friend of mine afflicted with the gout, I say to him, ‘Mr. Tilke can cure you, and if you will not go to him I shall not in future pity you.’

“I shall be in town soon, and shall hope to see you.

“I am, my dear Sir ——,

“Yours, most truly, &c.”

The next letter is from a scientific gentleman, as his kind and ingenuous letter will imply.

“Dec. 11th, 1835.

“Dear Sir,—Agreeably to my promise and your request, I write to inform you of the good or bad success which has followed the mode of treatment laid down by you for me to pursue, to effect a cure of the gout. I had scarcely need say, I adhered most scrupulously to it, and to my great delight, found it highly efficacious. I have experienced only one paroxysm since I became your patient, and that of so mild a nature and of so short duration that it could hardly be denominated gout; it was not of that description which Dr. Johnson calls ‘the eighth plague,’ but what is termed in the phraseology of gouty subjects, ‘a slight touch.’

“I await, anxiously await, the arrival of the day on which I am to return to your hospitable roof, to be metamorphosed into a joint, for the purpose of annihilating that destroyer of my happiness and producer of all my woe—the gout. Well may Dr.

Johnson say, 'the eighth plague is the gout,' and 'that man,' continued the learned lexicographer, 'who discovers a medicine to alleviate its torments deserves well of his country; but he who can effect a cure should have a monument raised to his memory as high as St. Paul's, as wide as the Thames, and as lasting as eternity.' God grant I may, at no distant period, receive such demonstrable proofs in my own person, as to justify me in publishing to the world, that Mr. Tilke is the individual entitled to this colossan monument of national gratitude.

"My best wishes and compliments attend Mrs. Tilke and family, and believe me,

"Dear Sir,

"Yours, sincerely."

"PS. Since writing the above, I have felt those symptoms which indicate the near approach of a fit; but I hope for the best, and console myself with a firm belief in your skill, when you shall be afforded an opportunity to exercise it on me, to receive those benefits which I firmly believe no other person but yourself can confer."

The following is from a scientific botanist and mineralogist, who has travelled perhaps a greater distance, and made a larger Botanical collection

than any man living. I feel the greater desire that this gentleman's letters should be given in full, as the approbation of one who has studied botany scientifically must be of the greatest importance to myself, at the same time that it must appear to my readers the strongest corroboration of what I have advanced in these pages in favour of Vegetable Medicine.

“ Feb. 1837.

“ Dear Sir,—I learn you are about to publish another edition of your work, and also with additional information upon Indigestion and Bilious Complaints. I do not write this letter to you in the hope of your getting any additional patients—on the contrary, after your late illness I am anxious that you should not have so much exertion of body and mind. Yet I much wish that it may assist you by bringing forward your system into general notice, and I am still sanguine that your work will meet the eye of some person of rank and wealth, having the disposition to do good to his fellow creatures, and who may be induced to come forward and patronize the erection of a Hospital, where your system of cure may be introduced under your superintendence, and then I have no doubt that several well educated young men intended for the profession will enlist under your guidance, and will perform many cures that are now considered by the profes-

sion incurable ; and I will venture to predict that, with attention, those young men will far outstrip those of the same standing, both in practical knowledge and pecuniary profit. I am perfectly satisfied, if this plan is properly brought forward, there is not, among the many patients whom you have cured, *one* who would not cheerfully and anxiously join it with donations and annual subscriptions, according to their means—and none more so than myself.

“ I will not enumerate the many successful cures that I have witnessed performed by you of Ringworm, Scrofula, Leprosy, &c. &c., many of which are, even now, considered incurable ; but you may refer any sceptics to me, and I could soon convince them of your success. I have not mentioned *Gout* above, as I consider you would never fail in curing that in any person under sixty years of age, however long he may have been subject to it.

“ Wishing you health and prosperity, believe me,
Your sincere friend,

“ AMICUS.”

The gratitude and kindness of this gentleman for my humble though successful efforts in the restoration of his health, have no limits. With many other kind presents, on his birth-day he sent me a book, containing an account of the medicinal

properties of nearly eleven thousand plants. No one would conceive the value this book is of to me. It has been printed two hundred years, and even then it could not have been bought for less than thirty guineas : now, that such a work is scarce to get, it is worth double that sum.

This volume is a proof, at once, of all I have advanced, that Nature has provided bountifully, but that Man has been ungratefully negligent. I find much in this rare work corroborating what I have long said on the astonishing properties of many herbs and roots with which I was already familiar ; and an immense fund of information beyond what I could have gained, perhaps, in any other work.

The kind donor wrote in the book the following :

“ To Samuel Westcote Tilke,

“ 8, Thayer-Street,

“ Manchester Square.

“ Although this book, containing the medicinal virtues of several thousands of plants, has been published two hundred years, yet it was not till 1830 that the British public derived the full benefit of the work in curing disease. At that period, a person who had for several years observed the increase of diseases, and the general neglect in the cure of them by vegetables, began by voluntarily and charitably *curing the poor* of that troublesome

complaint the Ringworm. Having succeeded in this in every instance where the attempt was made, he was determined to apply his mind to the study of the healing and beneficial effects of vegetables, instead of minerals and poisons, so generally then made use of by the medical profession. By frequent experiments, he found that the rheumatic gout, leprosy, scrofula, dropsy, and cancerous complaints gave way to his remedies, aided by his medicated vapour baths. The fame of these cures being communicated by the relieved, the applications from all ranks became so numerous, and interrupted his business so much, that it became absolutely necessary for him to give up his trade, and to take a house for the express purpose of curing these several hitherto considered incurable diseases. This celebrated person is the above-named Samuel Westcote Tilke; and I have reason to be grateful to him for my cure, and feel that I can never adequately pay him for the benefits derived. By way of encouragement (if it were wanted), I conclude with the following quotations:

“ ‘He that hath pity on the poor, lendeth unto the Lord; and that which he hath given, will he pay him again.’ Prov. xix. 17.

“ ‘Blessed is he that considereth the poor and needy; the Lord will deliver him in the time of trouble.

“ ‘The Lord will preserve him and keep him alive, and he shall be blessed upon the earth, and thou wilt not deliver him unto the will of his enemies.

“ ‘The Lord will strengthen him upon the bed of languishing ; Thou wilt make all his bed in his sickness.’ Psalm xli. v. 1, 2, 3.

“ ‘Nor can I conclude this without remarking, when I read the 112th Psalm, how forcibly I am reminded of Mr. Tilke’s character.”

With this valuable present I received the following letter.

March 1st, 1836.

“ My Dear Sir,—I beg your acceptance of the accompanying volume of ‘Gerard’s Herbal,’ which was published two hundred years since, and never appreciated as it ought to have been by the profession of medicine. *You alone* seem to have practised healing and curing divers diseases by the most simple herbs, and you are therefore more worthy of this book than any other person ; and it will be a great consolation to me, if hereafter I shall learn from you, that you have derived any valuable information from the perusal of it. I had great difficulty in getting the bookbinder to finish it soon enough to send it you on my birth-day, as a birth-day present. Believe me to remain, dear Sir,

“ Your most grateful and sincere friend.”

On the same day I wrote the following answer:—

“ My dear Sir,—Had you consulted Shakspeare, he would have told you, that it was

“ Cruelty to load a fallen man.”

I mean this in a spiritual, as well as a moral sense. We are so apt to forget our duty to God and man, when such prosperity as I am now experiencing overtakes us. You my dear sir, who have been

“ Tried and tutored in the world,”

SHAKSPEARE.

ought rather to guard and caution me against self-ambition, and that ignorant pride, which arises from the vain and wicked heart: for in that valuable present which you have made me of ‘ Gerard’s Herbal,’ you have, from the best of motives no doubt, without the aid of pencil, drawn me in that character which I can never assume. To an unlettered man like me it is dangerous, for

“ There may be in that cup

A spider steeped, and one may drink—depart,

And yet partake no venom—for his knowledge

Is not infected : but if one present, make known

How he hath drank, he cracks his gorge, his sides

With violent heavings.”

SHAKSPEARE.

“ But I think you suppose, what is the fact, that

“ I will frown, and be at enmity

With cozening hope ; he is a flatterer,

A parasite, a keeper back of death,

Who gently would dissolve the bands of life ;

Which false hope lingers in extremity.”

SHAKSPEARE.

“ O, sir, if I had the credulity to be vain, from the whispers and letters of praise that I daily hear and receive, I should be a lost man indeed. Why should I be proud for having to exercise that knowledge, which is only lent me? for

“ Nothing can we call our own, but death,
And that small model of the barren earth
Which serves as paste and cover to our bones.”

SHAKSPEARE.

“ However, I will forgive you this time, if you will promise to do so no more. I am sure you will be pleased to find that the dangerous parts of the effusion of praise fell on me

“ Like water in a sieve.”—SHAKSPEARE.

“ But yet I cannot but appreciate in its proper sense, and forcibly feel the very great kindness of your invaluable present, and the kind and friendly manner you have been pleased to speak of me. I trust no act of my future life will ever make you blush for having formed so favourable an opinion of so humble an individual, who has felt

“ How difficult it is to do good,
While to do wrong is so easy.”

SHAKSPEARE.

for seeing, as I must see, or ought to see, that

“ 'Tis the great art of life
To manage well
The restless mind ;”

SHAKSPEARE.

for having been a slave to the influence of my own opinions, early acquired, and carrying the same into effect for the benefit of my fellow man, always despising the idle reasonings of speculation, on a science where facts alone should hold the sway. No one is more indulgent than I am as regards the common weakness of human nature ; but when I see the medical practice become really criminal, and the depravity of the licentiates of the present day,—when I see truth and common sense dwindle away, and scarce any of the virtues which adorned and signalized our ancestors remain,—I say this is enough to make one feel and exclaim, that he is the benefactor to mankind who discovers the virtues of medicinal herbs, and applies them to the relief of the afflicted ; —a pleasing office, ever grateful to a benevolent mind. If I have shown any wisdom by a judicious application of them to the cure of diseases, what must that wisdom be which gave them their forms and properties, which work so easily together ! And being ordained with so much apparent foresight, can we for a moment hesitate to determine whether they are the effects of chance, or the providence of a merciful God, who has given us vegetable medicine for every season of the year,

incidental to our maladies. It was these feelings that aroused me, and brought me forth as a public man, in the station of life in which Providence hath now placed me. When I heard the word *incurable*, and that too coming from medical men, 'For shame,' said I, 'it is a disgrace to the dignity of the medical profession.' I then thought the word must arise from either a wicked, or a very ignorant mind; if it was so either way, it was wrong, for they as practitioners ought to feel and know this simple truth, that for every disease there is provided an antidote. A slight inquiry into the laws of nature, will satisfy any reasonable and rational being of this fact; and I am a proof that it requires but a common understanding to carry this blessing into effect: for knowledge is like virtue, it consists of an humble opinion of our own abilities, and we gain strength in becoming sensible of our weakness. This feeling has taught me to pursue the road which nature has pointed out for man to take. In this enquiry, I have found easy observations, useful discoveries, enjoyments of every sort, without instruments, without books, or even without education. Man as yet has but faint perceptions of the boundless field of nature; it surpasses all the efforts of the mind. I have had but slender means of proving this, but yet a day has not passed without some agreeable discovery being added to

my stock, and establishing in me the limited share of physical knowledge which I possess. Then to put this in practice, I keenly and sensibly felt the high and responsible situation in which I stood; that the life, the health, the happiness, and comfort of thousands, might in a great degree depend on my advice, information, and bodily exertion; and having, previous to this, perused the volumes of Shakspeare, to pick up in my own way, little odds and ends of information, as to the manner and treatment of diseases by our ancestors, I gained a correct conception (as I think) of causes, and their effects, acting on the mind and the body, explaining every thing that is closely connected with the healing of the one, and administering of comfort to the other. But I thought of his words,

“ If we should fail !”—SHAKSPEARE.

Yet, again he says,

“ But screw your courage to the sticking place
And we'll not fail.”

“ The sense of these words is perfectly evident; and mean, brace up your resolution so firmly, as not to be always wavering and slipping back, but take courage, and stick to the resolutions that you have formed, in any station of life, but more particularly in dispensing God's blessings to man,

and establishing its reputation beyond the possibility of doubt. Yet how carefully has he shewn the wisdom of the Creator in denying to man a knowledge of futurity ; he says,

“ If one might read the book of fate,
And see the revolution of the times,
How changes fill the cup of alteration
With divers liquors ! O, if this were seen,
The happiest youth, viewing his progress, through
What perils past, what crosses yet to come ;
Would shut the book, and sit him down and die.”

SHAKSPEARE.

“ He shews us easily the course of study best adapted for man, to know himself ; he shews us, as far as human sagacity has penetrated, all that is known concerning the Deity ; he opens to us all that is existing in nature, that should qualify a man for that particular occupation which Dame Nature hath appointed him to fill ; he supplies him with means to remove obstructions, he presents him with supplies to enable him to prosecute his designs with vigour and success : he tells us that the present moment we may call our own, but the next is at the disposal of God—here is a solemn reflection, big with importance, making a most striking appeal to the conscience of every one who is unconcerned and indifferent, as regards the affairs of the immortal soul. He says,

“ Fools that we are,
 Never to think of death and of ourselves
 At the same time, as if to learn to die
 Were no concern of ours ! O, more than sottish,
 For creatures of a day, in gamesome mood,
 To frolic on eternity’s dread brink,
 Unapprehensive, when, for aught we know,
 The very first swoln surge shall sweep us in.”

“ O that we all could feel these words in the sense Shakspeare intended them ! Not to leave repentance until our wits are distracted, the understanding gone, our bodies harassed and tormented with the throbs and pains of mortal sickness ; not to leave those awful matters, and strive to become sudden saints when we are scarce able to behave ourselves like reasonable creatures ; who only cease to offend their Maker, when the ability of offending is taken from them.

“ You say the works of ‘ Gerard’ have not as yet been fully appreciated. This I fully grant, and at the same time think that the beauties of Shakspeare are as yet scarcely known, for it was he who taught me first to inquire into the sheet-anchor of my practice—namely, the holy thistle, the sage, the rue, the balm, the wood betony, and many others ; it was he who pointed out this singular fact, that if any plant is drooping or dying, place a plant of camomile near it, and it

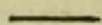
will recover; it was he who discovered that rue and sweet basil would not grow together, or even near each other. You, "no doubt, as a scientific botanist, may easily explain those wonders of nature to mankind; you have the ability and the time, I have neither; you have a fine scope to show the 'mirror up to nature.'

"Again thanking you most cordially for your useful present, may you, my dear sir, live long to enjoy the society of your happy family, and that

" Good digestion wait on appetite,
And health to both,"

is the sincere wish of your grateful friend,

" S. W. TILKE."



The insertion of this correspondence may appear like egotism on my part, to those who do not know me; but I can assure them it is done at the particular desire of many sincere friends, as it explains exactly the position of life I stand in with the public, better than any account I have before given. I am grateful to them all for their kind feelings towards me; but there is a power to which I look up with a thankful heart for the manifold blessings and kind provision for my prosperity and usefulness. The daily blessings to us all are be-

yond our comprehension. If we feel disposed to be grateful for mercies already received, where shall we begin? What man can conceive the loving kindness of Him whose tender mercies are over all his works! It is no small mercy, that we are allowed to enter this present year, when we reflect that nearly forty millions of our suffering fellow creatures must have died in the year that has just ended; and of this great number it is awful to think how many have ceased their earthly pilgrimage,

“With all their imperfections on their head!”

SHAKSPEARE.

We must not despair; we know that God's ways and ours are not alike—even in this world, we must trust to his loving kindness, that he has provided a way peculiar to himself to pardon sin; if not, few can ever reach that happy mansion, spoken of in the 14th chapter of John. How different are the promises held out by him in this chapter, who became poor and suffered for us; to the threat held out to sinners in the 18th chapter of Ezekiel and 20th verse, where it says, “the soul that sins shall die,” that is, shall suffer punishment. I have drawn my readers' attention most seriously to the cure of the body, that only lives for a short time; I cannot conclude this subject without calling most earnestly their sincere attention to the care of that soul, that must live in eternity, either in bliss or misery.

“ Let us go to our bosom,
Knock there, and ask our heart what it doth know.”

SHAKSPEARE.

Let us look within and read it there; read it in the troubles, the remorse, the forebodings of our own conscience. Why are we uneasy, when any thing reminds us of the approach of Deity? why has sickness, or sudden death, or viewing an open grave—why have such sights and thoughts power to alarm us? The answer will be plain, because we have “left undone the things we ought to have done; and have done those things which we ought not to have done, and there is no help in us;” unless intercession is made for us through Him who came to save. If we feel and believe all this, and go on still displeasing God, where is our gratitude to him? Speaking as a poor mortal man, I can say, that nothing is so cutting to me in this life as ingratitude; if these be the feelings of men in general (which I believe), what must be those of God, who has already made such sacrifices for us, and prepared a place for the good and happy? But when men continue in their wicked course, conscience is ever tender, scrupulous, and fearful; they are soon terrified, and always looking for the punishment they have so justly deserved. Man is a rational being, but with cunning sufficient to give all his actions the colour of reason. What he cannot forbear, he will endeavour

to justify; what he cannot justify, he will extenuate; and what he cannot extenuate, he will endeavour to excuse, and raise up a "Mammon" of his own begetting, which will represent money ill gotten, profit unworthy, fraud, scheming, hard-heartedness, hatred of the poor, contempt for misfortune, and every odious attribute that can dishonour human nature. I would ask those who are in the habit of attending the sick and dying, if they have not often witnessed such expressions of contrition for deeds done, by those who have

" Been struck so to the very soul,
That presently they have proclaimed
Their malefactions."

For such deeds,

" Though it hath no tongue,
Will speak—with most miraculous
Organs to the guilty mind."

SHAKSPEARE.

I trust that there are but few such men to be found, and those, I would advise to lose no time in accomplishing the "consummation so devoutly to be wished," that of being happy in this life, and in a prospect of future felicity. This can only be accomplished by being good and doing good; it behoves every man who is accountable to his God for all his actions, that when he is about to accomplish any important affair, he should retire alone, and ask

his own heart: If I do this act to-day, will it make me unhappy to-morrow?—would it make my pillow hard if I was on my death-bed? There is a little *Cherub* in that heart, that will tell him if it be wrong, when he at once ought to say—to gain the “whole world,” I would not do it. But, for the want of this self-examination, many a naturally good-disposed man

“ Can accuse him of such deeds,
That it were better his mother had not borne him.”

SHAKSPEARE.

While I am endeavouring to urge a subject so important, let me entreat my readers to employ their minds, not in determining the awful condition of others, but in judging of their own:

“ Let every man prove his own work.”

I have done so as an individual in the scale of self-examination, and am found much wanting:—I blush when I state, that on reference to my Journal of 1810, I find I am not so good a Christian as I was at the age of sixteen. Year after year I have promised to amend; time has been spared me for this purpose: I once thought, that when I was comfortably settled in the world, I would begin; when this comfort was attained, my excuse was, when I had attained a sufficiency. This I fear is the excuse of many. To my disobedience in my duty to

God, I plead guilty;—but if accused of not performing my duty to my fellow-man, I plead not guilty. I am a slave to that feeling, which already has given me that inward comfort which no man can take from me. To the helpless poor, I have always given my advice, medicine, and exertions, with the same pleasure that I ever took the nobleman's fee, and should any other feeling possess me while I live, I should hate myself.

“The miserable have no other medicine but only hope.”

I have always thought, love to our neighbours is one of the greatest duties of human life; it constitutes the best part of our earthly happiness:

“It is twice blessed,
It blesseth him that gives, and him that takes;
It is an attribute to God himself.”

SHAKSPEARE.

I trust that my return to health will not produce in me a forgetfulness of that divine wisdom, which saw my late affliction seasonable. I was chastened. I trust I shall still go on promoting the happiness of my brethren, and consider that I am spared from death for this very end, that the remainder of my life be employed in the service of my country's good, *which is the whole world*. When all nations become united by those generous sentiments, we shall mutually encourage each other in every thing that is good. I must conclude, as I am now beyond

the limits allowed me, and am still very weak, but as this may be the last opportunity I may have of addressing my fellow-creatures, I would advise them

“ To reason thus with life :

If I do lose thee—I lose a thing

That bearest thy heavy riches but a journey

And death unload thee :—what’s yet in this that

Bears the name of life ; lie hid more

Thousand deaths ; yet death we fear,

That makes these odds all even.”—SHAKSPEARE.

Let us consider this.

“ That in the course of justice, none of us shall see salvation ; we do pray for mercy, and that same prayer doth teach us all to render the deeds of mercy.”—SHAKSPEARE.

May this be uppermost in the thoughts of all men, but more particularly in that of Medical men ; a blessing will attend it and give them judgment to discover disease, and skill to treat it. When God endows with his favour the means which may be devised for recovering, with his assistance the humblest instrument may succeed ; without it the ablest may prove unavailing. May he spare them from all sordid motives, and endow them with a spirit of pity and liberality towards the poor, and of tenderness and sympathy towards all ; that they may enter into the various feelings by which they are respectively tried, may weep with those that weep, and rejoice with those that rejoice, and may he sanctify their souls as well as heal their bodies ;

let faith and patience, and every christian virtue they are called upon to exercise have their perfect work, so that in the end, whatever the end may be, it may be good for them to have been afflicted. Grant this, O merciful Father, through the adorable Redeemer, who while on earth went about doing good, and ever lives to make intercession for us in Heaven.

It is a reflection highly gratifying to me to know, that my practice has for a long time attracted the attention of some of the most eminent Medical men, who have acted upon the suggestion offered in former editions of this work, of personally watching the cases which have been placed either by themselves, or others, under my care; and it is with no little pride I reflect on the fact, that I am at the present time fully as much encouraged and supported by the enlightened of the profession, as by any other class of the community. It cannot be too often repeated, that these gentlemen are deserving of, and certainly have, my highest respect. There will in all cases be an independent few, breaking through the shackles of prejudice, and exhibiting that liberality and independence of mind, so creditable to human nature where it does exist.

It would be a matter of surprise, in the minds of many persons, in what way my pursuits and practice have become so generally known. It may

with great truth be said, that I have been sought, not that I have thrust myself on the Public. No other means have I adopted to place myself in public view, than by a small issue of several editions of this unconnected, but yet well-meaning work: and the original intention in publishing this, was rather to satisfy the inquiries, long since very generally made, than to trumpet forth my own fame.

It has been my good fortune to have been essentially useful to many leading families in this country. From a very natural wish to avoid notoriety their names never have been, (and never will by me) brought forward. But they have not been forgetful of benefits, and it is alike honourable to them, and gratifying to me, that a large portion of my patients, even in the highest stations of life, come to me, deeply prepossessed in my favour before trial—From what cause?—because some one or more of their confidential friends have so lauded my praises to them, that frequently, the greatest anxiety exists to be placed under my care (which, from my confined practice in a dwelling-house, although a large one, is often obliged to be delayed); And thus, oftentimes, through the most indirect means, I am brought into acquaintanceship with some of the most difficult cases which have yet come under my notice.

But there is another channel through which patients have reached me, which, from the frequent tone of asperity often to be found in this book against Medical Advisers, would least of all be expected—viz. through the introduction of Medical gentlemen themselves. Many of those enlightened men know and feel as I do upon the practice of medical tuition, and useless restrictions after being taught—and it is highly honourable to them as men to have acted as they have done with me. In many instances they have, first, either witnessed some portion of my practice, or taken other sure methods of ascertaining my capabilities, and then in the most liberal manner introduced me to their own patients, candidly stating that they had reason to believe I should succeed where they could not.

These gentlemen cannot be too highly esteemed for thus conquering prejudices imbibed even in early youth. It cannot be matter of surprise that I should succeed, after others have failed—the reason is self-evident—the Colleges have shut out of their Pharmacopœia some of the most useful *simples* created by the allwise Author of the universe—and have constant recourse to such medicines as are of themselves frequently most injurious in their general effects, even though they may afford relief for any particular complaint. The difference is this

with me, (and it is a circumstance I have repeatedly mentioned in these pages, and cannot be repeated too often), that I do not succeed by having recourse to still more violent means than have been already used (which, indeed, would in many cases be absolutely impossible) ; but in a large majority of cases coming under my notice, my task is two-fold—*first*, to mitigate or remove the distressing effects of the medicine already taken ; and afterwards to proceed with my own simple, harmless, and what are often called wonder-working cures. There is no mystery in this ; the wonder would be if it were otherwise. Instances have repeatedly occurred of patients calling on me, at the suggestion of their own doctors, to get advice and assistance. This I am always desirous to give, under the personal observation of the Medical Adviser himself—in order that he may have ocular demonstration of these things, that thus may be broken down the barrier which would prevent any one being instrumental to any useful purpose, except under the A B C tuition of the Medical Schools. It is with no little pride I reflect on the fact, that should even an attempt be made to arrest me in my useful career, among my firmest supporters would be found many of the leading Practitioners of the day, to say nothing of the nobility of the land, very many of whom are

fully acquainted with my success in their own circle of relations or acquaintances.

It is with some reluctance that I have been compelled to refer to myself, both in my own remarks, and in the various letters of my patients which I have inserted. I am not aware in what way I could have explained myself sufficiently, but by so doing ; as I cannot reconcile myself to printing long cases of cures performed, which might not be altogether agreeable to the parties themselves; and I am quite sure that many facts which I could have put forth, however true, would have *appeared* to border so closely on the marvellous, as to have rendered it doubtful whether they might gain belief.

I deal at all times with plainness and candour with all parties applying to me ; if I see a reasonable prospect of effecting a cure, I do not hesitate a moment. At the same time I am bound to state, that many cases coming under my notice are of such long standing, and so generally relinquished as *incurable*, that it requires a considerable share of philanthropy as well as interest, to undertake them. It has been my happiness to be eminently successful, and this is reason sufficient for me to proceed, *in aid*, not in opposition to the Medical profession. Let who will, consult me, and if I can be useful to them (and this is daily occur-

ring) I will ; let a *generous* rivalry exist, and I will exert every faculty I possess, before them, *with them*, or after them, as the case may be.

Since my illness I have had a physician from Philadelphia, in America, taking lessons from me in my mode of giving Baths and Medicine. He said he expected to have a large sum to pay me for the instruction I gave him. He expressed great surprise, on our first interview, and laying before me all his credentials from America, besides letters of introduction from the first Medical Practitioners in London, (fearing I might have a feeling of prejudice against him because he belonged to three Medical Colleges), judge of his astonishment, when I told him he should see all my apparatus, and mode of treatment, and that I was ready and willing to write him instructions and give him models of my Portable Steam Bed-Bath, the Camphor Spirit Bath ; and all I could do to make him as useful in the New World, as I thought I was in the Old, and this without fee or reward. This will be the first seed of my practice sown abroad, and may a Divine Blessing attend its harvest. We have mutually exchanged many valuable receipts with each other, (this is as it ought to be : if this feeling was more general, what a happy people we should be !). With my little

Camphorated Bed-Bath he was delighted on witnessing its performance, and every medical man I have met with has pronounced it to be the most perfect, safe, and simple contrivance to obtain a copious perspiration ever offered to the public. My friends wonder I do not advertise it and take out a patent; I shall never do so, because I disapprove of the principle of an inventor paying a large sum of money to his country for having administered ease and comfort to its inhabitants. I have given liberty to my new friend to take one out ⁱⁿ America.

I have spent more time in bringing this little apparatus into perfection, than on any other invention I ever made. No family should be without it, as by its application on the first stage of a cold, much danger and suffering might be prevented by its use; and taking one tea spoon-full of Paregoric Elixir, three ditto of Sweet Spirits of Nitre in an infusion (warm) of Elder Flowers; or it may be taken in a tumbler of warm water, sweetened with sugar. I would write one hundred more useful prescriptions for almost every disease, did I not know that as Dame Nature has made us all different in size, in complexion, in temper, in appearance, and general disposition, so we are different in our constitutions, and no one can prescribe to a certainty without an interview, or unless

a patient were (which ought to be the case) conversant with his own constitution. Read Shakspeare's opinion on this subject :

“ Our heads are some brown, some black, some auburn,
Some bald, but that our wits are so diversely coloured ;
And truly I think, if all our wits were to issue
Out of one skull, they would fly east, west, north,
South ; and their consent of one direct way should
Be at once to all the points o' the compass.

SHAKSPEARE.

The habitual use of purgative medicines I have always condemned, and the many diseases arising therefrom I have often witnessed; one in particular, that of rendering the digestive organs incapable of performing their proper functions with that energy which is necessary to support the body in perfect health. I sell a new-improved portable instrument, by the use of which costiveness, and its consequences, may be always prevented. The internal parts of this little instrument being strongly coated with block tin, prevents the possibility of any metallic taint. Warm water is in most cases sufficient; but when the fœces are unusually hard, about a quarter of an ounce of white soap, dissolved in each pint of water used, will always facilitate the operation of the injection. Printed directions are given to the purchasers of this instrument with proved Recipes for

A purgative Injection,
Injection for Worms,
And Injection for Piles.

If there is any appearance of inflammation of the intestines the following emollient enema ought to be generally applied :—One pint of linseed tea or marsh-mallow tea, with two table spoon-fulls of olive oil.

There may be those who read this book that will find it difficult to get many of the herbs spoken of. To such I beg to say, although I do not profess to sell them, yet I shall feel a pleasure in accommodating persons so circumstanced, by their sending me a letter (post-paid) with a remittance; and the change (if any) will be returned with the herbs. Should my advice be required, my charge for writing a letter is 3s. 6d. to those who can afford it; when from or for the poor, I make no charge. Up to the illness before alluded to I have personally attended all my patients, and prepared my own medicines; finding I cannot continue to do so, I have prevailed on Messrs. WOOD and STEPHENSON, Practical Botanical Chemists, of No. 6, Coleman Street, City, to make extracts and liqueurs after my own manner from all the herbs spoken of on

“Indigestion,” as they would supply me. Parties can apply to them or me for the following: ask for the “Compound Liquor of Mountain Flax.” This combines all the virtues of the herbs recommended in prescription for a foul stomach: a dessert spoonful in a little water is a dose. For a strengthening pill, ask for “The Compound Extract of Chyritaya.” Those pills contain all the virtues of the strengthening herbs spoken of in Prescription 3, 4, or 5; dose 2, morning, noon, and night. I am bound in justice to say that those gentlemen have acted to my entire satisfaction;

“ This will give me an estate,
Of seven years’ health.”

SHAKSPEARE.

As many difficult cases of disease, not coming within the range of those to which I especially apply myself, daily present themselves, and as my time is fully occupied, with that feeling and desire to do right to which I trust that without presumption I may lay claim, I at once refuse to undertake them, and avail myself of the services of a neighbouring surgeon, one of the *regulars*, in whose opinion and practice I have implicit confidence. Indeed, I am bound in candour to state, that in respect to the case I have adduced of White-Swelling, from Blackheath, something is due to the valuable assistance and advice which I received

from this gentleman, during its progress of cure. He is one of the few amongst the professional world who is sensibly alive to the superiority of the medicines of Nature's production over that of *art*; and has, as far as one bound in the trammels of a strictly professional education can do, availed himself of that inexhaustible store, and the vegetable extracts prepared by him for medicinal purposes are, to my own personal knowledge, genuine and effective. I am also much indebted to the valuable assistance I have received from Messrs. Sheldrake, Bigg & Co., of Leicester Square, in the ingenious contrivance of instruments for contracted knees, weak ankles, and spinal affections; in the latter I have been most successful, with my baths, suppleing the distorted parts with vegetable oils, and wearing the most peculiar and well constructed supports next the body, without the least inconvenience; they are made with that degree of niceness that relief can be given to one part while the other is compressed; this is by far more preferable and successful than the unpleasant and cruel plan of lying on the back, on a hard board, day and night, for months, and sometimes years. I have had all the credit for cures performed, but I think and feel I am bound, by that tie which constitutes that liberality of feeling which one man ought to have for another, to deal out this meed of praise, which

those gentlemen are deserving of at my hands. If the profession were thus liberal towards each other, what praise would have been due from them to that very ingenious and highly gifted man, Dr. Thornton, one of the most clever and useful botanists this country ever produced, who has for nearly thirty years been an exile from the society to which he always would have been an ornament, and for no other reason, but because his liberal practice was against the oppression practised on his fellow-creatures. The cruelties he experienced so broke his spirits, that his talents have lain dormant, as a total blank, from about the year 1812 to the 22d of January 1837, when death released him from his sufferings. For many years he has been dependent on his kind and affectionate daughters.

When his writings are once appreciated as they ought to be, and no doubt ere long will be, I should not be surprised, even in my time, to see a monument (which ought to be of gold) erected to his memory. This much ill-used man might well have said,

“ Canst thou not minister to a mind diseased,
Pluck from the memory a rooted sorrow,
Rase out the written troubles of the brain,
And with some sweet oblivious antidote,
Cleanse the bosom of that perilous stuff,
Which weighs upon the heart?”

SHAKSPEARE.

RECIPES, &c.

I shall now give a few useful receipts, as proved by myself.

For an Ulcerated Sore Throat.

Half a pint of vinegar and one ounce of the herb wormwood ; boil this for five minutes, and apply it warm to the throat with flannels.

For Dysentery.

One pint of vinegar, half a pound of loaf sugar, simmered in a pewter vessel, with cover of the same (no other will do). Take this quantity every day until well.

For Epileptic Fits.

One ounce of common wormwood, one ditto of mistletoe, half ditto of mountain flax ; pour on this one quart of boiling water : when cold, drink a pint a day. Should there be worms, which is generally the case, this will kill and carry them off.

For a Bad Leg.

Bruise a pound of green hemlock leaves, pour on them one gallon of boiling water from a smith's forge ; when cold enough, put the foot or leg into

it; this must be done morning and night, for twenty minutes at each time; then rasp a carrot, squeeze out the juice, warm the pulp, and fill the wound with it, cover it over with a dry rag, and confine it on with a bandage. The hemlock will not agree with some constitutions: let such apply fresh cabbage leaves, goose-grass, or clivers, bruised in the same way; at the same time take a pint a day of a strong decoction of equal parts of common mallow and clivers. Should a drying salve be required: take equal parts of unslaked lime and soap, mix well together, and dress once a day. Or with the following:—take of vinegar, resin, and myrrh, each one ounce; of red borax and ammoniac half an ounce; boil well together, and stir it until cold; this is an excellent cooling ointment if there be not much inflammation: if so, it must be first reduced by poultices.

An excellent Poultice for a Sprained or Contracted Knee.

Take equal parts of cammomile and elder flowers, bruise them in a mortar; take about the same quantity of linseed meal, mix it to a proper consistence with boiling vinegar. If there is much pain, add one ounce oil of poppies; cover the poultice with oil silk, and drink marsh mallow tea.

For a Bloated Habit similar to Dropsy.

Two ounces of foxglove boiled in a quart of water till reduced to a pint; mix this with one quart of gin, and take a wine-glass full every day for a week, and then every other day: soak the feet often, and keep them warm.

The Wild Mallow.

Whatever diversity of opinion may exist respecting the political opinions of Mr. Wm. Cobbett, none will deny his ability as a writer, or his skill as a farmer. This gentleman strongly recommends the liquor of the wild mallow for wounds. His words are: "I cannot help mentioning here an herb which is used for medical purposes, I mean the wild mallow; it is a weed that has a leaf somewhat like a scallop, its branches spread upon the ground; it bears a seed which the children call *cheeses*, and which they string upon thread like beads. This weed is perhaps among the most valuable plants that grow; its leaves stewed, and applied wet, will cure (almost instantly cure) any cut, bruise, or wound of any sort. Poultices made of it will cure sprains, as those of the ankle; fomenting with it will remove swellings. Application of the liquor will cure the wounds caused by the friction of the saddle or collar, and its operation in all cases is so quick as hardly to be believed, it signifies not whether

the wound be old or new. I gained this information upon Long Island, from a French gentleman, who was one of Buonaparte's followers in captivity. The mallows may be used directly after being gathered, merely washing off the dirt first. Like all other herbs, it should be gathered when it comes into bloom, and dried and preserved in the same manner as other herbs—it should be observed, however, that if it should happen not to be gathered at the best season, it may be gathered at any time. The root is nearly as efficacious as the branches. I had two striking instances of its efficacy. A labouring farmer had cut his thumb in a dangerous manner, and after a great deal of doctoring, it was got to such a pitch, that his hand was twice the natural size; I recommended the use of the mallows, and gave him a small bunch from my store (being winter), and his hand was well in four days; he could go to work the next day, after applying the mallows over night. The other instance was this, I had a large and valuable hog, that had been gored by a cow; it had been in this state two days before I knew of it, and my servants looked upon it as lost; it had eaten nothing. I had it caught and held down;—the gore was in the side, and so deep that I could get my finger in beyond the ribs,—I poured in the mallows that had been stewed, and rubbed the wound with it also; the next day the

hog got up and began to eat. I had him caught again, but upon examining the wound, I found it so far closed up that I did not think it right to disturb it; I had the side bathed again, and in two days he was turned out running with the others. A good handful of the herb should be boiled in a pint of water till it comes to half a pint. Now a person must be almost criminally careless not to make provision of this herb."

This is one of my most useful herbs, and many wounds that I have cured with its assistance, have fully equalled what here is stated. I have given it successfully for the gravel; and to persons of a costive habit of body, I believe nothing can surpass it; if it be taken every day for a month, in a decoction for infusion, it will, from its oily nature, entirely do away with the necessity of *forcing* medicines, which generally do more harm than good. When the bowels do not perform their functions with regularity, there will infallibly arise consequences more or less destructive to health. I strongly recommend the following Prescription:

Two ounces of dried Marsh Mallows,
One ounce of Parsley Root,
Two drachms of Mountain Flax.

Boil this in one quart of water till reduced to one pint, drink this in the course of the day; the action

of this decoction is more of a diuretic than a cathartic nature, by which much of that slimy matter which corrodes the kidneys is carried off. I wish strongly to impress on the minds of my readers, (and I speak from experience), that more depends on a pure and proper state of the secretions of those organs, than any other function carried on in the body. Every alternate day drink about a pint of the following decoction:

Four ounces of Sarsaparilla sliced,
 One ounce of Sassafras sliced,
 One ounce of Guiacum Wood,
 Two ounces of Liquorice Root bruised,
 Half an ounce of Mezereon Root ;

the sarsaparilla ought to be first boiled by itself in three quarts of water until reduced to two quarts, then add the other ingredients and boil for half an hour.

To prevent Sea Sickness.

One ounce of Opium, •
 Two drachms Extract of Henbane,
 Ten grains of powdered Mace,
 Two ounces of hard Mottled Soap ;

boil this in three pints of water for half an hour, stirring it all the time ; when cold, add one quart of spirits of wine, and two drachms of spirit of

ammonia. Rub a table-spoonful of this embrocation all over the stomach, and particularly over the breast-bone and under the left ribs, for several days before embarkation. This quantity must be rubbed in two or three times a day for the first part of the voyage, until sickness ceases. The bowels ought to be kept active with salts and senna the last week or fortnight on shore, but in most constitutions the rubbing alone is sufficient.

For the Tooth-Ache.

Take two parts of the leaves of rue, and one part salt; form this into little balls, and place one in the hollow of the ear on the side opposite to that of the aching tooth; this produces a great warmth, and in most cases relieves the pain.

Another.

Take a lump of unslacked lime the size of a walnut; put it into three parts of a tumbler of cold water; when cold enough, hold it in the mouth, on the painful tooth: let this be repeated as often as the pain is felt.

I recommend the following infusion to be freely drank by all persons while taking my Gout and Family Pills, either as a cure or a preventative.

Take liquorice root, coltsfoot, elder flowers, holy thistle, juniper berries bruised, and green sage, of each one ounce; placing them in a jug, add two

quarts of boiling water, stop it down close and let it stand near the fire for three hours to simmer (not to boil, as that will pass off the essential oil of herbs by evaporation), then strain for use.

These few simple Receipts will be found useful in many private families. Since my last work was published, I have frequently had persons apply to me from a great distance with my book in their hands. I have opened it on hearing their case, and shown them, if they had attended to my printed advice, they might have spared themselves the trouble and expense of coming to me. The answer generally is, "Bless me, Sir, I never noticed that;" or "I was afraid to try it until I had seen you." —I have sent such away empty-handed to try my remedies, which perhaps for a cure may cost them one shilling and six pence. I have many letters, thanking me for this (what they please to call generous) act, and informing me that they have not only cured themselves, but their poor neighbours. These reports always give me great pleasure, as my great aim has, and I trust ever will be, to instruct others, not to enrichen myself by their misfortunes.

I wish now to draw my readers' attention to this my last Hint, which is of as much or more importance than any I have before given. To persons

who suffer from nervous head-ache and indigestion, (and who is there that does not, who have had their constitutions abused by the use of mercury), to such I would refer to a remark in a former page, of keeping their feet SWEET and CLEAN, and plenty of room in the shoe for the blood to circulate in all the small beautiful veins of the toes, which cannot be the case if the foot is contracted, when it becomes cold and numbed. That gentle perspiration of the body which ought to keep the feet in a glow of moisture to throw off the dross of the humours as they descend, *ascends* to the head, and causes those painful sensations so much felt by both sexes, but more so by females, as they bear the additional evil of having their body in a *vice*, commonly called stays. Now the merely sponging or washing the feet is not sufficient; they ought, once or twice a week, to be well soaked in hot water, then take a thick piece of flannel, such as ironing blanket, and lather it well with one part soap and one part pipe-clay, this application will get out all the dandriff, scurf, or dead skin, and leave the pores open; then there would be no disagreeable smell, as is too often the case when the humours are shut in by a false skin formed all over the feet. All my readers must have felt (or seen in others), that when there is this burning heat in the feet instead of the warmth produced by perspiration, that they swell by day, but

on the following morning are reduced to their natural size ; this is easily accounted for, as when the body is laid flat in bed those humours drain back into the system, and impregnate all the healthy parts of the body. Such persons will be found more cheerful towards the close of the day, as those humours (which are like the lees of beer or wine) fall down ; but in the morning feel sick and low-spirited, with a disrelish for food or exercise, and, in fact, disagreeable to themselves and all around them ; and all this may arise from not being so particular with their feet, which carry all the burthen, as they are with their hands and face. I may be wrong in this opinion, yet

“ This still may help to thicken other proofs
That do demonstrate thinly.”

SHAKSPEARE.

It is by attending to such simples as these that I ascribe my success in curing and preventing disease ; besides I am only following the directions of *Nature's child*, who advises,

“ By telling me the sovereign'st thing on earth
Was spermaceti for an inward bruise.”

SHAKSPEARE.

In p. cxli of this book, one of my patients in his letter, speaks of the establishment of a Hospital for the more extended adoption of my practice, as one mode of enabling me to be more extensively useful to my fellow creatures, than I am now indivi-

dually enabled to do, without assistance of any description. I should rejoice in the realization of this project, which, indeed, is not a new proposition, for had the late Lord Robert Seymour* been spared a few years longer, it was determined by him to be carried into effect—either by his own purse, or with the assistance of others possessing the same charitable feeling as this most excellent nobleman. And who can doubt, that the persevering efforts of the same christian zeal which succeeded in the founding of the splendid Lunatic establishment at Hanwell, would have likewise succeeded in opening a building, where the practice which I have long been carrying on in my own house, might have been more extensively adopted, by the assistance of well selected students, whose academical knowledge, blended with my useful practice, would succeed in convincing the world, that no good reason exists, why the Royal College of Surgeons should not pursue *their* path, and I proceed in the even

* This most excellent Nobleman spent large sums in relieving the distresses of the poor; and it was my privilege to be his almoner for many years. When real distress has been pointed to him, he would not sleep till I had visited it,—and often I have gone, even at midnight, to report to him the particulars of some case in which he has been deeply interested, and found him waiting patiently for my arrival. His honoured widow continues in the same path; and very recently I have received a sum from her Ladyship, for the relief of a fatherless family, reduced from affluence to beggary. “Verily they have their reward!”

tenor of *my way*, and a few months would enable the public to know, what is already most extensively known to many noble families and talented individuals of this land, including many first-rate practitioners, that I have, first, the ability to be most extensively useful to my fellow creatures; and secondly, that I am not wanting in those feelings which would induce any man, having received gifts from God, to use them for the benefit of mankind.

Life is uncertain—the number of my days is equally uncertain. Should not, therefore, some effort be made to perpetuate my system, which is known to hundreds as being a great blessing to all who have recourse to it?

I have advised, in p. clxxviii, that plenty of room should be allowed in the shoe, for the blood to circulate freely. For this purpose I recommend

EDMONDS' PATENT PREPARED BUCK-SKIN
LEATHER BOOTS,

sold by the Patentee, No. 6, Bruton Street, Bond Street. I constantly wear them, and think them most excellent for the purpose intended.

Ease and Comfort in Walking, Softness and Elasticity to the most sensitive parts of the feet,

combined with the durability and appearance of ordinary Leather, are the leading features and recommendations of this invention.

The following are extracts from his Testimonials :—

“ Calcutta, Berhampore, 26th June, 1833.

“ Sir,—It will be satisfactory to you to know that I am very much pleased with the Patent-leather Shoes and Boots you made me ; they wear exceedingly well, do not make the feet hot, and answer remarkably well for this climate.

“ My corns are nearly cured, and I shall certainly recommend you to all my Friends.

“ Your obedient servant,

(Signed) “ J. A. CROMMELIN,
“ Capt. Engineers.”

“ To Mr. EDMONDS,

“ 7, Bruton Street.”

“ London, 10th February, 1835.

“ My dear Hanson,—My bootmaker, Mr. Edmonds, tells me that, at the recommendation of some of his customers, he is sending out an investment of Boots to India, and as he has asked me to recommend him to any of my friends, I do not know who I can so well do so to as yourself.

“ I feel a wish to recommend his Boots to you and all my friends at Madras, because I think you will find them superior, and better adapted to the country, than those made of the usual leather. They are made of Buck-skin, prepared in a certain way by Patent to resist wet, and from their superior softness, which continues as long as you can wear them, they have come into very considerable use.

“ I believe the only good ones are made by this one man. I need not remind you of my unfortunate accident in breaking my leg, and, as you may suppose, I was a long time before I could think of getting on a boot. This man's Boots were the first and only ones I could get on, and I have now a pair in use a

year. They have not got in the slightest degree hard, and are as easy and soft in wear as they were the first day I put them on. I shall write you shortly by post.

“Yours, my dear Hanson, very sincerely,
(Signed) “DE LACY EVANS.”

“To Colonel HANSON,

“Quarter-Master General of the Army, Madras.

“In his absence to be opened by Major STRAHAN, Dy. Qr. Master General of the Army, Madras.”

“My dear STRAHAN,—As I hear there is a probability of our friend Hanson not being at Madras, I shall direct this to you, as well as to him, in recommendation of my boots, and you may safely recommend them to all your friends.

“Yours, very sincerely,
(Signed) “DE LACY EVANS.”

“To Major STRAHAN,

“Dy. Qr. Master General of the Army, Madras.”

“London, 10th February, 1835.

“My dear SCOTT,—I shall write you in a few days by post. I now only write a line to recommend to your notice and patronage an investment of boots, of a new material, which my bootmaker is sending out to Madras. They are made of Buckskin, prepared by a Patent to resist wet. They were the only boots I could get on after my unfortunate accident, and I have worn a pair of them now for a year, and they are so very superior in their softness, which they retain however long you wear them, that I think they will be found particularly agreeable, and well adapted to the climate of India. They are made by Mr. Edmonds, No. 7, Bruton Street, Bond Street, and I am sure they will be liked on trial, not only for comfort in wear, but for durability.

" Pray recommend them to all my friends, as well of your House, as others.

" Yours, very sincerely,

(Signed) " DE LACY EVANS."

" To J. SCOTT, Esq.

" Firm of Bunny & Co., Madras."

" Bond Street, (Business established fifty years).

" April 19th, 1837.

" Sir,—My having worn your Buck-skin Water-proof Boots and Shoes, I have great pleasure in advancing my testimony of the efficacy of your Royal Patent. Every impartial man of judgment must acknowledge—for tender feet, corns, &c. &c. they are invaluable, combining the advantage of the most perfect softness, elasticity, and durability. Truly, throughout my very long experience, I never met with any production so conducive to health, ease, and general comfort. In fact, no Lady or Gentleman should be without them.

" I remain Sir,

" Your's very truly,

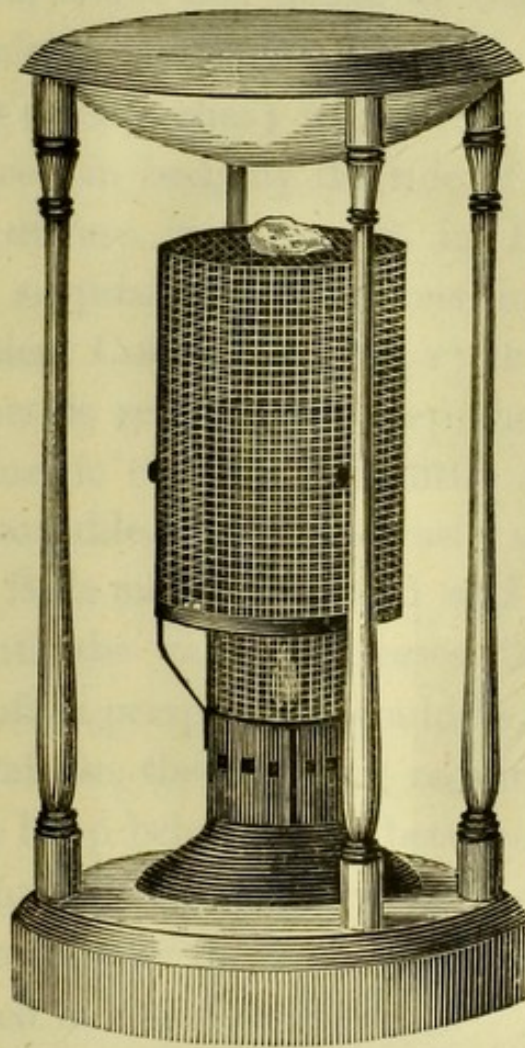
(Signed) " GEORGE TAYLOR."

" To Mr. EDMONDS,

" Ladies' Boot and Shoe Maker.

" P.S. I am anxious to add, that your Patent Water-proof Boots and Shoes are particularly adapted for warm climates, effectually superseding the use of any description of Clog, which ever prove alike cumbersome and injurious.

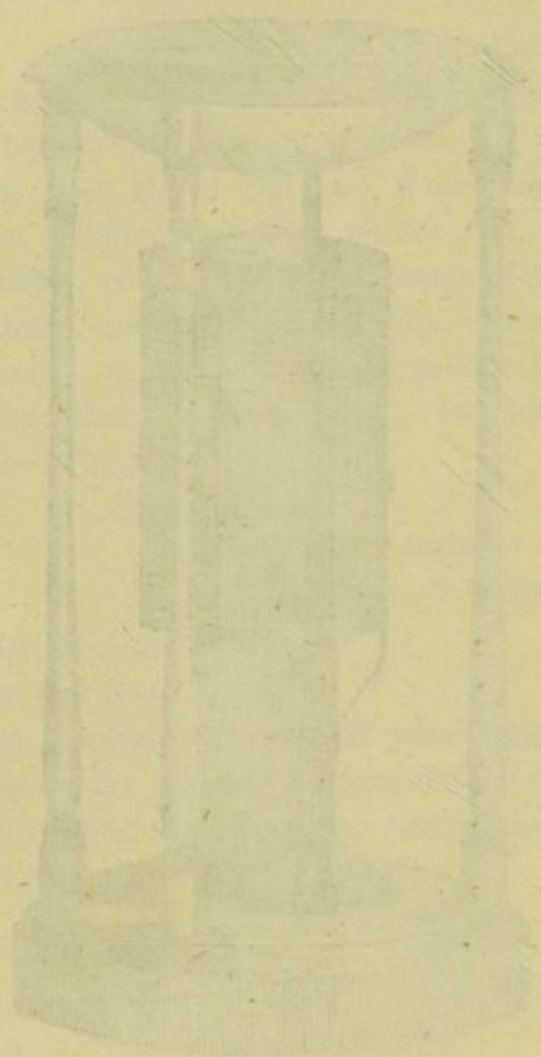
TILKE'S
CAMPHORATED SPIRIT LAMP,
FOR
GIVING A BED BATH.



From a Drawing by Miss J. W. TILKE.

THE KEYS
CAMPBELL'S SPIRIT LAMP

GIVING A BED BATH



Patented in 1881 by J. W. Taylor

Directions for Using the Camphorated Spirit Lamp.

Take off the wire, unscrew the burner, and put one ounce of spirits of wine into the receiver ; screw on again, set light, and fix on the wire, on the top of which put about one ounce of camphor ; this, with the wick of the length herewith sent (and it never ought to be higher) will burn one hour. It may be placed in bed, by the side of the patient, where the disease is acute, as in Rheumatism, &c. It is surprisingly efficacious in Influenza, Cholera, violent Colds, &c. A very thick covering of bed-clothes is required to keep the heat in.

As a domestic comfort, this little apparatus is invaluable, portable, simple, and easily used without assistance. Beds may be warmed and aired by it. To enumerate the various diseases that may be cured by profuse perspiration would be superfluous.

For general use, the patient is required to lay on his back, the lamp being placed between the knees ; the sticks sent with the lamp are to be used, one on each side, to support the bed-clothes, which must be well tucked in round the neck.

There should at no time be more spirit put in the lamp than is intended for present use ; should any be left for a few days in the reservoir, it acts on

the tin and causes rust; the spirit also evaporates, which leaves the wick wet, and on the next occasion it will not burn. If the spirit is all consumed, one wick will last for twelve months.

Extract from a letter written by a medical gentleman, who employs it in his practice with the most pleasing results:

“The more I witness the good effects of your extraordinary and clever little Camphorated Bath, the more I am surprised that you do not make its usefulness known, by advertisements, at this moment, when the prevailing disease of Influenza is sweeping away thousands from the land; its use is invaluable. I am sure no person, medical or non-medical, would be without one if they were once to know its value.”

This Bath is very serviceable to persons subject to Gout, as the use of it, when symptoms of Gout are felt, will effectually keep it off—and, *with* the Gout, it is found very active in bringing relief, taking at the same time the following:

One tea-spoon full of Paregoric Elixir,
Three ditto Sweet Spirits of Nitre,
in an infusion (warm) of Elder Flower.

SOLD ONLY BY THE INVENTOR,
Price Thirty-five Shillings,
At No. 8, Thayer-Street, Manchester-Square.

OBSERVATIONS
ON
THE NATURE OF GOUT,
RING-WORM,
AND
SCARLET FEVER.

By S. W. TILKE.

1834.

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THE NATURE OF GOUT

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By S. W. TIER

1834

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NOTICE.

I prattle out of fashion, and I dote
In mine own comforts."

SHAKSPEARE.

THE author of this work considers it his duty to impress on the minds of his readers, that he can only be seen at home between the hours of eight in the morning and three in the afternoon. From three to seven in the evening he visits, and from seven to twelve gives baths at home; therefore, every moment of time being fully engaged, this notice becomes highly necessary, especially as it frequently happens that patients come a great distance, and are disappointed at not having an interview. The author is strict to his time, as he considers punctuality and confidence necessary in all business, and it is each one's duty to comply: "pleasure in business make the hours seem short."

The author's fee for consultation at home is 3*s.* 6*d.*; out, under one mile, 7*s.*; under two miles, 10*s.* 6*d.*; and distance within the twopenny-post, £1. 1*s.*

NOTICE

I remain out of London, and I have
no more new conductors.

CHATELAIN.

The editor of this work considers it his duty to im-
press on the minds of his readers, that he can only be
seen at home between the hours of eight in the morning
and three in the afternoon. From three to seven in the
evening he visits, and from seven to twelve gives baths
at home; therefore, every moment of time being fully
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name, and the hours seem short."

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out, under one mile, 7s.; under two miles, 10s. 6d.; and
distance within the twenty-four, 21s. 1s.

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PREFACE

TO THE SECOND EDITION

“ Were it possible for us to view through the skin and integuments, the mechanism of our bodies, after the manner of the watchmaker when he examines a watch, we should be struck with an awful astonishment! Were we to see the stomach and intestines busily employed in the concoction of our food by a certain undulatory motion; the heart working, day and night, like a forcing pump; the lungs blowing alternate blasts; the humours filtrating through innumerable strainers; together with an incomprehensible assemblage of tubes, valves, and currents, all actively and unceasingly employed in support of our existence, we could hardly be induced to stir from our places.”

IGNOTUS.

“ Strange ! that a harp of thousand strings
Should keep in tune so long.”

WATTS.

"It is possible for us to view through the skin and
 intestines, the mechanism of our bodies, after the
 manner of the watchmaker when he examines a watch,
 we should be struck with an awful astonishment! We are
 we to see the stomach and intestines busily employed in
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 flowing through innumerable arteries; together with
 an innumerable assembly of tubes, valves, and
 currents, all actively and busily employed in sup-
 port of our existence, we could hardly be induced to
 stir from our places."

NOTES.

"I have a part of the world which
 should keep in mind as long."
 WATTS

P R E F A C E

TO THE SECOND EDITION.

" We spend our days in unprofitable questions and disputations, intricate subtleties, about moonshine in the water, leaving, in the mean time, those chief treasures of nature untouched, wherein the best medicines for all manner of diseases are to be found: and do not only neglect them ourselves, but hinder, condemn, forbid, and scoff at others that are willing to inquire after them."—*Dr. Burton's Lectures.*

IN the Preface to the Second Edition of my work, I feel myself called upon to return thanks to the Almighty, for the numerous blessings he has showered on me since my first work appeared. When I consider the numerous difficult cases which have been placed under my care, many of which I have been induced to undertake only by the most urgent solicitation; and at the same time reflect that I have not only not failed in any single instance, but have been eminently successful in most; and that my efforts have been crowned with the approbation of all who have watched the progress of my establishment, together with the acknowledgments of my numerous patients and their friends, as to the efficacy of my mode of practice, I bow in grateful adoration to that Being

who has seen fit that I should be instrumental in mitigating the load of suffering which mankind are doomed to bear from diseases incident to our nature.

Contrast this with what might by possibility have occurred had I failed in any case—had any of the difficult cases placed in my hands, terminated fatally, what had I not to dread, previously to my being so generally known to the public? And yet how possible was this failure, when in many instances patients have come to me only at the eleventh hour. The plain reason which may be assigned for this uniform success is, that my practice may *mitigate*, but cannot *aggravate*. Disease may be driven out—the blood may be purified, lameness removed, morbid humours expelled, the whole system restored to healthy action; but by no possibility can these complaints be aggravated, or driven in, for any the least *tyro* will soon perceive, on reading the following pages, or visiting my establishment, that all my efforts are directed to the *removal* of complaints, not the mere mitigation of them. And it can as easily be perceived, that the medicines used must be of the most harmless (although powerful) nature: so simple are they, that the patient is not restricted in diet, beyond the observance of moderation; very little internal medicine, and this generally decoctions of the most simple herbs, such as I have recommended

in this work, in addition to many others too numerous to name.

If those abominable ingredients, mercury, colchium, prussic acid, with a long list of other *poisons*, the names of which are to be found in every pharmacopeia, were the *means* I used for these cures, the *end* might probably soon be apparent. But let no dissimulation be used. There are herbs and roots to be gathered in different parts of England, possessing all the power, without the deleterious effects of the above miserable minerals. Who can calculate the numbers which have been hurried to an untimely grave by this sad preference given to minerals!

Let not the use of VEGETABLE MEDICINE be called an innovation—this was the practice of olden times, when disease was not near so prevalent, and when, so well known were the properties of herbs and roots, that every village had its *Dame*, equal to the ordinary cases of indisposition which occurred, and *Doctors* were called in much less frequently than in our days, when a child cannot cut its teeth, or an adult have an attack of *bile*, but the medical practitioner must be called in. The change has been gradual, and at last so general has it become, that he who asserts there are growing in England herbs sufficient for most pharmaceutical purposes, is said to be dealing in mysteries. No doubt, the difficulty

would be great to restore at once the use of herbs, in place of minerals, especially as the public generally enquire little for themselves in these matters, leaving it to the faculty. Let any one expect the change from the faculty, and they will be deceived: First, their trade thrives much better as it is. And though there are a very numerous portion of liberal-minded men in the profession who would gladly adopt any change, which might prove beneficial to mankind, yet they have not the power—they are completely under a set of *rules*, to differ from which would most certainly be their ruin. This we well know, from what has happened; not a few celebrated men could be named who have been *cut*, for daring to think and act upon what their good sense might shew them to be superior. This is a subject deeply to be regretted, especially at a time when several diseases stalk through the land, without even the pretension of a cure—witness consumption—gout—cholera, &c. &c. Surely this is a time to ask for *new lights*, not to check by Parliamentary regulations the persevering efforts of individuals to undermine disease.

What can be more absurd, at a period when every species of knowledge and science is by the medium of the public press daily subjected to the scrutiny of millions of British eyes, than the practice of the physicians of England, pertinaciously to adopt an unin-

telligible foreign *dead tongue*, instead of the *living language* of their own country!

First, because scarcely any two of them use the same Latin words, in a prescription for the same thing.—*Secondly*, because if they have had a classical education, to qualify them to write Latin correctly, it is obvious that their prescriptions must be entrusted to young men generally to dispense, whose age renders it impossible that they should clearly understand them.

Again, with respect to the far greater mass of medical practitioners, the *apothecaries*, how grossly vicious is the present system! They are not paid by the benefit conferred on their patients, neither for their attendance bestowed on them; but by the number of bottles and boxes of pills which their skill can contrive to send every day. Even in that most interesting science of anatomy and surgery it is to be hoped, whilst it is making such rapid advancement throughout Europe, that our lectures will daily become more intelligible to the public mind.

It would be too much for me to calculate on invariable success—or pretend to infallibility—should any sufferer persist, as a last resource, in placing himself in my hands, and I undertake his case, hoping there still may remain a remote chance of snatching

him from death—and yet the King of Terrors should ultimately prevail, when

“ It is too late ; the life of all his blood
Is touched corruptibly : and his pure brain
(Which some suppose the soul’s frail dwelling-house)
Doth, by the idle comments that it makes,
Foretell the ending of mortality.”

SHAKSPEARE.

am I to expect the reproaches of the Profession and the Public? Let it be understood that every practical man must have many cases terminate fatally under his hands every year. Let them visit my house, question my patients, acquaint themselves with my system, and judge how far I experimentalize, so that should any case end fatally, they may be able to depose how far *my* treatment was good or otherwise—for be it observed, I solicit the visits of those medical gentlemen who may at any time have attended the patients coming to my establishment—they may there daily watch the progress of the cure—and judge how far the treatment is judicious or otherwise. This I am happy to say is very frequently done, and I feel desirous that all who can spare the time, will examine for themselves. After this, I trust I shall have the credit given me of acting openly and candid.

Many remarks on *the Profession* in this work may be thought too harsh—but I wish them to be understood as applying to those who object to any improve-

ment on *the system*—such as pertinaciously adhere to their own beaten track, and treat such efforts as mine with contumely. Such persons I have encountered :

“ Where I have seen them shiver and look pale,
Make periods in the midst of sentences,
Throttle their practis'd accent in their fears,
And, in conclusion, dumbly have broke off,
Not paying me a welcome. Trust, me, sweet,
Out of this silence yet I pick'd a welcome,
And in the modesty of fearful duty
I read as much as from the rattling tongue
Of saucy and audacious eloquence.”

SHAKSPEARE.

I feel bound to esteem the respectable practitioner—of many of whom, from experience, I have reason to speak in the highest terms, and am proud to rank amongst my best friends. Indeed, so far has liberality of feeling been extended towards me, that in an interview of nearly an hour with His Majesty's Medical Board, by appointment, their unqualified approval of my answers to their questions on professional subjects, were expressed in such kind language as will never be forgotten by me ; nothing could have more strengthened me in my present pursuits, than the repeated approbation of so enlightened a body as constituted this Board. Many others have kindly taken a daily interest in my welfare. And,

surely, I must be ungrateful in the extreme, did I not in the most public manner express my sense of their kindness. I cannot too distinctly declare, therefore, that my remarks are meant only to apply to the illiberal and unenlightened.

I fear there may be found much in the following pages uninteresting to a general reader, especially those parts relating to myself. But it must be borne in mind, that in some companies when my name is introduced in conversation, the first question is, "who is he?"—This must be my apology for placing myself so prominently before the public.

I trust this work will not be subjected to severe criticism; it has been hastily thrown together, in the midst of important avocations, and would hardly have met the public eye, but at the request of friends, to whose wishes I was induced to comply.

In days when Quackery may perhaps exist to an injurious extent, I am anxious to shew, that I am not a needy adventurer, bent upon my own aggrandizement, but filling an ostensible situation in society, rather thrust into it, than seeking it for myself. If success had not attended my progress, I should calmly have returned to my original pursuit, and endeavoured to retain the character for integrity which I always possessed; but since I have been blessed with success in such a remarkable degree, I

should be not less a traitor to the Public than to myself, were I to relinquish my present pursuits.

Deeply grateful to those who have extended to me their friendship, and to those, much my superiors, who have kindly admitted me on their list of friends,

I subscribe myself,

Their most obedient humble servant,

S. W. TILKE.

No. 8, Thayer Street.

Jan. 1st, 1834.

PREFACE

TO THE FIRST EDITION.

IN offering my services to the Public, through the medium of the few pages contained in this pamphlet, it will be easily discovered that I have not the least pretension to the *rank* of medical science, but that I appear before the world as a plain, humble, and I trust, too, honest man; induced by no motive to become conspicuous, but that of doing good to my fellow creatures.

By a perusal of the following pages, it will be seen how, and in what manner, the first seeds of my medical knowledge were sown; how these were afterwards nursed, reared, and brought to maturity; and the testimonials of the highly respectable individuals that follow, will shew also the happy results arising from my exertions.

I have stated above, that I pretend not to the high rank of medical science, and when I at the same time am enabled to state, that Providence has so blessed my early efforts in life, as to make pecuniary affairs of really secondary importance, I trust it will be inferred that I *deserve no rank* with those low, sordid, ignorant pretenders, whose only object is to enrich themselves at the sacrifice of the health and lives of their victims ; and I take this opportunity of declaring, that it never was any part or plan of my intentions to intrude myself on public notice in connexion with the healing art, but that having, at various periods of my life, for charity's sake alone, prescribed my remedies for the poor and destitute,* without fee or reward, and every case terminating in perfect recovery, continually led to new applications, till nearly the whole of my time was occupied, to the neglect of my more immediate pursuit, imperceptibly leading me to that in which I now publicly offer my services.

Having been thus led step by step to endeavour to alleviate the sufferings of my fellow-creatures, I have

* The late noble and generous-minded Lord Robert Seymour was in the frequent habit of administering pecuniary support to those poor afflicted persons who have at various times been under my medical care, and thus gave me the most gratifying support.

at length been induced, by the repeated intreaties of my friends, to take a suitable residence, where I might with more convenience to myself, and comfort to my patients, receive those who honour me with their confidence; and I have only to add, that, urged by a sense of duty, I shall now devote the whole of my time to that study, by the constant success of which I have reason to hope for encouragement in my future progress.

No. 8, Thayer Street, Manchester Square.

July 1831.

ON THE
NATURE AND TREATMENT
OF
GOUT.

“ A plague of this gout, or a gout of this plague; for the one or the other plays the rogue with my great toe.”

SHAKSPEARE.

IN offering my services to the Public, with the bold assertion that I possess the certain means of curing that hitherto styled *incurable* malady, the Gout, it will be said by many, especially by interested persons, that it is an attempt at imposition, for the purpose of filling my own pockets at the expense of the credulous; and that I am an empiric, equal with, and as much to be avoided, as the many who so dishonourably subsist by vile and disgraceful pretensions. I have always considered

What is easily earned, is easily lost,
For ill got wealth is at the owner's cost.

But as I have full confidence in the motto,
“ that truth conquers all things,” and pos-

sessing at the same time (as a result from my practice) the privilege to refer to hundreds of living witnesses, that what I assert *is true*, I have no reason to care for either the malice or the jealousy of any, but shall fearlessly and perseveringly pursue my plan of treatment ; being well assured that, under the guidance of Providence, I shall be instrumental in rescuing many of my fellow-creatures from a repetition of the most agonizing affliction to which human nature is liable.

Various and combating, indeed, are the opinions of medical men, both as to the precise nature and the treatment of Gout ; and perhaps too, no disease ever gave rise to more speculative theory on the one hand, and more industry on the other, to endeavour to find a remedy, even if it were only a temporary relaxation from suffering, but all in vain ; and Gout is allowed, for the want of means to prevent it, to run its course, or as it is usually termed,—to be laid up with a *fit* of the Gout.

The Profession consider it as a disease above their range, and of a nature not to be meddled with without the greatest risk of doing more harm than good : they consider the Gout, as a Physician sent by Nature to torture the

poor patient, but at the same time, to destroy all the other diseases of his mortal body. Reader, tell me what think you, if this is the only perfection to which they have brought medical knowledge during so many years ! Do the savages of Africa or America furnish us with greater absurdities than these ? Read what a learned Doctor has lately written on the subject of Gout. Dr. Sutton, after speaking upon the disease with all his scientific knowledge, owns that “ the only advance made in the knowledge of the treatment of Gout has been by *Quacks* ; that is to say, Quacks and Empirics have led the way to Physicians, Doctors, Physiologists, and Pathologists.” If this be true, what have the Professors of the boasted sciences of Anatomy, Surgery, and Pathology been about ? Was it not their place to have found out, and not required the assistance of *Quacks* ? If this be the doctrine in the School of Medicine, they may in truth be called schools. Why remain school-boys all their lives ! Now, Dr. Wilson is the proprietor of a Quack Medicine ; I suppose that, being a member of the Royal Medical Society of Edinburgh, and Graduate of the same, he is not well pleased at the Profession calling him a plain *Quack*. Suppose we call him a *Medico*

Quack, or *Quack Medicus*. However, though he may have drawn on himself the wrath of his medical brethren, he does not seem to feel much concern, for he tells them in good set terms that they are all *Quacks*, as they make use of ingredients they know not the properties of, or from whence they come. Perhaps, their answer would be, “We must take, and use the Profession as we found it; if people will be sold, they must be bought—there is now no living without it.”—

“Oh place! oh form! how often doth thou with thy ease, thy habit, wrench awe from fools; and tie the wiser souls to thy false seeming!”

What could *Shakspeare* mean by this?—Again—Dr. Badlam, Professor of Medicine in Glasgow, in a recent lecture, says, “One of these days I mean to introduce the dear public to the examining schools; the dear public now go every where; they go to Almack’s and to the Drawing-room: why not show them how doctors are made, a process in which they are certainly a good deal interested; indeed it were well that the Public knew better than it does, of what stuff a considerable number of our medical alumnia is actually composed.” Again he says, “A slight reference to ancient medicine is also positively

useful; because, to mark progress we must have the point of departure; because it is well to know how much was accomplished with very limited means; because we can only in this manner trace the introduction of new medical agents; and because it is not un-instructive to mark how old things again become new." I wish a few more would confess this much, and change their practice.

Dr. Buchan says, "Fashion reigns in physic with as arbitrary a sway as in dress; and there is no disease which shews the imperfection of medicine in a stronger light than the Gout. Many things will shorten a fit,—and some will drive it off altogether; but nothing has yet been found which will do this with safety, and a patient will hazard life itself for a temporary relief." "It would be as imprudent to stop the Small-Pox from rising, and to drive them into the blood, as to attempt to repel the gouty matter." With this I agree. Again he says, "The instruments of medicine will always be multiplied in proportion to men's ignorance of the nature and causes of diseases. When these are sufficiently understood, the method of cure will be simple and easy; for the study of nature is simply spirit and intelligence."

It cannot be expected that I should divulge the system of cure of which I am in possession, for the benefit of professional gentlemen, who cannot but acknowledge themselves ignorant on this branch of medical science; and who are not sufficiently spirited or generous to make or offer a competent remuneration to obtain it: for on those terms I offered it, long before those friends I had cured made it publicly known,—as I had then other occupations. And to shew that I had no wish to be seen in the practical part of my own inventions, will be proved by the following fact. One day, while in conversation with a medical gentleman respecting my pursuits, I told him if I did not soon have an offer from a medical man, to introduce my system into practice, I should consider myself in duty bound, by every principle of nature, morality, and religion, either to do so myself, or cause it to be done by some non-professional man; but that, if he would undertake it, and allow me £50 a-year for as many years as he cleared £500, I would immediately put him in possession of every information to enable him to do so. I will now give his answer almost to the very letter: “I am convinced, Mr. Tilke, it would be for the interest of both, as well as that of

the public, could I comply with your proposition ; but consider, the whole of the profession, when it came to their knowledge, would stamp me a *quack*, and shun me ; by such means what little practice I now have I should soon lose." I am very sorry my friend still remains with a *little practice*, and what is worse, a very large family ; he has since repeatedly expressed his deep regret at having clung to the shadow and lost the substance, and has repented it ever since.

To those who accuse me of pirating from the Profession, I would ask, have they not themselves set me the example ? Do not the Druggists pirate from the Apothecary, the Apothecary from the Physician, the Physician from the Surgeon, and the Surgeon from the whole of them ? Are they not at this moment applying to the Legislature to prevent their Scottish brethren from participating in the same privileges as themselves ?—by doing which, are they not turning their lancets and scalpels against each other, and converting what ought to be a peaceful lecture-room, into a field of battle, and lowering the respectability of science, for the gratification of petty jealousy and private malice ? It were better the pro-

fession were at once thrown open to a fair competition of skill and talent. However, I have no wish to destroy or disturb the different orders of the profession ; I only wish to bring them back to the spirit for which their institution was first intended. I will just give this friendly hint : if they do not mind, while they are quarrelling about the bone, other men of more liberal practice, will run away with the meat ; as Shakspeare says—

For every order includes itself in power,
Power into will—will into appetite ;
And appetite—an universal wolf,
So doubly seconded with will and power,
Must make, perforce, an universal prey,
And last, eat up *himself*.

My medical as well as non-medical friends have heard me express the same opinion for the last fifteen years ; and could I have found any man in the profession who would have acted on my suggestions, and practised with my very simple vegetable medicine, I should now have been in that humble, though respectable, situation of life in which I was originally placed, and in which fortune smiled on me. But I should have been wanting in duty to my fellow-creatures, after having failed in my endeavours with the profession to adopt

my system of cure, had I not put my inventions in practice; though it was at that time to leave a certainty for an uncertainty. What has it done for me? Why, given me an introduction to an elevated class of society, and to the personal confidence and friendship of a class of men, whom, from my retired habits, I should never otherwise have been introduced to. Many of those who laughed at my "ideas," now, I have no doubt, seeing my success, begin to think, that a wise man may make use of that which none but a fool could have invented. To the idle and envious part of the profession, who would ridicule and hinder those that labour for the public, though they themselves have not the ability equal to do the same, may go on and think as their malignant nature inclines them. Such I would advise to pursue the path which Dame Nature hath designed them for; and let him whose only fault is that he entered the house of the profession, not with a diploma key, but by climbing up and getting in at the window—I say, let such have a fair trial of public opinion, and rise or fall according to the merits of his own invention; for all men have a just right to the instruction, benefit, and exercise of their own minds. All will find there is a book

of nature in which the wisdom and power of the Almighty may be studied with scarcely any inferior edification. But it often happens that a scholar, with his systems and scientific methods, *which frequently overstep themselves*, finds himself stopt short when he attempts to study Nature; while the rustic, or untaught youth, furnished with Nature's key, is enabled to unlock every door of knowledge. All men would do well to consider that they will have to give in their account of their use or abuse of those talents which Nature hath given them, for where much is given, much will be expected.

The knowledge of remedies, without a previous knowledge of the precise nature and situation of disease, is an acquisition likely to lead persons into dangerous, and perhaps fatal consequences; but at the same time it is lamentable to say, that it forms the groundwork of the practice of many, who support themselves by trifling with the lives of their fellow-creatures in this way.

The practice, which I pursue for the cure of the Gout is of the most simple nature; but simple as it may be, it could never have been attained, had I not in early life been led by strong inclination to the study of botanical

medicine. Fortunately for myself and my patients one discovery led to another.

The question perhaps may arise: What knowledge can I have of disease, or the internal part of man, not possessing a *diploma*, or having studied anatomy? To such I would reply, that for the last twenty years, I have had constant access to one of the finest *anatomical* museums this or any other country can boast of, where I received *advantages* equal with those who have passed through their regular degrees; and am proud to say, that I can reckon among my instructors and supporters some of the Profession, who have not only, from their knowledge of my practice, recommended me patients afflicted with Gout and Ringworm, but have even placed members of their own families under my care; and others have candidly admitted themselves converts to my opinion, as to the cause and cure of the Gout and Rheumatism. I will illustrate this by the following fact, the truth of which is easily ascertained, although it is not my object or practice to publish the names of my patients without their free consent; but of this and every other statement I make, I will afford to the curious an abundant means of arriving at the truth, on personal application.

About two years since, a first-rate physician sent for me. When I entered his room, he thus addressed me, taking me by the hand : “ Mr. Tilke, I have heard, through a medical friend, of the wonderful cure you have made on Captain ——, and many other eminent persons, and am induced to send for you, having heard, *after strict inquiry*, of your natural bent for study, your ideas and modes of cure of the complaint with which I am now suffering. Whether your father made you a baker, tinker, or tailor, Nature intended you for the study of her works ; and to shew you I mean what I say, it is my intention to place myself under your care ; if you will attend me personally, and treat me as you would one who knew nothing of medicine, you shall say Dr. —— is one of your best patients in attending to your directions.” After my attendance on this gentleman, (who had been confined eleven months to his room with Gout,) for eight days, he sent a message to the wife of the gentleman who introduced me to him, that “ in one week more he should be able to walk her round Hyde Park.” From the success of this cure, I am proud to say, I have had some of the first Lords of the land place themselves under my care. Having thus much of private practice,

and other pursuits that require my attention, I trust is sufficient answer to the inquiries of those who wonder I do not make my remedies more generally known by advertisements.

It may be thought by many strange that I should have discovered a remedy for two incurable diseases; some think it yet more strange that persons who profess to have studied to alleviate the sufferings of their fellow-creatures, should assert there is any disease for which Nature has not provided a remedy. Acting upon this principle, I have spent all my leisure hours in retirement from the fatigues of business. Many of my intimate friends can bear me out, that after I had performed a cure for Ring-worm, about ten years since, I then said, I should never rest satisfied until I had succeeded in the discovery of a cure for the Gout, which has taken me many years to bring to its present perfection. I feel convinced that I have been directed by the hand of Providence, otherwise, from the many tedious processes I have had to travel through, I must have given it up in despair, and failed in my desired object. But the Almighty has been pleased to bless me with an active, enterprising mind; therefore I claim no credit to myself, believing, in the words of the immortal

bard, "*that it has pleased Fate to bless me with this, and this with me ;*" for,

" By a disease, when Nature's hard beset,
 She fights her foe, with labour, toil, and sweat,
 Her handmaid Herbs then to the battle flies,
 To her mistress' arms, and succours with supplies.
 Her aid by Heaven is blest, she bears the shield ;
 But 'tis Dame Nature that disputes the field."

Dr. Potter says, " There is a morbid matter in the Gout, but of what kind we are utterly ignorant ; and that all gouty persons breed stone." Dr. Allen confesses that the art of healing makes but slow advances towards perfection. " There appears," he says, " now and then, a person of extraordinary faculties and singular endowments, who in this most beneficial branch does signalize himself ; but those men whom Nature hath peculiarly qualified, make but a small number." Again, he says, " The primary causes of disease are of so hidden a nature as to exceed any researches or penetration of mine ; and, were we ingenuous in our confessions, they for the most part escape our inquiry. We sail, as it were, on the bosom of the mighty deep, unacquainted with the longitude."

If we consider Nature we shall often find very contrary effects flow from the same

cause : for instance, *Gout*, which seems chiefly to be the extravasation of *nervous fluid* ; which with the *blood*, being over-heated, soon becomes impure, and forms a fluid or matter in the urinary organs, as well as in the liver, which soon makes them become sluggish in their operations. The liver also being larger in *man* than in any other living creature, considering the size of his body, subjects him to innumerable maladies. By the best experiments ever made, the blood is proved to consist of phlegm, spirits, oil, salt, and earth ; but is professionally divided into serum and crassamentum, the former being the thin, fluid-like portion, and the latter the solid congealed-like cake ; and the word *humours* is so indeterminate amongst many as hardly to have any meaning in it ; but in general it contains this supposition, *viz.* that there is a faulty quality in that to which this name is given. Gouty humours, for instance, is another term for a diseased fluid ; but the blood is the general humour or fluid from whence all the other humours or fluids in the body are separated ; for without this knowledge of the particular humour or fluid, a man must be ignorant of the proper method of altering either the quantity or quality of the impurities

of the blood, which I am sorry to say is too often brought on by those persons, and handed down to posterity, by the continual use of spirituous liquors, by always sipping, as it were, a liquid fire, which destroys digestion. The solids become impaired, the juices corrupted; and after the dreadful sufferings which such conduct brings on them, they are no sooner well, but they again prostitute their health, and run into the very arms of death. I do not mean to infer that all sufferers with Gout court this kind of destruction, because I know to the contrary, and have, in another part of this work, shewn that with some it is hereditary. On this point doctors differ; but Nature has so ordained it, that the opinions of men should not be the same. I must confess I have reaped the greatest advantage from reading and studying the works of those from whom I entirely differed: for I always read with my pencil in my hand, and I make marks and remarks as I go on. And although I may deliver my opinions in an imperfect manner, yet I trust that others may take advantage of my labours. May God, the eternal and inexhaustible source of all blessings, to whose goodness the success of all medicinal skill and application is entirely owing, favour

my endeavours, that what ideas I have collected from others or learned from my own study and experience, may tend to the welfare of suffering mankind, whom I only ask to use my medicine until they find a better.

There is a prevailing opinion that a fit of the Gout is salutary to the system, and relieves it from other disorders. This I consider to be a fallacy : repeated attacks frequently produce debility both of body and mind, and the prevailing modes of treatment too often increase the violence of the disease. Dr. Cullen says there is no morbid matter present in persons who have the Gout, and that the disease generally attacks those persons who have enjoyed the best health. My opinion is, that *Gout*, as it is termed, is not the work of a day ; the causes are gradually accumulating, however suddenly the attack may be. The dam of these humours, *which has been shut up*, gives way, and bursts forth by an effort of nature to free herself from an offending cause. Then it becomes the duty of the attendant to observe with the greatest care and attention which way nature points, and assist her in her operations to expel or throw off whatever is injurious to health. I have noticed this disease attack the young and

aged very differently, and I think for this good reason : in youth or prime of life the fibres are lax and soft, the nerves possess greater sensibility, and the fluids of more rapid motion : whereas in old age the fibres are rigid, the nerves become almost insensible, and many of the vessels inactive and perfectly useless, therefore of course they require more time and persevering of treatment. Many of my patients are able to bear me out when I state that a morbid matter has exuded through the skin, to a surprising extent ; and this of great consistency, and which, before extraction, I think had been corroding in the urinary channels, preventing the free circulation. How can it be for a moment supposed, that the blood can be in a pure state, while the patient labours under Gout or Rheumatism !

Others contend that heat encourages the complaint. My practice entirely disproves this notion ; my medicines cause a free circulation of blood by being internally and externally applied, and brings on a general increase of action. Gout, from being treated improperly, is often diverted from its regular course, to the imminent danger of the patient. Those who do not inherit, or have not had the

Gout, if they breed bad blood, have reason to expect it. And those who have an hereditary claim to this complaint, may by precautions as regards diet, guard themselves from its attacks.

I have before shown that other diseases arise from the same cause as the Gout; as Chronic Rheumatism, which sometimes affects the lumbar region so severely, that the patient cannot stand upright. This affliction is known by the name of Lumbago. Sometimes it fixes in the hip joint, and is then called *Sciatica*. All those affections or symptoms are to be treated nearly in the same manner as the Gout. Dr. Darwin mentioned it as a common opinion, that Gout is as frequently the consequence of gluttony as drunkenness.

Complaints are brought on by the improper use of drugs, given too frequently for the purpose of increasing fees, or multiplying the items of an apothecary's bill; the poor patient swallows every thing given him, without daring to ask the necessity or quantity of the dose. Many of the faculty are, no doubt, worthy of all the confidence that can be reposed in them, and have made the alleviation of human infirmity the principal study of their lives; unlike those who condemn that which

they do not understand. The Faculty should reflect on the many discoveries yet to be made in the botanical world, where nothing grows in vain; but these virtues are, in general, unknown, or, rather say, neglected and abused, when they might be usefully employed as remedies to counteract the ills of human life. For instance, in the Royal Cabinet of Paris there are arrows whose points are impregnated with the juice of so venomous a plant, that with the slightest puncture they will destroy the stoutest animal that exists, as the blood of the victim instantly congeals; but if a small quantity of the juice of another plant be immediately taken, the circulation is as quickly restored. Both the poison and the remedy were discovered by the most uncivilized beings. I could enumerate hundreds of other similar cases, but that would be departing from my present object, *viz.* to shew the great neglect of medicinal herbs in the modern pharmacopœia. There are not in the present day above two thousand, the properties of which are generally known; but if we read of olden times, when drugs were hardly known, the celebrated LINNÆUS gives the properties of from seven to eight thousand; the famous Sherard was acquainted with six-

teen thousand ; and another botanist speaks of from twenty to twenty-five thousand. Nature is of infinite extent, who invites to the study of her works men of every age, country, and condition of life. Her treasures are not confided to genius alone ; but some and many of her fruits are reserved for the less literary and less informed. As a proof, how often does it happen that old women in the country, without education, by the help of a simple herb, gathered in its bloom, when it possesses its greatest strength and virtues, perform very extraordinary cures, in cases where the regular practitioner is absolutely at a loss how to treat them. I would not be understood to cast any reflections on the character of surgery ; for a surgeon is like a guardian angel, who steps forward to alleviate the accidents of the unfortunate.

Dr. Squirrel says, “ Nothing can be more illiberal than the epithet of *quack*, when applied to those who retain the secret of their own discoveries.” On this head Sir Joseph Banks observes—“ I have no doubt that a medicine will prove more beneficial to the public when confined to the practice of an individual. It escapes the risk of being decried by theoretical persons, if the composi-

tion had been communicated to the faculty." Dr. Squirrel again says, "Whatever discoveries any man may make, are they not as much his property as the estate he purchases? Has society any right to enjoy the benefit of any person's labour or invention, without his being rewarded in turn; and is there any other mode of rewarding the discoverer, but by keeping it a secret? Can remuneration be more equitable than when received from the individuals who receive the benefit? Is this not the principle on which the intercourse of society should be conducted through life, that is to say, mutual interest?" The late Dr. Burnet says:—"In whatever sphere of life an individual may be destined to move, if honest integrity attends him, and a full consciousness that he has, with the most scrupulous exactitude, fulfilled and substantiated the character which he professes to maintain, then he may, without presumption, lay claim to that reward to which his skill and exertions so justly entitle him."

In the environs of London we possess botanic gardens, kept up at a great expense, but unfortunately more for ornament than use. Nature has distributed her favours in every lane, field, and pathway, and affords

a remedy or an alleviation for every infirmity incident to our fallen nature; but so much has the fashion of the times increased the use of foreign drugs, that it is now a question whether medicine be most beneficial or injurious to mankind. It is not the use, when guided by integrity, but the abuse of them, which proves a curse upon posterity; for the laws of physic are agreeable to the laws of Nature; its design is to preserve the body in health, to defend it from disease, to strengthen the weak, and to raise the dejected. According to the will of Providence, it is so ordained, for some wise purpose hitherto unknown to us, yet every day's experience proves to us that all creatures that live are liable to mischance, and that "sickness and disease, which is painful to the body, may be profitable to the soul; it is the mother of modesty, that, while in the full career of worldly pomp and pride, kindly pulls us by the ear to bring us to a proper sense of our duty, and examine our substance whereof we are made, that millions of strange shadows on us tend."

A man in humble life, blessed with a moderate portion of common sense and honest intentions, assisted by medical reading, and

directed by the simple dictates of Nature, is frequently more successful than many regular practitioners, who are so intent upon dosing their patient, that they often play with a disease, until in reality, they cannot cure it. This, without meaning any disrespect to the honest practitioner, I regret to say, I have often witnessed. Two ladies, in particular, who have kindly allowed me to refer to them, the one had been confined for five months to her room, and the other eleven months, under professional men. The first was perfectly restored in six, and the other in nine days, by taking my simple remedies, and have since remained in good health. About eighteen months ago, I was applied to by one of the members of the Central District Society in my neighbourhood, to attend two poor men, who were the greatest possible sufferers, and perfectly helpless. One had been so seven months, and the other nine; both were restored to perfect health in eleven days. These cures I performed gratuitously, and felt amply repaid by knowing that I had restored two poor fellow-creatures to their distressed families; but the Society before-named voted me a remuneration for these cures. I could mention many similar cases, but have selected

these particularly, as their truth can be easily ascertained. The satisfaction resulting from a sense of doing good to my fellow-creatures repays me for the jeers of self-exalted and ambitious men ; for I am well aware that he who stands forward to promote a reform in any particular profession, must excite enmity, and draw on himself the clamour of interested individuals, who would wish to keep medicine clothed in a mystic garb, instead of being put upon a level with the plainest understanding, and rendered as obvious and familiar to us as the food we eat.—Vide Dr. Morrison's treatise of " Medicine no Mystery." Dr. Madden says, " I disclaim all theories in a science like that of medicine. Where there are no general rules, there can be no unerring and universal principles."

The brute creation possess discrimination in a surprising degree. Watch a dog when he is sick, and he will search for the *quich-grass* ; if costive, he will choose some leaf of any of the *docks*. Wound a toad, and it is said he will travel until he finds some groundsel or dandelion ; when found, he will chew the herb until it becomes a salve, with which he will anoint his wounds, and cure them. Again, an ancient writer says, " if you wound

the eyes of young swallows, when in their nest, the old ones will again recover their sight with the herb of celandine ; but," he adds, " as it can answer no good purpose to torture helpless, unoffending creatures, I entreat my readers not to try such cruel and wicked experiments."

Botanic medicine is yet in its infancy ; and though a natural study has been banished from society, for unnatural drugs, my ambition will be satisfied if I have discovered one of its new rays.

It is expected in the medical profession, that when one of their members discovers a new mode of cure, he is to give up the secret to the faculty in general. If he refuses, they call him a *quack*, as in the case of Dr. James, with his powders, and many others before and after him. What encouragement is there for any man, under this system, to study for himself any new mode of cure, when this arbitrary custom would enable the stupid and indolent drone of the profession (for many there are) to participate in the profits of the ingenious discoverer ? Many have lived, whose abilities would have proved an ornament to society, but whose study and acquirements were rendered entirely useless to them,

because the present method prevents enterprise, and obliges them to proceed in one beaten path. But Abernethy said, in one of his lectures, "he hoped he should live to see the day when this prejudice would be removed."

To the liberal part of the community, I might urge the sacrifices I have made, both of property and time, in conducting a course of experiments wholly unknown in the usual course of medical practice; and I trust that my opinion of the cause and treatment of Gout, &c. will be found stated in so plain a manner as to be easily understood; for when a professionally educated man, who has acquired his knowledge from others, and from his books, sits down to write, he is very apt to overlook the connection between scientific and common truths; he begins his treatise, not by a reference to something understood by every one, but imperceptible to all but those who have had a college education equal to his own. When a self-taught and self-educated man, as I am, attempts to explain to others what he himself has learned, he is less likely to fall into this error; having had no masters to supply the deficiencies of his own education, and this being such as common observation teaches every

man, hereby there springs a method and style of address in every respect suited to general readers. He knows from his own experience what difficulties such readers have to contend with, and is the better qualified to guard against them; stating facts in common and simple language—avoiding all those figures and incomprehensible modes of expression in which the best writers have so much abounded; for, in physic, no figure of speech should be used, the use of which carries the mind from the things to be described; though they may amuse the collegian, yet they give only a confused notion to the many, without adding to the true knowledge of the cause or cure of disease.

I will here give my readers two specimens of this mystification. I ask, what opinion you can form in your own mind, from Dr. Fuller's explanation of the operation of hysterics? He says: "This and other fœtid medicines take off hysteric fits, by handling the spirits roughly, and driving and dispersing them; for when they grow mutinous, and unequally dispersed, running in tumultuous clouds in some places, and leaving others ungarrisoned, and so either intermit their duty within the precincts of the brain or *precordia*, or else

do it perversely, then the best course is to send such a stern remedy among them, as may use severe discipline, and lash and scourge them until they are glad to leave their disorders, and run to their proper post, and fall to their charge again !” I will treat my readers with another dose from the celebrated Dr. Salmon, who says, “ Fermentation is a certain manifestation of life, fitting it for a resuscitation, and without which it would remain captive, within the bonds or chains of death; or it is the breaking of the bonds of corruption and putrefaction by the power of life, assisted by the homogene matter and principle already freed.”

Now I am bold to say, that in this little work I have stated, in about three lines which cannot be misunderstood, the meaning (if there is any) of all this long rigmarole of absurdities. Would not the sense have been better understood had they used only *these* six words, which I had written long before I read the above quotation : “ *Motion is the expression of life.*” On reflection, I am truly happy that I had not a medical college education, which might have so bothered my brains, that the small share of *common sense* which Nature has given me, might have been lost in

confusion, and rendered useless to me and every one else.

The following are the opposite opinions of scientific men on the cause and cure of that complaint which I profess to understand, *viz.* Gout. Some suppose this disease is occasioned by an alkaline salt, and must be cured by an acid; while others have been of a directly contrary opinion, even blaming acids and advising alkalies.

Now my own opinion is that both of these theories are wrong. "It is not for me to adjust such grave disputes," therefore I consulted my old friend Dr. Common Sense, who told me, even without fee or reward, that if Nature's operations be in any way retarded, an accumulation of oily matter in the blood immediately commences, which causes, more or less, swellings all over the body, as well in the dropsy, as in the gout. Now my treatment stirs up a fresh fermentation in the body, by means of which the sinking, and almost dying spirits become roused; the blood, recovering its due mixture, becomes released from coagulation and putrefaction; Nature makes a brisk effort, and expels the deleterious matter. My treatment for Gout, &c. is in conformity with the operations of Nature, and by

very simple means I purify the whole mass of blood of those unhealthy fluids, which if repelled, or allowed to remain, will bring on disease in some other form. Indeed a more powerful evidence of the origin of disease being attributable to the state of the fluids cannot be offered than the *Gout*; this disease will remove its position many times in one day—solids cannot thus change about; this therefore clearly proves, as I have before stated, that it is the accumulation of an acrid matter, shifting about in the circulating fluids, sometimes depositing itself in the joints, bringing on those calcareous substances, denominated chalk stones. Now, to prevent this there are two things especially to be done: first, the sily concretions must be so dissolved that the blood may easily be returned into the veins again; secondly, the fibres must, by oily external applications, be made more limp and supple. This being accomplished, the continual motion of the blood acting on the fibres will recover their natural state, the congested humours become re-absorbed, and of course the distemper expelled.

Having spoken of humours in parts of my little work, I ought to acquaint my readers what I mean by the term. There are four in

number, *viz.* blood, phlegm, choler, and melancholy. First, blood is in its nature uncorrupted, therefore hot, gummy, and sweet in taste; but society having, for generations past, got into an artificial and luxurious way of living, different from what Nature first intended, is the reason why so much medicine is required to check those gross humours which such excess of diet always generates.

“ But when we have stuffed
These pipes and these conveyances of our blood
With wine and feeding, we have suppler souls
Than in our priest-like fast.”

“ Give me excess of it, that surfeiting,
The appetite may sicken, and so die.”

SHAKSPEARE.

The first physicians by debauch were made,
Excess began, and Sloth sustains the trade.
By work our long-lived fathers earned their food,
Toil strung the nerves, and purified the blood.
But we their sons—a pampered race of men,
Are dwindled down to three-score years and ten;
Better to hunt in fields for health unbought,
Than fee the doctor for a nauseous draught;
The wise for cure on exercise depend,
God never made his work for man to mend.

DRYDEN.

Secondly, phlegm is cold and moist, and either sweet or without taste at all. *Thirdly*, the choleric humour is hot and dry, and very

bitter in taste. *Fourthly*, the melancholy humour is cold and dry, and in taste very sour. Blood may be compared to air; phlegm to water; choler to fire; and melancholy to earth. All the humours are mixed through the whole of the body, and I account for the different constitutions and dispositions of men but by the fact, that these humours in their several qualities abound more in one individual than in another. I consider the body as a system of tubes and glands, or, to use a more homely phrase, a bundle of pipes and strainers, fitted to one another after so wonderful a manner as to make a proper engine for the soul to work with. This description not only comprehends the bowels, bones, tendons, veins, nerves, and arteries, but every muscle, and every ligament, which is a composition of fibres, that are so many imperceptible tubes or pipes interwoven on all sides with invisible glands or strainers.

This general idea of a human body, without considering it in its niceties of anatomy, shews us how absolutely necessary labour is for the right preservation of it. There must be frequent agitations, to mix, digest, and separate the juices contained in it, as well as to clear and cleanse that infinitude of pipes

and strainers of which it is composed, and to give their solids a more firm and lasting tone. Labour or exercise ferments the humours, casts them into their proper channels, throws off redundancies, and helps nature in those secret distributions, without which the body cannot subsist in its vigour, nor the soul act with cheerfulness. I might here mention the effects which this has upon all the faculties of the mind; keeping the understanding clear, the imagination untroubled, and refining those spirits that are necessary for the proper exertion of our intellectual faculties, under the present laws of union between soul and body. It is to a neglect in this particular that we must ascribe the spleen, which is so frequent in men of studious and sedentary habits, as well as the vapours to which those of the other sex are so often subject. Had not exercise been absolutely necessary for our well-being, Nature would not have so adapted the human frame for it, giving such an activity to the limbs, and such a pliancy to every part, as necessarily produce those compressions, extensions, contortions, dilations, and all other kinds of motions necessary for the preservation of such a system of tubes and glands as has been before mentioned.

This law of Nature has been acknowledged by the highest authority, namely, the Bible; in the book of Ecclesiasticus it is said: "All things are double one against another, and he hath made nothing imperfect; one thing establisheth the good of another." Read another truth of the same book: "Nothing has been created in vain." Now, while those humours possess their natural qualities, and their just proportions, so long they are wholesome and good; but when they become disordered and corrupted for want of proper diet, medicine, or exercise, then they are unwholesome, and no longer to be denominated by their proper name, but may be properly called melancholy blood, diseased phlegm, fever, burnt choler, and fretting melancholy. From these causes, in my opinion, proceed every kind of disease, call it by what name you may. These humours are like branches of a tree, from which spring other humours, either to do them service or an injury, as the case may be, by their action on the three natural powers, *viz.* the power animal, the power natural, and the power vital. The power animal is dependent on the brain, which gives feeling and motion to all parts of the body; the power vital, is a virtue belonging only to the heart, which gives life

and spirit to the whole body by means of the arteries ; the power natural, belonging to the digestive organs, which give nourishment to the body. The power natural has four other particulars, *viz.* attractive, which draws nutriment from the food to sustain the body ; the retentive, by which it retains and keeps the food received ; the digestive, which concocts and digests the same ; and lastly, the expulsive, by which is thrown off the excrementitious and superfluous parts of the food. These actions must be perfect, according to the rules of Nature, for a man to enjoy good health, to secure which, I would recommend proper diet, air, and exercise. It requires very little study to understand the three following humours, and then to know a quick and safe remedy. Say, if the blood is overheated, use the herb called red centaury in an infusion ; if choler, use the yellow centaury herb ; if of phlegm, the white of the same sort will be found beneficial. I think it would be well if this knowledge were a part of the education of every school-boy ; but this not being the custom of the present day, is the fault of society (upon whom also falls the punishment thereof), and not the fault of Nature, for she from time to time makes man

a present of varieties, both useful and agreeable ; but the miseries accumulated by mankind, pass from huts to palaces, from ages past to ages yet to come ; and the two epidemic plagues, which one after the other have visited our shores for the last three years, and still remain with us to this moment, cry with a loud and fearful voice in the ears of every man, Study Nature's laws in all her ways, and oppress not the miserable. Others as well as myself must have discovered that additional diseases are continually arising, and showing themselves, if possible, in a more fatal point of view. This is what was to be expected. Disease can only be subdued in one way, by eradicating it ; but it cannot be stifled ; if this is attempted, it shews itself in another form and quarter. The nation will, ere long, it is to be hoped, turn its thoughts to the knowledge of what true health, and the means of attaining it, consists in ; it will be found much more profitable than in submitting to the present jobbing in disease, when they have the remedy in their own hands :—

“ What need we have any friends if we should never have need of them ? We are all born to do benefits : and what better or properer can we call our own than the riches of our friends ? ” —SHAKSPEARE.

Then let our friends the Government look to this. Shakspeare must have had some such thoughts when, in speaking of a government, he says,

“ There is a sickness
Which puts some of us in distemper, but
I cannot name the disease, and it is caught
Of you that yet are well.”

Cholera is said to arise from impurity of the air : in my opinion, there would not be an unwholesome spot on the face of the earth if man had not made it so ; no air is unwholesome but where there is corruption. The purple fever, the dysentery, the small-pox, the measles, so common in our villages when the season has been warm, proceed for the most part from the puddles of the village, in which leaves of many of the most useful plants are left to putrify ; and many of our city distempers arise from dunghills, and from the burial of the dead in our closely inhabited church-yards. The corruption of the air is a subject which concerns every man ; and I would suggest the same means for remedying it as I do for all diseases : first, remove the cause, and the effects will follow.

It cannot be denied by any man of the least observing mind, but that the weather or air

have great effect on the earth, animals, vegetables, and also the human body, according to that description of humour which every man and herb more or less abounds in. Can we be surprised at this, when we see it act on stone and brick walls, on iron, copper, tin, in fact on every thing on the face of the earth! Hippocrates affirms: "The air is the cause of the most terrible distempers and epidemic diseases, by which mortals are hurried into the other world, and which arises from no other cause than the malignity of the air; for the circulation of the blood bears a proportion to the state of the air, and health bears a direct proportion to the state of the blood. The manner in which this seems to be performed is by refraction, compression, and direction of motion on this or that humour."

Great care should be taken in thickly populated neighbourhoods to prevent the bodies and offal of dead animals from being thrown into their laystals. Who can conceive the danger of drinking the *stinking Thames water*, such as is found in part of the Thames between Greenwich and Twickenham, contaminated by the filth it receives from a city containing nearly two millions of people! The drainings of laystals, thousands of stables and

slaughter-houses, gas-works, factories—all this filthy mixture is kept in a fermented state by the ebbing and flowing of the tide, which prevents its being carried away, and in this state it is conveyed to the cisterns; which, when blended with our food in the stomach, causes another fermentation to commence, preventing digestion, and causing every kind of inflammatory disease; and, the knowledge that this evil still exists, and in proportion to the increase of population, becoming worse, must be revolting to our nature, and to every reflecting mind. Hoffman tells us, that putrid waters “will not only corrupt the air, but are likewise capable of producing scrofulous tumours, putrid diseases, and all kind of fevers.” The water companies should be compelled to bring their water (which may be easily done) from above where the tide ceases to flow. I am convinced that thousands would have suffered much less bodily pain than they have done, or even do now, if this had been insisted on years ago. To suppose that so much disease can arise, which we every day see increasing, without such causes producing them, would be a libel on the Author of Nature. Then to remove this nuisance would be acting on one of those common laws of univer-

sal justice, whose precept enjoins on us to consider all men as brethren, and to study their comfort and interest equally with our own. This is the purpose for which we have been born; however others may argue that self-preservation is the first law of nature, this selfish opinion will not harmonize with her laws, for does not nature allow man *almost* exclusively to enjoy a long period of life, because even in old age he may be useful to his fellow-creature?

On the Use of Vapour Baths in the Treatment of Gout.

IN my former work I stated, I had invented an apparatus for giving a medicated bath in bed at the patient's own home. My patients, both from town and country, soon became so numerous, that I was under the necessity of going to a heavy expense in erecting baths, and arranging that the steam may be conveyed to every part of my house, which is very extensive. My mode of giving baths is very different from any other, I believe, in the metropolis. I never suffer patients to go out after having taken them, but they are immediately put into a warm bed; and in very

bad cases I afterwards give them a medicated hot-air bath, to keep up the perspiration. As I attend every gentleman's bath myself, (Mrs. Tilke attending the ladies,) I cannot give them by day; therefore those patients who do not reside in my house, come from seven to eleven in the evening, and remain all night. My number of resident patients is limited to six, being as many as I can do my duty by; and of the great number of patients I have had, there is not one but I can with pride refer to. I do consider these baths the greatest improvement in administering vegetable matter to the stomach and lungs ever invented. Their power in removing spasms I have proved to be very great; this alone would prove a great blessing to mankind.

One of the principal agents I employ for the removal of the Gout, is an ointment which I prepare for the purpose, which is to be applied by way of friction, for the purpose of promoting a free discharge of perspirable matter, and which, at the same time, conveys its specific action to the parts affected by means of the nerves and absorbent vessels. The astonishing efficacy of this ointment, in relieving almost immediately the most inveterate attacks of gout, as well as rheumatism,

lumbago, and cramp, is proved by the attestation of numerous highly respectable individuals, who have been cured by it, and who are most anxious to give every information as to its virtues, action, safety, and certainty.

Another agent in aid of the cure of this distressing malady consists in paying proper attention, at the same time, to the digestive organs, which will be effected by taking the pills prepared by me for this purpose, independently of a certain influence they possess over the whole system, necessary to assist the action of the ointment before alluded to; and as much depends on a proper condition of the lower bowels, or that portion of the bowels called the rectum and the colon, it is frequently advisable to stimulate them by the use of injections, or simple lavements of warm water, which is best effected by perhaps one of the most simple, and at the same time one of the most effective apparatus ever shewn to the public, which I keep and sell for that purpose.

The medicated vapour-baths which I apply to the patient, enables me to medicate the system by the agency of the lungs, whereby the blood partakes of all the properties of the herbs without inconvenience to the digestive

organs; and this latter plan of treatment I frequently find of the utmost benefit in my practice; as many persons apply to me whose constitutions are so overcharged with medicine, such as colchicum and other pernicious and poisonous ingredients, that it is with difficulty I can at first get my ointment to act, unless assisted by this plan of carrying my remedy to the seat of the disease. But by the application of the ointment alone, I have, in most cases, been enabled to effect a speedy cure; in no case, however difficult, or of very long standing, wherein I have been compelled to call in my whole battery of agents or remedies, have I ever been defeated; the more difficult the case, the more astonishing and wonderful appear the result. In fact, in no instance within my own observation, have my plans failed in effecting a perfect cure.

Strict attention to the purity of person cannot be too much recommended; as the matter thrown out by perspiration, if permitted to accumulate on the surface of the skin, closes the pores, and occasions disorders that might be prevented by occasionally taking a steam-bath, as the circulation is brought from the centre to the surface of the body, and the pores are freed from foulness by the heat

and expulsive power of the herbs, which tends as well to alleviate any local irritation, and thereby to produce sleep. By this easy means of administering vegetable medicine, no vessel is strained; all the secretions are performed with great facility, as the internal organs open and discharge themselves when perspiration takes place. I have proved to many of my scientific patients, men whom I can refer to, that by a proper selection of herbs, and being acquainted with their great power, producing calmness, refreshment, emollient, diluting, gently opening, diuretic, causing a great desire for food; these baths, in fact, accomplish as much means in one hour, as taking medicine by the mouth wil do in ten. Then how necessary must this be in all fevers! "A crisis," says a learned author, "is the actual discharge of morbid matter, whether by the bowels or skin, brought on by the powers of nature, or the aid of medicine." There the bath is the aid at once, for by its effects the discharge may be brought on at pleasure. *Scantorius* found, by experiments, that the excretions made by the human body in a given time were commonly in the following proportions: by stool, four; urine, sixteen; and through the pores of the body,

forty. This will have the same effect on the bodies of those without any feverish disease; such as come under the description of dropsy, or a general swelling or puffing of the body, or only that of the limbs. Scrofula, all scorbutic complaints, distension of the stomach, scarcity of urine, leprosy, and many other complaints, must be benefited by the above treatment. The aged of both sexes will find the use of this bath prevent the fibres from becoming rigid, by giving free circulation, which must contribute to give them a long and comfortable life, as the great warmth diminishes and softens the tension of the solids, which cause the secretions to be mild and easy; for no person can enjoy an easy and good state of health, where perspiration is not properly promoted; and that cannot possibly be the case where exercise is neglected, for without exercise, the offensive matter cannot be thrown off; it must then be retained in the body, vitiating the humours, often producing fevers, head-aches, lumbago, pains of the stomach, gout, rheumatism, indigestion, and many other evils, that bring *grist* to the doctor's *mill*. Now to those who cannot possibly take exercise, the bath is the only substitute for it; for I am of opinion, when these

matters are attended to, it is impossible for an *hepatic* disease to exist; but when the pores of the skin are closed, when the orifices of the surface that are by nature intended to discharge the superfluities of the body become closed, then is the liver over-clogged with juices that are repelled from the surface. Experience with my baths, on those sent to me by the profession for the liver complaint, have shown me these effects; but reason and reflexion first pointed out to me the cause. That a connexion exists between the skin and all the internal organs which act in sympathy with the liver, the habitual drunkard gives us one proof; for the skin of his face becomes florid and turgid with blood, and the nose particularly is often covered with eruptions, even to deformity: showing, or rather say convincing us, that there are some irregularities in the functions of his liver, which leaves other signs, such as a *leaden colour of the skin, deadness of the eye, emasciation, depression of spirits, and diminution of muscular power*. I have also found the use of baths, medicinally conducted, and persisted in for a proper time, will effect most extraordinary cures in the dropsy. It is of consequence to be able to distinguish this complaint from

another which bears some likeness to it, as it regards some effects that females at the turn of life experience, when an oily, glutinous humour accumulates instead of water. This I know to be contrary to the general opinion, *but this is mine*; and I consider practical results as outweighing theoretical conclusions; to the former alone I appeal. It was reasoning on the wonderful works of nature, and some accidental occurrences, that first convinced me how necessary it was to apply different herbs in the bath, &c. to remove those two similar causes that produce but one effect; accordingly I reduced my views to practice, and the result has been such as to corroborate them in every point of view. Diet and regimen are very important branches of the treatment of those two complaints, as well as gout, as they not only assist in removing the more urgent symptoms, but are also the best means of preventing the returns of attack. Liquors of all kinds that are not well fermented, are pernicious for the gout, rheumatism, and dropsy; as the narcotic principle they contain renders them objectionable for this reason, it induces a sluggishness of the veins, which prevents them from transmitting the blood from the different organs

with the same quickness as it is propelled into them by the arteries. Hence we find, in attacks of gout, the limbs swell, and the blood curdles and is so thick it cannot pass through the veins.

“ This is, as I take it, a kind of lethargy, a kind of sleeping in the blood ; it hath its origin from much grief, from study and perturbation in the brain. I have read the cause of it in Galen.”—SHAKSPEARE.

This subject has been one of the most important of my studies ; and I must confess I have had “ ten thousand thoughts that died in thinking” on that power which regulates the circulation of the blood. This is the grand point every man who pretends to the study of medicine ought to steer for. I hope ere long the profession will be convinced of this fact.

To those who suffer with the gout, and have not the assistance of either the medicated or vapour baths, the following directions will be found sufficient, and with perseverance, a cure is certain. Apply the ointment freely to the parts affected (and across the chest and loins, the real seat of the disease, although pains may be experienced in other parts of the body and limbs) ; let the ointment be rubbed in till pimples make their appearance, which is a sure symptom of the CAUSE of

the disease being gradually removed from the region of the liver and kidneys, and with a judicious use of the prepared pills, which I recommend to be taken at the same time, the **EFFECTS** also will speedily vanish. The rubbing should be continued with the hand for at least twenty minutes once a day, and not less than half a pot used each time (for much depends upon its being sufficiently rubbed in); immediately afterwards the parts to be covered with wadding and flannel, by which means a comfortable warmth is kept up, thereby greatly facilitating the cure. There are at the same time the following precautions proper to be attended to by the patient; *viz.* 1st. On commencing with the ointment, to be particular in attending to the bowels. 2dly. To be resolute in the rubbing, being certain that temporary pain will be succeeded by a positive cure. And 3dly, That in most cases it is preferable that the patient do not leave the bed while using this very harmless ointment, as the perspiration should be promoted, not checked.

It is well known there are many species of gout, and according to the constitution the ointment has different effects; with some it promotes the swelling, but causes almost in-

stant ease, and performs an immediate cure ; while with others it reduces the swelling and inflammation, but gives pain for two or three days, at the end of which time a few small pimples will appear, which is a good symptom. At any future time, should the patient feel the least return of the complaint, by immediately fomenting the part with hot water, and having recourse to the ointment, it will draw off the attack in a few hours. Soaking the feet, and rubbing in a little ointment once a week, and taking one pill about every second or third day, will keep the blood in a good state, and prevent any future attack.

THE following gentlemen have supplied their names for the purpose of affording every explanation as to the efficacy of the ointment, as experienced by themselves and friends :

Mr. *Coleman*, 6, Westmoreland Street, Mary-le-bone.

Mr. *Harrison*, No. 1, Little Woodstock Street.

Mr. *Winter*, 69, East Street, Manchester Square.

Mr. *Sweetland*, corner of John Street and Howland Street, Fitzroy Square.

Mr. *Huntley*, 294, Regent Street; and 281, Oxford Street.

Mr. *Hutchins*, St. Luke's Head, King Street, Park Street.

Mr. *Gregory*, 100, Kingsland Road.

Mr. *Hasystey*, Coal-Harbour Street, Hackney Road.

Mr. *Beard*, 14, James Place, Marlbro' Road, Chelsea.

Mr. *Elsmore*, 27, High Street.

Mr. *Crawley*, 22, Beaumont Street.

Mr. *Etheridge*, Featherstone Buildings, Limehouse.

J. Pope, Esq., Gray's Buildings, Ball's Pond, Islington.

Mr. *Paull*, 10, Great Chesterfield Street.

Mr. *Keeble*, 1, High Street.

Mr. *Gibbins*, 13, High Street.

R. Bennet, Esq., 11, William Street, Hampstead Road.

William Hubble, Esq., York Terrace, Regent's Park.

Mr. *Simmons*, 3, Grove Terrace, Regent's Park.

Mr. *King*, Charles Street, Manchester Square.

Mr. *Turner*, near Union Hall, Borough.

Mr. *Hodges*, Lord Somers' Arms, Somers Town.

Mr. *Foster*, 43, East Street.

At the suggestion of many of my patients, particularly those living in the country, whom I have supplied with baths, I now give notice, that I will furnish families with my little steam apparatus, which may be used in bed, or it will act out of bed under a canopy, and herbs prepared for the occasion according to the nature of the complaint. This little useful bath ought to be kept in every house, for by its timely application, many a long and serious illness might be prevented; as with three or four ounces of spirits of wine, one quart of boiling water, and the prepared herbs, in ten minutes the heat will be got as high as 130 degrees.

*TILKE's improved Hot-air Bath and Bed-
Warmer.*

This little apparatus, with one ounce of spirits of wine, will burn one hour, and warm the bed from 110 to 120 degrees; and by putting a piece of camphor on the wire, the patient may have a camphorated bath for about three-pence. This is a very excellent companion in a carriage in cold damp weather, or to persons living alone, as there is no assistance wanting, and on getting into bed, ~~the~~ may be moved to any part, as there is no danger, being made on the principle of Sir Humphrey Davy's lamp. Price £1. 5s. to £1. 10s.

My ointment may be used with perfect safety on the most tender infant for the Spasms; and for adults, in all cases of Pleuresy, Cholera Morbus, Sore Throats, Sprains, &c. In fact, for almost every complaint attended with pain, it will give immediate relief. Sold in Pots (duty included) at 4s. 6d. and 2s. 9d. each. Pills, 1s. 1½d. per box; and 2s. 9d. per bottle. By S. W. TILKE, No. 8, Thayer Street, Manchester Square.

ON DIET.

I HAVE said little on diet in these pages ; indeed, no positive rule can be laid down. All men, by exercising the ability God has given them, can well judge for themselves. I shall give a few simple hints while at meals ; and first, I shall state what Mr. Jukes says in his excellent little work. “ It is impossible to lay down a definite system of diet ; it is a question involved in much perplexity, and has even been a subject for controversial writers. An organ like the stomach, which has been known to digest brass buttons, pins, and even clasp knives ; while others, on the contrary, have suffered the most serious inconvenience by the mere smell or reception of a trifling quantity of food apparently of the most simple kind.”—Dr. Gall could never partake of mutton, dressed, in whatever manner, without suffering irritation in his stomach to a most distressing degree, proving, that in some constitutions the mildest food may be the most injurious. Veal, ham, puddings, and pies, act similarly with myself. I have given my opinion on this cause in my explanation of the four humours in another part of this work.

" Some men there are, love not a gaping pig ;
 Some, that are mad, if they behold a cat ;
 And others, when the bag-pipe sings,
 Cannot contain themselves ; for affection
 Masterly passion, sways it to the mood
 Of what it likes, or loaths :
 As there is no firm reason to be rendered,
 So I can give no reason, nor I will not."

SHAKSPEARE.

It appears so inconsistent in the execution of its functions as almost to defy any attempt at prescribed rules for diet. Mr. Jukes says, " Persons who have arrived at maturity are, or ought to be, the best judges of the quantity of food the stomach will contain and digest easily.—A knowledge that requires neither learning or science, yet there are times when this organ requires more than usual humouring, in consequence of its great disposition to sympathize with every other part of the body. We should regulate our system of diet in conformity with our age, habits, infirmities, and avocations ; our stomachs naturally differ from each other quite as much as one man's countenance differs from another ; for it would be worse than nonsense to suppose that the stomach of the *abstemious*, and that of the *drunkard*, are alike." In speaking of the latter, he says, " Drunkenness lowers man beneath the brute ; it weakens the di-

gestive organs, impairs the memory." Another author has said, " Drunkenness expels reason, drowns the memory, defaces beauty, diminishes strength, inflames the blood (which causes gout), causes external and incurable wounds, is a witch to the senses, a devil to the soul, a thief to the purse, the beggar's companion, the wife's woe, and the children's sorrow; makes a strong man weak, and a wise man a fool—for he is a self-murderer who drinks to others' good health, and robs himself of his own." I have copied this as being in perfect unison with my own opinion, although I could not have found words equally strong; for I do feel that the two greatest curses that ever fell on this country or any other are the sale of ardent spirits, and the use of mercury as medicine. Dr. Price tells us, that only one in a hundred of such persons lives to be eighty years of age, while the Quakers average one in ten. There cannot be a more powerful argument used to support the practice of temperance, which keeps the pulsation at the regular temperature, say, when in health, about eighty beats to a minute; but if by excess of eating or drinking, or other cause, a person inflames the blood, raising the pulse from 140 to that of 160, he must be wearing

out nature's machine in one half of its time. Those persons from habit at last are obliged to continue the *spur* of excitement to keep them to a certain *focus*, until nature gives way. This is a class of men I pity above all others, seeing that of all miserable lives this must be the most wretched. I shall now close these remarks with the following hint: First, *consult* your *stomach*, to find out what it will digest and what it will not; and I by no means advise any persons to drink fermenting liquors while at meals, as it sets the stomach *fermenting* instead of digesting. My readers will find a diet drink for meals at the end of this book; simple, easy to make, very cheap, and a very great assistant to the stomach which is weak in its digestive powers.

ON
PLANTS AND FLOWERS.

“ All arts and sciences are more or less encumbered with vulgar errors and prejudices, which avarice and ignorance have sufficient influence to preserve by help of mysterious, undefinable, and not seldom unintelligible technical terms or nicknames which serve only to shroud it in almost impenetrable obscurity; and so fond are the professors of an art of keeping up all the pomp, circumstance, and mystery of it, that one might fairly suppose those who have had the courage and perseverance to overcome these obstacles, and penetrate the veil of science, were delighted with placing difficulties in the way of those who may attempt to follow them, on purpose to deter them from the pursuit; and that they cannot bear that others should climb the hill of knowledge by an easier road than they themselves had; and that as their predecessors supported themselves by serving out with a sparing hand, the information they so hardly obtained, they find it convenient to follow their example, and willing to do as they have been done by, leave and bequeath the inheritance undiminished to those who may succeed them.”—Dr. KITCHENER.

As regards the power of different herbs variously used, I will point out the following seeming paradoxes, hitherto unaccounted for. The herb called crow-fig, or *nux vomica*, given to some descriptions of dogs, will instantly deprive them of nervous energy, and in five minutes destroy life, while the same herb may be given to other dogs without their being affected by it. The root alkanet (or, as the Profession call it, *radix anchusa*,) is in no degree hurtful to man; is even beneficial to children made into an infusion, to drive out

the small-pox or measles; yet this same herb will destroy either dog or cat. My remedy for Rheumatism acts precisely the same both on man and dog; although there is this difference in the complaint (as justly observed by a very ingenious writer), that rheumatism in the dog never exists without affecting the bowels. The powder of misletoe, which grows on the hazel tree, is a cure for most persons troubled with fits, if about four drachms a day be taken in holy thistle tea; yet with dogs and horses it has no effect. Again, if a man places a small portion of the herb purslain under his tongue, it will quench thirst; but if a dog take it, the instant he has his liberty he will fly to the first water he can reach, be it ever so impure, to slake his intolerable thirst; there is even reason to believe that a dog in a rabid state would be compelled to drink after chewing it. In another part of my little work will be found a further enumeration of the peculiar properties of many herbs and roots, kindly bestowed upon us by a beneficent Providence, but which, I fear, are altogether undervalued at the present day.

Will it be contended that vegetable productions, such as I have described, (and, be it observed, there are thousands possessing equally

astonishing properties), were meant by our all-powerful Creator, to lie "cumbering the ground," totally unregarded? or, rather, were they not all supplied each for some specific and useful purpose? Let our modern Pharmacopœias contain even but a moderate list of those useful medicines to be found in almost every field and valley, and less anxiety be shewn in digging from the bowels of the earth minerals, which in many cases are but sorry substitutes for what is to be found on the surface: we may then calculate upon more certain and less dilatory progress in the curative art.

The careful searcher after botanical knowledge will find in the works of many of our early authors most invaluable information on the medicinal properties of herbs. One of our *sage* writers wittily remarks, in his peculiarly quaint manner, "Why do men die, while sage in garden grows?" I can bear testimony to the virtues of this much-neglected herb, useful in many cases, and injurious in none. The writings of Dr. Thornton may be read with great advantage by the student; and a paper by Dr. Jackson, inserted in the Medical and Physical Journal for February 1810, on his discovery and trials of the virtues of "Eyebright," will

afford one specimen of what yet remains to be done in the botanical world, where discoveries may be made every step we take, in whatever path we tread.

It may not, perhaps, be out of place to state here, that my own natural inclination has, from early childhood, been led to the study of medicine. This fondness for the pursuit, although in some degree inherited from my father (who was clever in the veterinary art,) met with no encouragement from my parents; and although a medical gentleman (Mr. Hodge, still living at Sidmouth, Devon) offered, when I was but nine years of age, to take me entirely under his tuition, still I was consigned to another pursuit. But the one favourite study haunted my mind during anxious days and sleepless nights, brooding over the yet untried inventions of my own, and storing my mind with the many valuable truths, to be found by an attentive reader, in writers on botanical medicine. I need hardly say, that I did not arrive at my present limited knowledge of medicine but by degrees. My first cures were in the more simple complaints to which human nature is liable. These, and the cure of Ring-worm (which I have performed many years), and my more recent

discovery of a cure for the Gout, have now for above four years placed me very prominently before the Public eye. And I now most solemnly state, that in no case have I ever heard of injurious effects from the modes of cure, but that I have received the thanks and blessings of my patients beyond my most sanguine expectations.

Many of our most useful plants we undervalue because they are common and everywhere to be found. I will give a case in proof. About two years since a medical gentleman in great practice, residing a few miles from town, brought to me his only daughter, a most accomplished young lady, afflicted with a disease considered, as he himself said, incurable. I found him a candid and sensible man: he told me who and what he was, and admitted that for three years he had had the first advice in London, together with his own assistance, without success. He said, "I suppose you think it strange that I should apply to you, and I assure you I had at first a struggle with my own feelings; but having been a witness of a cure you performed on the daughter of a professional man, I am sure you can cure mine: here, Sir, is a cheque for a sum of money, and when cured you shall receive another to the

same amount." I told him it was not a case I professed to understand, and I wished to confine myself to Gout and the cure of Ringworm only; but as he had behaved so handsomely, and as it always gave me pleasure to communicate to and aid others with the knowledge of my own discoveries, I would assist him. Judge of his surprise when I told him how to prepare duckmeat, chickweed, and groundsil. "Why," says he, "I have a pond at the back of my house with abundance of duckmeat, and the other two grow in my garden!" Here was a college-educated man using useless drugs, procured hundreds and thousands of miles, when nature had planted the very remedy as it were at the threshold of his own door. The young lady only paid me three visits, and was cured in two months. So much for plants that are thought useless, because nature has been so kind as to make them common amongst us. Many of the most useful grow all the year round. I am only sorry that mankind do not study the utility of their qualities for health, nourishment, and pleasure. I would refer to the instinct of animals; watch them when feeding, and you will see them vary the choice of their pasture; their knowledge emanates from laws of a superior order, into

which, while in this world, we shall never be able to penetrate; and if such knowledge elude our researches, we must consider it is for the general good of all beings on earth, especially that of man; for on examination we shall find nature raises the physical character of her works by collecting them around mankind. Every plant that grows in the corn-fields possesses virtues adapted to the maladies incidental to the condition of the labourer; for let him take whatever pains he may in sifting the grain and weeding his field, the two following plants are always found mixed with the standing corn, *viz.* the *poppy*, which is a safe cure for the pleurisy, eases pain, and procures sleep; stops hemorrhages and spitting of blood; and the *blue-bottle*, which is a diuretic, it softens and extends the fibres which compose the urinary glands and channels to carry off the casual intrusion of particles too big to pass by the usual and common means.

I could much enlarge on these bounties of nature; but my patients will bear me out in the assertion that my present engagements will not admit of it; yet I hope to live to see the day in which I shall be enabled to satisfy mankind, that nature is the best contriver and compounder of her own productions: for those

two simple plants the properties of which so well blend and work together for both to answer their important ends at once, I trust will serve as a good hint to those who only practise with the means which the art of man has contrived as a substitute for the works of nature. My readers perhaps may ask, why injurious and artificial substitutes should still remain in use in these enlightened days? My answer is, because following the beaten track contributes to the ease of the lazy, money-making, college-bred doctors. "Go to the ant, thou sluggard; consider her ways, and be made wise; which having no guide, overseer, or ruler, provideth her meat in the summer, and gathereth her food in the harvests."—*Prov. 6. 6.* Nature has composed her works in such a way as always to have novelty, in order to keep man, as well as beast, continually in exercise.

From this observation I would draw also this conclusion, that the Author of Nature intended to link mankind together by a union and interchange of thought for each others' benefit, the chain of which I fear is very much disjointed. Some persons may answer, "this is only opinion:" right; for where is the man who has become thoroughly ac-

quainted with the endless views of nature ? for “to whom hath the root of wisdom been revealed, and who hath known her wise counsels ?” *Ecclesiastes*, chap. i. ver. 6.

“ We, ignorant of ourselves,
 Beg often our own harms, which the wise powers
 Deny us for our good : so find we profit,
 By losing of our prayers.”

SHAKESPEARE,

But Nature assists those who study her works, and makes them wise, from the means she employs to accomplish the ends she purposes. This is one of the strongest proofs of a Divine Benevolence. Nature permits man only to know the end she has in view ; it is on this she wishes his heart and mind to be fixed ; she has no wish to make him ingenious and proud ; her object is to render him virtuous, by which means he will also be happy. She is always ready to mitigate his difficulties and multiply his blessings. I am borne out in this opinion by an authority which will never deceive : (*Ecclesiasticus*, chap. iii. from the 17th to the 24th verse.) Were we to study the relation which many plants have to animals, we should discover the use of many of them. Nature has established among them individuals which are of different sexes ; like

to the animal creation. Many are found united in clusters, which show us the wish to live in each other's company; many have their likes and their dislikes, and will not grow or multiply near each other. Others, like hermits, are always to be found in a state of solitude. The male and female drake, although growing together, I have known to be as different in their virtues as light to darkness. Mushrooms again present to us a multitude of contrasts, more so than any other production in our country. I have no doubt there are as many as fifty different species of them, all good when properly employed; in nature the simplest remedies produce the most useful effects, and in the early period of the world, when the art of medicine was practised more from motives of benevolence than gain, the world was less afflicted with disease. Very much depends upon the period and manner of collecting the herbs and roots intended for pharmaceutical purposes; yet very little attention is paid to this in the collection of what few medical herbs are used in this country. Their greatest favourites are gathered by the Moors in Africa, and the Indians in America, in *all seasons* of the year; they dry them carelessly in the sun,

when the oils and other valuable medical properties are completely lost, it is not therefore at all surprising that, when brought to market, they fail in relieving the great mass of human suffering. There is a wide field open for investigation, and we shall find by close study, that the laws of life and health may be brought to a state of perfection far beyond the present conceptions of men. I would advise the younger branches of the medical profession, who have not been conversant with studies of this kind, that they would put a better value upon such knowledge than heretofore, and not content themselves by serving an apprenticeship, or receiving a diploma; they should bear in mind that, to have a perfect insight into human nature, requires more study, insight, and perseverance, than is, according to the present practice, thought necessary. Every man has the power within himself of gaining this insight; he must shake off all prejudices against propositions deviating in any degree from the practice of the College of Physicians, and if he has but a moderate share of liberality, he will discover their error and pride without a pair of spectacles; and then it will be for him to form his own

opinion whether it savours more of ignorance and folly than good sense and courtesy; he must examine into the *cause* of every thing, for he must be impressed with this simple and honest truth, that there can be no effect without a cause. He must bear in mind that health is *natural* to man, and that there is a *cause* when it is otherwise. The more he advances in this study, the more he will be satisfied that he is coming at the truth, and that he has heretofore been like a mariner without his compass. In this study they will immediately perceive that they ought to be very well acquainted with the virtues, faults, preparations, compositions, and proper doses of all vegetable medicine with which they practise. They ought to consider the regularity or irregularity of their patients, and then have the skill to judge for whom, for what, when, how much, and how often they are to administer to effect that change in the system, by purging, perspiration, or other evacuations.

To accomplish all this, a man had need to be rightly born and furnished by nature with a peculiar genius, and with a strong prevailing inclination for this study and practice;

above all others, he must also be blessed with courage and activity, such as will bear him up and carry him through difficulties without on the one hand presumptuous rashness, or on the other, needless fear. I say, if a man is not by nature possessed of the above qualifications, all the study, all the practice, all the hammering into the brain, together with the best collection of books ever formed, can never make Nature's Physician, any more than good colours alone can make a fine painter, or that he should be made a jeweller whom Nature only intended for a blacksmith. I think Dr. Badham, in one of his recent lectures at Glasgow, must have been something of the same opinion, when he told his students: "I have had," said he, "many gentlemen in this class who have hovered about these smoky walls for seven or eight years, who have gone through six months' courses, and (not a few of them several times), in the ancient languages and mathematics, in LOGIC, in moral and experimental philosophy; in short, performed a complete course in the gowned classes before they put their hands upon the ark of medicine." Now I would ask, must it not have been a torture to those

poor young men to be compelled to be doctors, against Nature and their own inclinations? Had their natural abilities been studied, as it was the duty of their parents to have done, they might have been made good sailors, soldiers, wheelwrights, tailors, shoemakers, or taken up other honourable and respectable employments in life; but I would wager St. Paul's Cathedral to an egg-shell that they will never make good and useful doctors.

That the power of memory, reason, and the imagination, are bestowed in different portions to different men, may be known by every hour's experience.

“ These are begot in the ventricle of memory, nourished in the womb of *pia mater*, and delivered upon the mellowing of occasion : but the gift is good in those in whom it is acute.”

SHAKSPEARE.

We may observe that all the labours of education cannot overcome a natural dulness of capacity. High intellectual qualities may justly be called gifts, because they cannot be purchased by labour or wealth. It is not difficult to discover this mind and talent in a youth if they really exist; for I am of opinion that we have all our several parts assigned to us in this world, and those who have not a capacity for

the liberal sciences, may upon examination, either by themselves or their friends, discover some talent of their own, useful in the pursuit of both public and private advantage. Many who have not genius for philosophy or polite learning, commonly enjoy, in a superior degree, common sense and courage, and possess a turn for study and usefulness sufficient to distinguish them in the more active scenes of life; for we cannot will of ourselves to be born wise, any more than to be born rich or poor; for God hath the appointment thereof, and for us to oppose it, or attempt to alter his dispensations, is contrary to reason, and must be offensive to God. Any other theory must be conceived in ignorance, nurtured and supported by crime, which makes a man unworthy of this earth, and unfits him for a future state.

More may be learned from the beasts of the field, and the fowls of the air, than the imagination of man would conceive. I have walked among and observed them, and from the experiments I have made in the vegetable kingdom, hath originated my limited share of knowledge. My system is not founded on theory but practice; not from the study of books, but from the study of Nature; and

observations derived from the face of the earth and from the animal creation.

“ See man from Nature rising slow to art !
 To copy Instinct then was Reason's part ;
 Thus then to man the voice of Nature spake—
 Go, from the creatures thy instructions take ;
 Learn from the beasts the physic of the field ;
 Learn from the birds what food the thickets yield ;
 The art of building from the bee receive ;
 Learn of the mole to plough, the worm to weave ;
 Learn of the little nautilus to sail,
 Spread the thin oar, and catch the rising gale :
 Here too all forms of social union find,
 And thus let Reason late instruct mankind.”

DR. GOLDSMITH.

“ for the smallest of the Creator's works are every way complete.”

If Dioscor, Bellonius, Dioscorides, or Galen, so many years since their scientific labours, were to rise from the dead and walk into my study, and inquire of me what useful discoveries have been made in Nature's medicine since their time, I should feel somewhat ashamed, and not very well know how to reply. These once clear and deep-thinking botanists would have occasion to say : “ What you have effected in the course of so many years is not very considerable, or equal to the improvements of other arts and sciences ;

therefore bestir yourselves—we shall now lay ourselves down to sleep again, and trust you will not sleep away the next hundred years.”

It is really humiliating that so many years have passed away, and no safe discovery made for the *cure of Gout*. How many of the first men in the land have claimed the credit of making the first discovery, or some improvement, by the introduction of *colchicum* ! Yet I think the liberal part of the profession, those who may not agree with my views on any other point, will allow that *colchicum* is to be dreaded for its deleterious effects, however the preparation may be, whether used as the root, the seed, or the leaf. I consider it my positive duty to warn the public against the use of *colchicum*,* witnessing, as I have, the lamentable results of using this medicine, which acts so powerfully on the fibres and nerves as to bring on apoplexy, epilepsies, palsies, loss of memory, and the like. Read what Sir Charles Scudamore has said on this powerful poison, (and it is probable that he has had experience of it. He says,

* What are they but the worst of quacks, who introduce medicines so fatal in their consequences as this vile *colchicum* !

Tincture of Colchicum, the preparation of *Hellebore* and *Opium*, *Wilson's Tincture*, and *Reynolds' Specific*, do in most instances for a few trials influence the local symptoms very speedily ; but, so far from removing the cause of gout, they leave the disposition to the disease much stronger in the system, with less power, it is true, to produce violent inflammatory attack, and lead to the still more calamitous, because more constant sufferings of the chronic form of the disease. The patient emphatically describes that his feelings put him in constant dread of something worse occurring than the gout, which his constitution seems no longer able fairly to produce. With the effects of electricity and opium I am the least acquainted, but I have abundant opportunities to know that each of the other medicines sooner or later disappoint the patient of his expected ease, rendering merely a palliative assistance, and keeping the disease dormant for a time only, so that it is left to prey on the constitution with more lasting and serious ill effects."

Is it not criminal, I would ask, to use this dreadful poison, when there are so many substitutes (as I can and have offered to prove)

to be found among our most common plants? One of the many I use is daily eaten from the plate of almost every family in France ; it is perfectly safe, and requires only forty hours to do that which colchicum certainly does in five, but always with danger. My remedy, as my patients can prove, while it cures, strengthens the solids, and produces a vigorous vibration and circulation of the blood, causing a good digestion, by a separation and carrying off the grosser humours, thereby preventing an early relapse. All kinds of rheumatic pains brought under my observation and treatment have given way, under the powerful agency of my medicated vapour baths, properly impregnated with such herbs as will remove the cause of disease from the most remote parts. It is the duty of every practitioner to avoid giving anything to force nature—assist her he may ; and even in this much caution should be used, and as soon as the intention is answered he must cease.

I have not at any time depended on the opinions of others : the volume of nature I found best suited to my taste. The field lay open before me ; in my rambles I struck into a new path of enquiry, and have broken new ground, both in the cultivation and practice of English

medicine, and intend some day, if my life is spared, to endeavour to show the world that almost every plant on the face of the earth carries the mark or seal for the disorders which it cures.

Let us bear in mind that the saying of holy writ, "by their fruits ye shall know them," is at least applicable to plants as to the human species. The brute creation knows by instinct what is good and what is hurtful to them, for nature is pure as it came from its divine author: it delights in simplicity, and is the teacher of only such valuable truths as serve to promote it. Nature, like truth, is simple and uniform: to follow Nature is an excellent and a safe rule. I was much pleased on reading the sound advice which Baron Portal gave to his brother physicians: he says, "Nature is admirable in the means which she makes use of for the preservation of the beings whom she has created, especially *in cases of diseases*. She ought to be minutely considered, in order to follow her operations, and to second them; and woe to the physician (he might have added, patient!) who does not take her for the guide of his conduct."

It is a melancholy fact, that in the present day diseases are more numerous and inveterate

than ever existed before. Many in the profession are a set of idle and shallow men, wishing to make a short cut into physic, without the trouble of studying Nature's medicine, as did their forefathers. They despise pharmacy and botany, cry down hypothesis, and confound distempers. The practitioner is often so mercenary as to make his profession a *mere trade*; he runs to his patient in haste, asks a few general questions, scribbles out one of his hacknied prescriptions, takes his fee, and away to the next, whom he treats in the same way. He should certainly allow sufficient time and thought to find out the nature and cause of his patient's distemper, and superintend personally the preparation of his own prescriptions. Few persons are aware of the consequences of the present system of trusting the mixture of these medicines to inexperienced apprentices and others: at present we purchase medicines as we would brimstone to make matches.

“ O, place and greatness, millions of false eyes
 Are stuck upon thee: volumes of report
 Run with these false and most contrarious quest
 Upon thy doings! Thousand sallies of wit
 Make thee the father of their idle dream,
 And rack thee in their fancies.”

SHAKSPEARE,

EXAMPLES OF NATURAL GENIUS.

“ Pray, now, no more. My mother,
Who has a privilege to extol her blood,
When she does praise me grieves me. I have done
As you have done, that's what I can, induced,
As you have been, that's for my country.
Heaven doth with us as we with torches do ;
Not light them for themselves—for if our virtues
Did not go forth of us, 'twere all alike
As if we had them not. Spirits are not finely touched
But for high purposes ; nor Nature never lends
The smallest scruple of her excellence ;
But, like a thrifty goddess, she determines
Herself the glory of a creditor
Both of thanks and interest.”

SHAKSPEARE.

THERE may be, even in this enlightened age, an illiterate few, reluctant to admit that the mind of man may, by a particular endowment of Nature, be so stored with the rudiments of science, as to arrive at once to that stage of excellence, which another must reach by dint of severe and long-continued study. Did Shakspeare excel in dramatic poetry, only in the ratio in which his education excelled that of all other writers ? Is not the reverse the fact ?

A catalogue might be made of the shifts many others have had before me to enjoy their darling study. Ferguson was put to a trade which Nature had not intended him for ; but his talent discovered to him the situation of

the stars by means of a thread with a few beads strung on it ; and Tycho Brahé did the same with a pair of compasses.

The self-taught Rittenhouse, when employed as a farm-labourer, used to draw geometrical diagrams on his plough, and study them as he turned up the furrow. Pascal, when a mere boy, made himself master of the elementary propositions of geometry without the aid of a master, by tracing figures on the floor of his room with a bit of coal. This, or a stick burned at the end, has often been the young painter's first pencil.

Mr. John Davy, when only six years old, began to imitate the church bells with eight horse-shoes suspended from the ceiling with strings in such a manner as to form an octave. Sir Humphrey Davy first published his chemical studies without teacher or guide, aided only by the scantiest and rudest apparatus. The father of the celebrated Barry sent him to sea because he disapproved of the son's favourite study; even that would not do, as his greatest pleasure was to cover the deck with sketches of objects made with chalk or ochre. He once exclaimed to a companion : " I could be happy, on going home, to find some corner where I could sit down in the midst of my

studies, where I might have models of nature, when necessary, bread and soup, and a coat to cover me." Bloomfield is another instance of self-tuition, as he could scarce read or write on his arrival in London. The late Benjamin West first showed his talent while watching a child that lay asleep in its cradle, when with paper, pen and ink only, he made a drawing of the face. When his mother and sister returned and saw it, the former exclaimed, "I declare he has made a likeness of Little Sally!" The first brush he ever used was made from the hairs of a cat's tail, having no other. That celebrated surgeon, Hunter, worked as a carpenter until he was twenty-seven years of age. Mr. Samuel Parks, the well-known author of the Chemical Catechism, the Rudiments of Chemistry, &c. was a grocer at Stoke-upon-Trent until he was forty-two years of age; but the fruit of his private labours, which the grocery business could not despoil him of, he at last turned to an excellent account. I could name many men of the first talent who had not been taught to read or write: this shows the powerful work of Providence, by forming men in different moulds, and placing them afterwards in different circumstances, so that philosophy and

art shall not be left uncultivated, but that there should be labourers to engage in each pursuit.

“ So work the honey bees ;
 Creatures that, by a rule in nature, teach
 The act of order to a peopled kingdom.
 They have a king, and officers of different degrees,
 Where some, like magistrates, correct at home ;
 Others, like merchants, venture trade abroad,
 Others, like soldiers, armed in their stings,
 Make boot upon the summer's velvet buds,
 Which pillage they with merry march bring home
 To the tent royal of their emperor ;
 Who, busied in his majesty, surveys
 The singing masons building roofs of gold ;
 The sober grave citizens kneading up the honey ;
 The poor mechanic porters crowding in
 Their heavy burdens at his narrow gate ;
 The sad-eye justice, with his surly hum,
 Delivering over to executioners pale
 The lazy yawning drone.”

SHAKSPEARE.

Let lordly man take a lesson from the economy of a bee-hive ! Every man has the power to educate himself in that station of life for which nature intends him ; and that this power is not confined to any particular acquirement. How necessary is it that this truth should be diffused and felt throughout all classes of society : how would it encourage the children of poverty and neg-

lect to use every effort to educate themselves. Would not this feeling help to smooth the roughest of their difficulties, and to give them new strength to emancipate themselves from the ignorance in which they were reared? Such as are

“ Well compound with gifts of Nature, flowing and swelling over with arts and exercise.”—SHAKSPEARE.

Many have failed who, had they had this assurance, might have led to attainments beneficial to themselves and mankind! I again say, this feeling would soon lead the young mind from unprofitable and corruptive pleasures, to that of a *natural* relish for *intellectual* enjoyments—such as I have enjoyed even during a stolen half-hour from business. Time and talents are gifts that every man will have to account for. Talent may not be given to all alike, but time is; the day is the same length for each of us, and by no contrivance can we lengthen or shorten it one moment; we must spend it either for something or nothing. We often see the young and rich man, who can live without any exertion on his part, lose the power of exerting himself to that degree which is necessary for the acquisition of knowledge; for his money provides him with vain and useless enjoyments: every man must see

by the present march of intellect that the great power which Nature has given to man has never yet been put to the stretch ; we are all capable of much more than we are aware of.

It would be folly in myself to lay claim to more than the ability born with me, and an active reflecting mind. A humble village education is all I can pretend to ; and so perhaps might Shakspeare himself have said. It is, at all events, singular that, with the limited education I received, I should have become a passionate admirer of Shakspeare. It was by mere accident his works were put into my hand. I was so charmed with them, that my young and active mind eagerly imbibed the principles they contained for every age and condition of life. I read them so often, that before I was fifteen I was familiar with the largest portion of his works. In fact, for years Shakspeare's writings were my only companion ; therefore, without any presumption on my part, I may lay claim to him for my schoolmaster and instructor in the affairs of life. It was he who told me, when describing money :

“ All that glistens is not gold,
Often have you heard that told ;
Many a man his life hath sold
But for my outside to behold.”

Again he says :

“ Thus much of this, will make black, white ; foul, fair ;
Wrong, right ; base, noble ; old, young ; coward, valiant ;
Will lug your priests and servants from your sides.

This yellow slave

Will knit and break religions ; bless the accurs'd ;
Make the hoar leprosy ador'd ; place thieves,
And give them title, knee, and approbation,
With senators on the bench.”

It was he who taught me to believe that
“ there is a tide in the affairs of men, which
taken at the flood leads on to fortune :” from
his writings I learnt that “ to wilful men the
injuries that they themselves procure must
be their schoolmasters :” it was he that in-
formed me that “ he cannot be a perfect man
not being tried and tutored in the world :”
“ experience is by industry achieved, and
perfected by the swift course of time.” He
taught me to believe that there “ is a divinity
that shapes our ends, rough-hew them how we
will ;” and made me feel that “ mine honour
keeps the weather of my fate.” It was he
who said that “ ignorance is the characteristic
of childhood, and the mind that is uninformed,
at whatever period of life, is still in an infant
state ;” and that “ the love of human kind will
make you a friend to every human creature.”
Shakspeare declares the grand truth, that

“ the life of a man has many cares belonging to it ; but the first and greatest care is that of the immortal soul, and to place any other in the scale against it would be absolute folly.” He tells us, that in the world “ there lurks a still and dumb discursive devil, that tempts most cunningly—but be not tempted.” It was Shakspeare who taught me to say, “ I am a true labourer : I earn what I eat, get what I wear, owe no man hate, envy no man’s happiness, glad of other men’s good ; ” and that “ one man in his time plays many a part ; ” and that “ when we enter upon the stage of life we must be prepared for the changes of the scene.” And does he not put us on our guard, by telling us that “ some men think others honest that only seem to be so.” Yes, this man has shown us so much of human nature, that it must be in her school he studied ; and to his honour we find that every thing which is good and great, or even worth our seeking for, is arrayed on the side of religion and morality. It may appear strange that, being so great an admirer of Shakspeare, I never saw one of his plays performed until I was twenty-three years old, and never but one from that time to the present.

I may, perhaps, be excused stating, in a

very few words, in what way I obtained the most important portion of what anatomical knowledge I possess, the more especially as it will shew the means by which Providence sometimes ordains, that some events which at the first view appear to us unmitigated calamities, may ultimately tend to our material benefit. When young, I met with so severe an accident, that recovery was considered nearly hopeless. I was placed under the care of a most eminent surgeon, and recovered; but residing for eighteen months under his roof, and having constant access to his museum and library, I acquired the groundwork of that anatomical knowledge which, strengthened from other sources, has since been of such essential service to me.

Nature, it is well known, is extremely capricious in the bestowal of some of her choicest gifts; and no doubt, had I relied altogether on acquired knowledge, my success might have been more limited. We have often seen persons of humble origin, guided by the dictates of nature and reason, arriving at exceeding clever discoveries, so benevolent is the Almighty to his creatures in every station of life. Parents would do well to study the natural inclinations of their children in

their tender years. Is it not reasonable to suppose that it arises from some natural congeniality between the heart and mind? As plants prefer certain climates, may we not conclude that there is some connexion between the climate and plant? So it is between the moral and intellectual endowments of mankind. We shall find, if we examine the characters of those persons who, from the exertion of their own talents, have raised themselves from comparative obscurity to opulence, that this must be the case.

My foible has always been close study, to find out by what means the productions of the earth are suitable to the wants of human life, both for food and medicine: "Behold I have given you every herb bearing seed, and every tree bearing fruit, and to you it shall be for meat;" and I now cannot but come to this conclusion, that the practice of medicine is bad, and one hundred years behind every other art and science; and there are very few medical men but will acknowledge this. To many of them I beg leave to return my most grateful thanks for the kindness I have received from them, both in their personal friendships, and the liberality of mind they have shown in transferring to me patients whom

they knew I could speedily relieve. This reciprocity of good feeling has been of mutual interest, as I have frequently sent patients to medical men of this metropolis, when applied to for my advice in diseases which I do not profess to understand, and such cases have frequently occurred. I will give one recent case, to show that I never tamper with a disease that I do not understand, or while there is the hope of honourable men in the profession doing good. A gentleman of title and high rank in the army arrived at my house in October last from his country seat; on examining him, I found that instead of gout in the stomach, it was inflammation of the lungs. I sent for a medical gentleman to attend him at my house; also that worthy man, Dr. Nevinson, who is an honour to his profession, was called in, and with their united assistance, in one week he was enabled to return to his town residence, where I have had the honour of paying him almost daily friendly visits. While I write this I have two gentlemen from Cambridge in my house as patients; one of their cases is entirely out of my practice, nor should I have undertaken it but that the first medical men in Cambridge had reported him incurable. (In all these diffi-

cult cases I invite medical men to my house, to witness my mode of cure, and some days I receive many visits from them, for this purpose. They confess the treatment is quite unknown to them, yet still they approve of it, and I trust with many of them, that the time is not far distant when it will be in general practice.) This patient leaves me in a few days : to use his own words, "he would astonish the doctors when he got home." They would be more astonished if they knew by what simple means the cure was effected, with the assistance only of sixteen medicated baths. I showed this case to a medical gentleman on the first day, who gave me little hopes ; but when I told him I should endeavour to attain a certain effect, and the herbs I should use for that purpose, "Oh !" said he, "if you succeed in accomplishing that object you may effect a cure, but not else." The Countess of — sent one of her servants to me who had been helpless nine years. I did not hold out a probability of success, unless I could accomplish a certain point ; this was done so quickly, that her Ladyship sent her medical adviser to see him at my house. At the end of twelve days his surprise was great at seeing the man walk about the room. I mentioned

what means I had used, and what herbs I had put into the bath. He then said: "Mr. Tilke, the more I see and hear, the more I am astonished; and my opinion is, that you have such judgment in the use of herbs, that you can accomplish whatever you undertake." (Mr. Russell, builder, of Blackheath, has wished me to say he was present at this interview.) The medical gentleman repeated to her Ladyship nearly the same words, as she called on me the same day, to say how delighted he was with his interview, and that he would call on me again. Let any practitioner shew himself equal to such extremely difficult cases, he will have no occasion to hold out baits for patients by advertisements; which, in fact, I have never done, as I have not altered my original opinion, namely, that if my treatment was good, it would find its own level. My patients come to me recommended by others, to whom I have given relief. I keep a journal of all cases, and of the means adopted for their cure, with the omission of names only for the sake of delicacy; which amount at present to more than five hundred in the neighbourhood of London; and should it not be published during my life-time, I shall make arrangements that it shall at some

time, appear, for the good of society at large. When this is done, medical as well as non-medical men will be astonished to find all has been accomplished by simple English herbs. In every case I give the manner of preparing them. Dr. John Gregory, in an essay on the office and duties of a physician, remarks that "the affectation of concealing the medical art retarded its progress, rendered it suspicious, and tended to draw ridicule and disgrace upon its professors." Many will blame me for making the public (as they say) too wise :

"But alas ! it is my vice, my fault, while others fish with craft for great opinion, and with equal truth catch mere simplicity : while some with cunning gild their copper crowns, with truth and plainness I do wear mine."—SHAKSPEARE.

SHORT ACCOUNT
OF THE
PROPERTIES OF HERBS AND ROOTS.

DANDELION. (*Heptodon*).—This plant grows in abundance in all parts of Europe; taken any way it is a good aperient as well as diuretic; the young leaves are very good in salads, or eaten with bread and butter; and knowing well the properties of this herb, I am compelled to make the same remark as I have done elsewhere in this book, that Nature has given those things most bountifully which are most useful; this plant is an instance, as it is in perfection all the year round, and there is no disease but what it will soothe; by its drying and temperate qualities, one ounce of the expressed juice a day, by perseverance, will cure the dropsy; it eases pain, and procures rest and sleep to bodies that are ~~distracted~~^{restless}. It is highly spoken of by French physicians, who are more alive to the properties of vegetable medicine, and more liberal in communicating knowledge, than the English are.

ROSEMARY. (*Rosmarinus*).—Both flowers

and leaves of this plant will strengthen the brain, and help dim eyes ; made into oils or ointments, it will recover cold or benumbed joints and sinews ; it comforts the heart, and raiseth the spirits.

RUE. (*Ruta*.)—This plant, when in perfection, which is in June, is good to cause and quicken the circulation of the blood, and to dissolve gross humours ; four ounces of the leaves may be taken at bed-time as an infusion, which will be found a sure remedy for that troublesome visitor the night-mare ; an ointment made with oil of roses and vinegar cureth St. Anthony's fire, and all running ulcers. Can any botanist tell the reason why this root and sweet basil will not grow near each other ?

SAGE. (*Salvia*).—This excellent herb, taken any way, and for any disease, must do good, and for this reason, it strengthens the head, nerves, cures trembling of the limbs, and promotes a strong circulation of the fluids. The Chinese wonder we should buy their tea, when we have so much sage and speedwell of our own growth, which they consider by far the best. The public ought to be made acquainted with the fact, that a great quantity of those two herbs are exported for the use of

those shrewd people; who laugh, (and well enough they may,) at the exchange for the wretched stuff they send us, which they have so properly named slow poison.

SCURVY-GRASS. (*Cochlearia*).—Scurvy under various forms is common in this country, and this grass is such a sovereign remedy against it that it cannot be too highly spoken of. In April or May, when this herb is in season, it might be mixed with sorrel, or any other acid herb, and eaten as a salad. When scurvy-grass cannot be got, water-dock or spear-pint-dock may be used in its stead, made into an infusion.

MANDRAKE. (*Atropa*). — This is a most useful, but neglected herb; the roots boiled with ivy and oil heal St. Anthony's fire; the green leaves bruised with lard and barley-meal heal all hot swellings and imposthumes; an infusion given as a lavement, easeth the piles and causeth sleep. Shakspeare seems to have been aware of its being soporific, as he makes Iago exclaim, after arousing the jealousy of Othello:

“ Not poppy, nor mandragora, (mandrake)
Nor all the drowsy syrups of the world,
Shall ever medicine thee to that sweet sleep
Which thou hadst yesterday.”

By this it appears it was formerly given by

our forefathers as a syrup, to ease pain and cause sleep. I have given it in doses of three, four, or five grains in powder of the root for the same purpose ; I have also placed a piece of the root on the pillow of my patients, as the smell only causes sound sleep. This only relates to the male : the properties of the female are very different. If this cause too much stupor, dip a sponge in vinegar, and hold it to the nose.

SHEPHERD'S PURSE. (*Thlaspi*). — This is another proof that Providence has made the most useful plant the most common, and Nature in her bounty has allowed them to flower all the summer, and they sometimes flower twice a year ; common sense therefore would point it out for general use ; instead of which, it seems man neglects them. Few plants possess more virtue than this, which I am sorry to say, up to this time, is utterly disregarded. An infusion of this herb is a gentle and safe astringent, good in all fevers, inferior to nothing for the piles, or a habitual purging ; a wine-glass full of the juice of the leaves, with one of red wine, will check and soothe the overflowings of any kind in man or woman. In my rides in the lanes round London, how often have I been grieved

to see this excellent and useful herb thrown over the hedge, and trampled under foot, as if it were perfectly useless. Shepherd's purse, tormentil, and comfrey, are near alike; I only wish those three herbs, together or separate, were fairly tried for the cholera; it is not yet too late. Let the profession look back to the ancients, who saw the good effects of those medicines, and have shown us the doses and manner of giving them. I have found them always right, and they may be depended upon for our best guides. Like every other art, much may be learned from a careful trial. Mothers, consider this and the next herb for the use of your daughters, and esteem it as a valuable secret. If this hint conveys to my readers the advantage of such simple medicine, I shall consider my time in stating it has been well employed.

MUGWORT. (*Artemisia.*)—The leaves and flowers are all full of virtue; they are aromatic to the taste, and a most safe and excellent medicine in all female disorders, and Providence has placed it in every part of the land. There is no medicine to equal this for safety and certainty for young women, or in fact at any time of life, when the efforts of nature are too weak. Nothing can be more

destructive to the constitution than the use of powerful drugs; for "it is not proper to weaken her who is already too weak." On this occasion pick the flowers and buds from the tops of the stalks, and take one ounce, and the same of *carduus benedictus*, or holy-thistle, all cut small, and put into a jug; put one pint of boiling water upon it; when cool it is to be drank with a little honey; this may be taken every day. Should any further help be required, a few days before the indisposition is expected, put one pound of mugwort and half an ounce of socotrine aloes, boil it in two gallons of water for twenty minutes; put all in a pan, and sit over it as warm as possible every night until all is well; if mugwort cannot be got, tansy or feverfew will do nearly as well.

LIQUORICE. (*Glycyrrhiza*).—This is a fine medicine, and deserves more praise than I can bestow upon it. An infusion of the fresh roots is excellent to take off the acrimony of the humours. In coughs alone it is, as a remedy, without its equal; it promotes expectoration, and at the same time thickens the juices. Excellent for dropsy, as it abates thirst. This is singular, as every other sweet increases it; the sweet of liquorice is

equal to that of sugar; the former checks thirst, the latter increases it; a trial will show this to be perfectly true. Many plants of less virtue are more celebrated, but there are few deserve a fairer trial.

FIG-TREE. (*Ficus*).—The juice from the green leaves, melted with lard, equal parts. will make an excellent ointment for deafness, put into the ear on a little cotton. I hardly know a better remedy for the leprosy than than this. It also clears the face of scurf and pimples, it heals all fretting ulcers, and is good for inflamed eyes.

TORMENTIL. (*Tormentilla*).—It is deserving the name of English sarsaparilla. I think I cannot do better than repeat what Dr. Thornton has said of it, as I have proved the same to be fact. He says: "I have witnessed extraordinary cures performed by this root. I knew a poor man fond of botanical excursions, who either by tradition or accident knew the powers of this root, and by making a strong decoction sweetened with honey, he cured agues, which had resisted Peruvian bark, long standing diarrhœas, ulcers of the legs, turned out of hospitals incurable; the worst scorbutic ulcers, and confluent small-pox; the hooping-cough, fluxes. This poor

man had so much practice as to excite the attention of Lord William Russell, who allowed him a piece of ground in his park to cultivate the plant, which he kept as a secret." So much says Dr. Thornton. Now I have found half an ounce of this root, two drachms of hops, and one pint of water, taken every day, do wonders for the piles and bowel complaint. The powder of the root mixed with vinegar, and spread on oil silk, and laid on the loins, will assist those who cannot from weakness hold their water; the same will dissolve all kernels about the ears, throat, and jaws; also the king's evil, as it is called, by restraining the sharp humours that flow to them.

BORAGE, (*Borago*)—FUMITORY, (*Fumaria*)—and ELDER (*Sambucus*). — The properties of these three are so nearly alike in fevers, that to save space I shall describe them under one head; and indeed, if I had the ability as I have the will, and the knowledge of these safe medicines, I could write a book larger than this on their virtues; and if these, as well as many other useful plants, could only be imported from some distant parts, and sold at extravagant prices, there is no doubt that they would be held in great estimation. The productions of Nature are given to man for food

and medicine; common, cheap, and easy to be found, but the medicine of the doctors of the present day are dear, and scarce to be found, and hardly worth the finding. These three herbs are all great cordials, and strengtheners of nature, excellent to defend the heart, and to resist and expel the poisons or venom of putrid and pestilential fever; they will expel melancholy, clarify the blood, and mitigate heat in fever; together they will cure the yellow jaundice and dropsy, which they expel by urine in great abundance; they expel phlegm and choler, and those saltish, choleric, and malignant humours, which cause leprosy, scabs, tetters, and such-like breakings-out of the skin. After having performed these and many other services, they strengthen all the inward parts of man, and leave none of the wreck of the disease behind, as we too often see in fevers, according to the practice of the school of medicine. Let them no longer be allowed then to rot in the earth; if you love your fellow-creature, if you love your children, if you love your health, and if you love your ease, and if you can afford it, always keep them in a syrup, or by you in any way; when you see or know a case of fever, give it to your afflicted neighbour as freely as

I bestow my studies on them ; and if you do not find them relieved blame me and no other.

WOOD BETONY. (*Betonica*). Ought to be gathered in May. This herb boiled with wine or water is good for those who cannot digest their meals ; or have belchings and a continual rising in their stomach. A drachm of the root in powder, mixed with honey and vinegar, taken every day, is good for those who have a rupture in their urinary glands, and pass blood with their water. The green herb bruised with lard makes an excellent ointment for wounds, old sores, or ulcers ; for the latter add a little salt and figs bruised together ; it a good and useful herb, and very proper to be kept in every man's house, either dry, in syrup, conserve, or in ointment.

BUCKTHORN (*Rhumnus*).—The properties of this are exceedingly like the wood betony.

PELLITORY OF THE WALL (*Parietaria*).—If this is planted in a shady place it will afterwards spring up of its own accord, time June and July ; the seed is ripe soon ater. A decoction of this herb, with honey, is excellent for an old dry cough, shortness of breath, or wheezing in the throat. About three ounces of the juice, (or which is more easy to make a

strong decoction,) taken at a time, helps the stoppage of urine, and expels stone or gravel in the kidneys or bladder, which cause pains in the loins, sides, or bowels; the juice bruised with a little salt is effectual to cleanse fistulas or green wounds, and to heal them up safely; the juice made into a syrup, with honey, and a desert-spoonful taken every morning fasting, is very good for the dropsy. Feed a goat entirely on this, or any other herb that it will eat and is fond of, and drink plenty of the milk, it will answer every purpose. The root, burnt to a powder, is good to whiten teeth; the juice, held in the mouth, eases pain of the gums proceeding from rheumatism.

WILD TANSY, OR SILVER WEED (*Potentilla*).—The time June and July; a decoction, with honey, will expel wind in the stomach and bowels; if often smelled to it will relieve the head-ache; if boiled in olive oil and well rubbed in, it is good for the sinews shrunk by cramps, pains, weakness, and stiffness of the joints, after repeated attacks of the gout. The same, mixed with a little bee's-wax, is an excellent salve for wounds.

GROUND IVY (*Glechoma*).—The best time is May, but unless the winter be very sharp it may be gathered all the year round; it

is quick, sharp, and bitter in taste. An excellent medicine for all inward wounds, ulcerated lungs, or other parts; the decoction may be improved by boiling equal parts of rosemary, mixed with honey; it will ease griping pains, and windy choleric humours in the stomach; it will cure the yellow jaundice by opening the pores of the gall and liver; it gives ease to those who are troubled with the sciatica, or the gout in the hands, knees, or feet; this herb has the same effect with beast as with man.

SARSAPARILLA (*Smilax*).—This is a foreign plant. The true herb is considered not to heat, but rather to dry the humours, and waste them away by a secret and hidden property which it contains; with perseverance it will ease, and often cure, all pains of the sinews or jointa, all running sores in the legs, all tumours, swellings, spots, and fulness of the skin, by purifying the blood. An excellent diet drink may be made in the following manner: take gum guaicum one ounce, bark of the same one ounce, sassafras one ounce, sarsaparilla two ounces, juniper berries half an ounce, simmer all in two quarts of water for two hours, then strain and add one drachm of cinnamon, and make it to please the palate

with liquorice or honey. This quantity is sufficient for two days.

SPEEDWELL (*veronica*).—If this herb was to be sent by the Chinese for green tea we should hardly know to the contrary. This herb is very like the wood betony; together they make an excellent beverage for breakfast.

BALM (*Melissa*).—Time, June, July, and August. The juice is good for green wounds, melted in a small quantity of lard. Serapio says, “a strong effusion, often drank, causeth the mind to be merry, and reviveth the heart when faint. Good for those who have weak digestions!” Pounded with suet it is good to remove wens, kernels, or hard swellings in the flesh or throat; the herb, when green, bruised with a little linseed oil and laid warm on a boil, will ripen and break it; it is also good to sweeten the breath if made and drank as tea, with a little cream of tartar or lemon-juice.

CHAMOMILE. (*Anthemis*).—The wild flowers that grow on the heath of this well-known plant are the most valuable; made into tea, and a cupfull taken in the morning fasting, is good to fortify the stomach, and create an appetite, and prevents the wind and heart-

burn. They are excellent for fomentations, as they will disperse congealed blood in bruises, tumours, and swellings.

PELLITORY OF SPAIN (*Pyrethrum*).—This is a foreign plant. One ounce of the juice, taken in a wine-glass full of hollands, one hour before a fit of the ague comes on, will cure it after three or four doses; the herb, or the root chewed in the mouth, purgeth the brain of phlegmatic humours. The powder of the root, snuffed up the nostrils, eases the head-ache, by distilling the humour of the brain. But above all it will cure the tooth-ache, which knowledge, to sufferers with this pain, is worth twenty times the price of this little book. Take one ounce of the root, cut it small, put it to half a pint of gin in a bottle, let it stand in a warm place; shake it repeatedly for two or three days, then strain it, and when there is pain in the teeth or gums put a tea-spoonful of the mixture on the part affected, and keep it there as long as possible. This rubbed on the head will cure the pain thereof, but the herb, or the root chewed in the mouth, will do nearly as well.

CINQUEFOIL, or five-finger grass (*potentilla*).—Time, June and May. This is so much like tormentil that I have but few remarks to

make. An infusion is excellent for the liver, comforts the stomach, and will cure the jaundice; the root boiled in vinegar will heal the shingles, sores of all kinds, and cancerous ulcers.

MEDLARS (*Mespilus*). Time for the flowers in May. The fruit is ripe in September and October. The fruit is good to stay all fluxes of blood in man or woman; very proper to be eaten by the latter when in a state of pregnancy, as it will prevent and cure their longings after unnatural meats, &c. The medlar stones, made into a powder and drank in wine, will break and expel the stones, and is a perfect cure for the gravel, if only persevered in.

ST. JOHN'S WORT (*hypericum*).—Time, July and August. I have found this herb, as well as many others I use, have a wonderful effect on patients in my steam-bath, who have been in the habit of taking mercury; on their inhaling the vapour it seems to set all the humours in a state of fermentation, even to bringing on a slight degree of salivation. Two drachms of the seed of this herb, pounded and put into broth, will expel congealed blood from the stomach, occasioned by the bursting of a vein, bruises, falls, &c.; also easeth pains of the loins. In America they are blessed with

this herb growing among their corn, which makes it much superior to the English. From the excellent properties I know it to contain, I believe that, ground with the wheat, and eaten as bread, it would prove a cure, or preventative, against many of the diseases man is heir to. This flour, it is well known by almost every baker who works in his business, improves the quality of the bread by having a small quantity of it in every batch, particularly in seasons when the English flour is of inferior quality. This flour, as we are informed by a very clever author, contains *one-fourth* more *gluton* than our famous wheats grown in Gloucestershire, known by the name of *rivets*; the only objection I ever heard, during the years I attended Mark-lane, was from its *smell*, which the trade called *savey*, I consider it more like *rosin*. The juice of this herb is of a reddish kind, which gives that beautiful yellow bloom to the flour so much admired by the trade: to whom I will make a few plain remarks publicly, such as I have privately made to many of my friends, *viz.* when they use this flour, or any other that is rich and glutinous, they should give the dough more proof than for common English flour, because from the great quantity of

glutinous matter it contains, if it is not well fermented, it will not spring or rise in the oven, nor will it be so digestible to the stomach, for in the process of fermentation the saccharine matter becomes sufficiently divided, and then the heat of the oven throws off the superfluous quantity of acid it contains, thus preventing the bread causing a fermentation in the stomach of those who eat it, as this will constipate the bowels, inflame the blood, and produce fever. Few men living have had greater opportunities, or perhaps have given their time more to fermentation than I have, always considering it a most important part of my business: which I believe to be the reason I gained so much credit in the execution of many contracts I have had with Government for the supply of bread, the prime article of life. Every experiment I make, and they are not a few, convinces me that the knowledge of fermentation is yet in its infancy.

HOLY THISTLE.

"Get you some of this distilled *carduus benedictus*, and lay it to your heart; it is the only thing for a qualm. I mean plain holy thistle."

SHAKSPEARE.

FROM the above it appears the immortal bard knew the wonderful properties of this

herb. Some botanists have called it *Blessed Thistle*; those names were given to it, no doubt, on account of its excellent qualities. As I do so much with this herb in private practice, I at first did not feel, in justice to myself, that I ought, at present, to publish the virtues with which God has indeed blessed it. But when my heart intends a kindness, I do not like, as Lord Hastings says, "To let the coldness of delay hang on it." I can state as a fact, that I have caused more of this herb to be used in the last four years than was consumed in London in fifty years previously. I shall have very little to say of it myself, as I intend to give the opinions of others two or three hundred years since; and I can assure my readers, although the robust health of man has degenerated from that time, the properties of this excellent herb have not; I have found it such a clarifier of the blood, that by drinking an infusion once or twice a-day, sweetened with honey, instead of tea, it would be a perfect cure for the headache, or what is sometimes called the *meagrim*s; in fact, this plant has very great power in the purification and circulation of the blood, from the bad state of which arise all the humours of the body: and although,

in another page, I have expressed the opinion that we are different from each other, in every sense of the word, only in proportion as these humours abound more or less in each of us, yet, retaining this opinion, I do believe this herb must benefit every constitution.

“ The why is as plain as the way to the parish church.”

SHAKSPEARE.

By the great effect it has on the blood, it comforts the *pia mater* of the brain, by which it must strengthen the sense and memory; it will also cleanse and mollify an infected stomach, which must produce good blood, and good blood cannot but produce good and healthy secretions: it is also good for the dropsy or ague, neither of which can exist if the circulation of the blood be pure. I should advise every mother to give this to her daughter from the age of ten to twenty: my reason I need not give, only that it may prevent them from years of pain and misery.

I will now give what Mattheolus and Fuschius have written of *carduus benedictus*. “ It is,” they say, “ a plant of great virtue; it helpeth inwardly and outwardly; it strengthens all the principal members of the body, as the brain, the heart, the stomach, the liver, the lungs, and the kidneys; it is also a pre-

servative against all disease, for it causes perspiration, by which the body is purged of much corruption. Such as breedeth diseases it expelleth the venom of infection; it consumes and wasteth away all bad humours, therefore give God thanks for his goodness, who hath given this herb and all others for the benefit of our health."

Holy thistle may be used in four ways: first, it may be eaten in the green leaf with bread and butter for breakfast (instead of watercresses); 2dly, The leaves may be dried and made into a powder, and a drachm taken in wine or otherwise every day; 3dly, A wine-glass of the juice may be taken every day; 4thly, (which is the way I should recommend,) is in infusion about two ounces of the dried plant simmered in a quart of water for two hours. This medicine given in this way the daintiest stomach will not refuse; if the seeds of this plant are sown again in September or October, clear of a north-east wind, you may have the herb green summer and winter. Those who have gardens I would advise to attend to this; any soil will produce it in abundance; it may be taken any time as a preventative; but to remove disease, used going to bed is best, as it will, after a few

times taken, most likely cause a copious perspiration. I shall do my best, when time will allow, to bring this plant into so general a use, that I hope to see it grown common in our fields, then I shall feel that I have discovered and communicated the only grand secret worth knowing in this life: *viz.* how one man may contrive to be more useful in life than another—all the rest is mere moonshine. Time for gathering flowers for preserving is July or August; but you may gather the young buds early in the spring (March, April, and May), and use it almost any way, and it will change your blood as the season changes, which common sense tells us is a very sure way to preserve health. Any of the other thistles may be used as substitutes, such as the common thistle, fullers thistle, melancholy thistle, our lady's thistle, woolly or cotton thistle; they are all purifiers of the blood, as well as all kinds of docks; but the red-water dock is the head of the dock family, as the carduus is of the thistle family. I consider it a high privilege to be on intimate terms with both those families.

I have now given a description of a sufficient number of simple and useful herbs for almost every disease, omitting only such as

would be unsafe to trust in the hands of those who have not made medicine a study. I have not ascribed more virtues to those plants than others have done before me; and which I have proved to be true by long experience. I would beg to observe, that the proper dose of all that I have here set down, is about half an ounce of the root or a quarter of an ounce of the dried herb to a pint of water, to be taken daily, unless otherwise ordered, as will be seen; but when the herb or root is green, use treble the weight. I would recommend those who wish to have cheap and safe remedies by them, to gather every plant while in the bloom, and prepare them in conserve juice, extract or syrup.

Manner of preparing the above.

I shall now give a few easy modes of preparing the above, which I have found answer very well: all other herbs spoken of in this work may be prepared in a similar way.

JUICE OF MUGWORT.—Take the fresh herb any quantity, bruise it in a stone mortar, extract the juice, and clarify it by slightly boiling it; strain again, and preserve it. Dose, one ounce three times a-day.

SYRUP OF MUGWORT.—Three pounds of the

juice of mugwort clarified by boiling and straining, to three pounds of white sugar. Boil slowly to the consistence of a syrup. Dose half an ounce twice a day.

INFUSION OF GROUND IVY.—Leaves of ground ivy and colt's-foot, each one ounce; root of liquorice half an ounce, water one quart; this to be taken in one day.

SYRUP OF GROUND IVY.—Fresh leaves of ground ivy half a pound, boiling water three pounds, infuse for ten hours, then strain and add to the liquor white sugar twice its weight; boil to a syrup. Dose two ounces a-day.

To make BLACKBERRY JAM.—Take ten pounds of blackberries and five pounds of moist *foot* sugar. Bruise it together, and then boil it for one hour, keep stirring all the time; pot it; when cold pour a little of good salad oil on the top, which will keep it good for years: this way there is no waste, very little trouble, very cheap, and, what is far above all other considerations, very wholesome for either adults or children to eat on bread instead of butter, at about one-fifth of the cost.

Uses of the same.

For the following diseases I have administered the annexed simples.

Ague.—Agrimony, betony, mustard, St. John's-wort, wormwood, tormentil and marigolds.

Asthma.—Coltsfoot, horehound, mallows-sage, speedwell, little centaury, and wood betony.

For a cancerous Swelling.—A poultice of one, or all if they can be had: Comfrey, turnips, carrots, and goose-grass. Drink tormentil tea.

Cough.—Horehound, pennyroyal, tormentil, vervain, liquorice, comfrey, mullein, stramonium, and elecampane.

Consumption.—Coltsfoot, pimpernell, chickweed, speedwell, mallows, and tormentil-root.

Convulsions.—Mother-wort, valerian, piony dwarf.

Dropsy.—Wood-betony, agrimony, chervil, garlic, borage, fumitory, parsley, tansey, wormwood, speedwell, toad-flax, dandelion, and pellitory wall.

To help Digestion.—Horse-radish, lovage, hyssop, sage, wood-betony, buckthorn, centaury, leeks, and marjoram.

Gravel.—Butcher's-broom, ground-ivy, mallows, nettles, parsley, pennyroyal, horse-radish, dandelion, burdock, pellitory-wall, marigolds, and medlars.

Gout.—Nettles, burdock, St. John's-wort,

ground pine, *Aspidotroche*. This herb as an ointment melted with lard, buck-bean, and water-dock of any kind.

Heart-burn.—Chamomile, saffron. Dose a drachm. Valerian, lovage, and water-cresses.

Hysterics.—Mother-wort, pennyroyal, pine, St. John's wort, valerian, southernwood, mugwort, and spear-mint.

Head-ache.—Primroses, holy thistle, sage, savory, thyme, sneeze-wort, vervain, cowslip, valerian-root; misletoe of the oak, rosemary.

Nervous Disorders.—Rosemary, sage, savory, thyme, valerian, vervain, cowslip, thyme, lily of the valley, celery, piony dwarf, and tormentil-root.

Piles.—Pile-wort, fig-wort, brook lime, mullein, toad-flax, lavender, comfrey, tormentil-root, shepherd's-purse.

To promote Perspiration.—Pine, viper's-grass, pimpermell, elder flowers, borage, fumitory, and marigolds.

Scurvy.—Holy thistle, brook-lime, goose-grass, cresses, dandelion, endive, agrimony, lettuce, horse-radish, scurvy-grass, sorrel, succory, turnip, briony, water-dock, *C. officinalis*, and fig-wort.

Spasms.—Lavender, mother-wort, peppermint, wood-betony, the lesser centaury.

RECIPES.

“ He that would be long an old man must begin early to be one.”

OLD AUTHOR.

A good Diet-drink for Meals.—Take half an ounce of ginger bruised, two ounces of bread toasted very brown, pour over it two quarts of boiling water, and stop it close. If this be done as soon as breakfast is over, it will be ready for dinner. It ought never to be drank colder than about eighty degrees, better known as blood heat.

Cholera.—Haviag received the three following receipts from a patient recently from India, I shall with much pleasure insert them. It is rather out of my course of practice ; but I think they deserve a fair trial ; and as the composition is such that it may be mixed and kept ready for use in every man’s house, this information is deserving of notice. I have not proved their efficacy, but I confess I have a very high opinion of them.

The Indian Cure for the Cholera Morbus.—One drachm of nitrous acid (not nitric), one ounce of peppermint-water or camphor mixture, and forty drops of tincture of opium. A fourth part of this mixture every three hours in a teacupful of gruel ; the belly should

be covered with a succession of hot cloths, and bottles of water applied to the feet.

Another.—Eighty drops of laudanum, a wine-glass of brandy, and half a wine-glass of castor oil, mixed; if possible given at once, if not, one dessert spoonful after another until all is taken.

Another.—A pill containing seven grains of calomel and one of opium. This may be repeated every hour until better.

Tilke's Pectoral Syrup.—This syrup is efficacious in asthmatic coughs and common colds. Even when the inflammation prevails, a teaspoonful morning, noon, and night, is a sufficient dose for grown persons. It may be given to children in small doses with perfect safety. This is worthy a fair trial. Price 2s. 9d. and 4s. 6d. per bottle.

To prevent Cramp.—Equal parts of salad-oil and oil of rosemary; rub a little in with the hand at bed-time on the calf of the leg, about three times a week.

A sure and easy Cure for the Piles.—One ounce of lenitive electuary, one ounce of milk of sulphur, one ounce of powder of gum arabic, half an ounce of cream of tartar, and as much syrup of violets as will make it into an electuary. A teaspoonful night and morning

for nine successive days. To prevent the piles, take the same occasionally, and anoint the part with the fig-leaf ointment. This may be depended on.

Ale for the inward Piles.—Take one ounce of tormentil-root bruised, and boil it in a pint of good ale until reduced to half a pint; drink it blood-warm. Though a simple remedy, I have known this prove effectual when expensive medicines have failed.

For a Cough.—Oxymel of squills, syrup of poppies, and old rum, equal parts. One teaspoonful morning, noon, and night, in a wine-glass of sage or balm tea.

Another Way.—Three new-laid eggs, one ounce of honey, sweet-oil, lemon-juice, and old rum; beat them well together, then add half a pint of milk; stir it all one way. Dose a table-spoonful when the cough is troublesome.

For Weakness.—One ounce of athea, one ounce of mustard, one ounce cold-drawn oil, one ounce of honey, half an ounce balsam of Peru; mix. Take one teaspoonful morning and evening.

THE POOR MAN'S WEATHER-GLASS AND
HUSBANDMAN'S BAROMETER.

Chickweed.—When the flower of this plant expands boldly in the morning, and continues open till twelve o'clock, no rain on that day; if it shuts, and covers the white flowers with its green mantle, the traveller had better take his great-coat and umbrella.

Pimpernell and *Trefoil*.—These plants fold up their leaves on the approach of rain.

Sowthistle.—If the flowers of this plant keep open all night it will be sure to rain next day. Good hint for those who go to Epsom races. Very interesting to watch this plant, how it turns towards the sun in the course of the day.

African Marygold.—If the flowers do not open by seven or eight in the morning, it will rain or thunder that day.

Useful for those who keep Horses.—I have been a great admirer of that noble and useful animal the horse, which every day sets us an example; namely, to know when we have had enough both of eating and drinking; thus bringing to mind the old adage, that "one may lead a horse to the river, but two cannot make him drink."

I have been accustomed to keep two and

sometimes three horses, for many years, and the great attachment which they exhibited towards me has often been remarked. Many of my friends observed that I could make them do every thing but speak. I sold a horse seven years since, now in my neighbourhood, and I think it would puzzle any one man to keep him from me if he heard my voice, without even seeing me. I will now with pleasure give the receipt, that others may enjoy the same gratification that I have : Take one pound of oatmeal, a quarter pound of honey, a quarter pound of Spanish liquorice, half an ounce white briony in powder, one ounce of cuckoo pint in powder ; mix all together and make a cake, bake it in a Dutch or other oven, carry it in your bosom for two or three days ; fast your horse for a night and part of the day ; then give him the cake out of your hand, broken in small pieces. If you repeat this occasionally he will never forget you, and you may do with him what no other person dare do. If you wish to see your horse always with a good coat (by the bye, this is necessary for us all), and to look superior to your neighbour's, give him the powder of white briony and cuckoo pint of each half an ounce in a small

quantity of bran every day. It was by experiments on this noble animal that in a great measure I gained an insight into the cause and cure of disease ; for a horse is much more delicate than a man. The first intimation my father had of my *penchant* was when I was nine years of age. He had a fixed day for horses to be brought for surgical operations, particularly that of *quittor*. On one occasion he was compelled to be at a neighbouring village, and left word that the horses, about three in number, should stop until his return. However I planned otherwise, and told the servants, if they would throw the horses on a bed of straw kept for that purpose, I would dress them. I did so, in a manner my father has many times said he could not improve on. But so determined was he that I should not follow this, or any medical pursuit, that he would never allow me to see him dress a horse afterwards, or let me get at any of his books. This so hurt my feelings, that at twelve years of age I left home, and at this tender age arrived in this great metropolis, a total stranger, and was obliged to follow the business I had been taught, although my mind soared to higher pursuits. The late Surgeon Heaviside, of George-street, Hanover-square,

was the first who encouraged my partiality for the study of medicine; and although he is now gone

“ To that bourne from whence no traveller returns,”
he still lives in my grateful memory. His kindness towards me (I was then fifteen) was that of a father. From that time to the present I have eagerly studied the cause of disease and the practice of medicine, purely for love of the pursuit, hardly anticipating the kind encouragement which I have so largely received from a liberal public.

LETTERS OF ACKNOWLEDGMENT

FOR THE

CURE OF GOUT, &c.

I SHALL now proceed to give a few of the numerous certificates I have had the satisfaction of receiving from some of those patients who have entrusted their lives in my hands. It is my practice to keep back the names of

my patients, and the only exceptions I have made have been in those instances where the parties themselves have wished it, in order that their cases might bear the strongest corroboration. There is in many persons a natural reluctance to being placed too prominently before the public, especially those in an elevated sphere of life; I have therefore selected but very few letters, and generally those have been preferred, the writers of which have kindly stood forward in the vindication of my mode of treatment, and some who were themselves among the earliest that received cures at my hands.

In addition to these, I have selected several which refer more particularly to the accommodation and treatment they have received at my house. It is perhaps a pardonable vanity in me to refer particularly to these, as they convey useful information to the public, at the same time that they afford me the highest gratification. It may be considered something new, that persons undergoing processes to eradicate inveterate maladies, and this away from their homes, should speak of *comfort received*; but it is not the less true. I use very little restriction; my remedies act mildly and imperceptibly; the baths are a

positive gratification; and, true it is, that surprise is invariably expressed by my in-door patients at the agreeable reception they experience.

To the Nobility and Gentry I am enabled to give personal reference to those in their own station of life, fully corroborating all that I have advanced. And the names of all parties alluded to in this work, will be readily supplied to every sincere inquirer after truth.

Among the following letters will be found one from Mr. COLEMAN, of No. 6, Westmoreland Street. I would refer inquirers to him particularly, being the first patient I attended and cured in a public capacity. His character, as a respectable tradesman, precludes the possibility of his being unduly biassed. For many years he was laid up for months at a time with the Gout, taken from his business, and put to an enormous expense for the best medical advice he could procure. He says truly, that in April 1830 he was suffering dreadfully with Gout, that he was speedily relieved, and that he has not since suffered one day from that complaint. He has called on me this month (Jan. 1834) in the best possible health, and will feel proud in giving every verbal explanation in

his power ; as well as refer to many others, whom he induced to partake of the same remedy on hearing of their infirmities.

*** The following is from a gentleman, who for a long period was beset with prejudices; but whose better judgment induced him to make a *fair trial* of what he was told concerning my practice. Personal reference will be given, in select cases.

Dear Sir : London, January 14th, 1834.

Accidently hearing of an enlarged edition of your Treatise on the Management of the Gout being in the press, will you have the goodness to direct your bookseller to send me a dozen copies, as it will afford me great pleasure to recommend it to any afflicted friend.

From habits of early association, as well as family connection with members of the medical profession, perhaps few (if any) of your numerous patients could have felt greater reluctance than myself to have departed from the customary routine of the regular practitioner; but after occasional suffering for many years with Rheumatic Gout, without expectation of meeting with any permanent relief, I was agreeably surprised to find, under the blessing of Providence, your system completely adapted to my case, and that the domestic comforts of your establishment far exceeded my most sanguine expectation. Wishing your present work may be productive of a more extensive knowledge of the same,

I am, dear Sir,

&c. &c. &c.

To Mr. TILKE, Thayer Street.

27, Goswell Terrace,
Goswell Road, Jan. 20, 1834.

Dear Sir :

Finding you have a book coming out and near completion, I take this early opportunity of expressing my approbation of your treatment, and wishing a few particulars of my case should be laid before the public; it was as follows:—Some weeks previous to my coming to you I caught cold, and was afterwards seized with what my medical adviser called the acute Rheumatism, (which was acute indeed !) the use of my limbs being entirely lost to me. After lingering a considerable time in a most painful state, and being reduced to a mere skeleton, the opinion of many friends being that I should not survive, I was induced by the recommendation of a gentleman to apply to you, and was brought to your house wrapt up in blankets, as my limbs were so painful and contracted I could not by any possibility ^{be} rest. I am happy to state, from the assistance of your valuable medicated baths, and other most excellent remedies, I was enabled, after two days, to pace your house without assistance, and in one week to walk home with perfect ease and comfort, and am now perfectly restored to good health. I likewise have the gratification to believe you have removed a complaint in the chest, which I have suffered severely from for the last twelve years, during which time I have been under many of the faculty, including physicians. Dear Sir, if you think my case of sufficient importance for a space in your work, you are at perfect liberty to insert it.

I remain, Sir,

Yours respectfully,

HORATIO BARTLETT.

To Mr. TILKE, Thayer-street.

Near Lewes, Dec. 10th, 1833.

Sir :

I consider myself bound in gratitude to inform you that you have been the instrument of saving me from a severe fit of gout. You are aware, from my former letters, that the use of your medicines had kept off attacks, by using them as soon as I felt any symptoms.

But being called from home suddenly the week before last, I had neglected to take your medicines with me. On the Tuesday morning my foot was stiff and rather painful, which symptoms increased through the day, and at night the pain was very severe. On Wednesday I returned home, and at night rubbed in the ointment on the feet, and took two of the gout pills. On Thursday morning the pain and inflammation were entirely gone, but the swelling remained. On Thursday and Friday nights I applied the ointment to the loins and chest, which I had not previously done; and the result was, that I was able to walk to church, and perform service both morning and afternoon, without any inconvenience to myself.

A little tenderness remained for a few days, but the ointment soon removed that also. As I think the efficacy of your remedies should be made well known, I beg you will make what use of this letter you please; and if you wish at any time to refer to me, you are at perfect liberty to do so; only, if you should in any future publication choose to insert this letter, I had rather my *name* should not be *printed*.

I am, Sir, your much obliged,

To Mr. Tilke.

*** I have never had the pleasure of seeing this Reverend Gentleman, nor many others whose letters are in my possession.

Tottenham-court Road, Dec. 8, 1833.

My dear Sir :

I have delayed writing to this period, almost doubting my own identity, being so entirely free from pain.

I think it a duty I owe to you and the public to state, that for the last nine or ten years I have been a great sufferer from the gout, the fits coming on so fast and severe, that I have been confined to my room for six months together, and at last was so much debilitated as to be quite unable to take any exercise. I heard of you by very accident, and determined to see you, although I confess I doubted your doing me any good, as I considered mine an almost hopeless case. I became your patient and inmate in February last, and I am happy to say I have been free from gout ever since, having had but one very slight attack, which I repelled in a few hours by following your instructions.

I am fully satisfied from my own experience that the gout is not (as it has been long thought) incurable; and those who are hard to believe, I would refer to Mr. Willis, of the Thatched House Tavern, St. James's-street, who saw the dreadful state I was in when I became your patient.

You are quite at liberty to give publicity to this, as I am anxious to bear testimony to the great benefit I have received from your treatment.

I am, dear Sir,

yours very truly,

J. HURD.

To Mr. Tilke, Thayer-street.

Sir ;

Blackheath, Dec. 23, 1833.

It is with great satisfaction I am able to assure you that I have continued in perfect health since I left your house. I am the more anxious to acknowledge the benefit I have received at your hands, reflecting how great a sufferer I have been, and how little I expected more than perhaps a temporary relief when I first applied to you ; and I must candidly say it was not with the most pleasurable feeling I left my home, uncertain as to what process I had to undergo when in your establishment, and you being an entire stranger to me. My surprise was great when I found myself in the midst of an agreeable family circle, and subjected to no tedious or harassing regimen, but partaking of the hospitality of a bountiful table, and the kind domestic attendance of Mrs. Tilke, at the same moment that my long-standing illness was being gradually undermined by your powerful Medicated Vapour Bath.

I think it but just to state thus much, as I consider myself highly indebted to you for a perfect state of health, and at the same time under an obligation for the very kind hospitality extended to me during the time I was under your roof.

I freely acknowledge the benefit and indulgences I have received from you and your family.

I remain your obliged friend,

W. WOODGATE.

Mr. Tilke, Thayer Street.

King's Head, Museum-street, Jan. 1, 1834.

Dear Sir ;

I beg leave to address you with feelings of gratitude and admiration for the attention and skill you have bestow-

ed upon my case; and I now take the earliest opportunity of expressing my sense of the kind and humane treatment I have received at your hands, and to acknowledge the superior efficacy of your medicines. I had been afflicted with the gout for the last twenty years, and had frequently been incapacitated for several months together from attending to my business; the paroxysms of my complaint were severe, and the repeated shocks it had given to my constitution had made me almost despair of ever discovering an antidote for my sufferings, until strongly recommended by the medical gentleman who had attended me for years, and who could afford me little or no relief (although highly eminent in his profession) to try your baths and medicine, which I am most happy to say have proved in every respect quite successful; so much so, that I am perfectly recovered, and am at this moment enjoying better health than I have for years.

I cannot allow this opportunity to escape without returning my best thank to Mrs. Tilke, for her very kind attentions to me during my stay with you.

You have my permission to make this as public as possible, and beg leave to add, that I shall be most happy to explain to any one the superior advantages of your treatment of the gout.

I am, dear Sir, yours truly,

J. FELLOWS.

Mr. S. W. Tilke, Thayer-street.

76, Long-Acre, 1st January 1834.

Dear Sir;

I have great satisfaction in acknowledging the benefit I have received from your treatment of the rheumatism,

with which disease I have been for some years afflicted, and for which I have sought relief by vapour baths, on the Continent and in Turkey; and it is due to you to state that I have received so much benefit from your vapour baths, ointment, and pills, in eight days, that I am now relieved from the most excruciating pains.

I beg at the same time to notice, that I consider your vapour baths superior and more effectual than any I have ever had either in England or abroad; and I shall certainly take every opportunity of making this known, as well as the constant kind attention which is paid to the comfort of the patients under your care. It should be very generally known, for the sake of invalids afflicted with gout or rheumatism, or others who occasionally take baths, that such a pleasant retreat is to be found in the midst of your most excellent family.

I am, dear Sir,

most faithfully yours,

THOMAS BARRETT.

To Mr. Tilke, No. 8, Thayer-street,
Manchester-square.

Extract of a Letter from a Lady after residing in my house as a patient.—“Permit me to add, that not the least among the strange things you have accomplished, is the curing of a laudanum-taker of the habit of using that deadly drug every night for five years. Thank heaven and you I have conquered it, and nothing shall induce me ever to have recourse to it again. I assure you no opportunity shall be omitted in advising sufferers to obtain similar benefits to what I have in mercy received.”

Extract of a private Letter received from a Gentleman of Cambridge, speaking of a Reverend Gentleman whom he had recommended to me.—“ I have great pleasure in informing you that your medicine has been decidedly successful in the case of the Rev. —, of —, whom I recommended three months ago ; indeed, he is so confident of its effects, that on Whit-Monday I met him at a public dinner, when the moment he saw me he rose from the table, and before the company thanked me for having recommened a medicine which has cured him of a disorder (the gout,) hitherto considered incurable.”

—

No. 1, St. John's Square, Clerkenwell,
February 4th, 1832.

Dear Sir : —Understanding you are about publishing a little work on the nature of the Gout and Ringworm, I beg, for the sake of the Public as well as yourself, to offer you my opinion upon your treatment of the former, hoping you will publish it in your book, as it may fall under the observation of many who know what I have suffered. I have been upwards of twenty years much afflicted with the Gout; have been in many parts of the world ; have tried all remedies, both at home and abroad, and not until I put myself under your care (about six months since) did I ever experience so much benefit.

Your powders and ointment I do consider to be the best medicine ever yet discovered for the gout ; and if you possess the same knowledge of the ringworm, it certainly must be considered of great national importance. Feeling grateful for your great attention to me, since I have been under your care, I beg to say, I shall always be happy in explaining to any persons, you may think proper

to refer to me. I am, dear Sir, your obliged and humble servant,

WM. HOAR.

To Mr. Tilke, 8, Thayer Street.

14, York Buildings, New Road,
February 5th, 1832.

Dear Sir :—In November last I had a most violent attack of the Rheumatic Gout over my limbs, which confined me to my bed. On these occasions I experience the most excruciating pains, having been severely afflicted for the last twelve years, brought on, I believe, from my campaigns with the Duke of Wellington in the Peninsula. Knowing you had attended several of my friends, and been successful in all cases, by their strict attention to the use of your ointment, I resolved to have recourse to the same; and being satisfied that your system of rubbing does not cause any excoriation, I allowed a trial, and to my utter astonishment, within twelve hours after your (truly named infallible) ointment had been applied, all symptoms of gout have vanished; and I have not since had the slightest return of gout. I have written this letter, that you may lay it before the public, if you see proper. In thus doing, I feel that I am discharging a duty which I owe, as well to the public as to yourself.

I am, Sir, your's very respectfully,

EDWARD HODGES.

To Mr. Tilke, Thayer Street.

204, Regent Street, London, Feb. 2d, 1832.

Dear Sir :—In justice to you, and from a sense of feeling to my fellow sufferers who may be afflicted with that

dreadful malady the Gout, I am happy to bear testimony to the safety and certainty of a cure performed on me by following your prescriptions and directions, and which has been effected in a much shorter time than I expected. About eight months back I had a very severe attack of the Gout, which rendered me almost helpless ; but after four days' adherence to your directions I have, thank God, quite recovered the use of my limbs, and am now quite well. I am also very happy to bear testimony to the extraordinary, and indeed almost unexpected cure which you performed on Mr. Newman.

Hoping your exertions may meet that reward which they so justly merit, and which in my opinion require only to be known to be fully appreciated,

I am, dear Sir, your obedient servant,

R. HUNTLEY.

To Mr. Tilke, 8, Thayer Street.

Howland Street, February 4th, 1832.

Dear Sir ;—With pleasure I transmit you a few lines, stating in a very limited degree the effect your valuable Ointment has had on me.

I have been a great sufferer for nineteen years, some years confined for four months out of the twelve ; and about three years since I was three months from my business with the Gout. It would be impossible for me to enumerate the many different medicines (strongly recommended for Gout) I have used ; also the various other applications tried, such as fomentations, poultices, leeches, &c. without any real benefit.

About eighteen months since I was attacked with a severe fit of Gout, and the paroxysm was very acute for two nights. I desired some of my family to send for your Ointment, and I must confess I joined with them

in thinking I should not receive much benefit from the use of it. However, when brought it was well rubbed in, and again in the afternoon. My sufferings after the second rubbing were very great for a few hours, after which time pimples made their appearance; and from that period, with gratitude I state it to you as the instrument, I have had but very little pain from gout. I do not mean to infer that I have not had any gout or pain since that time; yet I do say that my pain has not been worth mentioning, to that which I formerly endured.

I further state, my limbs are much stronger; also my general health is much improved; so much so, that I have been enabled to take a more active part in my business the last six months than I did during the last five years.

If you think well to make this letter public, I wish most explicitly to state, that it would be useless for any one to expect benefit from your ointment unless they tenaciously adhere to your directions.

I would just add, that I much approve of your Powders.

Wishing you, my dear Sir, health and prosperity, I remain,

Your's very truly,

J. SWEETLAND.

To Mr. Tilke, Thayer Street.

Old Cavendish Street, Sept 14, 1831.

Sir;—For the last twenty years I have been subject to attacks of Gout, every year the complaint increasing; so much so, that the last attack before I sent for you (which was last February) confined me to my room sixteen weeks. I was then advised to send for you. I followed the directions laid down, and in a week was enabled to leave my room; since which time I have had no return

of the complaint of any consequence but what a few of the powders and once or twice applying the ointment will remove. My general health is improved from the efficacy of the powders and ointment.

I am, Sir, your's respectfully,

To Mr. Tilke, Thayer Street.

R. NEWMAN.

P.S. I have recommended several of my friends, who have found great benefit from the application and powders ; and I shall be happy to explain to any person the benefit I have received.

Extract of a Private Letter from a Reverend Gentleman
who had suffered many years with attacks of Gout.

January 4th 1831.

Sir ;—I beg to inform you that I have derived great benefit from your Gout Ointment, as far as regards attacks in the joints, as it certainly removes it with much greater certainty and safety than any internal remedies ; and I would also state, that it strengthens the limbs, and prevents that painful stiffness and weakness which I have suffered so much from after being exposed to cold and damp. * * *

2, Silver Street, Clerkenwell, Feb. 2, 1832.

Dear Sir ;—I wish to add my testimony to the efficacy of your valuable Gout Medicine, having received a great benefit from it. I have been troubled with the Gout many years, and last summer I had it eight weeks. Complaining to a friend of the pain I was suffering, and great inconvenience in my business, he recommended me to try your Ointment, which had done Captain

Hoar, of St. John's Square, so much good. I did so ; and the result was, on the third day I walked five miles without inconvenience ; nor have I any fear except from my own neglect, in not attending to your directions.

I am, Sir, your's very truly,

G. CHAPPEL.

To Mr. Tilke, Thayer Street

No. 6, Westmoreland Street, Mary-le-bone,
August 10th, 1830.

Dear Sir ;—Having had, in the beginning of April last, a severe attack of Rheumatic Gout in my legs and feet, so much so as totally to deprive me of the use of them, and suffering the most excruciating pain for several days, being confined to my bed, a friend came to see me, and strongly recommended your Ointment, a pot of which he brought with him, stating it was an infallible cure. The inflammation and swelling in my limbs at this time was very great, and the pain intense, and being most anxious for relief, I had the ointment applied to the parts affected, when to my astonishment, in a short time after the rubbing the pain ceased, in the course of the night the swelling abated, and the following day I was able to walk about my bed-room, comparatively free from the complaint.

Now, Sir, as I have been a great martyr to the Rheumatic Gout before, and been under some of the most eminent of the Faculty for three and four months at a time, I consider I should not do you justice without thus publicly making it known, and beg you will make use of this letter in any way you see proper, for the benefit of mankind.

I am, Sir, your's very truly,

To Mr. Tilke, Thayer-street.

T. COLEMAN.

P.S. I have just learnt that you are about publishing a few remarks on your method of treating the Gout. If it is intended to publish my letter, it is my wish that the following fact may be added in a Postscript, *viz.* that although eighteen months have elapsed since it was written, I have remained free from any serious attack of gout, and my general health is altogether improved. I have several times felt slight symptoms of the complaint after having caught cold ; but on having recourse to the ointment, this has been instantly removed. In consequence of the very great benefit I have received, I have in many instances induced my friends who have been suffering from the same complaint to try the same remedy, and it has invariably succeeded up to the present period.—February 25th, 1832.

No. 23, Bowling Green Lane, Clerkenwell,
July 30th, 1830.

Dear Sir:—I trust you will excuse the liberty I take in addressing you, but the benefit I have received from the Use of your Rheumatic Ointment induces me to make my case known to you (and likewise the public, should you think proper). I have been afflicted for the last twelve-months with a severe rheumatic affection in my head and neck, which completely prevented me from following my business ; in fact, I could not turn my head and neck without at the same time turning my body, and the pain was so excessive day and night, that I was never at ease for one hour. After being under an eminent physician for several months without receiving any benefit, I was advised to try Middlesex Hospital, where I was an out-patient for two months, but still without receiving any benefit. At length a friend, by

great persuasion, prevailed upon me to try your ointment, and after attending to the directions given for three weeks, the pains in my head left me, and I could move my neck with the greatest facility, and in a few days after I was able to pursue my business. I shall at all times be extremely happy to give every information in my power to persons similarly afflicted, who may call upon me, and with the hope that the good effects of the ointment may be known in every part of the world,

I remain, Sir, with respect, your obliged servant,

G. BRADWITH.

To Mr. Tilke, Thayer Street.

No. 5, Charles Street, Lisson Green,

25th September, 1830.

Dear Sir :—At the commencement of last month I had a violent attack of the Rheumatic Gout over the whole of my limbs, which confined me so closely to my bed that it was impossible for me to stand at all without assistance; on such occasions I experienced the most excruciating pains. For above six weeks I was most bitterly tortured, notwithstanding I was attended by some of the first medical practitioners in this country. After this period I was induced, by the persuasion of my friends, to use your (properly named infallible) ointment; and after using between two and three pots, I recovered so as to be able to walk; and in less than a week all pain, swelling, and inflammation were entirely removed. I think I am doing but an act of justice, both to yourself and the public, in thus publicly stating the particulars of the astonishingly rapid cure performed on me by your ointment, and I beg you to give what publicity you please to this letter.—I am, Sir, with thanks and gratitude, your's obediently,

To Mr. Tilke, Thayer Street.

M. BARKER.

Sir:—I trouble you with this short letter to inform you, that from the time of using your Ointment, in September 1830, to the present moment, I have been entirely free from all return of that severe complaint. I am desirous of your being aware of this fact, as it will serve to shew that the cure, while it was rapid, is also of the most effectual nature.—M. B.

January 10, 1834.

No. 1, High Street, Mary-le-bone,

February 16th, 1831.

Dear Sir:—After having delayed writing for four months since my last fit of the Gout, that I might prove the real efficacy of your (I have reason to say) invaluable Gout Ointment, I beg leave now to give you some account of its effects and mode of operating on me.

When I first began to use the Ointment I had been subject to Gout twelve years, having three or four severe fits every year, and was then suffering under a *very severe one*. The first pot produced no other effect than very considerably increasing the pain. I still determined on persevering, and on using the second pot my feet were quickly covered with pimples filled with a watery matter, and itching much, but occasioning no pain; after which I got well rapidly.—Upon the second attack the effects were the same, but the fit much shorter. The last time I had it in hands and feet, but the fit was still shorter; since which I have known nothing of gout, for on feeling any symptoms, I invariably bathe my feet and hands in warm water, and rub in the ointment on going to bed; the following morning I feel no more of it. I ought perhaps to say it is my opinion the goutic matter is ex-

ON THE
NATURE AND TREATMENT
OF
SCALLED HEAD AND RING-WORM.

"After we have practised good actions awhile, they become easy; and when they are easy, we begin to take pleasure in them; and when they please us, we do them frequently; and by frequency of acts a thing grows into habit, and confirmed habit is a kind of second nature; and so far as any thing is natural, so far it is necessary, and we can hardly do otherwise; nay, we do it many times when we do not think of it."

ARCHBISHOP TILLOTSON.

SCALLED HEAD,

OR, "Tinea Capitis," as the gentlemen of the Medical Profession term it, is a disease of a most malignant and contagious nature, and melancholy to relate, is spreading far, and making most rapid progress throughout the kingdom; a circumstance which makes it a consideration of vast importance to those who have the care of children, or, in other words, who keep schools; to those it has always been a subject of dread, from the known fact of its being contagious, and the means of cure, as far as generally known, very uncer-

tain and dilatory. Bonetus says, "There are no proper and certain remedies yet found out for the cure of this stubborn distemper." Another author advises us not to be over hasty in attempting to cure this disorder, "unless the adjacent parts are in danger of being injured." How often have I, within the last ten years, witnessed the dreadful havoc of this disease on the constitution! Many children have been brought to me, after suffering for four and five years, until the disease has proved most destructive to them, not unlike the *rot* in sheep, passing down the chest and back. I have often been compelled to fasten up their ears with a bandage, to prevent their hanging down.

Next to the disease of which I have been speaking in the former part of this little pamphlet, perhaps none is more difficult to cure, or any that so strongly opposes almost every attempt of the professional man. Independently of this, it is marked for its peculiar and perplexing character, in defying any one general and steady system of practice, inasmuch as that, according to ordinary means, if, I will say, twenty children are selected, each of the same age, and each afflicted with this disease, of about the same standing

and appearance, scarce any single remedy that would cure one would be of the least service to the other; so that you must begin your plan of treatment with twenty different remedies, and change these remedies, perhaps, fifty times, and after all, leave off as bad, or worse, than when you began.

The seat of this disease is on the head, and the victims of it are generally children of tender age; it commences by forming little ulcers in and about the bulbs where the hair takes root; these bursting, pour out a matter, which being blended with the natural moisture and even filth of the surrounding parts, and exposed to the influence of the atmosphere, becomes of a most disagreeable, filthy, offensive, and acrid nature; it then generally collects into and forms large scabs over the surface of the head, which continually break, crack, or peel off, leaving the poor sufferer the object of disgust with many, while the feelings of others must be aroused to the greatest commiseration. When this disease has continued for some time, resisting every attempt at cure, it arrives at the utmost degree of inveteracy, and the matter poured out by it becomes absorbed and taken up into the system, and the whole mass of blood being

impregnated with it, it breaks out into innumerable forms of disease; sometimes glandular swellings in various parts of the body, at other times by eruptive pimples, pains and aches in the bones, swellings at the large joint, fevers, loss of appetite, general wasting, and death. While writing this I have just had a young lady, about fifteen, placed under my care for the above disease; a letter accompanied her to me from her mother, wherein she says:—"We are quite uneasy about it, for we have lost a fine little boy with the Scalled-head." The letter may be seen.

It will be here necessary to explain, that Scalled-head is often mistaken for a disease of a more simple kind, as when a few pimples appear in consequence of some interruption that has probably taken place from obstruction in the pores, or some other trifling cause. I therefore warn all parents not to trust to their own judgment in these matters, as they may often be led to use dangerous and improper remedies, that would even aggravate these little pimples into more extensive and dangerous maladies.

Perhaps there is no disease more dependent on *Cleanliness* than Scalled-head; indeed, under no treatment can success be ex-

pected without a steady attention to this part of the curative process ; and to facilitate this the more, as soon as the disease is discovered, the hair should be all cut off, the head then shaved, and carefully washed with warm water ; having effected this, it is all that the parent or nurse should attempt to do ; beyond this, be assured, such is the nature of the disease, that every domestic attempt at cure is attended with the most dangerous consequences, even to the life of the sufferer.

Many are the remedies in fashion for attempting to cure this malady ; such as muriatic acid, sulphur, tar, turpentine, blisters, ointments, and that barbarous treatment of pulling the hairs out of the head by the root, &c. ; but the most to be dreaded, is the free and unrestrained use of mercury, which is often pushed in the most violent and virulent forms, to the most fearful and frightful extremes, as is often to be traced in the sad and incurable malady of water on the brain, honey-combed skull ; not unfrequently the total loss of sight ; and lastly, death itself.

Thus the remedies are rendered as alarming, and even more to be dreaded than the disease.

It is presumed, that the obstinacy of this disease, as well as the fact of its being extremely contagious, are generally known to the public; but are they as well aware, that to the present moment there is no such thing as a certain cure to be met with, beyond what I myself practise? To put this in a more clear point of view, I shall point to the School of Christ's Hospital, better known as "the Blue-Coat School," which, I believe, has had this complaint, more or less, for nine years in succession; although it cannot be doubted, they have had recourse to the first medical advice. Less than three years since the subject was brought more particularly to my notice by a letter in the "Times," in reply to the complaints of many parents of the pupils, that their children were delayed considerably beyond the usual period at the preparatory school at Hertford. This letter candidly stated, that the only reason for the great delay was, that they were desirous of not introducing the Ringworm into the London school, as it was very prevalent in the school at Hertford. No doubt this excellent institution has funds to command the best advice to be found in Europe; and yet

the complaint has existed there for years. This too plainly shews, what I believe has been very generally admitted by medical men, that a certain remedy is not known.

In the course of the two last years I have had several children of this school brought to me by their parents, hoping, yet doubting whether it were possible that I could do any good, where so much had before been tried in vain. In all these cases perfect cures were performed, and the parents are most anxious to corroborate the efficacy of them.

I now publicly announce to the Governors and conductors of all public institutions, that I will take the whole, or any number of the worst cases to be met with in any establishment, and undertake the cure ; and if I fail in the attempt, the loss shall be my own. The more public the ordeal before which this might be performed, the more would it be to my satisfaction.

It surely will be unpardonable, after this public announcement, if the Governors of establishments will any longer allow this disease to exist, where the cure is so certain. If the truth of what I have stated be doubted, let the most sceptical call on me, and I will give them ocular proof of daily cures I am performing.

In more than one instance it has happened, that Proprietors of Schools have come to me in the greatest anxiety of mind, alarmed at the rapid spread of this complaint in their establishments, and stating that their prospects would be ruined if means were not discovered to arrest its progress. It was with the greatest feelings of satisfaction that I took these formidable cases in hand, and the complaint has been actually removed, without even the scholars themselves being aware of the situation in which they stood, and the feelings of their parents spared from unavailing anxiety. The names of persons and places have been held back from obvious motives, and although I have here stated the general facts, nothing will ever induce me to name the parties thus circumstanced without their permission.

It only remains for me to add, after these few remarks, that I have for many years employed a vegetable system of cure for this direful scourge ; simple in its nature, certain in its effects, free from injury, and generally rapid in its cure ; and I am happy in being enabled to say, that I not only possess the remedy, but that I have been blessed with, during a lengthened practice, hundreds of suc-

cessful cases, for never up to this moment have I failed in one. References can be given to many a glad father, many a thankful mother, and to many a heart of gratitude in young people, for the cures which I have performed, independently of very many medical men, who have turned over their patients to my care, after every effort and ineffectual attempt to stop its rapid career. And proud am I to say too, that I have at this moment the children of several highly distinguished professional gentlemen under my entire management.

My peculiar mode of practice consists in many different modes of treatment, according to the constitution, age, sex, nature, and appearance of the disease in different patients. With some after many months, or after years standing, I give a botanic vapour-bath to the *head only* (for the performance of which I have invented a little apparatus); as this in dry, scorbutic cases, opens the pores of the skin, and the more readily admits my ointment; the power of which expels all offensive matter from the head; and I am often obliged to have the assistance of my Gout Ointment applied to the Chest; which with my Powders soon sets the blood in free circulation, by

which means, or by a sort of gentle *Perspiration*, some of the impure fluid or matter is thrown off by the pores of the skin. I am now speaking of the worst species; and I think there are about nine different sorts. Some require my Ringworm Ointment alone, or the assistance of my herb tea, which I often give. I have just effected a cure of six children in one family. The mother informed me her eldest daughter brought it from school, and gave it to the other five children; not two of them had the same disease, and I was obliged to use different means with each child. I am sure medical gentlemen will believe this part of my statement, as it forms the difficulty in the cure of the disease, which they cannot conquer or explain.

LETTERS.

The following letter was received from a Member of Parliament, acknowledging the cure of his son.

27th Jan. 1832.

Sir :—I feel great pleasure in bearing testimony to your skill in the treatment of Ring-worm.

About two years ago, my eldest son, then between nine and ten years of age, returned from school, where he had contracted the above disease. For upwards of nine months he was under many hands, medical and non-

medical, without experiencing the least benefit. Recommended to you, after three dressings only, in less than one month he was perfectly cured. I consider your knowledge and treatment to be of great public importance, and I remain, Sir, your's obediently,

To Mr. Tilke, 8, Thayer-street.

W. M.

17, Vere Street, Cavendish Square, Jan. 27th, 1832.

Dear Sir :—I have been anxious, for some time, to acknowledge the benefit which my little boy experienced from your treatment of the Ring-worm, which you may probably recollect you cured about twelve months ago. I had tried many highly respectable gentlemen of the faculty, without making the smallest progress towards amendment, for upwards of six months. Under your treatment, every vestige of disease disappeared in less than three weeks. I should have expressed my gratitude before this, but waited to ascertain if any eruption should appear, and have now great pleasure in stating to you that his head continues perfectly clean, without the smallest appearance of scurf.

I am, dear Sir, with much respect,

your obedient serrvant,

To Mr. Tilke, Thayer Street.

CHARLES BIRCH.

24, Bentinck Street, Cavendish Square, Feb. 13th 1832.

Dear Sir :—I feel it my incumbent duty, both to you and the public, to acknowledge the cure of the Scalled-Head which you performed upon my little boy about nine years of age, he having been treated for it at school, where he had been for some months, with the appearance of the disease getting obviously worse, up to the time of your treatment, to which, I am happy to say, it immediately yielded, and was cured in the course of three weeks, and the hair brought over the head. This

cannot but be viewed as of great consequence to the public at large, as your mode of treatment has for its object the cleansing impurities out of the system, both in this as well as the Ring-Worm, which I find from my friends you treat with equal success: a circumstance that I hope, for the good of the rising generation, may not be overlooked, as it has, unfortunately, in some of our large schools, been done for the last two years.

I am, Sir, your's truly,

To Mr. Tilke, 8, Thayer Street. W. H. BAYLY.

36, Lamb's Conduit Street, 7th Feb. 1832.

Sir:—I feel anxious to bear my testimony to the success of your treatment of Ring-Worm. About eighteen months ago, my eldest son, now seven years of age, contracted the above disease at school, and for six months we had recourse to the best advice, without experiencing the least benefit. You were recommended to me by Mr. Hollis, and the child brought to you. After two or three dressings, in less than a month we perceived the worm cured, and dying away. I had another son, exactly the same, but under no one's hands but your own; his you cured in a very short time, I think in about a fortnight or three weeks. We also had a niece, who came from school with a very obstinate disease; you cured the child's head, to the amazement and surprise of her friends; for it had been so long incurable and badly treated, that part of the child's head was burnt in white spots, and now the hair will never grow on those places where they were so dreadfully treated. I consider your knowledge of this disease to be of great public benefit.

I remain, Sir, yours, &c.

To Mr. Tilke, 8, Thayer Street. J. B. PAIN.

10, Cleveland Street, Fitzroy Square,
Feb. 7th, 1832.

Sir:—I have a son who had contracted that very troublesome disorder, the Ring-Worm, which he retained nearly two years, during which time he was attended by three medical gentlemen, without deriving any apparent benefit. Fortunately I met a friend who assured me you had cured some of his family, which induced me to make a trial of your skill, and to my great joy, I found that in one week the complaint was quite removed. It is full a twelvemonth since the cure has been made, and no symptom of return has appeared.

I remain, Sir, your's most respectfully,
To Mr. Tilke, 8, Thayer-street. J. HOLLIS.

No. 1, North Street, January 1832.

Dear Sir:—Gratitude prompts me to return you my humble thanks for the effectual cure of my daughter with that most distressing malady, the Scalled-Head. Twelve months have now elapsed, and there are no signs of any return. Mrs. Smith joins me in wishing you every success your discovery merits.

I remain, dear Sir, your most obedient servant,
FREDERICK SMITH.
To Mr. Tilke, 8, Thayer Street.

46, Great Mary-le-bone Street, Feb. 6, 1832.

Sir:—I think it but right that I should let you know how grateful I feel for the cure of my son of the Ring-Worm. I tried many prescriptions without the least avail, until hearing of your medicine, which by being applied three times has entirely cured him.

I remain, your obedient servant,
To Mr. Tilke, 8, Thayer Street. J. BATCHELOR.

85, Edgeware Road, Feb. 18, 1832.

Dear Sir:—You will no doubt be surprised at my writing this, never having had the pleasure of seeing you; but the wish I have of giving publicity, by every means in my power, to your treatment of that very troublesome disease called Scalled-Head, has induced me to take this course; that you may both show this, and refer any patients to me (if you think proper), who have children with the same complaint. The result of your treatment must be of the utmost importance to parents.

Last June my child was attacked with this complaint, who was then put under the care of our doctor, who tried every means he could think of for three months, without the least advantage. He then recommended sea air, and she was sent to Ramsgate for a month; but came back worse, if possible.—We then had recourse to various applications with as little success; till hearing of a family of six children who were cured by you, I agreed to put her under your care, when in the short space of four weeks she perfectly recovered. You not having before known the whole of this case, could hardly conceive the gratitude and pleasure we have experienced in her recovery. Again wishing you to make use of this in any way you think proper for the relief of those afflicted with this most obstinate disease,

I subscribe myself, your's most respectfully,
To Mr. Tilke, 8, Thayer Street. W. HAYNES.

No. 96, Cheapside, Feb. 29, 1832.

Dear Sir:—I must apologize for what may appear a neglect in not answering your kind inquiries respecting the health of my children, by referring you to my recent domestic calamity as the sole cause.

As respects my children, however severe and desperate one of their cases of Ringworm was, I am happy to

inform you they appear equally cured; the severer case of the two only now requiring a little extra attention from the rising of the scurf; and I beg sincerely to assure you, that in my estimation a parent's gratitude must be added to the trivial expense of your ointment and kind attention, and which alone can render an equivalent for the extraordinary and rapid cure you have effected, particularly when I place it in comparison with the great expense, anxiety, and trouble I and my family have been at and endured, during the time they were under the care of several of the faculty, for upwards of two years before I was providentially recommended to you.

Permit me to add, that I shall be most happy to shew the children to any person you may refer to me, or answer any inquiries; and I feel it an incumbent duty towards other parents to request you will make use of this testimony, in any way you may think best, to promote the publicity of your invaluable remedy.

Believe me, dear Sir, to remain your's ever obliged,
To Mr. Tilke, Thayer Street. W. TURNER.

73, Strand, March 2, 1832.

Dear Sir:—I beg to return you my best thanks for the kind care and attention my little boy has experienced from you, having been some time afflicted with that very unpleasant disorder the Scalled-Head; and I have great pleasure in saying, that I have every reason to think a perfect cure has been effected.

I am, dear Sir, your obliged servant,
To Mr. Tilke, Thayer Street. WM. TATE.

“ Will Fortune never come with both hands full ?
She either gives a Stomach and no food,
(Such are the poor in health) ; or else a feast,
And takes away the Stomach, (such are the rich,
That have abundance, and enjoy it not.) ”

* * * *

“ If the Cook make the Gluttony,
She helps to make the Disease. ”

SHAKSPEARE.

ON SCARLET FEVER.

To prevent diseases is surely a more advantageous art to mankind than to cure them. But the sagacity to comprehend and estimate the importance of un contemplated improvement, is confined to a very few, on whom Nature has bestowed a sufficient degree of perfection of the sense, which is to measure it; the candour to make a fair report of it is still *more uncommon*; it cannot often be expected from those whose most vital interest it is to prevent the developement of that by which their own importance, perhaps their only means of existence, may be for ever eclipsed."—Dr. KITCHENER.

Dr. Starke says, " The only test of the utility of knowledge is its promoting the happiness of mankind."

FIELDING has said, in some part of his works, that when a man commences writing a book, circumstances during his labour may occur to lead him into matter which he had no intention of touching on. Domestic calamity has most acutely shewn the application of this remark to myself, and made me feel that

" Every one can master grief
But he that has it."

SHAKSPEARE.

The Scarlet Fever raged in my family; I had recourse to medical men, whose practice, no doubt, was regulated according to the rules laid down for their guide; and, in the end, I have to lament the loss of a dear daughter and sister. I do consider that the

treatment was contrary to nature. I would by no means wish to deter my readers from the exercise of their own judgments; I only wish to communicate what I consider an easy, and I have no doubt successful method of treatment; for I hold that the man who feels dissatisfied with what he sees in practice, and takes up his pen, and boldly gives to the world his opinions, is more to be praised than he who in private society, with a *deceptive* smile, “*just hints a fault, and hesitates dislike.*”

It will, no doubt, excite surprise in some, that I should have called in advice which I had so little confidence in; but it must be remembered, that it is not customary in the medical profession to prescribe for your own family; and every one will readily see the necessity there is for me to be careful to give no pretence to cavillers. Besides,

“ I can easier teach twenty
What were good to be done,
Than be one of the twenty
To follow mine own teaching.”

SHAKSPEARE.

That eminent man, Dr. Clark, has told us, that “ the loss of one practical fact is a robbery on the public. It is incumbent on every

one to throw his mite into the mass ; indeed, it is doubtful how a man can answer to his conscience having indolently deprived the world of that which, if communicated, might have added to the safety of a fellow-creature." Believing all this firmly as I do, I should not be doing my duty to the public, if I were not to give my opinion as to the treatment and cure of this disease.

I believe, if the efforts of nature, in the beginning of a fever, were duly attended to, and promoted, it would seldom be attended with danger ; but when they are either neglected or counteracted, it is no wonder if the disease proves fatal. Persons residing in the country have a common, and I believe a very just notion, that sweating is necessary in fever, as all fevers proceed from an obstructed perspiration. The French are of the same opinion, as they seldom give any other medicine than elder flowers in an infusion, and put warm bladders of water to the feet. Perspiration follows, the pores of the skin are opened, by which means the fever is carried off, as all fevers are only an effort of nature to free herself from an offending cause ; and, indeed, those who have the lives of their fellow-men placed in their hands, ought to be taught and

well observe what means nature takes, unassisted by art, to relieve herself from these diseased humours. Many important hints from the above may be taken, and those who would advance and improve the study of the healing art, ought to rest satisfied with a few but well-chosen medicines for each disease, and be rightly acquainted with their power and efficacy in different constitutions; they should despise the cumbersome load of applications such as modern practice abounds in, and the use of which too often proves fatal. I offer the following suggestions, to show my readers how they may with safety treat patients with the Scarlet Fever; being the course I shall pursue, should I be so unfortunate as to have any more of my family affected with this distemper. Common sense points out to us that it must be proper and safe, although contrary to the common practice of the day.

Scarlet Fever derived its name from the colour of the skin, more particularly on the joints, which appear as if coloured with red wine. It begins with a sore throat, and, like other fevers, with coldness and shiverings. The colour on the skin will disappear on the third or fourth day, if improperly treated with

bleeding and cold applications, in which case it is always dangerous, as this is attended, first, with languor, sickness, and great oppression, and much heat ; quick pulse, but small and depressed, the breathing short and laborious, the skin hot and dry, the tongue moist and covered with a whitish mucus, costiveness, and retention of urine. As these symptoms, if not removed, must prove fatal in a few days, they require the promptest applications. There is no disease where the steam-bath, charged with fumitory and hops, may be used with more apparent success than this, as it is attended with a soothing and composing effect, and induces refreshing sleep, and by relaxing the surface, perspiration is easily attained. From this cause a steam-bath must be serviceable in fevers, both in soliciting the fluids to the skin, and by the cooling process of evaporation, which abates the extreme heat, and mitigates the feverish condition ; and the venom of this disease, which has produced the danger before-named, will be expelled through the pores of the skin. Assist this by giving the following expulsive medicine :

Of elder-flowers, of fumitory, and of borage, each half-an-ounce, with five grains of

saffron-leaf, boiled in one quart of milk for about ten minutes. Let one-fourth of this be taken every hour, unless the perspiration be very great, when half the quantity may do. If there is an inclination to vomit, give an infusion of green tea and one grain of tartar emetic with it, or three grains of ipecacuanha in a little warm water. This may be repeated in one hour, should there be no effect. The throat may be gargled with sage, vinegar and honey, boiled together, and the steam from this may be conveyed to the throat through a funnel by the mouth. After the violence of the disease is over, the body should be kept open with mild purgatives, such as cream of tartar, manna, senna or rhubarb.

When a bath cannot be had, six or eight bladders of hot water may do very well with the elder flower tea. If the putrid symptoms run high, bark may be depended on. One ounce in powder, with two drachms of Virginia snake-root, may be boiled in a pint of water, and a wine glass taken every hour, and apply a strong poultice of briony root or mustard to the feet; but unless a patient's blood before the attack be in a very bad state, and if the perspiration be attended to in the first instance, as it ought, there will be no fear of

those dangerous symptoms. Should the elder flowers not be procurable, marsh-mallow roots, linseed, marygolds, balm, shepherd's purse, holy-thistle, sarsaparilla, viper-grass, and pimpernelle, will do as substitutes; but none are equal to the elder fumitory and borage.

So convinced am I of the correctness of this mode of treatment, that nothing would give me greater pleasure than to see this system in practice; and much do I regret that it should not be introduced to the public by a much abler hand than mine. I leave the subject for the consideration of those who are showing the world every day that man is rising in intellect by thinking for himself. I should rejoice in having to defend this doctrine against combatants possessed of abilities and advantages sufficient to detect me if I had not truth and common sense on my side.

The monopoly of the profession has been for many years like a mill-stone about the neck of those who have a wish to make useful discovery in the cultivation, preparation, and employment of useful and natural remedies. There are more drugs swallowed in London alone than in the whole of Europe beside, four-fifths of which are either useless or pernicious; and my readers will perhaps be sur-

prised to hear, that there are not less than thirty thousand medical men residing in London and its vicinity, who receive from the public, for coughs, colds, gout, consumption, fever, catarrhs, rheumatism, measles, small-pox, and accidents of "flood and field," (allowing each only £300 a year), about £9,464,000 per annum. This is a low calculation, for many could be named who are receiving from £3000 to £8000 a-year.

It is sufficient to point out these enormities to have the voices of the illiberal raised against me and my mode of practice; they find it their personal interest to support their order, and it is natural to expect from those who have devoted much of their time and attention to one particular course of treatment for all disorders and constitutions, that they should fall into the above error. They have a favourite child to nurse of their own, and they prefer it with the blind partiality of a parent.

But am I singular in my opinions? By no means. The *Times* paper of 16th July 1831, says: "We never read any reports where medical evidence is given without blushing for the state of medical science in England, and being convinced that this branch of education is defective, not only as regards the inculcation

of sound principles, but even in the application of undoubted facts to recognized principles."—And this confusion in the practice of medicine must remain so while the law confines it to certain licentiates, who all, with a very few exceptions, unite against any innovation, and who will make a greater stir in defending their exclusive privileges than they ever did or will in learning the healing art; the consequence has been, that the most eminent men, those who have conferred the greatest benefits on mankind, have had to encounter the greatest opposition from the faculty at large.

Harvey, who discovered the circulation of the blood, was branded as a quack and an impostor. John Hunter, who, like myself, spent the early part of his life as a tradesman, was attacked by the profession with all the ribaldry of vulgar insolence, although there is hardly a medical man in England but would feel it an honour to have known him. Dr. Jenner was treated and slandered in the same way, and had to seek refuge in the house of Colonel Watson, from the excited fury of the mob, set on by many of those very persons who would now consider it a great honour to be a Member of the Royal Jennerian Society.

I could give the names of many other eminent men who have had to struggle with similar prejudices. Dr. Thornton is a living instance. Hear what he says of the liberality of his medical brethren. He states, that "the small-pox is a disease too long known as productive of much emolument to all the branches of our profession ; but every heart must pant to see this horrible disease banished from the earth ; but, alas ! instead of enquiry being steadily pursued and fair inductions made, an unexpected opposition arose, and the public were deluded by men who, to speak the least in their disfavour, should have known better ; but on their account the people die. I have ventured to shew the torrent of their displeasure, and shall coolly investigate their several statements. I even trust and hope, finally, to see those same men at last adding to the glory of such noble example so honourable to the profession."

Many of the profession speak against my treatment, as it takes good patients (as they are called) out of their hands, curing them and keeping them well. This resembles the objection the Assurance Offices had to Mr. Braithwaite's steam fire-engine—it extinguished the fires too expeditiously, as every great fire

brought fresh customers to the office. The medical insurers of health act on the same principle. Sometimes their medicine shuts up the valves of vitality, and destroys the digestive powers of the stomach, which soon ends in death ; and then to finish, if they hear that a man like myself has been in the room to visit as a friend or acquaintance, "*there is ground for a good cause against him.*"

The following facts will serve as a specimen of the liberality of some men. About eighteen months since a gentleman, part of whose family had been under my care, called to consult me respecting a Gentleman residing in my parish. After hearing the particulars, I considered it beyond my ability ; and not at any time wishing to interfere with the practice of medical men while there is any chance of their attendance doing good, and intending moreover to confine myself to those complaints which I profess to understand, this feeling led me to decline attending ; but after receiving several other applications, my friend told me I should oblige him by merely giving my opinion. I saw the helpless patient, only twenty-six years of age, completely bed-ridden, and given over by three of the most eminent Gentlemen in the metropolis, besides many others of inferior

note, some of whom I knew to be very clever and good men. I felt myself imperatively called upon to act in this case, as I understood the nature of his complaint, and had a remedy for it ; it was a *glandular swelling*, brought on by an affection of the *spermatic cord*. My treatment was fomentation, poultices, baths, and ointments externally ; internal, teas or infusions of the most simple herbs, such as ground-ivy, heart's-ease, briony, tormentil, cuckoo-point, &c. &c.

This gentleman walked to my house in Thayer Street within five weeks after this, and continues well. Now for the cream of the story. One of his physicians, on leaving him, begged of the patient, if he was ever fortunate enough to be cured, that the name of the practitioner should be sent to him, as he should most certainly introduce the case in one of his lectures. My patient, when perfectly cured, went to this gentleman's house. After the squeezing of hands and hearty congratulation on his wonderful recovery, this great man took his pen, and said : " Now, Sir, for the name of the fortunate fellow who has done this wonder for you." On my name being given, he said, " Tilke ! Tilke ! why I never heard of his name in the profession be-

fore !” My patient replied, “ No, Sir ; he is not a regular doctor, but was a tradesman in the neighbourhood where he now resides.”— “ Oh !” said this great man, “ I think I have heard of him before ; I dare say it is that baker doctor who professes to cure the gout ?” The reply was, “ Yes, Sir, that is the man.” This had an instantaneous effect on this *liberal* man : he threw down the pen, and gave such restless tokens and signs to my poor patient as convinced him he had given great offence, in condescending to be cured by a quack.* Had I wished to avoid this contumely, what was to

* I must confess I am not well acquainted with the meaning which the professional men have attached to the term of quackery ; but I understand it to mean *mal-practice in physic*, or the exhibition of injurious or useless drugs for diseases of the human body, and that he who prescribes such injurious or useless a remedy is to all intents and purposes a *quack*. Then, I maintain, those gentlemen who attended this poor patient before me were all quacks, as they had all applied a useless remedy. I could not come under that name, as I applied *useful remedies* and *cured the disease*, which their best regular treatment now in practice had failed to do. Methinks I hear him telling one of his students, after my patient was let out, “ That fellow has suffered himself to be cured by a *quack* after I had given him up ; it is enough to ruin my reputation. There is an unfeeling scoundrel for you ! a man of honour would sooner have died under my hands. This must be put a stop to, or there’s an end to all law and justice.”

prevent me from purchasing a diploma at the College of Aberdeen, Saint Andrew, Edinburgh, or Glasgow, where such things have been sold without the candidate being present? I say, had I cared for this mockery of common sense and understanding, I might have had my name and practice blazoned forth in the lecture-rooms, and in the medical publications of the day.—

“ For who shall go about
To cozen fortune, and be honourable
Without the stamp of merit! Let none presume
To wear an undeserved dignity.
Oh, that estates, degrees, and offices
Were not derived corruptly! and that clear honour
Were purchased by the merit of the wearer;
How many then should cover that stand bare!
How many be commanded that command!
How much low peasantry would then be gleaned
From the true seed of bonour! And how much honour
Picked from the chaff and ruin of the times
To be new varnished.”

SHAKESPEAR.

How does this agree with the remarks of the liberal-minded Mr. Lawrence, who observes in one of his lectures, “ It is the obvious interest of the patient to be under the care of men who understand the case in all its bearings. It matters not,” he says, “ to him whether he belongs to this or *that college, or even if he*

belong to no college at all." Doctor Burrows says, "Medicine ever was and ever will be a conjectural science: the dogmas of schools are dangerous; because they are sanctioned by such an authority, and embraced unexamined, and perpetuated." Dr. M'Culloch observes, that it is quite time that physic should cease to *assert*, and commence to *prove*."

1751

TILKE'S CELEBRATED ESSENCES

OF

ALMOND, GINGER, ALLSPICE, CARRAWAY, CORIANDER,
CINNAMON, &c. &c.

are supplied to the Public, of the most superior qualities.

Sold in Two Ounce Bottles, at 2s. each.

The uses of these Essences, it is presumed, are too well known to need description here. Suffice it to say, that no Family who can afford it should be without them.

Impurity of the Blood is the only Real
Disease to which Man is subject,

FOR WHICH TILKE'S

UNIVERSAL FAMILY PILLS

Are found so generally useful. The Inventor will prove, on oath, if required, that they do not contain one particle of mercurial or mineral substances, which are contrary to the natural constitution of man. They are composed of those tonic and bracing herbs, carduus benedictus, horehound, betony, coltsfoot, &c., and are strongly recommended for weak constitutions, especially after any severe fit of illness. They are also very beneficial for those females who lead a sedentary life, which relaxes the solids, enervates the mental powers, and disorders all the functions of the body. From the same cause proceed obstructions, indigestion, flatulence, and the whole train of nervous disorders, bringing on that painful state of the stomach which is described by the patient as peculiarly distressing, rivetting their attention, and poisoning all the sources of their enjoyment.

The success which has attended the use of these Pills, entitles them to the strongest recommendation, as they are found surprisingly

efficacious in the above complaints, and they are found to be one of the best strengthening medicines and purifiers of the blood ever offered to the Public. Two, three, or four every night should be taken at the commencement, and the number gradually reduced.

TILKE'S GOUT PILLS,

To be taken while using the Ointment.

These pills are prepared from simple herbs ; they do not contain one atom of either mercury, antimony, or the use of any drug whatever. Their first action is on the blood, therefore exercise promotes their good effects if taken as directed. With some constitutions they will not act on the bowels, in such cases they must take a little gentle opening medicine. These Pills stir up the humours, and evacuate such as the gout proceeds from ; they greatly assist digestion, and cause the food to pass on to its respective parts for the purpose of supply to the system. The want of this effect is no doubt the first stage of gout, which may be known by a weakness and pain in the stomach, sickness, headach, giddiness, disrelish of food,

sense of fulness after meals, spasms in the stomach, acidity, &c. These pills are to be taken one every four hours when the fit of the gout is on, and one every night at bed-time, to prevent the gout, assisted by soaking the feet and rubbing in the ointment once, and in very bad and long-standing cases twice a-week. The proprietor pledges himself that these pills are mixed and made up with the most scrupulous accuracy, to accomplish which it has caused him many hours of intense study and practice, feeling and knowing how advantageous and essential it is in all diseases to adapt and combine medicines judiciously. No practitioner can do this unless he is the compounder of his medicine.

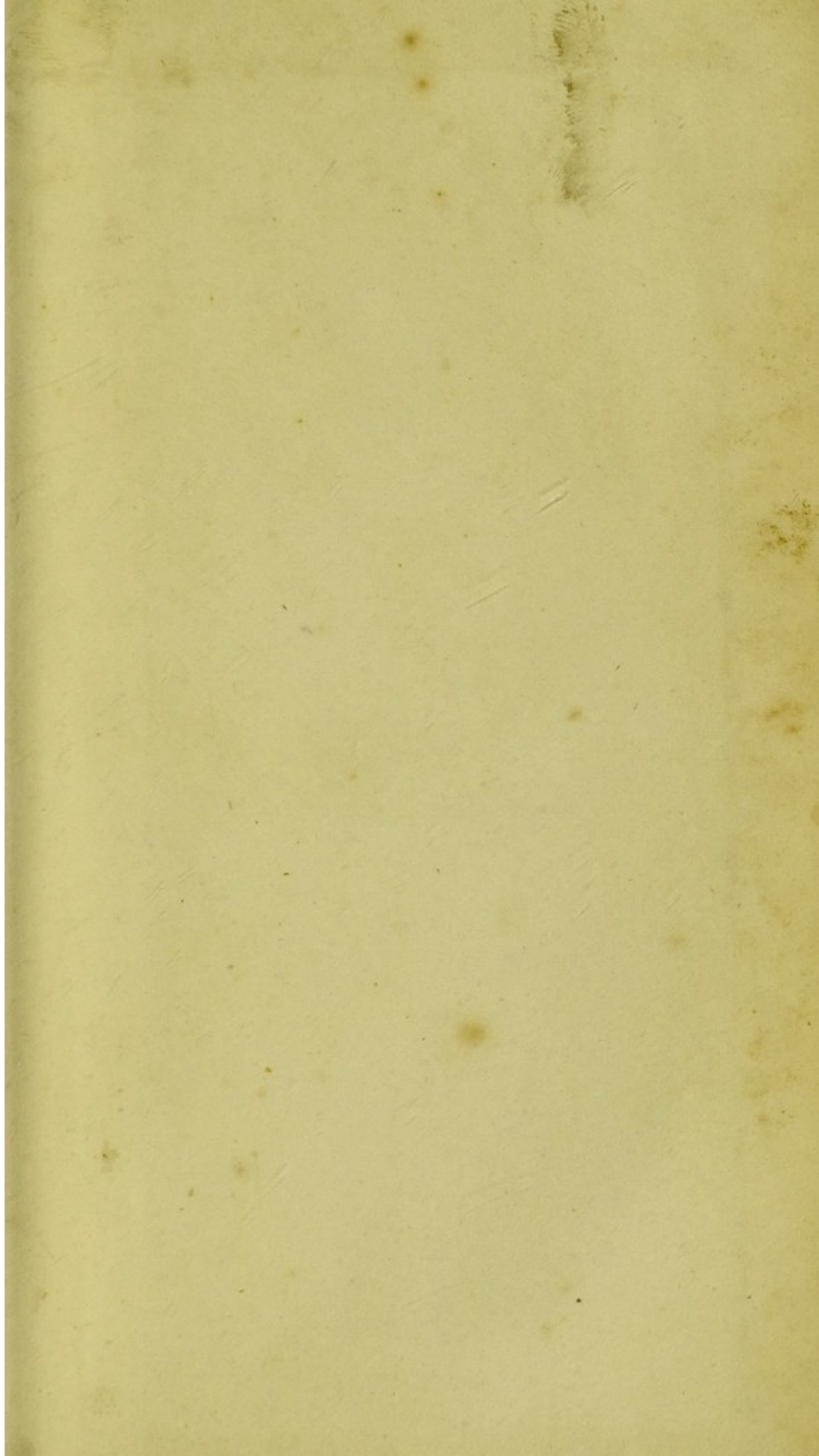
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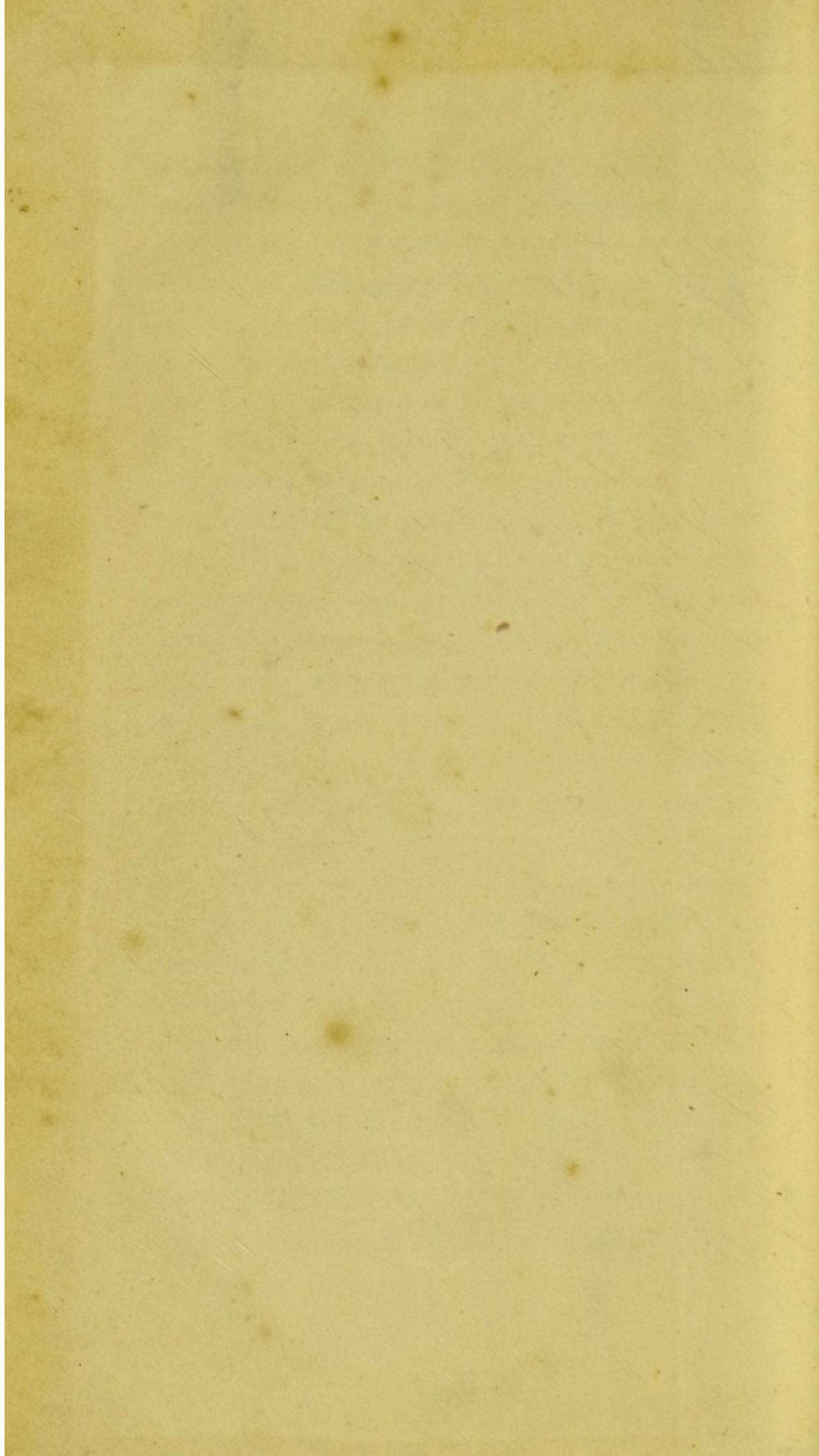
ERRATA.

P. 48. l. 4, *for* tumour *read* humour.

LONDON :

Printed by J. Poulter, Great Chesterfield Street.





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