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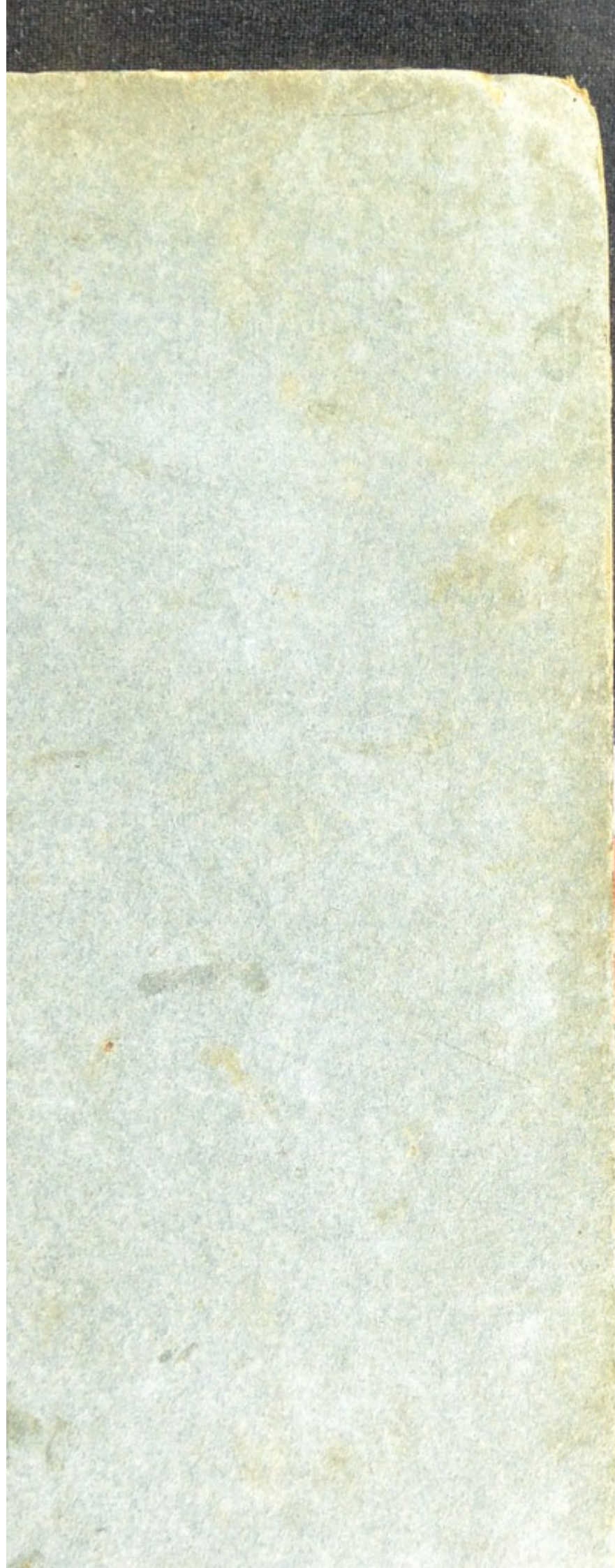
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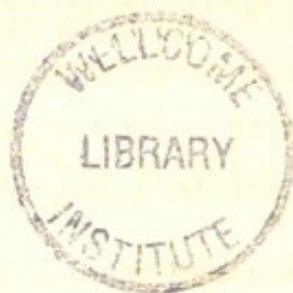
THE
Parent's
Medical and Surgical Assistant,
INTENDED FOR THE USE OF
THE HEADS OF FAMILIES,
PAROCHIAL CLERGYMEN and OTHERS,
Affording familiar and popular Directions
for the Management of the
Sudden Illnesses and various Accidents
THAT REQUIRE A
Prompt and Judicious Treatment,
AND WILL NOT ADMIT OF THE DELAY NECESSARY FOR
PROCURING REGULAR ADVICE.

BY
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CHRIST'S COLLEGE, CAMBRIDGE.

LONDON:
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TO THE
MAGISTRATES,
PAROCHIAL CLERGY,
AND COUNTRY GENTLEMEN,
OF GREAT BRITAIN;

THIS WORK,
Intended as a Guide to direct their humane Efforts
IN THE PALLIATION OF SUFFERING,
AND PRESERVATION OF LIFE,

Under Circumstances
OF URGENT AND IMPERIOUS NECESSITY,

Is Respectfully Inscribed

BY THE AUTHOR.

PREFACE.



THE object of this work is to supply the reader with some simple but important rules of practice, by which, in the unavoidable absence of professional assistance, he may be enabled to alleviate the sufferings of sudden and unforeseen maladies; or, by a prompt and judicious administration of some appropriate remedy, to avert the otherwise inevitable consequences of poisons, and various mechanical injuries. There is scarcely a parent or superintendant of a large family, that has not, during some period of his life, experienced the want of such a monitor;—a darling child, or a dear relative, is suddenly attacked with a fit, or injured by some accident—the apothecary is sent for—he is from home,

or living at a distance so remote, as to prevent the possibility of his immediate attendance;—in this awful interval the anxious parent instinctively flies to some resource for his recovery, and how frequently is the effect calculated to increase the malady, or perhaps to render permanent an evil that, under the simplest management, might have passed away without any serious consequences. To the humane and philanthropic members of the sacred profession, whose residence in populous districts affords them such numerous occasions for the active exercise of their benevolence, it is unnecessary to dwell upon the importance of the objects of this work. It is generally felt, and has been publicly acknowledged by the institution of a Course of Lectures on Domestic Medicine in the University of Cambridge,* avowedly

* These Lectures were first read by Sir Busick Harwood, Downing Professor of Medicine in the University of Cambridge.

for the purpose of making this branch of knowledge an indispensable element in the education of a clergyman.

The author has consulted, and freely borrowed from, the various publications of the Humane Society, as well as other works upon the subject; and he grounds his principal claim to a favourable reception upon the circumstance of having anxiously laboured to divest the subject of all technical obscurity, and to have entered into details which, however superfluous to a professional reader, are always acceptable to persons who, although unaccustomed to scenes of bodily suffering, are nevertheless called upon to administer means for its cure or palliation. How can we be too minute in our directions, when we learn that recovery or death may turn upon the apparently trivial circumstance of the temperature of a bath? If a person in a state of

insensibility from exposure to intense cold, were placed in hot water, death would probably be the issue, whereas, if he were plunged in water at a lower temperature, or rubbed with snow, there would be every probability of recovery.

The author has not perhaps in every case recommended what the physician and surgeon would prescribe, were they present at the moment, and were furnished with every necessary medicine and instrument; but he has recommended the means most accessible to the unprepared and uninformed, most easy and simple of application, and above all, least liable to occasion mischief by an improper and erroneous use of them. Under each article he has stated the circumstances which render professional advice indispensable, in which case he has pointed out the measures that may be safely adopted in the interval, for the pur-

pose of diminishing, or obviating danger ; or of anticipating by the simplest means the plan which the medical attendant must necessarily pursue on a bolder and more extensive scale.

The Introductory Chapter on “ Insensibility from Unknown Causes,” must be consulted for information whenever a person is found in a state of insensibility, and doubts have arisen as to the cause producing it. In the same way, when a person is suffering from an unknown poison, the chapter on “ Poisons unknown” must in the first instance be referred to, and when the cause is ascertained, the details of the particular treatment will be found under the appropriate head.

It only remains for the author of the present work to enter his protest against a system of domestic quakery which is too

generally pursued, and to remark, that the present work is not to supersede, but to promote the advantages of professional advice, and in its unavoidable absence to direct the necessary steps to be pursued, and by inspiring confidence to ensure the fulfilment of every necessary duty.

A LIST of the MEDICINES recommended in the following pages, and which should be kept by every family residing in a district remote from Medical Assistance.

The Author has given to the different substances the names by which they are popularly known.

Alum—Aromatic Spirits of Ammonia.

Bark—Blister Ointment.

Castor Oil—Chalk—Cerate—Camphor*—Calomel.

Dover's Powder.

Epsom Salts—Ether—Emetic Tartar—Elixir of Vitriol—Essential Oil of Peppermint.

Gall Nuts—Goulard's Extract.

Hartshorn—Hog's Lard.

Ipecacuanna.

Laudanum—Lime Water.

Muriatic Acid—Magnesia.

Nitric Acid—Nitre.

Rhubarb.

Sweet Oil—Senna Leaves—Strong Acetic† Acid—Smelling Salts—Spirits of Turpentine—Spirits of Wine.

White Vitriol.

* Camphor readily dissolves in Oil, and forms a Camphorated Liniment—and in Strong Acetic Acid, and forms Aromatic Vinegar.

† *Pyroligneous Acid* will answer the purpose, and may be obtained of any desired strength.

APPARATUS.

A syringe ; a flexible tube ; glyster apparatus ; adhesive plaster, or *strapping* ; sponge ; a pair of scales and weights ; mortar ; glass measure ; lint ; tow ; cotton.

Fumigations for Sick and Infected Rooms.

NITROUS FUMIGATION.

Take 4 drachms of Nitre, 2 drachms of the Oil of Vitriol, and place them in a Saucer, and heat them by hot Sand.

DISINFECTING FUMIGATION.

Take 3 oz. common Salt,
1 oz. of the black oxyd of Manganese,
1 oz. of Oil of Vitriol, and
2 oz. of Water—put these ingredients in a cup, and carry it through the Apartments, or shut it up for an hour or two, and then open the Room. Care must be taken that the gas is not breathed, for it is very injurious ; all polished metals should also be removed, or they will be speedily rusted by it.

CHAPTER I.

INSENSIBILITY FROM UNKNOWN CAUSES.

INSENSIBILITY may occur from several and very different causes, between which it is of the first importance to distinguish, since the treatment must in every case be directed by such knowledge; for reanimation may be effected under some circumstances by agents that would, in other cases, prove as certainly destructive.

The following may be considered as the most common and important causes of insensibility :—

- 1 Apoplexy.
- 2 Drunkenness.
- 3 Lightning.
- 4 Fainting.
- 5 Epilepsy.
- 6 Hysterics.
- 7 Suffocation.
- 8 Injuries of a Mechanical Nature, especially fracture of the Skull.

APOPLEXY.

Persons from fifty to sixty years of age, and upwards, or who have a short neck, and plethoric habit, are most liable to this disease. Its approach may be gradual, or it may attack the patient without any

warning. In the latter case, the hand is usually lifted to the head suddenly, and some expression of pain is uttered; the face and neck are swollen, and appear either of a pale or purplish red, a hue in which the lips more particularly participate; the action of the heart and pulse continues; the breathing resembles that of a person snoring, and in a most profound sleep.

This disease may at once be distinguished from *Epilepsy* and *Hysterics*, by the *absence* of universal convulsions; from *Fainting* and *Suffocation*, by the continued action of the heart and pulse; and more particularly from fainting, by the recumbent posture not affording any relief.

DRUNKENNESS.

If insensibility be the result of Drunkenness, the odour of the breath will generally betray the fact; a person in this situation will, moreover, flinch upon having his skin pinched, and will frequently be roused by any one shouting in his ear, or by the application of hartshorn to his nostrils. See *Apoplectic Fit*, and article *Drunkenness*.

LIGHTNING.

In this case, there are generally marks upon the body, unlike those inflicted by a weapon: the clothes are sometimes scorched, and any metallic substances about the person, as the watch, money, buckles, &c. are found partially melted; the place, or trees near which the body is found, should be examined, in order to see whether the

ground is torn up, or the trees shattered.
See Lightning.

FAINTING

Is distinguished by the respiration being arrested, by the temporary cessation of the heart and pulse, or by its force being so greatly diminished as to be scarcely apparent. The features also shrink, and the lips and face become somewhat livid, and are bedewed with a cold sweat; the hands and feet lose their vital warmth. *See Fainting Fit.*

EPILEPSY.

The patient is attacked without exhibiting any signs by which the approach of the fit can be foretold by a spectator; but the

symptoms occurring during the fit are so characteristic as at once to distinguish it from every other disease. The whole body is violently convulsed, the face peculiarly distorted, the patient foams at the mouth, and thrusts out the tongue, which is in consequence not unfrequently bitten. The convulsions gradually subside, and are succeeded by an interval of complete insensibility, after which the patient awakes, feeble and unconscious of what has happened. Enquiry should be always made, whether the patient be subject to similar attacks. See *Epileptic Fits*.

HYSTERICIS.

Unlike Epilepsy, an Hysterical attack is preceded by symptoms that indicate its approach, and give ample warning to the attendants. Palpitation of the heart, lowness

of spirits, the sensation of a ball rising in the throat, unmeaning alternations of laughter and crying, accompanied with a profuse discharge of limpid urine, generally precede the fit ; sometimes these symptoms follow an interval of insensibility, but which may be distinguished from a fainting fit by the beat of the pulse. See *Hysterics*.

SUFFOCATION.

The situation and circumstances under which the patient is found, will, in this case, generally afford an indication of the cause of his insensibility.

INJURIES OF THE HEAD, &c.

A slight inspection of the body, and the situation which the body is found in, will

also in this case remove every doubt and difficulty upon the point.

DEATH.

The heart and pulse have entirely ceased to beat, the body is stiff and cold, the eye sunk and dim, the nose pointed with a bluish hue around it, extending upon the adjoining cheek; the temples and cheeks are sunk, the skin leaden-coloured, the hair of the nostrils and eye-lashes appear as if they were sprinkled with a yellowish white dust; and there is a peculiar cadaverous smell.

None of these symptoms, however, taken individually, can be relied upon as an unequivocal test of death. But if to these is added, *well characterised putrefaction*, the fact is placed beyond the reach of doubt; but let it be remembered, that a

professional man is the only proper judge to be consulted as to the *reality* of putrefaction, in its earlier stages.

Stiffness, which is so generally considered as the least fallacious sign of death, may under certain circumstances take place during life, as for instance in a person who has been long exposed to frost, and who is nevertheless capable of being revived, or in cases of syncope, or swooning ; such stiffness however may be easily distinguished from that of death ; cadaverous stiffness only occupies the muscular parts, whilst the rigidity occasioned by cold is universal, affecting not only the muscles, but the skin, and the breasts ; so again, the stiffness that occurs in swooning, makes its appearance before the body is cold ; while, it is hardly necessary to observe, cadaverous stiffness rarely takes place in sudden death, until an interval of at least twelve hours.*

* Orfila.

1. APOPLECTIC FIT.

1.—Apoplexy commonly attacks elderly people, those who have short necks, and are free livers. We know this disease by the loss of all sense and voluntary motion, by a difficulty of breathing, which gives to the patient the appearance of snoring, as if in a deep sleep.

He sometimes drops down suddenly in this state ; at others, he is affected for some days before with dizziness, headache, and partial loss of memory. The face is generally flushed in the fit, the heart and pulse continue to beat.

2.—Medical Assistance is of the greatest importance.

3.—Remove all *ligatures from the neck*, and every other part of the body.

4.—Prop the patient in bed, almost in a sitting posture, and keep the *head erect*.

5.—Send all unnecessary attendants out of the room, and let *fresh air* be freely admitted.

6.—As drawing blood is our chief hope, every possible endeavour should be made to effect the purpose: if no Surgeon, or person who can perform this operation is at hand, apply a score or more leeches to the neck and temples; if they do not bite readily, let them crawl about on dry linen, and in the mean time wash the part well with warm soap and water, and afterwards with cream or milk, or smear the part with blood drawn from it by the scratch of a penknife.

7.—If leeches cannot be procured, blood should be drawn from the *back*

of the *neck*, by scarifying the part; this may be done by making five or six parallel cuts near each other, of about an inch long by means of a razor, or sharp knife, cutting through the skin so as to draw blood; the bleeding is then to be encouraged by warm water, and by applying a cupping-glass over the part. (See II. 7.)

8.—Cloths moistened with cold water, mixed either with *Common Salt*, *Saltpetre*, or *Vinegar*, should be placed upon the head; or what is still better, pounded ice, or snow confined in a bladder; if these cannot be procured, the head may from time to time be wetted with æther, and its evaporation accelerated by blowing a current of air upon it from a common pair of bellows.

9.—A *Hot Water Blister* may be applied to the back of the neck. (See x. 3.)

10.—A *Sinapism* or Poultice, consisting of powdered mustard mixed with bread and vinegar, should be applied to the *upper* part of the feet and ankles ; but it should not be continued longer than twenty minutes, or half an hour, according to the *degree* of redness produced by it ; while it is preparing, the feet may be immersed in hot water

11.—If the patient can swallow, no time is to be lost in administering a brisk purgative ; if not, an active clyster must be injected, (see xx.) and repeated every half hour, until a sufficient effect is produced.

12.—An *Emetic* must *not* be given by an unprofessional person.

13.—No irritating substance, such as smelling salts, snuff, &c. should be applied to the nostrils.

II.—BITE OF A MAD DOG.

MADNESS in a dog may be known by the following symptoms, although they are not all invariably united in every case. There is a general departure from his usual habits; he is sometimes sick and languishing, and appears dull and sulky; instead of barking he howls, and without any apparent cause; his eyes are haggard, fixed, and sparkling; he gnaws the objects within his reach; if chained, he uses every exertion to escape, and, should he succeed, he runs heedlessly forward, snapping at the different animals that may happen to fall in his way; his gait is unequal and faltering, his head hangs down, generally with his mouth open, which is filled with a frothy saliva which appears upon his jaws. A mad dog *does not avoid water*, nay he will sometimes lap it, as long as the power of moving his jaws remains.

Under these circumstances, secure the dog, but do not destroy him ; he may perchance recover, in which case a great share of anxiety will be spared. If however, the dog is killed or dies, his body will rapidly putrefy ; and should therefore be buried as soon as possible.

1.—If a person has been bitten by a dog labouring under the above symptoms, or only a part of them, he must instantaneously *uncover* the part, in order that the saliva, caught by the clothes, may not come in contact with the abraded part. **SEND IMMEDIATELY FOR PROFESSIONAL ADVICE.**

2.—If the wound is superficial, and upon one of the limbs, *apply a ligature moderately tight* above and below it, which should be continued until the parts are well cleaved in the following manner :

3.—*Wash the Wound*; water holding *salt* or *soap* in solution, will be most efficacious; we may also wash the part with hartshorn and water, and forcibly insert it into the wounds.

4.—The Surgeon, on his arrival, will immediately proceed to cut out the injured part, and apply *Caustics* to it, or he will *burn* it out with an iron of a *white heat*; but if the patient will not submit to such an operation, or if the attendance of a Surgeon cannot be procured, the following, though less certain plan, must be adopted:

5.—The lacerated and jagged wounds *must be freely cut open to the bottom* with a knife, and bleeding encouraged by the use of warm water, and of a *cupping glass* applied over the wound: if there is no *cupping glass* at hand, its place may be easily supplied by a com-

mon wine glass, and used in the following manner: Dip a piece of tow into spirits of turpentine, or any strong spirit, set it on fire, and throw it into the glass; or put a small quantity of the above spirit into the glass, shake it so as to wet its whole interior, and introduce a small piece of lighted taper into it; before the spirit thus kindled is extinguished, invert the glass over the wound, when a suction will immediately be observed to take place, and the blood will flow into the glass; as soon as the blood ceases to rise, the glass should be removed, the part sponged with warm water, and another glass again applied in a similar manner; this alternate application of the cupping glass, and the employment of warm water, ought to be continued for an hour or even longer.

6. — The wound having been well cleansed by the foregoing methods, it

must next undergo the caustic, and this application must be continued until the bitten part is destroyed to the bottom ; after which the wound may be filled with cotton, and a large poultice kept over the whole for three or four days, in order to lessen the inflammation ; the following dressing will then be advantageous : Take of oil and the spirits of turpentine, each one table spoonfull, and rub them together with the yolk of an egg ; by these means the wound must be kept open for at least a fortnight.

7.—If the bites are on the head, the hair must be removed ; if the surface of the eye should have been touched by the saliva, it would be expedient to inject a weak mixture of hartshorn and water ; to effect this, the point of a small squirt may be introduced between the eye-lids at their outer corner, then by closing the eye-lids, the liquor will be

forced in its proper direction. If the hartshorn cannot be easily procured, any common spirit may be substituted. Should the mouth have been bitten, unless the contaminated portion is cut out, the hot iron must be applied, for were we to attempt the caustic, it would be immediately carried by the saliva over the whole mouth.

III.—BITE OF THE ADDER OR VIPER.

1.—THE bite of a Viper occasions an acute pain in the part, which soon begins to swell; at first its appearance is red, but it soon passes to a livid hue, and upon extending, the neighbouring parts become yellow, like an old bruise. The patient is faint and sick, and although

death rarely occurs in this country, much constitutional derangement is produced, in proportion to the depth and number of the wounds, the parts bitten, and the degree of irritation of the viper ; and in this respect it deserves notice, that the venom is more virulent in spring and summer than at any other season.

2.—Medical assistance should be solicited without loss of time. In the interim, if the patient can come at the bite, he may suck it with the mouth, which it will be prudent to wash out afterwards ; but if the following plan can be immediately adopted, the sucking may be altogether omitted.

3.—Where the symptoms are severe, apply *Aqua fortis*, *Spirits of Sea Salt* (Muriatic Acid) or *Oil of Vitriol*, to the bites : this may be effected by dipping a piece of pointed stick into any of the

above liquids, and then introducing it into the punctures made by the fangs; the wounds are deep and narrow they must be enlarged, and the liquid dropped into them : after which, a common bread poultice should be applied.

4.—If the bites are superficial, the swelling trifling, and the patient is free from any violent pain at the pit of the stomach, and does not complain of faintness and debility, it will be sufficient to apply spirits of hartshorn, or *eau de luce*, in the same way as directed for the use of the other liquids.

5.—In addition to this local treatment, the feet may be placed in water moderately heated; the patient put to bed, and ten grains of Dover's powder, or what is perhaps to be preferred, a teaspoonfull of hartshorn in a cup of tea, or weak negus (without any acid) with

twenty drops of laudanum, or a less quantity according to the age, every two or three hours.

IV—BLEEDING OF THE NOSE.

1.—A SLIGHT bleeding from the nose can scarcely be considered as an object of danger, or even of alarm; if however it continues, it becomes necessary to adopt some plan for its cure.

2.—Place the patient in the *sitting* or *erect* posture, with the head gently reclined backwards, and freely expose him to *cool air*.

3.—Cloths dipped in cold water, to which salt, saltpetre, or *vinegar* has been added, may be applied to the feet,

and to the back of the neck ; we may even with advantage pour cold water over the whole head ; or powdered ice, or snow enclosed in a bladder, may be kept constantly in contact with it.

4.—Should the above simple means fail, a piece of the small gut of pig, or of a sheep, properly sewed at one end with a thread, is to be passed up the nostril on a probe, after which a squirt charged with cold vinegar and water, is to be introduced at the other end, and the fluid is to be injected ; as the gut fills, it will accommodate itself to the windings of the nose, and thus press upon the mouth of the bleeding vessel. It may be retained in its situation by a bandage.

5.—If the gut cannot be procured, the nostril should be plugged with lint, or soft cloth, dipped in a solution of alum

or nitre ; or, which is preferable, a plug of linen may be moistened in water, then rolled in charcoal, and introduced into the nostril.

6.—The face from time to time may be sprinkled with cold water, and the private parts of the male may now and then be immersed in it with much advantage.

N.B. The patient should not venture to sleep with the plugs in the nostrils, as the blood might in consequence pass into the throat, and suffocate him.

V.—BURNS AND SCALDS.

1. If the burn is extensive, or is situated in a delicate part, medical assistance should be immediately required.

2. In uncovering a scalded part, we must cautiously avoid *breaking* the skin; with this view it will always be expedient to *cut off* the clothes in contact with the injured surface, rather than to remove them in any other manner, although in some cases we should allow them to remain untouched, until the inflammation has to a certain extent been subdued: for instance, if the leg be scalded, it would be unwise to cut off the stocking until the pain had been diminished by the necessary applications.

3. In Burns and Scalds, not extensive, that is, where the skin is *not destroyed*, and appears to be only irritated, the part should be instantly plunged into vinegar, or into a solution of *alum* in cold water, which should be changed as frequently as it becomes warm, or the part may be pumped upon until the feeling of heat is permanently subdued.

4. Whenever there are blisters, they should never be cut off; but, in a day or two, the fluid may be let out by making a *small* puncture with a needle, and this may be done as often as it collects; in the mean time, the part may be powdered with very fine chalk, and kept in a state of rest.

5. If the injury be extensive, and the skin raised into blisters, or broken, cloths soaked in spirits of *turpentine*, *brandy*, or any other spirit, should be applied; the effect of such application will be an increase of pain, but it will soon be succeeded by an agreeable and soothing sensation.

6. Should the skin be destroyed, as soon as the pain subsides after the spirituous application, the part should be covered with fine soft linen, or a thin layer of cotton or blotting paper smeared

with a liniment to be formed by shaking together in a bottle equal quantities of sweet oil and limewater, to which should be added a few drops of laudanum. When matter is formed, cerate, or hog's-lard should be substituted for the liniment, and the wound should be previously powdered with very fine chalk, over which the dressings may be applied. In this way it may be dressed twice during the twenty-four hours, taking care to expose the parts as little as possible to the air during the operation.

7. Parts that have lost their skin, and come into contact with each other, will frequently grow together, as is the case with the toes, fingers, nostrils, eyelids, &c.—in order to prevent such an occurrence, it is necessary to keep them apart by inserting dressings between them.

8. If the burn should be occasioned by the explosion of gunpowder, it may be desirable to prevent the future blackness of the part; to which end, the grains must be carefully picked out with a needle.

9. Purgatives should *not* be given, in consequence of the pain and inconvenience that would attend their operation; it would therefore be better to open the bowels in such cases by means of glysters, after which, in general, stewed prunes, and other domestic laxatives, will be sufficient to keep them regular.

10. If any shivering, or difficulty of breathing comes on, or any degree of restlessness and anxiety betrays itself, from ten to forty drops of laudanum, according to the age of the patient, should be administered without delay.

11. In the case of a deep burn, a poultice of bread crumb, or linseed meal, with the addition of a little laudanum or paregoric, should be applied, and continued until the dead parts slough off; the wound is then to be dressed as a simple ulcer, although the powdered chalk may be used as above described, in order to check the growth of any proud flesh.

VI.—COLD—THE EFFECTS OF, WHEN APPLIED TO THE BODY IN A STATE OF PRÆTERNATURAL HEAT.

1. A DRAUGHT of cold water will often produce very alarming symptoms in a person who is sweating profusely, and who has undergone considerable bodily exercise: the same effects may also be

occasioned by a person similarly situated, if he plunges into a stream for the purpose of bathing. In either case the patient is at once deprived of sensibility and the power of motion.

2. A medical person must be sent for without delay—in the mean time, undress the patient, place him on a table with the head and shoulders *raised*, and dry his body, by rubbing it with *warm* flannels; wrap the feet and legs in hot cloths, and place bottles filled with hot water, or heated bricks covered with flannels, to the feet, and to the pit of the stomach; the breast, belly, head, arms, and temples, may be gently, but assiduously rubbed with some spirit, mixed with oil, or with soap dissolved in it; but, in applying it, take care not to expose the body to the cold, for in that case the evaporation produced will render the operation extremely injurious.

4. A glyster containing four table-spoons full of Glauber, or of common salt, dissolved in three pints of warm water, and one of oil, should be administered. (See xx. 8.)

5. The medical person will give the patient, by means of the flexible tube, half a pint of warm negus, or brandy and water.

6. If no signs of re-animation appear, an attempt must be made to produce respiration. (See Sect. xi. 9.)

7. The influence of cold may not have produced actual insensibility, but only shivering, and palpitation of the heart: in this case let the patient take, without delay, from ten to fifty drops of laudanum, according to the age, in some stimulating drink; warm brandy and water, into which a small lump of camphor has

been thrown, affords a very eligible liquor for such a purpose. The feet should be heated by the application of hot flannels, &c. and a bladder nearly filled with hot water may be applied to the pit of the stomach.

8. The patient should be put to bed, and some warm drink should, at intervals, be administered.

VII.—CHOAKING.

1. As the accidents which produce choaking are always attended with imminent danger, a medical person should be sent for as speedily as possible. In the interval, however, every method of relief must be tried, for in such cases the life of the patient is generally determined

by the dexterity and presence of mind, of the persons who happen to be about him.

2. When a substance is lodged at the top of the gullet, it can be extracted with the finger, or a pair of pincers, drawing the tongue forward at the same moment with the other hand, which should be covered with a rough glove or towel, to prevent the tongue from slipping through the fingers. If the substance, however, is lower down, it must either be brought upwards, or pushed into the stomach by other means.

3. Remove all tight bandages from the neck.

4. If the substance happen to be a pin, needle, or a sharp strong fish-bone, the patient ought to take, without delay, two or three grains of tartar emetic, dis-

solved in warm water, and then to swallow the whites of five or six eggs ; when, in a few minutes, a coagulated mass will be vomited up, bringing the offending body enveloped in its substance. If a sufficient number of eggs are not in readiness, milk, or new bread (if it can be swallowed), will offer ready substitutes. If the stomach is full, and these means are not at hand, we may at once give the mustard emetic, without any risk. See xxxi. 4.

5. If no danger can arise from the introduction of the substance to the stomach, the patient should try to swallow some water, bread, or any thing solid, with the view of forcing it downward. The popular custom of striking the back is a practice founded in error, and may often prove injurious.

6. If the above methods fail, we should

endeavour to push it into the stomach, and care must be taken not to use violence in our attempts to effect it, lest the sides of the gullet should be injured or torn. The instrument used for this purpose is called a *probang*, which is a slip of whalebone about eighteen or twenty inches long, with a piece of sponge fixed to the end of it. If such an instrument should not be at hand, we may very well substitute the handle of a spoon ; and if the spoon be too short for the purpose, any thing sufficiently thin and flexible may be employed, as a slight switch, a small horsewhip with the lash end cut off, a piece of cane, &c. whichever of these we adopt is to be first smeared with oil, or butter. In attempting to introduce it into the throat, care must be taken that its point is carried quite to the back part of the throat before we bend it downwards.

7. When the offending substance has been thrust into the stomach, we must not give either emetics or purgatives.

8. Should it be copper or lead, all acids must be cautiously avoided ; and, in order to counteract the effects of any that might be generated in the stomach, it will be proper to administer a small tea-spoonfull of magnesia, or chalk, every five or six hours, until the substance has passed out of the body. If the extraneous substance is at all likely to irritate or lacerate the coat of the stomach, new bread, pudding, and other such articles should be given, in order to envelope it, and thus to conduct it through the bowels in safety.

9. It will be always satisfactory to examine the stools, in order to satisfy ourselves that it has actually passed through the body.

VIII.—CONVULSIONS OF CHILDREN.

1. CONVULSIONS may arise in children from a disordered stomach, from teething, from the sudden disappearance, or *striking-in* of rashes, or from the drying up of discharges behind the ears; they may, moreover, be a symptom of an incipient water of the brain; and it is no uncommon circumstance, when this is the case, for them to prove suddenly fatal. It is therefore unnecessary to dwell upon the propriety of seeking medical assistance at their very commencement.

2. With a view of shortening the fit, cold water may be sprinkled upon the face; and if the head feels hot, it may be washed with the same, taking care at the same time to ensure a free access of cool air.

3.—Do not administer *syrup of poppies, laudanum*, nor any *soothing syrup*; and avoid covering the head with a flannel cap, or any species of bandage.

4.—If the convulsions arise from teething, which may be seen by the state of the gums, extract a few drops of blood from them, by means of a sharp penknife—if from acidity (and the sour smell of the stools will generally give an indication of this fact), rhubarb and magnesia offer the best remedies—if from the drying up of discharges, or the disappearance of rashes, the warm bath, and also the above medicines, should be used. A common glyster ought never to be neglected if the convulsions are violent; but these are only mentioned as domestic resources, until the medical attendant arrives.

IX.—CRAMPS AND SPASMS.

1.—THE muscles in various parts of the body, particularly in the calves of the legs, and soles of the feet, are apt to become occasionally contracted and hard, drawing these parts into an unnatural and highly painful position: it happens more frequently to pregnant and hysterical women, and to persons of a debilitated habit; it is also frequently occasioned by the fatigue and inordinate exercise of these muscles, as after dancing, &c.

2.—In slight cases, relief may generally be procured by change of posture, as by suddenly darting the limb out, also by firmly compressing it with the hand, or by smartly rubbing it; or benefit may be derived by fomenting the part with

warm water, or immersing it in a hot bath.

3.—When the attack is obstinate, the patient should be placed in the warm bath; the parts should be rubbed with camphorated oil, or with a mixture of laudanum and oil, or with spirits heated by plunging the bottle containing them in hot water.

4.—He may also take twenty or thirty drops of laudanum, or a less dose, according to the age of the patient, in negus, or any other warm liquid.

5.—If the patient is attacked with what is commonly called *Cramp of the Stomach*, we should give a small tea-spoon-full of æther, or hartshorn, with twenty drops of laudanum in water.

6.—Hot flannels should be applied

externally to the pit of the stomach for a few minutes, after which the liniment abovementioned (3) may be assiduously applied.

7.—If the feet are cold, they should be bathed in warm water; or bottles filled with warm water, or heated bricks, or a bag containing heated bran or oats, may be applied to them.

8.—A glyster should be administered. (Sect. xx. 8.)

9.—If a person is attacked with cramp, while swimming, he should suddenly dart the limb out with great force; should both legs be affected at the same instant, his only chance is to throw himself upon his back, and to make a similar effort with both at once.

X.—CROUP.

1.—CROUP is a disease which chiefly attacks children; its progress is rapid, and its first approach so insidious, that if the patient should happen to be remote from a medical person, it may have proceeded so far as to render his efforts fruitless. It begins like a common cold and sore throat, but the breathing speedily becomes difficult and wheezing, and during sleep there is a rattling noise in the throat. The voice is shrill, the cough ringing: when the patient draws in his breath, he makes a noise of a very peculiar nature, compared by some to the imperfect crowing of a young cock, or the sound which a dry pump makes. During the fit of coughing, the head is thrown back, and the veins of the face and neck swell considerably; the eyes are darted out, and there is much working of the breast; at length, he dies

exhausted, convulsed, and suffocated. By a diligent and timely use of the following means, however, even an unprofessional person may effectually arrest the course of the disease.

2.—Apply from ten to twenty leeches to the throat, according to the age of the patient, and encourage the bleeding by bathing the bites with warm water. This operation may be repeated in five or six hours, unless the patient be previously relieved.

3.—If the leeches cannot be procured, and the case is urgent, a *hot water blister* should be applied on each side of the neck. This blister may be accomplished by dipping a cloth in boiling water, and ramming it into a mug, so as to fill it to the brim, or rise a little above it; the mouth of the mug should be of the size of the intended blister.

Boiling water is now to be poured upon the cloth, and the mug instantly inverted, confining the cloth with a spoon, in order to draw off some of the water, that it may not run down and unnecessarily scald the patient : this must be done as quickly as possible, and the mug instantly applied to the part.

4.—Dissolve two grains of *emetic tartar* in half a pint of warm water, and give a tea spoonfull every four or five minutes, until it operates; and repeat the vomiting every three or four hours. Vomiting may also be provoked by the mustard emetic (Sect. xxxi. 4), or by a *tobacco poultice* applied to the pit of the stomach.—This is made by moistening an ounce of tobacco with a little warm water. A table spoonfull of ipecacuan wine, or fifteen grains of the powder; or from two to four tea spoonsfull of antimonial wine, or warm green

tea without milk or sugar, will generally vomit infants.

4.—Any kind of purgative may be given, but calomel is to be greatly preferred on this occasion, and may be administered in the following proportions, viz.—to an infant of six months, *a grain and a half* every hour until it purge freely ; to a child a year old, *two grains* ; and to one of two years, *three or four grains* may be given every hour until the bowels are freely acted upon : to hasten its operation, a glyster, composed of half a pint of gruel, two table spoonsfull of oil, and the same quantity of Epsom salt, should be administered.

6.—The child should be placed in a tub of moderately warm water for a quarter of an hour.

7.—The child should drink nothing

but gruel, lemonade, &c. No animal food, or broths, ought on any account to be allowed.

XI.—DROWNING.

1.—If several persons are present, one should be instantly dispatched for medical assistance, and another to the nearest house, that immediate preparations may be made for the reception of the body.

2. Previous to the arrival of the medical person, the following preparatory measures may be adopted, and as nearly as may be in the order in which they are here arranged. Different persons may be employed as assistants, but not more than three or four persons should surround the body at one time.

3.—Unless some convenient place be very near, the clothes should be cut off, or otherwise removed, on the spot ; the mouth and nostrils must be cleansed, which may be most effectually done if any one present can be persuaded to suck out any obstruction with his mouth. The body should be dried as quickly as possible, and wrapped in the clothes of the by-standers.

4.—Too much delay must not be occasioned by these operations, for the body should be conveyed to the nearest house with as little loss of time as possible : it may be carried on a plank, ladder, or the crossed arms of two of the by-standers ; or in the arms of one of them, in the same manner that an infant is carried by its nurse, with the head leaning against his shoulder. Care is to be taken that the head does not hang down, nor the chin rest upon the breast.

The head and shoulders should be higher than the rest of the body.

5.—On its arrival it should be placed in a room with a fire, but not so near it as to produce too sudden a change. It may be either laid upon a table of a convenient height, covered with two or three folded blankets; or in a bed from which the sheets have been removed. The position in which the body should be placed, requires some care; it should be laid upon the back, with the head and shoulders raised, attending to the former precaution as to the position of the head: this posture may be conveniently maintained by turning a chair upside down, and covering it with blankets, which at once affords an inclined support against which the body may rest.

6.—We should now more carefully

cleanse the nostrils and mouth. The nostrils may be cleansed by wrapping the handle of a tea-spoon with linen, dipped in warm water. The mouth may be cleansed in a similar manner, or by means of a sponge.

7.—The body should be thoroughly dried. If the hair be long or thick, it should be cut off. We may even sprinkle the body with dry flour or bran. The wet or damp blanket should be replaced by others that are dry and warm.

8.—The body is now to be warmed. The chest, arms, temples, soles of the feet, back, especially along the spine, and indeed every part of the body, must be lightly but incessantly rubbed with warm flannel, or even with the bare hand. A warming-pan may be slowly passed in the direction of the spine, flannel being interposed. Bottles filled with hot water

and wrapped in flannel, or put into a worsted stocking, should be kept applied to the soles of the feet, and under the knees and arm-pits. Bricks heated in an oven, or by being plunged for a while in hot water, may be used in the same manner. A bladder nearly filled with warm water, may be applied to the pit of the stomach. *No treatment for resuscitation can be useful, until the temperature of the body is restored to near its natural temperature ;* and the means to effect this must be carefully and gradually applied. If the methods above described should not answer our expectation, the body may be placed in water of the same temperature as the body, which is to be gradually warmed by addition of hot water, until it arrives at a blood heat, beyond which it ought not to be carried. When the heat has been diffused through the body, it should be removed from the bath, and carefully dried. If hot grains,

or sand that has been exposed to a summer sun,* should happen to be at hand, the body, after having been dried, should, without loss of time, be immersed in it.

9.—For the purpose of inflating the lungs, and dispelling the foul air, we may insert the nozzle of a small pair of bellows into one nostril, while the other nostril and the mouth are kept closed ; we should then press gently backwards the projecting part of the windpipe, called the *apple*, and by gradually closing the bellows, we shall fill the lungs. When the lungs are filled, they should be again emptied, by pressing the margin of the ribs gently upwards. If the nozzle should be too large, it may be placed in the bowl of a tobacco-pipe, or in a cone

* This may often occur on the sea shore ; in which case no medium of heat can be so quickly obtained, or so advantageously applied.

of paper. The same effect may be imperfectly produced by blowing from the mouth through a pipe, taking care to make a fresh inspiration after each inflation. This artificial breathing should be persevered in for a long time.

10.—After the friction has been continued for some time, and the body has, to a certain extent, recovered its natural temperature, we may, from time to time, lightly tickle the nostrils and throat with a feather dipped in hartshorn, brandy, strong or aromatic spirits of vinegar: we may also rub the temples, chest, pit of the stomach, belly, and middle of the back, from the top to the bottom, with camphorated oil, or hartshorn and oil, or spirit and oil, but not with spirit alone.

11.—A glyster may be administered, of warm water, not above blood heat, to which we may add a little oil together

with spirit, vinegar, or wine, to the extent of a table spoonfull or more.

12.—The medical attendant may introduce into the stomach, by means of a flexible tube, half a pint of warm negus, or spirit and water, or diluted hartshorn, or an infusion of horse-radish, or any other stimulant.

13.—Gentle shocks of Galvanism or Electricity, cautiously and gradually increased, may be passed through the chest, in different directions.

14.—These means should be incessantly pursued for five or six hours at least ; and if some of the means recommended are not at hand, the others should be pursued, or means as similar as possible adopted.

15.—Although the patient shews signs

of life, these measures are not to be abandoned ; and, as soon as he can swallow, he may sip the warm drink before recommended. In this state, should the face be swollen and red, or the patient appear drowsy, a quantity of blood, not exceeding three or four ounces, may be drawn from the temporal artery, by the medical attendant.

CAUTIONS.

No rough treatment is to be tolerated : the body should not be *hung up* by the heels, nor rolled, nor violently shaken, nor bled, nor exposed to sudden changes of temperature, nor to any heat above *blood heat* ; nor should it be rubbed with salt, or spirits, except as above directed ; nor ought snuff, lighted matches, smelling-bottles, hartshorn, the snuff of candles, or any other noxious vapours, be held under the nostrils. No liquid should be introduced into the mouth before the patient

can swallow; nor should emetics be administered.

XII.—DRUNKENNESS.

1.—WHEN a person is in a state of intoxication, we should, in the first place, remove all tight bandages, especially those about the neck, as the neckcloth and shirt collar; and if convenient, it will be well to undress and put him to bed.

2.—He is to be placed in an easy posture, the best is lying on one side with the head and shoulders raised by pillows; he should also be watched for fear his neck should become bent, or his head slip under the bed-clothes, or fall over the side of the bed. He should not be allowed to lie either on his back or his belly.

3.—If he vomits spontaneously there is probably no danger ; if this should not take place, we must endeavour to excite it, by tickling the fauces by the finger, or with a feather, and, as an assistant, tepid water may be given ; if this method does not succeed, an emetic is to be given (xxxii, 3.), any of the ordinary ones may be employed on this occasion, except the *Tobacco poultice* to the pit of the stomach. There is however a precaution of great consequence respecting emetics, whether given in drunkenness, or in cases of poison,—*not to give an extraordinarily large dose, in case smaller ones should fail in their effects*—an error committed on this head has sometimes produced an inflammation of the stomach.*

4.—If he vomits, he generally recovers in from five to ten hours, and with the

* See Dr. Paris's Pharmacologia, Edition 4th, p. 155.

exception of cold water, nothing need be administered ; but when the patient does not vomit, it may be of the greatest importance to send for medical assistance, especially if he be insensible to pinching, or if he be convulsed, or his breathing becomes laborious, and like that of a person snoring. In the mean time the attendants may adopt the following plan, as far as they feel themselves competent.

5.—Should the body be hotter than is natural, and the feet warm, whether the patient has vomited or not, the head ought to be bathed with cold water, either pure, or with the addition of salt, or vinegar. Cloths, or a sponge may be dipped in it, and applied to the head and temples ; we may even venture to pour water in a continued stream over the head, without the least apprehension of doing mischief.

6.—If the feet are cold, they should be put into water, heated so far as not to be unpleasant to the hand, or bottles filled with hot water, and covered with flannel, may be applied to them.

7.—Where the operation of vomiting cannot be produced, or at least has been effected with considerable difficulty, a table spoon of vinegar or lemon juice in a tea-cup of cold water, in which Glauber or Epsom salts have been dissolved, or in a cup of senna tea, may be advantageously given either before or after the vomit.

8.—Should the patient be unable to swallow, the medical attendant will introduce the necessary fluids, as well as the emetic, into the stomach, by a flexible tube.

9.—A *Glyster* should be given, and

repeated if necessary. (See Section xx. 8.)

10.—If the countenance is swollen, or of a red or purplish hue, he should be bled from the temporal artery, or in the arm, or a dozen leeches may be applied to the temples, or blood may be drawn by scarifying the back of the neck, as directed in Sect. i. 7.

11.—The attendants should pursue these means without intermission, nor should we despair though the pupil of the eye should not contract on the approach of a lighted candle, which has been erroneously supposed by some authors to be a desperate symptom.

XIII.—EAR,—INJURIES OF THE

1.—It sometimes happens that children push fruit-stones, peas, and other hard bodies into their ears, or that insects creep into them ; such extraneous substances must be extracted as soon as possible, or they may induce very serious consequences.

2.—If an *insect* has thus insinuated itself, we may first endeavour to extract it by a probe, or wire, whose point is defended with lint or soft linen, smeared with honey, or basilicon ; if these means fail we must use a pair of common tweezers : when it adheres firmly, brandy and water may be squirted with force into the ear, or oil may be dropped into it, the person at the same time inclining his head to the opposite side ; when dead it will easily be washed out by injecting warm water.

3.—*Peas, or fruit stones* must also be forced out with a small lever, or extracted with pincers ; if the pea has been swelled by the moisture of the part, we must cut it to pieces with a pair of scissors, after which it may be easily washed out with warm water.

4.—Should a piece of *chalk* be wedged in by the swelling of the surrounding parts, a small quantity of vinegar poured into the ear, will shortly dissolve it so far as to render its extraction very easy.

5.—*The pain in the ear* may be alleviated by introducing a small roll of fine linen, or cotton moistened with a mixture of laudanum and oil.

6.—If oil is dropped into the ear it will facilitate the extraction of any substance,

7.---We are enabled to see into the ear by exposing it to the light of the sun, or to that of a candle in a room where the day-light is excluded.

8.---Similar means should be employed if any substance has accidentally been pushed up the nostril.

XIV.—EPILEPTIC FIT.

1.—In Epilepsy the patient falls to the ground convulsed; the face, trunk, and limbs are dreadfully distorted; he foams at the mouth; after awhile the spasms cease altogether, and he lies in a state of insensibility as if in a deep sleep. The fit is sometimes preceded by a peculiar sensation, such as a cold tremulous, or creeping sensation in the extremities, gradually ascending to the brain; this

warns the patient of the approach of the fit, for he soon becomes familiar with its nature.

2.—During the fit the neckcloth and shirt-collar are to be loosened, and we must take care that the patient does not injure himself by his struggles, and particularly that the tongue be not bitten during the severity of the convulsion.

3.—A common glyster, with two teaspoonsfull of laudanum, should be given with a view of shortening the fit.

4.—If the patient has acquired the power of knowing when the attack is coming on, it has sometimes been prevented by giving an emetic; the mustard emetic (xxx. 4) may be tried, and after its operation a dose of laudanum administered, to the extent of from ten to thirty drops, according to the age of the

patient. If the peculiar warning sensation above described, should make its first approach in the toe or foot, a bandage pretty tightly applied to the leg below the knee, has succeeded in arresting its progress to the head.

XV.—FAINTING FIT.

I.—A common fainting fit generally arises from the heat of a crowded room, from pungent smells, and violent emotions of the mind; fainting may likewise occur from loss of blood, fatigue, want of food, or from excessive vomiting and purging; weak persons and convalescent patients are moreover apt to faint in consequence of the want of any usual support and compression upon the body, as that of stays, under waistcoats, plaisters, &c.

2.—When the fainting occurs from the first of these causes, viz. the heat of a crowded room, we should remove the patient immediately into the fresh air, and place him on his back.

3.—Sprinkle his face with cold water.

4.—Pass hartshorn, or a smelling-bottle under his nostrils, but do not allow it to be held to the nose for any length of time.

5.—The temples may be rubbed with spirits, or hartshorn, or chafed with the hand alone, and the palms of the hands smartly struck with the hand of the attendant.

6.—Similar treatment should likewise be adopted when any one faints from blood-letting.

7.---When excessive vomiting or purging has been the cause of the fit, the *Sinapism* or mustard poultice (see I. 10.) should be applied to the pit of the stomach, or to the belly, and from ten to thirty drops of *Laudanum*, according to the age, are to be given in warm negus, or in a small quantity of brandy and water. If the person cannot swallow, a double quantity of the same should be administered by glyster. (See xx. 8).

8.—If fatigue, loss of blood from piles, or a wound, has occasioned the fit, the patient should be placed on his back in bed, and take from time to time some warm broth or negus, as soon as he can swallow. Should the fit remain long, we must preserve the heat of the body by hot flannels, bottles of hot water to the feet, &c. as *protracted fainting may end in death*.

9.—No further means should be employed without medical advice, which should always be employed in extreme cases.

XVI.—FLOODING.

1.—WHEN blood is profusely poured out from the womb of a pregnant female, or after delivery, it is called *Flooding*. This is a most alarming and dangerous accident, which requires all the skill and decision of a professional person; the necessity of immediately requiring medical assistance cannot be too strongly impressed upon the friends of the patient, nor ought they to suffer a cessation of the hemorrhage to lull them into a dangerous security; it is too often a fallacious calm, the prelude of a more violent attack, which may prove fatal.

2.—Whenever a pregnant female is attacked with flooding, she should be immediately put to bed, and placed on her back, with the hips raised higher than the rest of the body. The bed should be made with a firm mattress, and the covering should not be more than is sufficient to prevent shivering. The chamber ought to be freely cooled and ventilated, by opening the windows in summer, and allowing the fire to go out in winter.

3. — Cloths dipped in vinegar and water, or in water only, should be applied to the *loins* and private parts; or if ice can be procured, it may be wrapped in flannel or soft linen, and applied in the same manner.

4.—If the flooding is very obstinate, a plug of soft linen, or a piece of sponge may be introduced, and retained by a

bandage ; or a piece of ice folded in linen, may be applied in a similar manner with the very best effect, but it ought not to be so long continued as to produce pain or shivering. We should also sponge the arms, legs, and even the trunk of the body with cold water. The application of cold, in whatever way it may be effected, should be withdrawn as soon as the desired effect has been produced, but we must carefully watch the state of the patient, lest the heat should again rise above the natural temperature.

5.—Neither wine or spirit however diluted, should be given, nor should any animal food be allowed.

6.—Gruel, or barley water acidulated with lemon juice, cream of tartar, or a few drops of elixir of vitriol, may be taken

from time to time, but in small quantities, and quite cold.

7.—The above means for arresting the flow of blood may be also used in cases of an immoderate flow of the menses.

XVII.—FROST—ITS EFFECTS.

INSENSIBILITY.

1.—As the treatment necessary for the recovery of persons in this state of insensibility requires much judicious caution, medical assistance should be obtained without delay.

2.—The body must be *warmed very gradually*, or life will be inevitably lost; if it be incautiouly placed before a fire, or be plunged in warm water, or even

laid in warmed blankets, the consequences may be fatal.

3.—The body should be removed, without delay, to the nearest house; if this should be at a distance, no time must be lost in clothing it in dry garments, in removing the shoes and stockings, and wrapping the feet in blankets.

4.—The body should be placed in a large room *without* a fire, and if there happen to be five or six persons present, or if the air be in any way warm, the door and windows may be opened; the body having been adjusted on a table, and covered with a blanket *not* artificially warmed, frictions must be diligently applied.

5.—Every part is to be gently rubbed, especially the breast, belly, hands and feet, with snow, taking the snow from

underneath a heap, in preference to that which lies on the surface ; this operation should be continued for fifteen minutes, or until every part of the body becomes supple and flexible. In cases where snow cannot be procured, flannels dipped in pump water newly drawn from the well, may be substituted ; the feet, moreover, should be placed in very cold water, and at the same time well rubbed with flannel, or a coarse cloth ; indeed where the body has been stiff, experience teaches us that nothing proves more beneficial than placing the body in very cold water, up to the neck, and rubbing it in that state until it becomes supple.

6.—When the body has become perfectly supple, it should be dried, put into bed between the blankets, and be rubbed with flannel, especially about the feet, breast, and down the middle of the back, taking care that neither the

blankets or flannel have been in any way warmed ; after some time we may use the bare hand.

7.—Artificial breathing is now to be attempted, by the process described in Section xi. 9.

8.—The nostrils and throat should be tickled from time to time, with a feather dipped in hartshorn, strong vinegar, or spirits, &c.

9.—When the patient is able to swallow, weak wine whey, with the chill taken off, may be given by a table-spoonfull at a time.

XVIII.—FROST-BITTEN.

1.—A FROST-bitten part appears dead ; it is cold, stiff, somewhat livid, and devoid

of sensation, so that the nose and ears have been attacked without the patient himself being at all aware of the mischief that had happened, until warned by the by-standers.

2.—If the nose, ears, toes, or fingers are frost-bitten, the parts must not on any account be placed near the fire, nor in warm water ; nor ought a person under such circumstances to enter a room in which there is a fire, or the temperature of which is above that of the open air.

3.—The affected part should be immediately rubbed with snow, or plunged into very cold water ; this friction may be left off, or the parts taken out of the water as soon as they begin to regain their natural colour, pliability, and warmth ; light and gentle friction with the bare hand may now be used ; but should the pain, commonly called the

hot ache, be urgent, cold must again be resorted to.

4.—When the parts have in some degree recovered their feeling, a few drops of hartshorn may be given in a glass of water, or in a little warm broth.

5.—The healthy action being restored, the parts are to be well guarded against the cold ; and the person should not take *strong* drink, or eat animal food, for a few days.

XIX.—GOUT IN THE STOMACH, OR BOWELS.

1.—THE symptoms of Gout in the Stomach, or in the Bowels, are, violent pain in those parts, anxiety, eructations, sickness, vomiting, depression of mind, and a peculiar cold sensation about the

belly, below the navel, occurring in persons of a gouty habit.

2.—Administer, without delay, any kind of spirit, with twenty drops of laudanum ; which dose may be repeated if necessary, three or four times in the hour, according to the urgency of the symptoms ; or we may venture without any risk, to give at one dose sixty drops of laudanum, and to keep up its action by administering ten drops every fifteen minutes ; and although the patient should vomit, we should still persevere.

3.---Should a looseness of the bowels come on, it may be encouraged by the administration of a glyster. (Sect. xx. 8.)

4.---Whilst we are engaged in applying the above remedies, let other attendants direct fomentations to the stomach and belly ; or bladders nearly filled with

hot water, or what would be still better, two or three *hot water blisters*; the feet should be placed in warm water for a few minutes, and be afterwards wrapped in mustard poultices. (Sect. I. 10.)

XX.—GRIPING AND CHOLIC.

I.—In all Cholics there is a violent pain over the whole belly, but there is a peculiar twisting sensation about the navel; in pure cholic, these pains return at intervals, and during these cessations the patient is almost at ease; the belly is sometimes drawn inwards, or gathered into knobs; constipation ensues; sometimes there is vomiting with a bitter taste in the mouth, thirst, and increase of heat. When these symptoms are accompanied by vomiting, and purging of a dark, greenish, or stercoraceous matter, it is

called *Cholera morbus*. As pains in the bowels may arise from very opposite and various causes, it will be prudent to apply for *immediate advice*.

2.—Wine and spirits in pain of the bowels are always the remedies resorted to by the public : it is in general a *dangerous* practice, for these pains are often combined with inflammation of the bowels, or may produce it ; and when such is the case, they may cause the death of the patient. Negus, or spirits diluted, are only admissable when the patient can bear free pressure on the belly, and finds himself relieved by it, when the pains are not *stinging* and *burning*, and when he writhes to and fro, constantly changing his position, and loudly crying out, instead of moving with caution, and scarcely daring to breathe.

3.—A cholic arising from wind or hysteria, is known by the peculiar rumbling of the belly, costiveness previous to the fit, sickness, with cold hands and feet.

4.—Foment the belly with flannels wrung out of hot water, and put the feet into warm water ; if a warm bath can be procured it will be preferable. A glyster is to be given, and repeated in a few minutes if necessary ; a dose of any purgative should also be administered.

Cholera Morbus.

5.—WHEN the patient vomits and is purged, rejecting dark bilious matter, let him drink from time to time a portion of barley-water, or gruel, or any other diluent, to which laudanum has been added

in the proportion of sixty drops to a pint of liquid: the liquid should be drunk with perseverance, notwithstanding its rejection by the stomach; a poultice of mustard, placed on the pit of the stomach, has also been employed to arrest obstinate vomiting with great success.

6.—Place the patient in the warm bath, after which the belly may be fomented with flannels dipped in hot water; or the body may be rubbed with laudanum and oil, or with spirits and oil, or Opodeldoc.

7.—If the patient feels a *burning* pain in the bowels, and the belly is tender to the touch, the laudanum should be omitted in the drink; and should any particular spot feel painful, leeches should be placed upon it.

8.—Glysters of warm water, of any of those liquids mentioned above, with a teaspoonfull of laudanum to each, should be administered every hour, or even more frequently, provided always that THERE BE NO BURNING PAIN.

9.—If a glyster-pipe cannot be procured, we may easily adopt a substitute, by procuring a bladder and a quill, or a piece of tobacco-pipe, of about three inches in length; the bladder is to be filled with the liquid, and its mouth to be then securely bound upon the pipe: the pipe must, before it is used, be well greased, or oiled; the apparatus having been thus adjusted, the pipe is to be slowly and cautiously introduced into the fundament; when, by grasping the bladder uniformly with both hands we shall be able to send the liquid up the gut with sufficient force. The contents of any glyster should in general be *luke-*

warm ; the quantity of liquid should be varied according to the age of the person ; —an infant at its birth, or soon after, requires *two table-spoonsfull* ; — a child between one and five years of age, *a common sized tea-cupfull* ; —a youth from ten to fifteen, about *half-a-pint* ; a grown up person about *a pint*.

XXI.—HANGING.

1.—If the body is suspended much above the surface of the ground, it should be lifted up, while the cord is cut : it is then to be lowered carefully and gently, the head being supported so as to prevent its being bent in any unnatural direction. *All ligatures are instantly to be removed from the neck.*

2.—Send immediately for medical aid, and in the interval let the following means be adopted.

3.—Undress the body ;—place it on its side or back, with the head and shoulders raised considerably higher than the lower extremities ;—the bed or table upon which it rests, should be covered with blankets ;—those persons only should be allowed to remain in the chamber, that are capable of giving assistance.

4.—If the body is warm, friction is to be gently applied to the chest, belly, and sides of the neck, either by the hand alone, or with flannel dipped in a mixture of turpentine, or hartshorn, with oil ; or in camphorated liniment, or in any spirit and oil.

5.—The process of inflating the lungs must be diligently employed, Sect. xi. 9.

6.—Blood should be drawn to the quantity of a common tea-cup, or more, according to the effect produced, and this should be accomplished by applying four leeches to each temple, or by scarifying, (l. 7) if no person is present who can open the jugular vein, or temporal artery.

CAUTIONS.

As soon as the medical person arrives, he will examine the neck, in order to ascertain whether *it is out of joint*; if that be the case, all our endeavours will be fruitless; but no unprofessional person can presume to decide upon so important a question.

Should the patient be reanimated, it will be necessary to watch him for several hours afterwards, as a relapse has been known to take place, after the full re-establishment of the vital functions.

XXII.—HYSTERICIS.

1.—THE fit is preceded by a sense of fulness or pain about the navel, or in the left side ; a peculiar sensation of a ball rising in the throat is soon described, and it is often difficult to persuade the patient that there is no mechanical obstruction in these parts ; the breathing becomes difficult, and she falls down convulsed, alternately laughing and screaming, or sobbing ; these symptoms are usually succeeded by an interval of insensibility ; at length the fit terminates, and the

return to convalescence is generally marked by eructations from the stomach, and a copious discharge of light-coloured urine.

2.—The patient should be placed upon the bed, and care taken that she does not hurt herself by the violence of her struggles; a free admission of cool air should be procured.

3.—Vinegar, or cold water, is to be sprinkled upon the face, and the latter may be dashed upon the legs and feet; but should the feet be cold, the warm foot-bath may be usefully employed.

4.—Apply hartshorn, or a smelling-bottle, or burnt feathers, to the nostrils, and rub the temples with æther, hartshorn, or spirit.

5.—A bladder of warm water may be applied over the lower part of the body, or flannels rung out of the same, may be used to foment that part; but if there should be a fixed pain in any part of the belly, it will be expedient to attempt its cure by a sinapism (l. 7.)

6.—A common glyster should be injected (xx. 8.) but where the fit is obstinate, two or three tea-spoonsfull of spirits of turpentine are to be added to it, the ingredients being well mixed by stirring, or shaking them together in a bottle.

7.—If the patient can swallow, thirty drops of laudanum, with a small tea-spoonfull of æther, or hartshorn, may be given in any liquid, as in a glass of wine, or peppermint-water, especially if there should be any tendency to faintness.

XXIII.—LIGHTNING.

1.—STRIP the body ;—if it has not lost its natural heat, hold it in the erect posture, and pour two or three buckets of cold water upon the head.

2.—It must now be dried, and laid upon the bed, or on a table with the head raised.

3.—We should, in the next place, attempt to imitate *natural inspiration*, by using the means recommended in Sect. XII. 9.

4. We may from time to time, rub the breast, belly, and other parts of the body, which can be conveniently reached, with warm flannel, or the bare hand.

5.—Very gentle shocks of electricity, *gradually* increased in strength, are to be passed at intervals through the chest, and whilst the lungs are in the state of expansion by the air blown into them: when the shock has been discharged, the air is to be pressed out, and the same process to be repeated according to the judgment of the medical practitioner.

6.—Warm negus, or ale-posset, to the extent of half a pint, may be passed into the stomach through the flexible tube.

7.—When we have commenced the artificial respiration, a glyster may be given, containing one pint of warm water, two table-spoonsfull of *hartshorn*, and a tea-spoonfull of powdered mustard; if these materials cannot be procured, warm water may be given alone, or mixed with a wine glass full of any

spirit; or a pint of warm ale may be administered.

8.—If the body is cold, the *cold* water, as above directed (1) is not to be dashed over it, but we should endeavour to raise its temperature by the plan laid down in Sect. XI. 8.

CAUTIONS.

The patient should not be left alone for many hours after his recovery, for it has happened that a relapse has carried off the patient.

The medical attendant must examine the body, and if it is much discoloured, and marked by the stroke of lightning, it will become a question for his decision, whether any means that can be adopted are capable of affording any chance of recovery. *It is the duty of the medical*

practitioner, and of him alone, to estimate what extent of injury can make the case hopeless.

XXIV.--POISONS UNKNOWN.

1.—POISONS in general may be divided in two classes, the **ACRID** or **IRRITATING**, and the **NARCOTIC** or **STUPIFYING**. And it is always of great importance to ascertain by which species the patient has been poisoned, as the medical treatment must be varied accordingly.

2.—When an *irritating* poison has been swallowed, a burning or metallic sensation is felt in the mouth, or it first begins in the throat; it extends in a longer or shorter period into the stomach and belly, which at length become so

exquisitely tender and painful, that the weight of the linen is insupportable; purging; inclination to vomit; vomiting of various coloured matters, tinged or mixed with blood; burning thirst; fætid breath; pains and cramps in various parts of the body, generally of a most excruciating description; cold sweats; difficulty of breathing; a peculiar expression of anxiety in the countenance; chills; ice-cold extremities; hiccups; convulsions, and sometimes delirium; at length the sufferings of the patient are closed by death, which takes place either from exhaustion, convulsions, or from suffocation produced by the tumefaction of the throat.

3.—The effects produced by *stupifying poisons*, are sickness, and sometimes vomiting, although in general the stomach cannot be acted upon by emetic medicines; a peculiar sensation of fulness

about the head, particularly of the eyes, which appear watery, and dull; an unconquerable inclination to sleep, or an unnatural appearance of stupor; sometimes a delirium comes on, in which the sufferer is often gay, and frequently furious; depression also comes on, numbness of the whole body; palsy; death. The dose of the irritating or stupifying poison may be so large as to produce sudden death.

4.—The irritating poisons, when their nature is unknown, are to be treated as laid down under the head of *Corrosive Sublimate*: the stupifying poisons must be treated by the means described under the head *Laudanum*.

5.—As symptoms are frequently, in themselves insufficient to discover the nature of the poison taken; it becomes the duty of the friends and medical at-

tendant to seek for information from every source likely to afford the best insight into the history of the case; enquiry should be instantly made into the previous conduct, habits, and occupation of the patient; we should examine the different objects in the chamber; all matters that have been vomited* should be carefully inspected and saved; the smell of the person's breath should be also noticed: if several persons of the same family should happen to be attacked at the same time, perhaps after a meal, the cooking utensils must be carefully examined, and the remnants of the vegetables, soups, liquids, &c. chemically investigated.

* In all cases of poisoning, the matters vomited and passed by stool, should be carefully preserved for the examination of the chemist, lest the poison should have been wilfully administered.

XXV. CORROSIVE SUBLIMATE, ARSENIC, AND VERDIGRIS.

1.—WHEN a person has swallowed *Corrosive Sublimate, Arsenic, or Verdigris*, particularly the first or second, he instantly perceives an acrid, metallic taste, a constriction about the root of the tongue, after which a pain is soon felt in the throat and stomach, which quickly increases to an intolerable degree; sickness and vomiting succeed, excessive thirst, urine high coloured, and in small quantity, purging, the extremities are cold, the countenance singularly anxious, cold sweats appear, and universal pains and convulsions announce the approach of death.

2.—Lose not a moment in your attempts to excite vomiting; mix up the whites of twelve or fifteen eggs, with two pints of

cold water, and let a glass full of this drink be given every two minutes, in order to produce vomiting, which is to be favoured by tickling the throat with the finger, or a feather. If eggs are not immediately at hand, let a mixture of wheat flour and water be administered in the same manner, and for the same purpose. After full vomiting, the patient should be drenched with more egg and water, to which a few drops of laudanum are added, but care must be taken not to check, but to promote the vomiting by every expedient.

3.—If arsenic has been swallowed, *Lime Water* is recommended as an antidote; this may be made by boiling, for five minutes, two tea-spoonsfull of slaked lime in a quart of water: strain it through a cloth, and add sugar to it; this liquid may be taken in the manner above recommended for the administration of

the whites of eggs ; taking care to solicit vomiting ; if the stomach refuses to reject its contents, a powerful emetic must be given ; if no other should be at hand, mustard and water must be employed, and the effect must be assisted by draughts* of lime water.

4.—We must, in the next place, direct our endeavours to check the inflammation. If there is any person present who can bleed, it will be right to take a large quantity from the arm ; and if any burning sensation is felt in the throat, from ten to twenty leeches may be applied to it ; in like manner leeches may be applied to any part of the belly that is painful, and repeated whenever the pain returns.

* We must take care to give enough of this drink, for unless there be a sufficient proportion to neutralize the whole of the arsenic, we shall produce a soluble compound in the stomach that is highly active.

5.—The painful parts should also be fomented with flannels dipped in hot water; or what will produce a still better effect, the patient should be placed in a warm bath.

6.—After copious bleeding, and when the poison is entirely thrown off the stomach, a table-spoonsfull of castor oil should be given, and the same quantity repeated in an hour.

7.—A glyster of gruel, or any mild fluid, with two table-spoon full of castor oil, or even common oil, should be given, and repeated according to circumstances. Section xx. 8.

8.—No animal food, wine, or spirit of any kind should be given for several days, and after this period the return to them should be gradual.

XXVI. LUNAR CAUSTIC.

1.—When this substance has been taken, the symptoms are similar to those enumerated under the history of *Corrosive Sublimate*.

2.—The patient should drink every two minutes *a glass of common salt and water*, made in the proportion of a table spoonfull of salt to two pints of water: by this expedient, vomiting will be produced, and the poison at the same time disarmed of its virulence by decomposition: emollient drinks, sugar and water, linseed tea, &c. may afterwards be given. Should any pain remain in the belly, or elsewhere, the patient must be treated as recommended in Section XXV. 4. 5.

XXVII. BARYTES.—SUGAR OF LEAD.

1.—WHEN taken in sufficient quantities, these substances produce symptoms similar to those described under *Corrosive Sublimate*.

2.—In this case the patient should take a solution of *Epsom* or *Glauber salts*, prepared by dissolving two table-spoonsfull of the salt in a pint of water. This is intended to decompose the poison, and to produce vomiting. When the poisonous contents of the stomach are discharged, linseed tea, or any of those mild drinks above recommended (xxv. 2.) should be given, and if necessary, the same treatment may be pursued as recommended in xxv. 4. 5. Should the above mentioned salts not be at hand, *Plaister of Paris* and water should be given in a very dilute form, or even common hard water, or what is still more efficacious, common water acidulated with elixir of vitriol.

XXVIII.

CANTHARIDES OR SPANISH FLIES.

1.—THE effects produced are, an acrid taste, a burning heat in the throat, stomach and belly, griping, strangury, strong excitement of lust, delirium, convulsions, and death. The patient soon finds it impossible to swallow fluids, and he even rejects them with horror, we must therefore lose no time in the application of our remedies.

2.—The patient should immediately take two or three table-spoonsfull of sweet oil, and repeat the same every two or three minutes, to produce vomiting, and at the same time to sheathe the coats of the stomach: when the oil is not at hand, fresh butter, or melted suet, cream, milk, linseed tea, gum arabic dissolved in warm water, gruel, sugar and water, or even pure water, must be largely and repeatedly drunk.

3.—Mild and soothing glysters of starch, gruel, milk, &c. are from time to time, to be administered. *Section xx. 8.* In order to prevent or subdue inflammation of the belly, bladder, &c. bleeding, fomentation, and the warm bath, are to be used, as recommended in Sect. xxv. 4. 5. 6.

XXIX. OIL OF VITRIOL.—

AQUA FORTIS.—SPIRITS OF SEA SALT.—

ACID OF SUGAR, OR SEA SORREL.

1.—THE effects produced by swallowing any of these strong acids, are an immediate burning heat in the mouth, throat, and stomach, attended with great pain, foul breath, frequent retchings, hiccup, cholic; the pain of the belly is so great, that the patient cannot bear any clothes

to press upon it; occasional shiverings, very great restlessness, and anxiety, convulsive motions of various parts of the body. These poisons do not kill suddenly, unless the injury done to the throat causes it to swell so greatly as to produce suffocation. The skin of the mouth and lips is sometimes observed to be covered with white, blackish, or yellow spots, and ulcerations.

2.—Unless the most prompt and active measures be taken, there is but little chance of recovery. The patient should instantly swallow a large quantity of milk: in the mean time in order to neutralise the acid, and produce vomiting, prepare a drink of water mixed with *calcined magnesia*, in the proportion of two table-spoonsfull to a pint; a glass of which should be taken every two minutes; this is the most efficacious remedy that can be applied, but should calcined

magnesia not be at hand, we must use common magnesia,* chalk, or soap and water, or any alkaline substance that can be procured, avoiding what are called *carbonates* if possible. Although no vomiting is produced, we must not administer any other than mild diluents for that purpose: the throat may be tickled, but with caution, lest from its irritable state, it might be closed by tumefaction; glysters of gruel, oil, &c. are to be frequently given.

3.—The future treatment to relieve the pains of inflammation ought to be conducted upon the plan laid down in Section xxv. 4. 5. and the following.

* Where a *carbonate* is used, we must apply it with caution, or the effervescence produced by the acid in the stomach, will disengage so much air as to strangle the patient.

XXX. BUTTER OF ANTIMONY.— TARTAR EMETIC.

1.—THE symptoms induced by these poisons are similar to those described in the last section, except that the vomiting is more irresistible, and the stools very copious; the affection of the throat is also very severe.

2.—Should vomiting not take place spontaneously, it must be excited by drinking largely of sugared water, linseed tea, gruel, or pure water; if these should fail in producing the desired effect, four or five *gall-nuts* pounded, or three table spoonsfull of Peruvian Bark should be boiled for about ten minutes in a quart of water, of which a wine glass full ought to be administered every five minutes; Peruvian bark not being at hand, elm or willow bark may be substituted, or very strong tea.

3.—Should the vomiting, when excited, continue with unrelenting severity, it must be quieted by the administration of laudanum, in doses from five to thirty drops, according to the age of the patient, in a glass of sugar and water, which may be repeated at intervals according to circumstances, or from a tea-spoonfull to two common sized table-spoonsfull of syrup of poppies may be given in a glass of water.

4.—Pains of the throat, stomach, and belly, are to be subdued by leeches, bleeding from the arm, fermentations, and the warm bath as described in Sect. XXV. 4. 5.

5.—No ordinary emetic, as ipecacuan, &c. should be given in order to produce vomiting.

XXXI. LAUDANUM.—HENBANE.—
 HEMLOCK.—LAUREL WATER.—
 FOX GLOVE.—TOBACCO.—
 NIGHTSHADE.

1.—WHEN any of the above poisons have been swallowed in any considerable quantity, the following symptoms usually manifest themselves in succession. A dull tearful eye, with a sense of weight and fulness in the head ; the pupil of the eye is large, and does not contract by exposure to a strong light ; drowsiness is soon succeeded by a deep sleep ; or the persons appear drunk, sometimes shewing signs of delirium ; convulsive twitchings are to be observed in different parts of the body ; vomiting occasionally happens ; universal convulsions ; death. If laudanum has been taken, we can generally at once recognise it by the smell of the person's breath.

2.—Never give the patient brandy or vinegar, such a practice is attended with the greatest danger.

3.—Produce vomiting as soon as possible; to this end administer three or four grains of *tartar emetic* dissolved in warm water; or thirty grains of *white Vitriol*; or from four to eight grains of *blue vitriol*; or thirty grains of *ipeca-cuanha*. Vomiting ought moreover to be induced, if possible, in the very first instance, by tickling the throat. And although this practice may not succeed alone, yet it will be found to afford considerable assistance in the operation of the emetic.

4.—If the above emetics are not at hand, it ought to be remembered, that an emetic may always be formed by mixing two table-spoonsfull of powder of mustard with a pint of warm water,

which is to be gradually taken until vomiting follows.

5.—As a general rule, it is improper to give more liquid than is necessary for the solution of these emetics, but if vomiting cannot be procured by the above means, *the stomach must be drenched with warm water, until the effect is produced.* *

6.—If the patient has lost the power of swallowing, *a hot blister*, should be applied to the stomach and throat (Sect. x. 3.) and the throat should from time to time be tickled with a feather dipped in hartshorn, or any strong spirit.

7.—In order to prevent the patient falling asleep, he should be *walked about*, between two people, and occasionally shaken ; his nostrils may be tickled with a feather moistened in hartshorn, or a

bottle containing it may be passed under them. And, perhaps, if the body is hot, the skin dry, and the face flushed, sponging with vinegar and water would have a beneficial effect.

8.—As soon as the poison has been thrown off from the stomach, then, *and not till then*, we should give every five minutes a glass full of vinegar and water, occasionally alternating the draught with a cup of strong coffee: this treatment should be continued until all bad symptoms have disappeared; and it will be a prudent precaution not to allow the patient to retire to rest for several hours after his recovery.

9.—In order to remove any numbness in the limbs, frictions with flannels, or a flesh-brush, should be diligently applied.

10.—If the face and neck appear swollen, or full of blood, and of a dingy mottled colour, we should immediately apply a dozen or more leeches, to the neck and temples; if there is any one who can bleed, it would be still more advantageous to open the jugular vein, or temporal artery.

11.—If *tobacco*, *foxglove*, or *laurel water*, has been taken, a glass of strong punch or wine should be given to the patient, immediately after the stomach has been evacuated by vomiting, which may be repeated at intervals; and we may also add to his coffee a tea-spoonfull or two of hartshorn, or of spirits of turpentine.

12.—Strong glysters of *vinegar*, *Glauber's* or common salt, with water, may be administered every half hour until copious effects have been produced.

XXXII. POISONOUS MUSHROOMS.

1.—AFTER several hours have elapsed, the effects of these noxious vegetables are betrayed by griping pains, vomiting, heat of the stomach, languor, convulsive twitchings of some part of the body, great thirst, sometimes drowsiness and stupidity, at others, the patient has full command of his senses; in fatal cases, faintings, convulsions, and cold sweats close the scene.

2.—Neither vinegar, brandy, nor salt and water, are to be given, as they dissolve the poisonous qualities of the mushrooms, and consequently increase their destructive effects.

3.—The emetics formerly recommended, (xxxi. 3.) are to be administered, and vomiting should be encouraged by every means in our power.

4.—Give the patient a strong glyster, consisting of *senna tea*, *Glauber salts* and *oil*: if these cannot be procured, a common one should be repeatedly injected until some effect is produced.

5.—After vomiting, if any pain should be felt in the stomach or bowels, let the warm bath be used, or let the parts be fomented: leeches may be also applied to the part that is tender, or to the region that is painful.

6.—The patient ought to drink gruel, linseed tea, or any other mild diluent.

7.—Two table-spoonsfull of castor oil, beat up with the yolk of an egg, may be given at two doses, and repeated unless a motion be produced.

8.—A common mild glyster should be occasionally given whilst the pains continue. (*Sect. xx. 8.*)

XXXIII. RUPTURE.

1.—The parts in which ruptured swellings generally appear are in the groin, the navel, the private parts of the male and female. Whenever there is pain in the swelling, accompanied by great uneasiness, and a peculiar expression of the countenance, inclination to vomit, coldness of the feet, &c. the life of the patient may be considered as in the greatest jeopardy. A surgeon should be instantly sent for, and in the mean time the following plan may be pursued.

2.—Put the patient to bed; let him lie on the back with the shoulders raised, and the thighs bent towards the body; in this position he should be kept as quiet as possible.

3.—Do not on any account try to push the swelling into the belly again, nay, do not even venture to touch it:

and every species of wine, spice, and animal food, is to be immediately withheld.

4.—A common glyster should be injected. (Sect. xx. 8.)

5.—If any one is present who is capable of bleeding, three or four tea cups full of blood may be taken from the arm.

6.—Should the surgeon live at a distance, or be long before he arrives, the patient may be placed in the warm bath for fifteen or twenty minutes; at all events let plenty of hot water be in readiness.

XXXIV. SPRAINS AND BRUISES.

1.—If any of the large joints, particularly the knee, ankle, or wrist, have been injured by a blow, fall, or sudden exertion, we should immediately apply the means of relief.

2.—The application of spirit, under any of the forms so commonly used, is improper, and ought never to be employed in the first instance; perhaps the reason why they have so often been used with impunity is, only because the bruises were of trifling extent, and would have been easily recovered without any application.

3.—In order to prevent and lessen inflammation, place the part in cold vinegar and water, or cover it with cloths, which must be kept constantly

wet with the same ; or, according to the extent of the injury, and in some degree, to the season of the year, ice may be applied ; or a constant stream of cold water may be directed upon the part from the spout of a tea kettle, for an hour or more, after which the wet cloths, as above described, must be applied.

4.—If the bruise has been very violent, *leeches*, according to the extent of the swelling and injury, are to be applied (say from half a dozen to a score) : the bleeding is to be encouraged by fomentation with cloths dipped in warm water. If the pain does not abate, we may, without fear, repeat the leeches ; and the surgeon may possibly, under such circumstances, find it necessary to bleed from the arm, and give purgatives ; at all events, a dose of salts should be given.

5.—After the bleeding has ceased, the parts, throughout the day, may be kept cool by cloths wrung out of a wash, composed of a tea-spoonfull of *white vitriol* dissolved in a pint of warm water, to which, when cold, two table spoonsfull of brandy are to be added; or a wash of vinegar, brandy, and water, may be employed, mixed together in the proportion of half a pint of the vinegar and water to a gill of brandy: a cold poultice, of meal or bread crumbs mixed up with vinegar, may, for convenience, be substituted during the night, for the above lotion, as the patient can, from time to time, moisten it with vinegar, without any assistance.

6.—The limb should be kept in a perfect state of rest, being supported, and not permitted to hang down. If the muscles are bruised, they must be re-

laxed, and the patient will soon find out the posture by which this is effected.

7.—To take off the blackness and pain, after the inflammation has subsided, the parts may be rubbed once or twice a day with opodeldoc, camphorated oil, soap dissolved in brandy, or hartshorn and oil.

8.—Should much weakness remain in the part, it must be pumped upon twice or three times a day, suffering the stream to come upon the part with considerable mechanical force; or frictions may be employed with the hand, or with flannel moistened with any of the liniments above described. The uniform pressure of a bandage, extending above and below the part, will also be found to accelerate the cure. These means, together with a very gradual return to

exercise, will soon restore the limb to its natural strength. If a joint should happen to participate in the injury, we must be very cautious and diligent in the application of the above means of cure ; for many a *white swelling*, and a *stiff joint*, have been the consequence of neglecting what was thought, at the time, a slight injury

XXXV. STILL-BORN CHILDREN.

1.—Apoplexy sometimes occurs after a hard labour, when the head has been severely squeezed in its passage ; or when the navel-string has been twisted round the neck : the skin is purple, or dark-coloured, and the face is swelled.

2.—The cord should be snipped with a pair of scissors, or punctured, as in

bleeding, and the blood allowed to flow : if this does not take place in sufficient quantity, a leech may be placed behind the ear, or on the temple.

3.—The infant may be placed up to its middle in warm water, to which a little warm wine, or spirits, has been added.

4.—It is now to be placed on its back, with the head raised ; and the body is to be immediately dried.

5.—The parts about the root of the tongue sometimes prevent breathing, by closing the *lid* of the wind-pipe ; we should therefore gently draw or press the tongue forward, holding it between the finger and thumb, covered with linen to prevent their slipping.

6.—Rub the neck, breast, and temples, very gently, with spirit, and pass a bottle containing hartshorn, or salts, *quickly* backwards and forwards under the nose; or touch the nostrils with a feather dipped in spirit. These means will frequently produce respiration; should they however fail, other resources must be tried.

7.—Press backwards the upper part of the wind-pipe very gently, by applying the finger externally to the throat, just below the chin; then, closing the nostrils, introduce one end of a bit of a tobacco-pipe, reed, or quill, into the infant's mouth, and by blowing into the other, the nurse will inflate the lungs; in the next place, press the chest and margins of the ribs, to force out the air again; and repeat this so as to imitate natural breathing. This is the common way of producing breathing, but a pair of bel-

lows would be more likely to succeed, and indeed has often produced the desired effect, when the ordinary method has failed. (See Sect. xi. 9.)

8.—A glyster should be administered. (Sect xx. 8.)

9.—When the child is born in a weak and languid state, in consequence of a protracted and tedious labour, or from other causes, **WE SHOULD NEITHER TIE NOR CUT THE CORD, AS LONG AS IT BEATS ;** but if the *after-birth* is loosened, and the navel-string does *not beat*, **WE SHOULD CUT IT DIRECTLY,*** but not tie it. As soon as the breathing commences, a few drops of blood will flow : if respiration appears to be assisted by it, blood, to the extent

These precautions are very important, for many a child has fallen a sacrifice to the attendant's ignorance upon this point.

of two or three tea-spoonsfull, may be allowed to flow without any danger.

10.—Clean the infant, wrap it in warm flannel, and remove it to the fire, or place it in warm water ; expose the face to the fresh air, and the means recommended above (5, 6), together with the following, are to be adopted.

11.—Suffocation may proceed from the mouth, and even the nose, being filled with a glairy matter—a circumstance that requires the notice of the attendant.

XXXVI.—STING OF HORNET—BEE—WASP.

1.—The sting of the Hornet gives more exquisite pain than that of a Bee or Wasp ; but in England the conse-

quences are not serious, seldom producing more than local swelling, attended with more or less acute pain. If the stings are numerous, the fever and inflammation may prove fatal.

2.—The sting should be immediately extracted with a needle ; but before the attempt is made, let the *projecting portion*, which contains the poison bag, be cut off with a pair of scissars, or in our attempts to extract it, more poison might be forced into the puncture.

3.—Plunge the part in very cold water, either pure, or with the addition of some common salt ; let it remain in the water for some time, and, after its removal, it should be kept cool by the application of wet cloths.

4.—If the pain and swelling are severe, two or three leeches should be applied

to the part; and after the bleeding has ceased, a few poppy-heads, boiled in half a pint of water, and beat into a mass, may be placed upon the bites, in the form of a cataplasm; or a common bread and milk poultice, with the addition of twenty drops of laudanum, may be applied.

XXXVII.—STING OF A BEE OR WASP IN THE THROAT.

1.—WHERE this occurs, the most distressing, and often dangerous, symptoms arise; for the part swells with such rapidity, and to such an extent, as to threaten suffocation.

2.—The person should be immediately removed into the open air; the neck should also be uncovered, and bathed

with the coldest water, or, what would prove still more efficacious, the patient should place himself in a position to have a continued stream over the throat, or whole head.

3.—In the mean time procure a dozen of leeches, and apply them, externally, to the throat. Should the symptoms be very severe, it may be necessary to take blood from the arm, or jugular vein; a surgeon should therefore be sent for without delay.

4.—The patient, from time to time, may swallow a mixture of oil and honey, acidulated with vinegar or lemon-juice.

XXXVIII.—STOPPAGE OF URINE.

1.—THIS is in many instances a dangerous complaint; and as it may arise from very different and opposite causes, a medical person should be sent for without delay.

2.—Should the stoppage have been produced by the application of a blister, plentiful draughts of gruel, linseed tea, or of any mild liquids, will be sufficient for its cure: the parts may also be fomented with cloths dipped in warm water; and should the complaint prove obstinate, from ten to fifty drops of laudanum, according to the age of the patient, should be administered in any of the above-mentioned liquids.

3.—In every case of the retention of urine, the warm bath should be used;

and if there is much pain, it will be judicious to apply a dozen leeches, just below the private parts, and a vein may also be opened in the arm.

4.—A glyster of gruel, or starch, with from twenty to sixty drops of laudanum, should be given ; and, if circumstances render it necessary, repeated.

5.—If a person has a swelling at the bottom and front part of the belly, though he may pass a little water, or perhaps a constantly dribbling is going on, still let him not deceive himself ; there is, in such a case, a deep-seated mischief going on—the urine is still collecting, and must be drawn off. This kind of stoppage of urine arises from palsy of the bladder ; and the means recommended above will be of no service. This palsy is generally a complaint of old people, but it may happen to persons

of every age, from injury of the spine ; from the injurious habit of holding the urine too long ; or it may occur as a symptom in typhus fever.

XXXIX.—STROKE OF THE SUN.

1.—A PERSON who has been long exposed to the meridian rays of a summer sun, and falls down suddenly, deprived of sense and motion, is said to have received *a stroke of the sun*.

2.—Send directly for medical aid ; in the meantime, take off the neckcloth, unbutton the collar of the shirt, and remove the patient into the shade. In whatever way he may be carried, whether in a chair, or in the arms of a by-stander, care must be taken that his head does not *hang down*, or lie upon the breast.

3.—He should be placed in an airy chamber, with every door and window open. The head and chest are to be considerably raised by pillows above the rest of the body.

4.—Cloths, soaked with *cold* vinegar and water, should be applied to the head, and changed as often as they become warm: we may even pour a continual stream of water upon the head.

5.—If any one is present who can bleed, the temporal artery, jugular vein, or a vein in the arm, should be opened without delay; or cupping-glasses should be applied to the back of the neck. If the medical person has not arrived, twenty or more leeches should be placed on the temples and forehead.

6.—A glyster of equal parts of vinegar

and warm water, with two or three table spoonsfull of common salt, should be injected, and repeated, unless a sufficient effect is produced.

7.—A mustard poultice (i. 10) should be applied to the upper part of the foot and instep.

CAUTIONS.

Emetics are not to be given; neither should we apply snuff, or smelling-bottles, to the nostrils. When the patient can swallow, a purgative may be given: animal food, wine, and spirits, are on no account to be allowed; and the return to their use should be cautious and gradual.

XL.—SUFFOCATION.

1.—SUFFOCATION may be produced by the foul air of beer or cyder vats, by the fumes of lighted charcoal, from lime or brick kilns; it may also take place wherever pure air does not freely circulate, as in vaults, wells, mines, &c.; and the smothering of infants under the bed-clothes, depends upon the same cause.

2.—When a person is in a state of insensibility from any of these causes, the head and face are generally swollen, the eyes appear darting out of their sockets, the face livid, the lips almost of a dark blue colour; the tongue is sometimes thrust out at one side of the mouth, or the jaws are firmly locked.

3 —If the accident has just happened, and the body is warm, it must be un-

dressed, and freely exposed to the fresh air. It should be supported in an upright posture, or placed upon its back with the head raised. A medical person must be immediately sent for.

4.—Dash cold water over the whole body, and particularly over the chest; then dry it by rubbing it well with a cloth, and afterwards take a sponge soaked in vinegar, and rapidly wash it. This dashing of cold water, drying, and sponging, are to be alternately employed, until signs of life appear, which are indicated by a change in the colour of the skin, a foaming at the mouth, and a universal shivering, especially after the cold effusion.

5.—While these means are going on, the nostrils should be irritated with a feather dipped in hartshorn or aromatic vinegar.

6.—A glyster of vinegar and cold water, in equal proportions, with a table spoonfull of common salt, should be given.

7.—Gentle shocks of electricity may be passed through the breast in various directions.

8.—Signs of life appearing, the body should be dried, and placed in bed, on the side or back, in a room with free ventilation, and with every useless person excluded.

9.—If the veins of the neck are turgid, a cup or two of blood may be taken from the temporal artery, or from six to a dozen leeches applied to the neck and temples.

10.—When the patient can swallow, *lemonade* will be the best beverage.

11.—Should any pain be felt in the stomach, a dose of some purgative may be given, and its operation may be assisted by the administration of a common glyster.

12.—According to the plan as above laid down, the smothered is to be treated, taking care, of course, to adopt and modify the rigour of the plan to the delicacy of the subject.

13.—If the body is colder than natural, heat must be gradually applied, as recommended under *Drowning*; the nostrils must also be stimulated, and artificial breathing produced.

CAUTIONS.

The patient is not to be placed in a warm bed; nor is tobacco to be used in any manner, or in any form; nor should

emetics be given, unless indeed he should have fallen into a privy, and swallowed some of its contents. The means of recovery recommended should be perseveringly followed, and not hastily abandoned, from any feelings of discouragement.

XLI.—WOUNDS.

1.—If it is necessary to cleanse the cut, it may be washed with warm water, or warm milk and water, taking care that no dirt, glass, clots of blood, or any other substance be left in it. If the head is wounded, the hair should be cut or shaved off.

2.—We must now stop the effusion of blood. If an *artery* is wounded, the blood will flow out in a jet of a bright scarlet colour, while that from a vein is

of a dark purple hue, and will flow in an even and unbroken stream.

3.—The wound of an artery requires the greatest care ; that of a vein, generally speaking, is of much less consequence.

4.—If an artery is wounded, we must always bear in mind, that the finger placed upon the bleeding vessel will be sufficient to stop the flow of blood until the surgeon's arrival. There are other modes of stopping it, as by the *tourniquet*, and by passing a bandage round the limb, *above* the bleeding wound ; but this, if long continued, would produce mortification ; whilst in many parts of the body such an application would be wholly impracticable. The above simple mode is therefore recommended, as being equally secure, and more easily and

quickly put in execution than any more elaborate process. Should it become necessary to continue the pressure for any number of hours, the bowl of a spoon, wrapped in linen, and held with firmness upon the bleeding vessel, will offer a convenient expedient; and the pressure may be continued any length of time, by a succession of attendants, with perfect ease and safety.

5.—When a wound bleeds universally from the whole surface, and not from any particular vessel, the common dressings are generally sufficient to staunch the blood.

6.—In ordinary cuts, bring the edges of the wound together with straps of *resinous plaster*, which is the common sticking-plaster of the surgeons, and ought to be kept in every family: no further treatment is necessary; but should

the wound be extensive, a bandage may be placed round the part, as well as above and below it, in order to aid the intention of the plaster.

7.—The wounded part should be kept in a complete state of rest ; the straps of plaster should not be removed for three or four days ; nor should we wash away any coagulated blood that may rest about the wound, for it will serve to exclude the air, and is the most natural and best dressing that can be applied. Should great inflammation come on, a poultice may be placed over the dressings, and a dose of salts should be given.

CAUTIONS.

Brandy, Riga and Friars' Balsam, &c. may do much harm ; they ought, therefore, never to be applied to fresh cuts.

Surgical advice will be essentially necessary whenever an artery is wounded, as well as in *stabs* by any pointed instrument ; also in jagged and lacerated wounds, and in all wounds passing into the interior parts of the body.

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