

**Hints designed to promote beneficence, temperance, and medical science.
Vol. 1 / [John Coakley Lettsom].**

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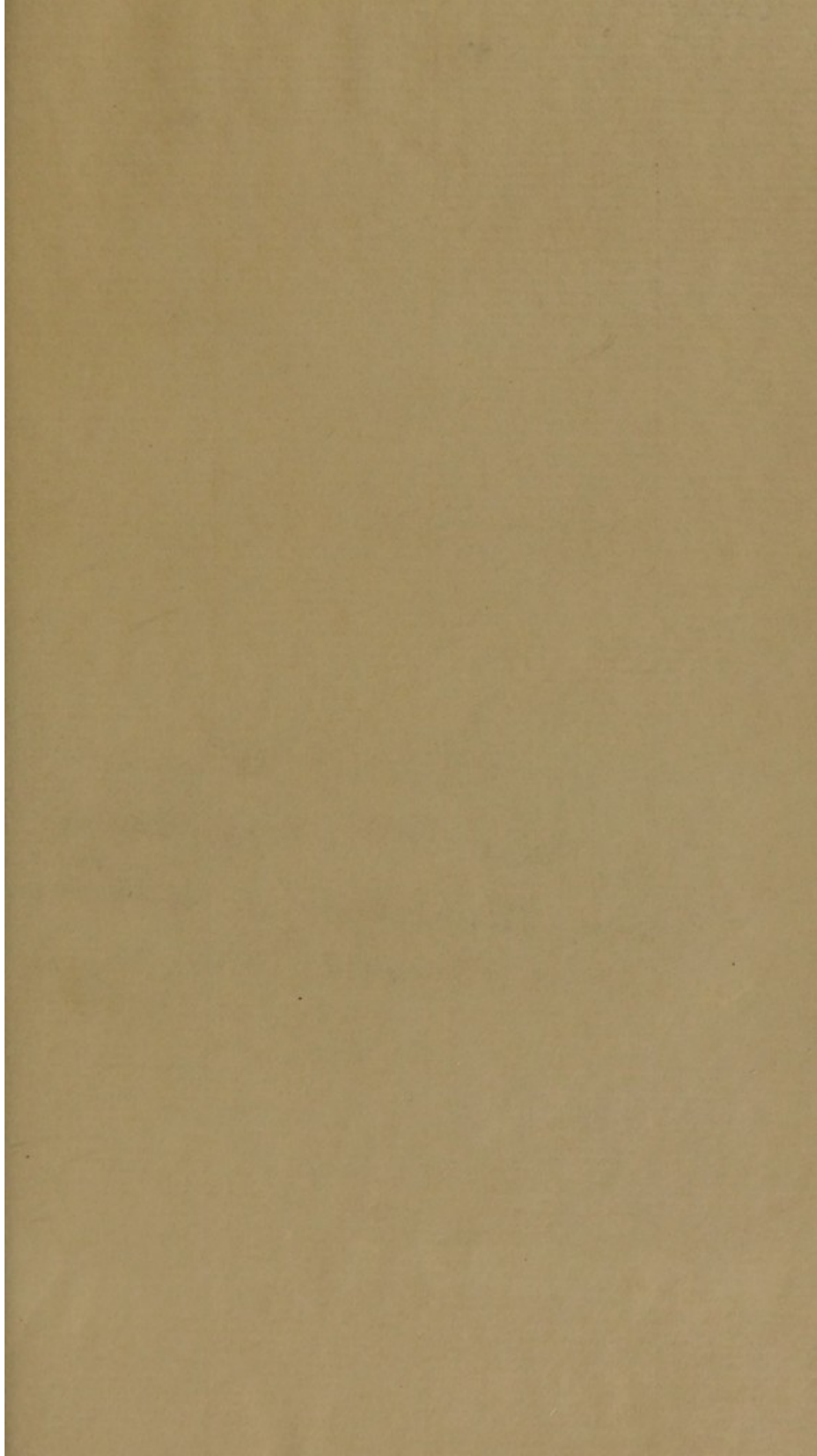
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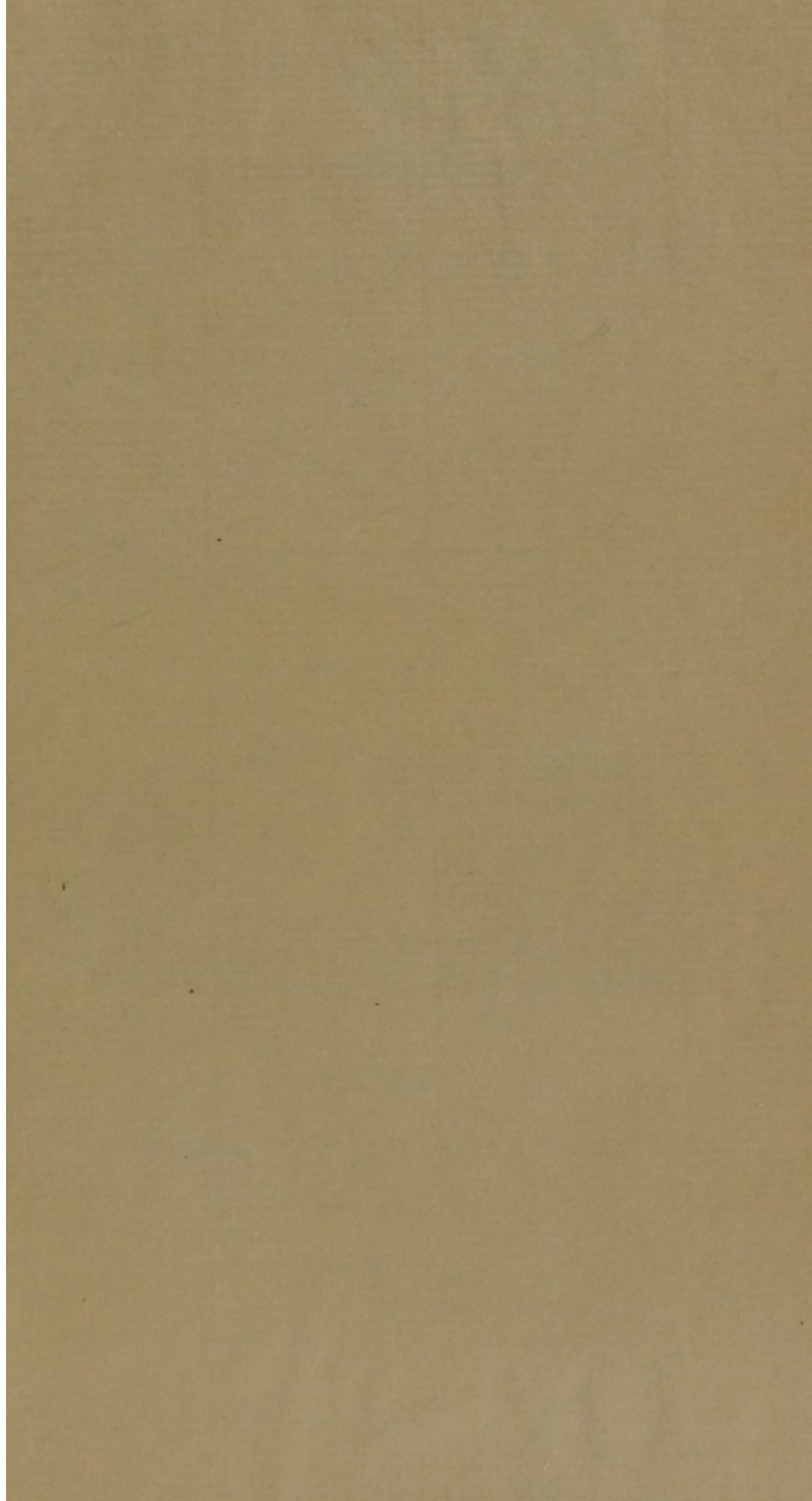
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Facsim. plan at p. 243

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RESEARCH AND DEVELOPMENT

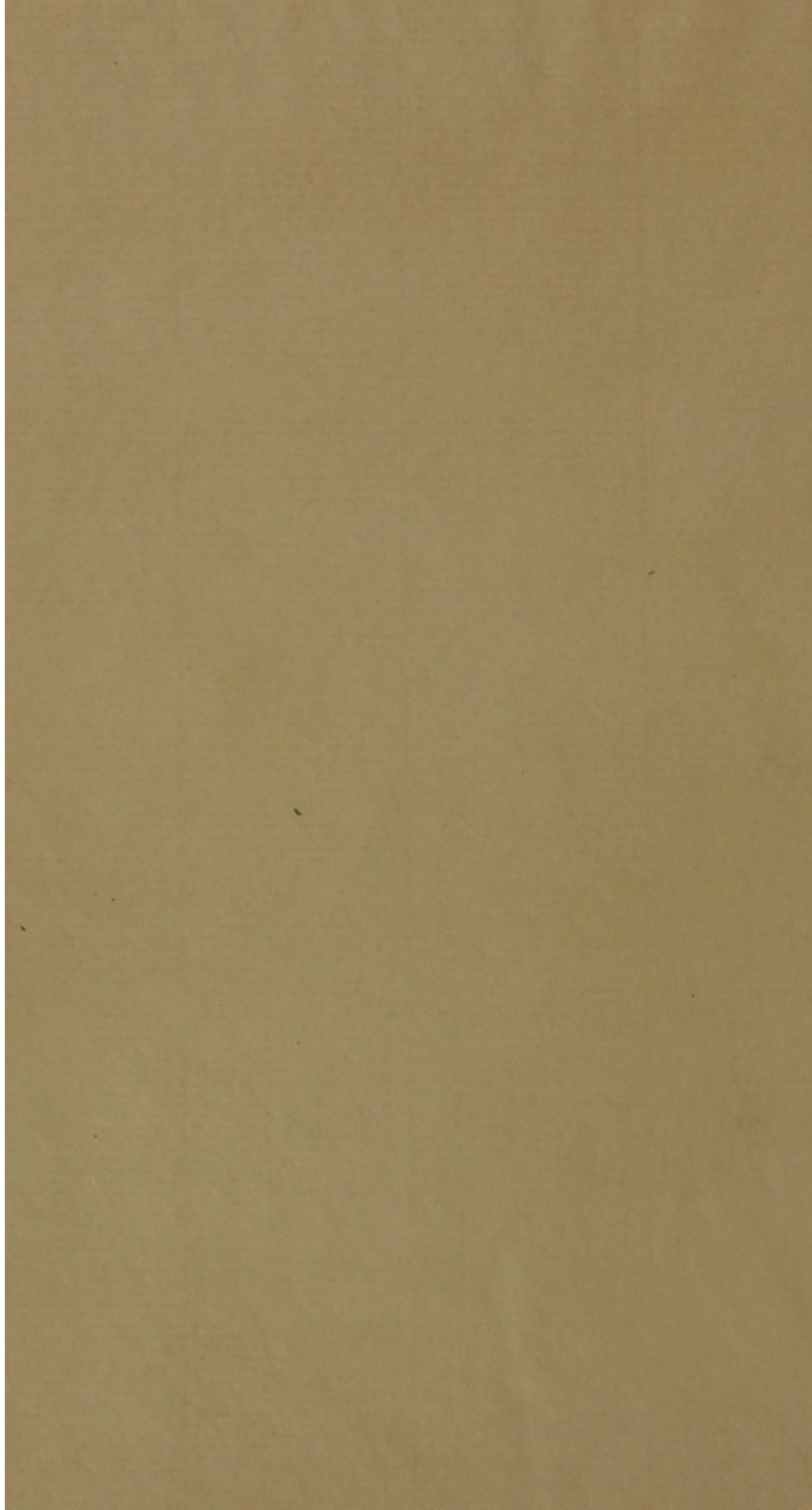
MEDICAL SCIENCE

RESEARCH

RESEARCH AND DEVELOPMENT

RESEARCH

RESEARCH



H I N T S

DESIGNED TO PROMOTE

BENEFICENCE, TEMPERANCE,

AND

MEDICAL SCIENCE.

VOL. I.



London.

PRINTED BY H. FRY, FOR C. DILLY.

1797.

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BY APPOINTMENT TO HER MAJESTY THE QUEEN

MEDICAL OFFICER

348336

LONDON

PRINTED BY H. K. LEE & SONS

STATIONERS

1875

P R E F A C E.

FEW persons who have early appeared as Authors, live to mature age, without a wish to have written less, or even never to have appeared before the Public. Perhaps some who read the following Hints, may conclude that this sentiment is suggested by the Author's individual experience. He makes no plea in favour of what he has done, but he has the satisfaction of reflecting that he never printed a sentence to which

he

he is ashamed of subscribing his name; because the motives will, at least to his own mind, support his conduct.

Many of the subsequent essays have been already printed, and some of them at an early period of his life; at the present moment he might express himself differently; but, whether it is that we recal our juvenile exercises with the enjoyment of retrospective pleasure, or that we feel a satisfaction in marking the progress of experience; he acknowledges, that he cherishes a predilection for these efforts,

efforts, excited as they may have been by imagination, rather than chastened by judgment.

These pieces, however trivial they may appear to an unbiassed reader, are submitted to that public, which cannot be greatly overburthened by an edition comprising a few copies only, principally designed for the acceptance of private friends.

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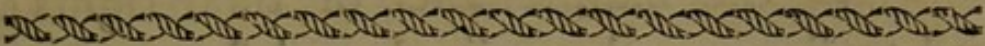
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H I N T S, &c.



*Hints designed to promote the Establishment of
a DISPENSARY, for extending medical Re-
lief to the Poor at their own Habitations.**

THE Poor are a large, as well as useful part of the community; they supply both the necessary and ornamental articles of life; they have, therefore, a just claim to the protection of the rich, whose interests must direct them to encourage the industrious in their employments; to frame laws

* Inserted in the Introduction to the General Dispensary, instituted in 1770. By the report in 1796, it appears that 110,000 poor persons have received medical assistance either at their own habitations, or at the Dispensary, in Aldersgate-Street. A Plan so peculiarly useful, was instituted in different parts of the metropolis, and at

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laws for the maintenance of their rights; and to succour them in the misfortunes to which they are unavoidably incident.

This mutual obligation between the rich and the poor, neither of whom could long subsist without the aid of the other, has in all ages formed the most natural and permanent ground of intercourse between the different degrees of the people: the artizan always depending upon the affluent for employment, and the success of the artizan being always necessary to the ease and convenience of the affluent.

the present time as many have been established as to afford relief to about 50,000 poor people annually; one third of whom at least are attended at their own habitations: a mode of relief which keeps the branches of the family from being separated, and affords an opportunity for the wife to nurse the sick husband or child, or the husband to superintend and protect a sick wife, which naturally tends to meliorate and augment the tender affections. By this mode of conveying relief to the bosoms and houses of the poor, the expence is trivial indeed; as one Guinea, which is an annual subscription of a Governor, affords the means of relief to at least ten patients! Hence 50,000 patients are annually relieved for £5000, a sum not exceeding one third of the revenue of a single hospital in London, which relieves scarcely 6000 patients a year!

In

In a country where many individuals are enriched by commerce ; and where all people are possessed of civil liberty, and the unrestrained exercise of their faculties ; the ornamental and necessary arts must unavoidably flourish : but, wherever many persons are employed, labour must be cheap ; the earnings, therefore, of the artizan, will seldom exceed his expences ; and as many of these arts depend upon circumstances changeable in their nature, multitudes must thereby be liable to suffer a temporary poverty.

However, whilst health continues, the resources which daily open to the industrious in a trading country, afford also a temporary subsistence to their families : but a long continuance of health is the lot of few. The Poor, from the occasional want of employment and wholesome food, from exposure to all changes of the weather, and from various other causes, are often visited with sickness, as well as with poverty ; one, indeed, is consequent upon the other, and thence they become the immediate objects of assistance. It is

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then peculiarly necessary that the hand of pity should be extended to soften the pangs of a sick bed, and to restore health and ease to the Poor in affliction.

But, affecting as the picture of poverty, united with disease, may appear, it serves to heighten our approbation of the generous and benevolent spirit, which every quarter of this city nobly exhibits; the numerous hospitals and other munificent receptacles for our distressed fellow-creatures, are undeniable proofs of the piety, compassion, and liberality of the opulent, which no preceding age ever afforded. Greece had her exquisite statues, and Rome her public baths and edifices; but Christianity hath raised monuments of compassion and beneficence, unknown both to ancient Greece and Rome.

In a free country, where the manners of the people are thus softened and humanized, and amongst whom mutual interests must perpetually subsist; a spontaneous gratitude will naturally arise in the Poor towards their benefactors, to repay by
their

their industry those obligations which their unavoidable sickness had incurred ; they not only meet their families with pleasure, but they are animated to follow their daily labour with redoubled chearfulness, and vigor.

I have been too intimately acquainted with the condition and manners of the Poor, to want facts in support of what I advance ; if I err, it will be in not doing sufficient justice to that industry and gratitude, which they exemplify in their general deportment. Those, who form their judgment from a superficial observation of a few intoxicated objects, who are found in the most frequented places, are much mistaken with respect to the body of the laborious Poor, who humbly seclude themselves in miserable courts and allies. Vice is barefaced, and boldly exposes itself in the open streets ; but modest worth steals from the public eye, and frequents the most solitary avenues : one vicious man, therefore, becomes more conspicuous than a thousand good men ; and our conclusions cannot be just without being formed from
the

the whole, both with respect to the lower as well as the higher stations of life.

When I consider the distresses of the Indigent, I rather admire that the instances of their misconduct should be so rare : when they behold the affluence, ease and indulgence of their superiors ; when, in spite of their utmost industry, they can with difficulty support their families ; and when sickness and disappointments supervene, it is not to be wondered at, if some expressions of discontent should break forth amongst them. But such only can properly judge of these repinings, who have seen a whole family, that once experienced better days, confined to one chamber, and one solitary bed, with sickness, with want, and a total incapacity to raise one penny : let such try the experiment without murmuring, before they form a conclusion to the disadvantage of the sufferers.

Many of the habitations of the Poor have I entered, and been conversant with their sufferings, and their resignation under them ; in both of which they have exceeded

ceeded many of their fellow-creatures, whose lot has cast them in a superior station, and whose contentment under temporary miseries, should ever be sustained by this comparative reflection :

“ What myriads wish to be as blest as I ! ”

SHENSTONE.

Great cities are like painted sepulchres ; their public avenues, and stately edifices, seem to preclude the very possibility of distress and poverty : but if we pass beyond this superficial veil, the scene will be reversed ; the pleasing lights and shades of the picture will be blended with, and lost in, a dark back-ground.

A man, conversant only with the common concerns of life, would infer, upon the least reflection, that as families in the middle station, with the utmost circumspection, cannot restrain their expences under considerable sums in each year ; the laboring Poor, and many artizans, who cannot possibly acquire more than forty or fifty pounds in the same time, must be
liable

liable to suffer much distress either when out of employment, or when visited with sickness. Temperance and labor render them prolific; and to support a numerous family with all the necessaries of life, by their small earnings, is an invincible proof of the œconomy and industry that generally prevail among them.

Sometimes, indeed, by successive attacks of illness, they are incapable of procuring the common necessaries of life; they have literally wanted bread, as well as cloaths; and, instead of a bed, an old oil-cloth has been substituted, and the whole furniture of it has been a worn-out blanket, insufficient to hide what decency requires. On such a couch have been found a husband, a wife, and two or three children, at once chained by disease, without any resources to procure a morsel of bread; they have thus continued, till the payment for their wretched dwellings became due, when this dismal confinement has been changed for the horrible restraint of a prison, loaded with putridity and poison.

It must be owned, indeed, that such examples of extreme distress do not very often occur; they are, however, much more frequent, than is usually imagined by those, who consider the amazing sum to which the poor-rates annually amount, and the various other provisions calculated to relieve the indigent.

But from whatever causes the prevailing distresses of the poor may originate, present misery requires present aid: whereby health, which is so necessary to their subsistence, will be sooner restored; famine and a prison avoided; the nation enriched by industry; and a hardy race of useful members preserved to the community.

The occasions of making ourselves happy by extending relief to the needy, are numberless; and would seem adapted to diffuse happiness more generally among mankind. If affluence and independence could universally prevail, the benevolent would not experience the inexpressible pleasure of relieving the distressed; neither could there exist that grateful satisfaction,
which

which modest indigence ever feels from well-timed succour. In this city, however, there is no probability that these causes of mutual pleasure will ever be removed; but, on the other hand, the affluence of some rises in proportion to the necessities of others, whose wants silently petition for their assistance.

A little good, properly directed, is often great in it's increase: the widow's mite was not bestowed in vain: no person, therefore, should withhold his hand, from the reflection that a little can produce no benefit; but rather be animated to do good, by observing that great effects have resulted from trifling causes; that the smallest spring is the source of a mighty river which waters numerous provinces; that the loftiest oak of the forest is germinated from an acorn; and that the particle, which seems lost in the ocean, may become a pearl of inestimable value.

There is a numerous class of the community, who are objects not less worthy of sympathy and protection: I allude to domestic servants, who interest themselves
in

in their different departments for the profit and pleasure of their masters; and who have hence a natural claim upon them for relief, when rendered incapable of labor by the attacks of sickness. The female sex, in particular, constitutes the majority of domestic servants in this city; they have been accustomed to the plenty of their master's table; and frequently receive indulgences to which the abject Poor have not been used: by this, and a continual intercourse with people of decent manners, they acquire a degree of delicacy of body, as well as of sensibility of mind, that makes them less able to undergo difficulties, or exposure to the wide world. Many of them who are born with tender frames, and delicate constitutions, exert themselves so much in the discharge of their duty, as renders them liable to numerous ailments; and unwilling to complain for fear of incommoding a family, or incurring an expence which they themselves are unable to support, they patiently linger on, till disease becomes too deeply fixed to be eradicated. I have, indeed, been witness to the most laudable instances
of

of humanity in masters and mistresses of families, who, as soon as they have discovered the sickness of their female servants, have evinced the tenderest care of them; engaging the advice of the family physician or apothecary, and taking upon themselves every expence that might accrue; and where servants meet with such treatment, the aid of the Dispensary is not requisite. In some families peculiar circumstances may occur, and servants may be seized with certain diseases, particularly of the infectious kind, which may render it highly expedient to remove them to lodgings; but the humane interference of masters and mistresses may still be conducted with no less advantage and security to servants than if they were at home. There are, however, many heads of families, whose humanity does not rise to such complete efforts of genuine compassion. The tender domestic, whose sickness is often occasioned by an anxious desire to please the family, is either left to discharge the expences of it, or turned out of the house at it's first commencement, for no other reason, but because she is sick, and may possibly

possibly die in the family. If we are made to assist and to do good to each other in the daily and common occurrences of life, how much more should the tenderest emotions of sympathy be excited, and the most effectual relief be administered, in such affecting situations? If we serve our fellow-creatures so far only as it creates us no trouble, where is the prevalence of Christianity over selfishness? The removal to strange lodgings, the ideas of anxiety thence excited, and the numerous fears which are apt, in such a perplexed state, to crowd in upon the mind of an inexperienced girl, who may have laboured for years without saving many shillings, all contribute to augment the first malady, and protract the cure.

Thus abandoned and out-cast, what a scene of woe do the first returns of health exhibit? Perhaps far from her native home, without one real friend, but surrounded with many false ones of both sexes, how unexpectedly do the misfortunes of a frail constitution, and the neglect of those who should have succoured her

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in distress, introduce her into a scene of life, to which, however shocking, necessity compels her to submit at first, and habit afterwards reconciles her beyond redemption !

To servants, thus dangerously situated in families, I know that the Institution referred to has been an useful and noble succour. It has induced masters and mistresses to admit that relief, by which no expence is incurred ; and, for the same reason, has encouraged servants to apply early for a cure, and before their disorders were too deeply rooted in the constitution.

Thus not only the health but the morals of young people of both sexes have been preserved, and that tie between masters and servants which humanity and justice have formed, has become firmly strengthened ; and, as I have generally observed, every kind assistance that domestics receive, is amply repaid by their fidelity, œconomy, and industry.

The Author having been frequently applied to, for the plan of similar Institutions, by persons in different parts of Europe and America, annexes that of the General Dispensary, as printed in the year 1796.

R U L E S

RULES AND ORDERS.

RULE I. **T**HE Charity consists of a President, Eight Vice-Presidents, a Treasurer, and Governors, together with such officers and servants as are from time to time thought necessary.

II. All persons paying one Guinea or more annually, to the support of this Charity, are Governors as long as they continue such contribution, and may have one patient on the books at a time, for each Guinea subscribed.

III. All persons giving ten Guineas at one time, or contributing to that amount within the year, are Governors for life, who have the liberty of having two patients on the books at a time.

IV. Upon the payment of a legacy of fifty pounds or upwards to this Charity, the person paying the same becomes a Governor for life.

V. The Governors, on application to the Dispensary, will be furnished with proper Letters of Recommendation for admission of Patients, which must be signed by the Governors so recommending, to prevent improper advantages being taken of the Charity.

VI. A Quarterly General Meeting is held on the second Wednesday in the months of March, June, September, and December, at which Meeting, nine Governors constitute a board.

VII. The President, a Vice-President, or the Treasurer, may call a General Meeting at any other time, giving at least one week's notice by advertisement in three of the daily papers: if the Monthly Committee require a General Meeting, it is to be called in like manner.

VIII. The particular business for which an extraordinary meeting is called, is to be expressed in the advertisement, and entered upon and determined at such meeting, immediately after reading and disposing of the minutes of the last General Meeting.

IX. At the General Meetings in June and December, a Committee of twenty-seven Governors, three of whom are a Quorum, is chosen to meet at the Dispensary, on the last Wednesday in every month, for conducting the ordinary affairs of the Charity; at which Committee all Governors for life may attend and vote.

X. The Committee, at every Monthly Meeting, are to choose, from among themselves, twelve to attend at the Dispensary as House-Visitors for the ensuing month.

XI. At the last meeting of the Committee in May and November, they are to consider of, and recommend, proper persons to succeed them as a Committee (in which not more than thirteen of the old Committee are to remain) for the ensuing half year, and at their last meeting in every quarter, prepare the business to be laid before the General Quarterly Meeting.

XII. The President, Vice-President, and Treasurer, are members of all Committees.

XIII. At the Quarterly General Meeting in December, a Committee of five Governors is appointed to audit the Treasurer's accounts for that year.

XIV. All such Governors as practise physic, surgery, or pharmacy, or are conversant in the knowledge of drugs, are a standing medical Committee, to inspect the drugs and medicines, examine the bills for the same, and report thereon, as they see occasion, to the Monthly Committee; any three of such Governors to be a Quorum.

XV. There is an Anniversary Dinner between the first day of February, and the thirtieth of April, on a day appointed by the Monthly Committee, when a state of the Charity is laid before the Governors.

XVI. No

XVI. No bye-law, rule, or order, whether proposed at a General Meeting, or at a Committee, is binding, or has any force or effect, until the same is agreed to and confirmed by the next succeeding General Meeting, whether Quarterly or extraordinary; and the same method is observed in the altering or repealing any such bye law, rule, or order, after they shall have been so confirmed.

XVII. Every election of officers and servants of the Charity (except such servants as have been usually appointed by the Monthly Committee) is by ballot, and determined in one day, between the hours of ten in the forenoon, and three in the afternoon: and all other affairs and business of the Charity transacted at any General Meeting, and all questions arising thereupon, are decided by vote. The act or opinion of the majority of the Governors, so balloting or voting, is conclusive and binding.

XVIII. Not more than six weeks, nor less than three, is allowed from the declaration of any vacancy at a General Meeting to the election.

XIX. Nobility, Members of Parliament, and Ladies, may vote at any election by another Governor, as Proxy, authorized in writing.

XX. No new Governor can vote at any election, but such as shall have paid his subscription

four days previous to the commencement of the ballot.

XXI. No person can vote on any question for the making, repealing, or altering of any law, rule, or order of this Charity, who hath not been a Governor six calendar months.

XXII. No person can vote on any question in which he is interested.

XXIII. In all cases of an equality of ballots or votes, the Chairman for the time being is entitled to a second, or casting, ballot or vote.

XXIV. No servant of the Charity is to take of any tradesman, patient, or others, any reward or gratuity, directly or indirectly, on pain of being immediately discharged.

XXV. The servants of the Charity are to attend the General Meetings and Committees, to give such information, and do such business as may be required.

MONTHLY COMMITTEE.

They conduct the ordinary affairs of the Charity, and whenever they judge proper to propose any new regulation, lay the same before the next General Meeting for confirmation.

They

They examine all tradesmen's accounts, and order payment of such as appear proper.

They appoint a day for an Anniversary Dinner, and make choice of Stewards for providing the same, in default of the preceding Stewards naming successors.

HOUSE VISITORS.

Two of them attend every forenoon at the Dispensary, during the hours of business, to see that the regulations of the Charity are carried into execution, and report to the next Monthly Committee such matters as they judge necessary.

PHYSICIANS.

One of the Physicians attends at the Dispensary at nine o'clock every day (Sundays excepted) to give advice to such out-patients as come properly recommended, and afterwards visits the home patients at the places of their abode, as the case may require.

Out-patients are such as are able to attend the Dispensary ; home-patients such as are not able to attend, and who live within the City of London, or liberties thereof.

If any of the Physicians, from indisposition, be incapable of attending, one of the other Physicians
is

is to attend in his room; and no Physician is to absent himself from any other cause, without one of the other Physicians engaging to officiate in his stead.

They have liberty for their pupils to attend them in the business of the Charity, but the pupils are not to prescribe for the patients.

SURGEONS.

One of the Surgeons attends at the Dispensary at ten o'clock every day (Sundays excepted) for the purpose of examining and relieving out-patients, and afterwards visits the home-patients at their own habitations.

The same regulations are to be observed in case of the indisposition or absence of a Surgeon, as are before mentioned with respect to the Physicians.

They have liberty for their pupils to attend them in the business of the Charity, but the pupils are not to perform any operation, unless by the direction, or in the presence, of one of the Surgeons.

No capital operation is to be performed, but by the advice and consent of a majority of the Physicians and Surgeons.

The Physicians and Surgeons hold consultations on all difficult cases.

APOTHECARY.

APOTHECARY.

He constantly resides at the Dispensary, to compound and dispense the medicines prescribed by the Physicians and Surgeons, delivering therewith a printed or written order or label. He is to enter the tradesmen's bills in the ledger, and keep the accounts respecting the same: but not during the hours of attendance of the Physicians and Surgeons.

He is to take care of the medicines, utensils, and other effects of the Dispensary, and that none be wasted, spoiled, or embezzled.

He is allowed one or more persons to assist him in his business, under such restrictions, and at such allowance, as the Monthly Committee judge proper.

He is not to absent himself from the Dispensary, on any account whatever, without leaving a note where he may be found, or taking care that one of his assistants be there until he returns: nor is he to be absent one whole day or night, without leave from the President, Vice President, the Treasurer, or Monthly Committee; and in such case, he is to procure another Apothecary to officiate, to be approved of by the persons giving him such leave.

He is not to practise as an Apothecary, except in the business of the Charity.

SECRETARY.

SECRETARY.

He is to be present at all Meetings and Committees, at the hours appointed, unless necessarily prevented, in which case he is to send a deputy.

He is to keep the proceedings of the Charity in a methodical manner, and in proper books, and do all such business as is requisite, and commonly done by the Secretaries at other Charities.

HOUSE CLERK.

He is to keep a regular list of the Governors of the Charity, and attend at the Dispensary during the hours of business, to receive all letters of recommendation; to examine whether the person recommending is entitled so to do; and to keep a register of the patients under cure, specifying the time of admission, on whose recommendation, whether home or out-patients, and under which Physician's or Surgeon's care received; and to furnish the patients when discharged with letters of thanks.

He is to make out rotation-lists, and summonses, for the House-Visitors, to be delivered by the messenger.

He is to collect the tradesmen's bills, and lay them before the Monthly Committee.

He

He is from time to time to enter the names of the subscribers, and their payments, in the book kept for that purpose.

COLLECTOR and MESSENGER.

He is to keep a complete list of the Governors, and regularly collect the Subscriptions to the Charity as they become due, and pay the same to the Treasurer on the last Wednesday in every Month, or oftener if required. In case of the absence of the Treasurer, he is to pay the money to one of the Bankers of the Charity.

He is to lay before every Monthly Committee the names of new Subscribers, and of such as are deceased, or have declined.

He is to deliver all summonses, letters, and messages, and attend all General Meetings and Committees.

He is to find two securities, to be approved of by the Monthly Committee, who are to be bound with him in a bond of five hundred pounds, for the faithful discharge of the duties of his office.

RULES to be observed by the PATIENTS.

1. No persons are deemed objects of this Charity, but such as are really necessitous.

2. The

2. The Dispensary is open for the reception of recommendatory letters, and admission of patients, every day (Sundays excepted) at nine o'clock.

3. The patients are to continue to attend the Physician or Surgeon who first received them under his care.

4. All patients, without restriction, who come properly recommended, are prescribed for: but no patients are visited at their own habitations, except such as reside within the city of London, or the liberties thereof.

5. If any patient neglect to attend the Physician or Surgeon at the Dispensary for ten days, such patient is to be discharged.

6. The patients are to keep their letters under cover, in order to preserve them clean, and at the end of every month to get them re-signed by the same Governor.

7. The patients requiring only a repetition of the medicines, are to apply for them between the hours of four o'clock in the afternoon, and seven in the evening.

8. Home patients are always to send their letters of recommendation by some proper person to the Dispensary, on the days of the Physician's or Surgeon's attendance under whose care they are.

9. The

9. The patients are to furnish themselves with phials, &c. necessary to contain their medicines; they are to behave themselves decently and soberly, and to conform strictly to such rules as are given them, or be immediately dismissed.

10. The patients, when cured, are to deliver their letters of recommendation at the Dispensary, and receive a letter of thanks, which they are to deliver to the Governor who recommended them: on neglect thereof, they are not to be admitted to any future benefit from this Charity.

All complaints respecting patients are to be made by a Governor, to the House-Visitors, who attend at the Dispensary every day, and who are to rectify the same, if in their power; or refer such complaints to the consideration of the Monthly Committee.

Form

Form of a LETTER of Recommendation.

T O T H E

Governors of the General Dispensary, in
Aldersgate-Street,

FOR RELIEF OF THE POOR.

GENTLEMEN,

I Recommend.

believing to be a proper Object of this
Charity.

GOVERNOR.

Day of

179

* * The GOVERNORS are particularly requested to underwrite their Places of Abode with their Names, and not destroy the old Letters of Recommendation when renewed; but order the Patients to return them to the Dispensary.

RULES TO BE OBSERVED.

1. No Persons are deemed Objects of this Charity, but such as are really necessitous.
2. The Dispensary is open for the Reception of Recommendatory Letters, and Admission of Patients, every Day (Sundays excepted) at Nine o'Clock.
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4. All

4. All Patients, without Restriction, who come properly recommended, are prescribed for; but no Patients are visited at their own Habitations, except such as reside within the City of LONDON, or the Liberties thereof.
5. If any Patient neglects to attend the Physician or Surgeon at the Dispensary for Ten Days, such Patient shall be discharged.
6. The Patients are to keep their Letters under Cover, in order to preserve them clean, and at the End of every Month to get them re-signed by the same Governor.
7. The Patients requiring only a Repetition of the Medicines, are to apply for them between the Hours of Four o'Clock in the Afternoon, and Seven in the Evening.
8. Home-Patients are always to send their Letters of Recommendation by some proper Person to the Dispensary, on the Days of the Physician's or Surgeon's Attendance under whose Care they are.
9. The Patients are to furnish themselves with Phials, &c. necessary to contain their Medicines; they are to behave themselves decently and soberly, and to conform strictly to such Rules as are given them, or be immediately dismissed.
10. The Patients, when cured, are to deliver their Letters of Recommendation at the Dispensary, and receive a Letter of Thanks, which they are to deliver to the Governor who recommended them: on Neglect thereof, they are not to be admitted to any future Benefit from this Charity.

(* * * *The Names of the PHYSICIANS and SURGEONS, with the Days they attend, to be inserted here, for the information of the Poor.*)

* * * A Consultation is held upon all difficult Cases.

Form of a LETTER of Thanks.

GENERAL DISPENSARY,

FOR

RELIEF OF THE POOR,

Aldersgate Street,

179

HAVING been by your Recommendation received as a Patient under the Care of

and discharged this Day

I beg Leave to return my most humble and hearty Thanks for the same.

Hints

SECTION II.

*Hints for the Establishment of a MEDICAL
SOCIETY in London.*

NOTHING has contributed more to the advancement of Science, than the establishment of literary Societies. These excite a generous ardour in liberal minds, and raise even envy itself into useful emulation.

In Medical Science, which rational estimation has placed first in the scale of honour, the science which proposes the noblest object for its end, the preservation and restoration of health; the improvements which have already resulted from the formation of societies, are well known to the medical world.

The principal part of our knowledge must be ever derived from comparing our own observations with those of others. In this view the utility of Societies, which
1
afford

afford an opportunity for the mutual communication of our thoughts, must be sufficiently apparent. Deceased authors cannot solve all our difficulties, nor will the observations made in other ages and climates, hold always true in our own.

There are some circumstances peculiarly favourable to a rising Society. Each member thinking the honour of the association in some measure dependent upon himself, is stimulated to the highest exertion of his powers; unawed by the fame, and fearless of being eclipsed by the lustre of his predecessors, no damp is cast upon the vigour of that genius, which can alone produce great discoveries.

The intention of this Society will be to give the practitioners in the healing art, frequent opportunities of meeting together, and conferring with each other, concerning any difficult or uncommon cases which may have occurred; or communicating any new discoveries in medicine which have been made, either at home or abroad.

Medical papers, which may tend to the advancement of the Science, should be received by the Society, and such as may be deemed worthy of publication, carefully preserved, until sufficient matter for a volume may be collected.

Many useful facts are lost from the want of a proper opportunity of conveying them to the world ; and though when considered separately, they might not be of sufficient importance to claim the attention of the public ; yet when a number of them may be collected together, they may become highly deserving of notice. To such facts, when properly authenticated, the Society will always be particularly attentive.

In order to excite practitioners to bring those talents to light, which would otherwise lie buried and useless to the community, the Society should resolve to hold forth honorary rewards to those who shall improve the medical art ; and although this has not been hitherto attempted in these kingdoms, yet such an example might appear not unworthy of imitation.

It is remarkable that amongst the different associations which have been established in this metropolis, a Society for founding a Medical Library, for the use of its respective members, hath been so little attended to. An institution of this kind is so apparently useful and interesting to those, who are desirous of obtaining an easy access to the best ancient and modern authors, that it requires no apology for the promotion of a Medical Library, that the members of the Society may obtain an easy access to the best ancient and modern authors.

London, June 23, 1773.

Since the above period of time, the Medical Society can claim some of the first medical characters in Europe, among its members; the Library is well stored with many valuable volumes, and four volumes of its memoirs, have already been published: besides, it has offered prize questions, to excite investigation, and distributed

tributed various honorary medals to the successful candidates.

A Society so wisely instituted, and successfully supported, might form an excellent model for similar establishments, to promote which, the present rules of the Society are annexed.

STATUTES

S T A T U T E S
O F T H E
M E D I C A L S O C I E T Y
O F
L O N D O N;
I N S T I T U T E D
M. DCC. LXXIII.

C H A P. I.

*Of the Qualifications, Election, and Admission of
Members.*

1. **T**H E Society shall consist of Physicians, Surgeons, and Apothecaries; and others, versed in sciences connected with medicine; divided into Fellows, Honorary, and Corresponding Members.

2. The Fellows alone shall direct the affairs of the Society, and be eligible to any office.

3. No person shall be eligible as a Fellow, unless resident in the city of London, or within seven miles thereof; nor shall any person residing within that distance, be eligible as a Corresponding Member.

4. No

4. No Physician shall be eligible as a Fellow, who is not a member of the College of Physicians of London, or who does not produce a diploma, and testimonials of his having studied medicine regularly at some University.

5. No Surgeon shall be eligible as a Fellow, who has not been approved of by the court of examining Surgeons of London.

6. No proprietor of any empirical nostrum can be a member.

7. Every candidate for admission as a Fellow of the society, must be recommended by three or more Fellows, on their personal knowledge; but the recommendation of a Corresponding or Honorary Member, may be founded on an acquaintance with his character or writings.

8. The recommendation, containing the profession and place of abode of the person proposed for election, shall be delivered to one of the Secretaries, and first read in the council; that they may be satisfied that the person recommended has been informed of the regulations of the Society, and is eligible according to its statutes: It shall then be read at the ensuing meeting of the Society, and hung up in the common meeting room for *three* succeeding ordinary meetings, if the recommendation be of an *honorary* or *corresponding* member; but

but if of a *fellow*, it shall be hung up for *six* ordinary meetings ; and on the last of these meetings, the votes shall be taken by ballot, if eight Fellows be present ; and if three fourths of the Fellows present ballot in favor of the candidate, he shall be declared duly elected.

9. If it appear upon the ballot, that the person proposed, is not elected, no notice thereof shall be taken in the minutes.

10. The admission of every person who may be chosen a Fellow, shall be at some ordinary meeting, when, after he has paid his admission fine, he shall sign the following obligation ; viz.

We whose names are hereunto subscribed, promise, that we will endeavour to promote the honour, and observe the statutes and regulations of the Medical Society of London, as long as we shall continue Members thereof.

11. The President shall then take him by the hand, saying,

In the name, and by the authority of the Medical Society of London, I admit you a Fellow thereof.

12. If any Corresponding Member shall come to reside in London, or within seven miles thereof, and desire to continue in the Society, notice thereof shall

shall be hung up in the meeting room for three successive nights: and on the third he shall be ballotted for as a Fellow, and if elected, shall be admitted on making the usual payment and signing the obligation.

13. Any Fellow, going to reside in the country shall, if he desire it, be considered as a Corresponding Member during his absence.

14. Persons of distinguished character, eminently versed in sciences *connected with* medicine, may be elected as *Honorary Members*.

15. Honorary and Corresponding Members, shall have the privilege of being present at all meetings of the Society.

C H A P. II.

Of the Payment of Admission Fines, Annual Contributions, &c.

1. Every person elected a Fellow, shall pay the sum of *Two Guineas*, as his fine of admission, and *One Guinea*, for his first years contribution.

2. Every Fellow shall pay to the Society, one guinea annually.

3. If any Fellow shall advance the sum of ten guineas above his admission fine, or, at any period,
the

the same sum above all arrears then due, he shall be exempted from all future payments.

4. No fine, or annual payment is expected from Honorary or Corresponding Members.

5. If any person neglect to pay his admission fine within two months after being elected, unless prevented by some unavoidable impediment, his election shall be void, and he shall be incapable of being proposed again for the space of one year.

6. No person shall have a vote in the Society, whose annual contribution is unpaid.

7. If any Fellow shall neglect the payment of his annual contribution for two years, he shall, at the end of two months after notice thereof has been given him by the Secretary without effect, be no longer a member.

C H A P. III.

Of the Officers and Council ; and their election.

1. To conduct the affairs of the Society, there shall be annually elected a President, Treasurer, Librarian, three Secretaries, a Register, and the seven following Committees, (each consisting of *five* members) who together shall constitute THE COUNCIL.

COMMITTEES.

COMMITTEES.

- I. *Theory and Practice.*
- II. *Anatomy and Physiology.*
- III. *Surgery.*
- IV. *Midwifery.*
- V. *Materia Medica, and Pharmacy.*
- VI. *Botany and Natural History.*
- VII. *Natural Philosophy and Chemistry.*

2. This election shall be by ballot, on the first general meeting.

3. A particular summons shall be sent to every Fellow together with two printed lists, at least three days before the time of election: One of these lists shall contain the name of every Fellow, with marks affixed, shewing what office he has formerly held, or now holds in the Society. The other shall have the offices printed, with blank spaces left for inserting the names of persons thought proper for each department.

4. Every Fellow balloting, shall deliver his name to one of the Secretaries, and afterwards put either the printed list filled up, or a written one, into the balloting box.

5. The ballot shall begin as soon after the hour of two, as eight fellows shall be present; and be closed at three o'clock.

6. The

6. The scrutiny shall begin at three o'clock, and the lists shall be examined by an officer, together with three Scrutators, drawn by lot by the President.

7. Should a list contain more names to fill up any department than are proper, the irregular part shall be set aside, and the remainder taken, as if no such mistake had existed.

8. No person shall be eligible to any office, if twelve months in arrear when the lists are ordered to be printed; which shall be done by the Council, eight days at least before the election.

9. If any doubt or difficulty should arise during the election, it shall be determined by the majority of the Council of the preceding year then present.

10. If any vacancy happen between the anniversary elections, it shall be filled up by ballot.

C H A P. IV.

Of the President.

1. The President shall take the chair at all meetings of the Society. He shall regulate all debates, and prevent any from being prosecuted upon trivial subjects. He shall state and put all questions, according to the intention of the movers. He shall
summon

summon all extraordinary meetings of the Society, and enforce the execution of their statutes.

2. In the President's absence, the Treasurer, or Librarian, and in *their* absence, the senior member of the Council or Fellow of the Society who is present, shall take the chair for that meeting.

3. The President, shall have a second vote, when the suffrages are equal.

4. The President, whilst in the chair, shall be covered, except when addressing himself to the whole Society.

C H A P. V.

Of the Treasurer.

1. The Treasurer, or some person appointed by him, shall receive all money due to, and pay all money due from, the Society, and keep an account of all such receipts and payments.

2. The Treasurer's accounts shall be audited by the Council immediately before two general meetings of the Society, or at any other time when they require it.

3. No sum of money exceeding five pounds shall be paid, except by order of the Council.

4. All

4. All sums of money for which there shall be no present occasion, shall be laid out in such securities as the council may approve.

C H A P. VI.

Of the Librarian, Library, and Museum.

1. The books shall be properly arranged, and each volume distinctly numbered. An alphabetical catalogue shall be kept of all the printed books, expressing the edition of each, place where printed, date, size, price, and number as it stands in the library. A separate catalogue shall be kept of the manuscripts, ranged under proper heads. These catalogues shall be always open for the inspection of every member.

2. A printed paper shall be affixed to each volume, containing the name of the Society, the number of the book, and an abstract of the laws relating to the receiving and returning of books; and if it were presented to the Society, the donor's name shall be entered in it.

3. Any member shall have the liberty at stated times of visiting the library, and reading and taking extracts from the books or manuscripts.

4. Every member desiring a book, shall apply for it between the hours of six and eight in the
evenings

evenings on Mondays, and five and six on other evenings, and shall write down on a slip of paper, the number and title, and shall sign and date it: The Librarian or his deputy shall file the paper, and deliver it back, or cancel it, when the book is returned to the library; and any person taking a book without such written acknowledgment, shall forfeit three times its value.

5. If a book, when sent for, be in the possession of another member, an answer shall be returned, containing the name of the person who has it, and the time when taken out of the library.

6. No member shall have more than two volumes at a time in his possession.

7. Any member detaining a pamphlet or volume in duodecimo above one week; an octavo two weeks; a quarto three weeks; or a folio four weeks, shall be liable to a penalty of one, two, three, or four shillings, in proportion to the size, for each week he shall detain it, provided such penalty exceed not half the value affixed to the book by the council.

8. The council shall designate certain manuscripts and books of value, which shall not be taken out of the library, without their written permission.

9. All pamphlets and books shall remain in the library for the space of one, two, three, or four weeks,

weeks, (according to their size,) after they have been received.

10. A member who shall lose, or injure a book belonging to the Society, shall replace it, or make such compensation as the council may think proper.

11. No member, without leave of the Librarian or his deputy, shall take any book from its place.

12. All books shall be returned before the general meeting in March, for the inspection of the Librarian on entering into his office. Every person neglecting to return a book at that time, shall forfeit half its value.

13. No book shall be purchased, unless by order of council.

14. No book or pamphlet shall, at any meeting, be suffered to lie on the table, excepting those presented the same evening.

15. The Librarian shall also have the care of the museum, no article whereof shall be removed without his permission.

CHAP.

C H A P. VII.

Of the Secretaries.

1. There shall be *three* Secretaries; viz. *Two* in ordinary, and *One* for foreign correspondence.
2. All papers intended for the use of the Society, shall be delivered to one of the Secretaries, who shall lay them before the Council.
3. The Secretaries shall read the minutes of the former meeting, and also any papers which have been referred to the Society by the Council.
4. They shall mark the time when any paper is delivered to them, that no person may be robbed of the title to a new thought or discovery.
5. One of the Secretaries shall officiate at all meetings of the Council.

C H A P. VIII.

Of the Register.

1. The Register shall conduct the writings and correspondence of the Society.
2. He shall attend the meetings of the Society and Council, and, keep the minutes fairly entered in the proper Books.
3. He

3. He shall prepare answers to all Letters on business relative to the Society, and, preserve copies of them.

4. He shall summon the Members to General and Special meetings, and, prepare the business of the Anniversary Festival, and all extraordinary meetings.

5. He shall fill up the Diplomas of Honorary and Corresponding members, and, send them to the person signing the certificate of such members.

6. He shall send the usual Letter to all newly elected members.

7. He shall take notice of all members in arrears to the Society, and, admonish them of it.

8. He shall take charge of all papers relative to the Society, and, keep them properly arranged, and, if required, correct the Press of such as are ordered to be printed.

9. He shall take care that the insurance of the Society's property be regularly paid.

C H A P. IX.

Of the Council.

1. The Council shall chuse from among their own members, two chairmen annually, who shall take the chair alternately.

2. They

2. They shall meet every Monday evening at seven o'clock, and have the power of adjourning to any future day.

3. An extraordinary meeting of the Council may be held at any time by order of the President, one of the Secretaries giving notice of such meeting to every Member.

4. Five Members shall be empowered to transact business.

5. All matters of complaint shall be first laid before the Council, who shall bring such only, as they cannot adjust, before the Society.

6. The Council shall record their proceedings in a book kept for that purpose.

C H A P. X.

Of the ordinary Meetings of the Society.

1. The Society shall meet on every Monday, at the hour of eight in the evening.

2. When seven Fellows are present they shall proceed to business.

3. The book of Statutes shall lie on the table before the President.

D

4. Business

4. Business shall begin by reading the list of persons proposed as visitors ; who may be admitted by order of the President.

5. The minutes of the preceding meeting shall be read ; but no part of them discussed till the whole has been read over, and such as are not objected to, shall stand confirmed.

6. Certificates in favor of Candidates for admission into the Society shall then be read, and ballots taken for those whose recommendations have been a sufficient time before the Society,

7. Medical intelligence, or extracts of letters may next be laid before the Society.

8. Papers referred to the consideration of the Society by the Council, shall be read.

9. No new business shall be entered on after the hour of nine.

C H A P. XI.

Of the General Meetings.

1. There shall be two general meetings every year ; one on the eighth day of March, and the other on the first Monday in November.

2. At the first of these meetings,

i. The Officers and Council shall be elected.

ii. A Member shall be elected to deliver the Annual Oration the succeeding year.

iii. The Oration shall then be delivered.

iv. The names of the successful Candidates for the honorary medals shall then be announced by the President.

v. The Secretary shall read the return of the newly-elected Officers and Council, and declare the questions proposed for the *Fothergillian* medals, for the two ensuing years.

3. The Member elected to deliver the Annual Oration, shall within one month signify to one of the Secretaries, whether he accepts or declines that honor, and in the latter case another Member shall be chosen in his stead, at the first succeeding ordinary meeting.

4. The second general meeting shall be for considering the state of the Society, examining the books, settling the accounts, and for making such alterations and additions to the laws of the Society as may be thought necessary.

5. Besides the two general meetings above mentioned, a general meeting shall be called by the President and Council at any time when the interest of the Society may seem to require it, they giving notice thereof to each Fellow, at least one week previous to such meeting.

C H A P. XII.

Of the Medals.

1. The Society resolve to give annually, to the author of the best dissertation on a subject proposed by them, a GOLD MEDAL, value ten guineas, called the *Fothergillian* MEDAL, for which the learned of all countries are invited as Candidates.

2. The question for this medal shall be determined at the meeting of the Society preceding the general meeting in March.

3. Each dissertation shall be delivered to the Secretary, in the Latin, English, or French language, on or before the first day of November.

4. With it shall be delivered a sealed packet, with some motto or device on the outside; and within, the author's name and designation; and the same motto or device shall be put upon the dissertation, that the Society may know how to address the successful Candidate.

5. No paper with the name of the author affixed, can be received ; and if the author of any paper shall discover himself to the Council, or to any Member thereof, such paper shall be excluded from all competition for the medal.

6. All the dissertations, the successful one excepted, shall be returned, if desired, with the sealed packets unopened.

7. The Society propose to give *Two* SILVER medals annually : One of which shall be adjudged for the best Essay or Essays, read before the Society within the Year, written by a FELLOW ; the other for the best Essay, or Essays, by a CORRESPONDING MEMBER, or by any person, NOT a Member of the Society.

8. Any Gentleman who has had the honor of acquiring the *Fothergillian* MEDAL, cannot come into competition for the SILVER MEDAL, at the adjudication of the Medals *in the ensuing Year*.

9. The adjudication of the Medals shall be vested in the Council.

C H A P. XIII.

Of Papers for Publication.

1. Such papers as have been read in the Society shall be referred to the consideration of the Council,
and

and no paper shall be published unless two thirds ballot in its favour.

2. No paper shall be taken out of possession of the Secretary, after it has been approved of for publication, nor shall any alteration be made in it without the consent of the Council and author.

3. No Member of the Council shall vote or be present, when the propriety of publishing any of his own papers is agitated.

4. No request for printing the Anniversary Oration shall be valid, unless confirmed by the Council.

5. Each Fellow of the Society, whose contribution is not in arrear twelve months, shall receive *gratis* from the Librarian, one copy of such Memoirs as may be published from time to time after his admission.

C H A P. XIV.

Of Benefactions to the Society.

Every person who shall make any valuable present to the Society, shall receive their thanks ; and have his name registered in the catalogue of benefactors, with an account of his donation.

C H A P.

C H A P. XV.

Of Visitors.

Each Member shall have the privilege of proposing two visitors at any ordinary meeting of the Society, and at the general meeting on the 8th. of March; whose names shall be entered in a list; and they shall be introduced as soon as it has been read over; and no visitor shall afterwards be admitted without particular order from the President.

C H A P. XVI.

General Laws.

1. All Members shall pay implicit obedience to the President, in the execution of his office.
2. Any person intending to speak in this Society, shall rise and address himself to the President.
3. No Member shall speak more than twice upon any subject, until all the Members present, inclined to speak, shall have delivered their sentiments.
4. When the determination of the Society is required on a question, it shall be taken by ballot, if so demanded by any Fellow.
5. No question shall be put on any motion, unless the motion be seconded.
6. When

6. When a motion is made and seconded, any Fellow may move that the sense of the Society be taken whether such question shall be put.

7. All questions, excepting those for which it is otherwise provided, shall be determined by a majority of the Fellows present.

8. No Member shall vote by proxy.

9. The Society shall have power to adjourn for any time during the summer season, so that the adjournment shall not extend beyond the month of September; and also from the Monday preceding Christmas-Day, to any time not exceeding the last Monday in January.

10. The Council shall nevertheless have power during such adjournment, to meet as often as they shall find it requisite, in order to transact such business, and arrange such papers as may come before them.

C H A P. XVII.

Of the making and repealing Regulations.

1. No new laws or regulations shall be made, nor old ones repealed or altered, but at the second general meeting of the Society, or such special general meeting as shall at any time be summoned for that purpose.

2. The

2. The making of new, and altering of old laws, or regulations, shall be first proposed in Council ; and if such proposition be approved, it shall be read in the Society at least one month before a general meeting, and hung up in the Society's room until that time, when the question respecting it shall be determined by ballot.

3. If two thirds of the Fellows present ballot in favour of the proposed regulation, it shall be declared a law of the Society.

SECTION

SECTION III.

*Hints respecting FEMALE Character.**

—Keep within the rear of your affection,
 Out of the shot and danger of desire ;
 The charest maid is prodigal enough,
 If she unmask her beauty to the moon ;
 Virtue itself 'scapes not calumnious strokes.

AS the Ledger breathes a spirit of benevolence and chastity, which has hitherto distinguished it from most other periodical publications, I doubt not but the following lines, will find a place in a repository so friendly to humanity, virtue, and the interests of the fair sex.

There is a principle implanted in human nature, which excites a propensity in each sex towards the other, at a very early period of life ; and supports an attachment to the latest moments of it. It is the grateful gift of heaven to every soil, and to all degrees of people ; to the beggar equally with

* Printed in the Monthly Ledger, V. p. 635.

Anno 1774

with the prince on the throne : the tyrant cannot destroy it, nor can edicts quench the flame ; but in all civilized Societies it has been found requisite to restrain it from exceeding the limits of policy and good government ; I say, because the complicated interests of Society demand restrictions which are unknown, and unnecessary where the property is in common with the people ; and likewise, on account of the increase of this propensity in countries where civilization, luxury and refinement, have enervated the minds of the people. For in nations of rude virtue, and simple manners, it fails in its vigour, as might be proved from the most authentic histories. Hence, as mankind increased and approached nearer a state of refinement, the institution of marriage was more necessary, to the security and happiness of the community. And it had very early, the countenance of the wisest lawgivers ; which security in Society, of the property of every individual, is liable to produce a desire, to accumulate more than is necessary to the support of the possessor, and must at once procure power and ambition, which

which terminate in luxury. Whenever a people acquire this state of refinement with it's concomitants ; natural propensities and affections, oftentimes yield to policy and schemes of aggrandisement. Love, which should be spontaneous, and free as the air we breathe, is bartered for gold and silver ; and those laudable passions which are unrestrained in ruder countries, are turned out of their natural direction, and conveyed into channels of cold prudence, ambition and power. Thus the health and vigour of nations undergo revolutions as certain and progressive almost as the planets. In the present period, where men and women have too often a price affixed upon their affections, by the avarice of parents, or the luxury of the times ; it is not to be wondered at by those who consider the propensities of mankind, that human nature, thus unnaturally restrained, should exceed the restrictions of policy and human laws. But a person of humanity, who contemplates objects with a sense of his own frailty, will ever be indulgent to the deviations of his fellow-creatures ; and collecting the various means by which an
unfuspicious

unfuspicious maid may be seduced, and her peace and innocence annihilated ; he will pity while he condemns.

Nor with the guilty world upbraid
The fortunes of a wretch betray'd ;
But o'er her failing cast a veil,
Remembering he himself is frail.

BROOKS'S Female Seducer.

As I have been long conversant with the unfortunate part of the sex ; I am enabled to relate the most affecting histories of the origin of these misfortunes. But as this would render more public the poisonous arts of deceit, which have been too successfully practised, I shall not make your magazine the vehicle of seduction, but acknowledge that many an innocent creature has verified the poets affecting description.

Long she flourish'd,—
Grew sweet to sense and lovely to the eye ;
Till at the last, a cruel spoiler came,
Crop't this fair rose, and rifled all its sweetness,
Then cast it like a loathsome weed away.

ROWE.

The

The means however I know are not a few, and the unguarded moments amongst even the innocent part of the female sex not unfrequent; which are truths that every woman should profit by, and every parent should regard, in order to obviate the influence of avarice in their conduct; in bartering the affections and passions of their offspring for mercenary advantages, which were designed for happiness, for joy and comfort.

For marriage is a matter of more worth,
Than to be dealt in by attorneyship,

As the unsuspicious, in that moment wherein innocence is not upon the guard, may be led into that distressed situation, from which too few return, more from the contempt they meet with from their acquaintance, than from a vicious disposition; how important is it to cultivate a spirit of compassion that endeavours to reclaim and protect a friend, thus suddenly plunged into distress; instead of that usual disregard which drives the unhappy victim from the
example

example of virtuous company, to a course of conduct which at first she was incapable of pursuing.

Alas, those shrinking friends decline,
Nor longer own that form divine ;
With fear they mark the following cry,
And from the lonely trembler fly :
Or backward drive her on the coast,
Where peace was wreck'd and honour lost,
From earth thus hoping aid in vain,
To heaven not daring to complain ;
No truce by hostile clamour given,
And from the face of friendship driv'n,
The nymph sinks prostrate on the ground
With all her weight of woes around.

BROOKS'S Female Seducer.

In this recent agony of distress, sometimes indeed the hand of pity, of friendship, and of humanity, has been extended, and seldom in vain. There is no state demands more movingly the tear of compassion ; nor is there any more worthy to touch the bosom of either sex with sympathy, and animate it to afford protection. May I, fair readers, induce you thus to think and act towards your unfortunate sisters, before
vice

vice becomes habitual, and the amiable characters of sensibility and affection are converted into a polluted channel. Some who once seemed devoted to destruction, I now have the happiness to be acquainted with, who have lived to bless and animate the attachments of their husbands, and the pious resolutions of the fruit of their affections; what a source of happiness must you acquire, should your charitable endeavours be crowned with success, and allow you to join the amiable author of the Fool of Quality in his cheering invitation.

Lovely penitent, arise,
Come and claim thy kindred skies;
Come, thy sister angels say,
Thou hast wept thy stains away.

You have an example of benevolence, in the decision of Christ, which the more you contemplate, the more your sympathy will be excited towards the unfortunate of your sex, and the more readily your forgiveness and assistance will be extended to them, in that state of distress, when the mind is not irreclaimable; which example
inspired

inspired the moral bard in his Measure for Measure.

————— How would you be,
If he, who is the top of judgment, should
But judge you as you are. —————

Hitherto, I have pleaded for pity toward those who have really deviated from the paths of chastity, when rigid virtue may have some pretext for admitting neglect and contempt of the unfortunate; but humanity must be shocked at the facility with which many persons of each sex receive insinuations against the reputation of innocent females, of a certain gaiety or rather elegance of behaviour; and, who instead of investigating the truth by indulgent candour, or suspending their credulity, or reflections, from a consideration of what they would wish others to do, were they in the same predicament, are too liable to breathe the whisper of calumny into public report; which added to a cold indifference of treatment, form the most likely methods of driving the injured innocent to realize, what detraction alone first fabricated.

These reflections are not the result of mere speculation, but are deduced from examples in real life, where I have taken some pains to tear away the obloquy which has been thrown over some young women of my acquaintance, and to restore the diamond of female innocence to its genuine lustre and value; but, as this essay is already extended to a considerable length, I shall conclude it in the words of an eminent Writer, addressed to young women. "Nothing can be more certain, than that your sex is, on every account, intitled to the shelter of ours; your softness, weakness, timidity, and tender reliance on man; your helpless condition in yourselves, and his superior strength for labour, ability for defence, and fortitude in trial; your tacit acknowledgment of these, and frequent application for his aid, in so many winning ways, concur to form a plea, which nothing can disallow or withstand, but brutality."

SECTION

S E C T I O N IV.

*Hints for Establishing a SOCIETY for promoting useful LITERATURE.**

THE benefits that result from the most important discoveries, as well as the inconveniencies to which they are liable, depend chiefly upon the application of them to the purposes of society. There is scarcely a blessing that may not be perverted, and instead of being cherished for the promotion of happiness, may become a source of misery and injustice.

In the history of modern discoveries, none appear of more importance than the invention of the mariner's compass, and the art of printing, and they equally confirm the truth of this position. The first of these discoveries gave us a new hemisphere, aided by the capacious genius of Columbus, and might appear peculiarly

* First printed in the Gentleman's Magazine, anno 1780. Vol. 50. p. 183.

calculated to promote the general good of mankind ; but avarice and injustice have tarnished the glory of the Neapolitan discovery* which, while it doubled to us the globe, in proportion multiplied rapine, and tended to diminish the inhabitants of both the old and new hemispheres.

It is not, however, my design to dwell upon this subject: but to turn my attention to that of printing, the effects of which are obvious, and immediately interest all ranks of the community ; as, upon those principles which literary productions impress upon the mind, the manners and conduct of individuals are in a great measure formed ; hence it becomes the duty of society, to use every endeavour to prevent the injuries, and secure the benefits which may result from such productions. Whilst we abhor and withstand the cruel and bloody edicts of power and bigotry, which in a single page consigns thousands to death, or robs them of those rights and privileges that are dearer than life, let us not be in-

* Flavio Givias, a native of Amalfi made this discovery
anno 1302.

different to the flow, insidious, and not less dangerous influence that flows from the abuse of the press, in publications, either immediately or ultimately unfriendly to virtue.

On this subject I have frequently turned my thoughts, and as often wished that a remedy adequate to the evil could be adopted, where probably it might be done, by exciting the public to the establishment of a *Society for promoting useful Literature*.

In France, literary patronage is fashionable among the great; but in this country we boast of no Mecænas, the patronage of affluence being principally devoted to a political line. The single protection indeed of the greatest individual would avail but little, and would, at the best, ultimately expire with the patron; but could popular patronage be excited, its permanency would be certain, its extent ample, and the means adequate to the necessary end.

When

When an author, by much expence of labour and time, informs and improves the community by his publications, it's patronage is undoubtedly due to him ; the members of it are his debtors for the instruction he has spontaneously diffused ; and what a pleasure must it afford a generous public, united in a *Society for promoting useful Literature*, to encourage, by some suitable gratuity, the ingenious labours of an indigent, but useful writer ! Had such a system been adopted, the amiable, but unfortunate author, whose *Travels through North America*, afforded a large and useful extract in your Magazine for february last, had not miserably perished, through want, in the metropolis of a literary nation.*

When

* The following Indian Grant was made to Captain Carver in the year 1767, which I introduce here to record a fact, highly creditable to the Indian character. After the independence of America, the governing powers there, treated with the Indians for the cession of certain lands ; but in every treaty, the latter scrupulously excepted the immense tract, formerly conveyed to Captain Carver. Owing to this circumstance the lands included in his Grant, could not be conveyed to settlers and purchasers till

When the situation of an author is above the want of a pecuniary gratuity, the *Society* might evince their approbation of his labours by honorary rewards. In such a list we might expect the rival of Livy, in the author of the histories of Scotland, Charles the fifth, and North America: The learned Bryant, whose analysis has so amply developed the chaos of antient mythology :

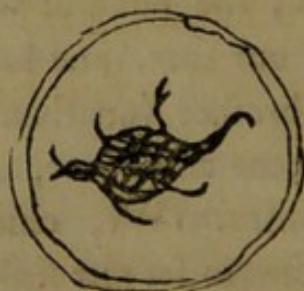
till the year 1796. What a fortune! Had he lived to possess this land, the man who died through want, might have become the wealthiest freeholder in the world! I have made application to the ruling powers in America in favour of his surviving orphan daughter, in consequence of the following Indian Grant.

“ To Jonathan Carver, a chief under the most mighty
 “ and potent George the third, king of the English and
 “ other nations; the fame of whose courageous warriors
 “ have reached our ears, and has been more fully told us
 “ by our good brother Jonathan aforesaid, whom we re-
 “ joice to see come among us, and bring us good news
 “ from his country. We, chiefs of the Naudowissies,
 “ who have hitherto set our seals, do by these presents for
 “ ourselves and heirs for ever, in return for the many
 “ presents, and other good services done by the said Jona-
 “ than to ourselves and allies, give, grant and convey to
 “ him the said Jonathan, and to his heirs and assigns for
 “ ever, the whole of a certain tract or territory of land,
 “ bounded as follows; (viz.) from the fall of St. An-
 “ thony,

thology: The modern Pliny in the classical Melmoth: The biographical Johnson: The elegant author of the Rise and Fall of the Roman Empire; as well as many useful and moral writers of the present period.

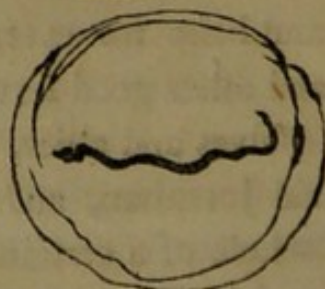
“ thony, running on the east banks of the Mississippi,
 “ nearly South-east, as far as the South end of Lake
 “ Nepin, where the Chipeway River joins the Mississippi,
 “ and from thence eastward five days travel, as counting
 “ twenty English miles per day, and from thence again
 “ to the fall of St. Anthony, on a direct straight line.
 “ We do for ourselves, heirs and assigns, for ever, give
 “ unto the said Jonathan, his heirs and assigns, for ever,
 “ all the said lands, with all the trees, rocks and rivers
 “ therein, reserving for ourselves and heirs, the sole
 “ liberty of hunting and fishing on land not planted or
 “ improved by the said Jonathan, his heirs and assigns, to
 “ which we have affixed our respective seals, at the great
 “ Cave, May the first, one thousand seven hundred and
 “ sixty-seven.”

HAWNÓPAWJATRIC



his Mark.

OTOHTONGOOMLISHEAW



his Mark.

Were

Were such a Society properly established and liberally supported, its encouragement might be still more amply extended, and its objects multiplied. Its resources, I doubt not, would soon enable it to propose Prize Questions for the exercise and encouragement of genius and abilities. The widows and orphans of those who have laboured usefully in literature, would likewise appear suitable objects for participating in the liberality of such a *Society*, and the memory of departed genius be revived in marble, or other monuments of grateful respect. Although these might outlive their literary productions, or convey their merits to more distant posterity, yet an honorary testimony of departed merit, affords a pleasing excitement to the living candidate for fame, and cherishes a noble emulation to survive temporary existence.

A Society thus calculated to promote literature, in proportion as it patronized truth and virtue, would not only be enabled in time to accomplish the desirable end of its institution, but likewise to raise a structure for its accommodation, with a library

library for general use ; and, by thus opening an easy and agreeable path for useful knowledge, would afford the pleasing satisfaction of gradually introducing a national taste for literature, and rendering it subservient to the best interests of virtue and religion.

London, April 20, 1780.

In the year 1790—A Society entitled, *The Society for the Establishment of a Literary Fund*, was formed in London ; and, in order to promote similar Institutions in different parts of the world, the plan of the society is annexed ; but the author of the foregoing Hints claims no merit in the establishment of this useful fund, which was formed before he was even a member of the society.

AN
ACCOUNT OF THE INSTITUTION
OF
THE SOCIETY
FOR THE ESTABLISHMENT
OF A
LITERARY FUND.

THIS Institution, which may probably rank among the most useful and important in the kingdom, had its origin in a club held at the Prince of Wales's Coffee-House, Conduit-Street, consisting principally of men of letters, which generally had some object besides conviviality; and that object had been frequently changed by the choice of the society, or the influence of some actuating spirit, of which every society is possessed.

During

During the summer recess of the year 1788, an event took place, which tarnished the character of English opulence and humanity, and afflicted the votaries of knowledge.

“ Floyer Sydenham, the well-known translator of Plato, one of the most useful, if not of the most competent, Greek scholars of his age; a man revered for his knowledge, and beloved for the candour of his temper, and the gentleness of his manners; died in consequence of having been arrested, and detained for a debt to a victualer, who had, for some time, furnished his frugal dinner.”

At the news of that event, every friend of literature felt a mixture of sorrow and shame; and one of the members of the club above-mentioned, proposed, that it should adopt, as its object and purpose, some means to prevent similar afflictions, and to assist deserving authors and their families in distress.

The

The idea, though applauded, was not unanimously adopted; but the ardent spirit of the proposer was not discouraged.

The club was dissolved, and another formed, consisting only of eight persons; at the first meeting of which, the present constitutions, and an advertisement, were produced by the first proposer, and unanimously approved.

The subscription for the purposes of printing the constitutions, and inserting advertisements in the public papers, amounted only to eight guineas; but at the next meeting of the subscribers it was renewed.

This little and faithful band steadily continued its operations; and, without waiting for the result of yearly subscriptions, proportioned its contributions to the objects immediately in view; and sustained the expence of printing and advertisements for nearly two years.

In this manner the society gradually acquired stability; and the first general meeting

ing was appointed to be held on tuesday the 18th of may 1790, at the Coffee-House above-mentioned; when officers were elected, a committee formed, and annual subscriptions admitted of an application of small sums to the purposes of the institution.

Several resolutions were afterwards agreed to; and the registers desired to prepare an advertisement, extracted from the constitutions, for insertion in the public papers.

The following resolutions are inserted here, as directions to those persons who wish to apply for relief, or to assist the fund by contributions.

All letters, applications, &c. are to be conveyed, free of expence, to the registers, either at their houses, or at the Prince of Wales's Coffee-House, where the committee sit at three o'clock every third thursday in the month, during the winter-season, and execute their trust.

No rewards or gratuities are annexed to any of the offices of the society, except those of collectors or messengers.

To prevent fruitless applications, and mortifying disappointments, it should be known that the finances of the society are appropriated to the cases expressed in the constitutions, to the exclusion of all others.

CONSTITUTIONS

CONSTITUTIONS

O F T H E

S O C I E T Y.

THE peculiar reasons of this Institution are so obvious, as hardly to require enumeration.

All the boasted distinctions of England have great obligations to the press. Princes are influenced, ministers propose measures, and magistrates are instructed, by the industry of literature; while the authors of hints, suggestions, and disquisitions, may be languishing in obscurity, or dying in distress.

It

It is thought, this evil may be meliorated or removed ; by an institution to obtain justice or compassion for talents injured or depressed ; to withdraw the dreadful apprehensions and prospects which warp or pervert genius, and to promote candor in the provinces of literature.

Every description of genius and merit has some mode of compensation, except that devoted to general science, political disquisition, and the Belles Lettres. The learned professions, and all the provinces of arts merely imitative, have probabilities of remuneration or refuge ;—Literature alone is neglected, when become a distinct pursuit, and absorbing the faculties of the mind.

It is the purpose of this institution to establish a fund ; on which deserving authors may rely for assistance, in proportion to the produce of that fund.

The annual subscription entitling to a voice in the deliberations of the society, to be not less than a guinea ; as much

F

more

more, as the abilities and inclination of the subscriber may admit of.

Donations of ten guineas, and upwards, within one year, to constitute subscribers for life ; and legacies in trust will be gratefully received.

Every proper mode of increasing the revenues of the institution will be adopted ; whether suggested by public or private information.

All business to be transacted by a register, treasurer, and a committee of twenty-one, seven of which shall go out annually by priority of services ; and if these services have been meritorious in the opinion of the society, or punctually and assiduously rendered, the persons who have rendered them shall form or pass into a body, called the council ; the members of which shall, at their convenience or pleasure, attend any or all committees and assemblies of the society.

The mode of distinguishing the proper persons on this occasion, shall be a request from this society at the annual period of elections,

elections, that A or B, having conferred obligations on the society by his attendance in the committee, &c. will continue those obligations by passing into the council. Members of the council shall be distinguished by this mark † against their names ; and, being eligible, at the end of three years again into the committee, the number of these marks shall signify the number of times they have passed into the council.

Similar requests shall be made to presidents, vice-presidents, registers and treasurers, when they decline their re-election, or when their periods of serving the society in those capacities are terminated.

Subscribers who reside at considerable distances from London, but who attend to the business of the committee, and the interests of the society, while in town, shall, at the end of three years, be requested to pass into the council.

All these regulations imply, that the parties continue their subscriptions, or are constituents for life.

All assemblies and committees shall be directed by the president, one of the vice-presidents, or, in their absence, by a chairman appointed for the time; except the council, which shall always appoint its president for the time, and from its own body.

Every subscriber of one guinea a year to be a constituent; and at noon, on the third Thursday in April, to meet the other subscribers, annually to chuse presidents, vice-presidents, registers, treasurers, a committee of twenty one; or to supply the vacancies, by rotation, in the committee, in the presidency, vice-presidency, or by the resignation of the registers or treasurers. The president to be eligible three successive years, and no more. The vice-presidents may consist of ten; two of whom shall go out annually, by priority of services. The registers and treasurers to be elected annually; but the offices to be long continued in the same persons, if practicable.

At all assemblies of the subscribers, councils, or committees, the decisions are to be
by

by a majority ; and the president, or chairman, to give only a casting vote on an equal division. The quorum of the committee to be five.

The pecuniary appointments, for the collectors and messengers, (all other offices being discharged gratuitously) must be assigned and approved at their election. These officers may be suspended or discharged by the committee, on a complaint well supported by a member of the committee, or of the council, or by a subscriber. Security may be taken by the committee for the execution of their trusts.

All applications for relief are to be made to a register ; who if the cases be urgent, may immediately summon a committee ; if not, he is to submit them at the first meeting : and the committee is to meet at a convenient and appointed hour, on the third Thursday of every month, at a fixed and known place, where it may execute its offices ; and where messages, letters, and applications, may be received.

If

If the subscribers should be too numerous for the room or rooms appropriated to the committee and council, their yearly assembly, for elections and settlement of accounts, must be held in some large and public building at a small price of admission.

The assistance afforded to authors in distress, or to their widows and children, shall be at the discretion of the committee, and be transmitted by a treasurer, or member either of the committee or council, according to its order ; of which he is to produce an acknowledgment,

All the stock, property, and revenues, of the society shall be in the public funds, in public and competent securities, and at a banker's. No money shall be drawn for, but by an order of the committee : no securities shall be changed ; nor shall any part of a capital, whether in estates or funds, be disposed of, but by the consent of a general meeting of the subscribers.

Books

Books of accompts by a treasurer, and books of transactions and occurrences by a register, shall be always liable to inspection by the committee and council, or by any of their members. They shall be open to any subscriber, applying to the proper officer.

The monthly meetings of the committee shall be open to any member or members of the council ; who may attend to the occurrences of the institution and assist by advice, but not immediately interfere or vote. If any irregularities or abuses appear, or be supposed to arise, four members of the council, by directions to a register, or by letters from themselves, may assemble the whole council, to consider the measures in question, to obviate or approve their effects and to suspend the operations of the committee, of the register, treasurer, or other officers, until the general sense of the subscribers be taken ; which must be within a month of the time of suspension.

Temporary vacancies in the committee,
or

or in the offices, are to be filled up at the discretion of the council.

N. B. These constitutions, or any article of them may be revised, corrected, or altered, at the general or annual meeting of the subscribers, provided a requisition be previously made to that effect, by the majority of the council or of the committee ; that the subjects to be submitted to the subscribers be prepared by a sub-committee, appointed for the purpose ; and that notice be given, in the circular letter to the subscribers, of such intended revision,

The committee generally dine together on the monthly periods of business, but at their own expence ; and all the dinners of the society are at the private expence of the members.

H I N T S

SECTION V.

HINTS *respecting the immediate Effects of*
POVERTY,*

WERE there no misery or distress in the world, there would be few occasions for exercising that benevolence, which excites gratitude and thankfulness on one hand, and the tender emotions of sympathy and humanity on the other. Conscious as we are that no one is exempt from the painful vicissitudes of life, and that the blessed to day may to-morrow experience a bitter reverse; the child of woe is always an object of commiseration, and should excite in our hearts that kind of compassion, and obtain that aid from us, which we should look for, were such afflictions suffered to overtake ourselves.

Printed in the Gentleman's Magazine, anno 1780,
Vol. 50. p. 25.

Various

Various are the occasions to excite the sympathetic feelings of the human heart, for distress appears in a thousand shapes ; but perhaps there are none more deserving of our attention, than abject poverty ; particularly at this time, when the inclemency of the season requires additional expences, and when families who have been supported by industry and labour, are many of them robbed of this support, by the exigencies of war,* and compelled to depend upon the scanty and precarious assistance of the parish. Many who are permitted to continue with their families, are obliged to labour in all the severe changes of weather, and are consequently more liable to violent diseases, and aggravated want. Their families are often numerous, their habitations close and confined, and, when a fever, or any infectious disease is once introduced, it extends its malignity, and augments desolation and misery ; for the arm of the father upon which a family of helpless children

* American War, which ended in the Independence of the Thirteen Colonies.

naturally

naturally depends for support, is thus equally prostrate with the babe at the breast. Sicknefs under every exterior comfort excites our folicitude and concern ; but what a picture of human woe is exhibited, when want, penury, and pain, conftitute the pillow !

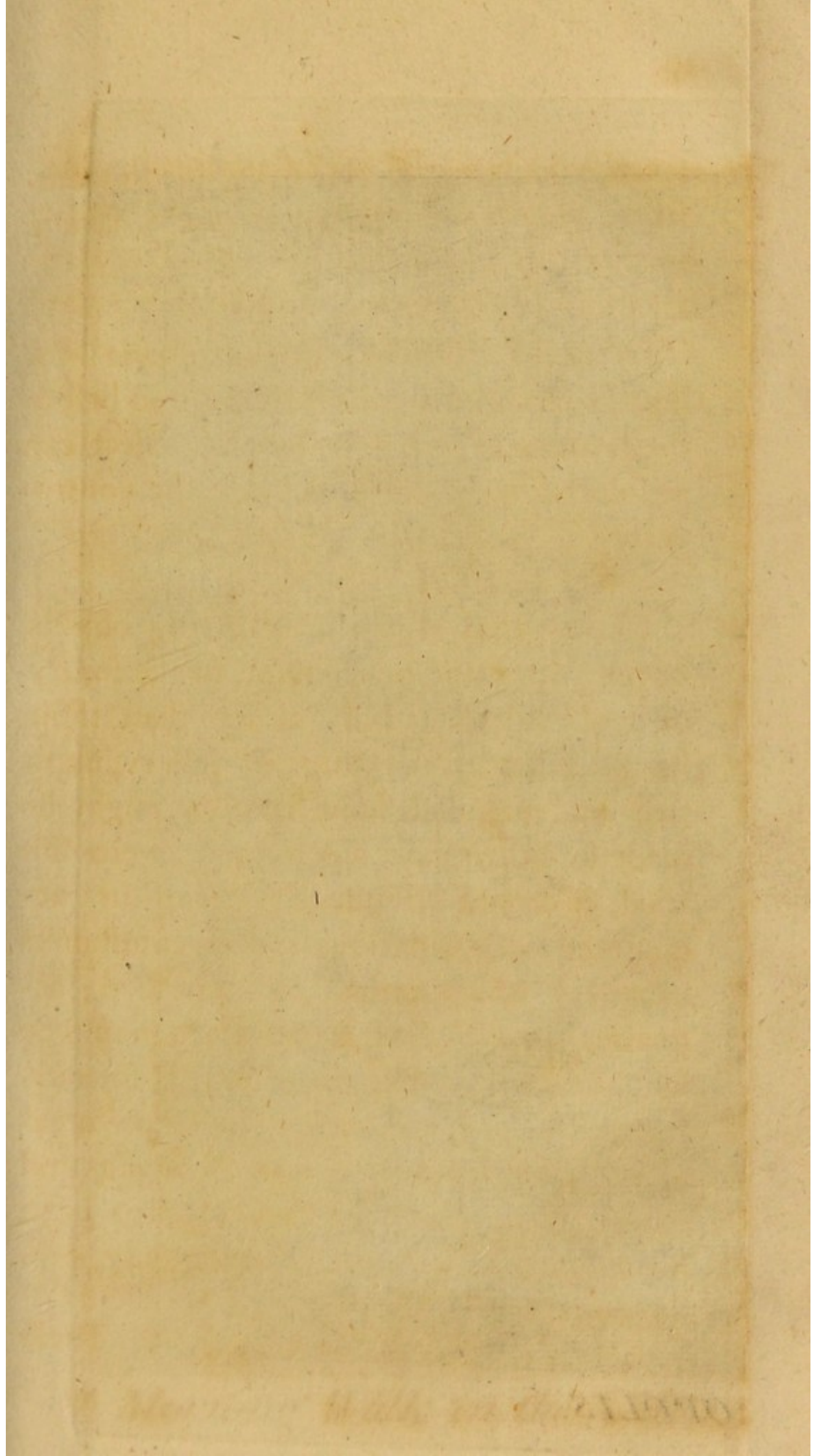
The benevolence of this nation is great beyond comparifon ; and when real diftreffs is known, fome tender bofom overflows with comfort and fuccour ; but the chief examples of mifery are unknown, and unrelieved ; many there are too diffident to apply for aid, or ignorant how to do it ; fome of thefe pine away in folitary want, till death closes their fufferings ; numbers however, rather than filently fuffer their hufbands, their wives and their children, utterly to perifh, fupplicate our aid in the public ftreets and private avenues ; but unfortunately for them, the prevalent opinion that there is fomewhere abundant provifion for the poor, and that idlenefs, not neceffity, prompts their petitions, induce many to refufe that pittance,

tance, which would prove no loss to themselves, and in some instances might, save a life.

In many diseases, the attack is violent, and the progress rapid ; and before the settlement of a poor helpless object can be ascertained, death decides the controversy.

I know that many undeserving objects intrude upon the benevolent, to the injury of real distress : but, rather than those should suffer all the pangs of misery, unpitied and unaided, some enquiry might be made and their case ascertained : were this tried, it would frequently bring us acquainted with situations and circumstances of misery which cannot be described ; acquaintance with such scenes of human woe would equally excite thankfulness for ourselves, and compassion for our fellow creatures, who, are visited with sufferings and pangs, from which we have hitherto been providentially, if not undeservedly preserved.

These





A Morning Walk in the METROPOLIS.

These sentiments were the result of a morning walk in the metropolis, which introduced the writer into some situations of real life, the relation of which he trusts, will not be unacceptable to those benevolent minds who think

To pity human woe,
Is what the happy to the unhappy owe.

A Morning Walk in the Metropolis.

“About the beginning of December, on going out of my house door, I was accosted by a tall thin man, whose countenance exhibited such a picture of distress and poverty as fixed my attention, and induced me to enquire into his situation. He informed me that he was a day-labourer, just recovering from sickness, and that feeble as he then was, in order to procure sustenance for a sick family at home, he was compelled to seek for work and to exert himself much beyond his strength; and he added, that he lived in a court called Little Greenwich, in Aldersgate street. This poor object seemed to feel distress too deeply to be an impostor:

ter : and I could not avoid bestowing some means of obviating his present want, for which he retired bowing, with tears in his eyes ; but when he got out of sight, his image was present with me : I was then sorry that my generosity had not been equal to my sensibility, and this induced me to attempt finding out his family. He had mentioned that his name was Foy, and by the information he gave me I discovered his miserable habitation : with difficulty I found my way up a dark passage and stair-case to a little chamber, furnished with one bedstead : an old box was the only article that answered the purpose of a chair, the furniture of the bed consisted in a piece of old ticken, and a worn out blanket, which constituted the only couch, except the floor, whereon this afflicted family could recline their heads to rest : and what a scene did they present ! Near the centre of the bed lay the mother with half a shift, and covered as high as the middle with the blanket. She was incapable of telling her complaints. The spittle for want of some fluid to moisten her mouth, had dried upon her lips, which were black, as were likewise
the

the gums, the concomitants of a putrid fever, the disorder under which she laboured. At another end of the blanket was extended a girl about five years old: it had rolled from under this covering, and was totally naked, except its back, on which a blister plaister was tied by a piece of packthread crossed over its breast; and, though labouring under this dreadful fever, the poor creature was asleep. On one side of its mother lay a naked boy about two years old; this little innocent was likewise sleeping. On the other side of the mother, on the floor, or rather on an old box, lay a girl about twelve years old; she was in part covered with her gown and petticoat, but she had no shift. The fever had not bereaved her of her senses, she was perpetually moaning out, "I shall die of thirst; pray give me some water to drink." Near her stood another girl, about four years old, barefooted: her whole covering was a loose piece of petticoat thrown over her shoulders; and to this infant it was that her sister was crying for water.

I now experience how greatly the sight of real misery exceeds the description of it.

What

What a contrast did this scene exhibit to the plenty and elegance which reigned within the extent of a few yards only ; for this miserable receptacle was opposite to the stately edifice of an honourable alderman, and still nearer were many spacious houses and shops. I have observed that the daughter, who was stretched on the floor, was still able to speak. She told me that something was the matter with the mother's side, and asked me to look at it. I turned up an edge of the blanket, and found that a very large mortification had taken place, extending from the middle of the body to the middle of the thigh, and of a hand's breadth ; the length was upwards of half a yard, and to stop its progress nothing had been applied. It was a painful sight to behold, and many not less painful exist in this metropolis. I procured medical assistance immediately, and for a trifling gratuity got a neighbour to nurse the family. The churchwarden, to whom I made application heard their history with concern, and added his humane aid, to rescue from death a poor and almost expiring family. I have however, the pleasure to
conclude

conclude this relation of their unspeakable distress, by communicating their total deliverance from it ; which, I think, may be justly attributed to the timely assistance administered.

LONDON, JAN. 6, 1780.

*Conclusion of the preceding.**

WHEN an account has been communicated to the public, accompanied with such peculiar circumstances, as to excite attention, or demand assistance, the public have a claim to every explanation respecting the help afforded, and the benefit produced ; but where benevolence and humanity have been peculiarly interested, such information is indispensably requisite, in order to obviate any suspicion of deception, and thereby encourage the future exertions of public generosity. The case I would particularly allude to, was inserted in your Magazine for January last, giving some account of a poor family in such extreme distress, that they must have perished,

* Gentleman's Magazine, Vol. 50. page 263.

had not immediate succour been extended, which, in justice to the community, was speedily and abundantly applied. The assurance that a happy change in the situation of this family has since taken place, I thought would convey pleasure to many of your readers, and exhibit a striking instance of the favourable estimation in which your Magazine is held by the public. I am persuaded also, that the well timed relief which this family has in consequence experienced, was not the only good effect produced. As the distress of many of the poor throughout the nation, and particularly in the metropolis, has increased from various causes to extreme misery, a disposition to beneficence has been proportionally excited in those of superior situations, and where want has crept into the habitations of the poor, charity has been animated by a divine ardour, to pursue and expel the unfriendly intruder. When the present exigencies of the times are considered, it is not a matter of surprise, that a poor man with a large family, from want of employment, or by the visitation of sickness, should be reduced to ex-

treme indigence. This, however, is gradually incurred; the first step towards poverty, with only trivial aid applied in the instant, is easily reclaimed, and progressive descent prevented: but as distress encreases, the difficulty of obviating it is augmented; it is, therefore, of the utmost importance to the community to close the wound, on the first application, with the oil and the honey, before it cankers, and becomes incurable. This was the conduct of the good Samaritan, who, without enquiring into the particulars, or after the country of the traveller, generously administered relief. It is this kind of attention to the first appearances of want, that enables a religious society to boast, that there is not one distressed person in their community unnoticed or unrelieved. I have often lamented that such a system of conduct, which has uniformly succeeded for upwards of a century, has not been adopted more generally in parishes. On the contrary, the poor suppliant, instead of finding pity and protection, is too often repulsed by those who hold the power of relief in their hands, with threats of a workhouse, if they renew their petitions and again urge their necessities.

ties.—There is a love of freedom in the human breast ; it is the birthright and boast of an Englishman, who ill brooks unmerited restraint. A man with such feelings, when oppressed with unavoidable want, is apt to ascribe every instance of neglect, to a contempt of his poverty, and thus chagrin of mind is added to his other miseries. It is therefore the duty of those in higher stations, to treat the poor with peculiar tenderness, even where they cannot grant their requests ; and with respect to persons entrusted with the care and provision of the poor in parishes, the immediate extension of relief, when first required, would not only render the distressed object happy, but eventually save accumulated expences to the community ; it would enable him at an easy rate to stem the present torrent, encourage him to future exertions of industry, and thus preserve him from becoming a lasting burthen to the parish, and a real loss to the public. Though I have mentioned freedom as the birthright of an Englishman, I would be far from defending the least appearance of licentiousness among the labouring poor ; but when

we

we consider the immense importance of this class of people, their executive powers in manufactures, in commerce, in arts, and in bodily labour, which are great national concerns, we cannot be too cautious of depressing this love of independence, the genuine fruits of which are virtue, industry and public spirit. Indeed our happiness requires us to make this part of our fellow creatures happy, as there is no possibility of intentionally rendering others happy without rendering ourselves so, neither is it possible to procure happiness for ourselves, without first procuring it for others. Happiness therefore is reciprocal, and is of all things the most easily purchased, for beneficence is the source of all happiness, and the occasions for exercising it are innumerable.

SECTION

S E C T I O N VI.

H I N T S

RESPECTING THE

DISTRESSES OF THE POOR,

IN THE YEARS 1794, 1795.

P R E F A C E.

*T*HE severity of the winter of 1794-5, added to the increased expences of every article of subsistence, and particularly of bread, induced the Author to lay the following Hints before the public, with the view of alleviating the prevailing distresses of the poor.

These however still continue; the republication, therefore, of these Hints, may be as useful as heretofore:

heretofore ; and indeed from the present circumstances of the times, they may continue to be usefullong after the Author shall have ceased to be so. Although the restoration of peace, and better crops of corn, may afford some melioration of distress ; yet a degree of it, much greater than what the poor ever experienced prior to the war, will most probably be severely felt. About four millions a year, must be annually raised upon the public, more than was paid antecedently to this scourge of human kind. Taxes may primarily be laid on articles of luxury, or on the opulent, but ultimately the burthen becomes felt by the whole community ; the great mass of which forming the chief consumers, pay the principal share of every impost.

Perhaps the following *Queries and Answers* may exhibit in an obvious point of view the magnitude of that debt, to pay the interest of which, the taxes so severely felt, are annually levied.

I.

Supposing the national debt at present to be 390 millions of pounds sterling, and that the whole were to be counted in shillings ; that a man could count 100 shillings per minute, and go on at that rate for twelve hours every day till he had counted the whole.

Question.

Question. In what length of time could he do it?

Answer. In 269 years, 219 days, and 20 hours.

II.

The whole of this debt being 7800 millions of shillings, and as 62 shillings make a troy pound—

Question. The weight of the whole?

Answer. 125 millions, 806 thousand, 432 troy pounds.

III.

As the breadth of a shilling is one inch, and an acre of ground contains 43,560 square feet, or 6,272,640 square inches.

Question. How much ground would it require to lay the whole national debt upon in shillings, close to one another's edge?

Answer. 1243 acres and a half.

IV.

Supposing a man could carry 100 pounds weight from London to York.

Question. How many could carry the whole?

Answer. 1 million, 258 thousand, and 64 men.

V.

Supposing all these men were to go in a line, and keep two yards from each other.

Question. What length of road would they all require?

Answer. 1429 miles, half a mile, and 210 yards. But
England

England is not a third of that length, even from Berwick to Weymouth.

VI.

Supposing the interest of this debt to be only three and a half per cent. yearly.

Question. What does the whole debt amount to?

Answer. 13 millions, 650 thousand pounds sterling, which is paid every year.

VII.

Question. How is this interest paid annually.

Answer. By taxing those who lent the principal, and others.

VIII.

Question. When will the whole principal be paid?

Answer. When there is more money in England's treasury by three-fold, than there is in all Europe.

IX.

Question. When will that be?

Answer. Never.

H I N T S, &c.

NOTHING contributes more effectually to the establishment of good government among the middle and lower ranks of the community, than that species of equality which enables every man by his industry to procure, at all times, the necessaries of life. Without entering at present, into the sources of those difficulties, which the poor, even the industrious poor, of this country labour under; it must be obvious to every considerate person, who is placed in a situation superior to this class of the community, and who minutely calculates his own

own expences, that, with the utmost industry, the labouring man must find extreme difficulty to preserve his family from the miseries of real want, not only of the comforts, but even of the necessaries of life.

Many labouring men do not earn above eight shillings a week, whilst some individuals may earn a guinea; but happy is the labourer who, upon an average, makes half a guinea a week, or twenty six guineas a year; and many of the poor have a wife and four or five children to maintain. I know it is often urged, that the poor are improvident, and never avail themselves of opportunities of saving a pittance to provide against times of difficulty; such as, being out of work, visited with sickness, or assailed by the rigours of winter. I acknowledge that too many come under this description, but let it be remembered, that one drunken or profligate man makes more noise, and becomes more conspicuous, than a thousand starving, modest, industrious, and worthy persons; as one eclipse of the sun attracts more

more observation than the annual brightness of this luminary ; and cruel would it be, as it is unjust, to censure a whole class for the misconduct of a few individuals. With equal justice might the whole female sex be censured for infidelity ; because a few worthless women of rank, acquire more notoriety by misconduct, than a thousand of the most amiable women by their virtues : for true worth seeks obscurity rather than publicity ; and I will venture to add, that female virtue, and chastity of manners never prevailed at any one period in this kingdom, more than at the present time.

To return to the state of the poor : let him who censures their improvidence, reflect upon his own expences, ask himself what he expends on coals, on clothes, on washing, on house-rent ; nay, let him only calculate what he spends for bread alone, an article in which there is rarely much waste ; and he will then wonder how a poor man, with half-a-guinea a week, feeds and clothes a family, pays rent for his apartment, buys a few coals, and contrives to exist. This wonder will be increased, if he
take

take into consideration, that by exposure to all weather, sickness often supervenes, and every resource is, in a moment, annihilated. I shudder whilst I reflect what a dreadful prospect is presented to a tender wife and famished children ! Against such may the hand of affluence never be shut ! And if ever there existed a nation more humane and generous than another, it is this, where relief of every kind is dispensed with a liberality which characterizes it as much for its humanity, as for its wealth. But though there is much wealth there is also much indigence, and the severity of winter, which stops the employment of any labouring man, has nearly the same effect on him, as if sickness had confined him to his bed ; and, without succour, his family must be famished. If to these be added an increased price of bread, beyond the reach of his earnings, supposing him capable of working, his misery is still inevitable, without immediate aid.*

This

* Soon after the first edition of this tract appeared, the interesting work, by David Davies, rector of Barham, Berks, entitled. ' The Case of Labourers in Husbandry stated and considered,' came under my observation. It exhibits

This is the precise state of many poor people at the present moment, and laudable
are

exhibits numerous calculations, made in different parts of the kingdom, of the expences of subsistence among the labouring poor, which clearly demonstrate that the annual expences of several classes of them exceed their annual income or earnings. These calculations were made about six years ago, when the times were even more favourable to the poor. In these calculations certain contingent expences are omitted, as consequent on sickness, accidents, &c.

A performance, entitled 'A Proposal for a perpetual Equalization of the Pay of the labouring Poor,' made its appearance just as this was going to press; the author calculates the pay of labour by the price of wheat. "Six shillings being assumed as the ordinary price of a bushel of wheat in the time of peace; and in seasons of usual plenty, let the pay of a day-labourer be apportioned to that, and fixed, never on any account to vary. For instance, the daily pay of a labouring man in the parish and neighbourhood in which this was written, was one shilling a day, until about two years ago, when, in consideration of the increased price of bread, two-pence were added to it. Let one shilling therefore per day, or six shillings per week, be taken as the established and fixed price of ordinary day labour." He adds, "Let the addition which is made to their pay be given as a separate article of account, and called a *gratuity*. Whenever the price of wheat is at six shillings per bushel, or at any price below six shillings, let the day-labourer receive his pay without any addition. When the price exceeds six shillings, let him
receive

are the exertions every where making to avert a catastrophe dreadful even in idea, of

receive a gratuity, besides his pay, in the proportions given in the following

T A B L E :

Price of a bushel
of wheat.

s.	d.
6	0
6	6
7	0
7	6
8	0
8	6
9	0
9	6
10	0
10	6
11	0
11	6
12	0

The daily pay being one
shilling per day, the
corresponding gratuity
will be

Gratuity.

s.	d.
0	0
0	1
0	2
0	3
0	4
0	5
0	6
0	7
0	8
0	9
0	10
0	11
1	0

This table is succeeded by others to suit different kinds of labour, but it does not make more provision for a married man with children, than for a batchelor.

If every labouring man being a batchelor, or married man without a child, were to pay one halfpenny in the shilling of their earning into a parish fund, it might, perhaps, be sufficient to clothe annually every married man, his wife, and their children, in the same parish, provided they have three children, or upwards. This would, probably, prove an effectual method of equalizing labour with the expences of a family. Another fund might be formed by a tax of one shilling on every dog.

The author of the preceding table mentions the practice of a very intelligent and worthy clergyman, his friend and neighbour

of starving in a land of wealth and luxury.*
My intention in writing these hints, is to

neighbour. "It is, to construct ovens for the poor of his parish, and to supply them, when used, with fuel; the expence of which, to the poor, would be but trifling, compared with the process multiplied by the same number of individuals baking for themselves, especially in countries where fuel is scarce." Page 23.

In a pamphlet lately published by Dr. Barry, entitled, "On the Necessity of adopting some measures to reduce the present Number of Dogs:" he supposes, that a tax on them of five shillings each, would produce an annual revenue of 400,000*l*. This exaggeration is noticed in the Critical Review, vol. 15, p. 336. But the writer of it, on the other hand, under-rates the consumption of food by dogs: every pack of them, consisting of sixteen couple, annually consume four tons of oatmeal, and forty hundred weight of biscuit. The destruction they make among sheep, is no inconsiderable loss. The product of this moderate tax of one shilling on each dog, might be appropriated to portion out poor girls on marriage, or to settle young men in farming. To promote early marriages, and subsistence for the offspring, are objects worthy of a wise government; and any government is capable of annihilating the misery of the poor. If the tax should lessen the number of dogs, it might at least have this good effect, of proportionally lessening the number of mad dogs, for whose bite no effectual remedy has yet been ascertained. ¶ Since this pamphlet was first printed, a tax on dogs has actually been laid by Act of Parliament.

* This was written in the late hard winter of 1794-5. And no winter is so mild as not to render the observations in some degree applicable.

imprefs

impress upon the public, that much real, inevitable distress actually prevails among the virtuous poor, and that charity cannot be exercised more piously than at this season, when the price of bread, and of all the necessaries of life, is much increased.

The plan of buying food, fuel,* and clothes for the poor, whose little pittance does not enable them to go to the best market, is truly laudable, and may save thousands from debt, famine, and death, until better weather and better times may afford them other means of support. Never be weary, humane citizens, in the godlike work of averting misery from, and administering comfort to, the poor man, his industrious wife, and their helpless children!

But I cannot here avoid noticing some acts, *intended* as acts of charity, which ap-

* As the poor of London suffer much in winter from the high price of coals, it might become a laudable institution to authorize the church-wardens, or certain humane persons in each parish, to buy in a stock of coals when cheap, and sell them to the poor at prime cost in seasons of distress.

pear to me not only useless, but even injurious to those for whose benefit they are designed. It is not unusual for the opulent in rigorous seasons of the year to treat the poor with a whole ox or oxen, and regale them with hogheads of ale. I doubt not but they get well replenished for the day; but alas! the day of feasting, only makes them feel more poignantly its reverse, the day of fasting. It neither tends to good morals, nor to persevering industry; but, on the contrary, is destructive of both. Much more charitable would it be, to expend the money which the donation of oxen and ale would cost, in fuel, warm clothing, and other necessaries, which would last beyond the day of feasting and fulness, and warm the indigent with comfort through the winter. Ye opulent and great in the land, whilst I respect your intentions, permit me to direct your beneficence into channels of real charity, to the permanent succour of distress and pining want.*

A re-

* Consult 'A Letter to Sir T. C. Bunbury, Bart. on the Poor's Rates, and the High Price of Provisions, with
some

A religious society, consisting of about fifty thousand members, for the most part of the middle and lower classes, has existed in this country upwards of a century, in which abject poverty is the condition of none. Surprising as it is, that a sect debarred, by restrictions in government, from enjoying

some Proposals for reducing both. By a Suffolk Gentleman.

The Monthly Review, vol. 18. N. S. p. 318, gives the following account of this performance. "The intelligent writer of this pamphlet regards, as the cause of many public evils, the practice of uniting several small farms into a large one, and the consequent failure of the race of independant yeomanry, who formerly cultivated their own farms, from forty to fourscore pounds a year. The mischiefs resulting from this practice are clearly laid open, and a plan is suggested for reducing the Poor's Rates, and the price of provisions, which may merit the attention of the public. It is briefly this; that every owner of land, to the amount of one hundred pounds a year, within three miles of a populous market town, should build and let a cottage, with at least an acre of land adjoining. The immediate advantage to the public which the author expects from this project, are the increase for sale of many of the small articles for house-keeping, and the reduction of the Poor's Rates. As a more remote consequence he expects the revival of the old system of small farms."

enjoying any public office or emolument, and from sharing its pensions, perquisites, and sinecures, should have formed a constitution, that prevents the misery of want, in the midst of poor's rates amounting to two millions, three hundred thousand pounds a year,* of which they do not partake :

With respect to the price of labour, there seems to be singular difficulty in appreciating it. As the times now are, a single man may live comfortably with the present price of labour ; but a man with a wife and four or five children, cannot possibly be decently supported. Perhaps the best method would be to exempt every married man with three children from certain taxes, or give him some allowance from the county, in proportion to the number of his offspring.

Farms, however, should not be too small, as each will require a team, and very small farms will not afford the expence. As one horse consumes the produce of as much land as would subsist a family, every horse that is kept may be said to annihilate a family, or eat up the support of one ; an additional distinct tax, therefore, of about a shilling on every horse, might be appropriated solely as a premium for keeping oxen, where oxen can be kept with advantage.

* Were a tax upon all batchelors, except labourers, apportioned to the other taxes they respectively pay, as five shillings, or any other sum in the pound, rising five shillings

take: it is still more surprising, that the community at large, seeing this, and feeling the weight of taxes, should never have inquired of this sect, Tell us your system? At the same time, this system is comprised in two words, PRINCIPIIS OBSTA,—*remove the cause of distress in its commencement.* A prominent part of this system I shall explain. The moment any individual of this society applies for relief, two persons in the respective meeting are appointed to visit him, and to administer such aid as the nature of the case may require. If the object of distress be a female, two of her sex are deputed to pay this charitable visit; and sometimes a family in want is cheered by the united attention of both sexes.

Sudden distress, in poor families, may shillings in the pound, every ten years, or one shilling in the pound every year, after the age of twenty-one, till a certain period of age, it might afford a substitute for the poor's rates. Married men having no children should be included; and perhaps, a smaller tax on those having only one child, but never to extend to those having three. Or to simplify such a tax, the parochial rates might be increased to batchelors, and this additional tax applied to the extinction of the poor's rates.

arise from sudden illness, and by a moderate temporary relief, in the season of affliction, subsequent aid is rendered unnecessary ; but from whatever source it may arise, when a person becomes involved in distress, unless that distress, and the cause of it be early removed, accumulated misery ensues, and the result usually is a workhouse ; or, what is still worse, intoxication to drown care, or dishonesty in the desperate hope of overcoming it. Bad indeed is the best ; for, in general, the moment a family is so involved by the miserable policy of the present poor laws, as either to starve or to enter the doors of a poor-house, all pride of independence, resulting from industry, is annihilated ; that kind of independence which is the boast of an Englishman. Every passion that gives energy to soul and body seems buried in the common wreck of his independence ; his offspring imbibe the same *inertia*, and a mean, beggarly, squalid race is generated, doomed to become a burthen to themselves, and to the community, as long as the same policy is pursued. This subject, however, I now relinquish, to be resumed in a future essay.

The

The *principiis obsta*, as already observed, implies the immediate attention to distress, which, by early removal, prevents its subsequent evils. To this end, it would be adviseable to institute a society in every parish, or even in smaller districts, of the inhabitants of both sexes, to receive the applications of any individual in the district, who may have lived above parish aid; but who, from sickness, or other unforeseen event, may want temporary assistance; and to administer such relief as the pressure of distress may require, agreeably to the plan adopted by the sect alluded to.

By such superintendance of the opulent over the indigent, the number of parish poor would gradually be lessened.

When an individual of a large community falls into distress, less attention, in proportion, is paid to his particular case. It would therefore afford the exercise of more active humanity, were societies formed in small districts; and in every society, two of each sex should be deputed every month to
 2 hearken

hearken to the voice of misery, and to endeavour to administer relief.

By this pious superintendance, the rich would see the distresses of their poor neighbours, and learn, in this school of active morality, the unassuming enjoyment of their superior blessings, and the habitual exercise of Christian charity. To see gentlemen entering the hovel of the poor man, and ladies sympathizing in the chamber of the poor woman, would elevate the dignity of human character; and whilst it cheered poverty, it would tend to promote a virtuous exertion to overcome it by industry.

It may be urged, that many of the poor are too depraved to merit attentions of this kind, which would be administered in vain. From an extensive knowledge of the subjects of human infelicity, I am convinced that few individuals are so depraved as to become irreclaimable by kindness. The lion will lick the hand of him who draws the thorn from his foot. Were the plan, however, of early relief, once adopted, this
hardened

hardened state would not be acquired ; for depravity is not habitual, where oppression is not permanent. There is no expression more illustrative of the character of Christ, than the epithet contemptuously applied to him, “ *Behold the friend of publicans and sinners.*”

I may here advert to an order sanctioned by a late worthy Lord Mayor, to lessen the price of bread, forbidding the barbers from using flour instead of hair powder made of starch, under a penalty of ten pounds. Were the barbers to use starch-powder alone, the product of their industry would not enable them to live, and above one half of them are not each worth the penalty to be inflicted ; so that if this old act, recently revived, were put into execution as generally as it is now eluded, the prisons would be crowded with more accumulated misery than now exists.

Happy for the poor perhaps it is, that this act does not restrain the barbers and hair-dressers from mixing about four pounds
of

of wheat-flour with one pound of starch, otherwise the destruction of wheat-flour would become a more serious evil; for, as full two pounds of wheat-flour are destroyed in manufacturing one pound of starch, it follows that, were the barbers and hair-dressers to use starch-powder alone, agreeably to act of parliament, twice the quantity at the least of wheat-flour would be consumed upon the head instead of replenishing the stomach. It would therefore be much more humane in the legislature to pass an act immediately, forbidding the barbers from using starch at all, and confining them, if powder must be used, to flour alone; and at once, generously and humanely submit to forego the duties on starch, till the return of better times for the distressed poor. If, instead of roasting bullocks and squandering strong beer for one unhappy day of feasting them, the great men and women of the land would allow their hair to be cherished by nature, and totally relinquish the dirty fashion of starch and grease, the poor might really experience the benefits of their forbearance of a custom, filthy to clothes, and abstractive of personal

personal charms. Till then, all the heavy excise duties, and improvident revenue acts of parliament, respecting starch and wheat-flour, are perhaps destructive of the very end proposed—the feeding the poor with bread. Previous to passing the hair-powder bill, it appeared, by the accounts from the Excise-Office laid before parliament, that 8,170,019 $\frac{1}{2}$ pounds of starch were manufactured in Great Britain in one year. The minister at the same time stated the number of hair-dressers to amount to 50,000. The author* of a letter to him, supposes from these facts, that, if each hair-dresser used only one pound of flour a day, it amounts on an average to 18,250,000 pounds in one year, or 5,314,284 quartern loaves, at the usual allowance of 3 $\frac{1}{2}$ pounds of flour for a quartern loaf: and supposing only four times this quantity of flour used by those who dress their own hair, and others who are not professed hair-dressers, will make 21,256,936 quartern loaves; those three numbers being added, amount

* John Donaldson, esq.

in all to 30,571,226 quartern loaves at 9d. each, which is $4\frac{1}{2}$ d. under the present assize, and amount to 1,146,421 pounds sterling.*

But as every hint for immediately diminishing the consumption, and consequently the price of flour, is of more or less utility, I cannot conclude without recommending the use of potatoes as a partial substitute for bread. Indeed a well-boiled or roasted mealy potatoe, is at once a little loaf, and forms the cheapest substitute for that of wheat.

If an union, however, of this vegetable, with flour, be desirable, one-fourth of potatoes in the loaf renders it equally pleasant and wholesome as if the whole were of wheat; I speak from indubitable experience. This

* Dr. Reufs, professor at Tubingen, in his 'Medico-Economical Inquiry, concerning the Properties and Effects of pure and adulterated Hair-Powder,' published in 1781, calculates that 7200 bushels of wheat are annually consumed in this manufacture, in a country inhabited by 10,000 persons, if only a thirtieth part of them use it.

was about the proportion of potatoes recommended by the late Dr. Fothergill. I have eaten a pleasant bread made of equal quantities of potatoes and wheat-flour: with the addition of a small proportion of ground rice, which prevents the crumbling of the bread, it is rendered still more useful in a family.

Many families for a series of years have used chiefly potatoe-starch. After peeling the potatoes they are grated, and the *fæculæ* washed off, by nine or ten washings of clean water, or till no *fæculæ* arise; the residue at the bottom of the vessel, when dried by the fire, forms starch. The Maranta or Arrow-Root of the West-Indies, a food common with the Negroes there, has been recommended as a substitute for the starch of wheat.

J. Cook, of Barking, has favoured me with the following receipt of potatoe-bread, in use in his own family. “A quantity of potatoes is boiled in the skin, over a slow fire, by which they fall to pieces throughout
more

more effectually. After long boiling, they are peeled, and the most mealy selected; these are well bruised by a broad wooden spoon; and equal quantities of this and flour by weight are kneaded up with yeast for the oven. To take off the bitterness of the yeast, a small quantity of bran and milk, with a little salt are added to it: these, after standing about an hour, are run through a hair sieve. Probably the milk may add to the whiteness; for the potatoe-bread I ate, was as white as wheaten standard-bread, and is found to make the bread eat shorter and pleasanter, for without this addition the bread tastes a little bitter.

It may be proper to observe, that after the whole is kneaded into dough, it is laid on the hearth before the fire, placed on a dish, and lightly covered with a cloth about an hour, which promotes a kind of fermentation, and renders the bread lighter in eating.

The Board of Agriculture has published the following receipt, "Choose the most
mealy

mealy sort of potatoes, boil and skin them ; take twelve pounds, break and strain them well through a very coarse sieve of hair, or a very fine one of wire, in such a manner as to reduce the roots as nearly as possible to a state of flour ; mix it well with twenty pounds of wheaten flour ; of this mixture make and set the dough exactly in the same manner as if the whole were wheaten flour. This quantity will make nine loaves of about five pounds each in the dough ; and when baked about two hours will produce forty-two pounds of excellent bread." The following receipt of Dr. Fothergill, is copied verbatim :—" Take two or three pounds of potatoes, according to the size of the loaf you would make, boil them as in the common way for use ; take the skin off, and, whilst warm, bruise them with a spoon, or a clean hand does better ; put them into a dish or dripping-pan before the fire, to let the moisture evaporate, stirring them frequently that no part grow hard ; when dry, take them up and rub them as fine as possible between the hands ; then take three parts of flour and one part of the prepared potatoes (or equal quantities of each

each will make good bread) and, with water and yeast, make it, as usual, into bread. It looks as fine as wheaten bread, and tastes agreeably ; it will keep moist near a week, and should not be cut until it is full a day old, otherwise it will not appear sufficiently baked, because of the moisture which the potatoes give it. Never cut potatoes in slices with a knife, either raw or boiled, break or bruise them with the hand or spoon, or they will not be soft." *

In December, 1795, was held at Bath, the anniversary meeting of the West of England Agricultural Society, when the following method of making potatoe-bread, of which a specimen was produced to the Society, met with general approbation. " To any given weight of flour, put half the weight of potatoes ; let the potatoes be well boiled, peeled, and mashed ; mix them up with flour whilst warm, then add the yeast, and proceed as in the common

* See a receipt in the Appendix, from M. Parmentier.

method, observing to make the bread as dry as possible."

"Twelve months use of this bread in one family, has proved it to be both wholesome and palatable. The following experiment will shew the increase of bread to be obtained from the mixture of potatoes :—eighteen pounds of flour, without any mixture, made twenty-two pounds and a half of bread :—eighteen pounds of flour, with nine pounds of potatoes, made twenty-nine pounds and a half of bread.*"

"Seven pounds of bread are gained by nine pounds of potatoes. The flour em-

* This is different from all my experiments, for on baking dough of equal quantities of flour and potatoes, of the weight of twelve pounds, the loaf on being taken from the oven never weighed more than nine pounds. Left some deception might have occurred, different bakers were employed, but the result was the same ; had the loaf been of flour alone, it would have weighed about eleven pounds and a half.

I

ployed

ployed was three-fourths wheaten and one-fourth barley-flour ; the bread excellent.*”

That humane and excellent character, Admiral Waldegrave, in a letter dated Portsmouth, October, 1795, gives the following receipt for making potatoe-bread.

“ Take sixteen pounds of large mealy potatoes, boil them well, and break them in pieces. They must be then set out in the

* A gentleman in the country informs me that the following method of making potatoe-bread, has been successfully introduced into his family. “ Take fourteen pounds of potatoes, boil them in the skin, then peel and crush them well, adding boiling water, till they form a stiff glutinous pulp : when this is cooled to new milk warmth, add two table spoonfuls of yeast, mix them well, letting the whole stand near the fire in a wooden dish (as wood seems more friendly to this fermentation than earthen vessels) for an hour or two, till the whole assumes the appearance of a large quantity of yeast ; to this add fourteen pounds of good sound wheat-flour, and as much warm water as will make the whole into a stiff paste, letting it stand, as is usual, to ferment a proper time ; but the fermentation goes on so rapidly that it will generally receive three or four pounds more of fresh wheat-flour, when the bread is made up into loaves for the oven.”

open air for half an hour, that the watery particles may evaporate; then rub them in with twenty-eight pounds of flour, till all the lumps are reduced; after which, mix a proper portion of yeast, and knead it into dough.

“ This is for a large baking; but may be reduced by only allowing two pounds of potatoes to three pounds and a half of flour, or six pounds of potatoes to eight pounds of flour.*”

“ We are now making bread of equal proportions of flour and potatoes. It answers admirably.”

Dr. Johnson, in his letter to the Admiral, dated Haflar, October 19, 1795, observes, that he has made trial of the potatoe-bread, in the proportion of three pounds and a half of flour to two pounds of potatoes, and

* “ The weight of the potatoes here considered, is in its state just previous to its being mixed with flour.”

found it preferable (from the concurrent testimonies of many who tasted it) to the finest baker's bread; and, after keeping it four days, retained its lightness, and acquired no acidity.

In some of the northern counties of England, it is customary in several families to make pies of standard dough, and to fill the inside with sliced or mashed potatoes, and a layer of bacon, or any spare meat; when well baked, it affords wholesome food, and is, perhaps, the cheapest hitherto used.

A friend of mine has informed me of the experience he has had in his own family, of the superior advantages of pies, in preference to roasting or baking. Four pounds of mutton were made into a pie, with one pound and a half of wheat-flour; this pie, with eight ounces and a quarter of bread, dined eight persons fully; whilst three pounds three quarters of mutton roasted, with two pounds one ounce of bread, dined only five of the same persons: which prove,
that

that baking pies is a cheaper way of using meat than roasting, and (which at this time is of great importance), it consumes less flour.*

I would also recommend to every family, who seriously wishes to mitigate the distresses of the poor, to suspend the consumption of bread one day in the week, except at breakfast,† and substitute either boiled or roasted potatoes

* It was I think impolitic, to enter into combinations, as some members of administration and many opulent persons in London have done, to eat no pastry at all, though the motives were certainly laudable. In boiling meat, except the liquor be saved for broth or soup, a considerable diminution of the meat may be observed; and perhaps still more loss is sustained by roasting, but in the form of pies, nothing is lost, whilst in reality less flour is consumed, as is judiciously observed above. The objection might probably be useful as applicable to the little pastry of the shops, but by no means in families; at the same time the pastry might be made of flour mixed with potatoes, rye, barley, oats, or rice; each however of these, except potatoes, is at present dear.

† For young people, and indeed in general, some preparation of milk would be more salutary than tea and bread-and-butter. Milk-pottage is preferable to milk alone, that is, equal quantities of milk and water, boiled up with a little oat-meal; this breaks the viscosity of the milk,

potatoes or potatoe-bread.* If every person will not submit to this trivial sacrifice, or others deem that a few individual examples are inadequate to any benefit of the community

milk, and is, perhaps, easier digested than milk alone. Oatmeal also affords a warmer nourishment than wheat-flour, and generally agrees with weak stomachs. Rice likewise with milk is a good substitute for wheaten-bread, and, by way of variety, might be taken instead of milk-pottage, not only at breakfast, but likewise at supper.

* Various others means might conduce to lessen the price of meat, and of provisions in general. Were each family to live one day in each week without animal food, the consumption of it would of course, be one-seventh less in the year, and it would become probably, proportionably cheaper.

By habituating myself to good mealy potatoes at dinner instead of bread, since bread became so dear, I now prefer potatoes to any bread except potatoe-bread.

Potatoes present to us at once a ready prepared little loaf, and is upon the whole, perhaps the most pleasant and cheap substitute for wheaten-bread, and at the same time the easiest prepared, as before observed.

The art of boiling potatoes is so essential to all ranks of people, that the following directions by the Board of Agriculture, is here inserted.

On the Boiling of Potatoes so as to be eat as Bread.

“ There is nothing that would tend more to promote the consumption of potatoes than to have the proper mode of

community at large, let such remember that of the smallest atoms masses of the greatest bulk are composed. And oh ! thou, who piously feelest for human misery, if thou art
not

of preparing them as food generally known. In London this is little attended to ; whereas in Lancashire and Ireland the boiling of potatoes is brought to very great perfection indeed. When prepared in the following manner, if the quality of the root is good, they may be eat as bread, a practice not unusual in Ireland. The potatoes should be, as much as possible of the same size, and the large and small ones boiled separately. They must be washed clean, and, without paring or scraping, put in a pot with cold water, not sufficient to cover them, as they will produce themselves, before they boil, a considerable quantity of fluid. They do not admit of being put into a vessel of boiling water like greens. If the potatoes are tolerably large, it will be necessary, as soon as they begin to boil, to throw in some cold water, and occasionally to repeat it, till the potatoes are boiled to the heart, (which will take from half an hour to an hour and a quarter, according to their size) they will otherwise crack, and burst to pieces on the outside, whilst the inside will be nearly in a crude state, and consequently very unpalatable and unwholesome. During the boiling, throwing in a little salt occasionally is found a great improvement, and it is certain that the flower they are cooked the better. When boiled, pour off the water, and evaporate the moisture, by replacing the vessel in which the potatoes were boiled once more over the fire. This makes them remarkably dry and mealy. They should be brought to the table with the skins on, and eat
with

not enabled to extend thy light and warmth
afar off, thy little embers of charity may
cherish and revive some starving palsied
hand; and, if by thy single sacrifice of the
consumption of bread one day in the week,
thou

with a little salt as bread. Nothing but experience can
satisfy any one how superior the potatoe is, thus pre-
pared, if the sort is good and mealy. Some prefer roast-
ing potatoes; but the mode above detailed, is at least equal,
if not superior. Some have tried boiling potatoes in steam,
thinking by that process that they must imbibe less water.
But immersion in water causes the discharge of a certain
substance which the steam alone is incapable of doing, and
by retaining which, the flavour of the root is injured, and
they afterwards become dry by being put over the fire a
second time without water. With a little butter, or milk,
or fish, they make an excellent meals."

Receipts for Baked Potatoe Puddings.

No. I.

- 12 ounces of potatoes, boiled, skinned, and mashed;
- 1 ounce of suet:
- 1 ounce (or 1-16 of a pint) of milk, and
- 1 ounce of Gloucester cheese,

Total 15 ounces, mixed with as much boiling water as was
necessary to bring it to a due consistence, and then baked
in an earthen pan.

No. II.

- 12 ounces of mashed potatoes as before;
- 1 ounce of milk, and
- 1 ounce of suet, with a sufficient quantity of salt.—

Mixed up with boiling water, and baked in a pan.

No.

thou shalt be the means of keeping alive one helpless infant, thou only doest a portion of thy duties towards God and thy fellow-creatures.

No. III.

12 ounces of mashed potatoes :
 1 ounce of fuet ;
 1 ounce of red herrings, pounded fine in a mortar.—
 Mixed, baked, &c. as before.

No. IV.

12 ounces of mashed potatoes ;
 1 ounce of fuet, and
 1 ounce of hung beef grated fine with a grater.—
 Mixed and baked as before.

These puddings when baked weighed from eleven to twelve ounces each. They were all liked by those who tasted them, but No. I. and No. III. seemed to meet with the most general approbation.

APPENDIX.

A P P E N D I X.



The scarcity of grain, and particularly of wheat, at the present time, has given rise to the use of various substitutes, and to the publication of several essays, designed to prevent or lessen the threatened scarcity. The substitutes most generally adopted, have been rice or potatoes. The former is too expensive for the community at large, but whatever quantity of it is consumed in the place of wheat-bread, affords a saving of the latter for the nourishment of the poor. The water in which the rice has been boiled, answers every purpose of starch, and, in this point of view, is also a saving in the consumption of wheat, by precluding the use of starch made from it.*

* Perhaps other substitutes besides wheat and potatoe-starch, may be discovered, as from the horse-chestnut, acorn, or arrow-root of hot climates.

In general, however, if we except rye, oats, and barley,* which are at this time scarce and dear, the potatoe affords the most pleasant

* Governor Pownall has just published, "Considerations on the Scarcity and High Prices of Bread-Corn and Bread." Amongst a variety of useful, political, and oeconomic reflections, he observes, that one great evil is *the undue divisions of the meal into flour*, by which a brown bread not sufficient in its nature for the nourishment of a labouring man, or a white or wheaten bread too high for their wages to afford, are prepared. This seems confirmed by the following resolution:

The Committee appointed by the House of Commons to examine the several laws now in being relative to the assize of bread, have come to the following resolutions:

October, 1795.

"That it is the opinion of this Committee, that if the Magistrates were by law permitted (when and where they shall think fit to set an assize of bread) to introduce again, under certain regulations and restrictions, the old standard bread made of flour, which is the whole produce of the wheat, the said flour weighing, on an average, three-fourths of the weight whereof it is made, it would tend to prevent many inconveniencies which have arisen in the assize and making of bread for sale."

"That it is the opinion of this Committee, that the columns calculated for the wheaten bread, in the now repealed

pleasant and cheap substitute hitherto made use of in this country. In favour of its wholesomeness, much has been published in
Shakespeare,

pealed tables of the Act of the 8th of Queen Anne, intituled, "An Act to regulate the Price and Assize of Bread," would be the proper assize for said standard wheaten bread: and that the twelve-penny loaf of this standard wheaten bread, containing the whole flour of the wheat (the said flour weighing, on an average, three-fourths of the weight of the said wheat) would, upon a medium, contain one pound of bread in weight more than the twelve-penny loaf of the present wheaten bread, made under the Act of the 31st of George II.

On the 12th of December,
Mr. Ryder brought up the Report of the Select Committee appointed to take into consideration the present high price of corn, and moved—that the House do agree to the following resolution:

"To reduce the consumption of wheat in the families of the persons subscribing such engagement, by at least one third of the usual quantity consumed in ordinary times.

"In order to effect this purpose, either to limit to that extent the quantity of fine wheaten bread consumed by each individual in such families;

"Or, to consume only mixed bread, of which not more than two thirds shall be made of wheat;

"Or

Shakespeare,* Forster,† Gerard,‡ the Philosophical Transactions, and in numerous distinct essays; of the latter, Parmentier's is perhaps the most interesting, which gained the prize proposed by the Academy of Besancon, in 1777, and appeared in 1780, considerably enlarged and improved, under the title of "*Recherches sur les vegetaux nourrissans qui dans le temps de disette,*" &c.

" Or, only a proportional quantity of mixed bread, of which not more than two-thirds is made of wheat ;

" Or a proportional quantity of bread made of wheat alone, from which no more than five pounds of bran is excluded.

" If it should be necessary, in order to effect the purpose of this engagement, to prohibit the use of wheaten flour in pastry, and to diminish, as much as possible, the use thereof in other articles than bread."

Here the same mistake respecting pies is continued.

* Merry Wives of Windsor, 4to. 1619, scene iii. Falstaff.

† England's happiness increased by a plantation of potatoes, 4to. 1664.

‡ Herbal, Ed. 1636, p. 780.

This

This was translated by a respectable physician in London, and printed for Murray in Fleet-street, in the year 1783. Parmentier quotes a variety of authors, and gives, from his own experience, many examples to prove, that the potatoe is a wholesome nutritive root; but if universal experience in this country did not supersede all philosophical deductions, the strong and prolific race of a sister kingdom, whose poor are chiefly fed by it, and where giants are almost exclusively national, would afford irrefragable proofs of the nutritive quality of this root. We have read of Polish dwarfs and English dwarfs, but I am unacquainted with any importation of them from Ireland.

Parmentier, after chemically analyzing this vegetable, and explaining its different constituent parts, describes the process of making starch, salep, and sago from it, the last of which is better known here by the name of sago-powder. I shall, however, only quote from him his process for making bread, and likewise leaven when yeast cannot be procured.

I. POTATOE BREAD.

“ Take any quantity of potatoes, well crushed and bruised, mix them with the leaven prepared the evening before in the usual way, with the whole of the flour designed for making the dough, so that one half may consist of pulp of potatoes and half of flour ; knead the whole with the necessary quantity of warm water. When the dough is sufficiently prepared, put it into the oven, taking care not to heat it so much as usual, nor to shut it up so soon, and to leave it longer in : without this essential precaution, the crust of the bread would be hard and short, while the inside would have too much moisture, and not be soaked enough.

“ Whenever it is proposed to mix potatoes with the dough of different grain, either to save a part, or to improve the bread, these roots should be reduced into the form of a glutinous paste ; because, in this state, they give tenacity to the flour of small grain,

grain, which are always deficient in this respect.*

II. LEAVEN of POTATOES.

“ Mix half a pound of pulp of potatoes with an equal quantity of the starch of this root, and four ounces of boiling water ; set the mixture in a warm place : in forty-eight hours a slight vinous smell should be exhaled from it ; and now a fresh portion of starch, pulp, and water should be added, and the mass again exposed to the same temperature for the same space of time : this operation should yet be repeated a third time. The paste thus gradually turned sour may be considered as a first leaven.

“ In the evening dilute this first leaven with warm water, mix equal quantities of starch and pulp, in the proportion of one half of the dough ; so that for every twenty

* A small addition of ground rice, gives tenacity to potatoe-bread, and makes it eat shorter.

pounds of dough, ten of leaven must be prepared. When the mixture is exactly made, put it in a basket, or leave it in the kneading tub all night, taking care to cover it well, and to keep it warm till morning.

“ The tedious and troublesome preparation of the first leaven will be avoided after the first baking, because a piece of the dough may be set aside and kept.”

Of the publications of the last year, a very important one is by that accurate chemist Dr. Pearson, who was requested, by the Board of Agriculture, to inquire into the composition, or parts, of which the potatoe root consists ; and particularly to ascertain the proportion and nature of the watery part. He concludes with Parmentier, with recommending it as highly nutritious, and, like him, as capable of making sago, salep, &c. But, contrary to the declaration of

K

Parmentier,

Parmentier, he says, "The art of fermenting potatoe-meal into bread, in place of wheat, has not yet been discovered." Parmentier, however, asserts, in chapter 4th, "That from various and repeated trials, the potatoe, which hitherto (anno 1777) hath not been converted into a well-raised bread, without the mixture of at least an equal quantity of some flour, may be made to assume that form, without any foreign assistance." I imagine, that neither Dr. Pearson, nor the Board of Agriculture, had seen this valuable performance of Monf. Parmentier.

That excellent and humane magistrate, P. Colquhoun, esq. has lately published, "Useful Suggestions favourable to the Comfort of the labouring People," &c. But although to this essay, as well as to others written to serve the community, he has not prefixed his name, he has politely permitted me to avail myself of his suggestions; and, under this liberty, I shall annex

nex the manner of preparing some of the soups recommended by him, as affording much nourishment comparatively at a trifling expence.

I. POTATOE SOUP.

Potatoe Soup is made by stewing about five pounds of the coarsest parts of beef or mutton, or even part of a bullock's head, in ten quarts of water till half done: then pare the skin from the potatoes, and put a quantity in the stew-pan with the meat, together with some onions, pepper, and salt. Stir it frequently, and when the potatoes are boiled sufficiently, it will be found a very excellent dish. If a few bones of beef are added, it will make the soup richer, and a greater quantity will be made.* The meat, when seasoned with the onions and pepper, will eat extremely well along with that part of the potatoes which remain whole, and do not

* This is confirmed by the recent trials made by Dr. Johnston, and hereafter inserted.

mix with the soup ; and, in this way, a most comfortable meal for a large family is obtained, without using any bread at all.—What is called the sticking of the beef, which is rich and full of gravy, is the best meat for this kind of soup, because there is no bone in it.

5lb. of this beef generally costs 2d.			
a pound, but at present it will be			
3½d.—say	-	-	1 6
Bones to enrich the soup	-		0 4
24lb. of potatoes may now be bought			
for the price of a quartern loaf of			
bread (which weighs 4lb. 5 ½ oz.)			
and they will soon be much cheaper.			
The cost will be	-		1 0
A bunch of onions will cost, if good			
and large*	-	-	0 4
Pepper and salt	-	-	0 4
			<hr/>
Total expence of ingredients			3 6

* A person who speaks from experience assured me, that the addition of a red-herring to this soup, proved a good substitute for onions, pepper and salt, and saved some expence.

This

This dish will afford a savory, comfortable, and even a plentiful and wholesome dinner to a family of ten or twelve persons, including children, at the expence of $3\frac{1}{2}$ d. for each. It will fill the stomach with what will be found both palatable and nourishing; and it will prevent that desire for large quantities of porter, which always become necessary when the same sum is expended in a dinner of baked meat, or of bacon and bread, which is not so wholesome, creates a thirst, and does not impart half the nourishment; and, in point of weight of food, the proportion for the same money is considerably above four-fold in favour of the potatoe soup and meat; a circumstance well worth attending to by the middling, as well as the lower ranks in life—especially where there is a number of children.

This calculation is made with a view to the present high prices of meat and vegetables.—In a short time, potatoes will be at, or under, one farthing a pound, and onions will be much cheaper and better, so as to afford

afford a greater quantity, and thereby make the dish more savory. Beef may also be cheaper, so that in place of $3\frac{1}{2}$ d. a family may dine well at 2d. or $2\frac{1}{2}$ d. a head.

II. BARLEY BROTH.

This dish, when well made, is, of all others the most savory, rich, palatable, and nutritious that can be conceived. It admits almost of a mixture of every kind of vegetable that can be procured throughout the year, and it cannot be said to be ever out of season. The vegetables are parsley, common greens, cabbages, turnips, carrots, pease, beans, collards, and brocoli, according to the season, constantly attending to one rule however, that whatever other herbs are used, onions or leeks, and parsley if it can be had, must form a part of the ingredients, and the soup may be made thick or thin, according to the taste of the person who uses it. The clod and sticking of the bullock makes the best barley broth, and it may also be enriched much by the addition
of

of beef or mutton marrow-bones. Mutton itself is frequently used in this kind of soup, but it does not make it so rich or so good as beef, which may be used in larger or smaller quantities, according to circumstances. A tea-cupful of barley is sufficient for a large family. What is called pearl-barley is not so good as a larger sort, which does not cost half so much money, and may be purchased at about 3d. a pound, or less.

The general rule for making this soup is as follows :

Take four quarts of water, four pounds of beef with bones, four ounces of barley,* and so in proportion for a larger or smaller quantity. Stew the whole together for two hours ; then put in such pot-herbs and greens as may be suitable to the season, cut small, with a proper quantity of salt, and let the whole boil

* According to the experiments of Count Rumford, barley-meal is preferable to the whole barley, for thickening broth, and rendering it more nutritive.

until

until quite tender. If necessary, skim the fat off that it may not be greasy. There may be more or less carrots, turnips, greens or pease, according to the taste of the parties; but onions or leeks, according to the season, must not be omitted, as they give the soup an excellent flavour.

This soup is generally eaten without bread, and with the addition of a few potatoes, to be eaten afterwards with the boiled meat, makes an excellent meal, extremely good and wholesome, especially where there are a number of children.

The present scarcity has not only excited the most generous subscriptions for the relief of the poor, among all the higher ranks of the community, but likewise proposals for affording them cheap and nutritious food in all times of distress. The following receipts

ceipts which have been printed, and since distributed in several districts of the city, I have presumed to insert here.

A CHEAP FOOD,

Without bread or beer, and with very little meat; and as healthy as can be obtained from wheat or barley, however prepared, and cheaper, even when corn is at the lowest price.

RECEIPT I.

Take half a pound of beef, mutton, or pork; cut it into small pieces; half a pint of pease, three sliced turnips, and three potatoes cut very small; an onion or two, or a few leeks; put to them three quarts and one pint of water. Let the whole boil gently on a slow fire about two hours and a half, then thicken it with a quarter of a pound of ground rice, and half a quarter of a pound of oatmeal (or a quarter of a pound of oatmeal and no rice). Boil it for a quarter of
an

an hour after the thickening is put in, stirring it all the time; then season it with salt, pepper, or pounded ginger, to the taste.

If turnips or potatoes are not to be had, carrots, parsnips, or Jerusalem artichokes, or any garden-stuff, will do. This well boiled is not unpleasant, and is very nourishing. As a pint only will be wasted in the boiling, it will be a meal for three or four persons, without bread or drink; and it will not cost above four-pence.

RECEIPT II.

Take two pounds of beef, mutton, or pork out of the tub (or of hung-beef refreshed in water), cut into very small bits, and put it into a pot with six quarts of water, letting it boil on a slow fire near three hours (or stew it till it is tender). Then put to it a quarter of a pound of carrots or parsnips, with half a pound of turnips, all sliced small, and sometimes instead of these, a few potatoes sliced (or Jerusalem artichokes), then some
greens

greens may be added, according to discretion, such as cabbage, celery, spinage, parsley, likewise two ounces of onions or leeks (which may be omitted if disliked), the whole thickened with about a pint of oatmeal (or a quart, if intended to be very thick); these must be well boiled together, and seasoned with pepper, or pounded ginger, and salt. It is a wholesome and well relished food, and will support, for a day, a family of six, without bread or drink.

Any kind of meal, or French barley washed, or garden broad beans, will make a good shift. Pounded rice, or split peas, will thicken better and cheaper than oatmeal, as less rice will serve.

RECEIPT III.

Take four pounds of beef (onions, if agreeable, three quarters of a pound) turnips two pounds, rice one pound and a half, parsley, thyme, and savory, of each a large handful, pepper and salt in a fit proportion,
water

water seventeen quarts. Let the beef be cut into slices, and after it has boiled for some time, let it be minced small. The turnips (and onions infused) and sweet herbs may be minced before they are put into the pot. Let the whole boil together gently about three hours, on a slow fire.

Scarce two quarts will be wasted in the boiling, and the rest will serve about eighteen persons for one meal, without bread or drink.

Where fire is scarce, the several particulars in these three receipts being put into a large pot, may be stewed together all night in an oven; and the next day may be boiled for a quarter of an hour, with an addition of some oatmeal, potatoes, or Jerusalem artichokes or turnips.

Or take a shank of beef, six quarts of water, a pint of split peas (or a quart of blue peas) one leek, four or five sliced turnips; bake them all in a large earthen pot.
To

To make POTATOE BREAD.

Put potatoes in a net into a skillet with cold water. Hang it at a distance over the fire, so that they may not boil until they become soft; then skin and mash them, and mix them with their weight of flour, of yeast and salt a sufficient quantity, and a little warm water. Knead it up as other dough. Lay it a little while before the fire to rise, then bake it in a very hot oven.* Flour of rice, or barley-meal, may be used instead of wheat flour. A few caraways or anniseeds may be added occasionally.

To make BEER.

To eight quarts of boiling water put a pound of treacle, a quarter of an ounce of ginger, and two bay leaves. Let these boil for a quarter of an hour, then cool and

* M. Parmentier recommends that the oven should be less heated than usual.

work it with yeast in the same manner as other beer.

Or thus.

Take one bushel of malt, with as much water and hops as if two bushels of malt were allowed; put seven pounds of the coarsest brown sugar into the wort while boiling.

This is very pleasant, is as strong, and will keep as long without being sour or flat, as if two bushels of malt had been put in.

To make YEAST.

Thicken two quarts of water with four ounces of fine flour; boil it for half an hour; then sweeten it with three ounces of brown sugar, not the brownest. When almost cold, pour it upon four spoonfuls of yeast into an earthen jar, deep enough for the yeast to rise: shake it well together, and place it for a day near a fire; then pour
off

off the thin liquor at top ; shake the remainder, and close it up for use.

It is proper to strain it through a sieve. To preserve it, set it in a cool cellar, or hang it some depth in a well. Keep always some of this, enough to make the next quantity that is wanted. As it is not quite so strong as yeast from ale usually is, put somewhat more than four spoonfuls of this, for making new yeast.

In a useful little pamphlet entitled, "Hints for the Relief of the Poor," just published, there are several receipts for making cheap soups or pottages. The insertion of which in this place, may be useful to such as read these Hints with a view to serve the community.

The first and second receipts are communicated by lieutenant colonel Paynter, dated Portsmouth, October 19, 1795. The subsequent ones are by Dr. James Johnston, of the Royal Hospital, Haslar ; dated Portsea, October

October 19th and 24th, 1795, addressed to admiral Waldegrave: and Dr. Johnston's testimony in favour of their salubrity and great nutritious quality, is a sufficient recommendation. These appear to have been suggested by the humane Admiral,* for Dr. Johnston's trial and opinion.

FIRST TRIAL.

TO MAKE A GOOD AND CHEAP POTTAGE.

Take three pounds of the stickings of beef, or part of the shin, or any of the
coarse

* He informs me, that he has found pompions a very cheap product, as they will grow on any dunghill. Dr. Waterhouse, of Cambridge Massachusetts, speaks of the pompion common with the inhabitants, in the most favourable recommendation, under the name of the winter, or long-necked squash. "They weigh" he observes, "from ten to fifteen pounds, and are easier raised than the potatoe, and which are, I think, preferable for making bread. I here send you some of the seed, which should be sown in April, and gathered in October, when the stalk or
vine

coarse or cheap parts: put these into eleven quarts of water; after boiling two hours, add one pound of Scotch barley, and let it boil four hours more; during this time six pounds of potatoes are to be added, half a pound of onions or leeks, and of parsley, thyme, or savory, a due proportion. Season the whole with pepper and salt. Any additional vegetables may be added, and half a pound of bacon cut into

vine begins to wither. The squash should be boiled for about half an hour, and then mashed up with the flour or dough, just as Dr. Fothergill directed to be done with potatoes. We make bread-puddings, and most excellent pan-cakes, by mixing certain proportions of this vegetable, previously boiled with flour. We most commonly eat them stewed, the skin being first taken off, and the entrails taken out. It is almost a standing dish at our tables, even among the most opulent."

It has often been a matter of surprize to me, that so little use should be made of our dunghills in England, when one small one, six yards square, would produce 500 pounds weight at least, of different kinds of squash and pompions, and that without any expence. They will even grow in common mold. They make good pies with quinces, or any acid vegetable.

small bits, if you wish to make it more savory; this will produce full three gallons of pottage, which will require no bread.

In London, or large towns, bones may be procured from the butchers, which will answer the purpose as well, and come much cheaper.

N. B. In summer, turnips and carrots may supply the place of barley, but it must be made thick. Meat of the above description costs 3d. per pound. Your pot must boil over a slow fire.

The whole cost three shillings and fourpence, and satisfied twenty men, without bread, the nature of the food not requiring any. Colonel Paynter adds, that the men in the barracks liked it very much, and that the officers also had it in their mess, and found it excellent.

SECOND

SECOND TRIAL.

ANOTHER VERY CHEAP AND GOOD DISH.

After boiling one pound of Scotch barley, let it stand to cool in an earthen pan, all the water being carefully drained from it; boil one pound of bacon in two quarts of water; a few minutes before you take it off the fire, put in your barley and it will fall to pieces immediately, and very soon nearly suck up all the juices of the bacon; you will then only have to pour off the remaining water; a few onions or leeks should be boiled with the bacon, and pot-herbs, if you have them. Season with pepper and salt.

Note. When you make a very thick mess with potatoes, and mean to eat the broth, it is better, if you can, to parboil and peel them before you put them into your broth-kettle.

The common price of Scotch barley varies from 17s. to 1l. 1s. per hundred weight. The retail price is in general about 3d. per pound.

One pound of Scotch barley boiled four hours, and put into a pan to cool, becomes a sort of jelly, which will instantly fall to pieces on being put into boiling water. When it is in its congealed state, it will weigh four pounds. This is a most excellent nourishing food either to make pottage, or mixed with sugar, for young children.

THIRD TRIAL.

Gravy beef 1lb.	-	-	o	3 $\frac{1}{2}$
Scotch barley one third of a pound			o	1
Potatoes 2lb.	-	-	o	1
Onions, one third of a Pound	-		o	o $\frac{1}{2}$
Pepper and salt	-	-	o	o $\frac{1}{2}$
Bacon 3 oz.	-	-	o	2 $\frac{1}{2}$
<hr/>				
Produce four quarts			o	9
<hr/>				

Dr. Johnston conceives, that this quantity would make a dinner and supper for three working men, without bread or any drink whatever, more salutary and nutritive than

than the usual food of the laborious class of the community, which, in general, consists of fat bacon and cabbage; with this they eat bread, and must have beer to drink: and if a labouring man is supposed to eat a pound of bacon, at 9d. per pound, for his dinner and supper, that article alone is equal to what might support three, independent of bread and beer.

FOURTH TRIAL.

	s.	d.
Sheep's head - -	0	5
Barley, $\frac{1}{2}$ lb. - -	0	$1\frac{1}{2}$
Potatoes, 3 lb. - -	0	$1\frac{1}{2}$
Onions, $\frac{1}{2}$ lb. - -	0	$0\frac{1}{2}$
Pepper and salt - -	0	$0\frac{1}{2}$
Cabbage, turnips, and carrots -	0	1
Water, eleven pints - -	0	0
		<hr/>
Produce fix quarts	0	10
		<hr/>

This

This was superior to the other, in richness of flavour and taste, owing to the bones in the head, which were broken to pieces previously to their being put into the stew-pan: This mess would make a most comfortable dinner for four men.

FIFTH TRIAL.

	s.	d.
Bacon, $\frac{1}{2}$ lb. - -	0	$4\frac{1}{2}$
Barley, $\frac{1}{2}$ lb. - -	0	$1\frac{1}{2}$
Onions, pepper and salt -	0	1
	<hr/>	
Produce 2 lb. 8 oz.	0	7
	<hr/>	

This cost 7d. and would dine three men without bread; but it appears that something to drink would be necessary with it.

SIXTH TRIAL.

Made with neck beef, similar to the first experiment.

SEVENTH

SEVENTH TRIAL:

	s.	d.
Ox cheek - -	0	10
Barley 1 lb. - -	0	3
Potatoes 6 lb. - -	0	3
Pepper and falt - -	0	1
Onions 1 lb. - -	0	1
Cabbage, turnips, and carrots	0	2
Water, 22 pints - -	0	0
<hr/>		
Produce three gallons	1	8
<hr/>		

This being made without bacon cost 20d. and produced three gallons of most excellent pottage, sufficient for eight men, of the most laborious employment, for dinner and supper. This yielded rich and better pottage than any of the others; and ox-cheek seems to have the preference to any of the coarse pieces of beef.

The above receipts were made in a very close stew-pan, that emitted scarcely any evaporation, which is a material circumstance.

Dr.

Dr. Johnston remarks, that pottage prepared as above is wholesome and nutritive, and is so self-evident, as cannot fail to carry conviction to every unprejudiced mind, and more conducive to health, than the costly dishes of the most luxurious tables; but that he does not recommend this diet to be daily used without any change, though he concludes that every poor family may use it three or four times a week, without being cloyed with a sameness.

EIGHTH TRIAL.

	s.	d.
Shin of beef cost	1	0
Barley, 1 lb.	0	3
Onions, 1 lb.	0	1
Potatoes, 6 lb.	0	3
Cabbage, carrots, and turnips	0	1½
Salt and pepper	0	1
Water, 11 quarts	0	0

Produce 3 gallons 1 9½

Dinner for seven men at 3d. each.

NINTH

NINTH TRIAL.

	s.	d.
Quarter of an ox-head -	0	6
*Barley, $\frac{1}{2}$ lb. -	0	$1\frac{1}{2}$
Onions, $\frac{1}{2}$ lb. -	0	$0\frac{1}{2}$
Potatoes, 3 lb. -	0	$1\frac{1}{2}$
Cabbage, carrots, and turnips	0	1
Salt and pepper -	0	$0\frac{1}{2}$
Water, $5\frac{1}{2}$ quarts -	0	0
<hr/>		
Produce, 6 quarts of a rich and high flavoured pottage }	0	11
<hr/>		

In the two last trials, Dr. Johnston omitted the bacon, both on account of its being an expensive ingredient, and from its flavour being in some of the others too predominant. On the whole of the trials, which he made with the utmost care and attention, he gives it as his opinion, that ox-cheek or shin of beef claim the preference, to any

* Count Rumford, in his management of the poor at Munich, advises barley-meal; and likewise preparations of Indian corn.

coarse

coarse pieces without bones, which he is convinced add much to the richness and grateful taste of the pottage.

As the following table may be of use in ascertaining, by experiment, the best mode of variously combining wheaten-flour with other substances ; and of knowing the loss of weight sustained by baking, I have inserted it in this place.

An

Visiting Office, Dec. 8, 1795.

An ACCOUNT, shewing the produce of seven pounds (being the stipulated quantity allowed for two quartern loaves) of fundry mixtures of Grain, and of Grain and Potatoes, directed to be baked into bread:—Shewing the weight of dough made therefrom, the quantity required for making two quartern loaves, according to the usual custom of the town Bakers, being 9lb. 10oz. or 4lb. 13oz. each;—the weight it turned out over or short thereof, and the weight of the bread when taken out of the oven, and when cold. Prepared in pursuance of a Letter from the Hon. DUDLEY RYDER, Chairman of the Corn Committee of the Hon. House of Commons, dated the 28th November last.

No.	DESCRIPTION of BREAD.	FLOUR.				DOUGH.				BREAD.			
		Weight allowed for making two quartern loaves, at 9lb 8 oz. each.	Weight after being properly mixed with yeast, salt, and water.	Over or short of the weight allowed.		Weight when taken out of the oven.	Weight when cold.						
				Over.	Short.								
1	2-3ds Wheat, 1-3d Indian Corn	—	—	—	—	—	—	—	—	—	—	—	—
2	2-3ds ditto, 1-3d Barley	—	—	—	—	—	—	—	—	—	—	—	—
3	2-3ds ditto, 1-3d Oatmeal	—	—	—	—	—	—	—	—	—	—	—	—
4	2-3ds ditto, 1-3d Rye	—	—	—	—	—	—	—	—	—	—	—	—
5	2-3ds ditto, 1-3d Potatoes	—	—	—	—	—	—	—	—	—	—	—	—
6	3-5ths ditto, 1-5th Indian Corn, and 1-5th Potatoes	—	—	—	—	—	—	—	—	—	—	—	—
7	3-5ths ditto, 1-5th Barley, and 1-5th Potatoes	—	—	—	—	—	—	—	—	—	—	—	—
8	3-5ths ditto, 1-5th Oatmeal, and 1-5th Potatoes	—	—	—	—	—	—	—	—	—	—	—	—
9	3-5ths ditto, 1-5th Rye, and 1-5th Potatoes	—	—	—	—	—	—	—	—	—	—	—	—
10	3-5ths ditto, 1-5th Indian Corn, and 1-5th Barley	—	—	—	—	—	—	—	—	—	—	—	—
11	3-5ths ditto, and 2-5ths Potatoes	—	—	—	—	—	—	—	—	—	—	—	—

S E C T I O N VII.

H I N T S

RESPECTING A

S U B S T I T U T E

FOR

W H E A T B R E A D.

The soul, that feels for others woe,
From heaven its origin doth show.

HE that does good to his fellow-creatures, according to the means with which he is enabled, practises active religion and virtue ; but the man, however scrupulous and tenacious he may appear of maintaining the exterior forms of virtue, that doth not share, amongst his fellow-creatures in distress, the bounties of heaven dispensed to him, is fit only for the unsocial limits of a monastery.

The

“ The occasions of making ourselves happy, by relieving others,” as has been observed, “ are numberless, and seem particularly adapted to diffuse happiness more generally amongst mankind. If affluence and independence could universally exist, the benevolent would not experience the inexpressible pleasure of relieving the needy, neither could there exist that grateful satisfaction which modest indigence ever feels from well-timed succour.”

In this city, however, there is no probability that these causes of mutual pleasure will ever be removed; but, on the other hand, the affluence of some rises in proportion to the distress of others, whose wants silently petition for the assistance of the former. These wants not only vary in degree and permanence, but the means of relief likewise, with respect to immediate or permanent aid; a little pittance, timely bestowed, saves many a modest object; but that aid, which tends to the future as well as the present support of life, seems also best calculated to promote happiness more universally amongst the poor. With this
numerous

numerous class of the community, bread is literally the staff of life, and by whatever medium this can be handed to these at a less expence, must be equally laudable in the design, and beneficial in the effects; as thereby the savings of this article may be employed in procuring other necessaries of life, contributing at once to the health and happiness of such individuals.

That wholesome bread may be procured at a price inferior to any hitherto suggested by the legislature is well ascertained by mixing the fine flour of Indian corn with that of wheat, in equal proportions; which, if rightly managed, the colour will be about the same as the standard wheaten bread, and about two-pence in the quartern loaf cheaper than the fine wheaten, when that may be at eight-pence per quartern. No substance used as aliment, has been more fully and satisfactorily proved to be nutritious than this corn, which has of late been exported in considerable quantities from our North American colonies,* where it

* These Hints were printed before the independence of the colonies; but with the additional expence of alien duties, it still affords a cheap article.

forms a large share of the diet of both the rich and the poor; it is light, and easy of digestion, and at the same time affords much nourishment, as those most addicted to it, endure exercise and labour with superior ease; and it has likewise been particularly remarked, that horses fed with it, will travel farther, and bear the fatigues of a long journey, much better than when fed with any other food whatever. About the metropolis, some hundred quarters of this corn have been brought for the feeding of hogs particularly, and it has rendered their flesh whiter, and better flavoured, than when fed with any thing else hitherto used; and, for black cattle, deer, and poultry, there is no food superior to this grain.

Were it used more universally for these purposes, as well as at the table, part of the land now employed here for oats or wheat, might be turned to pasture, or other purposes, conducive to lower the price of provisions, and hence to serve the community.

The

The people of North America dress the flour into various forms, which it is as well calculated for as that of wheat. The flour of this corn possesses, to most, an agreeable sweet flavour, so that some persons, who have accustomed themselves to the bread made of it, find a difficulty in returning to the use of any other; and I have known individuals so fond of it, as to import it on their own accounts; some indeed do not so easily reconcile themselves to it, which often arises from the mismanagement in grinding the corn or baking the bread. The bakers, who are not yet familiarized into the best method of mixing and preparing it with wheat flour, do not always make the bread as it should be; and thereby some, who form their judgment from tasting loaves of one baking only, are disappointed and misled.

There should be no less care in grinding the corn; as a part of the interior edge of the grain is composed of a ligneous spongy substance, the middle of which is of a dark

M

brown

brown colour, and of a bitter taste, which, if ground into the flour, produces a disagreeable flavor; to avoid which, the mill-stones should be set so wide, as but just to burst the thick or farinaceous part of the grain, which should be passed through a sieve, in order to separate the above-mentioned bitterish substance; the grain should then be ground with the stones set to render it sufficiently fine; by this precaution the flour is as white as that of the finest wheat, and full as pleasant to eat; it possesses the peculiar quality of preserving the bread, made from a mixture of it, in a moist state for many days, which at least in dry weather, is no inconsiderable advantage.

In a political view, the introduction of this useful substance in diet is very important; for while it tends to lower the price of bread, and consequently of provisions in general, it encourages the growth of an article in our American colonies, which enjoy a climate similar to ours, and thereby employs their lands, which otherwise might be turned to the culture of wheat, and other kinds

kinds of corn, which interfere with our exports; to preserve therefore a mutual interchange of benefits and good offices between the mother country and the colonies,* is one of the first principles of true government, and ultimately tends to a compact founded upon interest, and which, amongst nations, is the most amicable as wella the most durable,

* Vide Sir Jofiah Child on Trade; and Political Effays on the present State of the British Empire.

S E C T I O N VIII.

H I N T S

RESPECTING THE

E F F E C T S

OF A

L I T T L E D R O P .

Longa dies molli saxa peredit aqua.

Tib. l. i. cl. 4.

In time soft rains through marble sap their way.

W H E N E V E R custom has long established a mode of conduct, although it may be inconsistent with morals or health, strong must be the effort of reason to overcome it. The custom I wish to discourage, of indulging in a *little drop* of spirituous liquor, is no less destructive of the powers of the mind, than of the strength and health of the body: whilst it insinuates its deleterious influence, it leads on its votaries, till it becomes almost as fatal to retreat, as to proceed; but so frequently are these painful examples

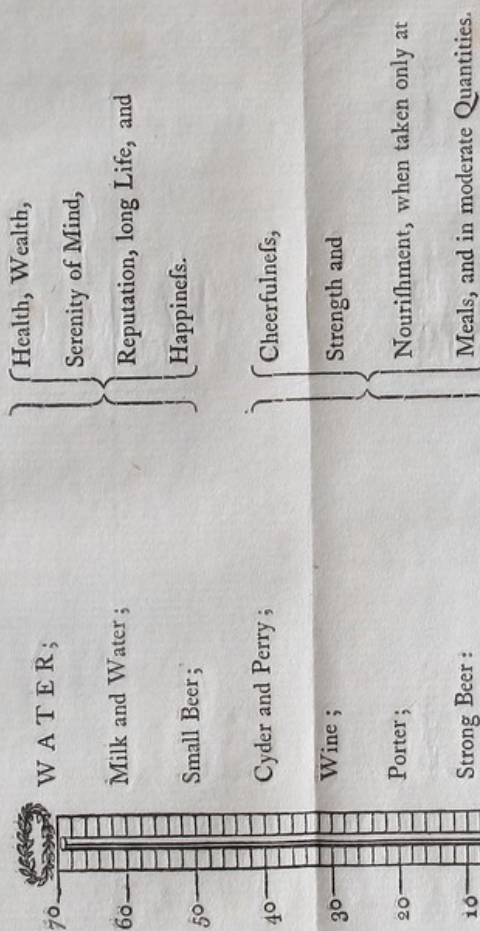
MORAL AND PHYSICAL THERMOMETER;

O R,

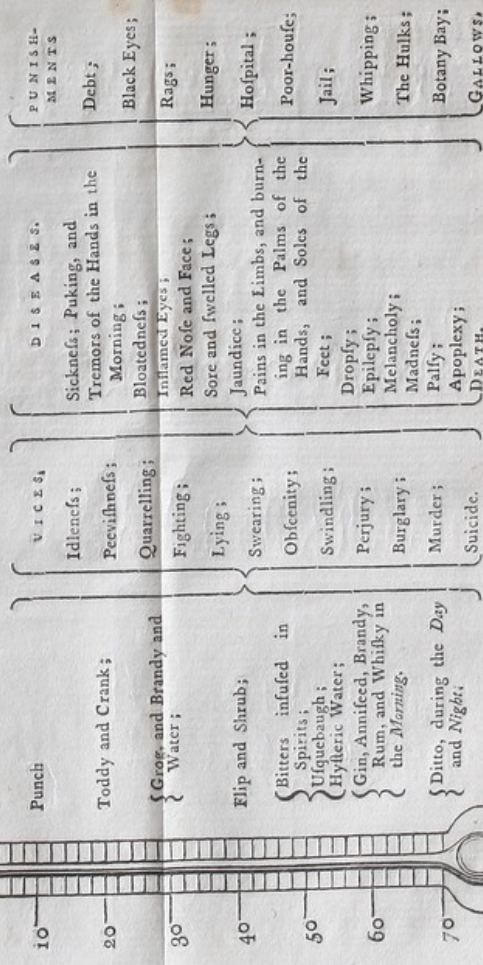
A SCALE of the Progreſs of TEMPERANCE and INTemperANCE.

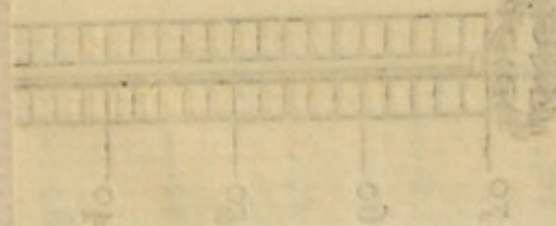
LIQUORS, with their EFFECTS, in their uſual Order.

TEMPERANCE.



INTemperANCE.





Сколько раз?
Сколько раз?
Сколько раз?
Сколько раз?

Средства
Материал, когда только
Нужно
Всего
Сколько раз?
Сколько раз?

ТЕМБЕВИС

Сколько раз? Тембевис

В СОВЕТЕ ОБО ВСЕХ ДЕЛАХ И СОВЕТЕ

ПОСЛАНИЕ КЪ ЦАРЮ

examples of human infelicity brought under my observation, that I cannot refrain from persuading the unfortunate votary to pause before it be too late, and to dash from his lips, the fatal drop, which fascinates only to destroy; and you of the female sex, who by delicacy of habit, may be led into the vortex of the syren's influence, fly from the delirium it induces, and hearken to the voice of calm reason, which leads to temperance, composure, and health. Regard not the prevalence of a bad habit, or the fallacy of language, for a little drop of spirit, is a drop of poison. You have heard of cordials, stomach tinctures, bitters, nervous drops, hysteric water, and other alluring titles,* but, alas! the drop sparkles only to deceive.

The miseries entailed by habitual indulgence in these injurious fluids, differ

* The following inscription in large letters, occupied, till very lately, nearly the whole surface of the front of a house on Ludgate-hill. "Pro Bono Publico, Jas. Ashley in 1731, reduced the price of Punch, raised its reputation, and brought it into universal esteem." A popular spirit was once sold under the title of True Blue, or Wilkes's Eye Water.

much

much as to their progress and violence, and even the symptoms vary so much, as to admit of obvious distinctions.

The *first* I shall notice, as being generally less painful, though equally permanent, are the symptoms more especially attendant on persons who have, early in life, habituated themselves to drink freely of wine of various kinds, and from their situations in life, undergone a change of climate, as from Europe to the Indies, &c. Punch-drinkers, likewise, have been liable to similar complaints. The first appearance of disease is loss of appetite, which at length is so weakened and vitiated, that after taking food, before the return of the next meal, a kind of heavy pain of the stomach, with a constriction of the muscles of the body, comes on, and with a slight effort, a sweetish, brackish, or acid fluid, is thrown up, and the pain and constriction for a short time subside. For several years in this unhappy state, the person drags on a life, rendered now and then more supportable, either by renewed potations, or exsputations, till at length

length the bodily and mental powers become impaired: the object grows emaciated, the whole body shrinks; neither swelling nor dropsy appear, though the countenance looks fallow; the region of the liver is not enlarged, and the liver itself seems less than natural: the urine is not very high coloured; the *fæces* are hard and dark-coloured; the stomach will take and retain food, but after receiving it, it is oppressed, and feels tightened or contracted in its dimensions; the sufferer expresses it, as if it were tied by a straight bandage; the same sensation affects the bowels, and the body suffers such irregular constrictions, as become evident to the external touch, the muscles being drawn into irregular action, the surface of the belly is diversified with protuberances and cavities: sometimes the spasmodic strictures run transversely, and raise this surface like waves of the sea. The pain continues increasing to such excess, that the miserable sufferer is obliged to press against a table or some hard body, to mitigate his distress, till vomiting brings a respite; or he hastens this operation, by thrusting

thrusting his finger into the throat; and thus relieves himself till the next reception of nourishment, when the same tragedy is repeated. The matter discharged is thin, acrid, sour, sweet, or brackish. Sometimes, instead of constipation, an occasional purging ensues, and mitigates the pain, whilst it subdues the constitution; and after years of misery, the victim slides into a fatal decay; but long before this, the powers of the mind have been debilitated, and its recollection and actions impaired.

The *second* train of distressful symptoms which I shall relate, more generally succeed the free use of spirits, or of wines with the admixture of spirits, as Madeira; and especially where late hours and illicit amours have been superadded,

The early symptoms of complaint are, a pain and oppression about the pit of the stomach, after eating, or distension from fluid; this pain extends to the breast and shoulders; there are frequent eructations of
wind,

wind, which seem to burn the throat as they ascend ; these symptoms, which are usual in affections of the liver, and particularly in bilious effusions, are at first so trivial, as seldom to alarm the fears of the patient, or he slightly mentions them as symptoms of the gout, whilst he attempts to avert the present suffering, by indulging more freely in the very cause of the mischief, till repeated filips of raw spirits, or a dilution of the poison, render existence miserable.

The appetite now totally fails, but an insatiable thirst continues, and if it be not supplied with an exhilarating cordial, the vital spirits instantly flag, and such horrors take place as are dreadful even to a bye-stander; the poor victim is so depressed, as to fancy a thousand imaginary evils; he expects momentarily to expire, and starts up suddenly from his seat; walks wildly **about** the room; breathes short, and seems **to** struggle for breath; if these horrors **seize him** in bed, when waking from slumber, he springs up like an elastic body, with a sense of suffocation,

tion, and the horrors of frightful objects around him; at the same time the pain of the stomach continues and augments; the sight of wholesome plain food gives disgust, instead of appetite; drink is his cry; or if hunger is excited, it is after high-seasoned, salt, or acrid nourishment.

At this time, if a dropsy, or fatal jaundice, do not terminate existence, the legs shrink, are swarthy-coloured like the rest of the body, and sometimes purple spots appear and disappear for many months; the extremities feel sore to the touch, and upon scratching them, exude blood: the thighs are likewise shrunk; but the body, and particularly about the region of the liver, becomes enlarged, and the hardness of the liver may be frequently traced: the face is nearly copper-coloured, and emaciated; sometimes overspread with little suppurations, which dry and turn scaly; the breath smells like rotten apples, and the *morbus niger*, or vomitings of a fluid like that of coffee-grounds, snatch the patient from
complicated

complicated misery. Sometimes a purging, or bloody discharges, hasten the catastrophe.

The *third* train of symptoms to be described, is not confined to age or sex, but is in general, more frequently the attendant of the female sex.

The persons liable to the symptoms, have been those of delicate habits, who have endeavoured to overcome the nervous debility, by the aid of spirits: many of these have begun the use of these poisons from persuasion of their utility, rather than from the love of them: the relief, however, being temporary, to keep up their effects, frequent access is had to the same delusion, till at length what was taken by compulsion, gains attachment, and a little drop of brandy, or gin and water, becomes as necessary as food; the female sex, from natural delicacy, acquire this custom by slow degrees, and the poison being admitted in small doses, is slow in its operations, but not less painful in its effects.

The

The soberer class of tradesmen, also, who occasionally indulge in their sixpenny-worth of brandy and water, gradually slide into the same unhappy habits, and entail upon their constitutions the same misery, which I shall now introduce.

The first appearance of indisposition very much resembles what has been last described ; and under the deception of the Gout, the fuel is heaped upon the fire, till the delusion has been too long maintained to admit of retreat : in general, at least, the attachment to the use of spirituous drink, becomes so predominant, that neither threats nor persuasions are powerful enough to overcome it. The miserable sufferer is so infatuated, as, in spite of locks and keys, to bribe by high rewards the dependent nurse, privately to procure it.

But the concluding symptoms are very different from either of the foregoing histories : frequently indeed, the appetite for food vanishes, but sometimes continues voracious ;

voracious ; and at the same time, whilst the body is costive, and no vomiting ensues, the lower extremities grow more and more emaciated ; the legs become as smooth as polished ivory, and the soles of the feet even glassy and shining, and at the same time so tender, that the weight of the finger excites shrieks and moaning ; and yet I have known, that in a moment's time, heavy pressure has given no uneasiness. The legs, and the whole lower extremities, lose all power of action ; wherever they are placed, there they remain till moved again by the attendant ; the arms and hands acquire the same palsied state, and the patients are rendered incapable of feeding themselves. Thus, for years they exist, with no material alteration in the size of the body, or aspect of the countenance.

Whether they really undergo the agonies they appear to suffer, I much doubt, as at this period their minds appear idiotish : they often shriek out with a vehemence that may be heard at a considerable distance,

distance, but upon enquiring about the seat of pain, they have been vague and indecisive in their answers. When a cramp comes on the lower extremities, involuntary motions draw up the legs, and produce the most piercing shrieks: and the features of the face, altered by convulsive twitchings, excite pain in a spectator. For some months before they die, these shrieks are more incessant, and as violent as the strength will admit.

They talk freely in the intervals of mitigation, but of things that do not exist; they describe the presence of their friends as if they saw realities, and reason tolerably clear upon false premises.

Mostly, before they die, they take less food; sometimes a purging succeeds, of a thin substance, and of a dark green colour: sometimes a vomiting of a black matter; but, most generally, they gradually sink from the accumulation of pain and debility. There is rarely any fever. They do not,
as

as in the preceding state, fall into dropfies, but usually become paralytic; the breath is not offensive, nor is there the same difficulty of breathing, or horror of suffocation: whether the imperceptible and gradual augmentation in the use of spirits, is the cause of this difference, I am not certain; but the difference is considerable, as must appear from their histories, which I have drawn from actual observation.

I would not, however, infer, that every spirit-drinker acquires the symptoms of disease above related, or that other diseases do not more frequently succeed this dangerous habit: liver diseases, of various kinds, it is well known, usually result from intemperance, and dropfies often succeed; but from some circumstances in the constitution, or from the mode of indulgence in liquors, the symptoms I have described have severally occurred where no dropfical affections have supervened. There is something in spirituous liquors, so injurious to the human frame, that too much attention cannot be
paid

paid in discouraging the use of them. Many of the unhappy victims I have attended, ascribe their sufferings to the unguarded advice of some medical practitioner, who has, under the idea of wine turning sour on the stomach, permitted a little drop of brandy and water to be substituted ; seldom, indeed, a day passes without introducing me to the sick bed of some deluded object of misery ; and it is from the most decided conviction of the injury, that I would guard every person from beginning with even a little drop of this fascinating poison, which once admitted, is seldom, if ever, afterwards overcome. Whenever I hear the patient plead for some substitute for beer or wine, under the supposition of their turning sour, my fears are alarmed, and my endeavours excited, to pluck the unsuspecting patient from the brink of destruction ; this plea is never made, till the exhilarating influence of spirit has been experienced : and not a moment should be lost, in warning such objects of their danger.

Some

Some who avoid brandy, have been induced to take rum, from a vulgar opinion, that it is more oily and balsamic: the argument is erroneous; for what balsamic qualities can empyreumatic oil contain? Others, who condemn both brandy and rum, make no objection to gin, because they think it diuretic; but so far from it, that half the dropfies among the lower classes of the people originate, or, at least, are confirmed by the use of this spirit; they are all poisons, and are nearly alike deleterious.

When the effects of spirits on the constitution, have not greatly contaminated it, beyond the frequent recurrence of sickness and vomiting; after interdicting spirits altogether, the patient should be allowed to fix upon some one species of nutriment; and, whatever it is, should be confined to it alone, and that in the smallest quantities possible, and at regular stated distances, that the preceding portion may be properly digested, before any addition be allowed; when the stomach has thus acquired more tone, either some new, or an increase

of the former nutriment, may be admitted.

I once attended a lady, who could not retain any food on the stomach above an hour or two. I requested her to fix upon some light nourishment that she could palate, and she mentioned milk: I then restrained her to four table-spoonfuls of it every six hours, and afterwards increased the quantity as the stomach could bear it. From this she went to broth, and thus gradually acquired such a state of the stomach, as to bear the usual food of the family; and for four years past she has enjoyed good health, with the moderate use of a glass of wine, or beer; but not one drop of spirits.

But in some cases, where the habit of drams has been long continued, the total and sudden omission of them, has sunk the person into irretrievable debility. Here this pernicious custom must be left off gradually. A man who usually drank twelve drams a day, being convinced of his approaching

proaching misery, took the resolution to wean himself from this poison; he always drank out of one glass, into this he daily dropped a drop of sealing-wax; by this means he had twelve times twelve drops less of spirit every day, till, at length, his glass being filled with wax, his habit was cured.

The same advantage has been obtained, by taking the dram, or glass of cordial, out of a quart bottle, which is to be replenished each time with as much water, and by this means gradually diluting the remaining liquor, till its strength becomes wholly subdued, and little more than the substituted water remains.

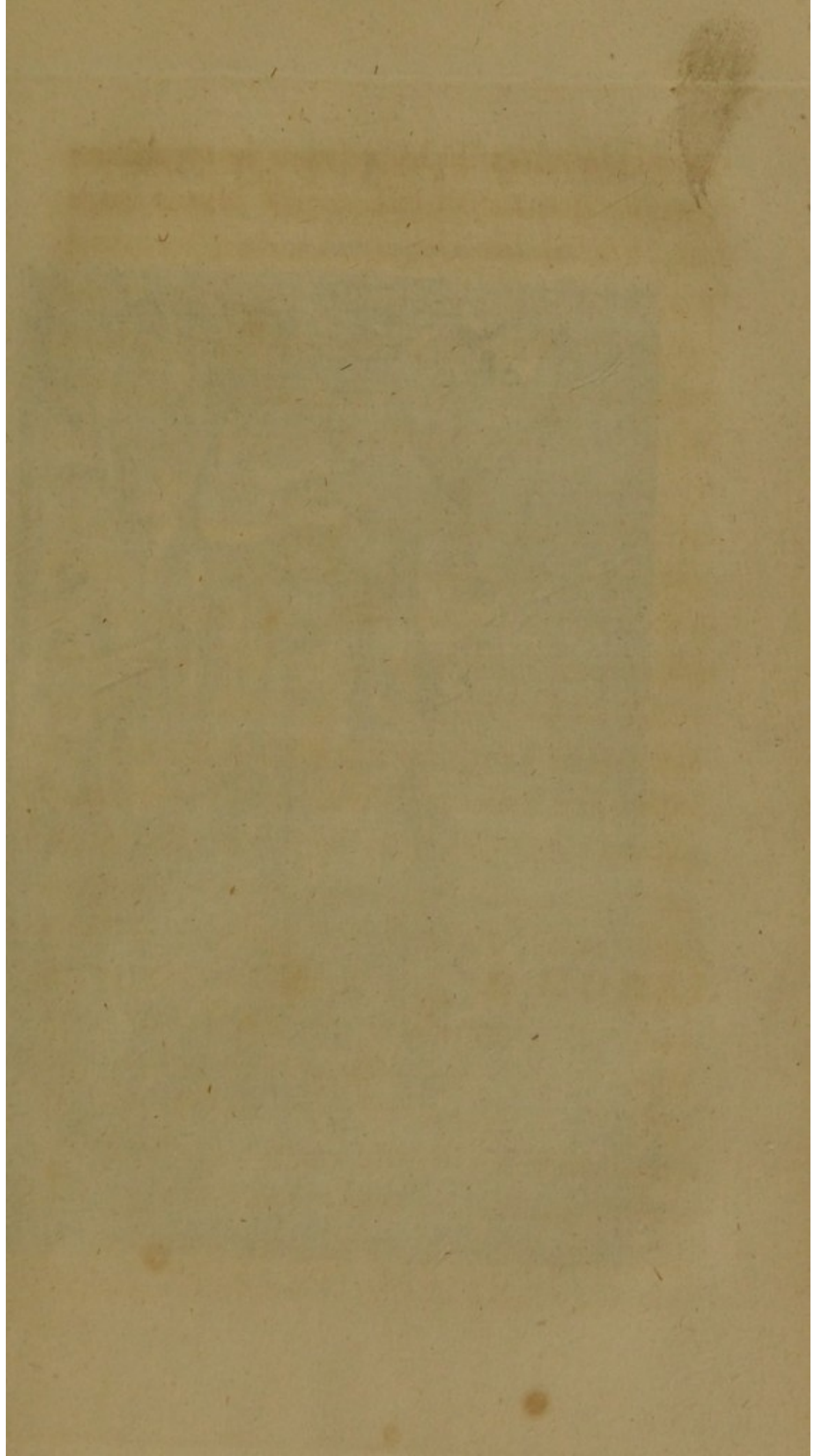
Painful indeed is this truth, that when the indulgence in spirituous liquors is rendered habitual, it is extremely difficult to overcome. Although the miserable object is persuaded, that it clouds his reason, debilitates his mental as well as corporeal faculties, debars him of all the cheerful gratifications annexed to health and virtue; yet

so excessive are the debility and tremors of the body—and so horrid is the despondency of the mind after the exhilarating effects of these liquors have subsided, that without a perseverance in determined efforts to vanquish this habit, a repetition of the delusive poison will be indulged, till resolution is too transient and weak to enable the victim to stop at the precipice, which terminates his painful existence.

May such, however, as have strength of resolution to reflect upon their danger, be encouraged by an assurance, that however great the debility may feel, and strong the idea of dissolution may appear, yet from mere debility alone, life is not in danger; and this is a certain fact, that the longer and more frequently the evil habit is resisted, that habit becomes less powerful, whilst the strength of the constitution proportionally augments, and thereby renders the victory less difficult than might at first appear; and what exertions are more interesting

teresting and worthy of a rational being, than those which substitute vigour and health of body, for agitation, tremor, and pain; and serenity and cheerfulness of mind, for horror, despondency, and suicide?

A MORAL





TAVERN FEAST.

S E C T I O N IX.

H I N T S

RESPECTING THE

E F F E C T S

OF

T A V E R N F E A S T S.

THERE are few blessings, that do not require a degree of prudence to render them permanent, or to renew them with the zest of true enjoyment. This is peculiarly applicable to the objects of these hints.

We, who are denizens of a social land, and possessing social hearts, which introduce us into an extensive and chearful acquaintance;

ance ; have often been led to partake of convivial entertainments with our friends ; which naturally beget in us, a virtuous interest in promoting their happiness, and which infers the preservation of their health, without which no rational gratification can arise from enjoyment.

To promote a blessing so essential to individual pleasure, it will not be improper, candidly to exhibit some of the injurious effects of feasting ; that conviviality may never be interrupted by the alloys of pain and disease ; and that by œconomy of enjoyment, we may ensure a permanent relish of social happiness.

To the honor of the nation in general, and of this city in particular, charitable institutions have been amazingly increased ; and, to promote their success, tavern dinners have been equally multiplied. At these entertainments of good eating and drinking, the generous mind in its individual enjoyment, is expanded towards the inferior classes of the community, and the purse

purse is open to their relief in every department and ramification of human misery.

Worthy citizens ! in revering your philanthropy and your generous virtues, in the voice of medical experience permit me to caution you, that whilst you associate to serve the poor, you may avoid indulgencies injurious to yourselves ; and with temperance enjoy rational conviviality, and exercise dignified benevolence, to a long protracted, and healthy old age, the *viridisque senectus*,

That in old age are seen,
A manly vigour and autumnal green.

Medical practitioners have often been reproached, for the uncertain, and variable language they have used ; and, have even been charged with adapting the practice itself, to prevalent fashion, particularly in the general term of bilious diseases, which has certainly been more frequently applied, than understood. But however these diseases

eases may have been mistaken, or the language itself to explain them, misapplied ; there is certainly acquired that super-abundance of bile, as to quantity, and morbid alteration as to quality, in certain constitutions, as to prove painful and serious ; and by too much feasting ultimately dangerous and fatal.

By early care, however, this morbid bilious congestion, is removed with little difficulty ; but without attention to the causes which brought it on, it would undoubtedly recur again, and probably with aggravated violence ; it is requisite therefore, to adopt such regulations in diet and exercise, as are calculated to prevent its recurrence.

The confinement in business most of the day, which is indispensable with a majority of citizens, precludes the due and salutary enjoyment of exercise ; and whilst this is the case, a still greater attention to diet is necessary.

It

It often happens that when persons of this class do take exercise, it is at an improper time ; for as they cannot have leisure in the forenoon from the pressure of business, it is chiefly after dinner that opportunity is afforded ; and if the stomach have been supplied with a large portion of solid food, and of porter and wine, the body will not be refreshed by it ; and languor of the system, rather than vigour, will be the consequence.

If great eaters were not liable to a more copious secretion of bile, probably worse consequences would result ; as jaundice, and ultimately the dropsy ; and at all times, exercise after eating, under the circumstance of obstructed bile, would occasion painful cardialgia, and indigestion. An instance of the latter has been afforded by experiment on two dogs, which were both amply fed with meat ; one of these was then locked up, and having nothing to do, fell asleep ; the other was employed in hard hunting for three or four hours, and afterwards killed ; in his stomach, the food he had
taken

taken was found nearly in the condition it had been swallowed. The dog that had been confined, and taken a nap after his meal, was also opened; but the stomach was nearly empty, a complete digestion having taken place.

Few persons in tolerable health, advert to the injuries resulting from a full meal: Even many temperate people, so called, who perhaps take little more than one good meal a day; yet take it so copiously, as greatly to surcharge the stomach, which, when thus distended, presses on the liver, and tends to produce those obstructions in it, which the hints to be suggested are designed to prevent. The same observation is applicable to copious potations, independent of the quality of liquors; it is hence safer to take two pounds of food in three meals, than a pound and a half at one time. The citizens of London are not, comparatively, intemperate; but, when they meet together on public dinners, and in evening clubs, I am persuaded, they little
think

think of the quantity and variety they indulge in. It has been observed, that as charitable institutions multiply, so do public dinners; and many amiable characters eat and drink themselves into disease, to prevent it in their fellow-creatures; and, pity it is, that a benevolent and cordial heart, should suffer under a virtuous influence! Let such calmly reflect, and calculate a dinner of this kind.—First, we find rich turtle, or mock turtle soup, which when cold would suspend a spoon,—then succeed boiled salmon, or cod's head, or turbot floating in thick lobster, shrimp, or oyster sauces.—After these have removed, or diminished the sensation of hunger, a firm piece of boiled ham, and roasted and boiled chickens, are presented to excite new desires; and too often are plentifully admitted to remove them: these good things heightened in taste and flavour, by cayenne, black pepper, salt, soy, catchup, mustard, and horse radish, beget thirst; and dilution, like the water-engine, when a house is in flames, is brought in aid, to extinguish
the

the fire excited in the stomach ; this dilution, however, is not selected on the chemical analysis of what may be deemed the best menstrua : Porter, ale, and wine are chosen, and sometimes brandy-and-water. After these strata of solid viands, just enumerated, there succeed geese, turkeys, ducks ; and probably there are not omitted, the popular treats of the roast beef of old England, and substantial plumb pudding ; which are again to be digested by cheese and renewed potations, excited by smoaking and constitutional toasts. Perhaps in the evening, the stomach has some qualms, and uneasy sensations, which are to be quieted by brandy-and-water, or a pot of good porter. It is thus that too many bring on bilious congestions, if not more dangerous maladies ; but, I trust, a calm observer of what passes on these convivial occasions will be induced to guard against indulgencies, which ultimately tend to undermine health, and to substitute pain, disease, and misery.

This is a plain, and by no means an exaggerated recital of what occurs, at these,
which

which may be considered as only minor feasts, compared to those of public companies ; in which are introduced, venison, ragouts, and various made dishes, of whose names and compositions, I am ignorant ; but sufficient, one might imagine, to require a Papin's digester in the vicinity of the human stomach.

I am sensible that men of business, from the frequent interruptions in their customary meals, may gradually acquire the habit of eating very hastily, niggardly denying time to the teeth to masticate their food ; which not only induces inconvenience, as being less digestible ; but in consequence of the quick accumulation in the stomach, and its sudden distension, lessens its tone and power of digestion, and hence flatulence and hot eructations succeed.*

It

* As an instance of bolting, or swallowing food without mastication ; at a city feast, a gentleman suddenly complained of something sticking in his throat, which, he observed could not be a bone, for the last portion he had
eaten

It is much fafer, to take a pound of food in forty minutes, than even a lefs quantity in ten minutes; and in fome measure, and from the fame caufe large potations, of even, otherwife innocent fluids may injure. Of the latter I have feen many instances, in citizens, whose concerns often call them to public meetings; but, who, from a determined principle of sobriety, avoid strong liquors; at the fame time, being unwilling to pafs the glafs,

eaten was the near breast of a goose. An eminent surgeon present, was desired to scrutinize into, and if possible, remove the obstruction. After some time, with careful exertion, the large bone, usually called merry-thought, was extricated from the œsophagus.

Another case occurred, wherein the only uneasy sensation was felt in the rectum, and many remedies were exhibited, under a suspicion of the hæmorrhoids. Wearied out at length with the treatment, a surgeon was desired to examine the seat of pain, and by the aid of his forceps, drew forth the merry-thought of a fowl; which, although, impeded in the rectum, had passed the œsophagus with impunity. It might hence be suggested, that at these feasts, there should be kept in readiness, suspended in every city hall, a forceps and probang, to pull or thrust, as the urgency of the occasion may require.

without

without appearing social in the party, fill a bumper, merely of weak wine and water: But alas! they even then do not escape with impunity; although they may not feel the inconveniences so quickly, nor suffer in the same manner, yet ultimately perhaps, not less miserably. These copious thin liquors, often made warm under the name of a hot tankard, gradually tend to relax the stomach, and bring on a weakened irritable state of it, which either induces it to loath food, or if it receive any, to eject it indigested. The objects in the outset suffer very little pain; and usually the first complaint, by way of admiration, is, "*they wonder they cannot eat.*" This species of indisposition is different from that of bilious congestion; in general indeed, the liver is not enlarged; sometimes it is less than natural, and there appears rather a defect, than an increase of bile; but as this does not come under present consideration, I shall revert to the original subject.

If the bilious congestion I have described, have not arisen to such extent as to injure
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the substance of the liver ; which I suppose will not have been the case, so long as neither jaundice nor dropfy have resulted; although there may be a considerable degree of gutta rosacea, this affection may be in general relieved and cured.

From what has been said, it will appear obvious, that plain temperate diet should alone be allowed, chiefly boiled ; or if roasted, no part of the outside ; fat and butter should be avoided, especially when melted or rendered empyreumatic by the fire. Vegetables of every kind that agree with the palate and stomach, may be joined with the animal food ; and this latter should only be taken at dinner, although breakfast and supper of milk, or any light farinaceous food, may also be used. The bread should not be new, and admitted in much less proportion, than is customary in families.

Half a pint of porter or even a pint, will rarely do mischief ; but wine and water in moderate

moderate quantities would here be preferable; or wine with Seltzer water.

As to exercise, that on horseback is well adapted to the nature of the complaint; but, any exercise taken when the stomach is not loaded with food, and which does not fatigue, is admissible. If with due exercise, the quantity and quality of food be attended to, there will be little occasion for medicine; but as it may be requisite to put the patient into a commencement of convalescence, the aloetic pill, either alone, or in solution like the Beaume de Vie, may be recommended.

When such invalids can leave the city, Cheltenham and other saline waters, usually prove salutary. Afterwards Bath water might be substituted, or the chalybeate of Tunbridge.

There is a portion of the stomach, being its inferior extremity, called the pylorus, which often suffers, from the causes which tend to injure

injure the stomach itself, and its natural functions. The diseases of this part, although flow in their approaches, and insidious in their progress, are dangerous in their effects ; and hence it is of singular importance, to mark well the earliest symptoms of attack, as misnomers here, become fatal in the practice founded upon them.

From the uneasy oppression about the lower region of the stomach after taking food, the disease I allude to, is often mistaken for the gout, and that fatal sentiment, of *driving the gout from the stomach*, by hot medicines, and strong liquors, is adopted, which, even were it the gout, are usually injurious ; and in the affections of the pylorus, form the road to ruin: this language indeed, ought to be reprobated by every medical gentleman. An axiom not less fatal, is applied upon eating of fish ; which is, that they should *swim three times*—in *water*, in *sauce*, and lastly in *liquors*. The rich hot fauces, are in the first place highly injurious, the stomach sinking under the oppressive burthen, expresses its disgust by a
nausea,

nausea, and flatulence, which a glass of spirit removes for the present repast, and thereby deceives the author of his own mischief, and confirms him in the fatal delusion ; whilst it encourages him to repeat the third swimming, as often as the occasion seems to demand a fresh fillip : thus he ignorantly heaps the most combustible fuel to extinguish the fire ; and gradually acquires a constitutional habit, which perhaps he cannot relinquish with impunity, or pursue without destruction. How often have I seen and lamented the irretrievable state of many a well-disposed person, who, either from the sociability of an open unsuspecting good nature, or from ignorance, repeat a familiar expression, of “ *taking my night-cap!*” This oblivious cap, is spirit and water after supper, to stupify, and to promote deleterious rest, which at length terminates in fatal sleep ! Well might the elegant author of the Botanic Garden thus personify the goddess of wine, under the name of Vitis.

“ Drink deep, sweet youths,” seductive Vitis cries,
The maudlin tear-drop glistening in her eyes ;

Green

Green leaves and purple clusters crown her head
 And the tall thyrsus stays her tottering tread;
 "Drink deep," she carols, as she waves in air
 The mantling goblet, "and forget your care."
 O'er the dread feast malignant chemia fowls,
 And mingles poison in the nectar'd bowls.
 Fell gout peeps grinning through the flimsy scene,
 And bloated dropfy pants behind unseen.
 Wrap'd in her robe, white lepra hides her stains,
 And silent frenzy, writhing, bites his chains.

I believe, however, that the schirrhous pylorus has proved fatal in persons, who have never been intemperate; but in the majority of cases that I have explored by dissection, there have usually prevailed that degree and species of indulgence, which some are pleased to distinguish by the title of *a hearty fellow*; or, that disposition to tippling, which keeps the stomach macerated in mixed spirituous liquors, whilst the head may remain, perhaps, rather muddy, than intoxicated. Our second Milton, in his poem on Cyder, well advises

—When thy heart
 Dilates with fervent joys, and eager soul
 Prompts to pursue the sparkling glafs, be sure
 'Tis time to shun it; if thou wilt prolong
 Dire computation, forthwith reason quits

Her

Her empire to confusion, and misrule
 And vain debates ; then twenty tongues at once
 Conspire in senseless jargon, naught is heard
 But din and various clamour, and mad rant ;
 And anger kindling taunt, the certain bane
 Of well-knit fellowship.

There are indeed instances where hard eaters have not been hard drinkers, and who have suffered from this disease ; but in general great eaters are more liable to scirrhus livers, than to scirrhus pylorus. Great drinkers, and even sipplers of spirits and water, who pass for sober people among their neighbours, are liable to both diseases.

It is of much importance, as has been observed, to point out the primary deviations from health, which suggest the first suspicion of a scirrhus pylorus, as yet only in ambush. I have known these deviations prevalent for many months, and even years before the disease has appeared to have been fully formed. Perhaps one of the first symptoms, is a slight degree of pain in the stomach, about two hours after a meal,
 followed

followed by flight eruptions of wind; which the patient usually describes as of a sourish brackish taste; not bitter, as in bilious congestion; nor attended with shooting pains under the scapulæ, as in affections of the liver; and, if fluid be ejected from the stomach, it feels cold to the patient; whilst in the podagrick constitution it is hot, bilious, or of a pungent acrimony. Besides, in this incipient tendency to pyloric affection, the eruptions of wind are not thrown up in full belching, but arise with a previous sensation of oppression, and of squeezing in the region of the stomach and bowels; nay, the patient is sometimes compelled to extricate himself from the flatulent oppression, by pressing his hand forcibly against the pained part, or even against the edge of a table; whereas, in any bilious affection in the stomach, or congestion in the liver, such pressure would augment the pain.

This uneasy sensation, which I have mentioned, as supervening about two hours after dinner, may continue from one

to three hours ; and after a few eruptions of wind, it subsides, and the patient apparently recovers his strength and spirits, till the next good meal, which is usually the subsequent dinner. In the commencement of the gout, and indeed sometimes for months before its appearance, there is a debility of the whole system, like a long continued fit of hypochondriasis, and the appetite is totally injured ; but in the morbid state tending to a diseased pylorus, the appetite is good, and the patient only complains that the digestion is bad. The disease is little, if it all mitigated by purging, except after the first or second periods of using laxatives, whilst most bilious complaints, and even the gout, are mitigated by them ; and the hypochondriasis by emetics, which generally do harm in the disease I am treating of. In short, under its earlier stages, the patient appears in his usual health, after he gets quit of the oppression of his meal ; sleeps well, and is, for a length of time, alert, and in pretty good spirits. He becomes, however, gradually thinner in flesh, and perhaps this is the first circumstance

circumstance that seriously alarms him or his friends ; and even then it may not be too late to avert the impending mischief.*

As

* In three cases which I lately attended, of fatal event, two were of persons who carried a ruddiness of countenance almost to their exit. In the third, the patient had a pale and extenuated look, and here the pylorus weighed four pounds and a quarter. The tumour had been obvious for about twelve months, but the passage of the pylorus, not being greatly contracted, more nourishment passed, by which existence was longer protracted. There were some circumstances attending this scirrhus pylorus, which I never marked before ; besides, the retention of food sometimes for twelve hours before vomiting ensued, the tumor was so deeply extended, and the pulsation of the heart so perceptible under it, as to convey on the first contact, the idea of a large aneurism ; but, as the pulse and breathing were perfectly regular, that suspicion vanished. The matter ejected was nearly of the colour of coffee grounds : sometimes however clear ; but although the patient's skin was pale, it was not of the least yellow or bilious tinge ; and upon dissection, the liver, although adhering to the scirrhus tumour, was in a healthy state, and so was the fundus of the stomach. The lungs were very trivially diseased ; there appearing little more than slight adhesions to the pleura, although a troublesome cough had long existed ; the omentum was small and shrivelled, not unusual after any long illness that has induced

As about this period, the food itself is ejected, and emaciation commences, the body

duced emaciation. The other abdominal contents were free from disease, except where the extent of the scirrhus pylorus might injure the adjoining portion of the intestine. This patient had not been a very hard drinker, but he unguardedly drank mixed liquors, and belonging to many clubs, and parochial committees, his little drops of cordial were taken at all periods of the day.

I have generally recommended, respecting food, that the patient should take the smallest quantity on each refection, lest distention might aggravate the pain. One instance, I recollect, wherein a contrary practice had been adopted, with the advantage of keeping the patient alive for forty years. This subject informed me, that she had had the advice of Doctors Warren, Heberden, and the late Dr. Fothergill, who, each recommended paucity of nourishment. She continued to vomit the little she did take, and became thereby emaciated to the appearance of hasty dissolution. This induced her to take the advice of some eminent physician on the Continent, and Tissot was her choice. When she arrived at Paris, she was so debilitated, as to be incapable of travelling further; and Tronchin, then being in high reputation at Paris, she consulted him, who advised her to take as much food as possible, that in the vomiting which always ensued after any meal, some portion of the food might squeeze through the pylorus. This plan she followed, and thereby gradually

body is mostly costive, which should be remedied by mild laxatives, as castor oil, magnesia, or a solution of myrrh and aloes, already mentioned under the name of Beaume de Vie.

It would lead beyond the limits I had prescribed, to trace all the mischiefs resulting from an unguarded indulgence in eating and drinking; not as they merely affect the stomach, but likewise the liver, inducing jaundice, scirrhoty, ulceration, ascites, and morbus niger; lepra, phrenitis, and hæmatemesis. Of this last I will just say, that I have known it mistaken for hæmoptysis; but as the diseases are essentially different, and require different treatment, accurate discrimination should ever precede the curative treatment. The blood in hæmatemesis is vomited, not coughed, as in hæmoptysis; and in the former, the
alvine

ally acquired strength and flesh.—Miserable existence at the best, for at the end of forty years, when I attended her for another complaint, the vomiting incessantly continued from dinner to supper!

alvine evacuations are dark coloured and bloody, which do not accompany the latter; the very aspect of the patient materially differs; in one the countenance is fallow, swarthy, or bilious, whilst in the other, it is flushed, fair, hectic, with cough and dyspnœa.

I do not at present propose the methods of treatment; I mean rather to stop the beginning of indisposition, when retreat is within command; but I cannot conclude without introducing a very serious affection, too frequently consequent upon full living. Many industrious worthy characters, after a substantial dinner, return to the counting-house, to enter upon calculations of figures, in perhaps a confined room, in the midst of clerks, and surrounded with burning candles. Under these circumstances, or in the following night, more persons have been seized with apoplexy, than under any other circumstances I know of. There is more good eating and conviviality in the three months of winter, than
in

in the other seasons of the year ; and there are more apoplexies, in London, in winter, than in all the other nine months.

To mention these serious events, and the causes of them, will naturally suggest the preventatives. If a full dinner be indulged in, supper and strong liquors should be avoided in the evening; and a little wine and water, or toast and water only admitted. If there be a disposition to sleep after dinner, with head-ach, or giddiness, application to books and figures should be relinquished ; and, if there be a numbness of the extremities, like what is termed being asleep, it would be proper to lose blood, especially by cupping from the neck, and afterwards to take a laxative, or even an emetic, to prevent the progress of symptoms so threatening to existence itself.

SECTION

S E C T I O N X.

H I N T S

RESPECTING

WILLS and TESTAMENTS.

THE instinct of other animals for the protection of their young, is equalled, if not exceeded, by the affection of man for his offspring. The wants of the one are few, and the power of gratifying them is soon acquired; but those connected with humanity are continually varying and augmenting; hence the superintending care of age and experience scarcely terminates with life itself. Man, who with labour and solicitude acquires a property, naturally desires to perpetuate it to his family and relatives.

latives. What he thus creates, he possesses a right, and feels a propensity, to dispose of among them; and this the law empowers him to do, under certain regulations by Will. Considering the anxiety and labour with which property is acquired, and total uncertainty of human life, it is to me a subject of wonder, that any man should suffer one hour to elapse of uncertain time, without this security to his wishes. Sometimes indeed various embarrassments, and the unsettled state of family concerns, may induce individuals to postpone making a Will; but no state can be so unsettled as to afford a just plea against making that, which when once made, throws, as it were, a clearer light on the aspect of affairs, and enables the individual to alter or modify many circumstances conducive to future peace of mind.

There are some so inconsiderate as to imagine, that by making a Will they really shorten their own lives. Happily, however,

ever, common reflection must render this opinion not very general. Indeed, I am persuaded, from long and repeated observation, that so far from shortening, the satisfaction of having made a Will, rather tends to prolongs life.

Many diseases of the human body depend greatly upon mental solicitude, and few things contribute more forcibly to alleviate solicitude, than this security in the disposal of property. This is particularly verified, when persons are attacked with sickness, without having made a Will. It tends to aggravate diseases, and renders them much more difficult to cure, inso-much that the uneasiness and perplexity of mind occasioned thereby, frequently bring on delirium early in the disease, or that agitation of intellect, as scarcely admits of a capacity to make a Will at all. How often have I seen a weeping wife, and many an amiable daughter plunged into the deepest distress, by this neglect of an affectionate husband and father, who

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has

has inconsiderately put off the making of a Will day after day, till, alas ! the bewildered faculties render it too late to perform this act of justice to his family ; and which often occasions subsequent legal and expensive decisions, that ruin at least many an amiable daughter ; for the laws of primogeniture are calculated to entail misery on the helpless female sex. *

In some instances I have known, that the disease has been so moderate, and the understanding so clear, as to admit of the making a will on a sick-bed ; but when the patient has recovered, I have scarcely known an instance, wherein he has not condemned the disposition of a Will made in the hurry of agitated spirits, with a mind weakened by disease, and influenced by the urgency of the occasion, and the pressure of surrounding objects. At the best, what a scene of melancholy reflection

* In devising real property, it is necessary to have three witnesses, who are not only to see the testator subscribe his will, but likewise that they should sign their names in the presence of the testator, and of each other.

reflection is presented ! At an awful period when the mind ought to detach itself as much as possible from pecuniary calculations !—But how many instances daily occur of sudden deaths, from disease and from accidents, and from which none are exempt ; instances in which there is scarcely a moment between existence and non-existence, between life and death !

In civilized society, where relations and connections are multiplied, it requires much composure and calm reflection to dispose of property by Will, to the perfect satisfaction of the individual, even in health ; but how impracticable then must it be for a person on a bed of sickness, with doubts of futurity pressing on intellect, to arrange his worldly concerns ! Independent of this, I have found by experience, that the diseases of persons who have previously settled their important concerns, are much more easily cured ; and thus in reality, that making a Will, whilst in health, actually tends to prolong life, as has been already remarked.

Under

Under these views, deduced from long observation, I sincerely wish that every person who regards his individual health and happiness, and the succour and comfort of survivors, would not protract the settlement of his affairs by Will, a single day of an uncertain existence.

I would here have suggested, that it should be one of the earliest inquiries of the attendant medical practitioner, "If the patient have made a Will;" but unfortunately any question proposed by a physician on the subject, alarms the patient, who is apt hastily to rejoin, "What, Doctor, do you think I am going to die?" and afterwards, too often, gives himself up to despair of recovery. In some instances, when health has been restored, the patients have told me, that signing their Wills, conveyed a terror, as if they were signing their own death-warrants. The same alarm will not be excited, by the cautious and prudent interference of an intimate acquaintance whose inquiries may be received, rather as the result of friendly solicitude,
than

than of suspicion of danger; whilst those of the physician, who is supposed to foresee the event, must impress the mind of a debilitated frame, with a dread of the most imminent hazard of life.

This is a further argument in favour of making a Will in the season of health, and so it appeared to the society of Quakers, who, a few years ago, expressly formed a minute of recommendation to each individual of the Society, capable of it, not to postpone making a Will, whilst in health of body, and soundness of mind.

May I presume here to recommend it, as a subject worthy of being occasionally introduced from the pulpit, throughout the kingdom; for it cannot be indecorous to inculcate, in places destined to the worship of a supremely just Being, an act of moral justice to every family in civilized society.

S E C T I O N XI.

H I N T S

RESPECTING

CRIMES and PUNISHMENTS.

I N the history of great criminals, it has pretty generally been found, that vice has been progressive; that even the first deviation from rectitude, has occasioned a degree of remorse in the agent, equal indeed to the perpetration of atrocious acts at a future period, when the mind has become hardened by a repetition of vices, and a dereliction of principle. Happy would it be, therefore, were that early remorse attended to, before an indulgence of bad propensities

penalties renders the mind insensible to the convictions of conscience, and lost to every sentiment of religion and morality. Happy also would it be, upon the first discovery or conviction of vice, were some prudent friend, to stop its progress, not by exposure, but by judicious remonstrances, and by inspiring the mind with a just sense of its dangers, and of its duties.

Many of our legal punishments have long appeared to me more likely to harden, than to reform the offender, not only by the inequality of punishments in proportion to the degrees of vice, but still more by their publicity; by exposure to the general notice, the perpetrator of a crime, endeavours to acquire hardiness, that he may destroy shame, and brave disgrace—to retrieve reputation is now almost impracticable—he feels himself disregarded by society, and he disregards it; nor does he longer feel an interest, where he receives no social gratification; and whether it be a public whipping, or the public hulks, he loses shame and remorse; and acquires the pas-
sions

sions of revenge and cruelty, and an habitual profligacy of conduct.

In society in general, mankind are too apt to form their decisions of vice, from the vicious act itself, rather than from the motives that lead to it; whilst our decisions and punishments should rather be guided by the latter. We may perhaps, in general, justly plead our incompetency of ascertaining motives to action; but in certain instances, and under circumstances which precede or attend actions, very different shades of criminality will be discovered, and ought to influence both judgment and chastisement; there are even vices, or supposed vices, which seem to vibrate from a false shame, or mistaken integrity. The impoverished husband, upon whom the sustenance of a family depends, may privately steal or boldly rob, from the urgency of domestic sensibility, without a malicious design to commit a real or permanent injury against another.

Persons

Persons of superior stations, who, from incidental contingencies, become suddenly destitute of resources for present subsistence, may be urged by a kind of honest phrenzy, to rob on the highway, to discharge debts of necessity, or to supply calls of hunger, and thus forfeit their lives to the laws of their country from mistaken, rather than vicious, motives. Such individuals are not irreclaimable, and at all times demand commiseration. One instance which lately occurred to my knowledge, among some others equally extraordinary, I shall relate, to explain this reasoning:—It was my lot a few years ago to be attacked on the highway by a genteel looking person well mounted, who demanded my money, at the same time placing a pistol to my breast; I requested him to remove the pistol, which he instantly did; I saw his agitation, from whence I concluded he had not been habituated to this hazardous practice, and I added, that I had both gold and silver about me, which I freely gave him, but that I was sorry to see a young gentleman risk his life in so unbecoming a manner,

ner, which would probably soon terminate at Tyburn; that at the best, the casual pittance gained on the highway, would afford but a precarious and temporary subsistence, but that if I could serve him by a private assistance more becoming his appearance, he might further command my purse; and at the same time I desired him to accept a card containing my address, and to call upon me, as he might trust to my honour for his liberty and life. He accepted my address, but I observed his voice faltered; it was late at night, there was however sufficient star-light to enable me to perceive, as I leaned towards him on the window of my carriage, that his bosom was overwhelmed with conflicting passions; at length, bending forward on his horse, and recovering the power of speech, he affectingly said; "I thank you for your offer—American affairs have ruined me—I will, dear sir, wait upon you." Two weeks afterwards, a person entered my house, whom I instantly recognised to be this highwayman: "I come," said he, "to communicate to you a matter that nearly concerns

cerns me, and I trust to your honour to keep it inviolable." I told him, I recollected him, and I requested him to relate his history with candour, as the most effectual means of securing my friendship; and such was the narrative as would have excited sympathy in every heart. His fortunes had been spoiled on the American continent, and after long imprisonment, he escaped to this asylum of liberty, where his resources failing, and perhaps with pride above the occupation of a sturdy beggar, he rashly ventured upon the most dreadful alternative of the highway, where in his second attempt he met with me. I found his narrative was literally true, which induced me to try various means of obviating his distresses. To the commissioners for relieving the American sufferers, application was made, but fruitlessly; at length he attended at Windsor, and delivered a memorial to the Queen, briefly stating his sufferings, and the cause of them. Struck with his appearance, and pleased with his address, she graciously assured him of patronage, provided his pretensions should

should on inquiry, be found justified. The result was, that in a few days she gave him a commission in the army, and by his public services, twice has his name appeared in the gazette among the promotions.*

The following history of a convict, was related by Mr. Levius, a native of New Hampshire, in America, then, I think, chief justice of Quebec, under general Carleton. He was now in London, and on reading a morning paper, he observed a paragraph to the following import; "To-morrow the noted house-breaker, Cox, with *** of Piscataway, in New Hampshire, for returning from transportation, will be executed at tyburn." The chief justice had never seen newgate, and observing that a person from his own native country was condemned to expiate his crimes on the gallows, was induced to visit this prison,

* After some years employment in the service of his sovereign, this valuable officer fell a victim to the yellow fever, in the West Indies.

and

and see his countryman. His relation, as nearly as I can recollect, (for the transaction happened about the year 1780,) was, however, too interesting ever to be obliterated from my memory. The convict had been an American sailor, and passing in a boat from the ship lying off Wapping, to the shore, the boatman informed him, that he could sell him some canvas, sufficient to make a hammock, very cheap; the price was sixteen shillings; within a short period afterwards, he was arrested for purchasing stolen goods, and proof being adduced to the court, that the canvas was worth twenty-four shillings, he was condemned to be transported to America, then under the crown of Great Britain; this, he said, he did not much regard, as he could work his passage thither, from his seamanship, and as his family lived in New Hampshire.

Some time after his arrival in America, as a transport, he hired himself, in a vessel chartered to Lisbon, and which he understood was not to touch in England. The agent at Lisbon, however, received orders, from

from a merchant in London, to load the vessel for the latter port ; this at first alarmed him greatly, but he reconciled himself to the voyage, under a resolution never to go on shore whilst in the river Thames : He kept this resolution till the day before the vessel was appointed to sail, upon which occasion the captain had given all his men the privilege of going to see, and to take leave of, their acquaintance ; the unfortunate American was the only sailor, who did not accept this offer ; the captain remained also on board, and recollecting something that he wanted in the town, requested the only seaman he had with him, to take the small boat, and scull her on shore, to procure what he then wanted ; he made some frivolous excuses, till at length, by the persuasion of his captain, he consented to go his errand ; but scarcely had he stepped on shore, before he was recognized, and arrested. In the presence of the judge, he was identified, and the gallows was his sentence. Chief justice Levius, observing to him, that he seemed to have some comfortable food in his cell, inquired how he
could

could afford to purchase it; he replied, that a person, he believed a Roman Catholic clergyman, gave him money, in hopes of his dying a Papist; but added he, “I am no Papist in my heart, and as to dying, I have had hardships enough, not to care so much about it, as about my wages, which I want my wife and children to receive for me.” He was asked, if he knew Mr. Levius’s family, which he described immediately.

The whole history appeared to the chief justice to merit further investigation, and instantly he proceeded to enquire respecting the circumstances attending the chartering and sailing of the ship; and also, the particulars of the original trial, and subsequent sentence, which, corresponding with the sailor’s narration, the worthy magistrate hastened to Lord Weymouth’s office, and from thence to the King at Windsor, and returned to London just in time to stay the fatal rope. After the trials and circumstances attending them were revised, the King was pleased to change the sentence to transportation during his natural life, and
he

he was shipped off from London soon after this act of mercy. Levius, however, who felt a lively interest in the fate of his countryman, whom he believed guilty from ignorance, and not from design, renewed his importunities, and at length got an order for pardon; he hurried with the glad tidings down the river, and overtook the convicts at Gravesend, where he found on board the transport ship, the poor sailor chained to another convict. The order from the secretary's office, was shewn to the captain, who absolutely refused to resign him agreeable to the pardon, because he had received these convicts from Mr. Akerman, to whom alone he was answerable; and that the prisoners were no longer under the jurisdiction or controul of a secretary of state. Disappointed, as Mr. Levius was, in the prospect of liberating the prisoner, he flew to town again, and got a proper legal order from the late humane Akerman; he then hired a Gravesend boat, and did not overtake the transport till he arrived at the Nore; from whence he conveyed the convict to London, where a few
 merchants

merchants on 'Change, on hearing the whole transaction, collected sixteen guineas, with which, the tar, honest in principle, failed a free man to the American Continent.

A second time I was attacked and robbed, and soon after seized the criminal, whom I knew; he fell on his knees, returned the money he had taken from me, and prayed forgiveness. I told him I could not commute felony; he must fly, and never suffer me to see him again. About two years afterwards, on visiting a person in the country, I met with this offender; upon enquiring into his situation, I found that he had since been married, and was become a respectable farmer.

I have been since twice attacked and robbed, but after the most friendly expostulation with the robbers, I could not persuade them to listen to advice, or ever afterwards to call upon me, as the highwayman did. In the former of these instances, the party consisted of five foot-

Q

pads,

pads, in the latter of more in number, but in neither occurrence did I receive any personal ill usage; and I think from their behaviour, had they dared to postpone their retreat, till they had heard the whole of my expostulation, some conviction and submission would have resulted.

Certain, however, it is, that the man rescued by the efforts of Chief Justice Levis, as well as the persons who robbed me on the highway, had forfeited their lives to the laws of this country, and that all were casually, not legally, saved from expiating their crimes on a gallows. It is equally remarkable, that each became useful members of the community, in different situations; namely, in the military, the naval, and agricultural departments; these circumstances strongly plead in favour of a sentiment worthy of every humane breast, that, in judging of actions, we should endeavour to discriminate motives, and form our judgment from the most lenient and favourable construction.

SEC-

S E C T I O N XII.

H I N T S

FOR ESTABLISHING

AN INFIRMARY,

FOR

SEA-BATHING

THE

P O O R O F L O N D O N.

WERE a stranger cursorily to pass through the great streets of London, nothing would be more strongly impressed on his mind, than the general appearance of wealth, health, and plenty. Here and there he would see capacious hospitals, and other establishments, for the reception and relief

of objects of distress ; but he might inquire,
Where are these objects ?

Were he to quit the spacious streets and squares, and penetrate into the little allies and courts, the scene would be dismally reversed, in the contemplation of poverty, sickness and want. With hard labour, and scanty food, sickness will supervene, and this, aggravated by want of air and exercise, presents a picture too often realized in this great city.

The human mind views this scene of want and disease with some comfort, in recalling to mind the numerous establishments calculated to mitigate or relieve them. But among the poor, and particularly the children of the poor, there is a species of disease, for which no suitable aid has yet been afforded ; for scrophulous diseases, and various others, well-ascertained by medical men, wherein sea air and sea-bathing are peculiarly requisite ; and yet these remedies

dies might be procured with very little expence.

By the Thames, a cheap conveyance to the sea-water may be commanded; and hence Margate, or its vicinity, seems peculiarly adapted for this salutary purpose.

In the year 1795, the following account of a General Sea-Bathing Infirmary was communicated to the public; to which is annexed, the rules for the admission and conduct of the first patients, who came into this charity.

“The committee for conducting the sea-bathing infirmary for the benefit of the poor of London, deem it incumbent on them to inform the governors of this charity, and the benevolent public, that, after the most mature consideration, they have caused a suitable building to be erected for the reception of patients.

“ Aware

“ Aware of the expences necessarily attending such an undertaking, the committee made repeated enquiries for a proper house on the sea-coast, in order to avoid the expence of building, but without success; and, though reluctantly, they were induced, from the pressure of applications for the admission of the afflicted poor, to adopt the only alternative, of erecting a plain structure, with the smallest possible expence, on ground already in the possession of the society, at Margate; a situation peculiarly eligible for the purposes of the institution, as it admits the cheap mode of conveyance by water.

“ Extensive and honourable as are the numerous charities already existing, there appears to be singular propriety and utility in an establishment that, at a small expence, extends to the poor the advantages of sea-bathing, which they cannot procure by any other means. In other respects, the most indigent enjoy means of relief by the charities now instituted, little inferior, if not equal, to those in easy circumstances; but

but none of these charities can afford any substitute for sea-bathing—a forcible plea in favour of this institution, and of the necessity of giving our poor fellow-creatures an opportunity of thereby removing their maladies.

“ It calls upon our humanity in a particular manner, as helpless children will form the principal subjects of relief; and its utility becomes still more interesting to the community, as, by early advice, a sickly offspring, which, from want of it, might become burthenfome through life, may, by its aid, be rendered healthy, strong, and useful. Those who visit the sea-coast from pleasure must have that pleasure heightened by contributing their generous support to this institution: and those, who visit it for the restoration of health, must feel a Christian obligation, in endeavouring to extend that relief to others, with which they themselves have been happily blessed.

“ Impressed with a full persuasion of the benefit of sea-bathing in various diseases
not

not to be otherwise cured, and which no other charity affords ; the committee solicit the aid of the affluent and benevolent in support of an institution founded upon the best and most important motives—the succour of human woe.

“ With pleasure they inform the public, that the plan is warmly espoused by several benevolent persons, who are convinced of the great benefit that will result to the poor of the metropolis from such a scheme ; and that the building is now nearly finished upon a convenient spot at West Brook, contiguous to Margate, purchased for the purpose ; and, as soon as a sum sufficient to furnish it can be raised, no time will be lost in completing it for the immediate reception of poor inhabitants of London and its environs, who cannot afford the expence of sea-bathing.”*

* This unique charity, so peculiarly adapted to relieve certain classes of diseases, was opened in 1796, for the reception of patients, and the happy success experienced, was beyond the most sanguine expectations of the warmest friends of the Institution.

RULES

RULES AND ORDERS

FOR THE

REGULATION

OF THE

MARGATE SEA-BATHING INFIRMARY.

Instituted July 2, 1791.

I.

THAT this humane institution shall consist of a patron, president, six vice-presidents, besides the members for the county of Kent, a treasurer, secretary, and governors; together with such officers and servants as are necessary for conducting the business of the charity.

II.

That every subscriber, paying twenty guineas,

guineas or upwards, shall be a governor for life. And each subscriber paying one guinea, or upwards, shall be deemed an annual governor, and shall have the privilege of nominating patients, who, on producing proper recommendations, shall be admitted in rotation,

III.

No governor, officer, or servant, shall presume to take any fee or gratuity of any tradesman, patient, or other person, directly or indirectly, for any service done, or to be done, on account of this institution.

IV.

Two general meetings shall be held, viz. on the first Wednesday in January, and the first Wednesday in July; and on the first Wednesday in January a day shall be fixed for an anniversary meeting.

V.

At the general meeting on the first Wednesday in January, twenty-one governors shall

shall be chosen, who, together with the president, vice president, and treasurer, shall constitute a committee for managing the affairs of the infirmary for the ensuing year; which committee (five of whom shall make a quorum) are to meet on the first Wednesday in every month, to examine and to admit patients, and to consult and advise upon whatever may appear necessary for the regulation of the charity. At this general meeting also all the officers and servants of this charity shall be annually elected.

VI.

At every general meeting, the committee shall deliver a report of their proceedings since the last meeting, signed by their chairman, which shall be publicly read by the Secretary, for the consideration of the governors then present.

VII.

The president, vice-president, and treasurer, or either of them, any five of the
committee,

committee, or any ten of the governors, may call a general meeting at any time, by sending a notice in writing, signed by their name or names, and expressing their business for such meeting, to the secretary; and the secretary shall call together the society by public advertisement six days before such intended meeting.

VIII.

None of the rules of this institution shall be repealed or altered, nor any new ones established, but at the general meetings, or at any extraordinary meeting to be called for that purpose,

IX.

In all cases, where there shall be an equality of votes, the chairman shall be entitled to the casting vote.

X.

A governor shall in all cases be permitted to vote or ballot by proxy, given to any other member, signified by letter to the treasurer or secretary.

XI.

XI.

No governor, who shall be more than one year in arrear, shall have any power or privilege as a governor till he has paid his arrears.

XII.

At the general meeting on the first Wednesday in January, five governors shall be elected to audit the accounts of the society for the ensuing year, three of whom shall be deemed sufficient to transact business.

XIII.

There shall be a committee at Margate, (which committee shall be annually elected), for the purpose of superintending the infirmary, of examining and admitting the patients who cannot attend on the London committee, and of seeing that the rules established for the regulation of the infirmary be fully enforced.

XIV.

No persons to be deemed objects of this charity but such as are really necessitous and of decent character.

XV.

XV.

The physician, or other attending medical practitioner, of the charity, will prescribe medicines, when necessary, and the patients are to procure them at their own expence.

XVI.

The patients, during the infancy of the charity, are to maintain themselves and procure sheets and other linen; they must conform strictly to the rules of the institution, regularly attend divine service, and when cured, return thanks in the parish church. No patient to continue more than six weeks in the infirmary without a renewal of their recommendation.

XVII.

That a list of subscribers and benefactors be annually printed.

XVIII.

XVIII.

The meeting of the committee being considered as open, the attendance of any governor at the same, will be esteemed a favour; and the committee will feel themselves much obliged to any subscribing lady that will occasionally inspect the female ward.

SECTION XIII.

H I N T S

FOR

PROMOTING

A BEE SOCIETY.

WHEN the expences of every article of subsistence, in this country, affords a theme of very general complaint, it is surprising that an industrious and sensible people should neglect so many evident sources of product, and consequently of subsistence, which are variously afforded. For a series of years much has been expended in colonizing and improving distant possessions, whilst our own immediate soil has been strangely neglected ; and even at this period, nearly a fourth of the whole kingdom is in commons, producing little, or in waste grounds, producing still less, support

support to man or cattle ; at a time, indeed, when not an inch of soil should remain useless.

At length, however, a spirit of rational enquiry has pervaded several societies and individuals, through various parts of the kingdom, and agriculture is improving upon the true principles of nature and chemistry ; and the time may come when all government and ecclesiastical restraints may cease, and the ground amply reward him whose labour and sweat enrich it.

In a retrospective view, the loss that has been sustained by negligence or ignorance, within the space only of half a century is almost beyond figures to calculate.—May sound sense and productive industry allow us joyfully to contemplate the future increase of plenty and store !

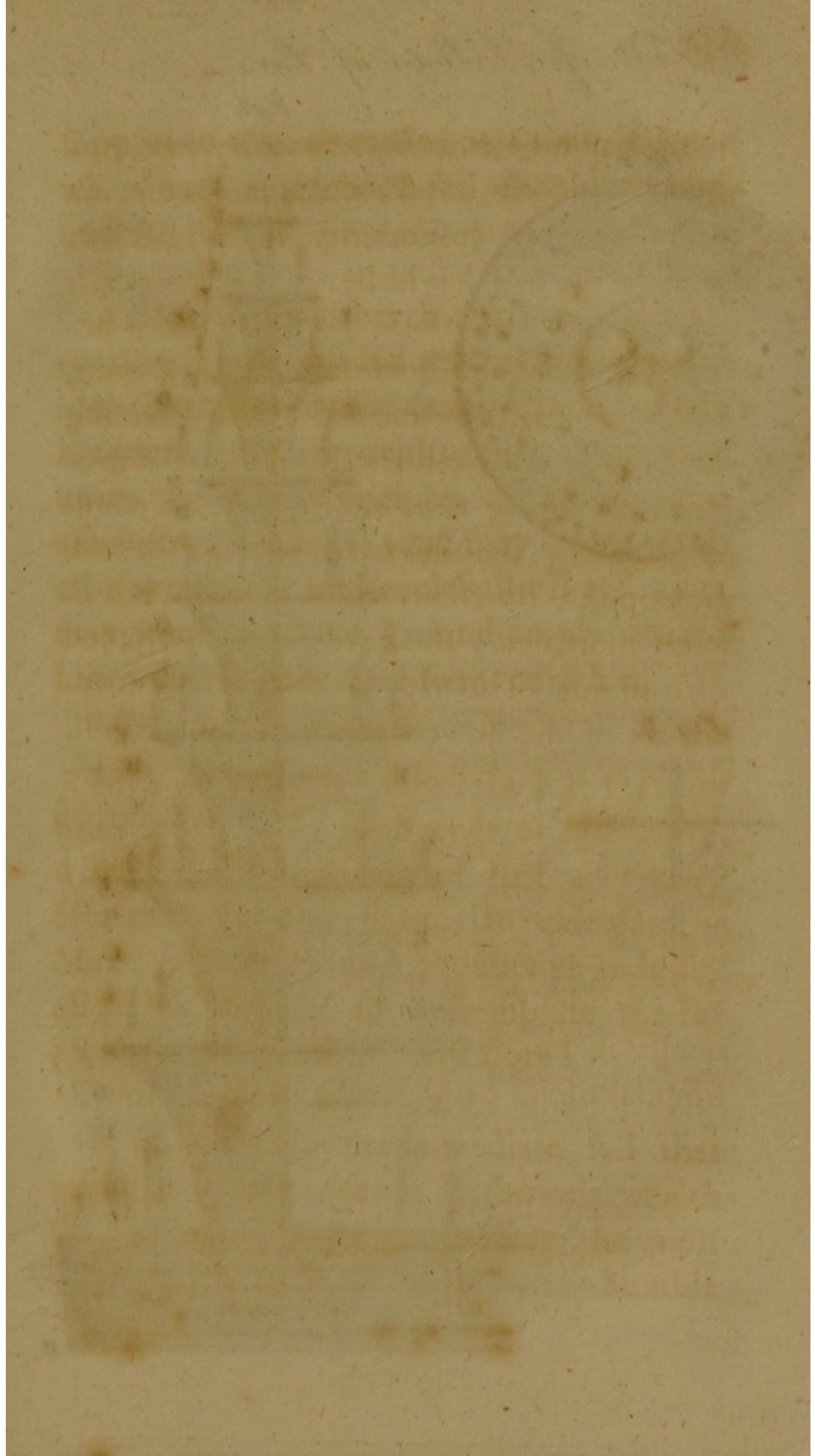
It is not only the immediate soil that invites to profit ; within its bowels wealth lies hid, and above its surface, the most

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humble

humble plant, as well as the lofty tree, expands its flower, and distils its honey, to invite another community of industrious labourers, which has hitherto been too much disregarded, and whose product, when accepted by the hand of man, is pure gain. The BEE, whose active exertion is pleasing to contemplate, and the product of it profitable to enjoy, is by no means duly encouraged. Within twenty miles of the metropolis, horticulture has most extensively increased; the gardens are enriched with plants of every kind—but the nectarium of the flowers issues in vain, whilst the hive is excluded from a station, where it might be rendered no less an object of ornament than of profit. In the space I have mentioned, 50,000 bee-hives at least might be maintained, which upon an average, would produce as many guineas annually in honey and wax, two articles of singular use in every family in the kingdom.

Viewing, therefore, the subject as truly profitable and entertaining, I wish to turn
the



Plan of a Colony of Bees

Fig 1.

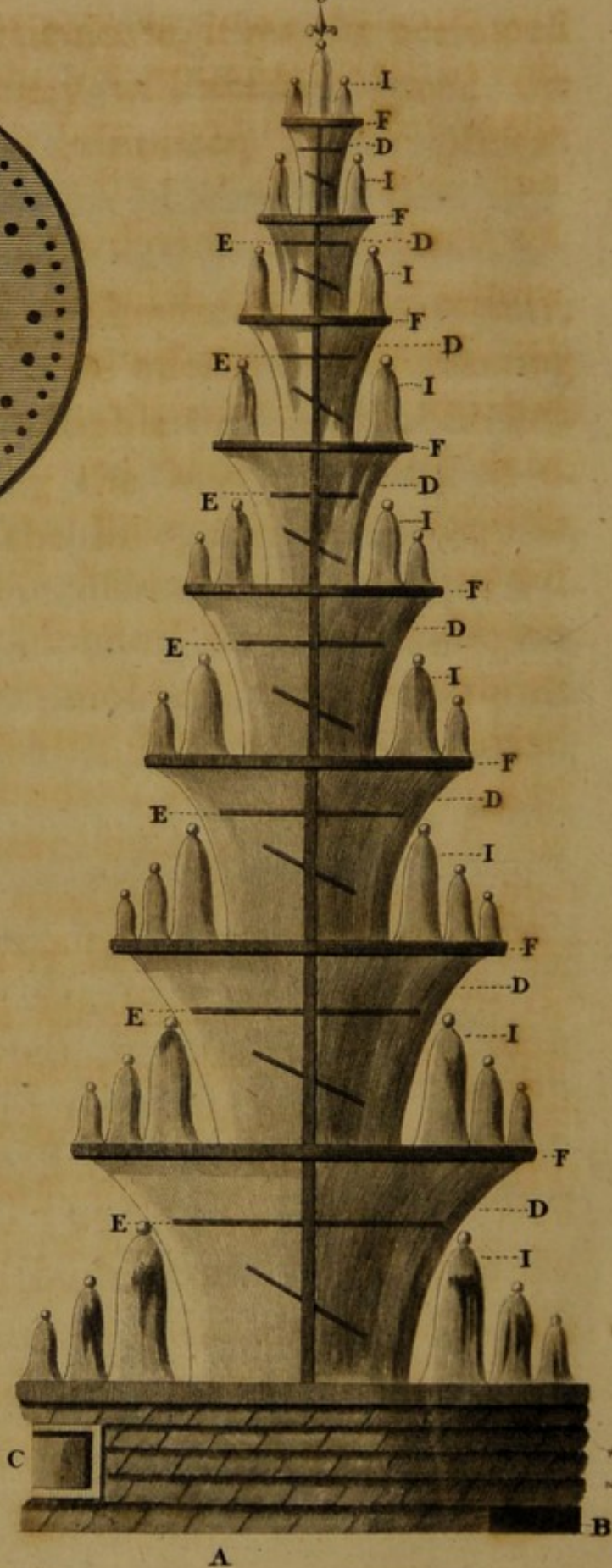


Fig. 2.

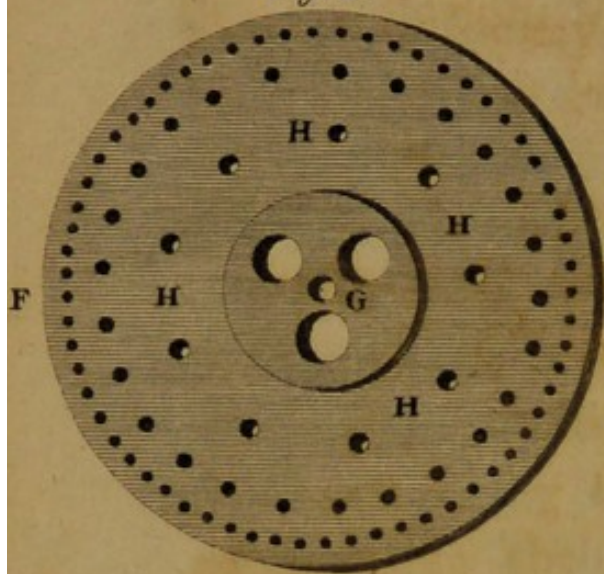
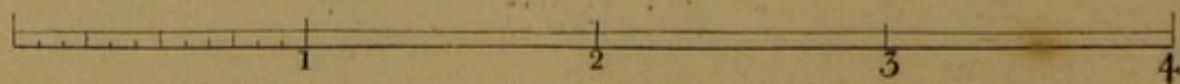
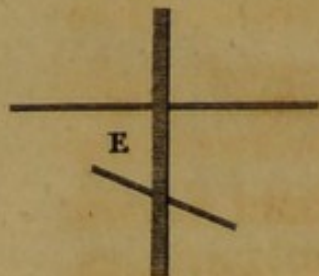


Fig. 3.



Scale of Feet.

the attention of every proprietor of a garden to its promotion, by allotting a small space to a bee-hive, and encouraging its busy inhabitants to cull a rich store from his flowers, and thereby gain to himself a product, not less salutary than pleasant. In this metropolis, where little as well as great objects meet with patrons and partizans, I wish to excite patronage to the industrious bee, by the institution of a society for promoting its increase, not only in the neighbourhood of London, but likewise throughout the kingdom; for even the barren heath is productive under his labour.

Columbarian societies have been formed, for the improvement of the beauty, rather than of the utility, of the pigeon. Of still less use are societies for fancy birds, flowers, and other trivial objects, which have been long established; whilst the bee, whose industry is proverbial, is left without due patronage; and, from neglect, the stocks are annually diminishing; but, with our present agricultural improvements, and

increasing horticulture, it may be presumed that a bee society will not be deemed the least important institution of the present period.

After the establishment of such a society, premiums might be offered for ascertaining the food most suitable to the bee, the best mode of taking the honey, as well as of constructing the hive, and preserving its denizens.

Where ornament and pleasure have been particularly studied, neat mahogany and glass hives have been constructed in the windows of dwelling houses; by which means company in a sitting room may see into the glass hive, and be amused by the activity and labour of the industrious community every moment of the day, and learn a lesson of employing their own moments to the most useful purposes.

Some bee-hives are so constructed with glass, of various sizes, as to represent a pyramid;

ramid ; which, at the same time, are highly productive. This is done by placing over the body of the hive, which is of glass, a flat round board, perforated neatly round the edges, with holes sufficiently large to admit the bees readily to pass and repass ; over each hole a small glass, like a cupola, is inverted ; and as soon as the body of the hive is filled, the bee continues his labour upwards till every glass cupola is richly stored with wax and honey. Over these another flat board, perforated in the same manner, and furnished with glasses, is placed ; and even other strata, lessening in diameter, may be so added, as to represent a beautiful and lofty pyramid ; a drawing of one, as it now really exists is here annexed*. In this pyramidal form of raising the hive, the bees continue to work without swarming, or leaving the hive, till the glass cupolas are filled with wax and honey ;

* There is a well written pamphlet by B. J. Bromwich, entitled "The Bee Keeper," which affords many useful instructions for any person who wishes to keep bee hives ; but the most elaborate and interesting performance, is by John Keys, entitled "The Antient Bee-Master's Farewell."

and their stay may be prolonged, by removing the glasses as soon as filled, and substituting empty ones: these glasses may be made of such a size as to suit a family to breakfast, each of which may be daily introduced to the table fresh from the hive,

A little honey on bread would save the use of butter on the occasion, and be more wholesome: it is at the same time a luxury, that every family, in possession of a garden, may command without expence, and certainly with the addition of rational amusement. To unite this with profit is the intention of these hints, which experience will improve upon, and amply reward the proprietor of this most industrious community of labourers, who seek no reward in return, but house and shelter from the inclemency of the seasons.

This representation of a single colony of bees, is not only elegant, but really profitable; it is, however, too expensive, from the quantity of glass, for general use. A

bee-

bee-house, with boxes, has been figured, and accurately described by B. J. Bromwich. His pamphlet contains many judicious remarks on the management of bees, founded on practical knowledge; and from this performance I shall collect such directions, and add such notes, as may enable any person to construct a bee-house. With respect to the æconomical history of bees, perhaps the late John Hunter's observations, printed in the eighty-second volume of the Philosophical Transactions, anno 1792, is the most ingenious and instructive ever published.

A house, to contain twelve colonies, must be made of the following dimensions. The length must be thirteen feet; the height, in front, four; that is, four feet from the bottom board, or that on which the boxes are to be placed. The breadth of the sides or ends of the house do not require more space than fourteen inches. The back part is comprised of four doors, to open from end to end; three feet and a half in height,
from

from the roof to the bottom board*. This house, or shed, may be made with common half-inch deal boards, which, when well painted, will be equally as durable as any other wood.

An inch deal board, very smooth and even, must be placed in the inside, from end to end, about twelve inches broad, for the boxes to rest on. Exactly even with this bottom board, twelve holes must be cut, to correspond with the mouths, or entrance holes of the boxes; which should be four inches wide, and half an inch in height. Underneath each of these holes, on the outside of the front, small pieces of boards are fastened in a declining position; as well for the greater ease of the bees to alight on, as to drain off the wet. It will be proper also to paint each of these alighting boards of different colours, and also round the mouth

* In a secure and sheltered situation, the doors to the house may be omitted, and thereby nearly the expence of making it will be saved.

of each entrance, in order to prevent, as much as possible, the bees mistaking one box for another,

A house, thus constructed, of little more than three yards in length, will be found to contain twelve colonies; which will be equal to twenty-four hives, with all their swarms, kept in the usual way.

The boxes, which are to contain the bees, should be made of well-seasoned inch deal board, it being the lightest and warmest wood. Let them be made nine inches square, and eight in height*, in the inside; with a communication-hole at top, of about three inches†. The mouth or entrance should be four inches wide, and only half

* Perhaps the nearer a circular form the better, and consequently an octagonal is preferable to a square; though more troublesome to make.

† In order to save the bees trouble, and retard their labours as little as possible, four smaller holes, of about an inch diameter each, may be cut round the middle one,

an

an inch in height, the better to preserve the bees from *mice*, *snails*, &c. These boxes should be well made, and the work closely joined together; so constructed, they will be equally as warm, more convenient, and much cheaper in the end, than any thing of the kind that can be made with straw.

Those persons who are curious to observe what progress the bees make in their works, may insert, in the back part of the boxes, small panes of clear glass†, with covers of *tin*, *wood*, &c. to be opened or shut occasionally. At the same time it must be observed, that these covers, or doors, should never be left open long together, as it will greatly interrupt their labours,

When the house and boxes are prepared, let them be furnished with strong and

† Glass affords an opportunity of ascertaining, more clearly, when the hive is sufficiently stored with honey to be removed.

early

early swarms; never with late or second swarms, these seldom answering the purpose of raising a stock. And when a swarm is to be put into the house, it is necessary, from the smallness of the boxes, to place that box which contains the bees immediately on an empty one, lest they should leave it for want of room, one of these boxes alone being scarce large enough for a good swarm.

If the swarm is strong, and produced early in the season, both these boxes will be filled with combs in a few weeks. When this is perceived, let a third be immediately added underneath. By this means the combs in the upper box, will, in a little time, be free from the young brood, and be entirely appropriated for honey; for it is natural for the female bee, as soon as the boxes are raised, to descend, and lay all, or most, of her eggs in the lower boxes, as being nearer the entrance. So that when the young, in the upper box, have emerged from their cells, those combs are bred in
no

no more, but are immediately filled with honey, or crude wax. For this reason, the honey got from bees, by means of boxes is in a far purer state than that procured in the common method; where considerable quantities of the young brood must, unavoidably be mixed with it.

Whenever there is reason to suspect that the upper box is filled with honey, without any of the brood (and which is generally the case when the lowest or third box is filled with combs) it may then with success, and not before, be taken off. To do which, let a person, who takes it, go early in the morning before sun-rise, prepared with a thin pliable knife, the blade of which should be seven or eight inches long, in order to cut through the combs that are attached to the second box; when this is done, let him gently lift it off, at the same time laying a small board to stop up the communication hole, and keep the bees from flying out of the lower boxes. Let the box taken off be carried to some distance; and as there will
always

always some bees remain in it, turn the bottom uppermost, and, for a minute or two, keep rapping the sides of it with a small stick. This repeated noise will sometimes cause them to leave the box in a short time; but if they should not be readily got rid of this way, then one of the three following methods may be chosen, according to a person's situation or convenience.

The first is to plunge the whole box, and its contents, in a tub of water, placed in readiness for that purpose. Neither the wax nor honey will be at all the worse for this operation, if done with a gentle hand, and not immersed too long; and the bees will soon recover their drowning, if taken out and laid on a dry cloth in the sun*.

Another method, and by far the best, where it can be procured, is, to carry the box, as soon as taken, into a dark room, ex-

* It may happen that a queen bee is amongst her drowned subjects, therefore, after this operation, she should be sought for with a careful eye; and, if found, returned to the colony from whence she was taken.

cepting a small window for the bees to fly out at. Let the box, when brought into the room, be set from the window, with its bottom uppermost, as far as the place will admit; then keep rapping the sides, and the bees will most of them take wing, and immediately make for the light. In this method the bees will be got rid of sooner than by any other: for as they can see only in a clear light, none can return into the room. If a queen bee should be in the box, which sometimes happens, part of her attendants will never leave it whilst she remains. When, therefore, most of the bees are gone, and it is found difficult to get rid of the rest, let the box be examined, and if a queen is found, let her be carefully conveyed to the old stock.

Another way, and which some may prefer, is stupifying the bees, by burning in the box taken off, a piece of the *Fungus maximus*.* Take a piece of the dried *Fungus*,
gus,

* Known by the names of Bunt, Burt, Frog-cheese, Mully-puffs, Puckfist, or Puff-balls. They are of various sizes;

gus, as big as a hen's egg, and fix it on a stick at the bottom of an empty straw hive, the bottom upwards; which, when lighted, place over it the box taken from the colony: in order to keep in the fume, wrap a cloth round the intermediate space betwixt the box and the hive. In a short time all the bees will fall into the empty hive, but they will soon recover themselves, when exposed to the open air, and immediately join their companions.

It is necessary to observe, that the upper box should not be taken away too early in the year: it seldom succeeds before the latter end of June. If it be taken before the young brood are all gone, the honey is not only the worse for it, but the colony

sizes; some nearly as big as a man's head; when they are ripe, the inside begins to turn brown, and then they are fit to be gathered. Put one of these into strong paper, and press it to near half its former size, by tying it very close; then put it into an oven, after bread has been drawn, and let it remain all night: when it will burn freely, it is dry enough to use.

greatly

greatly weakened. Experience however will point out this much better than any written directions can do, as our seasons vary so considerably.

The same day the upper box is taken away, an empty one must be placed underneath; and when this is filled with combs, the same operation may again be repeated. It seldom happens that two of these boxes may not be taken in a season, and often three. But it is to be observed, that none ought to be taken after the first week in August.

When speaking above of taking two or three boxes from each colony, it is to be understood of the second, or succeeding years. The first season, the bees being so few in number, it often happens that even one cannot be taken with safety, unless the swarm be very early and strong. But in the second and third years, when the number of bees are increased, generally two, and often three, may be taken, and yet the

leave sufficient provision for them in winter.

The above method of keeping and ordering of bees will be found on trial far preferable, in every respect, to any other that hath yet been offered to the public. All the implements necessary in the method here recommended, are of so plain and simple a construction, and so easily procured, that it is in the power of every cottager to be possessed of them, and even to make them all himself. The bees also are so easily managed, that the keeping them this way will be found much less expensive and troublesome than in common straw hives; at the same time the profit will be doubled, the bees being never destroyed. The honey too will be got in a purer state; for, with straw hives, the way bees are usually kept, it is impossible to have the honey without a mixture of the young brood.

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EXPLANATION OF THE PLATE.

Exhibiting the Plan of a COLONY OF BEES.

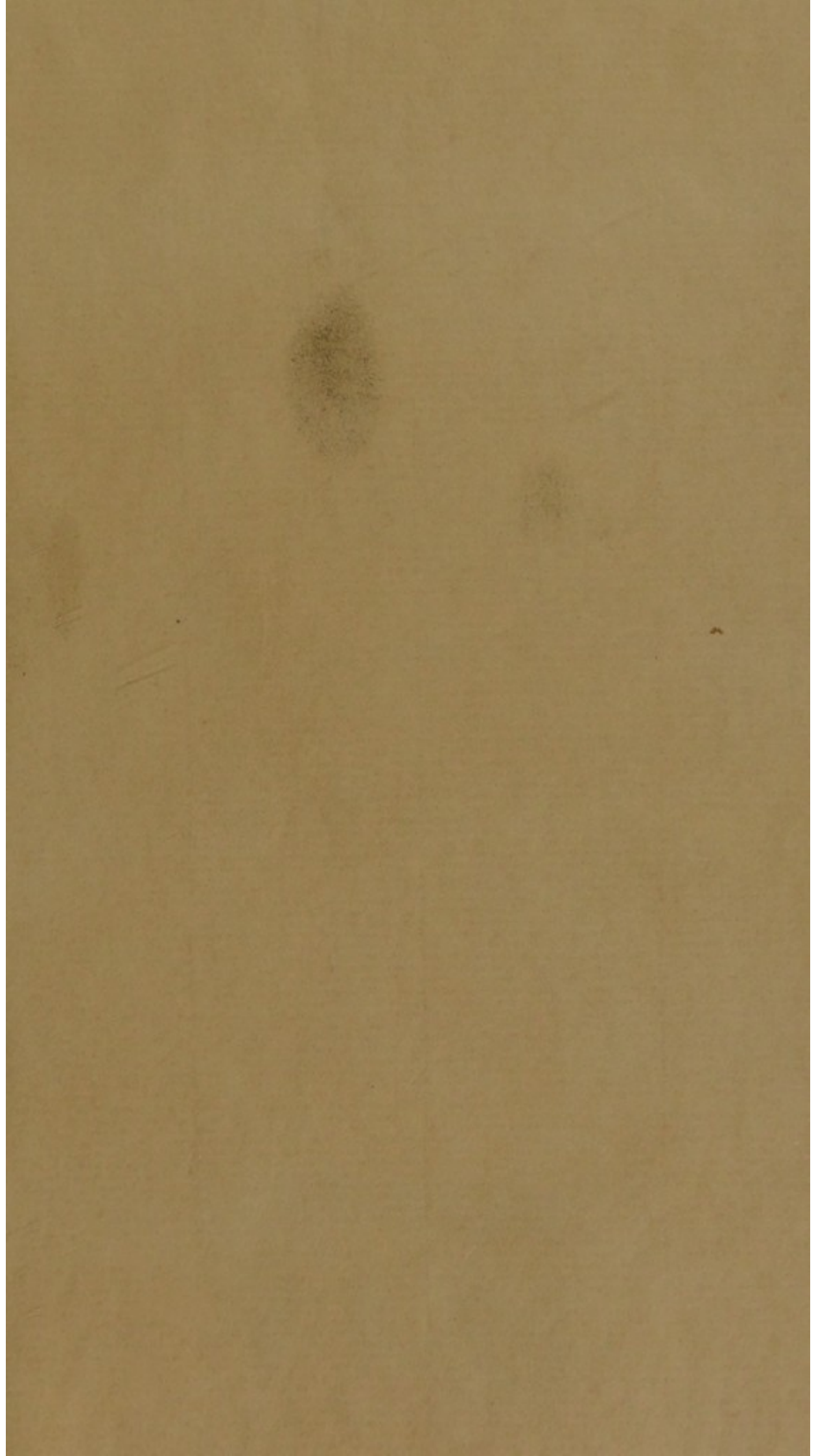
- A. The straw bee-hive, inclosing a large glass D.
- B. The mouth or entrance for the bee-hive.
- C. The door behind the hive, which opens, to admit a view of the bees and internal structure of the honey-combs.
- D D, &c. Large glasses placed on the hive, which may be continued to any elevation, by the intervention of the flat circular board, F. fig. 2.
- E E, &c. Cross sticks placed in the hive, and within each of the large glasses D D, &c. for the bees to fasten the combs upon. One of these cross sticks is more clearly exhibited in fig. 3.
- F F, &c. Flat circular boards, one of which is placed over each of the large glasses D D, &c. and perforated to admit a free passage for the bees. The large holes G, as represented in fig. 2, are included under a large glass D, and the small holes H H, &c. are covered by smaller glasses, each resembling inverted cupolas I I. &c. of different sizes at the pleasure of the proprietor.

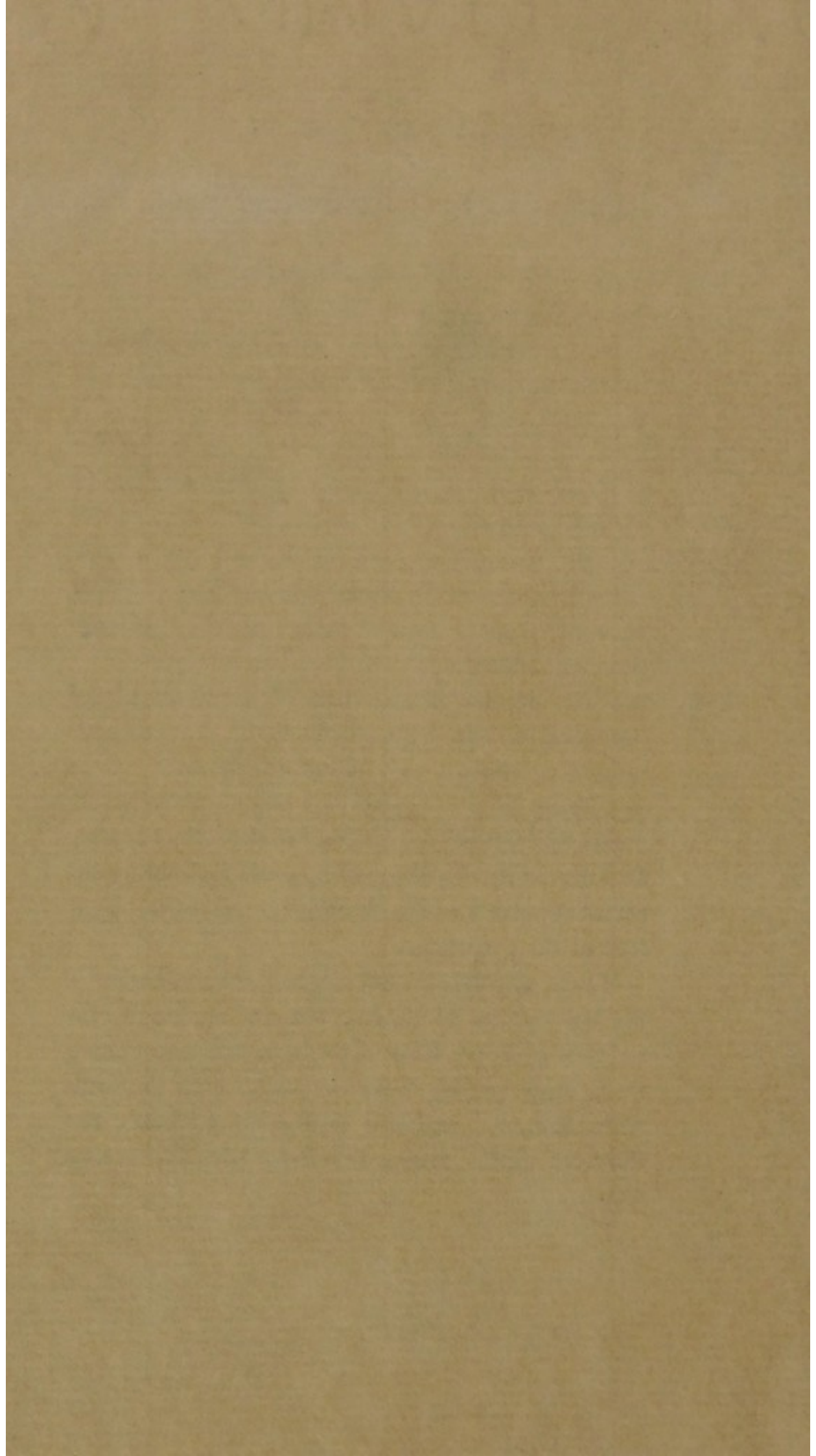
These cupolas, in the original colony, surround the large glasses D D, &c. but are omitted in the engraving, in the front of each, in order to exhibit these large glasses more obviously, with the cross sticks E E, &c. included within them; hence the strata of glasses above the straw hive appear as a section.

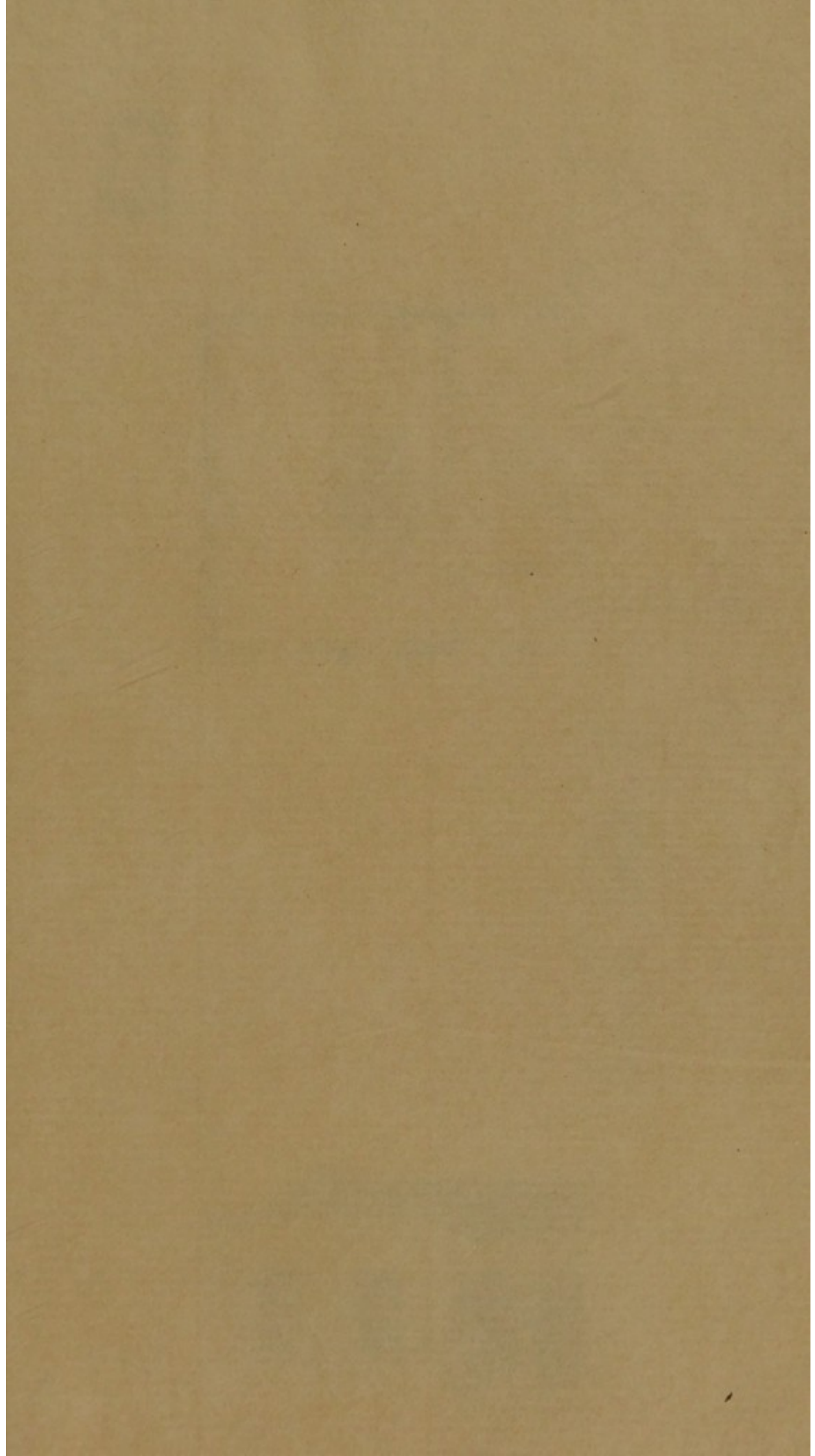
EXPLANATION OF THE PLATE.

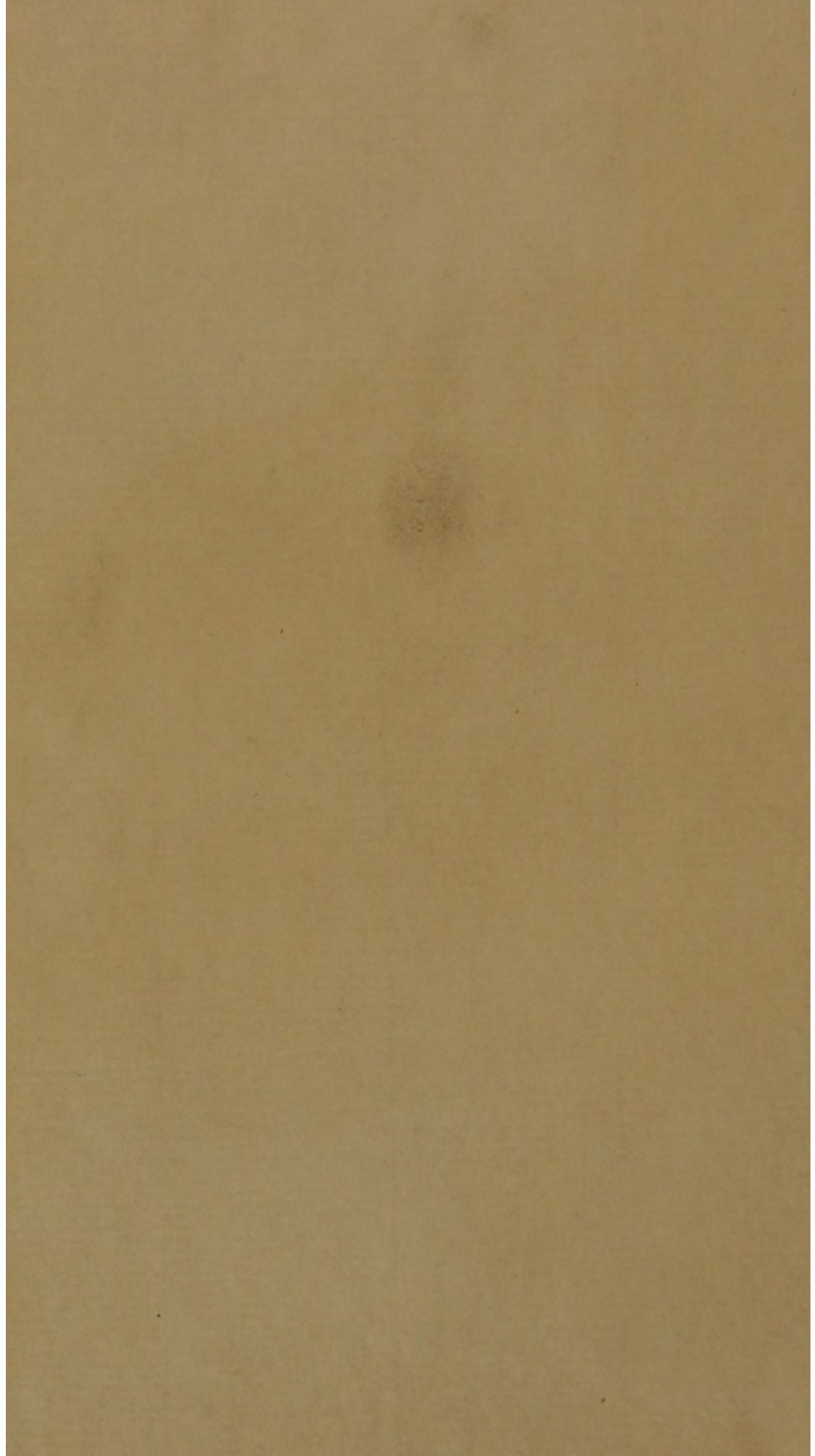
Explaining the Plan of a Colony of Bees.

- A. The straw bee-hive, including a large glass D.
 B. The mouth or entrance for the bee-hive.
 C. The door behind the hive, which opens to admit a
 view of the bees and internal structure of the ho-
 ney-combs.
 D, D, &c. Large glass, placed on the hive, which may be
 continued to any elevation, by the intervention of
 the flat circular board F. fig. 2.
 E, E, &c. Cross sticks placed in the hive, and within each
 of the large glasses D, D, &c. for the bees to enter
 the combs upon. One of these cross sticks is more
 clearly exhibited in fig. 3.
 F, F, &c. Flat circular boards, one of which is placed
 over each of the large glasses D, D, &c. and per-
 forated to admit a free passage for the bees. The
 large holes G, as represented in fig. 2, are included
 under a large glass D, and the small holes H, H, &c.
 are covered by smaller glasses, each resembling in-
 verted cupolas I, I, &c. of different sizes at the plea-
 sure of the proprietor.
 These cupolas, in the original colony, surround
 the large glasses D, D, &c. but are omitted in the
 engraving, in the front of each, in order to exhibit
 these large glasses more obviously, with the cross
 sticks E, E, &c. included within them; hence the
 fronts of glasses above the straw hive appear as a
 section.

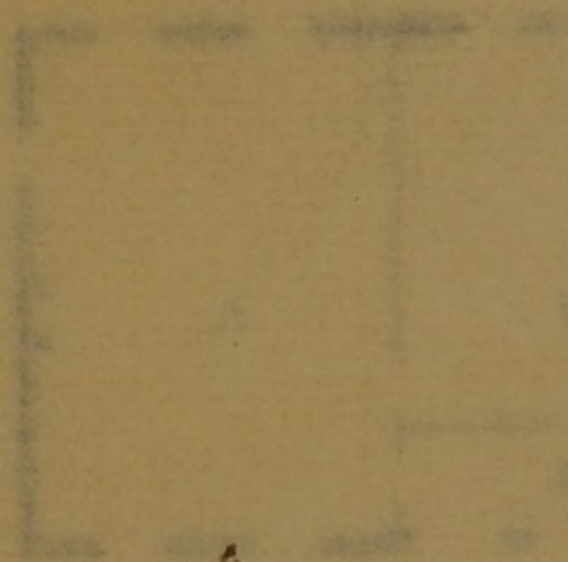




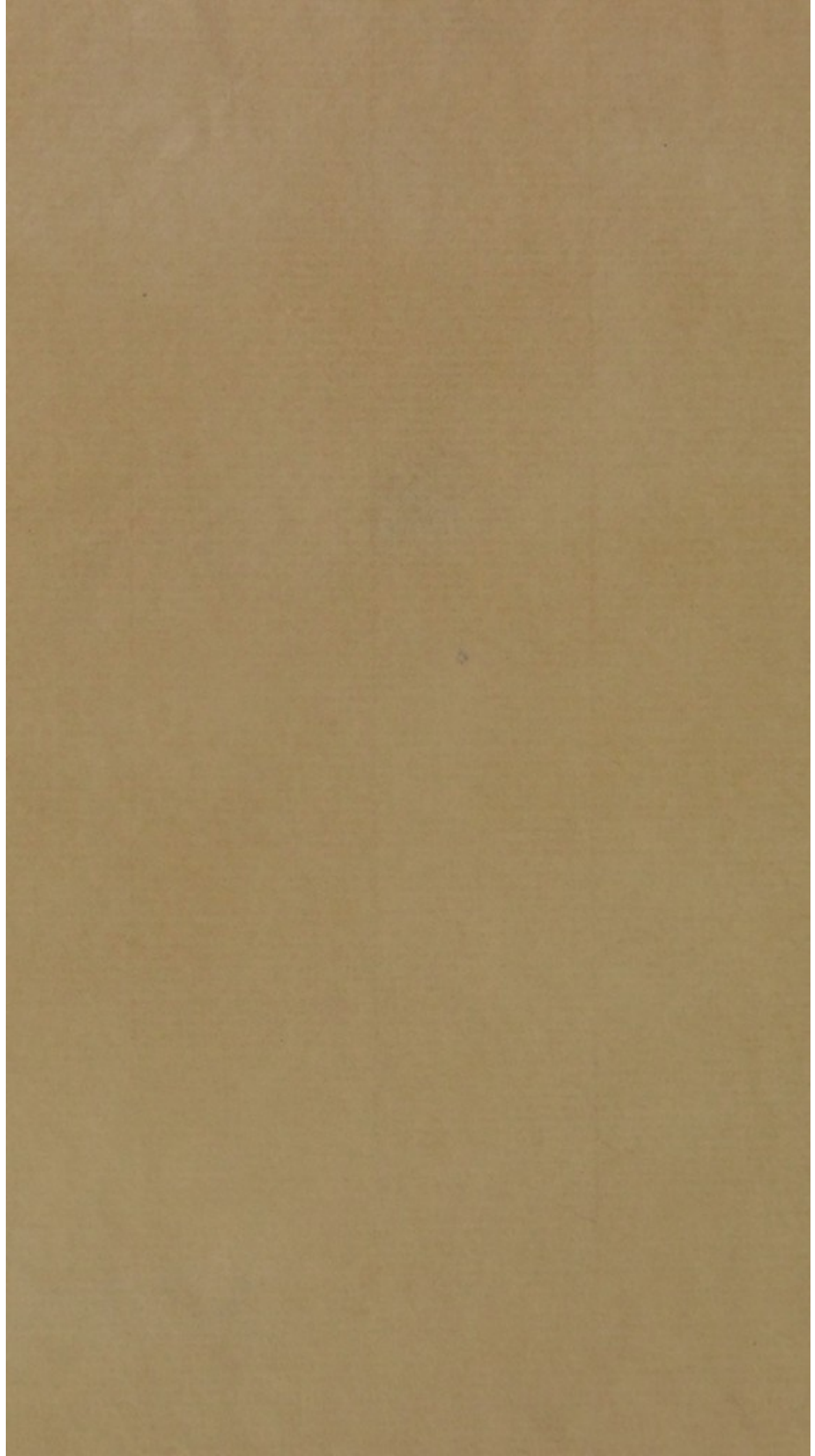


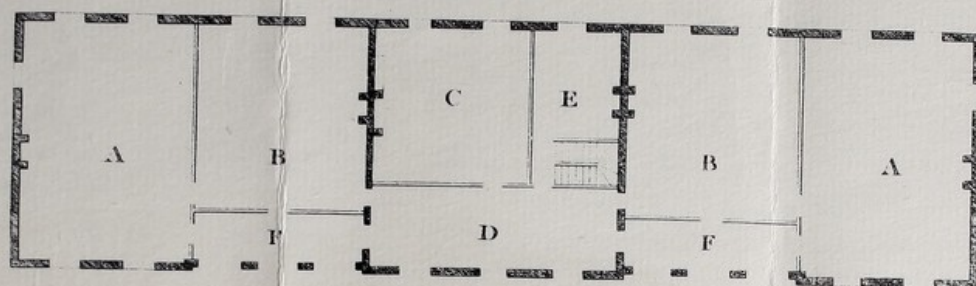


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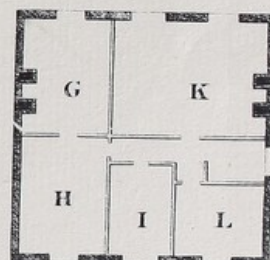


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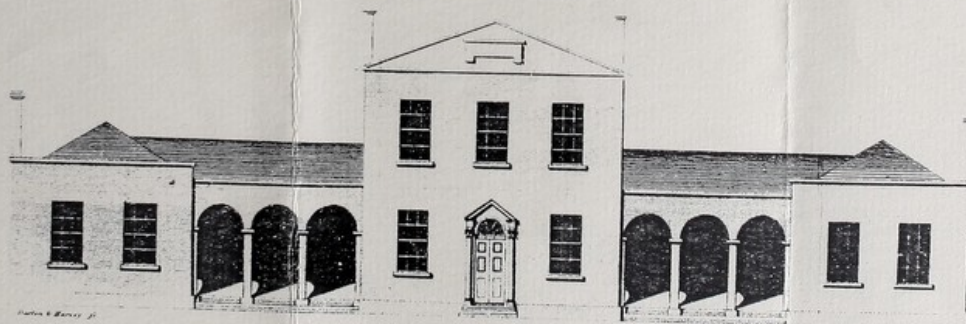




- A.A. Wards 9 Beds each. } Total 50.
- B.B. Wards 6 Beds each. }
- C. Kitchen.
- D. Hall.
- E. Overleers Room.
- F.F. Piazza.
- G. Overleers Sleeping Room.
- H. Store Room.
- I. Servants Room.
- K. Apothecarys Room.
- L. Medicine Room or Apothecarys Shop.



PLAN
of the
Attic Story.



The General SEA BATHING INFIRMARY, near MARGATE.

