

**The pocket book of practical medicine : or, Manual for emergencies, containing a concise account of diseases incident to the human frame, with formula to meet the exigencies of the moment where medical aid is distant or not to be procured, remarks on some of the diseases of women and children, accidents, wounds, &c.; poisons, bathing, climate, settlers in distant lands, sea voyages, &c.; &c; / By W.H. Kittoe, M.D.**

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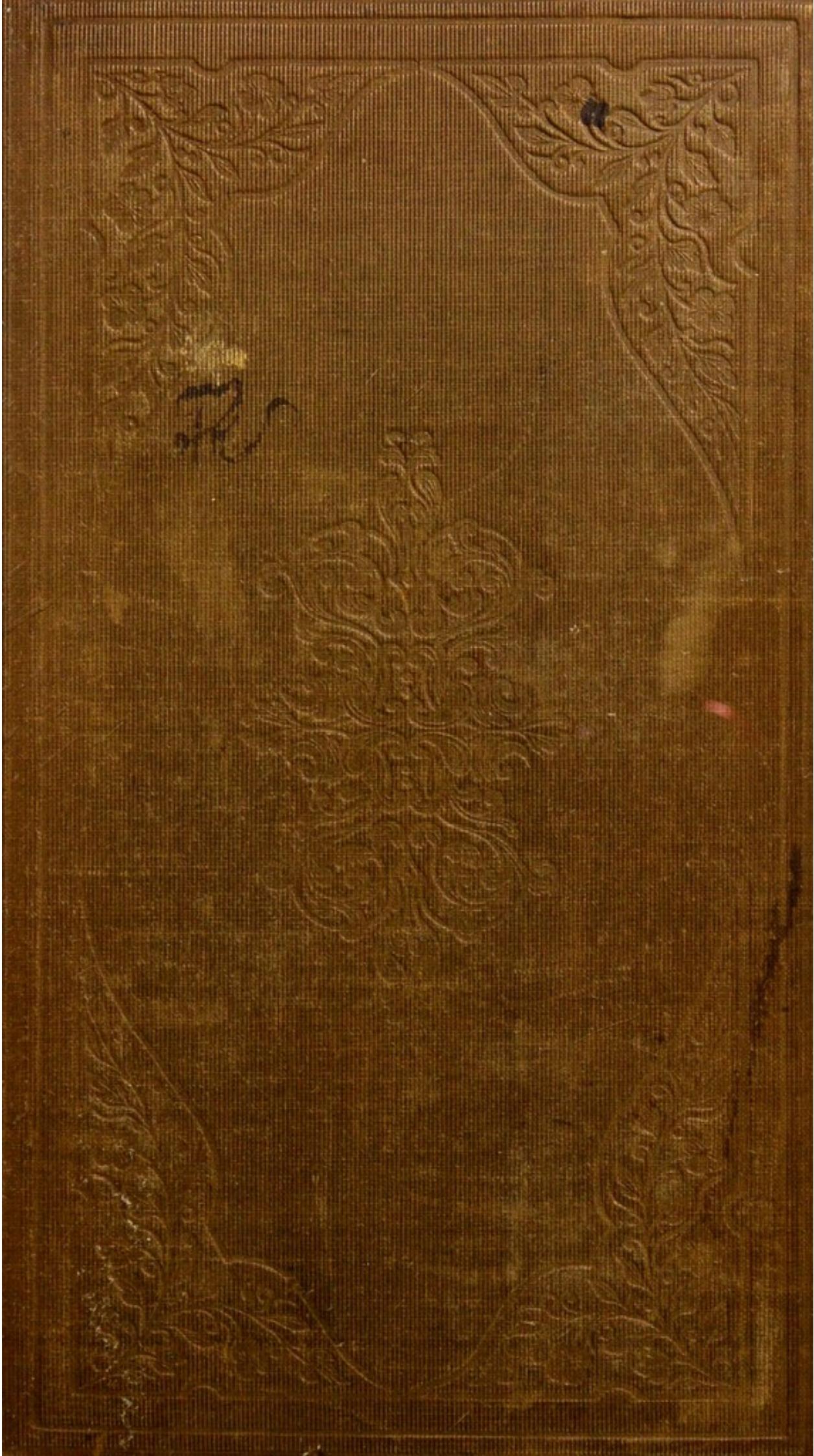
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NEW WORKS PUBLISHED BY  
**D R. KITTOE.**

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**MEDICAL HINTS,**  
EXCLUSIVELY FOR LADIES.

COMPRISING,

The causes, symptoms, and treatment of the most important diseases to which females are subject; the best principles to be adopted during pregnancy; hints for the preservation of the health of young people: also, on the surest methods of improving the complexion and retaining its beauty to an advanced period of life.

*With an Appendix of Prescriptions.*

---

CONSUMPTION AND ASTHMA,  
**THE NEW CURE,**

In which is demonstrated the utter fallacy of the present method of treating Diseases of the Chest by the Lancet, purgatives, and mercury, and pointing out the certainty of a new principle for the Cure of Consumption and Asthma, which is also applicable to the Derangements of the Digestive Organs.

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*Preparing for Publication,*  
**THE EARLY SIGNS**  
AND PREVENTIVE TREATMENT  
**OF DISEASES.**

Supp. 59.

THE  
POCKET BOOK  
OF  
PRACTICAL MEDICINE;  
OR,  
MANUAL FOR EMERGENCIES;

CONTAINING

*A Concise Account of Diseases incident to the Human Frame, with  
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eases of Women and Children, Accidents, Wounds, &c.,  
Poisons, Bathing, Climate, Settlers in Distant Lands,  
Sea Voyages, &c., &c.*

BY W. H. KITTOE, M.D.,

AUTHOR OF

“ MEDICAL HINTS FOR LADIES;” “ TREATISE ON CHEST  
DISEASES,” &c., &c.

---

THIRD EDITION IMPROVED.

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“ Principiis obsta; sero medicina paratur,  
Cum mala per longas convaluere moras.”—Ovid.

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LONDON :  
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Lincolns' Inn Fields.

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DEDICATION

TO SIR BENJAMIN BRODIE, BART.,

SURGEON TO HIS LATE MAJESTY.

---

SIR,

WHEN an author of celebrity dedicates his work to a distinguished personage, some reciprocity of favour may exist, but an obscure one must aspire to the hope of not dishonoring his patron, by the want of talent and value in his offering.

In such a predicament stands the individual who now avails himself of your permission to inscribe with your name this his humble effort to be of service to his fellow-creatures.

That you may long have it in your power to contribute your splendid talents in aid of the afflicted, and that you may continue for many years to come, to adorn that profession of which I am a humble member, is the fervent hope of him who has the honour to subscribe himself,

Sir,

Your most devoted Servant,

WILLIAM HAMILTON KITTOE, M.D.

DR. HAMILTON KITTOE, *Surgeon, Accoucheur,*  
*may be consulted at his Residence, 25, Thayer Street,*  
*Manchester Square, Daily, from Ten till Twelve*  
*in the Morning, and from Three till Five in the*  
*Evening.*

## PREFACE TO THE THIRD EDITION.

---

THE very rapid sale of the first and second editions of this work, and the flattering reception it has met with, not only from men of Professional eminence but the Public in general, will it is presumed render an apology for presenting a Third Edition unnecessary, every article has been carefully revised, many important ones added, and the new discoveries in medicine made available.

Of the utility of such a treatise there can be little doubt; in these times of universal travel, individuals may be, and indeed frequently are placed in situations of difficulty and peril, where medical aid cannot be obtained, even where pecuniary remuneration is no obstacle. To emigrants and settlers therefore in our new colonies, who must of necessity, be frequently located far from the haunts of their fellow men, the value of such a companion is unquestionable; and in vessels where there is no surgeon, this volume with a judiciously furnished medicine chest, will enable the master or passengers, not only to alleviate suffering, but in many instances to preserve life; often has a valuable member of society been lost from the want of medical or surgical aid, which might have been preserved by a little knowledge of what ought to be done, and presence of mind to effect it.

Objections have I know been constantly urged against popular works on medicine, they are however, more "a vox et *præterea nihil*," than any thing just or substantial. That much benefit has been effected by such treatises, let us call to our remembrance the good effected by clergymen in largely populated districts, where it is out of the power of the medical attendant employed by the Parochial Unions, to see every case at the time of need, and to visit his patients oftener than every other, or every third day.

The following cases which fell under my own observation will fully illustrate and make valid these observations: a few

years since, a melancholy occurrence made desolate the hearths of two amiable families near the locality where I was at that time practising. A young clergyman and his friend had been recreating themselves with the amusement of rowing, when by an imprudent exchange of places the boat was overset in the presence of the wife and sisters of the sufferers; and though the bodies were recovered within ten minutes of their submersion, yet by ignorance and injudicious management, every effort which medical skill could suggest was afterwards rendered nugatory; now it is more than probable, that had the directions of the Humane Society, or any others more simple been at hand, the relatives of these unfortunate gentlemen might not have had to mourn their untimely fate.

In another instance, a man by accident wounded the femoral artery of his thigh in the harvest field, and actually bled to death because there was no one who had the knowledge or presence of mind, to apply a compress on the limb above the wounded vessel.

To my junior medical brethren, this volume may serve as a remembrancer in cases of emergency, when they have neither time or opportunity for referring to more valuable monitors. The want of such has often experienced by myself in the earlier part of my career; while to the student it will convey some useful memoranda.

I shall now once more take my leave in the hope, that the same patronage will be extended to the little volume in its third, as was so liberally bestowed upon the two former editions.

25, *Thayer Street,*  
*Manchester Square.*

*N.B.—Dr. Hamilton Kittoe may be consulted at his Residence every morning from 10 to 12 o'clock, and in the evening from 3 till 4 o'clock.*

*Advice to the Poor gratis, Monday, Wednesday and Friday mornings only, from 9 to 10 o'clock.*

*Patients in the Country corresponded with by enclosing the usual fee.*

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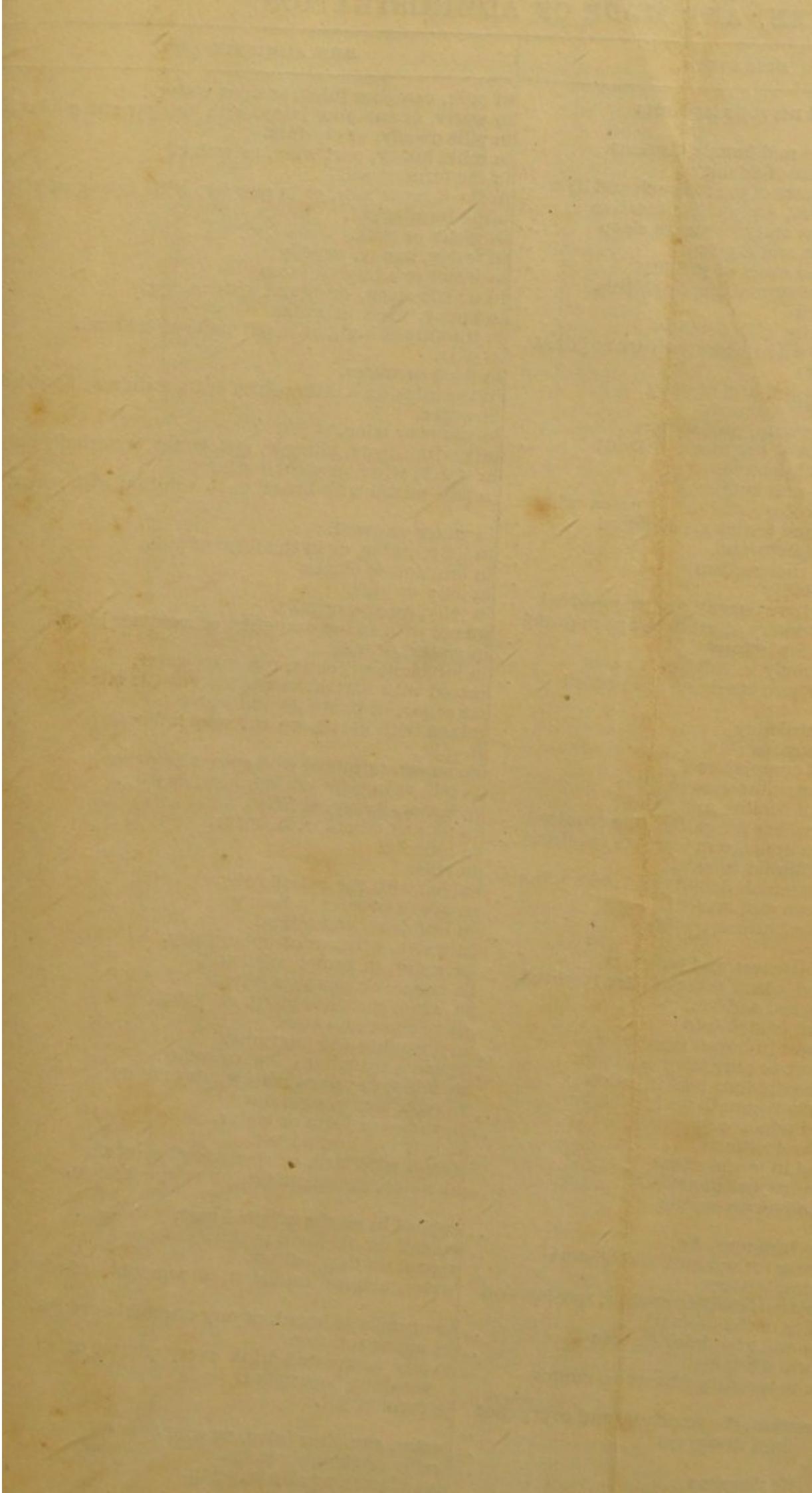
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## DOSES OF MEDICINES,

WITH THE DISEASES IN WHICH THEY ARE GIVEN, AND MODE OF ADMINISTRATION.

ES.	DOSES FOR ADULT AGE.	DISEASES.	HOW ADMINISTERED.
	5 grains to 10 grains	in hysterics and nervous languors	in milk, camphor julep, or mint water.
	10 grains to $\frac{1}{2}$ drachm	for lotions	in water, or camphor julep, with vinegar and goulard.
	10 grains to 20 grains	in costive habits and female diseases	in pills chiefly, or clysters.
	5 grains to 60 grains	in ague and cases of debility	in milk, honey, port wine, or water.
	1 grain to 5 grains	in disordered states of the stomach and liver	in the form of pill.
	$\frac{1}{2}$ grain to 10 grains	in the same cases, and as an alterative	in the form of pills, or in powder, with honey or jelly.
	5 grains to $\frac{1}{2}$ drachm	in nervous cases and to procure sleep	in the form of pill.
	1 drachm to 4 drachms	cooling laxative and diuretic	in water or milk.
	5 grains to 2 drachms	in neuralgia and cases of debility	in water, honey, or jelly.
	5 grains to $\frac{1}{2}$ drachm	in acidity of the stomach and scrofula	in water or camphor julep
	4 drachms to 8 drachms	in costive habits	in a little spirit, or mixed with an egg.
	10 grains to 20 grains	in loss of appetite with debility	in honey, wine, or water
	one-eighth of a grain to $\frac{1}{4}$ grain	in scrofula and when alteratives are required	in tincture of bark, or in pill made with bread.
	5 grains to 15 grains	in costive habits	in pills.
	5 drops to 60 drops	in severe pains and loss of sleep	in wine or water.
	1 ounce of infusion to 3 ounces	in debility of the stomach	to the infusion a little spirits or tincture may be added.
	5 grains to 20 grains	in flatulency, cramp, and spasms	in water.
	1 drachm to 2 drachms	in the same cases, but more pleasant	in water or wine.
	only used in Lotions	where there is inflammation	mix with spirits, vinegar, and water (externally only).
	20 drops to 40 drops	in fainting fits and languors	in water, wine, or camphor julep.
	1 grain to 10 grains	in scrofula, dropsy, and in all cases where alteratives and tonics are required	in pills mixed with bread, or in solution with water.
	1 grain to 20 grains	emetic and expectorant	in water or gruel.
	5 grains to 10 grains	in fevers and rheumatism	in jelly, water, or in the form of pills
	1 grain to 3 grains	in cases of debility	in infusion of cloves
	5 grains to 15 grains	in all cases where purgatives are required	in jelly or pills.
	1 grain to 4 grains	in fevers and where alteratives are required	in jelly, honey, or pills.
	3 drachms to 6 drachms	in fevers and for lotions	mixed with saline draughts, or camphor julep.
	20 grains to 1 drachm	in acidity—chiefly in children's cases	in water, or milk.
	1 drachm to 1 ounce	in all cases where aperients are needed	in infusions of senna, roses, or water.
	in Liniments chiefly		mixed with hartshorn and the volatile oils.
	1 drop to 3 drops	in colic or flatulency	on sugar, or in spirits and water
	1 drachm to 3 drachms in Liniment	in rheumatic cases	mixed with hartshorn and soap liniment
	$\frac{1}{2}$ grain to 2 grains	in all painful complaints	in pills.
	1 drop to 4 drops	cordial and carminatives in colic	on sugar, or mixed with spirits in water
	1 grain to 6 grains	in all cases of debility and ague	in pill, or in powder, in honey, or jelly.
	5 grains to 15 grains	in all cases where purgatives are required	in water, honey, or jelly
	5 grains to 15 grains	in all cases where alteratives are required	in pills or mixed with water.
	2 ounces to 3 ounces in infusion	used as an adjunct to salts	in infusion
	1 grain to 3 grains	in all cases of female debility and obstructions	in pills.
	externally only	in rheumatism and bruises	mixed with the volatile oils.
	1 grain to 5 grains	in dropsy and chronic coughs	in pill or powder in honey
	externally in general		in liniments and lotions
	20 drops to 1 drachm	in nervous diseases and languors	in water, wine, or camphor julep.
	$\frac{1}{2}$ drachm to 2 drachms	in fevers and where diuretics are required	in water, or camphor julep.
	20 drops to 60 drops	in languors and asthma	in water, or camphor julep.
	5 drops to 60 drops	in all painful complaints	in wine, camphor julep, or water.
	1 drachm to 1 ounce	as a tonic and in bowel complaints	by itself or in water.
	1 drachm to 2 drachms	in painful complaints and in lotions	in draughts and mixtures.
	5 drops to 60 drops	in every case where there is debility	in wine, camphor julep, or water.
	1 drachm to 2 drachms	in colic and windy complaints	by itself, or mixed with water or wine
	1 drachm to 3 drachms	in coughs and asthma	in mint water, or water.
	1 drachm to 3 drachms	diuretic and in worm cases	in camphor julep or water.
	15 drops to 30 drops	in rheumatism and neuralgia	in gruel or linseed tea.
	3 grains to 12 grains (only externally)	in fevers and as an emetic	mixed with lard, or spermaceti cerate.
	$\frac{1}{2}$ drachm to 8 drachms		in water, camomile tea, or camphor julep.
		to disperse tumours, &c.	rubbed in on the affected part.
		mild dressing for wounds and blisters	spread on old linen or lint.
		for preparing blisters	spread on thin leather.
		in consumption, chronic coughs, spasms, and irritability of the stomach	water, almond emulsion, or vegetable infusions.
	5 drops cautiously increased to 20	scrofulous and glandular disease	in crumbs of bread, or any vegetable extract.
		in all painful diseases	in pill or solution.
		preferable to ipecacuanha as an emetic	in any acidulated drink every quarter of an hour till vomiting be excited.
			in form of pill.
	2 grains to 6 grains	in consumption, rheumatism, and every case where opium disagrees	water, camphor julep, or wine.
	1 grain to 2 grains	in debility	water or camphor julep.
	10 drops to 30 drops	in spasmotic diseases	in pill or vegetable infusion.
	10 grains to 20 grains	tonic and anodine	water or mucilage.
	1 drop to 8 drops	in consumption, rheumatism, gout, sea sickness, toothache, and all cutaneous diseases	

## ON HEALTH AND DISEASE.

---

HEALTH may be defined that condition of the body in which all its functions are performed without impediment or pain. The animal machine consists of a bony frame connected by muscles and ligaments, and including a variety of organs, which are destined to perform certain offices or functions. Those offices immediately necessary to its existence have been called vital functions, and cannot be interrupted without danger to life ; they are the functions of the circulation of the blood, and of the irritability connected with the influence of the nervous system. The most perfect health is generally allied to a certain structure of the corporeal organs, and is marked by peculiar signs and qualities of the system. Thus, the strongest constitution, in which the functions are usually carried on in the most healthy manner, is found in a well-formed and proportioned body ; which is neither very tall nor very short, neither lean nor fat, but which is rather stout than slender, and is especially endowed with a full open chest, and breadth of shoulders. The skin is soft, but never dry, yet has a slight tendency to moisture ; its colour, especially in the face, steady, verging towards the fair, or brown ; the step is firm, the walk erect ; the sleep calm and continued, not easily disturbed, refreshing to the frame, and devoid, if not of all dreams, at least of those which are frightful—a sleep which lays to rest all the cares of life in a calm and grateful oblivion.

Among the signs of health may also be enumerated, a quiet regular circulation of the blood, the pulse being strong, full, soft and equal, neither too frequent nor too slow, and not

liable to be excited to unusual quickness: a full, free, slow, and almost imperceptible respiration, which ought not to be too greatly accelerated by exertion: a strong voice not easily rendered hoarse, the halitus from the lungs agreeable, or at least destitute of fœtor, the mouth moist, the tongue without fur, but not too red: the appetite good, and the thirst moderate: the digestion of all aliment easy, without eructation, or any unpleasant sensation in the stomach: the secretion from the bowels of a natural form, odour, and consistence: the urine easily retained during a proper length of time, and then passed with facility; and, though varying in quantity, colour, and transparency, according to the quality of food, drink, and exercise, depositing a proper sediment on standing, and the slower this deposition is made, the better the health: the perspiration free and regular: and the internal secretions neither too copious nor too scanty. “ *Sani denique hominis est, venereum appetere, et ad eam valere, et sobolem procreare.*”

Good health, in both sexes, consists not only in the performance of the functions, mental and corporeal, when no impediment occurs, but also in a tenacity, as it were, of this regularity, and in the accommodation of the habit to many variations in weather and seasons, the diet, and mode of life; and thus in bearing with impunity that which would altogether destroy the weaker or less healthy system, or at all events endanger its falling into a severe disease. The health of the same individual, though it continue good, is not always the same. Many great and very important changes occur in the animal economy during life, so that some men scarcely differ so much from others of the same age as themselves, as they differ from themselves at different periods of life; whether we consider the form, the strength of the body, the qualities of the mind, or the internal structure, and functions depending upon them; whence it happens that the most perfect health, which first conducted the tender infantile form to vigour and perfection, and long

sustained the man in that condition, afterwards by degrees diminishes the strength of the system, and at length wears it out.

The ancients personified and even defied health, or rather they imagined a Goddess to whom they supposed the care of health to belong. The place of her worship at Rome was on the Mons Quirinalis, where she had a Temple and a Statue, crowned with medicinal herbs. We frequently find the Goddess Health represented on the reverse of medals; she is depicted crowned with laurel, and a serpent stretched on her left arm, and holding a patera to it with her right.

Disease is that condition of the animal economy in which one or more of the functions is altogether impeded, or performed with difficulty or pain. Health and disease are rather negative than positive terms; few persons have every organ, and function of the body in a perfect state, while they may yet be considered in health; for a very considerable variety of condition, both in the mental and bodily functions, is compatible with it: thus, one person may be possessed of great muscular strength, another may be remarkable for the feebleness of his muscles, and yet the health may go on uninterrupted. One person may be capable of digesting the most indigestible food in large quantities; another may have little appetite for food, and be unable to take or digest the most moderate in quantity or the most light in quality, and yet neither be in a state of disease. Thus also one set of individuals residing in a crowded city, and another in the country, may be both healthy—that is, their functions may go on regularly; yet the florid countenance of the ploughman marks considerably higher health, than that of the inhabitant of the city. Disease may occur in all parts of the body, in the fluids and the solids, and in each particular organ and function; it may occur singly in one part, or in several parts at the same time: hence it may be simple or complicated.

The symptoms or signs of disease which are observed in the sick are extremely various and numerous, yet a knowledge of them is requisite, both with a view to learn their nature, and to alleviate or remove them; the symptoms are the external characters of a disease, and by observing them in certain groups, we acquire a knowledge of those which are commonly connected, those which accidentally meet together, and those which appear to be incompatible. Experience has pointed out to us the means by which certain congeries may be alleviated; and when our remedies fail, an examination after death enables us to observe the connexion between certain external signs and the disordered condition of particular organs. The symptoms of disease may be usually referred to three heads—impeded functions—uneasy sensations—and manifest changes in the appearance of the body. Every malady consists principally in the derangement of some function, but none can be much impeded or deranged without pain or uneasiness; nor can any one labour under a disease for any length of time without suffering some change in the appearance and form of person, or that complexion of countenance which is always connected with good health. Each of the external organs of hearing and sight may be disordered in various ways. The senses and intellectual functions are also variously affected by disease, as in delirium, mania, &c. Upon the same principle the faculty of motion must be observed, whether it be simply defective, as occurs in diseases generally, which is termed debility, or lost, as in palsy. The condition of the sick in sleep also deserves attention: for, whether we consider it as a function, or as a suspension of the functions generally, it follows its natural laws in a state of health, and these are usually interrupted in a disordered state of the system. The causes of disease are threefold: first, the proximate cause signifies the morbid condition itself: secondly, the remote causes, which are either predisposing, or accidental. Thirdly, a predisposition

to disease is inherent in the body, though it may be called into action by external causes ; the remote causes operate variously, many being purely mechanical, as blows, bruises, wounds, &c. ; others operate chemically—that is, they decompose the parts to which they are applied ; the great majority act upon the living solids, the irritable fibres, or the nervous energy ; perhaps the most common exciting causes of disease, through the medium of the nervous power, are heat and cold ; their vicissitudes and modifications, as with dryness and moisture. Next to heat and cold, the influence of food and drink, as exciting causes, acting on the nervous fibres, may be considered as most general.

Contagion or effluvia arising from the body under some particular states of disease, as well as the miasmata from marshes, &c., excite numerous complaints ; the animal poisons, and vegetable narcotic drugs, have a powerful operation on the nervous energies. Among other causes of disease acting through the medium of the nervous power, are mental affections, the passions, all strong or long continued exertions of the mind, and of all the bodily functions, especially the digestion and respiration, the interruption of sleep, grief, and anxiety ; and indeed, when grief has arisen from sudden causes, it at once induces serious disease, and, in some instances, death. Many maladies, when once induced, become the predisposing and even exciting causes of others. The debility occasioned by acute disorders becomes a predisposing cause to the attacks of chronic maladies, and especially to a recurrence of some acute ones. Many ailments are peculiar to infancy, others to manhood and old age. Trades give occasion to certain diseases ; climate, seasons, and peculiar epidemic states of the atmosphere, are also ranked among the circumstances modifying disease ; they frequently give rise to, and often cause each other. A proper attention to the patient's age, sex, temperament, constitution, and mode of life, greatly assists both in the investigation and treatment of disease. In childhood the fibres are lax

and soft, the nerves irritable; in old age the fibres are rigid and the nerves almost insensible; these and other peculiarities render the diseases of the young and aged different, and consequently requiring a very opposite method of treatment.

Females are liable to many diseases which the other sex are not; their nervous system being more irritable, their diseases require to be treated with more delicacy and caution. Climate also claims attention; those who reside in low marshy situations being subject to many diseases which the inhabitants of higher regions are exempt from. Those also who breathe the impure air of large cities suffer many maladies to which those who reside in the country are strangers. Gross feeders, and people who indulge in spirituous liquors, become the victims of diseases unknown to the temperate and abstemious. It has been before observed, that different occupations dispose men to peculiar maladies; it will therefore be necessary in the investigation of disease, to enquire into the patient's occupation, manner of life, &c., which will not only assist in detecting the true nature of the complaint, but will likewise point out the best mode of treatment. We must also enquire whether the disease is accidental or constitutional, what maladies the patient has been liable to, &c. Experience, then, guided by a knowledge of the cause and tendencies of disease, must direct us when to look on as quiet spectators, when to aid, and when to restrain the morbid efforts of the constitution; the physician, therefore, who with this knowledge combines an acquaintance with the properties of remedies, will seldom be perplexed in determining upon effectual measures of relief for the various maladies with which humanity is so frequently afflicted.

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THE  
POCKET-BOOK  
OF  
PRACTICAL MEDICINE,  
&c. &c.

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FEVERS.

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INFLAMMATORY FEVER.

THE premonitory symptoms of this fever are, a sense of cold, which speedily terminates in a regular shivering fit. It is attended with pain in the loins, quick pulse, flushed countenance, severe head-ache, with heat and throbbing of the temporal arteries; the thirst is urgent, the tongue brown, urine high-coloured, and bowels costive.

CAUSES. The most general causes of this fever are, exposure to cold while in a state of perspiration, remaining in wet clothes, long-continued costiveness, a plethoric state of the system, and mental anxiety.

PROGNOSTIC. This disease is always attended with some danger, particularly where the symptoms are violent. The favourable signs are, the skin becoming moist, the tongue cleaning, urine letting fall a cloudy sediment, and the pain in the head subsiding.

TREATMENT. In every case we should commence with an emetic, and afterwards a brisk purgative, as under, and the mixture every fourth hour. Should there be pain in either side, resembling stitch, a blister or mus-

tard plaster must be applied. The body should be frequently sponged over with tepid water, which will always afford the greatest relief and comfort.

The diet must be of the most simple kind. Thin arrow-root, or gruel, given in small quantities, should be the extent of nourishment till the symptoms abate. The best beverage will be barley-water acidulated with orange or lemon juice, tea or lemonade; even pure water, or Seltzer Water, with the chill taken off, will be of much advantage. No stimulants of any kind must be permitted, as they would endanger life, and render every method of cure abortive. The apartment should be kept cool and dark, strict quiet being enjoined: a little vinegar sprinkled over the room, or a pastile burnt, will render it more pleasant; and in summer the windows should be open during the day, and the door by night. After the urgent symptoms have abated, if the patient be much reduced, a little white wine may be given in the gruel: some good beef-tea, or mutton-broth, may be also allowed. Too much caution, however, cannot be observed in permitting patients to indulge their appetites during convalescence.

The bowels are to be kept soluble by some mild saline aperient, as below, every second or third morning.

The above treatment, as relates to regimen, will hold good in all febrile or inflammatory diseases.

*Emetic.* Powder of ipecacuanha, 1 scruple; to be administered in a little water.

*Purgative Pill.* Colomel, 3 grains; extract of colocynth, 6 grains; oil of caraway, 2 drops. Form a mass, and divide into two pills, to be taken immediately.

*Aperient Draught.* Epsom salts, 2 drachms; infusion of senna, 10 drachms; tincture of senna, 1 drachm. Mix for a draught to be taken in the morning, or in six hours after the pills.

*Diaphoretic Mixture.* Solution of acetate of ammonia, camphor julep, of each 3 ounces; liquor of tartarized antimony, 2 drachms. Mix and give two large table-spoonsful every four hours.

*Aperient Mixture, to be used during recovery.* Epsom salts,  $\frac{1}{2}$  ounce; manna, 2 drachms; infusion of senna,  $5\frac{1}{2}$  oz; tincture of ditto, 3 drachms. Mix and give one or two table-spoonsful in the morning, fasting, when required.

Tonic to be administered during recovery.

R. Infusion of gentian,  $5\frac{1}{2}$  ounces; tincture of cardamom compound, 4 drachms. Mix and give two table-spoonsful every day at noon.

## BILIOUS FEVER.

IN this malady the symptoms are very similar to those of the former. There is, not unfrequently, delirium; and in the morning an imperfect perspiration produces a temporary remission of the symptoms.

The treatment will not differ from inflammatory fever; in the commencement an emetic will always be of great service: the diet must be light and low. In the decline of the complaint, should it have lasted any time, the patient frequently becomes exhausted and sleepless: in such cases, some mild anodyne, combined with a diaphoretic, tranquillizes the system, and produces great relief.

*Emetic in the commencement of the Fever.* Powder of ipecacuanha, 15 grains; tarter emetic, 1 grain. Let the patient take it, and dilute freely with chamomile tea, or warm water.

*Anodyne in the close of fever, where there is no sleep.* Dover's powder, 6 grains ; camphor julep, 1½ ounce. Mix for a draught to be taken at bed-time.

Or, Sedative liquor of opium, 20 drops ; aromatic spirit of ammonia, 30 drops : camphor julep, 1½ ounce. Mix for a draught, to be given at bed-time.

### PUTRID, OR MALIGNANT FEVER

Is generated in places ill-aired and dirty, and by the effluvia arising from decaying vegetable matter, or diseased bodies.

**SYMPTOMS.** Giddiness, burning heat, sudden loss of strength, heaviness, frequent sighing, pulse low and unequal, great anxiety, nausea, noise in the head, delirium, brown tongue, which soon becomes black, thin crude urine, and purple spots frequently appearing on the fourth, fifth, or seventh day.

**PROGNOSTIC.** This malady is always of an exceedingly dangerous nature.

**TREATMENT.** Bleeding in this disease should be studiously avoided. Emetics in the commencement are always of great advantage. The diaphoretic mixture must here be freely administered, and, if possible, the patient should be removed to a purer air ; at all events, the apartment must be freely ventilated, kept cool and clean ; every excretion being instantly removed.

The following fumigation may be used every morning.

Put one pound of salt in an earthen basin, place it on a pan of warm embers, pouring on it, from time to time, a small quantity of oil of vitriol, till the whole of the salt is well moistened : it must be placed in every corner of the

apartment, as well as in the centre. When this fever prevails, as it sometimes does, a pipkin of tar should be placed at the front and back door of every house, and the poker heated and plunged in frequently, or a red hot nail dropped into it, to disengage the fumes of the tar freely. During the great plague, the houses where this most simple remedy was well followed up, remained uninfected.—*De Foe's History of the Great Plague.*

The diet must be cooling and light: the juice of ripe fruit being given with caution; the drink may be spring-water which has been boiled, and allowed to get cool, barley-water, tea, or lemonade.

*Purgative at the beginning.* Calomel, 3 grains; extract of colocynth, 10 grains; oil of cloves, 2 drops. Mix and divide into 3 pills, to be taken immediately.

Camphor, 24 grains; ipecacuanha, 6 grains; aromatic confection, sufficient to form a mass. Divide into 12 pills, give one every four or six hours.

Or, muriatic acid, and tincture of opium, of each, 30 drops; simple decoction of sarsaparilla, 8 ounces. Mix, give two large table-spoonsful every four or six hours

**OBSERVATIONS.** Fresh yeast has been much eulogized and in no instance under my observation did it ever produce any unpleasant effects; it is therefore well worth trial, as is bottled porter given in small quantities at short intervals. The best way of administering the yeast, is to add two or three table-spoonsful to a pint of porter, or sweet wort, and give the patient a wine-glassful four or five times during the day. Should there be sinking, with cold extremities, give wine or brandy in the gruel, and apply mustard poultices to the feet without delay.

## AGUE, OR INTERMITTENT FEVER.

THE title of intermittent is applied to this fever, because it consists of a succession of paroxysms, between each of which there is a perfect intermission from all febrile symptoms.

The fit begins with shiverings, a small quick pulse, pain in the back and head, with nausea: to these succeed heat and fever, which terminate in profuse perspiration: the urine during the fit is pale, and without sediment, but in the interval turbid, with a plentiful sediment of a reddish colour.

In the Quotidian, the fit returns once a day. In the Tertian, every other day. In the Quartan it intermits two days.

**TREATMENT.** Commence with an emetic, after which give a gentle purgative, as under.

*Emetic.* Ipecacuanha, 20 grains. Work off with chamo-mile tea, or warm water.

*Purgative Pill.* Calomel, 3 grains; compouud rhubarb pill, 10 grains. Divide into 3 pills, to be taken immediately.

Or, jalap and rhubarb, of each, 3 grains; calomel, 2 grains. Mix for a powder, to be taken immediately.

After which, give either of the following: by the second preparation the author has never been deceived.

Sulphate of quinine, 2 scruples; aromatic confection, 1 drachm. Mix and divide into 20 pills; three to be taken morning, noon, and night, and continued for four or five days, and repeated afterwards at intervals, to ensure success. The bowels must be carefully attended to.

Red bark, 3 ounces ; kali-pt., 1 ounce ; lesser cardamom seeds, powdered,  $\frac{1}{2}$  ounce. Mix and divide into thirty-six powders ; give one every two or three hours : it is rarely required to use a second supply.

A modern author of great originality tells us that ague is the type or likeness of all the various maladies to which man is subject ; "there is no agent," says this author, "that may not cause ague, from a blow to a passion." Lord Byron's mother, according to Mr. Moore, died of a "fit of ague, brought on by rage and vexation, caused by reading her upholsterer's bill." The bill was enormous, and the lady a Scotchwoman. This analogy subsisting betwixt ague and the passions has not escaped the observation of the poet. Coleridge says :—

"There's no philosopher but sees  
That rage and fear are one disease ;  
Though this may burn, and that may freeze,  
They're both alike the ague."

### LOW TYPHUS, OR NERVOUS FEVER,

PRINCIPALLY attacks those who are weak and of lax fibres, or who have indulged in wine and spirits ; its most general cause, however, is contagion from an impure atmosphere.

SYMPTOMS. Shivering, weariness, sighing, great anxiety, and depression of spirits ; pain and giddiness, white tongue (sometimes red and glossy), with a yellow or brown stripe in the centre, little thirst, difficulty of breathing, nausea, pulse weak, quick, and unequal, pale urine, drowsiness, and low muttering delirium towards night ; occasionally eruptions appear, affording little, or indeed, no relief.

**TREATMENT.** Bleeding here is always injurious, indeed often fatal ; the bowels must be regulated, and the patient kept perfectly quiet, though in some mild cases a cheerful friend is of service. The fumigation recommended in putrid fever will be of equal service here, and should not be neglected, not only for the comfort of the patient, but also to ensure safety to the attendants.

*Aperient Mixture.* Sulphate of magnesia, 1 ounce ; infusion of senna,  $5\frac{1}{2}$  ounces ; tincture of ditto, 3 drachms ; jalap, 1 ditto. Mix and give two table-spoonsful every morning.

*Saline Mixture.* Lemon juice, 1 ounce ; subcarbonate of potash,  $1\frac{1}{2}$  drachms ; cinnamon water, 4 ounces ; aromatic confection,  $\frac{1}{2}$  ounce ; syrup of ginger,  $\frac{1}{2}$  ounce. Mix, take two table-spoonsful every fourth hour.

Or, saline mixture and camphor mixture, of each, 3 ounces ; sweet spirits of nitre, 2 drachms. Mix and give two table-spoonsful every fourth hour.

Should there be much pain in the head, or delirium, a towel dipped in cold vinegar, or eau de Cologne, mixed with water, should be frequently applied, even should it induce some degree of shivering ; and an anodyne at bed-time may, in most cases, be given with advantage and safety.

*Anodyne Draught.* Black drop, 10 drops ; antimonial wine, 24 drops ; syrup of ginger, 1 drachm ; camphor julep,  $1\frac{1}{2}$  ounce. Mix for a draught to be given at bed-time.

If the black drop is not at hand, 30 drops of laudanum, or 2 drachms of tincture of henbane, will be a good substitute.

Or, muriate of morphia, 1 grain ; syrup to form it into four pills. One or two to be taken at bed-time.

**OBSERVATION.** The diet and general management are the same as in other febrile cases.

## SCARLET FEVER.

THE usual precursory symptoms of fever — viz. shivering, heat, &c. ; about the second day an efflorescence, of a scarlet colour, appears over the skin, but does not rise above the surface, accompanied with heat, dryness, and itching ; in four days it disappears, and the cuticle falls off in branny scales.

**TREATMENT.** Diaphoretics and gentle aperients, as under. Emetics and blisters on the nape of the neck. Sponging the body is peculiarly efficacious ; in fact, the cold bath, accompanied with smart friction, by means of dry warm towels, seldom fails in producing repose and profuse perspiration.

**Mixture.** Solution of acetate of ammonia and camphor julep, of each 3 ounces ; liquor of tartarized antimony, 2 drachms. Mix, take two table-spoonsful every four hours.

**Aperient Draught.** Salts, 1 drachm ; manna,  $\frac{1}{2}$  drachm ; infusion of senna, 1 ounce ; tincture of ditto, 3 drachms. Mix for a draught, give one every morning.

The diet must be light, and the patient need not be confined to the bed.

## SCARLET FEVER—MALIGNANT KIND.

**SYMPTOMS.** Chilliness, langour, sickness, heat, vomiting, sore-throat, quick pulse, great difficulty of breathing, the tonsils inflamed, and often ulcerated : on the third day the efflorescence appears.

**PROGNOSTIC.** This species of scarlet fever is always attended with danger.

TREATMENT, as in the simple kind, with the addition of a blister to the throat. Bleeding and active purgatives must be carefully abstained from in every case ; they are never advantageous, and not unfrequently productive of fatal consequences ; should costiveness supervene, an enema must be administered. When a putrid tendency prevails, bark and wine must be given : and astringent gargles be used freely. If possible, the patient should be removed from the rest of the family into a large airy apartment, and the body frequently sponged over with tepid vinegar and water, as it has effected wonders in several apparently hopeless cases. The cure should be begun with an emetic ; twenty grains of ipecacuanha will be sufficient, well worked off with warm drink, as water or tea ; after which, an aperient must be exhibited. A mustard poultice applied to the throat, as long as it can be borne, will always be of much advantage. Should purging take place, astringents combined with wine and opium, must be given freely. The disposition to dropsy, which ensues after this fever, must be met with diuretics, tonics, change of air, and a generous diet. The best plan in this complaint, is to give decoction of bark with an equal quantity of wine—viz., one table-spoonful of the bark, and one of wine, with four drops of muriatic acid ; and, in two or three hours after, the mixture, as under, to be repeated three times a day.

Belladonna appears to exert a direct power over scarlet fever, and is one of the most certain and powerful remedies ; it should be administered to every inmate of the house in which the fever exists, as a prophylactic.

*Aperient Pill.* Calomel, 2 grains ; rhubarb, 8 grains ; syrup of ginger, to form it into three pills ; to be given immediately.

*Mixture.* Camphor,  $\frac{1}{2}$  drachm. Dissolve in 1 drachm of spirits of wine, and add spring water, and cinnamon water, of each, 4 ounces ; strain and add subcarbonate of ammonia, 1 drachm ; syrup of ginger, or orange peel, 4 drachms. Mix, and give two table-spoonsful every four hours.

*Gargles.* Cayenne pepper ; 12 grains : hot water, 6 ounces. Infuse half an hour, and strain, add decoction of bark, 6 ounces ; oxygenated muriatic acid, 1 drachm. Mix for a gargle, and use frequently.

Or, barley-water, 5 ounces ; honey, 1 ounce ; muriatic acid,  $\frac{1}{2}$  drachm. Mix for a gargle.

Form for administering the belladonna.

Extract of belladonna, 2 grains ; spirits of wine, 2 drachms ; water, 2 ounces. Mix, give from ten to twenty drops three times a day, in water.

## PUERPERAL, OR CHILD-BED FEVER.

As these cases require the greatest care and promptitude in their treatment, no time must be lost in obtaining the best medical aid, in consequence of which, I shall not enlarge on the subject, or its treatment, lest mischief arise from delay.

*SYMPTOMS.* The chief characteristics of this fever are, a great tumefaction and extreme tenderness of the abdomen : in its early stage it is always attended with inflammation, which, in a few days, assumes a putrid form.

*TREATMENT.* In order to save time, where assistance cannot be procured for some hours, apply a few leeches to the abdomen, and keep up the bleeding with warm fomentations (for an hour, but not more on any account),

made with poppy heads, boiled in water, to which chamomile flowers may be added. Twenty grains of ipecacuanha must be given for an emetic ; afterwards, gentle laxatives, as castor oil, or rhubarb and magnesia, repeated daily. Saline and diaphoretic medicines, as in other fevers, combined with opiates.

*Diaphoretic Powder.* Antimonial or James's powder, 2 grains confection of roses to form a pill ; give one every four hours.

*Saline Mixture.* Lemon juice, 1 ounce ; subcarbonate of potash, 1 drachm ; mint-water, 1 ounce ; water, 4 ounces ; syrup of poppies and lemon, of each 2 drachms. Mix, and give two or three table-spoonsful every fourth hour, with the pill.

*Anodyne Pill.* Muriate of morphia, 2 grains ; syrup to form into 8 pills ; one or even two to be administered at bed time.

### MILK FEVER

COMES on about the third or fourth day after delivery, with swelling of the breasts (which are frequently hard, hot, and inflamed) and pains shooting towards the arm-pits ; it generally continues a day or two, terminating in perspiration and a copious discharge of urine.

*TREATMENT.* The bowels must be kept open, the breasts drawn frequently ; and in case of great swelling and hardness, fomentations, afterwards a tepid lotion,

Castor oil, 1 ounce. This dose is to be given every other morning.

*Lotion.* Muriate of ammonia, 2 drachms ; vinegar, 2 ounces ; camphorated spirits of wine,  $\frac{1}{2}$  ounce ; Goulard extract, 60 drops ; tincture of opium, 1 drachm ; water, 3 ounces. Mix, and apply to the breasts frequently on old linen rag, or lint, in a tepid state.

## HECTIC FEVER.

IT is utterly impossible, in a work like the present, to lay down any decided rules for the treatment of this anomalous fever ; which, arising from different causes, is attended with a great variety of symptoms.\*

Hectic patients often complain of pains like those of rheumatism, which affect by turns every part of the body ; or sometimes always the same part, which is often at a great distance from the seat of disease, and apparently unconnected with it. In this fever, the chilliness, heat, and perspiration, do not succeed each other regularly, as in true intermittent, and it is not uncommon for one of these stages to be wanting. When the perspiration is over, the fever will often continue, and in the middle of the hot stage the chills will return : this circumstance is one of the most certain marks of the disease.

The cause of this fever is supposed to be the absorption of matter from an abscess generally in the lungs. It appears, however, that it is generally attendant on any extensive suppuration ; and it is but of little moment whether it be occasioned by matter absorbed, or by the inflammation which always precedes and attends it. The sole attention must be directed to relieve the symptoms, by lowering the heat, preventing costiveness or purging, and procuring sleep or quiet, and restraining the nocturnal perspiration ; at the same time we must endeavour to restore the general health by air, exercise, and a mild, but nutritious diet, leaving the rest to nature and divine power.

\* In my work on the Cure of Consumption, and Asthma, I have, however, entered more minutely into the causes of this affection.

*Tonic Mixture.* Dissolve myrrh, 1 drachm, in a mortar, with spirit of pimento, 6 drachms; spring -water,  $6\frac{1}{2}$  ounces; add subcarbonate of potass,  $\frac{1}{2}$  drachm; sulphate of iron, 12 grains; simple syrup, 2 drachms. Mix, and let the patient take a small wine-glassful in the morning, at five in the evening, and again at bed-time.

*Mixture to restrain the night perspiration.* Infusion of roses, 6 ounces; tincture of opium,  $\frac{1}{2}$  drachm; diluted vitriolic acid, 2 drachms. Mix and give two large table-spoonsful every night at bed-time.

Sulphate of quinine, 2 grains; muriate of morphine one-eighth of a grain; syrup sufficient to form a pill; give one night and morning.

**OBSERVATIONS.** In all fevers, in order to render them more manageable during their course, one or two grains of blue pill, or four of mercury combined with chalk, may be given, joined with four or five of James's powders; a dose to be taken every other night,

One grain of tartar emetic should be dissolved in a pint of thin gruel or barley water, sweetened and slightly acidulated with lemon-juice, and of this let the patient have one table-spoonful given him every two hours; it will moderate the thirst and febrile excitement, act gently on the bowels, and promote the action of the skin.

### SMALL-POX\*

Is a disease of a most contagious nature, attended by a fever usually inflammatory. It is distinguished into the distinct and confluent; implying that, in the former, the symptoms are well marked and separate, and that in the latter, they run into one another.

\* Aharoun is the first writer who mentions small-pox, under the name of Djidni, which the Latin translators have rendered by the word Variolæ.

Some persons resist repeated inoculation, and even escape amid various epidemics; such individuals, however, commonly contract small-pox late in life. Many show a disposition to catch the disease a second and even a third time, though such instances are extremely rare.

**SYMPTOMS.** Chilliness, heat, pain in the head and back, sickness, pain in the stomach, sometimes attended with vomiting, fever, costiveness (and with children there are sometimes convulsions); on the third or fourth day the eruption appears, like flea-bites, on the face, breast, body, and feet, successively; there is also soreness in the throat; the eruption being completed, the fever subsides, maturation takes place like boils, the skin between being red; there is swelling of the eyelids, face, and hands. The pock grows white and smooth on the body, yellow and rough on the face, and full of white matter; about the seventh or ninth day, they dry (or, as it is termed, turn) and scale off, leaving red marks, and frequently scars behind.

**TREATMENT.** The cure may be divided into four stages; first, the eruptive fever; second, the progress of the eruption; third, the maturation of the pustules; fourth, the secondary fever.

In the first stage, emetics and refrigerant medicine, as salts, manna, infusion of senna, &c. &c. should be administered. During this stage, the patient must be kept cool, and even exposed to the air, if the weather will permit: the drink may be cold water, or very thin gruel, acidulated with orange or lemon juice, and, if in summer, fruit. Diluted vitriolic acid may be given in the drink, from eight, ten, to fifteen drops, three or four times a day. In the second stage we ought to prevent, as much as possible, the pustules from

becoming too numerous. The same remedies may here be employed as in the first stage. In the third stage the patient should be much in bed, at the same time lightly covered ; if, however, the weather be cold, keep the hands and arms covered, in order to promote the maturation of the pustules ; for which purpose, fomentations may be used every evening, of warm milk and water, or bran and water. The decoction of bark may be given with saline medicines and anodynes, to procure rest by night : the bowels must be carefully attended to. In the fourth stage the secondary fever appears, which frequently proves fatal. Every change must now be watched—we must support nature—prevent the return of the matter into the system—and if any has been returned, endeavour to discharge it. For this purpose, should there be no difficulty of breathing, or delirium, bark may be advantageously administered with diuretics, as syrup or oxymel of squills, sweet spirits of nitre, &c. &c. If fainting fits are present, or the swellings subside, give wine, and apply mustard poultices to the feet. After the disease has declined, change of air, a milk diet, with cooling medicine, will soon effect a cure.

It was the custom formerly to open the pustules at their full period of suppuration, and squeeze out the matter ; this practice was, generally speaking, always beneficial ; in very severe cases, it may be necessary to brush the face (and in females the neck and arms) over with a solution of nitrate of silver, containing one scruple of the salt to an ounce of distilled water, and repeat it, if not effectual, in order to prevent the parts becoming pitted and scarred ; but the operation ought always to be confined to the parts exposed to sight, being very painful,

and if it be not applied prior to the fourth day, little benefit will result; if the above is objected to, a little cream or spermaceti ointment may be warmed and applied with a feather or camel's-hairbrush.

*Saline Mixture.* Saline mixture and decoction of bark, of each 3 ounces; spirit of nutmeg, 1 drachm. Mix, give two table-spoonsful every fourth hour.

*Anodyne Draught.* Laudanum, 10 drops; syrup of ginger,  $\frac{1}{2}$  drachm; camphor julep,  $1\frac{1}{2}$  ounce. Mix for a draught, and give it at bed time.

Before concluding this article, I beg to add a few words on vaccine inoculation.

I consider it to be the duty of all who have the safety and unblemished appearance of their children at heart, to encourage this to be done as early as convenient after birth; it may be confidently affirmed, that the inoculated cow-pox is a much milder disease than the inoculated small-pox; and that the proportion of severe or fatal cases in the latter is to the former, as at least twenty to one.

In inoculating for the vaccine disease, the following remarks must be attended to :

The matter should not be taken before the ninth day. The fluid must be perfectly transparent, or it cannot be depended on. If not used immediately, it is to be allowed to dry gradually and thoroughly before it is put by, or enclosed in glass tubes hermetically sealed, in which the matter may be kept good for any length of time. The punctures cannot be too superficial, and on no account more than two should be made in each arm.

## MEASLES

ARE ushered in with shivering, pain in the head, fever, sickness, cough, heaviness, swelling and inflammation of the eyes, with a discharge of water from them : the tongue white, with the edges of a bright scarlet colour. On the second day all the symptoms are aggravated ; the third or fourth day an eruption like flea-bites appears on the neck and breast, and soon after, over the whole body : they rise above the skin, but never suppurate. The fever and other symptoms do not abate, as in small-pox, on the appearance of the eruption, which dies away, about the fourth day, the skin peeling off ; but the other symptoms remain, and are indeed frequently increased, especially the cough and difficulty of breathing.

In many cases the attack is so mild that no medicine is required ; but in others the fever is very violent. The after consequences are often more fatal than the immediate malady ; pulmonary consumption, and ophthalmia, not unfrequently being results ; the measles, as well as the small-pox, often call a disposition to scrofula into action. Sydenham and Gregory mention a species of measles without eruption, all the symptoms being present except the rash ; it is at all times, or with all persons, a contagious malady, in general prevailing as an epidemic at the end of winter or beginning of spring.

**TREATMENT.** Diaphoretics and pectorals must be given for the cough, and if there be much pain in the chest, a blister, cooling aperients, and a low diet. Should the eruption disappear before the proper period, immediate recourse must be had to the warm bath, or a succession of hot clothes rapidly applied, wine properly

diluted, and mustard poultices to the feet. Emetics followed up by antimonials will be the most efficacious treatment; if the eruption be of a livid colour, camphor and quinine are indicated.

*Powder.* Antimonial powder and camphor, of each 2 grains; subcarbonate of ammonia,  $1\frac{1}{2}$  grains. Mix, and give one every fourth hour, in honey or jelly.

*Mixture.* Solution of acetate of ammonia, and camphor julep, of each, 3 ounces; antimonial wine, 2 drachms. Mix, and give two table-spoonsful every fourth hour.

*Aperient Mixture.* Epsom salts, 1 ounce; manna, 4 drachms; tincture of senna, 2 drachms; infusion of senna, 5 ounces. Mix, and give a small wine-glassful every morning fasting.

### ERYSIPelas.

ALL parts of the frame are liable to the inroads of this troublesome complaint; but it most frequently appears on the face, legs, and feet. It is generally a disease of advanced life, and oftener met with among women than men; the young are by no means exempt; and it is usually, if not always, connected with a peculiar state of the atmosphere. There is another species which attacks the trunk of the body, vulgarly called shingles, a corruption of the French ceindre, (a belt). Little danger, however, is to be contemplated from this species.

**SYMPTOMS.** There is fever; the face or other parts affected are inflamed; there is scurf, pimples, blistering, heat, redness, itching and smarting: drowsiness is also a common attendant.

**TREATMENT.** Should the inflammation be violent,

leeches may sometimes be applied on the part with advantage (they, however, should always be destroyed afterwards, as they will convey infection if used again on a subject who is not suffering from the complaint) : bleeding, however, is always to be viewed as a hazardous measure, and never should be had recourse to, except in cases of extreme danger. An emetic will be advisable to commence with. Cooling medicines should be taken, and tepid lotions are to be applied on the part, or parts affected. The mixture and aperient medicine recommended under the head of measles are equally applicable here. Emetics will always be advantageous in the commencement.

*Cooling Lotion.* Solution of acetate of ammonia, 4 ounces ; vinegar, 1 ounce ; camphorated spirits of wine,  $\frac{1}{2}$  ounce ; tincture of opium, 2 drachms ; water, 2 ounces. Mix and keep the parts constantly wet by means of lint or rag, dipped in the lotion ; if made luke-warm, it will generally be more agreeable to the patient's feelings.

After the fever and inflammatory symptoms have subsided, the compound decoction of sarsaparilla must be freely used, combined with mild saline aperients and change of air.

*Compound Decoction.* Sarsaparilla sliced, 6 ounces ; water, a pint and a half. Simmer two hours, bruise the sarsaparilla, put it again in the decoction, and reduce it gradually to a pint, and add sassafras chips ; guaicum filings ; liquorice root sliced, of each 1 ounce ; mezereon root, 3 drachms ; simmer a quarter of an hour and strain. Take a large wine-glassful morning, noon, and night.

Those subject to erysipelas should take the above every spring and autumn, with some mild alterative as under : by which, together with care and proper diet, they may

escape, or render the attacks much milder. Small doses of sulphate of quinine will frequently prove beneficial.

*Alterative Powder.* Mercury with chalk, 5 grains. For a powder, take one every other, every second, or third night, for a week or ten days.

*Tonic Pill.* Sulphate of quinine, 24 grains; syrup or mucilage to form a mass. Divide into 12 pills; let the patient take one twice or three times a day.

A much more ready and better plan of using sarsaparilla is to procure the concentrated essence of this medicine.

### COW-POX.

ON the teats of the cow there occasionally occurs a particular pustule, known in England by the name of cowpox; the fluid of this pustule inoculated upon the skin of the human subject gives rise to an eruption to which the name of vaccine pox has been given.

The disease thus communicated possesses the very remarkable power of almost instantly preserving the constitution from the contagion of small-pox, and invariably of diminishing its action when it fails to give complete immunity from its influence.

The vaccine pustule appears three or four days after the inoculation of the matter; on the seventh and eighth days, it contains a viscid and transparent fluid, which is collected within a reticulated pseudo-membranous deposite; on the eighth the pustule is surrounded by an elevated border and an inflamed areola; it appears depressed in the centre; the fluid is at length changed into an elevated crust, which is detached towards the twenty-

fifth day, leaving a puckered and characteristic scar on the part. Cow-pox cannot in general be excited oftener than once in the same individual ; it has, however, been communicated a second time ; it may also be produced in some very rare instances in those who have had the small-pox, and may be communicated to persons of all ages ; but it seems to be more readily excited in children than adults. Infants have been vaccinated within an hour after birth ; but it is better, unless it be indicated by the presence of the small-pox, to defer it till the third or fourth month.

Certain seasons exercise an indubitable influence on the evolution of the cow-pox ; the heat of summer accelerates, intense cold retards its progress. Healthy individuals require no preparation ; occasionally, however, it is as well in adults, to soften the rigidity of the skin by the use of the warm bath, and the application of a bread and water poultice to the part selected for the puncture, the night before inserting the matter ; and in weakly or delicate children the arm should be briskly rubbed with a clean towel just before the operation is performed ; by such means many individuals have at length been successfully vaccinated, on whom the operation has been before fruitlessly attempted many times. Vaccination, when performed on infants three or four days old, fails, on an average, twice in three times ; it succeeds, on the contrary, ninety-eight times in a hundred, after six or eight weeks ; the pustule possesses its full energy on the fourth day of its appearance. The matter taken from young children is more certain in its effects than that from adults. It is a very mild disease, merely requiring a few doses of cooling aperient medicines.

*Aperient Powder.* R. Sulphate of potash, 6 grains ; powdered rhubarb, 4 grains. Mix for a powder, to be given in jelly or water.

Or,

R. Calomel, 2 grains ; powder of jalap, 4 grains. Mix for a powder.

### SWINE-POX.

THE eruption is preceded by febrile symptoms occasionally of great severity, lasting for two or three days. Frequently at the end of twenty-four hours a crop of small red spots, similar to flea-bites, appear on different parts of the body, changing for the most part into pointed elevations like small-pox in its first stage ; the pustules exhibit an opaque white speck on their summits ; they are, however, never entirely transparent like chicken-pox, neither are their cases so hard nor so much inflamed as the pustules of small-pox, but more so than the former ; the fever usually ceases after the eruption appears. On the third day the bases of the spots are more inflamed ; on the fourth and fifth day they continue nearly in the same state ; and on the sixth day they begin to die off ; on the seventh those of the face are transformed into crusts of a yellowish-brown colour ; on the eighth and ninth these crusts are detached, many of them leaving marks ; on the following day the scabs fall from other parts of the body. Those who have been vaccinated, as well as those who have had small-pox, are equally liable to this complaint ; and it is frequently mistaken for the latter malady.

The treatment does not vary from that employed in small-pox.

## CHICKEN-POX.

THIS disease, like the small-pox, depends on contagion, and affects the constitution but once during life.

The eruption is frequently preceded by chilliness, succeeded by heat, pain in the head and back, thirst, with a quick pulse; but these symptoms are not always present together. About the second or third day the pustules become filled with a watery fluid, which is never converted into yellow matter as in small-pox, generally; on the fifth day, they dry away forming crusts or scabs.

This complaint is never attended with danger.

The small-pox and chicken-pox differ, in the eruption of the former being preceded by a fever of certain duration, while in the latter, there are rarely any true febrile symptoms; the vesicles also appear much earlier in the chicken than in the small-pox, and about the second or third day become filled with a watery fluid or serum, the matter of the former never acquiring a purulent appearance, which is invariably the case in the genuine small-pox; and, further, the pustules of the chicken-pox are fully formed on or about the fifth day, while in the small-pox they are not at their height at that period.

These distinctive marks are requisite to be attended to, there being good grounds for supposing that chicken-pox has not only been mistaken for small-pox, but that the matter has been actually used for inoculation; to which may be traced many of the supposed cases of persons having been the victims of small-pox twice. A certain number of cases are invariably observed during the epidemic prevalence of small-pox, or closely following it. This species gives no immunity from small-pox.

**TREATMENT.** The patient must be placed on a non-stimulating diet, and two or three doses of mild aperient medicine administered ; should the febrile symptoms run high, antimonials combined with saline medicines must be given with sweet spirits of nitre, as advised under the article fever.

*Fever Mixture.* Saline mixture, and camphor mixture, of each  $2\frac{1}{2}$  ounces ; sweet spirits of nitre, 2 drachms ; syrup of lemon, half ounce. Mix, and give one table-spoonful every three or four hours.

*Aperient.* Sulphate of potash, 6 grains ; powdered rhubarb, 4 grains. Mix, and give one of these powders every second or third morning in water or jelly.

### NETTLE-RASH.

THIS a non-contagious inflammation, characterized by an eruption of prominent spots, or wheals, paler or redder than the surrounding skin ; rarely of long continuance, sometimes appearing after febrile symptoms, often occurring at intervals, or becoming aggravated by fits, and always attended by the burning and itching sensation that follows the stings of a nettle.

It is often produced by indigestible articles of food, as shrimps, lobsters, crabs, the roe of fish, and above all mussels, also by fish that have been dried and smoked. Other species of edibles have been said to induce it, as the white of eggs, mushrooms, honey, treacle, oatmeal, bitter almonds, the kernels of stone fruits, raspberries, raw cucumbers, and some medicines. It would appear, however, that the popular belief in its being usually the result of eating mussels is erroneous, and that it in ge-

neral depends more on the peculiar susceptibility of the the individual than on any other cause.

**SYMPTOMS.** A sensation of oppression in the region of the stomach, with general sinking, and giddiness ; the skin becomes hot, and the eruption appears on the shoulders, loins, the inner sides of the forearm, the thighs, and about the knees ; it is in general characterized by red, or whitish elevated spots, surrounded by an areola of bright crimson, the spots are commonly of an irregular shape, but sometimes circular, raised above the level of the skin, and of various sizes. When they are extremely numerous, the skin presents a uniform red tint, and the face and limbs become stiff and swollen ; the eruption is attended with intolerable itching, and a sense of prickling, especially during the night, or when the parts are exposed to the air ; vomiting, purging, and spasms, are in some instances added to the above symptoms. The generality of cases become ameliorated at the end of twenty-four or thirty-six hours, and are completely effaced in a few days afterwards. The disease is not in every case accompanied by white itchy elevations of the skin, the eruption being sometimes nothing more than a simple efflorescence, having the appearance of scarlatina ; some persons can, by rubbing any part of the body, excite a nettle-rash at will. In some instances the complaint has been known to last for months ; it is very common in summer, attacking females of a nervous and sanguineous temperament, and children more frequently than males ; it often makes its appearance periodically, and is never attended with danger.

**TREATMENT.** The parts should be frequently bathed with cold water, either alone, or combined with vinegar

or a little extract of Goulard; an emetic of ipecacuanha will, in most instances, be advisable; after which the patient may use a mixture prepared by mixing sixty drops of diluted nitric acid in six ounces of distilled water sweetened, and of this two table-spoonsful may be administered every four or six hours.\* Should the bowels be constipated, a dose of castor oil must be administered in the morning fasting, and the next day the warm bath. A mild unirritating diet is indispensable, and ought to be adhered to for some weeks after the attack has subsided; in fact it has frequently succeeded when other remedies have failed. The eruption will sometimes yield to small doses of the sulphate of quinine, particularly when it presents itself in weak, delicate constitutions. The formula below will be found very useful.

*Mixture.* Sweet spirits of nitre, 2 drachms; tincture of hyoscyamus, 3 drachms; saline mixture,  $5\frac{1}{2}$  ounces. Mix, and let the patient take two table-spoonsful every four or six hours.

*Lotion.* Prussic acid, 2 drachms; distilled, or rose water, 8 ounces. Mix for a lotion, and let the parts be sponged over twice or thrice a day.

*Saline Aperient.* Epsom salts, 2 drachms; manna, half a drachm; infusion of roses,  $1\frac{1}{2}$  ounce. Mix for a draught, to be taken in the morning fasting.

### INFLAMMATION OF THE BRAIN.

THIS is an inflammation of the parts within the head, and may affect the brain or its membranes separately.

**SYMPTOMS.** Severe pain in the head, flushed face, and inflamed eyes, inability to bear light or sound, loss of sleep, with violent delirium.

\* This preparation ought to be sucked through a glass tube, in order to save the teeth from injury.

**CAUSES.** Fits of passion, intense grief or study, violent exercise, blows on the head, abuse of wine and spirits, heat of the sun (when it is termed **Coup de Soleil**) ; it is produced by many acute diseases, and is always attended with extreme danger. The best advice should be procured immediately.

**TREATMENT.** Bleeding generally, leeches applied to the temples, the head should be shaved and covered by a blister, linen cloths kept wet with cold vinegar, the lotion advised in erysipelas, or ice, if it can be procured, should be kept constantly to the head, and changed as it grows warm ; active purgatives must be given at the onset, and afterwards those of a milder nature. The patient should be kept cool and perfectly quiet, light being excluded from the apartment. The food must be of the slightest kind, with cooling drinks given freely.

*Purgative Powder.* Powdered jalap, 10 grains ; calomel, 4 grains. Mix and give immediately ; and repeat in six or eight hours if it does not operate freely.

*Pill.* Camphor and antimonial powder, of each 2 grains. Syrup to form a pill. Give one every fourth hour, with three table-spoonsful of the following mixture.

*Mixture.* Lemon juice, 1 ounce ; subcarbonate of ammonia, half a drachm ; water 6 ounces ; mint water, 1 ounce ; nitre, 1 drachm ; simple syrup, 1 drachm. Mix.

## INFLAMMATION OF THE EYES.

THIS is a complaint of such urgency as to admit of no delay in obtaining the most skilful advice ; a few general observations will therefore suffice.

In the generality of cases, bleeding by leeches applied

to the parts, or near them, will be advantageous, and should be freely encouraged, by warm fomentations ; afterwards, a blister on the nape of the neck, or behind the ears, must be applied, and kept open, or renewed at short intervals. Decoction of poppy heads, warm water or green tea used warm, will be the best applications.

**SYMPTOMS.** In acute inflammation of the eye, there is soreness of the ball of the eye, attended with a pricking pain and a feeling as if there was sand under the eyelids, great heat, redness, swelling of the parts, and scalding tears. Should ophthalmia arise from sand, dust, lime, metal, flies, or hairs of the lids, the irritating cause must be immediately removed, a pasteboard shade, covered with green silk, should be worn by the patient, and the room darkened. The eyelids are apt to be cemented together, particularly during the night ; to remedy this, they should be smeared with a little spermaceti ointment at bed-time by means of a camel's-hair pencil.

*Pill.* Calomel, 2 grains ; extract of jalap, 10 grains. Mix in a mass, and divide into 3 pills ; give two at bed-time and one in the morning ; repeat this every other day, or every second day.

*Aperient Draught.* Epsom salts, 3 drachms ; infusion of roses, 10 drachms ; compound tincture of cardamoms, 2 drachms. Mix for a draught, to be taken every other morning.

*Diaphoretic.* The mixture recommended in fever will be very serviceable here. Should the pain be severe, an anodyne may be given at bed-time.

*Anodyne Pill.* Opium, 2 grains ; Castile soap, 4 grains. Mix and divide into two pills, one to be taken at bed-time.

Where opium disagrees give the following :

*Draught.* Tincture of henbane, 2 drachms; camphor julep, 10 drachms. Mix for a draught to be given at bed-time.

*Cooling Lotion.* Goulard's extract,  $\frac{1}{2}$  drachm; wine of opium, 1 drachm; rose-water, 6 ounces. Mix for a lotion, to be used frequently.

Or, sulphate of zinc, 6 grains; rose-water and camphor mixture, of each 3 ounces. Mix for a lotion.

*Anodyne.* Muriate of morphia, 2 grains; syrup to form a mass. Divide into 8 pills, give one or two, or if the irritation be very severe, three at bed-time.

Where the eyelids are ulcerated from a scrofulous, or scorbutic habit, the following formula will afford certain relief, if taken together with the decoction or essence of sarsaparilla; the bowels being kept soluble during the use of the drops.

*Alterative Drops.* Oxymuriate of mercury, 6 grains; muriatic acid, 20 drops. Dissolve the mercury in the acid, and add compound tincture of bark, 1 ounce. Give from 15 to 20 drops in water, after breakfast, and after supper.

*Ointment.* Ointment of nitrate of quicksilver (commonly called citric ointment),  $\frac{1}{2}$  ounce; lard, 1 drachm; Goulard's extract,  $\frac{1}{2}$  drachm. Mix and apply a little to the eyelids night and morning with a camel-hair pencil.

Or, Extract of hemlock recent, 1 drachm; cinnamon water, 1 ounce. Let the patient take 4 drops in water 3 times a day.

## INFLAMMATION OF THE EAR

Is not often attended with fever, though the patient suffers severely; yet both fever and delirium have been the result when not attended to, or improperly treated.

**TREATMENT.** Leeches behind the ear, and afterwards blisters. Should an abscess be suspected, the suppuration must be encouraged by warm emollient poultices, and fomentations of warm water. The ear-ache sometimes continues many days without any apparent inflammation; in these cases, a little cotton or wool moistened with laudanum, oil of almonds, or even warm water will relieve it.

A little of the vinegar of Spanish flies, applied by means of a camel-hair pencil behind the ear, or on the temple, will be found a much more convenient mode of raising a blister than by the ointment.

## INFLAMMATORY SORE THROAT.

**SYMPTOMS.** Difficulty of swallowing and breathing, redness of one or both tonsils, dryness of the throat, a foul tongue, with fever.

**TREATMENT.** At the beginning, an emetic should be given, afterwards mild aperients, and a blister round the throat; in mild cases, a stimulating liniment, as under, will be often sufficient. The mouth and throat should be well rinsed with an astringent gargle. Should there be much accession of fever, the treatment must be conducted as advised under the head of that disease.

*Stimulating Liniment.* Tincture of opium, 1 drachm; harts-horn, 3 drachms; sweet oil,  $\frac{1}{2}$  ounce. Mix, and let the throat be rubbed twice or three times a day.

*Gargle.* Barley-water, .6 ounces ; honey,  $\frac{1}{2}$  ounce ; diluted sulphuric acid, 1 drachm. Mix, and let the patient gargle frequently.

Or, acidulated infusion of roses,  $5\frac{1}{2}$  ounces ; tincture of myrrh, 3 drachms ; borax, 10 grains ; honey,  $\frac{1}{2}$  ounce. Mix for a gargle.

The following preparation, sold by chemists under the name of Granvill's Ammonia, is an excellent liniment where a counter-irritant is required.

R. Strong hartshorn, 6 drachms ; camphorated spirits of wine, 3 drachms ; spirits of rosemary, 3 drachms. Mix for a liniment.

### MUMPS.

THIS disease chiefly affects children and young persons, particularly among the poor ; is epidemic and contagious, seldom, however, requiring the aid of much medicine.

**TREATMENT.** Keep the bowels open, and use the liniment, as under, with the diaphoretic mixture recommended under the head of fever.

*Liniment.* Camphorated spirits of wine, 1 ounce ; hartshorn, 3 drachms ; tincture of Spanish flies, 1 drachm ; sweet oil,  $\frac{1}{2}$  ounce. Mix for a liniment, to be used frequently.

*Purgative Powder.* Calomel, 2 grains ; rhubarb or jalap in powder, 5 grains. Mix and give at bed-time ; it should be repeated once or twice with the interval of a day or two between each dose.

## MALIGNANT, OR PUTRID SORE THROAT.

THIS complaint is most common in autumn, and is highly contagious: medical advice should instantly be procured.

**SYMPTOMS.** Thirst, debility, with oppression at the chest; the face is flushed, the eyes red, and a stiffness is perceived in the neck, accompanied with hoarseness and sore throat. On the second or third day, patches of a dark-red colour appear on the face, neck, and over the body, which go off in four days without any remission of the symptoms. In the worst cases the fauces appear black, severe purging comes on, and the unfortunate patient is cut off before the seventh day, often as early as the third.

**TREATMENT.** Bleeding and active purgatives are invariably fatal. An emetic of ipecacuanha should be administered in the commencement (viz., the first twelve hours), afterwards gentle saline aperients, or clysters. An infusion made with a desert spoonful of cayenne pepper, a tea-spoonful of salt, and a pint of boiling water, adding to it the half quantity of warm vinegar. After it has stood an hour, strain, and give one table-spoonful every three or four hours. With this, the sulphate of quinine should be also administered as under; if there be a dry skin, sudorifics will be indicated. Blisters are not advisable; but a stimulating liniment, as recommended in common sore throat, will be very useful here.

The food should consist of barley-water, arrow-root, rice, sago, &c.; or calf's-foot jelly, the drink may be white-wine-whey, or port-wine negus, with orange or lemon juice. The room must be kept well-aired, and sprinkled

with vinegar. The pepper medicine is not only useful in this disease, but has been known to prevent it. Those who attend the sick should take a tea-spoonful twice or three times a day, with the gargle, as under.

Decoction of bark, 7 ounces; muriatic acid, 1 drachm: compound tincture cinnamon, and myrrh, half ounce of each. Mix for a gargle, to be used frequently.

*Emetic* Powder of ipecacuanha, 20 grains. Mix for an emetic, and let it be well worked off with tepid water.

*Quinine Pills.* Sulphate of quinine, 36 grains; confection of roses or syrup, to form a mass; divide into 12 pills, let the patient take one every four or six hours.

## CROUP.

A SHORT time previous to an attack of the disease, the child is drowsy and fretful, separates himself from his companions, the eyes are suffused and heavy, there is a cough, which has a peculiar shrill sound. As the complaint advances, the breathing becomes difficult, and the head is thrown back in the agony of attempting to escape suffocation; not only is an unusual sound produced by the cough, but the breathing is performed with a hissing noise; there is also great thirst, fever, and restlessness. The croup is always attended with much danger.

**TREATMENT.** Bleed freely by leeches, and apply a blister to the throat; an emetic should be given, which will bring off a quantity of ropy mucus: the child should be bolstered up in bed to avert the danger of suffocation. The bowels must be freely acted on by purgatives; and diaphoretics employed.

By the above means, promptly applied, the disease may

be cut short or averted. It is of the utmost importance that the warm bath should be used on the first attack : no time should be lost in so doing ; and after that calomel must be administered, from five grains and upwards, according to the age of the patient, every hour, till the breathing is relieved, when it is to be gradually discontinued, allowing four, six, or eight hours between the doses.

*Purgative Powder.* Calomel, 3 grains ; jalap, 6 grains. Mix, administer immediately.

*Emetic.* Antimonial wine, 2 ounces. Give a tea-spoonful every quarter of an hour, till it operates freely.

Calomel, 4 grains ; James's powder, 1 grain. Mix, and after the warm bath has been administered, give 1 powder every hour till the symptoms are relieved ; in some severe cases it is necessary to open the wind-pipe to prevent strangu-  
lation.

## PLEURISY AND INFLAMMATION OF THE LUNGS.

THE above diseases should be considered under one head ; the lungs being often inflamed without the pleura, but the latter seldom or never alone.

**SYMPTOMS.** Chilliness, shivering, succeeded by heat, thirst, and restlessness, a violent acute pain on one side (generally the right) near the ribs, extending towards the shoulder-blades, back, and breast, which is worse when the affected side is lain on ; difficulty of breathing, flushing of the cheeks, nausea, dry cough, the expectoration, if any, being brown, or tinged with blood.

**TREATMENT.** If the disease is neglected at the onset,

it proceeds with great violence and rapidity, and it is at all times attended with danger; our chief hope must therefore depend on an early bleeding. A large blister must also be applied over the part, and should be kept open for a few days, or a fresh one applied over the former. When the pain is not very acute, a mustard poultice, or flannel, wrung out in hot water, or a decoction of poppy heads, with chamomile flowers, will be often effectual. Active purgatives are improper. Inhaling the steam of hot water, in which have been infused herbs, will be useful to promote expectoration: sudorific medicines must be freely administered. During the disease, no animal food should on any account be allowed; the diet must be low, and, on recovering, the patient must carefully guard against exposure to cold, a return of the complaint not unfrequently proving fatal.

*Mixture.* Tartar emetic, 2 grains; water, 7 ounces; syrup, 1 ounce. Mix and give two table-spoonsful every four hours.

*Mixture.* Mucilage of gum arabic, 4 ounces; water,  $1\frac{1}{2}$  ounces; nitre, 1 drachm; antimonial wine, 1 drachm; syrup of lemon, half ounce. Mix, and when shaken, give one or two table-spoonsful every four hours.

*Pill.* Antimonial powder, 2 grains; confection of roses, or honey, to form a pill. Give one every four hours with the mixture.

## BRONCHITIS, OR INFLAMMATION OF THE WIND-PIPE.

INFLAMMATORY action is particularly likely to occur in mucous membranes; and, whenever such a state has

once been established, even in a very minute degree, it readily extends, and is capable of terminating life in an incredibly short period—thus a common cold with very slight aggravation may, in an irritable habit, be converted into an attack of acute bronchitis.

**CAUSES.** Any of those which produce cold will induce bronchitis, which is, properly speaking, an inflammation of the mucous lining of the wind-pipe; it is a severe disease, terminating fatally in a week or ten days from its commencement; fortunately it is of rare occurrence.

It must be borne in mind, that when a patient has once suffered from an attack, he is particularly liable to a recurrence; a cold or an accidental exposure to damp night-air will be sufficient; too much care, therefore, cannot be taken to guard against exposure to exciting causes.

There are five species of Bronchitis: 1st, Acute Bronchitis of Adults; 2nd, Acute Bronchitis of Infants; 3rd, Subacute Bronchitis; 4th, Chronic Bronchitis; 5th, Simple Irritation of the Bronchial Membrane.

**SYMPTOMS.** Great pain and tightness about the chest; the breathing becomes difficult, in consequence of the irritable state of the membrane lining the windpipe; and a deep inspiration is impracticable; the natural secretion of the membrane becomes increased in quantity, and changed in quality; from being at first thin and glairy, like the white of an egg, it becomes tough and gelatinous; varying in colour as well as consistence; in health it is colourless, but, as the disease advances, it changes from yellow to grey, green, and even black, is secreted in incredible quantities, and respiration is consequently performed with a murmur or whizzing, which is most distressing to the patient and his attendants. The lips

become pale and livid, which arises from the imperfect oxygenation of the blood ; with these symptoms, there is severe headache, drowsiness, a furred tongue, feeble pulse, hot skin, and not unfrequently, low delirium.

The cough is dependant chiefly on reaction, and not a salutary effort of nature ; indeed so urgent has this symptom been, that patients have expired during a fit, completely suffocated by the accumulation of mucus, and exhausted by the disease.

**TREATMENT.** Much will depend on the constitution and stamina of the patient ; the vital powers are always more or less depressed, by the impediment experienced in performing the office of respiration, bleeding is now universally exploded ; emetics and blisters conjoined with aperients, or even mild purgatives are always safe remedies.

As the profuse expectoration is a morbid secretion and not a salutary discharge, any thing that tends to determine the circulation to other parts will be attended with good effects.

Ten grains of the carbonate of ammonia, added to an ounce and a half of camphor julep, and a dose given every two or three hours, will in general prove of service by diminishing the cough, and relieving the difficulty of breathing : a pill containing 3 grains of James's powder, and 1 each of opium and calomel, may be taken every six or eight hours.

The inhalation of medicated vapour (as elder flowers or chamomile) will sometimes allay the severity of the symptoms. Great relief will be experienced from rubbing the chest freely, with a liniment composed of one ounce

of aromatic spirits of ammonia, and two ounces of eau de Cologne, on soap liniment.

There is nothing so conducive to the recovery of patients, who have suffered from bronchitis, as a dry mild air; indeed, there is no disease in which change of air is of more advantage than in this complaint. Flannel should always be worn next the skin, and the greatest attention paid to keep the feet dry and warm.

DIET during convalescence should be light, and nourishing, without being stimulating; it may consist of fish, jelly, and game; after recovery is further advanced, mutton, poultry, a little sweet ale, bottled porter or sherry, will be of service. The formula below will be found useful.

Calomel, 3 grains; tartar emetic,  $\frac{1}{4}$  grain; extract of henbane, 5 grains. Mix, for two pills, to be taken at bed-time.

Salts,  $\frac{1}{4}$  ounce; infusion of senna, 10 drachms; tincture of senna, 2 drachms. Mix for a draught, to be taken in the morning fasting.

*Mixture.* Solution of acetate of ammonia,  $1\frac{1}{2}$  ounce; camphor julep,  $3\frac{1}{2}$  ounces; nitre, 1 scruple; antimonial wine, 2 drachms; tincture of henbane, 2 drachms; syrup of tolu, half ounce. Mix and take three table-spoonsful every six hours.

Or, Muriate of morphia, 2 grains; paregoric elixir, 1 drachm; mucilage of gum arabic, 1 ounce; syrup of orange-peel, half ounce; water 3 drachms. Mix and take one or two tea-spoonsful occasionally, or at bed time when the rest is disturbed.

Or, Almond emulsion, 4 ounces; ipecacuanha wine, 1

drachm ; vinegar of squills, 2 drachms ; syrup of tolu, half ounce ; water, 1 ounce. Mix, and take two table-spoonsful three times a day.

Or, Almond emulsion, 6 ounces ; Prussic acid, 10 drops ; syrup of orange peel, 2 drachms. Mix, and take one or two table-spoonsful three or four times a day.

### SUBACUTE BRONCHITIS.

THIS species of bronchitis is attended with considerable fever, and runs its course in three weeks or a month, generally confining the patient to bed a part of the time.

Those who have once been attacked with it generally suffer in the winter every year ; there is copious expectoration, wheezing, and sometimes vomiting of food ; in such cases it so closely resembles whooping-cough, that for some time it is with difficulty distinguished from that complaint.

**TREATMENT.** Emetics, blisters, stimulating liniments, aperients, with saline and antimonial medicines, combined with Prussic acid and opium are indicated.

### CHRONIC BRONCHITIS, OR WINTER COUGH.

**SYMPTOMS.** There is a frequent pulse, furred tongue, pains in the head ; a deep inspiration is always followed by a fit of coughing ; the difficulty of breathing is slight while the patient remains quiet, but it is much increased by exertion, particularly on walking up hill, or going up stairs.

The cough occurs in fits, lasting several minutes, generally in the morning when first awaking, or on going to bed at night ; sometimes a pint of mucus has been expec-

torated in twenty-four hours. The feet are generally cold, and the patient loses flesh.

The duration of this species is various; it is little disposed to wear itself out, and, if neglected, will frequently run on during a whole winter; it is not attended with danger unless it wears down the constitution by repeated occurrence.

**CAUSES.** It is in general produced by cold or moist air; foggy weather will almost invariably produce an attack in those who are predisposed to it.

**TREATMENT.** Emetics and active aperients should be administered. Blisters are useful in every form of winter cough: the particular symptoms which call for their employment are—a cold skin, languid circulation, with oppressed respiration; a uniform temperature, warm clothing, and a light diet, are indispensable; removal to a warm climate will sometimes be requisite.

*Mixture in Chronic Bronchitis.* Almond emulsion, 7 ounces; oxymel of squills and paregoric elixir, of each half an ounce. Mix; dose, two table-spoonsful three times a day.

Where there is fever the following:—

Wine of colchicum, 2 drachms; tincture of foxglove, half a drachm; subcarbonate of potass, 1 drachm; citric acid, 1 drachm; water,  $5\frac{1}{2}$  ounces; syrup of mulberries, half an ounce. Mix; dose, two table-spoonsful three times a day.

Where the expectoration is deficient:—

Oxymel of squills, syrup of poppies, ditto of tolu, of each half an ounce. Mix; one tea-spoonful to be taken frequently.

## IRRITABLE BRONCHITIS.

THIS is a form of bronchial affection, unattended by any symptoms of a disordered constitution.—The patient, on awaking, is attacked with a severe and loud fit of coughing, which continues to harass him for half an hour after rising, and recurring occasionally during the day. It is not attended with much expectoration, and appears to consist chiefly in an increased irritability of the membrane. As it can always be traced to cold, it is probably allied to a state of inflammation. Change of air is generally of benefit, and the following formula will be found useful.

Prussic acid,\* 6 drops ; almond emulsion, 2 ounces. Mix, half to be taken night and morning.

## EMPHYSEMA OF THE LUNGS.

THIS affection is only a variety of asthma, and implies the presence of air in the structure of the lungs. There are two species.

The first, formed by dilatation of the minute bronchi, and air-cells, or by the rupture of several contiguous cells ; the second by the infiltration of air into the cellular tissue investing and connecting the air-cells together.

**SYMPTOMS.** The difficulty of breathing attendant on emphysema is constant ; in slight cases the complexion is little changed, but, when it is considerable, the skin assumes a dull earthy hue, chequered with a tinge of lead-colour, the lips are livid and swollen ; there is also a slight cough and expectoration, of which the patient is frequently unconscious.

**TREATMENT.** Cases of this description requiring a

\* The Prussic acid ordered in this work is that of the London Pharmacopœa.

surgical operation, the palliative mode of treatment can of course only be noticed. The internal employment of subcarbonate of iron has been frequently successful by giving time and vigour to the system; anodynes are also resorted to, with a view to allay pain and irritation, when the breathing is much affected, frictions with oil or some stimulating liniment, as recommended under the article on consumption, will be useful; and decided benefit be experienced by sponging the chest over every morning with vinegar and water, and afterwards rubbing it dry with a flannel, coarse towel, or hair glove.

The diet must be carefully regulated, and no stimulating food indulged in; the clothing should be warm, and all exposure to cold guarded against, most carefully.

*Liniment.* Hartshorn, 3 drachms: tincture of opium, 2 drachms: soap liniment, 3 drachms. Mix and let the chest be well rubbed night and morning.

*Anodyne Drops.* Muriate of morphine, 3 grains; spirits of wine, 1 drachm; acetic acid, 4 drops; mix together in a mortar and add distilled water, 1 ounce. Let the patient take from 8 to 15 drops in a cup of coffee as strong as it can be prepared, without sugar or cream.

\* The escape of air into the cellular tissue is attended with this consequence; when once air is effused in any part it may be extended throughout the body, the following case illustrates the fact. A patient twenty-five years of age had been ill for a fortnight, and was admitted into the hospital with symptoms of typhus fever, in a few days he died; and the whole of the body was found to be in an emphysematous state, also the air was discovered to be inflammable. A puncture was made in the abdomen, the gas which escaped took fire on the flame of a taper being applied, and burnt for some time; the flame was blue at the base, and white at the summit; the edges of the

## LOSS OF VOICE, OR APHONIA.

HAVING frequently met with this very distressing symptom, and well knowing how often it becomes difficult to manage, a short notice, it is presumed, will prove useful, more particularly as it has never been made a separate article of in works of this description.

A fine and exquisitely toned voice, is similar to poetic genius, the gift of the creator, but the worst voice is capable of improvement, and a fine one may be preserved from injury; before however treating on the practical part of this article, we will endeavour to convey to our readers some knowledge of the philosophy of the voice. So many views have been taken of the mechanism of the human voice, that it is no very easy task to reconcile them. Galen compared it to a flute, Ferrein to a violin, Kradzer thought it like a drum with the head divided; now perhaps all were in error, and the truth lies between; it being a compound of all three sounds, or as Blumanbach remarks, it nearly resembles the *Æolian* harp played by the wind, and this comparison will be still nearer the truth if with Mejendei we refer to those instruments whose sounds are produced by reeds, for instance the puncture were consumed and the aperture enlarged to double its original size.

Whether this gas was the product of a chemical action or putrescent matter, or a morbid secretion from vital action, it is not easy to determine, but the fact which is well authenticated; is an explanation of the means by which spontaneous combustion is produced in the human body.

It must not, however, be inferred that the gas in every case of emphysema is inflammable: this one is adduced only with a view to account for an extraordinary circumstance upon which many are to this hour incredulous.

hautboy or clarionet, there is however this remarkable difference, that the tones of the voice are not produced by the closure of holes as in those instruments, but by varying the width of the wind-pipe at its orifice.

Now the orifice of the wind-pipe, or organ of voice, is little more than the tenth of an inch at its greatest extension, namely, when uttering a low note, and it is capable in most persons of nearly sixty variations in its width. These must of consequence be all confined within the before-named small orifice, and most justly has it been remarked, that the variation of a fiftieth part of a silk worm's thread, or the three hundredth part of a hair in the diameter of the orifice, will occasion a perceptible difference in tone.

The motion of the organ in speaking or singing may be readily felt externally, if the finger be placed on the fore part of the throat, in this way it will be discovered that the organ is drawn further up and more forward when a shrill tone is uttered, and to assist the muscles the head is inclined rather more backward than in making a graver tone. The depression or elevation of the organ has been ascertained to be an inch for every octave.

The first and most effectual method of improving the voice is by constantly exercising it, particularly at the pitch and tone where it is most deficient. The most wonderful effects have been produced by this system, in adding to the power and sweetness of the tone.

The labourer has the muscles of his arms wonderfully increased in size and strength by continued action, and the same effects will be produced in the muscles and nerves of the voice. The sky-lark, whose pipe is so powerful, has it of singular capacity.

To those who speak in public, we recommend not only frequent speaking aloud in private at various pitches of the voice, but also singing in different keys.

Another method of improving the voice is by bathing and gargling, regularly night and morning, with cold water, and we may here remark that thick neck handkerchiefs and pads act injuriously; if cold is felt, let the ear and angle of the jaw be protected, and the front of the throat may be exposed without fear.

All acids and astringents do mischief; if the throat be dry, peppermint or nitre lozenges, or a small piece of purified nitre will relieve it.

A raw egg beat up in a wine glass of good sound sherry or Madeira, or half the quantity of brandy or rum, with a little warm water, to which may be advantageously added two or three teaspoonsful of compound tincture of cinnamon, this tincture is of itself an excellent tonic for the voice, and the egg will strengthen and prevent the astringent from acting injuriously on the throat or stomach.

Should it be supposed that there is a tendency to inflammatory action, a blister must be applied and repeated at intervals, with the following taken two or three times a day.

Nitrate of potash, 2 scruples; extract or rob of elder-berries sufficient to form an electuary. Mix, dose a tea-spoonful, twice or thrice a day.

### HOOPING COUGH

Is a convulsive cough, returning in fits, which terminate in vomiting, or expectoration: in its first stage it is a

febrile disease. Children are commonly the subject of its attack: it is often epidemic, and so well known as to need nothing in the way of description.

**TREATMENT.** Frequent emetics, with antispasmodics and tonics, change of air, and a mild diet, will be the best method of cure: the bowels must be carefully regulated.

\* Artificial musk,  $\frac{1}{2}$  drachm; spirits of wine, 1 ounce. Mix, and begin with four drops twice a day, increasing the dose to eight drops three times a day.

Or, Extract of hemlock, 2 grains; tincture of opium, 4 drops; decoction of bark, 1 ounce. Mix for a draught, and give one morning, noon, and night.

*Liniment.* Tartar emetic, 1 scruple; water,  $1\frac{1}{2}$  ounce; vinegar of Spanish flies and camphorated spirits of wine, of each 2 drachms. Mix for an embrocation: rub the spine and pit of the stomach night and morning, and cover the part with flannel.

Or, Superacetate of lead, 4 grains; rose water,  $2\frac{1}{2}$  ounces; syrup,  $\frac{1}{2}$  ounce. Mix and give a tea-spoonful every six or eight hours.

Or, Prussic acid, 12 drops; muriate of morphine, 1 grain; ipecacuanha wine, 30 drops; rose water or camphor julep, 6 ounces. Mix, and give one or two table-spoonsful three times a day, with one of the following pills:

#### \* TO PREPARE ARTIFICIAL MUSK.

Drop  $3\frac{1}{2}$  drachms of nitric acid on 1 drachm of oil of amber, stirring them well. After standing 24 hours a resin is obtained, which emits an odour resembling musk; this must be washed alternately in cold and hot water till all acidity is removed. The tincture is thus made: Dissolve 2 drachms of the resin in 8 ounces of spirits of wine: the dose is from 10 drops to 1 drachm, and it is best taken in almond emulsion.

Sulphate of quinine, 15 grains ; confection of roses, sufficient to form it into 12 pills.

### HŒMOPTOE, OR SPITTING BLOOD.

**SYMPTOMS.** Cough and shortness of breath ; if blood be coughed up, it is florid and frothy ; should the patient be consumptive, the rupture of a vessel in the lungs may be suspected : it is attended with pain, if occasioned by a fall or bruise.

**TREATMENT.** Gentle laxatives, and perfect repose must be enjoined : some of the formulæ given below may be used with advantage, but the best advice should be instantly obtained. Should the bleeding resist all means to restrain it, and the patient be in danger from weakness, a blister must be applied to the chest ; a table-spoonful of common salt will often be successful when the other means have failed : the following pill, the author has proved to be efficacious :

*Pill.* Opium, 1 grain ; spirit of turpentine, 3 drops. Mix in a pill and give one every four or six hours, till the bleeding has ceased.

Or, sulphate of zinc, 2 grains ; muriate of morphia,  $\frac{1}{4}$  grain ; confection of roses to form a pill. Give one three times a day.

Or, Sulphate of copper, 5 grains : dissolve it in rose water, 8 ounces : sedative liquor of opium or laudanum, 2 drachms. Mix and give one large table-spoonful every four or six hours.

Or, Prussic acid, 30 drops : infusion of roses or camphor julep, 6 ounces. Mix and give one or two table-spoonsful every four or six hours.

Should the blood come from the stomach, there will be no cough, but a sense of weight and oppression the stomach is distended, and the blood of a dark colour. The treatment in this case will be the same as in the former.

ANGINA PECTORIS,  
OR SUFFOCATIVE BREAST-PANG.

LITTLE of a satisfactory nature is known about this disease except the symptoms. The most rational opinion is that it is a species of neuralgia. The derangement of the heart and other parts with which it is sometimes associated, being the effect not the cause. The stomach is generally oppressed with wind during and before the attack, and as relief is always obtained on its expulsion, it is likely that the generation of gas in the stomach or intestines may be more a cause than a consequence.

Angina Pectoris is more likely to be confounded with asthma than any other malady, and is doubtless often mistaken for it. A little attention, however, will mark the great difference between them.

An attack of Angina is in general preceded by derangement of the digestive organs, pains in the limbs, and spasms in the chest ; it often occurs without any warning, more particularly when the patient is ascending a hill, walking up stairs, or taking exercise after a hearty meal. In the acute form he is seized with a sense of painful constriction of the chest, a little to the left of the pit of the stomach, extending to the shoulder, elbow, and wrist ; when very violent, the pain in the chest and arm amounts to excruciating agony ; there is also a feeling of suffoca-

tion, great anxiety, and an idea of approaching dissolution. The pulse sinks during the fit more or less, and is irregular; the face is pale, and together with the extremities, bathed in a cold sweat; for a time the patient is deprived of sense and voluntary motion.

Though this disease is unfortunately generally fatal, and sometimes suddenly so, it often occurs that the constitution is not much disordered, even where the paroxysms are attended by intense agony, yet its continuance never fails ultimately to sap the vital energies. Males of the middle age are more frequently the victims than females.

**TREATMENT.** No complaint demands from the practitioner a more intimate knowledge of the patient's habits, constitution, and the probable cause to which the attack is referrible, than Angino Pectoris; the treatment must be considered with reference to the two conditions of the disorder—the paroxysms, and the intervals between their recurrence.

During the attack, anodynes, antispasmodics, and cordials, will be of service, by relieving the urgency of the pain, expelling wind, and invigorating the system.

Care must be taken, during the interval between the paroxysms, to avoid all exciting causes, such as walking up stairs, stooping, &c. The bed-room should be on the same floor as the sitting-room. The diet neither too low nor too stimulating, and every kind of food of an indigestible nature must be carefully avoided. Purgatives are to be administered from time to time; I have frequently found them of service. A few formulæ are subjoined:

## TO RELIEVE FLATULENCE.

Peppermint water and spirit of cinnamon, of each  $\frac{1}{2}$  ounce : sulphuric æther, 30 drops : spirit of red lavender, 20 drops. Mix for a draught, to be given at intervals.

*Ointment of Morphine.* Acetate of morphine, 5 grains : spermacetti ointment, 1 ounce. Mix and rub a little over the parts affected during the paroxysms.

*Liniment.* Compound camphor liniment, 1 ounce : tincture of opium, 2 drachms : vinegar of Spanish flies, 2 drachms. Mix and well rub the parts with it night and morning.

*Aperient Draught.* Salts, 3 drachms : infusion of senna, 10 drachms : tincture of rhubarb,  $1\frac{1}{2}$  drachms : sal-volatile, 30 drops. Mix and let the patient take it in the morning fasting.

*Anodyne and Antispasmodic Mixture.* Sulphuric æther, 2 drachms : tincture of henbane,  $\frac{1}{2}$  ounce : ginger, 2 drachms : camphor julep, 5 ounces. Mix, take one or two table-spoonsful occasionally.

Or, prussic acid, 30 drops : muriate of morphine, 1 grain : ipecacuanha wine, 30 drops : rose water or camphor julep, 6 ounces. Mix and give one or two table-spoonsful three times a day with one of the following pills : sulphate of quinine, 15 grains : confection of roses sufficient to form it into 12 pills.

## CONSUMPTION.

LITTLE can be said on this complaint in a popular work. No time should be lost in obtaining the best medical aid the moment a tendency appears in the patient ; as it is only in the early stages that remedies have a decided power over this dreadful and fatal disease ; though even in the latter stages much may be done to alleviate.

Persons who have a tendency to the complaint are often fair and handsome, of a thin spare frame, prominent shoulders, narrow chest, and a full dark, or light blue eye; the skin and teeth being very transparent.\*

**SYMPTOMS.** Hectic fever, wasting of every part of the body, a short dry cough, which excites little attention at first, pulse quick, extreme lassitude, night sweats, flying pains and stitches in the sides, expectorated matter, purulent, bloody, and often offensive, with white round lumps, which sink in water, the hair grows thin, and is detached by the most gentle use of the comb, the ends of the fingers become enlarged and the joints prominent.

**TREATMENT.** As before remarked, it is impossible in this work to lay down any plan of treatment which could be safely depended on by the inexperienced; the same power which serves to place a vessel on her right course, will set her on the wrong; this is precisely the case with remedies; the same medicine that cures the disease in one person will aggravate it in another, and when such a power is wielded by the ignorant or unskilful, it becomes a fearful engine of mischief. Change of air, and if possible, climate; short sea voyages, a milk diet, with horse

\* It is worthy of remark, that in consumptive families the hazel and black-eyed children die, and the blue-eyed live an observation which I have made during the last fifty years, I have never yet seen a blue-eyed young subject grow into a consumption, that is, I never saw a blue-eyed young person who grew rapidly, who was tall and slender, with narrow shoulders, contracted chest, and who died about the age of puberty; whether this circumstance has been noticed by pathologists or not, the fact is, I am certain quite correct; a man who has a consumptive tendency should always marry a blue-eyed wife.—*Walker on Intermarriage.*

exercise, and nutritive food, are chiefly to be depended on. In the very early stage, the muriate of lime will relieve and sometimes disperse tubercles. Two scruples, or a drachm, may be given daily, gradually increasing the dose. Some of the following formulæ may be found useful in cases where there is no medical aid to be procured :

*Mixture.* Dissolve myrrh, 1 drachm, in a mortar, with spirit of pimento, 6 drachms: water,  $6\frac{1}{2}$  ounces, and add subcarbonate of potash, 1 drachm: sulphate of iron, 12 grains: syrup, 2 drachms. Mix and give two table-spoonsful morning, noon, and night.

Or, *Pills.* Sulphate of copper, 12 grains: extract of henbane, 1 drachm. Mix and divide into 24 pills, give one morning, noon, and night.

Should the cough be very troublesome by night, give the following :

Muriate of morphine, 2 grains: saline mixture, 4 ounces. Mix and give one or two table-spoonsful at bed-time.

The following is worth a trial; it may increase the symptoms for the first few days, but afterwards the patient generally feels great relief :

Iodine, 5 grains: hydriodate of potass, 3 grains: distilled water, 4 ounces; spirits of wine, 2 drachms: tincture of hemlock, 6 drachms. Mix, put one or two table-spoonsful of this mixture into a pint of boiling water, in an inhaler, and inhale the vapour ten minutes, night and morning.

Sarsaparilla is worthy of a trial, as are the decoctions of bark, or cascarilla, with saline mixtures.

The chest may be rubbed with the following lotion, night and morning, by means of a coarse towel or hair

glove, for ten minutes or more. Blisters frequently applied to the chest are of service.

*Lotion.* Eau de cologne and vinegar, of each 2 ounces. Mix for a lotion.

Counter irritation is frequently of service, and the following liniment will be found to produce the best effects when it is indicated :

Vinegar of Spanish flies, 3 drachms : laudanum, 2 drachms : soap liniment, 7 drachms. Mix for a liniment.

#### \* CLIMATE IN CONSUMPTION.

On the subject of climate, it does not appear that Devonshire possesses any decided advantages over London, with respect to equability of temperature ; if we judge of the climate of London from the observations made at the apartments of the Royal Society, though, as a central situation the changes must be rendered much less sensible by the effect of the surrounding buildings, and they appear to be considerably greater at Gravesend and still more so at Knightsbridge. In this respect Penzance retains its superiority even over Devonshire ; Lisbon seems to have a less variable temperature than any part of Great Britain ; and Maderia to judge by the monthly variation *only* ; the advantage in this respect appears to be still greater ; the uttermost possible equability of temperature seems however to be obtained during a sea voyage to some warm climate, in which the variation seldom amounts to half as much as the most favourable situations furnishes *even in a small Island* : and in pulmonary cases, the motion of the ship would in all probability be, in the generality of cases, rather beneficial than otherwise ; while the fatigues of travelling in bad roads, and the danger of damp beds, present an alternative by no means favourable to a land journey.

#### INFLAMMATION OF THE HEART, STOMACH, AND LIVER.

IN all inflammation of these parts, bleeding will be always

necessary, to a certain extent, and must be carefully regulated according to the urgency of the symptoms. The bowels are to be kept open and blisters applied over the parts affected: other treatment as under the head of fever.

I here subjoin a few of the most marked symptoms.

Inflammation of the heart and liver; great pain in the part, shooting upwards towards the shoulder, vomiting, dry cough, fever, the eyes, skin, and urine often tinged with yellow, costiveness, and difficulty of breathing.

Stomach: Heat, pulsation, with acute pain in the part, which is increased by swallowing, vomiting, hiccup, small and intermitting pulse. In inflammation of the stomach great relief is obtained by swallowing small pieces of ice, to be dissolved in the patient's mouth, and swallowed at short intervals.

### COLIC.

COLIC is a pain arising either from distension, or a spasmodic constriction of the intestines. It is generally distinguished into two kinds, the bilious and flatulent.

SYMPTOMS OF COLIC FROM WIND. A wandering pain in the bowels with noise, which abates on the expulsion of air; the pain is not increased by pressure, there is no thirst, and the pulse but little disturbed.

*Aperient Pills.* Jalep, 8 grains: calomel, 3 grains: oil of caraway, 3 drops: syrup to form a mass. Divide into three pills, to be taken immediately.

*Draught.* Mint water, 1 ounce: tincture of opium, 40 drops: compound tincture of cardamoms,  $\frac{1}{2}$  ounce. Mix

for a draught, to be taken immediately and repeated if required, after the pills have operated.

Should the medicine not be kept on the stomach, a clyster of gruel and castor oil will seldom fail.

The bowels should be fomented with flannels, wrung out of hot water, or a mustard plaster may be applied.

In the bilious colic, there is acute pain in the intestines, with a rejection of yellow or green bile, a bitter taste in the mouth, with heat, and sometimes a fixed pain about the region of the navel, with thirst and fever. In this case, a saline draught must be given every two or three hours, while effervescing, with twenty drops of tincture of opium in each draught. Flannel wrung out in a decoction of herbs, or a bladder filled with hot water, and applied over the abdomen, with an anodyne liniment: an active purgative, as in windy colic, must be given, or a clyster.

*Anodyne Liniment.* Camphorated spirits of wine, 1 ounce: laudanum, 3 drachms: sal volatile, 1 drachm. Mix and rub the bowels frequently.

In hysterical colic there are much the same symptoms, accompanied with severe spasms, and great depression of spirits. In most cases of colic, the warm bath should be used, if convenient; the bowels must be relieved by purgatives or clysters; anodynes and carminatives must also be administered.

In that kind of colic known by the name of the painter's colic, the same treatment is requisite; but in this case opium may be given freely to remove the spasms.—The warm bath in this case is of the first moment, and a blister should afterwards be applied over the bowels.

*Anodyne Clyster.* Opium in solution, 3 grains : infusion of senna, 10 ounces. Mix for a clyster.

*Purgative Clyster.* Common salt and coarse brown sugar, of each, 2 table-spoonsful : thin gruel, 1 pint. Mix for a clyster.

Or, yellow soap,  $\frac{1}{2}$  ounce : dissolve in a pint of hot water.

Give opium pills, in one or two grain doses, every three or four hours, till relief is obtained, attending carefully to the state of the bowels.

### INFLAMMATION OF THE BOWELS.

FEW remarks will suffice for this most formidable disease, which is far too complex and dangerous to be trifled with ; as under the best and most skilful treatment it frequently proves fatal.

**SYMPTOMS.** The only disease with which it can be confounded is colic, but from this it is distinguished without much difficulty ; for in inflammation of the bowels there is fever, quick, hard, small and frequently intermitting pulse, with great pain on pressure. There is also a violent burning pain extending over the whole abdomen, more especially round the navel ; a vomiting of bilious matter, costiveness, heat, thirst, and great difficulty and pain in passing urine, which is often of the colour of brandy.

**TREATMENT.** The safety of the patient will depend, in most cases, on the prompt abstraction of blood, though much will depend on the constitution ; leeches must be applied to the abdomen and afterwards a blister ; emollient clysters and other treatment as in fever : the warm bath should always be

employed if possible. Great care is required after recovery, particularly in diet and attention to the state of the bowels, as relapses are not unfrequent, and from very slight causes, which generally prove fatal.

### CHOLERA MORBUS.

**SYMPTOMS.** Nausea, pain, distention, and flatulence, acute gripping pain in the bowels, violent vomiting and purging, spasms, heat, and thirst, hurried respiration, and a quick weak pulse.

**TREATMENT.** While the vomiting is urgent, give chamomile tea, gruel, barley water, or toast and water, in liberal quantities; after which, a pill composed of one grain of solid opium should be given, and repeated every three hours till the stomach is quiet. Flannels wrung out in a decoction of poppy heads with the addition of spirits of camphor, should be applied to the region of the stomach and bowels, and bottles of hot water to the feet, or better than all, if it can be procured, a warm bath. Should the pill of opium be rejected from the stomach, a clyster as advised in colic must be given, the infusion of senna being omitted, and a solution of opium used instead. When the symptoms abate, a gentle aperient may be administered. The following will be found successful in relieving the vomiting:

*Mixture.* Carbonate of soda, 1 ounce: strong camphor mixture, 8 ounces: tincture of opium, 2 drachms. Mix and give two or three table-spoonsful every hour till the stomach is quiet.

*Aperient Draught.* Epsom salts, 1 drachm: infusion of roses, 10 drachms: syrup of ginger, 1 drachm. Mix for a

draught, and give when the urgent symptoms are relieved, to open the bowels.

When the vomiting is very violent and obstinate, brandy and water or pure brandy may be used, or two drops of Prussic acid, given in a wine glass of water, and repeated in two or three hours, will often succeed, when every thing else has failed.

### DIARRHŒA.

**SYMPTOMS.** Purging, without much sickness or pain, loss of appetite, sometimes slight fever, with a dry skin and thirst.

**TREATMENT.** Gentle emetics at first, and afterwards the medicine as under.

*Powder.* Magnesia, 2 scruples : powdered rhubarb, 6 grains : cinnamon in powder, 6 grains. Mix and give one powder night and morning.

Or, subcarbonate of ammonia, 10 grains ; peppermint water, 10 drachms ; tincture of opium, 20 drops ; syrup of ginger, 1 drachm. Mix for a draught, one to be taken night and morning.

Or, Burnt rhubarb, 10 grains, mixed with water or milk, will frequently restrain the action of the bowels when other remedies fail.

Or, Aromatic confection, 2 drachms ; compound tincture of rhubarb and cardamoms, of each,  $1\frac{1}{2}$  ounce : sedative liquor of opium, 20 drops : cinnamon water,  $5\frac{1}{2}$  ounces. Mix and give two table-spoonsful every four or six hours.

The diet should consist of boiled rice and milk, flavoured with cinnamon, arrow root, and light meats, as

roasted mutton or chicken, with weak brandy and water for drink, malt liquor will not be advisable. Those subject to this disease must avoid fruit, vegetables, and all meats hard of digestion, also exposure to a cold damp air ; they should wear flannel next the skin, and keep the feet dry and warm.

### DYSENTERY

MAY be readily distinguished from diarrhoea, by the absence of fever and tenesmus.

**SYMTOMS.** Loss of appetite, costiveness, flatulence, sickness, slight vomiting, with chills succeeded by heat, afterwards griping with frequent discharges by stool, which is generally frothy mucus streaked with blood, or watery-like washings of putrid flesh, and of a foeted smell ; sometimes mucus and matter without any blood. The disease is often contagious.

**TREATMENT.** We may begin with a gentle emetic, afterwards with sudorifics combined with saline aperients. Should the vomiting be troublesome, the stomach must be bathed with tincture of opium mixed with camphorated spirits of wine ; or clysters of weak broth with tincture of opium may be given with advantage.

*Aperient Draught.* Sulphate of soda, 2 drachms : manna, 1 drachm : tincture of senna, 3 drachms : infusion of senna, 1 ounce. Mix for a draught.

*Powder.* Dover's powder, 6 grains : aromatic confection. To form a pill, give one every fourth hour.

*Liniment.* Soap liniment,  $1\frac{1}{2}$  ounce : tincture of opium,  $\frac{1}{2}$  ounce : oil of rosemary, 1 drachm. Mix and rub the region of the stomach.

In the early stage of dysentery very ripe fruits may be useful, in small quantities; every kind of food which tends to putrefaction must be avoided, also spirits and malt liquors; the strength may be supported by barley, rice, sago, and arrow-root, in various forms; milk will be also beneficial: during convalescence, Madeira wine slightly diluted, or brandy and water may be administered with advantage.

It is astonishing how speedily the most violent and alarming symptoms of dysentery, where no feculent matter has been passed for days, or even weeks, have yielded when the effects of mercury have manifested themselves mildly on the system. The following pill is the best form to administer it, much caution will, however, be required :

Calomel, 1 scruple : James's powder, 1 scruple : opium, 3 grains: syrup to form a mass; and divide into ten pills, give one every four or six hours.

To guard against a relapse, the feet should be kept warm and dry, flannel worn next the skin, and all exposure to night dews and sudden changes of temperature carefully avoided.

## JAUNDICE, AND GALL STONE COLIC.

THE above are frequently produced by various causes and other diseases, therefore the treatment will vary with the cause producing them.

SYMPTOMS. Yellow tinge of the skin and whites of the eyes, urine turning linen soaked in it yellow, lassitude, anxiety, sickness, difficulty of breathing, pain in the

stomach, costiveness, white stools, bitter taste in the mouth, and frequently fever.

**TREATMENT.** The pain will be best relieved by the warm bath, fomentations, emollient clysters, and anodynes; saline medicine will be of use, also a blister over the region of the stomach.

*Anodyne Mixture.* Aromatic confection, 1 drachm: water, 5½ ounces; spirit of nutmeg, 3 drachms: sal-volatile, 1 drachm: tincture of opium, 2 drachms. Mix and give two or three table spoonsful when the pain and sickness are urgent.

*Pills.* These have been often very useful. Powdered rhubarb, 1 scruple; hard soap, ½ drachm; calomel, 12 grains; syrup to form a mass. Divide into 24 pills, take two every night at bed-time.

A diet chiefly vegetable appears best adapted for those who suffer from these complaints. The use of the Bath or Cheltenham waters, aided by regular exercises, particularly on horseback, have frequently gone far towards effecting a cure.

#### TYMPANY OF THE CAVITY OF THE ABDOMEN

Is a distension of the intestines by wind; it often comes on suddenly, at other times is slow in its progress, and preceded, (be the cause what it may), by great flatulency and noise in the intestines, frequent expulsion of air upwards and downwards, with colicky pains. There is costiveness, impaired appetite, great heat, thirst, and sometimes emaciation: it is always an obstinate and very dangerous disease, requiring the most able treatment.

**TREATMENT.** Aperients and antispasmodics, as asa-

fœtida, æther, with infusions of ginger and horseradish ; in obstinate cases active purgatives must be employed.

*Pills.* Compound powder of cinnamon, extract of gentian, of each 10 grains ; oil of aniseed, 5 drops ; syrup of ginger, to form a mass. Divide into 4 pills, to be taken every four or six hours, with two table-spoonsful of the following mixture :

Mint water ; camphor mixture, of each  $2\frac{1}{2}$  ounces ; sulphuric æther, 2 drachms ; compound tincture of cardamomums,  $\frac{1}{2}$  ounce. Mix.

### STONE AND GRAVEL.

THE first is a disease only to be cured by surgery ; the second needs but little description, being well known.

*SYMPTOMS.* Pain in the back loins, and region of the bladder, strangury, sometimes bloody urine, and costiveness.

*TREATMENT.* The following medicines have been serviceable.

Solution of potass, from 20 to 30 drops, three times a day, in a cup of broth or gruel ; the dose may be gradually increased.

Or, subcarbonate of soda, from 1 scruple to a drachm, morning, noon, and night.

Or, soap pills, 10 grains, each for a dose night and morning.

Lime water, seltzer, or soda water, may be used freely, or even good spring water has often been serviceable. The patient must abstain from acids, butter, and fat meats.

Or, tincture buchu,  $\frac{1}{2}$  ounce ; infusion of buchu,  $5\frac{1}{2}$  onnces.

Mix ; take two table-spoonsful three or four times a day.

The infusion of buchu is prepared by infusing one ounce of buchu leaves in a pint of boiling water for four hours, and afterwards straining it.

## STRANGURY.

**SYMPTOMS.** Frequent desire to make water, attended with heat, scalding, great difficulty in voiding it, and a feeling of fulness in the region of the bladder.

**CAUSES.** It may be produced by a calculus in the kidney, from gravel or blisters: it is not often attended with danger.

**TREATMENT.** In urgent cases, the warm bath must be used; in general, however, the formulæ ordered as under, will effect what is required.

*Draught.* Acetate of potass, 1 scruple; fennel water, 10 drachms; tincture of opium, 20 drops; syrup of marshmallows, 2 drachms. Mix, and give a draught every six hours.

Or, balsam of copaivæ and sweet spirits of nitre, of each 1 ounce. Mix, and give a tea-spoonful in sugar night and morning.

Or, muriated tincture of iron, 1 ounce. Give ten drops in cold water every half-hour.

Perfect quiet is absolutely necessary, cold and damp must be avoided; the drink should be weak gruel or barley water; and if there is much pain, an anodyne may be given, as extract of henbane, five grains, made into a pill with syrup, and one taken every six hours, or one grain of opium every eight hours. Should the symptoms not yield to the above treatment, the catheter must be passed by a skilful surgeon.

## HEAD ACHE

ARISES from a multitude of causes; sometimes it is general over the whole head, at others confined to a

particular part. Between the stomach and brain there is a great sympathy ; thus when the first is deranged, the head always suffers, and vice versa. It is often produced by indigestion, want of free circulation of the blood, exposure to the rays of the sun, and very frequently it is a symptomatic complaint, rather than a primary one, resulting from nervous disorders, fevers, &c. Should there be costiveness, it must be relieved before any other means are used.

When headache is symptomatic, it will in general cease on the removal of the cause, but if it comes on suddenly and is very acute, it not unfrequently denotes an attack of apoplexy or palsey ; headache arising from nervous affections are very difficult of cure.

In nervous cases, castor, æther, valerian, ammonia, and bark will be indicated, aided by daily exercise in the open air ; attention to diet and the state of the bowels. Blisters behind the ears and on the temples have also been beneficial. The author has found the formula below frequently very efficacious.

In periodical head-aches the most happy effects have resulted from Fowler's solution of arsenic, given from three drops twice a day, and increasing the dose to eight or ten. The veratria ointment rubbed on the part has also proved of singular benefit.

Aloes, 1 drachm ; precipitated sulphur of antimony ; rust of iron, of each,  $\frac{1}{2}$  drachm ; syrup to form a mass. Mix and divide into 24 pills, take one or two night and morning.

*Aperient Pills.* Take compound rhubarb pills, 12 grains. Divide into three pills, to be given for a dose.

## IN NERVOUS HEAD ACHE.

R. Vinegar, 1 ounce; eau de Cologne, 2 ounces; camphor julep, 1 pint; spirits of wine, 1 ounce. Mix for a lotion, bathe the forehead and behind the ears, night and morning.

Or, Veratria, 15 grains; essential oil of bitter almonds, 1 drachm; spermaceti ointment, 7 drachms.

Mix the Veratria with the oil of almonds, and then add the spermaceti ointment. Rub a piece the size of a hazle nut on the part, two or three times a day; it should be well rubbed in till a sensation of stinging is felt on the part.

Care must be observed that none of the ointment touches the eyes or lips, and the hands must be carefully washed each time after applying it.

*Tonic Mixture.* Compound tincture of valerian, 2 drachms; tincture of castor, 1 drachm; camphor julep,  $5\frac{1}{2}$  ounces; tincture of lavender, 2 drachms.

Mix, and take from one to two table-spoonsful three times a day. Should the rest be much disturbed, give one of the following pills at bed-time:

R. Extract of henbane and hop, of each 4 grains. Mix, for two pills.

## HERMICRANIA,

OR pain on one side of the head, frequently affecting the eye; the pain is acute, but has remissions; where it is of long continuance it is not unfrequently attended with danger.

**TREATMENT.** Blisters behind the ears; the bowels must be kept open; a little æther applied in the hollow of the hand to the part and kept there till it has evaporated, has often been beneficial.

The following embrocation will afford great relief:

Veratria, 30 grains; spirits of wine, 1 ounce. Mix for a liniment, and rub the affected part two or three times a day.

*Tonic Pills.* Sulphate quinine, 24 grains; syrup to form a mass. Divide into 12 pills, let one be taken night and morning

### GIDDINESS, OR VERTIGO.

VERTIGO proceeds from a fulness of the blood vessels of the head, indigestion, and a nervous or hysterical tendency.

The symptoms are too well known to need any description. The means recommended in hermicrania and head-ache, are indicated here.

Should the affection arise from a determination of blood to the head, purgatives will be required; if it arises from a contrary cause, viz. debility, tonics must be administered and the shower bath. The stomach being most generally in fault, the diet should be carefully attended to, and all excess in solids and fluids studiously avoided. Blisters behind the ears, or cold lotions, together with keeping the hair cut short, will frequently afford relief. In some instances there may be organic disease in the head, in which case palliatives alone can be employed; but in all cases where the complaint is of a violent nature, or long-continued, the best advice should be obtained.

The plan of treatment laid down for indigestion is also applicable here: and will always be of infinite service, if it does not cure.

*Mixture.* Tincture of valerian, 2 drachms; spirit salvolatile,

1 drachm; camphor mixture, 4 ounces. Mix, take one table-spoonful twice or three times a day.

*Lotion.* Vinegar,  $\frac{1}{2}$  pint; camphorated spirits of wine, 2 ounces; water, 1 pint. Mix and bathe the head night and morning.

## INDIGESTION.

DIGESTION is the grand medium by which nature diurnally renovates the system; when the individual is in health the process is slow, and performed with great regularity.

Indigestion is a disease which consists in a deviation from the ordinary mode of health in the stomach and alimentary canal, and in the paucity of such juices as are essential to concoction.

Dyspeptics may be divided into three classes, viz, those in whom it is induced by some other malady, those who have been only affected for a short period, and those who have it in a chronic form.

**SYMPTOMS.** The appetite is impaired, there is pain at the pit of the stomach, with a gnawing sensation when empty, heartburn, and not unfrequently clear water is ejected from the stomach, particularly in the morning. The appearance of the tongue seldom fails in pointing out the state of the stomach; it exhibits a whitish brown fur, and appears cracked; there is a disagreeable taste in the mouth on rising, the bowels are often confined for several days together, or are in a relaxed state.

**CAUSES.** Are various, being often produced by irregularity in diet, intemperance, mental disquietude, and the immoderate use of tea, slops, &c.

**TREATMENT.** The treatment and regimen must go hand in hand ; for one, though ever so perseveringly followed, without the other, will have no effect. The best remedies will be, calumba conjoined with rhubarb, the preparations of iron, with one or two grains of blue pill at bed-time every second or third night. The sulphuric acid diluted is well worth a trial, as is the compound essence of sarsaparilla : should purging be present, astringents must be given, as under the head of diarrhœa ; arrow root, sago, &c. taken at bed-time, will often be sufficient to restrain it.

**DIET.** Such articles should be selected by the sufferer as best agree with his digestive powers ; it is impossible to lay down exact rules for this, as what agrees with one is often injurious to another. As a general rule, malt liquors should be avoided as much as possible, the dinner hour must be regular, and not too late, meats difficult of digestion are to be avoided ; we should particularly notice the following : veal, bacon, pork, sausages, &c. ; and of the fish tribe, salmon, lobsters, and crabs : cheese is decidedly objectionable.

Asthma and indigestion are often found co-existing ; piles are a frequent consequence.

The dyspeptic should lay cool in bed, and not indulge in much sleep ; use moderate exercise, especially in the morning. Some of the following formula will generally afford relief.

**Tonic Powder.** Calumba ; Ginger, of each 1 drachm ; rhubarb,  $\frac{1}{2}$  drachm. Mix and divide into twelve powders, let one be taken every day at noon, in wine or water.

**Pills.** Rhubarb, 2 scruples ; ipecacuanha, 24 grains ; castile soap, 1 scruple ; syrup to form a mass. Mix and

divide into 24 pills, and take one morning, noon and night.

In cases of heart-burn, or acidity, give the following ;  
 Carbonate of soda, 2 drachms ; powdered ginger, 1 drachm.  
 Mix and divide into twelve powders, take one night and morning in water.

*Dinner Pill.* Scammony ; aloes ; rhubarb ; jalap, of each, 12 grains ; salt of tartar, 8 grains ; oil of mint, 5 drops.  
 Mix and divide into twenty-four pills, take one every day half an hour before dinner.

Where water is ejected from the stomach three drops of prussic acid taken in a wine glass of water twice or thrice a day, will frequently act like a charm.

#### DROPSY OF THE BRAIN.

Is a disease of childhood, though it has not unfrequently been observed in adults. Many, indeed most of the symptoms are common to worm cases and teething, and it is difficult to fix on any which denote the early stage of the malady ; but when it is suspected no time should be lost.

The symptoms most remarkable are, pain in the limbs, sickness, head ache, obstinate costiveness, and the motions, when passed, are of a dark green colour ; mixed with slimy bile, rather than the slime which accompanies worm cases. They are also extremely offensive

As a preliminary, an active purgative should be given, and a cold lotion applied to the head.

*Purgative Powder,* Calomel, 3 grains ; jalap, 5 grains ; rhubarb, 2 grains. Mix for a powder, give it at bed time, and repeat every night till the bowels act freely and the motions are more natural.

*Lotion.* Goulards Extract, 1 drachm ; spirits of wine,  $1\frac{1}{2}$  ounce ; vinegar, 2 ounces ; water, 1 pint. Mix and keep the head bathed with it by means of linen rags ; or lint.

### APOPLEXY

CONSISTS in a sudden abolition of sense and motion, except of the heart and lungs.

**SYMPTOMS.** It makes its attack chiefly at an advanced period of life on those of a corpulent habit, with a short neck and large head, who lead an inactive life, use a full diet, and drink freely : the young are not, however, exempt. The face is red, the eyes swollen and sparkling, the breathing difficult, accompanied with stertor ; the pulse at first beats quick and strong, but afterwards becomes languid and slow ; there are often involuntary discharges of stool and urine, with frothing at the mouth.

**TREATMENT.** The most powerful remedies and prompt measures must be employed here. On the person being seized, all compresses are to be removed about the neck, and the patient supported in as erect a position as possible ; cool air should be freely admitted, and blood drawn from the jugular vein, or temporal artery, after which, cupping glasses may be applied between the shoulders : or leeches, and afterwards a blister. Should the power of swallowing remain, an active emetic and purgative must be given, if not, a strong clyster ; the after treatment must depend on the symptoms, and the cause or nature of the attack : a drop or two of croton oil on the tongue will act on the bowels when nothing else can be taken.

*Purgative for immediate use.* Infusion of senna,  $3\frac{1}{2}$  ounces ; tartrate of potass, 6 drachms ; tincture of jalap, 3 drachms ;

syrup of buckthorn, 4 drachms. Mix and give half for a dose, and repeat in an hour, if needful.

*Clyster.* Senna leaves, 3 drachms ; hot water, 1 pint ; infuse for one hour, and strain, and add salts, and castor oil of each, 1 ounce. Mix for a clyster.

*Note.* — A late author doubts the efficacy or propriety of bleeding in apoplexy, or indeed any disease, he advises cold water to be freely dashed on the head, instead of using the lancet, doubtless the remedy has been successful in his hands but we are not justified in recommending its general adoption.

## EPILEPSY

CONSISTS in a sudden deprivation of the senses, with violent convulsive motion of the whole body.

**SYMPTOMS.** It is frequently preceded by a heavy pain in the head, dimness of sight, noise in the ears, palpitation, flatulency, weariness, and a degree of stupor ; the patient falls down suddenly, the eyes are distorted, or inverted, the whites only being visible ; the hands are clenched, there is frothing at the mouth, the tongue is thrust out, and often injured, all sense of feeling being lost. After the above symptoms have continued some time, the patient comes to himself, feels languid, and has no recollection of what has passed.

**TREATMENT.** While the fit is present care must be taken to prevent the patient from injuring himself in his struggles, especially that he does not get the tongue between his teeth ; rubbing the nose, temples, and pit of the stomach, with sulphuric æther, will often relieve and shorten the duration of the fit. The state of the bowels must be attended to.

The following bolus has often afforded great assistance.

Musk and castor, of each 10 grains ; opium,  $\frac{1}{2}$  a grain ; syrup to form a mass, divide into 4 pills, give the dose every six or eight hours.

Or, nitrate of silver, 3 grains, crumb of bread, sufficient to make 12 pills, give one morning, noon and night

### HYSTERICOS

ARE almost peculiar to females who are of a delicate frame and habit; they usually come on with oppression at the breast, difficult breathing, a sense of something rising in the throat, and a feeling of suffocation, convulsive motions, frothing at the mouth, laughing, and sometimes crying; it may be known from fainting by the pulse and breathing continuing, some colour in the face being always left, which is never the case in fainting fits.

**TREATMENT.** During the paroxysm the patient should be roused by applying volatile salts to the nose, rubbing the temples with æther, dashing cold water into the face, and plunging the hands into it; as soon as the power of swallowing returns, give some of the medicines, as under or if there be none at hand, a few drops of hartshorn in weak cold brandy and water, or even water alone.

*Draught.* Sulphuric æther, 40 drops; red lavender, 30 drops; laudanum, 10 drops; camphor julep,  $1\frac{1}{2}$  ounce.

Mix for a draught, take one every fourth or sixth hour.

Or, sal-volatile, 30 drops; Sulphuric æther, 40 drops; camphor mixture,  $1\frac{1}{2}$  ounce. Mix for a draught, to be given as above.

The bowels must be attended to, and the patient kept quiet. However alarming an hysterick fit may appear, it is seldom dangerous.

*Pills.* Aloes,  $\frac{1}{2}$  drachm ; opium and camphor, of each, 1 scruple ; syrup to form a mass. Mix and divide into twelve pills, one to be taken every night.

### HYPOCHONDRIAC AFFECTION.

THIS disease is known by the name of low spirits ; it is a peculiar state of the mind, wherein the greatest evils are apprehended on the slightest grounds, and in respect to these feelings there is always a most obstinate belief.

Indigestion and this complaint are in general combined, therefore the treatment in the former is indicated in the latter. The patient must be engaged in some particular pursuit, however trifling : he should not be left alone, and all severe study is to be avoided. Entertaining books may be of use ; but of all things the mind must be employed : a journey, or voyage, with some object in view, will seldom fail in relieving, if not in effecting a cure.

As the bowels are generally constipated, attention must be paid to remedy that evil. The following is a good form for a pill :—

Compound pill of aloes with myrrh, 1 drachm. Divide into 12 pills, two to be taken every other night.

### ASTHMA.

ALMOST every chronic affection of the chest accompanied with difficulty of breathing is vulgarly called asthma, but in the proper acceptation of the word is understood difficulty of respiration arising from spasmotic action of a set of muscles subservient to respiration. The Ancient writers applying the term to a great variety of diseases of the chest, their opinions relative to the causes and treatment of the malady are not worthy of notice.

Asthma seldom appears before adult age, and the attacks are chiefly amongst men, during the hot months of summer; and in the winter, when fogs or easterly winds prevail. It is divided into two kinds, the humid, when it is attended with profuse expectoration, and the dry, or spasmodic asthma.

In all asthmatic cases, mental perturbation being often an exciting cause of the disease, and never failing to aggravate or protract the fit, the patient should never be opposed; and the mind during the attack being always extremely irritable, the least opposition or restraint often produces very distressing effects.

Stramonium or *Hyoscyamus* to be smoked with advantage, must be used as damp as it is possible to be burnt; and a little tobacco placed at the bottom of the pipe, will much assist in keeping the herbs alight.—To obtain the *full benefit* of the Stramonium, the mouth must be filled with the smoke and it is then to be *gulphed down*.

Fomenting the forehead with warm water will afford almost immediate relief, and sometimes speedily terminate the fit.

Preceding an attack the spirits are depressed, there is a fullness about the stomach, with lassitude, drowsiness, and head ache; the symptoms are often dreadfully severe during the night, but towards morning a remission takes place, when there is free expectoration of mucus, and the patient falls asleep.

I beg to remark, that I have, during many years, made the relief of this complaint my particular study: in no instance have I ever failed in giving relief, and that often of a permanent kind, where it has not been of long standing, the patient young, and there was no

organic disease. In a work published by me a short time since, entitled, Consumption the new cure, Asthma the new remedy, published by Messrs. Longman, the reader may be made acquainted with my views on this subject.

The formulæ given below may be depended on in most cases for alleviation of the symptoms ; and the treatment advised under the head of indigestion should be pursued here ; the patient ought to live and sleep in large airy apartments, use daily exercise, the chest being rubbed night and morning with a flesh brush, for ten minutes at a time ; the clothing ought to be warm, and the feet kept particularly dry. Bleeding in all cases of asthma is decidedly injurious ; and often fatal ; the bowels should be relieved by mild aperients.

*Aperient Mixture.* Epsom salts,  $\frac{1}{2}$  ounce ; manna, 1 drachm ; infusion of senna,  $5\frac{1}{2}$  ounces ; tincture of senna, 2 drachms. Mix and give two table-spoonful in the morning, fasting.

*Antispasmodic Draught.* Sedative liquor of opium or laudanum, 25 to 30 drops ; vinegar of squills, 30 drops ; tincture of foxglove, 10 drops ; sulphuric æther, 30 drops ; camphor mixture, 10 drachms. Mix for a draught and give one every six or eight hours till relief be obtained.

*Pill.* Squill pill and assæfatida, of each 1 drachm ; ipecacuanha, 10 grains ; syrup to form a mass. Mix and divide into thirty pills. take one night and morning.

Or, Prussic acid,  $\frac{1}{2}$  drachm ; distilled water, 1 ounce ; musk mixture, 3 ounces. Mix, let one table-spoonful be taken three times a day.

## RHEUMATISM.

THIS disease needs no description, being unfortunately too well known: it is divided into two kinds, the acute and chronic.

In the acute kind, the treatment in inflammatory fever is applicable. In the chronic, the remedies ordered below will be found generally useful. The warm salt water bath has often performed wonders in this disease. When the pain is very severe at night, anodynes should always be given.

Tincture of guaiacum, 1 drachm; tincture of aloes,  $\frac{1}{2}$  drachm; spirit of turpentine, 3 drachms. Mix, to be taken in half a pint of milk or gruel every night. I have known this perfectly relieve in five or six nights.

Should the pain be very severe, give the following pills:

Aloes  $\frac{1}{2}$  scruple; opium, 3 grains; syrup of buckthorn, to form a mass. Mix and divide into three pills, give one at bed-time.

Or, compound powder of ipecacuanha, 8 grains; camphor mixture,  $1\frac{1}{2}$  ounce. Mix and give a draught every night.

*Liniment* Soap liniment, 1 ounce; tincture of opium,  $\frac{1}{2}$  ounce; oil of cajeput, 2 drachms; hartshorn, 2 drachms. Mix, and rub the parts affected night and morning: flannel or chamois leather, should be worn in winter.

Wine of the seeds of colchicum, 1 ounce. Give from 10 to 20 drops in gruel or water three times a day, with one of the following pills:

Sulphate of quinine, 24 grains; syrup to form it into 12 pills.

Or, Hydriodate of potash, 1 drachm; distilled water, 2

ounces. Mix and give a tea-spoonful in a wine-glass of water, morning, noon, and night.

This seldom fails in affording relief.

### PALPITATION OF THE HEART.

PALPITATION is the increase either in power or frequency of the heart's action and depends on a variety of causes.—

It is invariably consequent on an undue excitement of the nerves which supply that organ, stimulated by the blood arriving in excess, as in violent exercise, fulness of habit, and mental emotions.—

CAUSES. Disease in the substance of the Organ, dilatation of its cavities, disorder of the valves, and inflammatory adhesion of the membrane, which invests it. The external causes are acceleration of the circulation by muscular action, fits of convulsion, epilepsy, or hysterics, corpulency, obstructions in the lungs, and tight lacing, which prevents the free action of the abdominal and thoracic organs.

There are also other causes which operate through the nervous system, and when they occur they excite great anxiety and alarm.

SYMPTOMS, Nervous palpitation is dependent frequently on mental excitement, or a naturally irritable temperament, as in dyspepsia, hypochondriasis, hysteria, and gout; of which latter it is frequently a symptom.

The most common sensations are a tumbling, or rolling motion of the heart, a momentary feeling of tightness and oppression, by a series of quick, weak fluttering, irregular beats, occurring at distant intervals,

and supervening mostly at bed time : also by a perfect and continuous palpitation, which consists in an augmented impulse of the heart, an increase in sound, and frequency of the beats ; with those who are of a nervous temperament, a word, a look, a sound, a thought, the most frugal meal, or gentle stimulant will induce a paroxysm, which may be accompanied with heat and distressing difficulty of breathing, yet with all this the general health is not much disturbed.

In affections of the lungs, palpitation is produced by the obstruction in that organ subjecting the right side of the heart to the stimulus of over distension, from being unduly charged with blood ; while the same obstruction prevents the left side from receiving its proper supply.

**TREATMENT.** Where palpitation occurs as symptomatic of indigestion, the treatment must be directed to remedy that disorder, for until the stomach is restored to a state of health, it will be in vain to expect a cessation of the palpitation. When it is consequent on a plethoric state, purgatives will be effectual ; in this case the patient should abstain from every kind of diet likely to produce a plethoric condition of body. Animal food and fermented liquor must be particularly avoided ; too much indulgence in sleep will also prove injurious. When the attacks arise from irritability of the nervous temperament, the excitement must be allayed by change of air, and a tonic diet ; mixing in cheerful company, and whatever can tranquillize the mind and invigorate the body. The medical treatment should consist of tonics and chalybeates. Should the palpitation originate from organic derangement, it will of course be beyond domestic management. Luxurious living, indolence, and tight-lacing,

will often produce the affection, in such cases the malady will be only relieved by mental efforts; and the sooner the resolution is formed the better for the health and comfort of the patient. The following formula will in general afford relief to the symptoms.

Muriate of morphine, 1 grain; simple syrup, 3 drachms.

Mix and add aromatic spirits of ammonia, red lavender, sulphuric æther, of each 3 drachms. Mix, take one tea-spoonful every half hour.

*Pills.* Extract of Stramonium, 2 grains; extract of poppies, 2 scruples. Mix and divide into 8 pills; let one be taken every ten minutes until relief is obtained.

Or, Prussic acid, 10 drops; ætherial tincture of Lobelia inflata,  $\frac{1}{2}$  ounce; camphor julep, 7 ounces. Mix, give three table-spoonsful, three times a day.

A table-spoonful of a strong solution of green tea taken every half hour has often been of service in nervous palpitation.

### LOCKED JAW.

Is a case of very rare occurrence; and most frequently met with in warm climates, when it is often the consequence of amputation, or sometimes of slight wounds where nerves are injured, or partially divided.

It consists is a violent spasm of the muscles of the jaw, and is cured chiefly by large doses of musk, opium, Prussic acid anodyne embrocations, and the warm bath: surgical aid is often required to divide the injured nerve or tendon.

## SCIATICA, OR RHEUMATISM IN THE SCIATIC NERVE.

SHOULD it be recent, it is often successfully treated by the same remedies as recommended in chronic rheumatism. Cupping, blistering, and the warm salt water and vapour bath should not be overlooked.

The following pills are worthy of trial.

*Pills.* Rhubarb,  $\frac{1}{2}$  drachm ; camphor,  $\frac{1}{2}$  drach ; calomel, 12 grains ; syrup to form a mass. Mix and divide into 24 pills, one to be taken night and morning.

The liniment advised in chronic rheumatism will be of much service.

If the sleep is disturbed give the following pill.

Muriate of morphine, 2 grains ; syrup to form 4 pills, give one every night.

Or, Tincture of capsicum, 1 ounce ; venatria, 5 grains.

Mix for a liniment to be rubbed in over the part.

## PARALYSIS, OR PALSY.

Is a diminution, partial, or total loss of the powers of motion and sensibility, in certain parts of the body. It usually happens that one entire side (most frequently the left) from the head downwards is affected. It is mostly a disease of aged persons, and constitutions which have been broken down in early life ; though the young and robust have not unfrequently been victims.

**TREATMENT.** When the disease arises in young persons of a full habit, and comes on suddenly, it will be advisable to act briskly on the bowels. The Bath waters, electricity, and galvanism, have all their advocates, and

certainly each, in turn, have effected cures. The diet must be light, nutritive, and of a warm aromatic nature; should the patient be able to walk, he must use daily exercise, friction, with powerful liniments, can be tried; flannel is to be worn next the skin; cold and damp are to be carefully guarded against.

Aromatic spirits of ammonia, 1 ounce. Take from 20 to 30 drops three times a day, in camphor julep.

Or, subcarbonate of ammonia, 6 grains; compound tincture of cardamoms, 3 drachms; pimento water, 9 drachms. Mix for a draught, and give one every sixth hour.

Or, Quinine, 24 grains; nitrate of silver, 2 grains; muriate of morphia, 1 grain; syrup sufficient to form a mass. Divide into 12 pills, give one three times a day.

### DROPSY.

DROPSY is a preternatural accumulation of a serous or watery fluid in different parts of the body. When in the head, it is called hydrocephalus; in the chest, hydrothorax; in the cavity of the abdomen, acites: and when in every part of the frame, anasarca. Infants, youths, and adults, are all liable to this malady. It is produced by various causes, never being a disease of itself; the best advice should be obtained in the onset.

TREATMENT. Purgatives, diuretics, and sudorifics, must be administered; at the same time we should restore the system by tonics. A tea-cup full of the expressed juice of artichokes taken three or four times a day has often done much good. But it is said that the juice of the birch tree, given in doses of a table-spoonful

every six hours, has seldom or ever failed in relieving the complaint.

Calomel, 1 scruple ; powdered squills, 1 drachm ; syrup to form a mass. Divide into 20 pills, give one every night.

The following mixture must be taken at the same time.

*Mixture.* Carbonate of ammonia, 1 drachm ; sweet spirits of nitre, 6 drachms ; tincture of foxglove, 2 drachms ; camphor mixture, 5 ounces. Mix and give two table-spoonful, at bed-time and mid-day.

Or, tartarized iron, 2 scruples ; ipecachuana, 6 grains ; squills 8 grains ; extract of gentian to form a mass. Mix and divide into 12 pills, take one three times a day.

Or, acetate of potass, 3 drachms ; mucilage of gum arabic, 1½ ounce. Mix and take a tea-spoonful in infusion of green broom tops three times a day.

*Tonic Mixture.* Ioduret of iron, 16 grains ; infusion of cloves, 8 ounces. Mix and give two or three table-spoonful, morning, noon, and night.

Or, hydriodate of potash, 4 scruples ; distilled water, 2 ounces. Take one tea-spoonful in a wine-glass of cold water, morning, noon, and night.

Or, essential oil of buchu, 1 drachm ; sweet spirits of nitre, 7 drachms. Mix, and give a small tea-spoonful three times a day in linseed tea, or a decoction of marsh-mallow roots.

Or, squill pill, 2 drachms ; blue pill, ½ drachm ; gamboge in powder, 1 scruple. Mix, and divide into 36 pills ; take two thrice a day ; after six days omit the blue pill : rest 10 days, and commence it again.

Or, boil the liverwort in spring water to a pulp, add to it a small quantity of linseed meal, to form a poultice, lay

it over the abdomen and loins. If liverwort is not to be procured use hops or bran.

It is said that urea administered in doses of 25 grains to 1 drachm, and given in some aromatic water, will produce diuresis where every thing else fails.

## GOUT

Is hereditary, and the only disorder for which it can possibly be mistaken is rheumatism.

**SYMPTOMS.** Gout generally attacks the small joints, the parts are more swollen and red than in rheumatism. The disordered state of the stomach, called dyspepsia, is always present ; rheumatism and gout, however, are not unfrequently combined.

In order to avoid or guard against attacks of gout, the patient should observe temperance, go to bed and rise early, avoid exposure to cold, and keep the feet warm and particularly dry.

**TREATMENT.** The warm or vapour bath should never be neglected when procurable ; the bowels must be kept open with warm purgatives and anodynes, joined with diaphoretics, given to relieve pain and procure rest.

*Aperient Medicine.* Compound decoction of aloes, 1½ ounce.

Give the above dose every other morning, and if not sufficiently powerful, administer a dose of castor oil.

*Anodyne.* Compound powder of ipecacuanha, from 6 to 10 grains. To be given in mint water at bed-time when an anodyne is required.

Or, *Diaphoretic Powder.* Antimonial powder, 2 grains ; sub-carbonate of ammonia, 8 grains ; to be given every four hours, in honey or jelly.

Or, muriate of morphia, 2 grains; alkaline extract of colchicum, 13 grains. Mix, and divide into 4 pills, give one every night.

### DIABETES.

Is mostly a disease of shattered constitutions, and always exceedingly dangerous.

**SYMPTOMS.** Weariness, dryness, and harshness of the skin, urgent thirst, a voracious appetite, gradual emaciation of the whole body, with a copious discharge of sweet urine, the quantity voided far exceeding the aliment or fluid drink.

**TREATMENT.** Tonics, a generous diet, consisting of animal food, porter, with the use of the cold bath. Medicines which excite perspiration are also useful: the nitric acid, combined with a liberal diet, has often afforded much relief.

Water,  $1\frac{1}{2}$  pint; diluted nitric acid, 3 drachms; sugar, 1 ounce.

Mix; this quantity should be taken during the twenty-four hours, to be of any effect.

Or, sulphate of quinine, 2 grains; uva ursi, 1 scruple; opium,  $\frac{1}{2}$  grain. Mix for a powder, one to be taken three times a day.

### INFLAMMATION OF THE KIDNEYS.

This disease is rather of rare occurrence, and when it presents itself requires prompt treatment.

**SYMPTOMS.** A burning pain in the region of the kidneys, with frequent small discharges of urine of a red colour, nausea, and great febrile excitement.

**TREATMENT.** Bleed, administer purgative medicines, with soothing diuretics, the warm bath, and anodynes; cupping over the region of the kidneys will be of infinite use, but blisters are not advisable. A decoction of the leaves of the peach tree, given as a common drink, has often been of much service: from five to eight grains of the compound powder of ipecacuanha may be given in gruel every four or six hours.

*Mixture.* Epsom salts; Glauber's salts, of each  $\frac{1}{2}$  ounce; mint water, 5 ounces; antimonial wine, 2 drachms; tincture senna,  $\frac{1}{2}$  ounce. Give the patient from two to four table-spoonsful every two or three hours, till it operates.

Tincture opium, 20 drops; decoction of marsh-mallow roots,  $1\frac{1}{2}$  ounce; sweet spirits of nitre, 30 drops. Mix for a draught and give one every six hours.

*Ointment.* Emetic tartar, 1 drachm; lard, without salt, 1 ounce. Mix carefully together into an ointment, and rub a small quantity over the region of the kidneys night and morning till a pustular eruption is produced. This has frequently proved of service after more active treatment, has subdued the first violent inflammatory symptoms.

## BLOODY URINE.

**A DISCHARGE** of blood by urine, when proceeding from the kidneys, is generally attended with very acute pain in the back, and difficulty in making water, which is secreted in small quantities.

**TREATMENT.** Should the disease be produced by a blow or fall, use warm fomentations, after which, give the medicines as under, with saline aperients to keep the

bowels open : quiet, and a recumbent position must be enjoined.

*Mixture.* Infusion of roses, 8 ounces ; sweet nitre, 1 drachm ; tincture of opium, 1 drachm. Mix, and give two table-spoonsful every four hours.

*Saline Aperient.* Salts, 2 drachms ; manna, 2 drachms ; infusion of senna, 2 ounces. Mix for a draught and give one every morning, fasting.

### INCONTINENCE OF URINE.

THIS complaint proceeds from relaxation, or a paralytic affection of the neck of the bladder. When it arises from relaxation, cold bathing and blisters should be used ; and in paralysis, a few drops of the tincture of Spanish flies given twice a day in gruel, or mucilage of gum arabic, will relieve.

Sulphate of quinine, 1 scruple ; gum kino, 2 drachms ; tincture of Spanish flies, 1 drachm. Mix into an electuary with honey or syrup, and give a dose the size of a nutmeg night and morning.

Or, tincture Spanish flies,  $\frac{1}{2}$  ounce ; tincture opium, 2 drachms ; sweet spirit nitre, 2 drachms. Mix, give from twenty to thirty drops in gruel, or mucilage of gum arabic, twice or three times a day.

### SCURVY.

THIS complaint is of a putrid nature, mostly prevalent in cold climates, chiefly attacking sailors and those who are confined, and deprived of fresh provisions : it is aggravated by want of exercise, neglect of cleanliness, fatigue, and mental despondency.

**SYMPTOMS.** It comes on gradually with heaviness, anxiety, and debility; the countenance is sallow and bloated, the breathing difficult, the teeth become loose, and the gums bleed on the slightest touch, livid spots appear on the skin, wandering pains are felt by night, the urine is scanty, and turns blue, vegetable solutions of a green colour.

**TREATMENT.** The patient should have, if possible, a liberal diet and pure air; cleanliness must be particularly enjoined; sweet wort given freely is often of much benefit. The diet should consist of fresh animal food, with plenty of vegetables and ripe fruits, when they can be procured, or lemon juice given in the form of lemonade. Whey, or buttermilk, will be useful, and wine, in moderation. As relates to medicine, bark offers the best chance of success; it may be administered as advised below, or in decoction, with lemon juice: flannel must be worn next the skin. The following I have seen used with great advantage.

Nitre, 1 ounce; best vinegar, 1 pint. Mix and give one table-spoonful three times a day. The spots on the skin may be sponged over with the same solution.

Decoction of bark, 6 ounces; lemon juice, 2 ounces. Mix, give one or two table-spoonsful three times a day.

Should the acid produce unpleasant effects on the bowels, a drachm of tincture of opium may be added to the mixture.

Sulphate of quinine, 36 grains; confection of roses, or honey to form it into 12 pills. Give one three times a day.

### BRONCHOCELE, OR ENLARGED NECK.

THIS disease is marked by a tumour on the forepart of

the neck, and seated between the windpipe and skin. It is a very common disease in Derbyshire, and among the inhabitants of the alps ; the cause is by no means certain : some authors have attributed it to a use of snow water.

The swelling is at first without pain or any evident fluctuation, and the skin retains its natural appearance ; but as the tumour increases it grows hard, the skin becomes yellow, and the veins of the neck enlarged, there is frequent head ache, and pain in the body of the tumour.

The medicines most efficacious in this disease are the preparations of iodine. The following have proved effectual.

Burnt sponge, 6 drachms ; powdered gum arabic, 1 drachm ; ginger,  $\frac{1}{2}$  drachm ; syrup to form a mass. Divide it into twelve lozenges, put one under the tongue every night and let it dissolve gradually.

The bowels must be regulated by some mild aperient, as below :

Mercury, with chalk, 5 grains ; powdered rhubarb, 6 grains.

Mix for a powder, give one every third or fourth night.

Hydriodate of potash, 4 scruples ; distilled water, 2 ounces.

Mix, and give one tea-spoonful in a wine glass of water three times a day.

Hydriodate of potash, 1 drachm ; fresh lard, 1 ounce. Mix for an ointment, and rub a little on the tumour night and morning.

### SCROFULA.

FOR the most part, shows itself early in life, though rarely before the second, and commonly not till

the third year of infancy ; from this period it continues to prey on the system till the seventh, when it frequently subsides. Its attacks are often postponed till after the seventh year, and have occasionally been retarded till the age of puberty.

The first tumours usually appear on the sides of the neck, below the ears, or under the chin. They are perhaps three or four in number, soft, and slightly elastic, of an oval figure, and without pain ; in this state they continue a year or two, after which they enlarge, and become of a purple colour, they then suppurate, discharging a matter resembling the curds of milk.

Scrofulous persons are often handsome : the eyes are blue, there is fair hair, smooth skin, tumid upper lip, and often a chap in the centre ; it is a disease of debility, and most frequent in a cold damp atmosphere, where the seasons are variable. From latitude 45 to 60 is the climate most favourable to its propagation. Though not contagious, it is unquestionably hereditary ; and it is worthy of remark, that it often passes over one, and even two generations, appearing again in the third or fourth, the symptoms being aggravated in spring, and ameliorated during summer.

Animals are also subject to this disease : from the frequency of its appearance among swine, its name is derived.

For the cure of this scourge no decided rules can be laid down ; the symptoms must be treated as they appear ; indeed it but too often happens that they baffle the most able practitioners, and not unfrequently where the system is good, and the patient young, they spontaneously disappear at different periods of life.

The following general rules are to be attended to. The patient must be warmly clothed, live in a pure dry air, keep early hours, and use tepid sea bathing. The diet should be liberal ; wine and porter may be allowed in moderate quantities. In very young children a few grains of mercury, with chalk, may be administered with excellent effect every other, or every second night, and continued for a fortnight at a time as an alterative : the dose should be from three to five grains. The remedies below have often proved very beneficial.

*Drops.* Corrosive sublimate, 10 grains ; muriatic acid, 20 drops ; dissolve, and add tincture of bark, or white wine, 1 ounce. Give from ten to twenty drops in milk, or the essence of sarsaparilla, after breakfast and after supper.

*Lotion to disperse Tumours.* Corrosive sublimate, 4 grains ; muriatic acid, 8 drops ; dissolve and add rose water, 4 ounces. Wash the tumours or ulcers, with this lotion twice or thrice a day.

Or, hydriodate of potash,  $\frac{1}{2}$  drachm ; spermaceti ointment, 1 ounce. Mix for an ointment, and rub the swellings night and morning.

Should pills be preferred, give the following :

Corrosive sublimate, 8 grains ; muriatic acid, 20 drops ; dissolve, and add powdered rhubarb, 2 drachms. Mix and divide into thirty-six pills, give one night and morning.

*Drops.* Hydriodate of potash,  $\frac{1}{2}$  drachm ; iodine, 10 grains ; water, 1 ounce. Mix, and give from fifteen to twenty drops in decoction of sarsaparilla night and morning.

Or, subcarbonate of iron, 10 grains. Give this dose morning, noon, and night, in honey or water : it may be gradually increased to a drachm for each dose.

Lime water has been much recommended, as have all the mineral waters. Bathing the tumours with tepid sea water has frequently been of service.

### ST. VITUS'S DANCE.

THIS complaint generally appears between the ages of eight and fourteen, sometimes from sixteen to eighteen, occasionally so late as twenty-six. It is slow in its progress, and is a disease of debility; is occasioned by various irritations, as teething, worms, &c., and may arise in consequence of fright, and fits of passion.

The symptoms are, dragging of the leg, twitching of the muscles of the face, with unsteadiness of the hands, and general convulsive motions of the whole body, the eye loses its lustre, and the countenance is pale and vacant; in many instances the mind is also affected: it is not, however, attended with danger, unless it merges into epilepsy, though it is often very tedious. Much may be done by medicine, but it very often happens that there is a return of the symptoms after the patient has been, to all appearance cured.

**TREATMENT.** Should costiveness prevail, it must be removed, and afterwards tonics administered; the diet should be light, and exercise in the open air particularly enjoined; cold sea bathing is always advantageous if it can be procured. Electrical shocks have frequently produced much benefit, and are therefore worthy of trial, as is a blister applied to the lower part of the back, or dry cupping.

*Purgative Pills.* Calomel, 2 grains; compound extract of colocynth, 6 grains; oil of cloves, 2 drops. Mix and

divide into two pills, to be taken at bed-time every second night, till the bowels become regular. The black draught should be taken in the morning, if the pills are not sufficiently powerful.

*Tonic Powder.* Carbonate of iron; powdered columba, of each, 5 grains. Mix and give a powder night and morning.

*Tonic Mixture.* Decoction of bark, 8 ounces; aromatic confection, 4 drachms; tincture of bark compound, 4 drachms. Mix and give two table-spoonsful three times a day.

Or, *Black Draught.* Infusion of senna, 9 drachms; Epsom salts, 2 drachms; tincture of senna, 2 drachms; syrup of ginger, 1 drachm. Mix for a draught to be taken in the morning, fasting.

Sulphate of quinine, 36 grains; nitrate of silver, 3 grains; syrup to form 12 pills, give one three times a day.

## WORMS.

THE presence of worms are attended with such decided marks of disease, that from the earliest times it has been a subject of much anxiety to the world; we as yet, however, know but little which illustrates the subject, or directs us to any certain method of cure. The human body is infested by three kinds of worms, viz., the ascarides, or small white worm; the teres, or round worm; and the *Tœnia*, or tape worm, which is flat, and of great length. The round worm, is like the common earth worm, and is from ten to fourteen inches long; it has often ascended to the stomach, and been discharged by the mouth. They are sometimes solitary, but as many as thirty or forty have been voided, and are not frequent

after the age of fifteen. The tape worm is common to children and adults, and is often twenty or thirty feet in length ; is generally single, and has from this cause been termed *tœnia solium*. The ascarides, or thread worm, is half an inch long, of a white dirty colour, chiefly confined to the rectum, or lower intestine.

**SYMPTOMS.** Variable appetite, fetid breath, pains in the stomach, grinding of the teeth during sleep, picking of the nose, paleness of the countenance, hardness and fulness of the belly, emaciation of the body, and convulsions.

**TREATMENT.** Worm cases have too often been treated on empirical principles, the only object being the expulsion of the worms ; the medicines which have been used for this purpose, frequently having aided the disposition to form more. The oil of turpentine is the most certain of all the means we possess of directly removing them ; the extent of the dose which may be safely given, is four drachms, in gruel or honey ; it produces an intoxicating effect, which soon passes off. The diet must be carefully regulated, and digestion promoted in languid habits, by bitters and stimulants ; the bowels must be kept soluble, and the patient take daily exercise in the open air. Cold sea bathing is, in these cases, of great benefit : fruit of all kind must be abstained from.

The turpentine when administered to Children, particularly if very young should not exceed from 20 drops to 1 drachm, but may be repeated nightly.

Some of the forms below will be found of service.

Take powder of jalap, 8 grains ; calomel, 3 grains. Mix for a powder, and give one every third or fourth night, in honey or jelly.

*Injection in cases of ascarides.* Lime water of a tepid heat, 10 ounces: for an injection.

Or, aloes, 1 drachm: thin gruel, 10 ounces. Mix for a clyster.

The Harrowgate water is a safe and powerful remedy against round worm and ascarides.

### PILES.

ARE by no means dangerous; indeed they were considered by the ancients a provision of nature for the advantage of the constitution. They are, however, often a symptom of general febrile excitement, and arise from food of too stimulating a nature, the abuse of wine and spirits, violent purgatives, long-continued costiveness, and horse exercise. They also trouble the sedentary, travellers by coach, pregnant females, and those who have diseased liver. Often proving troublesome, and difficult to cure.

**TREATMENT.** Keep the bowels open with small doses of castor oil, apply leeches and cold lotions to the parts, with rest, in a recumbent position. Ward's paste, which is composed of black pepper, fennel seeds, with the root of the Elecampane has often proved of service; as also small doses of copaiva, and tincture of myrrh; viz., from twenty to thirty drops twice or three times a day in water.

*Aperient Draught.* Salts, 3 drachms: mint water, 10 drachms: syrup ginger, 2 drachms. Mix for a draught and give one every morning.

*Lotion.* Goulard's extract,  $\frac{1}{2}$  ounce: solution of opium, 4 ounces; camphor mixture, 8 ounces. Mix for a lotion and keep the parts affected wet with it day and night.

*Ointment.* White lead,  $\frac{1}{2}$  ounce : powder of opium, 1 drachm : ointment of stramonium, 1 ounce : powder of nut galls,  $\frac{1}{2}$  drachm. Mix and apply to the part on linen rag or lint.

*Ointment.* Red precipitate 1 drachm ; calomel  $\frac{1}{2}$  drachm ; Goulard's extract fluid, 1 drachm ; bees' wax, 2 drachms : lard, 6 drachms. Mix and anoint the part frequently.

### SCABIES OR ITCH.

THE itch is evidently confined to the skin, and never affects the general system, however great its irritation.

It shows itself in small pimples, about the fingers, wrist, palms, and waist, which after a short time become so many pustules, and are attended with such an itching as to occasion a constant desire to scratch. When they suppurate, the fluid falling on the neighbouring parts, spreads the disease over the whole body. The complaint arises usually from infection ; those, however, who reside in a cold mountainous situation seem particularly predisposed to it. It has been proved to arise from an insect under the skin, which was first described by Bonomo, in the year 1683, and is now called *Acarus Scabici*.

The remedy which has been employed with the greatest success in the cure of this complaint, is sulphur ; but as some object to its odour, the following formulæ may be substituted. Those who are suffering from the disease should abstain from high-seasoned meats, and particularly attend to cleanliness ; the diet must consist of vegetables, milk, and a small quantity of fresh animal food.

*Liniment.* Corrosive sublimate, 10 grains ; muriatic acid, 30

drops; dissolve, and add camphorated spirits of wine, 2 ounces. Mix and well rub the parts affected night and morning.

Or, corrosive sublimate, 10 grains; muriatic acid, 30 drops; rose water, 6 ounces. Mix for a lotion and apply frequently.

Or, vitriolic acid, 20 drops: essence of lemon, or otto of roses, 10 drops, lard, 1 ounce. Mix for an ointment and rub the parts affected night and morning.

Or, creosote, 30 drops; fresh lard, one ounce. Mix and anoint the parts night and morning.

### BLEEDING AT THE NOSE.

IN the upper part of the nose there is a fine net work of blood-vessels, covered only by a very thin membrane, and whenever there is any extraordinary fulness about the part this membrane is readily ruptured. The blood in most instances flows only from one nostril, but sometimes from both. Blows, great heat, and indeed any thing which determines blood to the part will produce this effect, however it generally occurs without warning, but in some instances is preceded by a feeling of weight over the eyes ringing in the ears, giddiness, and cold feet.

Young persons are the most general sufferers, though the aged are by no means exempt. When it occurs in young people it is not of much moment, but in advanced life it is often both troublesome and dangerous; in some instances it is salutary, as in head ache, inflammatory fever, mania, apoplexy, &c. in such cases it may be rather encouraged than suppressed, provided it does not go so far as to induce debility.

**TREATMENT.** In order to restrain and stop the bleeding, the patient should be freely exposed to the cold air, placed in an erect position with the head inclined rather backwards.

Cloths dipped in a lotion of muriate of ammonia, or in vinegar and water, should be wrapped round the head, and some astringent may be thrown up the nostril by means of a small syringe, or pieces of lint rolled and pushed up the nostril, having been previously dipped in some of the stiptics recommended below. One of the most powerful means of averting the bleeding will be to dip the plugs of lint in powdered charcoal and force them up the nostril, or the charcoal may be used like snuff. The hands and feet should be plunged into cold water.

The bowels must be kept open by saline aperients and some cooling drink taken frequently. Sometimes it is requisite to plug the nostrils both externally and internally; after the bleeding is suspended strict quiet is to be enjoined.

Diluted sulphuric acid, 2 drachms; infusion of roses, 6 ounces; laudanum, 1 drachm. Mix and let the patient take two table-spoonsful every two hours.

Or, sulphate of zinc, 3 grains; infusion of roses,  $5\frac{1}{2}$  ounces; syrup of ditto,  $\frac{1}{2}$  ounce. Mix and give the patient two table-spoonsful every 6 hours.

Or, nitre in powder, 5 grains. Give a powder in barley water, acidulated with raspberry-vinegar every three or four hours.

*Stiptics.* Sulphate of zinc, 1 drachm; sugar of lead, 10 grains; water, 6 ounces. Mix for a lotion, and apply up the nostrils with pledgets of lint.

Or, the muriated tincture of iron, 2 drachms; water, 4 ounces.

Mix for a lotion to be applied as above.

Or, sulphate of copper, 1 scruple: water, 1 ounce. Mix for a lotion.

Dip plugs of lint in it, and introduce into the nostril, this rarely ever fails.

### NEURALGIA, OR PAINFUL AFFECTION OF THE NERVES.

THIS is one of the most dreadful complaints to which the human frame is subject; and the practitioner has frequently the misfortune to witness the acute sufferings of the unfortunate patient, and lament the inefficacy of the art of medicine to relieve him.

It commonly arises in persons of a delicate frame, at that period of life when the strength begins to flag. It is excited into action by a damp cold atmosphere, great fatigue, and uneasiness of mind.

**TREATMENT.** Stimulating and anodyne embrocations, blisters, mercurial ointment; the carbonate of iron, quinine, veratria, externally and internally, have all in turn afforded relief, and in some cases effected cures.

The complaint is by no means confined to the nerves of the head and face; it is liable to attack every part of the body; there is generally derangement of the digestive functions, and the bowels must be attended to: opium is sometimes necessary to relieve pain and procure rest. Some of the formulæ given below will be found of service.

*Ointment.* Veratria, 15 grains; essential oil of bitter almonds, 1 drachm; otto of rose, 2 drops; spermaceti cerate, 1 ounce. Mix and rub the parts affected night and morning

till a feeling of pricking arises in the part. This is the composition of the pomade made by Le Grand, which is so celebrated in this disease.

*Anodyne.* Black drop, 20 to 40 drops ; or laudanum, 1 drachm : camphor julep, 2 ounces. Mix for a draught to be given at bed-time, when there is severe pain.

*Mixture.* Ioduret of iron, 24 grains ; infusion of cloves, 6 ounces. Mix and take two table-spoonsful every six hours.

Or, Hydriodate of potash, 1 drachm ; crumb of warm bread, 2 drachms. Mix and divide into twelve pills, take one morning, noon, and night.

Or, carbonate of iron, 10 grains ; carbonate of ammonia, 3 grains. Mix for a powder, and give one morning, noon, and night.

*Embrocation* Veratria, 1 drachm : rectified spirits of wine, 2 ounces. Mix for an embrocation.

The hand should be kept moist with the preparations, and moved with speed, but lightly.

Or, tincture of capsicum, 1 ounce ; venabria, 6 grains. Mix for a liniment.

*Tonic Pills.* Sulphate of quinine, 36 grains ; muriate of morphia, 3 grains : syrup to form a mass. Divide into 12 pills, give one three times a-day

### CATARRH, OR COLD

CONSISTS in an increased flow of mucus from the membrane of the nose and throat, accompanied by a slight degree of fever. It is so very common a complaint, that it may appear almost needless to notice it ; yet if we view it, (as it absolutely is), the commencement and cause of

many fatal diseases, too much caution cannot be used in treating it. It attacks all ages, and may take place at any time of the year: when there are sudden changes in the atmosphere, it sometimes depends on a specific contagion, and is then distinguished by the term influenza. In this form it spread over the whole of Europe, in the years 1732, and 1733, and again appeared in the year, 1837, with great severity.

Catarrh is to be distinguished from measles by the great mildness of the febrile symptoms. It usually comes on with a pain, [and feeling of weight in the forehead, redness of the eyes, fulness and heat in the nostrils; these symptoms are soon followed by sore throat, hoarseness, sneezing, a dry cough, loss of appetite, general feeling of lassitude, and chilliness; all of which symptoms are increased towards night, and are attended with more or less fever. The complaint is not dangerous, except it be neglected, or when it attacks elderly people, or those of a consumptive habit, and has been aggravated by improper treatment.

Where the symptoms are very mild, little or no medicine will be required; it will be sufficient for the patient to confine himself to bed, use abstemious regimen, and take warm dilutent fluids, as barley water, gruel, &c., acidulated with a little lemon juice. In those cases, however, which are attended with severe symptoms, and pain in the chest, blisters seldom fail in giving relief, if employed early in the disease. To promote perspiration and expectoration small doses of antimonials should be given, as advised under the head of continued fever. Ammonia is a powerful diaphoretic; twenty or thirty drops of sal volatile, given in half a pint of white wine whey, and the

patient well covered up in a warm bed, will speedily produce profuse action of the skin. Should the cough be troublesome, the steam of warm vinegar and water, with a few elder flowers infused in it, and inspired by means of Mudge's Inhaler, (which no family should be destitute of,) will give great relief, and promote a free expectoration. Should the Inhaler not be at hand a common funnel inverted over a jug of boiling water will be a good substitute.

When the inflammatory symptoms abate, anodynes, combined with expectorants, will be of service, particularly where the sleep is disturbed. The bowels must be kept soluble by mild aperients, and the diet should be spare and cooling, as barley water, chicken broth, beef tea, vegetables, or fruit. If the disease be of long continuance, or have become habitual, the patient should continue longer in bed in the morning, and retire early at night, abstain from wine, and all food difficult of digestion, change the air, and use horse exercise. Warm bathing is of infinite service, particularly the vapour bath, and ought always to be employed where it can be procured. A Burgundy pitch plaster should be applied between the shoulders or over the chest.

It may not be unnecessary here to notice a species of catarrh, which attacks persons advanced in years. They are seized with a cough, which at length becomes habitual, continuing, not unfrequently, many years, and proving very distressing. Its attacks are early in the morning, and the patient, otherwise in good health, is distressed and dreadfully exhausted by the cough, which comes on in fits, lasting a considerable time, and are terminated by a free expectoration, when relief is obtained; the same

symptoms again occur, till at last the unfortunate patient is completely worn out.

It is very common in northern climates, and appears to arise from an unusual quantity of mucus secreted in the bronchia, not unfrequently in the lungs themselves.

A combination of squills, with gum ammoniacum, is here of much service, given in the subjoined form. A recent cold may be very frequently completely cured if attended to in time, by giving the patient eight grains of Dover's powders in a half pint of white wine whey, and putting the feet in a tepid bath, with a little flour of mustard. This will produce a free action of the skin, and the cold is often carried off by the time the patient rises the next morning.

*Mixture.* Myrrh,  $\frac{1}{2}$  drachm; dissolve in spring water, 1 ounce, and add mixture of ammonia, 6 ounces; oxymel of squills,  $\frac{1}{2}$  ounce; compound tincture of camphor, 2 drachms. Mix and give the patient two large table-spoonsful twice or three times a day.

*Mixture in cases of severe colds, of long standing, attended with profuse expectoration.* Mindererus's spirit, 2 ounces; cinnamon water, 3 ounces; vinegar of squills, 2 drachms; syrup of marsh mallows, 1 ounce. Mix and give the patient one table-spoonful morning, noon, and night, with a pill, as under.

*Pill.* Pill of iron, with myrrh; pill of squills, of each 1 scruple. Mix and divide into twelve pills, give one every night at bed-time.

*Aperient Draught.* Epsom salts, 2 drachms; manna, 1 drachm; infusion of senna, 10 drachms: tincture of senna, 2 drachms. Mix for a draught and give it early in the morning, fasting, when the bowels require to be relieved.

*Anodyne Draught for a recent cold.* Tincture of opium, 30 drops ; compound tincture of camphor, 30 drops ; camphor mixture, 1½ ounce. Mix for a draught and give one at bed-time, when the sleep is disturbed, or the cough troublesome, but not if fever be present.

*Pill for a cough.* Squill pill, 1 drachm ; muriate morphia, 2 grains ; powder of ipecacuanha, 6 grains ; syrup to form a mass. Mix and divide into twelve pills, let the patient take one night and morning.

*Draught when the cough is very distressing at night.* Compound tincture of camphor, 1 drachm ; sweet spirits of nitre, 20 drops ; ipecacuanha wine, ½ drachm ; syrup of tolu, 2 drachms ; camphor mixture, 1 ounce. Mix for a draught, to be taken at bed-time.

## COUGH.

COUGH in the way the word is popularly understood and treated, is an extremely vague term ; and as there is no abnormal state of the air passages, where it is not more or less present I shall make a few observations on that subject especially.

Cough is believed to be, and generally is one of the most certain indications of consumption, and being the symptom attracting the earliest notice, it will be of no small importance to be able to distinguish one species of this affection from another, arising from an opposite cause. The cough on the first attack of consumption or what is technically termed the incipient stage, is usually very slight during a period of many weeks, or perhaps months, occurring chiefly in the morning. This stage is treated with indifference, nay, perhaps entirely overlooked by the patient and his friends, appearing to arise from

unimportant causes not connected with a disordered state of the system, in this stage there is no expectoration. Now this is a circumstance in the history of consumptive cough, deserving particular attention. By insidious and imperceptible degrees it occurs during the day, more especially if any extraordinary exertion has been used as singing or reading aloud in which case there is a frothy expectoration. As the disease advances, the cough keeps pace with it ; though it has not unfrequently been slight throughout its course, in a few instances has only been observed a short period prior to dissolution, and there are cases on record, where it has been absent altogether, though I cannot say such an occurrence ever came under my own observation. We have the authority, however, of Lieutaud and Portal on this point, who inform us, that consumption can exist without the slightest cough. As the malady advances, the cough becomes constant, without any apparent cause of excitement, and experiences an increase morning and evening, the sleep also becomes disturbed during the night, there is frequent vomiting and in the latter stages difficulty of breathing accompanied with a distressing sensation of suffocation ; such is the character of the cough attending tuberculous consumption in its various stages, when not complicated with other deranged states of the air passages.

We will now notice the cough arising from common cold, this being frequently confounded with that accompanying tubercular disease : though if its symptoms are attended to, it will not be difficult to distinguish. It may usually be traced to exposure to a cold damp atmosphere or suppressed perspiration is deep, and implicates the whole of the respiratory muscles, is attended by sore

throat, head-ache, &c. the expectoration is also different ; in the cough arising from common cold, though at first dry, harsh, and hoarse, it is soon accompanied by a very considerable expectoration, at first colourless, afterwards opaque, yellow, and frequently muco-purulent it usually declines gradually, running its course in a fortnight or three weeks, when it entirely ceases, unless from neglect or bad management it becomes chronic ; and it is in this form that difficulty may occur in distinguishing its true character, when therefore a cough, which had its supposed origin in cold, exists for an unusual length of time, and will not yield to the general method of treatment, a careful examination should be made of the state of the patient's health, prior to the attack, and if there be found to have been a slight morning cough, attended by shortness of breath, together with an expectoration tinged or streaked with blood, there will be reason for apprehension.

We now come to the consideration of stomach-cough. Irritation in this organ frequently produces cough, not dissimilar to that arising from tubercles ; yet a little care will soon enable us to determine its true nature. Gastric cough is harder, and louder ; comes on in paroxysms ; the tongue is dry on waking ; furred in the middle, clean at its tip, and round the edges, there is thirst, slight acceleration of the pulse ; the hands and feet are cold by day, and burning by night ; the bowels are constipated, the urine high-coloured ; there is head-ache in the evening, great irritability of temper accompanied by a sallow complexion ; in fact, the patient has the appearance of ill-health, this state may continue for a long period, without the strength or appetite being much affected. A cir-

cumstance very apt to mislead the patient as to the nature of his malady; however if we investigate the history of such a case, we shall discover the digestive functions are deranged. Under proper treatment this species of cough may soon be subdued, and the health and vigour restored.

There is another form of cough originating in a deranged state of the stomach, which attacks advanced life, and is generally found in those who have been addicted to the use of high-seasoned dishes. It is attended with very considerable expectoration, harrassing the patient on first waking in the morning. It will be very easy to distinguish this from the consumptive cough, — the next species is the abdominal cough produced by disordered liver, worms, &c.; this form is not easily mistaken, yet, as those who are its victims frequently possess a tuberculous habit, it requires minute investigation, and a guarded prognosis. The last form of cough to be noticed is the nervous, and this is the most likely to be confounded with the tuberculous, yet when its general features, periods of accession, manner of attack and its disappearance, are taken into consideration, it will be found to differ very essentially from it. Nervous cough is uncertain in its periods of attack. During the day, any agitation of mind will produce it. It has a peculiarly sharp harsh sound, is repeated in quick succession, often continuing an hour or more without intermission; is frequently combined with hysterics, of which indeed it is a symptom. Such are the different forms under which cough attacks the patient; and if their symptoms be carefully examined, there will not be much danger of either kind being confounded with the true

consumptive cough ; and it is only when they occur in those who are predisposed to this malady, that any alarm need be produced.

### INFLUENZA.

THIS complaint having been extremely troublesome and fatal within the last five or six years, it is requisite to give it some attention.

It is reasonable to suppose that the disease existed in every age ; yet it was not noticed before the sixteenth century, nor in England before 1658 ; it has been, however, no unimportant complaint of late years.

**SYMPTOMS.** Chilliness, depression, and anxiety followed in a few hours with heat, head ache, pain of the back and limbs, soreness of the chest, severe cough, with a high degree of fever, the tongue coated, nausea, vomiting, diarrhoea, and delirium, pains in the side, &c. The symptoms are often very severe for the first twenty-four hours, after which, in most cases, they abate, the cough, however, remaining, with dreadful debility.

**TREATMENT.** Give beef tea and arrow root for food, with repose in bed. Blisters to the chest may be of service, but not bleeding ; by any means. The sudorific mixture, as advised in fever, with mild saline aperients, (not purgatives) must be given : the bowels will be best relieved by clysters. When the fever abates the system must be renovated by generous diet and tonics, beginning with broths, jellies, then animal food, porter, and wine, combined with change of air, when practicable.

Should the case be very severe, no time must be lost in obtaining medical assistance, as this disease frequently

terminates fatally in a most sudden and unexpected way, or assumes the form of typhus.

Colds in our ever-variable climate being most common (and influenza being only a severe form of cold) I would impress on my readers that cold and fever so closely resemble each other in their first attack that great caution is required. When, therefore, there is much acceleration of the pulse, with distinct fits of heat and cold, together with headache, and a degree of sickness, a mild emetic will be urgently called for; if it be only a cold, much relief will follow; and if an attack of genuine fever, by unloading the stomach, and producing determination to the skin, the disease may be cut short.

*Emetic.* Powder of ipecacuanha, from 15 to 20 grains, given in water: the patient should dilute freely with warm water or tea; after the action of the emetic give the following mixture:

Prussic acid,  $\frac{1}{2}$  drachm; compound tincture of camphor, 1 drachm; syrup of tolu,  $\frac{1}{2}$  ounce; camphor mixture,  $5\frac{1}{2}$  ounces. Mix and let the patient take one or two table-spoonsful every 4 or 6 hours.

For the cough if troublesome after the fever has subsided.

Oxymuriate of potass, 1 drachm; syrup of tolon,  $\frac{1}{2}$  ounce; camphor mixture,  $5\frac{1}{2}$  ounces. Mix, give two table-spoonsful 3 times a day.

#### RING-WORM.

Is confined to the skin, chiefly of the head, though it frequently visits every part of the body. It is produced in almost every case from contact, the use of the same

comb or brush, hat or cap, and is extremely difficult of cure.

It first appears in the form of a circle of small red pimples, filled with a thin fluid of a very acid nature, is attended by a considerable itching when the body is heated by exercise; the size of the circle is in general about as large as a sixpence, but frequently of a much greater extent.

When not very inveterate it will give way to simple applications, such as ink, mushroom catchup, lime juice, and gun-powder.

The following system in almost every instance has succeeded with the author :

Indian berries,  $1\frac{1}{2}$  ounce ; water,  $1\frac{1}{2}$  pint. Boil and simmer till reduced to half the quantity, and add 10 grains of corrosive sublimate of mercury, previously dissolved in muriatic acid. With this lotion, the parts are to be sponged over, night and morning freely, the hair must be cut as short as possible, but by no means shaved off, as it is always injurious to do so.

The head should be well washed with castile soap night and morning before applying the lotion. The following pills are to be used at the same time :

Plumber pill, 3 grains to form one pill, give one every other night for twelve nights, then rest twelve, and begin again for six more.

It frequently occurs after having followed the above system for a week or two with marked success, the disease appears to be stationary and the remedy to have lost its power, in which case it must be changed for the following, which in general effects the cure in a few weeks :

Citrine ointment, 2 ounces, anoint the parts by means of a camel hair brush, night and morning if the ointment be hard it must be warmed by the fire.

*Alterative Tincture.* Oxymuriate of mercury, 5 grains; muriatic acid, 20 drops. Dissolve the mercury in the acid, and add compound tincture of bark, 1 ounce. Dose for a child under two years of age, 4 drops night and morning in water; under 6-7 drops, of 12-10 drops, adult age 20 drops.

### HYDROPHOBIA.

THERE is even in the present day so very little satisfactorily known, and so few opportunities of acquiring any practical knowledge concerning the general nature of this dreadful malady, that it might be as well to omit any notice of it; yet a few hints may perhaps chance to be at some period of use. The animals which have hitherto been ascertained to possess the power of originating it, are the dog, fox, wolf, and domestic cat; some writers have included the horse, mule, ass, ox, and hog, but the fact has not as yet been authenticated. The causes of the disease are heat of the weather, thirst, hunger, putrid food, and ill usage.

**SYMPTOMS.** Pain in the bitten part, the cicatrix appearing red, or livid; the limb or part feeling stiff there is great anxiety and depression sometimes melancholy, which it is impossible to overcome; a straightness and constriction is felt about the chest, and throat, the breathing becomes difficult, and is interrupted by sobs, and deep sighs; the sleep if any be obtained, is broken by frightful dreams; bright colours, a strong light, the sound of water, even the agitation of the air are sources of disturbance. The sufferer is tormented with raging

thirst yet dare not satisfy it, the sight or very idea of fluids makes him shudder and frequently produces convulsions, the eye is glassy and dreadful spasms close the melancholy scene.

**TREATMENT.** The field is still perfectly open for trial, for at this moment we have not a single remedy, or any plan which can be depended on. The part if possible should be instantly extirpated either by the knife, caustic, or burning, a ligature placed very tight round the limb above the wound appears to have been attended with salutary effects in various instances; warm oil, ammonia, camphor, musk, and bathing, are among the most popular remedies. Bleeding has been carried to the extent of almost depriving the patient of life, and in one instance under Doctor Nugent, of Bath, was attended with success, but then musk and camphor were largely employed at the same time, and it is very probable that the latter remedies were the ones which really effected the cure, how far emetics might be serviceable general trial has never yet decided. They have frequently been found capable of relieving spasm of the throat and enabling the patient to swallow liquids, when every other remedy has failed, musk, opium, prussic acid, and camphor appear to offer the best chance, on the whole it is perfectly evident that we have no specific for this horrible disease, and every plan hitherto adopted has been only palliative, in cases where persons are bitten by dogs, the tooth frequently penetrates further than the knife can reach, or it is safe to carry it, such cases a little patossœ fusa should be melted in a silver spoon and the blunt end of a silver probe or even a bodkin dipped in it till a button is formed at the end, and then the caustic can be entered

to any depth in the wound, and as the potassœ fusa extends beyond the part to which it is applied, it is better than any other caustic.

### BOIL.

Is a hard circumscribed, exquisitely painful tumor, generally appearing under the figure of a cone, the base of which is considerably below the surface of the surrounding skin.

On the most prominent part of the boil there is generally a white or livid pustule, extremely sensible to the touch, and immediately beneath this is the seat of the abscess. The matter is slow in forming and rarely in any quantity, it seldom in size exceeds that of a pigeons egg, though the inflamed base extends to a considerable extent.

**TREATMENT.** Suppuration must be promoted by fomentations of warm water and poultices of linseed meal and honey, or bread and water into which may be introduced a few drops of extract of goulard.

Should there be a disposition in the system to generate boils. Bark, iron, the mineral acids and sea bathing will be of service, also diuretics as nitre or tartarized soda and the vegetable and mineral alkalies.

**Lotion.** Goulard's extract, 2 drachms; laudanum, 2 drachms; camphor mixture,  $5\frac{1}{2}$  ounces. Mix for a lotion.

This will afford much relief in the early stages and may not unfrequently prevent their coming to maturity.

After they have suppurated the common yellow Basili-lican ointment is the best dressing. The matter of the boil is contained in a small cyst or bag and known by the

name of the core ; till this be discharged the abscess never heals, and indeed the part not unfrequently requires to be opened in order to permit it to be liberated.

### VARICOSE VEINS.

THIS term is applied by surgeons to the permanently dilated state of a vein attended with an accumulation of dark coloured blood, the circulation of which is materially retarded in the affected vessel, when veins are varicose, they are not only dilated, but are also evidently elongated ; for besides being irregular, and in several places studded with knots, they make a variety of windings, and, coiling themselves form actual tumors. Experience proves that there is no certain mode of curing this affection, and this is not to be wondered at, since the nature and causes of the disease are completely unknown. The increase in the dilation of varicose veins may be retarded and the swelling attendant on the complaint beneficially opposed by methodical and permanent compression, when the whole of a limb thus affected is subjected to an equal and gentle pressure accompanied with rest, the dilated veins subside, the circulation is more regularly performed and the swelling and pain cease.

The veins of the legs, thighs, and belly often become varicose in the last stage of pregnancy, and sometimes put on an alarming appearance from their great enlargement and distention. No bad consequences have, however, been observed to attend such a condition, the only thing necessary is to attend to the state of the bowels, and apply moderate pressure and support if required. It sometimes happens that in consequence of a blow, severe exertion, or other accident a varicose vein of the leg

bursts ; in such a case though the effusion of blood will of necessity be profuse, and to the bystanders very alarming, yet no danger is to be apprehended, all that is requisite will be for some person (even the patient himself if he has sufficient courage, and presence of mind) to make pressure below the part burst, with the finger, and apply a compress of lint wetted with vinegar and water, and over that a bandage sufficiently firm to restrain, the bleeding, the limb, must be afterwards kept perfectly at rest for some days till the vessel is healed, the first dressings not being removed for two days.

#### FALLING DOWN OF THE FUNDAMENT.

THIS disease is of frequent occurrence in children of a weak habit, and in adults who have suffered from piles, diarrhœa, dysentery, or severe purgatives. The treatment consists in returning the protruded part of the intestine which may be done by making firm but gentle pressure with two fingers previously oiled, or they may be covered with a soft napkin ; should the part in consequence of having been sometime unreduced be much swelled, and painful, a mild anodyne fomentation prepared by boiling poppy heads and elder flowers in water, may be applied warm, previous to reduction being attempted ; after it has been returned, astringent injections may be used with advantage, prepared of gall, or oak, bark, and opium.

With the view of strengthening the parts ; the debility of which is in general to be considered as the sole cause of the malady, the cold bath will be advisable, water may also be thrown on the back, it may at the same time be ne-

cessary in some cases to place the patient on a tonic system, the best for that purpose are small doses of iron, or quinine.

The state of the bowels must be attended to, and costiveness carefully avoided, small doses of castor oil being the aperient best adapted for these cases ; all purgatives particularly those which are drastic or contain aloes will invariably aggravate the malady.

*Lotion or Injection.* Oak bark, 2 drachms ; boiling water, 8 ounces. Let it macerate four hours, then strain, and add tincture of opium,  $\frac{1}{2}$  drachm,

### WHITLOW

Is a tumor occupying the extremity of the finger, generally situated round the nail immediately under the cuticle, and appearing in the form of a small swelling attended with a degree of redness and some pain at the root or one corner of the nail, the skin becoming a little discoloured ; it speedily advances to suppuration, when the skin is nearly transparent ; after the contents of this little abscess has been evacuated, the ulcer in most instances speedily heals, the loss of the nail however, is frequently, even under the best treatment, the result. In the commencement the following is a very serviceable application :—

Muriate of ammonia, 1 ounce : distilled vinegar, 2 ounces : spirit of wine, 1 ounce : water, 8 ounces. Mix for a lotion, and apply by means of lint or linen rag, or as a poultice cold with bread crumbs.

Should it not subside it must be induced to suppurate by poultices prepared of linseed meal and beer, or common bread and water.

The ulceration remaining after all inflammation and

symptomatic fever have subsided is very often indolent and difficult to heal, in which case the following will be of much benefit.

Goulard's extract,  $\frac{1}{2}$  ounce : white wax, 1 ounce : olive oil, 2 ounces : camphor, 2 drachms.

The camphor must be rubbed down with a little of the oil, and the remainder, with the wax being melted together over a gentle heat, the goulard is to be stirred in, and when the mixture is nearly cold the dissolved camphor is to be added and the whole stirred till cold.

There is another species which is much more severe than the former, being attended with acute throbbing pain ; the swelling is more uniform and there is a considerable elevation of the skin.

The progress towards suppuration is very slow and the matter frequently insinuates itself beneath the nail. It is best treated by immersion in warm water and emollient poultices, these failing, a free incision will be requisite.

The following method of treatment has been recommended on high authority.

The finger is first to be soaked in warm water and as much of the skin rubbed off with a coarse towel as possible, after which it is to be freely rubbed with lunar caustic and a bread and water poultice applied luke warm, this plan it is said will remove every symptom in a few hours, if done at the commencement.

A cooling diet with aperients will be requisite during the progress and cure.

## SPRAINS AND CONTUSIONS.

A CONTUSION is an injury of the soft parts occasioned by a fall, blow, or violent pressure, without a wound.

It is generally attended with effusion of blood, or other fluid, from the rupture of some vessels under the skin by which the parts acquire a deep red colour.

## A SPRAIN.

Is a painful and inflammatory local affection arising from some over distention of a tendon or ligament, it frequently occurs in the wrists, knees, and ankles ; and is generally accompanied by an effusion of blood under the skin, injuries of this nature often produce loss of motion in the part for many weeks : and not unfrequently a thickening takes place, which remains during life, producing at times severe pain, particularly after any extra exertion.

TREATMENT. Immediately after the accident the part should be emerged in a bath at the heat of 100 degrees, after which leeches should be applied ; and then a poultice of vinegar and bran, luke warm, or bread crumbs and camphorated spirits of wine ; the following lotion when applied in the early stage, after blood has been freely drawn by leeches, rarely fails in affording great relief.

Goulard's extract,  $\frac{1}{2}$  ounce : tincture of opium, 2 drachms : vinegar,  $\frac{1}{2}$  pint : camphor mixture,  $1\frac{1}{2}$  pints. Mix for a lotion to be applied tepid by means of folded rags.

**C**After the inflammatory action has subdued the following liniment should be used.

Soap liniment, 1 ounce : tincture of opium, 2 drachms : camphorated spirits, 2 drachms. Mix for a liniment and rub in night and morning.

Or, camphorated spirits of wine,  $\frac{1}{2}$  ounce : cajaput oil and laudanum, of each, 2 drachms : olive oil,  $\frac{1}{2}$  ounce. Mix for a liniment, and apply night and morning.

Or, olive oil, and spirits of turpentine of each,  $\frac{1}{2}$  ounce. Mix for a liniment and use as above,

When weakness remains after a sprain, pumping cold water on the part every morning, aided by a bandage or laced stocking to support the part will be the most effectual means of remedying it.

## DISEASES OF FEMALES

ON this delicate subject my remarks will be brief. As I have treated it at length in a work entitled the "Boudoir Companion," and which should be in the possession of every female.

### OBSTRUCTION AND SUPPRESION.

THESE diseases do not essentially differ ; in their symptoms they resemble each other, arise from similar causes, and require the same treatment.

There is a great diversity in the period at which the discharge first appears ; which is to be attributed to the effect of climate and the habit of the individual.

In England, when the system is healthy, it in general

shows itself about fifteen years of age, though the delay of some months, or even one or two years, should cause no alarm if the general health be good. Mothers are naturally over anxious, but these cases are best left to nature ; frequently the practitioner in his over anxiety to please does fatal mischief. The case is, however, different when at eighteen the female who has never had any discharge begins to suffer in her general health ; scrofula and consumption frequently appear : it is here the aid of medicine is useful, and urgently called for.

In some cases there is an over-fulness of the blood vessels, the head aches, the stomach suffers, there is flatulence, loss of appetite, costiveness, with emaciation, blood is discharged from the stomach, lungs, or nose, there is coldness and swelling of the feet and legs at night, the eyes are of a pearly white, the lips livid, the eyelids are swollen in the morning there is great langour, pain in the loins and legs, a feeling of tightness across the chest, with cough, palpitation of the heart, and frequent faintings, the mind is anxious and irritable, in fact, she is nervous and hysterical.

The treatment will depend on the judgment of the medical attendant ; symptoms must be closely attended to ; the hip bath, is always a valuable remedy, and where debility is present, the diet must be liberal, change of air, cold bathing, and tonics will be required, as iron, with infusion of cascarill, bark, or columba : the bowels must be attended to. If there be pain on the first discharge, which is very usual even for some time afterwards, twenty drops of the black drop, or sixty drops of laudanum should be given in a glass of warm brandy and water. This the author has never found fail in affording

relief. Where there is obstruction, with loss of appetite, the following are very useful pills.

*Tonic Pills.* Salt of steel, 2 drachms ; myrrh, 1 drachm ; extract gentian, 2 drachms ; oil of peppermint, 5 drops. Mix and divide into thirty-six pills, take two night and morning.

Or, pills of aloes,  $1\frac{1}{2}$  drachm ; salt of steel, 2 scruples ; oil of mint, 5 drops. Mix and divide into thirty pills, take one morning, noon, and night.

Where there is much pain.

Muriate of morphia, 2 grains ; syrup to form eight pills, give one occasionally.

*Tonic Pills.* Sulphate of quinine, 36 grains ; syrup to form twelve pills. Give one three times a day.

### INORDINATE FLOW OF THE MENSES.

THIS arises in two different states of the system, and in some degree, may be considered a local disease.

It is generally preceeded by chills, a severe bearing down, pain in the loins, with thirst and fever. The discharge is often very profuse.

The passive discharge is produced by whatever debilitates the system ; it occurs chiefly in the lower classes and frequently arises from scanty poor diet. Nurses, washerwoman, and those who use much tea often suffer from it.

The active discharge occurs chiefly in the higher ranks of life ; it is produced by a full diet, late hours, heated rooms ; and, where it occurs in the lower classes, by the abuse of spirits, and in both, by exposure to cold and damp.

It is not common in the young unmarried female, and, doubtless, frequent child-bearing gives a predisposition to it. It seldom, even in married women, commences before thirty years of age; but from that time, to the period when the discharge ceases for ever, the tendency generally increases. Many who never suffered before, experience it in some degree before its final cessation. In the beginning it is not dangerous, but when long continued, lays the foundation of more urgent complaints; a fatal event however, from mere loss of blood is a very rare occurrence.

**TREATMENT.** Where there is much fever, or pain in the back, cupping, to the amount of ten or twelve ounces, may be required, with saline aperients, and a spare diet. Perfect rest in bed, or on a sofa, must be urgently enjoined: the bed-clothes should be very light. Napkins dipped in vinegar, or vinegar in water, are to be applied to the lower part of the abdomen: an injection may be used twice or three times a day. Should the discharge be so profuse as to produce alarm, exposure to the cold air will be necessary and ice to the part must be freely used: if there be much pain, give anodynes.

*Astringent Injection.* Sulphate of zinc,  $\frac{1}{2}$  drachm; powdered alum, 20 grains; vinegar, 1 ounce; water, 8 ounces. Mix for an injection and throw up with a female syringe three times a day.

*Astringent Mixture.* Infusion of roses, 5 ounces; diluted vitriolic acid, 3 drachms; tincture of henbane, 3 drachms, or tincture of opium, 2 drachms. Mix and give two or three table-spoonsful three or four times a day.

*Anodyne Draught.* Tincture of henbane, 2 drachms, mint

water, 10 drachms. Mix and give one every six or eight hours, or at bed time, to procure quiet nights.

Or, opium, 2 grains. Make into a pill and give at bed-time.

### WHITES.

ARE a very troublesome as well as an obstinate complaint; in many respects they are mixed up with the disease last noticed, are a constant attendant on the cessation of the menstrual discharge: and always connected with general weakness. There is a feeble pulse, paleness of the skin, with swellings of the feet and legs.

In the treatment of this disease we must be guided by the habit of the patient. Should there be heat in the system, the skin must be acted on, dry cupping glasses applied over the loins, and gentle aperients given; where general debility prevails, the cold bath, a nourishing diet, and wine, with tonic and astringent medicines are indicated: in very obstinate cases injections, may be of service.

*Tonic Pills* Sulphate of iron, 1 drachm; extract of Gentian, 2 drachms; powder of Spanish flies, 10 grains. Mix and divide into thirty pills, one to be taken night and morning.

Or, tincture of Spanish flies, 2 drachms; tincture of opium, 1 drachm; tincture bark compound, 4 ounces. Mix, give one tea-spoonful three times a day.

*Injection.* Sulphate of zinc, 1 drachm; powdered alum, 10 grains; laudanum, 1 drachm; rose water, 8 ounces. Mix for an injection, to be administered with a female syringe.

The following Powder has rarely failed in the authors practice.

Compound Powder of kino, 5 grains; give one powder, morning, noon and night.

## EXCORIATION OF THE NIPPLES.

FROM constant moisture, and other causes, these parts, in those who give suck, often become excoriated, giving acute suffering to the patient, particularly in young and inexperienced females. Where the case is slight, washing the parts with brandy and water will relieve, but in obstinate cases, other means are required.

India rubber shields, which are to be procured at any druggists, together with the ointment as below advised, will rarely fail to cure if persevered in.

Beat up the white of an egg, with an equal quantity of brandy.

Anoint the nipples by means of a feather, until a coating is formed, this must be repeated as often as the child is put to the breast, it will protect the parts, and soon allow them to heal.

## INFLAMMATION, AND TUMOURS IN THE BREAST,

ARISE from exposure to cold, or damp linen, neglect in applying the child to the breast, or having them drawn ; accidents of this nature but too frequently occur. At the beginning, dispersion should always be attempted ; but if the case has been neglected, suppuration must be encouraged : to disperse the swelling, not less than eight leeches should be applied, after which lotions, conjoined with low diet and cooling aperients are to be employed ; perspiration should also be encouraged by small doses of James's powders. Suppuration must be produced by warm fomentations and poultices ; when the pain is severe, anodynes are to be given at bed-time.

*Lotion to disperse the Tumours.* Spirits of wine, 2 drachms ;

Goulard's extract, 1 drachm; vinegar, 1 ounce; water, 6½ ounces. Mix for a lotion, apply it by means of lint or linen rag. It should be used tepid.

*Anodyne Pills.* Muriate of morphia, 2 grs.; syrup to form 4 pills, give one at bed time.

If pills are objected to use the following :

Muriate of morphia, half a grain; camphor julep, 1½ ounce. Mix for a draught to be taken at bed-time.

### AFTER-PAINS.

THOUGH often very distressing, never indicate danger, they generally increase with the birth of every child, and are very readily relieved. Give one grain of solid opium in a pill, or from thirty to forty drops of laudanum in mint water, every eight hours, till they are mitigated.

Or, tincture of opium, 40 drops; sal volatile, 60 drops; mint water, or camphor julep, 1½ ounce. Mix and give for a draught.

### OBSERVATION.

BEFORE I conclude my remarks on female complaints, I trust pardon will be extended to me for giving the following caution, viz., never allow the accouchier to leave (which from extreme fatigue the young surgeon may be induced to do) before the after-birth is extracted, as from this circumstance, many valuable lives have been lost, and family hearths desolated. The husband, or female friend in attendance, ought always to enquire into this circumstance, ere the medical attendant departs.

I would also caution nurses and those who have the

care of lying-in women, never (if they value human life), to place the female in an erect position within twelve hours after delivery; if it be necessary to remove her from the bed, let it be done by lifting her gently in a recumbent position, on another bed or couch; but even this had better, unless under very urgent circumstances, be avoided. Should fainting supervene, which not unfrequently occurs, even in favorable cases, a tea spoonful of sal volatile, with twenty drops of landanum, should be administered in tepid water. These articles ought always to be in the lying-in chamber.

The following little narrative will prove that my caution has not been given without reason. "The late Mr. John Hunter having attended a lady in her accouchment, was suddenly called away ere he had perfected his task; just as he was leaving the house, the husband of the patient enquired if all was safe? he replied, perfectly, there is nothing left to do but what the nurse is equal to. A quarter of an hour had not elapsed before dangerous symptoms came on, and before Mr. H. could return, or any other assistance be procured, the unfortunate lady was no more, leaving a family to deplore her fate."

I would warn the nurse, therefore, never under any circumstances, to remove the after-birth by violence, should no surgeon be in the way. Even the delay of an hour, is not so dangerous as such a practice. Gentle pressure on the abdomen, or friction with a warm hand will in genera. effect all that is requisite.

## DISEASES OF CHILDREN.

As children are subject to most of the diseases of adults, and many to which they are predisposed having been already noticed, little more will be required on that head, than a few observations on nursery government, which will, I hope, not be unacceptable.

Much attention and care are required in the treatment of infantile diseases, they are more obvious to the careful observer than is generally allowed, their number comparatively few, the causes uniform, the treatment simple, and, in general, certain.

Improper food, unwholesome air, want of exercise, and cleanliness, difficult dentition, and unhealthiness of the parents, are the most fruitful causes of their ailments.

SYMPTOMS of the first disease in infants are, retention, excretion, vomiting, purging, crying, wakefulness, loathing of food, sharpness of feature, blueness about the mouth, hardness of the belly, and flatulence, these constitute the most marked symptoms of early disorders.

Except in cases of the poor, most houses of respectability now contain a room which is convertible into a nursery. If possible, this apartment should be large, and have a south aspect, with a cheerful view over the country, or a garden, where pure air can be daily admitted, it should also have a fire-place. The furniture ought to be as scanty as is consistent with convenience; not more than two children should sleep together, and none with the attendant; indeed, when it is possible, each child should have a separate bed, or crib, furnished with a hair mattress, and no drapery, save a slight one in the shape of a hoop thrown over the head to protect the sleeper.

from currents of air.\* The advantage of these light camp bedsteads, which should never be more than fourteen inches from the floor, will be apparent, when we reflect on the comfort they afford in illness, as well as the danger of falling from high bedsteads being by this plan averted. The bed-clothes should be thrown every morning on chairs, the mattresses turned, and the windows open, all the early part of the day, when there is no damp or rain, and in summer all day, till near sunset.

The servant may take the children out in fine weather while the rooms are airing, and thus there will be a saving of time, and the benefit be doublefold.

We now happily live in times when most of the old notions have faded on this and other subjects of moment. The time was not long, since children were so bandaged and beswathed that they were deprived of all freedom or motion. This is now wisely abandoned, and the child is allowed the use of its limbs as much as its feeble powers will permit.

Exercise gives strength to every part, and that of the muscles, slight as is the degree of which the infant is capable, cannot but be the means of invigorating the frame.

All who have watched young children closely, must know they are soon sensible of pain and pleasure. The clothing should be soft, unirritating, and sufficiently easy to admit of the free play of the body and limbs: and there is another important part connected with this subject that has not been sufficiently noticed.

The process of dressing and undressing is always tedi-

\* Bedsteads made of iron or brass have an eminent advantage over wood, being not only more durable and light, but which is a still greater object more cleanly and cool.

ous to the child (with this every mother is well acquainted). A little attention to this circumstance would save much time to the nurse, and suffering to the child. As few pins as possible should be used, they are always dangerous, in as much as the servant is careful or clumsy ; they may in a great measure be dispensed with, provided obstinacy or prejudice does not prevent, by tapes, hooks and eyes, or buttons, being substituted. In one instance, where a lady was deprived by paralysis of otherwise dressing, by these means she was enabled to assist herself. If therefore, it could be done in the case of a helpless adult, how much more easy may be it accomplished in that of an infant, where an attendant performs the office.

The first food of babes should be the mother's milk, with a small quantity of properly prepared farinaceous diet, for which a receipt will be given in this work. There are, however, cases where the parent is unable to afford all the nourishment required ; in such instances a healthy nurse should be procured in preference to dry nursing. As regards medicine, the only aperients advisable are manna, castor oil, or small doses of rhubarb and magnesia.

Dinnford's fluid magnesia is a very great improvement in modern practice, and no family should be without this very useful article.

### DEFORMITIES.

IT requires but little reflection to perceive that infancy must be liable to many accidents productive of deformity ; the bones are soft, and as it were, unfinished, the

joints slight and tender, the muscles soft and yielding ; but these things are not often thought of, even by parents, and never by nurses. A child rarely cries unless it be in pain ; the infant, therefore, should never be roughly handled.

What are we to think of the skill of the nurse who causes an infant to scream all the time she is dressing it ; or of the knowledge of the surgeon who teaches his pupils that all children cry when shifted or dressed ? We say that no child will squall unless it be tossed and rolled about like a bundle of rags, and its little limbs, as well as its body, twisted and pulled till the joints often crack ; is it then to be wondered at that deformities, dislocations, and swellings, should result from such practices.

At Vienna they use for dressing infants a large square cushion, on which, after being washed, they are laid to be dried and dressed, without having their arms pulled about, or being forced to sit, which ought never to be done except when they are fed.

We do not object to exercising infants and children, if it be done gently, without exposing them to injury, which might deform them : but we do protest against a maxim laid down by a late M. D., viz. “ Never prevent a child from attempting to walk, however young it may be.” The rule of increasing strength by exercise is good in general, but it may be readily abused, and particularly in the case of infants.

Let us take a lesson from Indian nurses, with them deformities are almost unknown—and why ? The Hindoo nurse seldom or never takes an infant on her knee, or in her arms, She puts it down on the floor, or on a

mat, and it not only gives her little trouble, but it is much more contented and thrives better than if nursed in the English style. The little things lie quietly on their mat till they feel strength to roll about; and this they acquire so rapidly that they actually can raise themselves without aid, and at nine or ten months, can get on their legs and walk.

English nursing may be justly interpreted, the art of deforming; nothing, as we have before observed, can be more evident than that an infant is not designed by nature to hold its head upright a few days or weeks after birth; and yet the English mother and nurse never hesitate to hold it in this unnatural and painful position, though its cries manifest its agony.

Were these principles universally understood and acted on, deformed shapes, hump backs, short necks, chicken breasts, and crooked legs, would be very rare indeed. Another careless practice of nurses is that of carrying the child constantly on one arm: this is almost certain to deform some of its members.

The absurd fashion of tight swaddling is still followed in England; the child is thus wrapped up, mummy-like, and, not unfrequently, convulsions are by such means produced.

Another fruitful source of mischief as the child grows up are corsets; bands of all kinds, as well as tight garters, have decidedly injurious effects. The great philosopher, Locke, remarks, and most truly, that whalebone stays often make the chest narrow and the back crooked, the breath becomes foetid, and consumption often succeeds, and at the best the shape is spoiled rather than made elegant, as has been foolishly imagined. Corsets may be

constructed not only harmless, but beneficially, if they are solely contrived for aiding the muscles in supporting the body; when they do more than this they are destructive.

Position, also, long continued, has its bad effects. Young ladies should be directed, where two sleep in a bed, to change every night, or every week, their sides of the bed; they should also not be allowed to sit on the same side of the fire or window. The more frequently the body is exercised the stronger it becomes; but then every part must have its due proportion of exertion, or one part will acquire strength, while another is feeble and debilitated. Look for instance at an opera dancer, and it will at once be understood what is meant; the legs of such persons are of extraordinary firmness, strength, and beauty, while the arms are small and feeble.

Braces are also injurious, in as much as they impede the free action of the muscles which move the arms and shoulders, while they force the breast bone to protrude below and press inwards above, impeding the free play of the lungs, tainting the breath, and leading directly to consumption; and, further, when they are laid aside the shoulders fall forwards for want of support. We therefore caution mothers strongly, not to be deceived by the apparent improvements these articles produce when first applied, for this is a fatal snare that has allured many to torture their children into deformity. Follow the example of the elegant Greeks, the ease and beauty of whose forms are so much the theme of admiration; they placed no unnatural straps on their young females, all their garments were easy, loose, and floating. The unfettered Indian females, and even our own peasant girls

are strangers to distortions of the spine, clearly, because they are constrained by no unnatural dress during their childhood.

It is an interesting fact in support of the argument that Dr. Portal, an eminent physician of France, found the muscles of the back always larger and firmer in females who never had worn stays than in those who had done so; however, the limits of my work will oblige me to close my remarks on this important subject, which might be readily extended to a volume.

The next thing requiring notice is dentition, which always needs some assistance, though not so much as dentists frequently recommend.

About the age of twelve, the whole of the first teeth being shed, any irregularity of the secondary teeth should be corrected. As the most effectual remedy, the first permanent molar double tooth should be extracted in both jaws, because they are the first formed, and at a period when the child is weak, they are most liable to decay first; the sacrifice, therefore, is less, and the vacancies left by these removals are sure to be filled up by the expansion of the adjoining teeth: supernumary teeth frequently displace others, and should be removed as soon as they can be reached.

The protrusion of the teeth from their sockets through the gums generally commences with inflammation and swelling of the parts, redness of one or both cheeks, disturbed sleep, thrusting the fingers into the mouth, fever, and often convulsions: this is a most critical period for infants.

The best mode of treatment will be, to give cooling and gentle laxatives, with febrifuge antispasmodics and

carminatives; should convulsions arise, the warm bath and freely lancing the gums will generally avert danger.

In cases of convulsions, where there is little or no fever, Dalby's Carminative is a valuable medicine, and having seen the best effects arise from its use, I shall give a receipt in this work for its preparation.

To conclude, all infantile complaints (epidemics excepted) are referrible to an excess of acid in the stomach. The proper treatment will therefore be, to relieve the bowels with some mild aperient, as below, giving occasionally from four to five grains of mercury with chalk, according to the age of the child, as an alterative. Calomel should never be exhibited unless under the direction of a medical man. Pure air, moderate exercise, with particular attention to cleanliness, will tend greatly to ensure health.

In the diarrhoea, which often attends teething, and which is by no means to be rashly checked, the following will generally relieve the symptoms.

Fluid magnesia. 2 ounces; rhubarb,  $\frac{1}{2}$  drachm; mint water, 4 ounces; sal-volatile. 25 drops. Mix and give the child two tea spoonsful twice or three times a day.

*Aperient.* Magnesia and rhubarb of each, 4 grains. Give this every third night.

### HICCUPS.

CHILDREN, and even young persons, are often much troubled with this affection. When acidity is the cause, a few grains of chalk and rhubarb mixed in mint water, will remove it. If from nervous irritation, thirty drops of sal-volatile, with an equal quantity of tincture of castor in mint water will succeed; or the stomach may be rubbed with an embrocation, composed of one ounce of

soap liniment, with laudanum and hartshorn, of each two drachms. The following is almost a certain remedy.

Oil of cinnamon, from 4 to 6 drops on a lump of white sugar and let it dissolve slowly in the mouth.

### THRUSH.

THE chief causes of this complaint are acidity, worms, or bad milk. It generally appears first about the mouth and lips or the tongue and cheeks, in the form of white specks, which soon run together forming a thin crust, often lining the whole of the mouth, and even the stomach and intestines.

When it is an original disease, little or no fever is present, though the heat of the mouth often excoriates the nipples. In the early stage it may be easily removed, but when of long standing often proves fatal.

**TREATMENT.** Administer gentle emetics, and open the bowels; give some testaceous powders for a few days, to keep the mouth clean, and prevent injuring the nurse; one of the lotions, as below, may be applied by means of a piece of soft rag rolled round the finger.

**Lotion.** Decoction of barley, 3 ounces; borax in powder, 1 drachm; honey of roses,  $\frac{1}{2}$  ounce. Mix and apply frequently.

Or, bark,  $\frac{1}{2}$  drachm; diluted sulphuric acid, 1 drachm; water, 4 ounces. Mix for a lotion.

### ATROPHIA, OR WEANING BRASH.

THIS occurs where the child has been deprived of the breast too early. It commences with gripes and purging, the motions are green, and there is sometimes vomiting, wasting of the flesh succeeds, and the child is carried off

by the sixth or seventh week : unless attended to early ; it is always a troublesome and dangerous complaint.

**TREATMENT.** All vegetable food must be prohibited ; change of air and daily exercise are required, tepid bathing and flannel put on next the skin. The bowels must be kept open by mild laxatives, combined with aromatics and absorbents, or with ipecacuanha and calomel, as under.

Ipecacuanha, 2 grains , ginger, 3 grains : calomel, 2 grains.  
Mix and divide into four doses, give one every night.

### FALLING OF THE FUNDAMENT.

THIS is often met with in weakly children, or those who have suffered from lax bowels. The frequent injection of an infusion of nut galls, or oak bark, to which a little laudanum may be added, will in general prove effective.

The parts should be gently, and cautiously reduced ; the cold bath, or dashing cold water on the loins, has often been tried with success : bark and wine of iron are sometimes required.

### CONVULSIONS.

**VIOLENT** spasms sometimes attack infants without any apparent cause ; in general they are produced by the lodgment of acrid matter in the intestines, wind pent up, worms, or teething.

Should teething be the cause, the gums must be freely lanced ; if from improper food in the stomach, give one tea-spoonful of antimonial wine every hour till it relieves ; if the bowels are in fault, give clysters or aperients.

The carbonated liquor of potash, given in doses of

from five to fifteen drops, according to the infant's age, and repeated every quarter of an hour, has been effective when many other remedies have failed.

Inward fits are spoken of by nurses, and for them Dr. Armstrong advises one drop of antimonial wine to be given every hour. Dalby's Carminative in this case is likely to prove of infinite service.

### INFANTILE BRONCHITIS;

OR,

### INFLAMMATION OF THE WIND-PIPE IN CHILDREN.

ONE of the most frequent and fatal diseases of infantine life is acute inflammation of the wind-pipe, it frequently arises from cold but may also occur during small pox, and as a sequel of measles and hooping cough nothing is more insidious than the approach of this complaint.

It may at first appear to be only a common cold and the appetite will not be much affected.

**SYMPTOMS.** The breathing is rapid, the pulse frequent, countenance pallid, and the spirits droop, the child is restless and its sleep disturbed, cough is not always a prominent symptom; and as children do not expectorate the diagnosis is not very easy.

The feeble and irritable frame of the child often falls a prey to the violence of this disease in the most unexpected manner. Perhaps within a few hours from the time of first the alarm.

The child becomes suddenly insensible, the lips livid, and suffocation ensues; or an epileptic fit occurs, in which it is carried off.

**TREATMENT.** Antimonial wine must be given in syrup of tolu so as to excite full vomiting at first; and afterwards to keep up nausea. A blister should also be applied to the chest, and gentle aperients administered. The warm bath must not be neglected, mild opiates may be used to relieve the cough.

Syrup of poppies, 1 ounce; rose water, 3 ounces. Mix and give a desert spoonful every four or six hours.

**Emetic.** Antimonial wine and syrup of tolu of each, 1 ounce. Mix and give two tea spoonsful every quarter of an hour till free vomiting is produced.

#### CAUTIONS TO BE OBSERVED IN INFANCY AND CHILDHOOD.

If the child takes little exercise be sparing in the food, increasing it in exact ratio to the exercise taken.

Should the breath be foetid it is a sure symptom of a disordered stomach, or of worms, if the abdomen be tumid, the complexion pale, and the skin flabby, disease has actually begun; in either case, good air, nursing, and diet, are urgently called for.

In fits untie the cloths, raise the head, wipe away all froth from the mouth, and keep it open pressing down the tongue, and drawing it forward at the same time expose the child to the cool air, sprinkle cold water on the face, gently rub the chest and belly, back and limbs, with a warm hand or flannel, or what is infinitely better put it in a warm bath, give five drops of sal-volatile in a little water, or to a child of two years old ten drops, place rolls of hot flannel in the arm pits, tickle the nostrils and ears with a feather, and though no sign of life appear,

the above remedies should be persevered in for two hours in succession and the head must not be suffered to fall on the chest.

Never suffer an infant to sleep alone in cold weather or on the mothers arm, for fear of suffocation.

Never waken it out of its sleep suddenly as fits may be thus induced.

Avoid all tight bands especially round the chest.

Never give Godfrey's cordial, Daffy's elixir, or indeed any other anodyne, without medical authority, as they frequently produce fever, fits, and atrophy.

Avoid feeding infants by night, as by this means gripes are produced.

Avoid warm nurseries and close air.

Never carry the child always on the same arm, as it will produce deformity.

Never confine the limbs by night, as this is one great cause of children proving weak and sickly.

Do not expose infants to the air in severe weather, when the bowels are disordered, as it may tend to induce fatal inflammation.

Never on any account permit the food to be chewed, it is not only a filthy custom, but may communicate disease.

Never use milk for washing children, it will excoriate, milk inflames, water heals.

Use the baby to the spoon, as in case of illness or loss of the breast it will suffer no injury.

Keep them dry and warm, and feed in an upright position.

In suckling, the infant should be withdrawn from the breast frequently for a moment or two, to prevent distention of the stomach.

Give children plenty of fresh pure air, and attend particularly to cleanliness, by which means rickets and consumption will be avoided.

Always place a child to sleep on its right side.

Wash strong children in cold water, and weak ones in tepid, but never in hot water.

Encourage a child to active habits.

Comb the head, and wash it frequently with soap and water, this will prevent scald heads and painful excoriations behind the ears.

Rub it well night and morning during dressing, which will produce a free circulation of the blood.

If a child has cut four teeth, is in good health, and the bowels regular, wean it at the six months end ; this will benefit both mother and child.

Let the dress be cool, flowing, and easy, which will obviate glandular swellings and impediments to growth.

### BATHING, AND THE MINERAL WATERS.

MINERAL waters have been in use from the earliest times, and are remedies which act powerfully on the human frame.

Mankind soon distinguished them from common water by their mysterious powers : but it was not till the end of the seventeenth century that their component parts were known to any certainty.

Water, the common principle in these wells, or springs, is their most valuable property. Their utility has caused them to be converted into places of ease and luxury, and to be decorated by art, for the attraction of the opulent, and invalid of leisure.

Exercise in the open air, which is of the uttermost importance in every complaint, is another advantage of these places of resort. Walking, where the lungs and strength will admit, is the best. Riding is useful in stomach complaints ; it strengthens digestion, determines to the skin, and gives energy and tone to the whole system without disturbing the action of the heart and arteries. Carriage exercise is of service in cases of great debility, but it should be open if the weather will by any means admit it. Sailing is also conducive to the general health : all these kinds should be taken before dinner, and in cheerful company.

Dancing, and the other amusements of watering places, ought to be used with circumspection. The present system of midnight entertainments, breakfasts at noon, and night dinners, should be strictly avoided ; the diet should be light and nutritive ; and while I am on the subject, I would advise no one who values his life or health, to go into the air after dancing without extra clothing ; thousands have had their lives made miserable in after years by so doing ; and however laughable it might seem, it would be much better, instead of calling for my lord or lady such a one's carriage, to hear lord or lady such a one's dry linen and tea immediately.

I shall here make a few remarks on diet.

Animal food yields more nutriment than vegetable, and is therefore better suited to the system of the invalid requiring support ; it is, however, injurious in all inflammatory disorders, affections of the head and lungs, connected with fullness of the blood vessels. Salted and high seasoned meats are objectionable, roast meat is more readily digested than boiled, and in stewing there is no loss, the juices being served up with the meat.

A vegetable diet is of service in cases of plethora, in liver and scorbutic complaints, but in general a mixed one appears best to accord with natives of this country.

Milk holds an intermediate place between animal and vegetable food; with some constitutions, however, it never agrees.

Tea and coffee ought not to be indulged in to excess. Chocolate, could it be procured genuine, is very nutritive.

Bread, two or three days old, taken in moderation, is beneficial, but when hot is always injurious. Butter should be sparingly used, and in its melted state is highly improper.

Pastry of every kind, except to the healthy, is injurious. Fruit, when ripe, is beneficial; but where the digestive functions are weak, and while under a course of mineral water, totally inadmissible.

Malt liquor, if pure, and not too strong, will improve the strength, but is decidedly obnoxious to the bilious and asthmatic, and those who have a tendency to plethora. The same remarks hold good in regard to wine: though it is useful in recoveries from acute complaints. As relates to spirits, we will say with Shakspeare, " It were better the practice of using them were reformed altogether."

Though much has been urged on the subject of water drinking, yet sufficient importance has not been paid to the subject, were it otherwise, we should have less disease.

The best seasons for visiting watering places are the summer and autumn. The invalid should travel by slow degrees, and rest two or three days, taking some mild aperient before beginning a course of the waters.

The purgative waters are best taken in the morning, and those which act on the system in general, at any time during the day. I shall now proceed to notice the most important of our native springs, with one or two continental ones ; a review of the whole would far exceed the limits of this volume.

### MALVERN WATER.

THE medicinal powers of this water are to be ascribed to its great purity, being, in fact, a pure soft water. A wine gallon contains five grains of carbonate of soda, with a minute quantity of carbonate of iron. From well-conducted experiments it has been clearly proved, that neither the Holy Well, or St. Ann's Well water, hold more than three or four grains of earthy matter in the gallon ; therefore they are most likely the purest waters in the kingdom, as they never curdle soap. It is chiefly used as an external remedy in deep seated ulcerations, and diseases of the eye.

The cures performed by the Holy Well water are very numerous ; many young persons have had several fistulous sores about the neck cured in twelve weeks by allowing the water to trickle or fall from the spout on them ; this is at first very painful, and can only be borne for a few minutes, but after a day or two can be endured for a quarter of an hour at a time. The following table gives the temperature of London and Malvern :—

	Spring.	Summer.	Autumn.	Winter.
LONDON.	49. 0	65. 2	52. 7	41. 1
MALVERN.	47. 0	59. 8	50. 1	41. 3

## BRISTOL HOT WELLS.

THIS water is clear and sparkling, has no taste or smell : a wine gallon contains as under :—

	grains.
Muriate of magnesia	7. 25
Muriate of soda	4. 00
Sulphate of soda	11. 25
Sulphate of lime	11. 75
Carbonate of lime	13. 50
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	47. 75
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When warm from the spring it gives a feeling of heat in the stomach, occasionally a slight head ache, with giddiness, but this is only transient ; it acts on the kidneys and skin, as it has a constipating effect, aperient medicines are required during its use.

These waters relieve indigestion and some of the symptoms of hectic fever, viz. the burning in the feet and hands, and nocturnal perspirations.

The season is from May to October ; from a quarter to half a pint should be taken on rising in the morning, and repeated between breakfast and dinner : if it oppresses the quantity must be reduced.

## BUXTON WATERS

Do not essentially differ in their virtue from the Malvern, and the climate is by no means to be recommended : Malvern therefore, in most respects, has the advantage.

## SELTZER SPRINGS.

WHEN fresh, or well prepared, the water is perfectly clear, sparkling, and quiet; a wine gallon contains as follows:—

	grains.
Carbonate of lime,	3. 0
— magnesia,	5. 0
— soda	4. 0
Muriate of soda	17. 5
	—
	29. 5
	—

This water is like Bristol, of value in consumption, but to have its full effect, it must be drank at the native spring, or procured genuine, not prepared. It raises the spirits, improves the appetite, and acts on the kidneys; it is also of service in bilious cases and indigestion: the dose is from half a pint to a pint. The water prepared in England, if carefully done, has in some degree its virtue, but is more a pleasant beverage, than a medicated water, and by no means to be depended on for its medicinal powers.

## BATH WATERS.

THE diseases for which these waters are recommended are very numerous indeed; in most cases both the bath and the waters are used together, but require much caution in their administration; and from the heating and stimulating quality they possess, should not be taken without proper advice.

They are recommended in hypochondriasis, indigestion, spasms of the stomach and bowels, jaundice, paralytic affections, rheumatism, and gout. The dose in a full course, should not exceed a pint and a half during the day: the morning is the best time for taking the bath.

### TUNBRIDGE WELLS.

THESE waters are simply a carbonated chalybeate water, and purely tonic. On the commencement they produce nausea, vomiting, pain about the heart, with slight giddiness, and a feeling of fulness over the whole system; should the above symptoms not disappear quickly, they must be immediately discontinued.

### CHELTENHAM WATER.

THE waters of this place are recommended in stomach disorders, and glandular obstructions, particularly in those of the liver, also in nervous cases and in incipient dropsies: those who have suffered from warm climates and other indulgencies, will be benefited by their use. The waters will also relieve scrofulous diseases of the eye, and inflammations of that organ. As they must be drank on the spot, medical advice should always be taken before their commencement.

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## SEIDLITZ WATER.

To the taste these waters are saline and bitter; an English wine pint contains

	grains.
Carbonate of lime,	944
Sulphate of lime,	5. 140
Carbonate of magnesia,	2. 622
Muriate of magnesia,	4. 567
Sulphate of magnesia	180. 497
	<hr/>
	193. 770

From the above, it appears they are decidedly purgative, operating speedily, without producing pain, griping, flatulence, or debility; assisted by bitters, they restore the tone of the stomach and bowels, being particularly beneficial in diseased liver, and habitual costiveness. In exudation and watery humours of the skin, scrofulous tumours, inflammation of the eyes and lids, ulcers, piles, worm cases, and in female diseases, attended with obstruction and costiveness; they have generally been found to afford great relief. The proper quantity to be taken is from a pint to a quart daily.

During a course of the waters, the patient must use exercise, and not too solid a diet; all fermented liquors must be avoided to insure a proper advantage from their use.

## BATHING

Is distinguished into general and partial; general when

the whole body is plunged into water, and partial when parts only are immersed.

The use of the bath was general among the Greeks and Romans, and to this habit the physician Baglivi ascribes the long and healthy lives of the ancients. If we contrast the manner of living among the Romans with our own habits at the present period, it will be seen how much nearer the former approached to nature, and how much more conducive it was to health and vigour of frame.

Though the utility of the bath is allowed by all, yet medical men are not unanimous as to the mode of using it, some extolling the warm, others the cold bath. Experience, however, has clearly proved that the praise bestowed on the cold bath greatly exceeded its benefit, though it undoubtedly is of service in peculiar cases and certain constitutions.

Those who are weak should never bathe when the body is heated, or covered with perspiration. As a preservative of health, the value of baths must be obvious to every reflecting mind, whether it be considered as an act of cleanliness, or in a medical point of view.

Personal cleanliness is a duty of all; an unclean person can never be in health, independent of its being loathsome and disgusting. On any part where dirt is suffered to remain, the pores of the skin are obstructed, and insensible perspiration is not only suppressed, but absorption by the skin is also prevented. The body, therefore, ought to be frequently washed with pure water, especially in summer, when the perspiration being of an unctuous nature obstructs the excretion by the pores. The face, neck, and hands, being most exposed, should

be washed at least morning and evening every day. The head, also, ought to be subjected to daily ablutions ; this will open the pores, while the comb removes the viscid humours. In fact, it may be asserted, without fear of contradiction, that a number, if not the whole of our fashionable complaints, originate from want of care and proper management of the skin.

### COLD BATH

Possesses the ordinary temperature of the atmosphere, from 32 to 65 degrees of Fahrenheit's thermometer.

The use of this bath should be succeeded by a general warmth, without which it will be injurious, and proves that the bath has been continued too long. The bather should be wrapped in a flannel gown, which ought not to be laid aside till he enters the bath ; the shock of the immersion will be by this means taken off, and the glow which ought to succeed will, in most cases, be insured.

This bath will never be of service in very delicate or weak habits, and if used at all by such persons, it should be after breakfast, and only one plunge taken at a bath. Cold bathing is indicated in all cases of feeble circulation and nervous complaints. It has been useful in insanity, in the latter stage of fevers, and particularly in that irregular febrile affection occurring in persons naturally of sound constitution, but who lead an inactive life, and are engaged in sedentary employments which require great exertion of mind.

It is serviceable in the convulsions of children, but in these cases the head must be immersed as well as the

body. It will be injurious in all inflammatory affections, scrofula, gout, rheumatism, and erysipelas.

### SEA BATHING.

AUTUMN in our climate, is the most proper for this purpose from the superior warmth of the ocean, while the atmospheric temperature is moderated by the western breezes.

The temperature of the sea during the warm months ranges from 58 to 60 Farenheit; in August and September it is seldom below 60, while that of the air is on the average seldom below 65; thus the bath is but five degrees less than the medium in which we live.

The rules to be observed are the same as in the cold fresh water bath. It is of importance that the machine should be perfectly dry; the time must depend on the period of high water, a flowing tide should always be selected at all events: at noon the water is ten or twelve degrees warmer than in the morning. The warmth may be very readily tempered to accord with the feelings of the bather by commencing with a warm bath of 90 to be lowered every second time of bathing, and terminated at 65 degrees.

After bathing the body must be well dried by rubbing till a glow is produced, and exercise should be taken immediately. If shivering or cold be induced by the bath, the patient must immediately be placed in a warm bed, the chest rubbed with hartshorn, a basin of warm tea taken, and a bladder of hot water applied to the stomach.

The ocean breeze is a powerful adjunct to bathing, therefore apartments open to it are always desirable: the

coast of Devon and Cornwall should be selected if possible.

When the sea cannot be reached, a bath may be prepared very nearly resembling it, by dissolving a pound of bay salt in four gallons of fresh water.

### SHOWER BATH.

THIS bath possesses all the good qualities of the cold, and is not so likely to produce chilliness ; in fact, it is the best and safest method of taking a cold bath. It is useful in head ache of every kind, and in most cases where there is a determination of blood to the head ; in fact, it is valuable in a variety of diseases.

### TEPID BATH.

THIS term is given to a bath of the temperature of ninety-two degrees, and is useful in cleansing the skin from impurities, and thus promoting its natural secretion.

The scaly matter observed floating on the water after the bath has been used, will at once prove the necessity of ablution to prevent disease arising from obstructed perspiration. It is not merely a cleanser of the skin, but it also invigorates the mind and spreads over the whole system a sensation of comfort and energy. A person fatigued, or distresssd in body and mind, will derive more refreshment from a tepid bath than by the most powerful stimulants which could be employed.

It is highly useful to children, diminishing, in a great measure, the dangers arising from teething ; and is also of service in hectic fever, and even during pregnancy we find it advised by a high authority.\*

\* See Dr. Clarke on Warm and Cold Bathing.

## WARM BATH.

IN the human frame heat produces an effect in a ratio with its intensity; the temperature of the warm bath must therefore be regulated according to the animal heat of the patient. A bath from 92 to 98 degrees is called warm; at 95 it lowers the pulse, the heat of the body, and produces the most soothing and refreshing effects.

The temperature of the body may be found by placing the bulb of a small pocket thermometer under the tongue for a few minutes, and then marking the degree to which the quicksilver rises.

This bath is eminently useful in diseases of females attended with debility, in chronic affections of the liver, atonic gout, rheumatism, and in all cases of weakness, it is far superior to the cold bath.

The best time for taking a warm bath to invigorate and refresh the system, is two hours before dinner, and the time of immersion about 20 minutes or half an hour at most.

It is also serviceable in chronic affections of the skin, female obstructions, in slight cases of palsy. St. Vitus's dance, spasmodic cough, dysentery, diarrhœa, cholic, and jaundice.

If it be intended to produce perspiration, it should be gradually heated while the patient remains in the bath, till it arrives at 100 degrees, and the time of the immersion should not exceed fifteen minutes; it is best taken in the evening, just before bed-time.

## HOT BATH.

THIS bath is a powerful and extensive stimulant: the temperature is from 98 to 100 degrees; but it is far too dangerous a remedy for ordinary cases, and is completely superseded by the vapour bath.

## VAPOUR BATH

Is the hot bath administered in the form of steam; it speedily produces plentiful perspiration, and by this means its heating effects are rendered harmless: it is a most valuable remedy, and is very easily employed.

It is administered with eminent success in the cold stage of fever, in inflammation, rheumatism, gout, glandular swellings, and cutaneous diseases. In these cases it should be taken in the evening, and the patient go to bed and promote perspiration by warm drinks.

The temperature is from 100 to 120 degrees, and the time of remaining from ten to fifteen minutes.

A vapour bath can be readily constructed in private houses by the following simple method.

Have a light deal frame made the length of the bed, and the breadth of an adult, with an arch at each end, and in the centre, formed with half hoops. This can be prepared in an hour by any carpenter. Remove the bed, or mattress, lay some blankets on the sacking, let the patient be placed on it, and over him the frame covered with a blanket secured round the neck and at the feet: let the foot of the bed be before the fire-place, at a little distance from it. Procure a common boiler, or large saucepan, which will hold from four to five gallons, fill

it with water, and place it on the fire; the cover must have a tin tube fixed to it, long enough to carry to the feet of the bed, and insert about four inches into the bottom part of the blanket, where it is secured round the patient's feet; when the water boils the vapour will be conveyed into the frame, and a complete vapour bath is thus procured at an expense of not more than twenty shillings.

### MEDICATED BATHS

ARE so termed from being impregnated with substances of the *Materia Medica*. We will first notice the nitro-muriatic.

This bath, so warmly recommended by Mr. Scott, is prepared by mixing equal parts of nitric and muriatic acids. In order to obviate the effects of the fumes, the acids should be mixed, and added to a quantity of water equal to both, and put into a ground stopper bottle. Wooden tubs must be employed for the bath when prepared for use.

To the proper quantity of water necessary for a bath, and heated to 96 degrees, add as much of the solution of the acids above mentioned, as will make the water as acid as weak vinegar: this bath may be used daily from fifteen to twenty minutes at a time.

It produces a feeling of weakness, restlessness, a metallic taste in the mouth, and a copious flow of saliva. It is recommended in diseases of the liver and skin.

### AROMATIC BATH.

IN a quantity of water sufficient to make a bath, boil for a quarter of an hour a few of the following herbs ; viz. anise, balm, sweet basil, marjoram, fennel, hyssop, laurel, lavender, rosemary, thyme, mint, and sweet bay ; strain the water from the herbs, and add to the bath six ounces of camphorated spirits of wine.

This bath is recommended to strengthen the limbs and remove pain which is caused by cold and obstructed perspiration.

### BATH FOR THE FEET.

BOIL in a proper quantity of water, a pound of bran, with a few roots of the marsh-mallow, or common mallow, and a few handfuls of the leaves.

### SULPHUR BATHS.

THESE baths are of various temperatures ; the natural hot ones are at Aix-la-Chapelle, in France, and Baregés, at the foot of the Pyrenees in Spain.

They are said to be very efficacious in the cure of bilious complaints, and others which arise from obstructed perspiration.

England possesses none of these springs, and those on the continent are only accessible to the wealthy of our land. The following form given by a French physician of celebrity, is very nearly equal to that of Baregés : the ingredients below are sufficient to medicate one gallon of water.

Alum, 2 grains ; carbonate of lime, 2 grains ; hard soap, 2

grains; common salt, 4 grains; dry carbonate of soda, 20 grains; sulphuret of potash, 16 grains. Mix and rub together in a mortar, and boil in as much water as will dissolve them; stir over the fire till the gas is disengaged, (which will be known by the effluvia of rotten eggs) then mix the solution with the water of the bath heated to 96 degrees.

Such are the remedial powers of the different modes of bathing. It is much to be lamented that warm and vapour baths are so little used in England; as things now stand, they can only be procured by the rich. Throughout Russia, Finland, Sweden, and Norway, there is no cottage, however humble, but has a vapour bath, in which its inmates, at least every Saturday, experience its comfort.

Lady Wortley Montague introduced inoculation from Turkey; and if another individual of influence would establish baths through England, many of the inconveniences of our climate would be ameliorated. Perchance we may see them, like steam boats and railroads, established at some, I trust, not distant day.

The great care required as to the state of the bowels during bathing, and the use of the mineral waters, cannot too strictly enjoined.

Saline aperients are best for general use, and may be continued much longer than those of a more active kind.

Daily exercise, regular habits, and early hours, are also essential to give every remedial plan a fair chance of success.

#### ACCIDENTS, WOUNDS, FRACTURES, BURNS, &c.

THE first subject in this division of my work will be

on the means of arresting the flow of blood from wounds: for want of this knowledge many a valuable life has been lost.

When a wounded person is exposed to danger from bleeding, it may be suspended by pressing one or more fingers on the wound, they forming the best plug in the moment of peril till more efficient means can be procured.

Any soft substance which can be made into a pledget may be placed on the wound; viz. sponge, German tinder, puff ball, spider's web, lint, old rag, felt off a hat, tippet, or even moss; but sponge is always best when it can be procured. All clots should be removed, and the wound washed with cold water; the plug should then be placed exactly over the spot from whence the blood issues, and should be detained in its place by a pocket handkerchief, common band, or riband: should these means fail, the fingers alone must be depended on till a surgeon can be procured. The following contrivance will generally prove effectual.

Fold a handkerchief like a cravat; and to each end of it fasten a band or garter, then bind it tightly round the upper part of the thigh or arm, care being taken to apply before the inner side of the limb beneath the bandage, a square piece of rag folded thick and flat, to compass the vessel which runs along this part, and may be traced by its pulsation (should the patient not be faint.) The compress must be placed immediately over the pulsation. A common cravat applied to the vessel, so that the knot presses exactly on the artery, is certain of effecting every purpose.

It may be necessary to remark here, that very fre-

quently after bleeding, from some cause, the bandage will get slack, and the vein bleed again; in this case, gentle pressure, or a fresh pledget of rag wet with cold water and re-applied, will be sufficient. It must be applied in the form of the figure of eight.

Leech bites, which cause alarm and are troublesome, should be treated thus: pinch up the skin on the spot where they bleed, and cover the part with finely powdered charcoal or alum, a bit of sponge or lint soaked in spirits or vinegar, or, better than all, pass a fine needle through the bite, and twist a thread round it; this will never fail. It is of the greatest importance on all occasions to keep the patient tranquil in mind and body, and he should never be left without somebody to watch the bandage. No stimulating food or drink should be allowed; pure water is always salutary and safe.

In the event of a fall or blow, everything depends on the first attention rendered to the sufferer. On no account let wine or spirits be given with the hope of doing good, or keeping up strength, it is rarely they are of service, and often very injurious. Let not the patient be crowded by supernumerary attendants. He should never be roughly moved, and must be placed in as easy a position as possible, and one in which he can breathe with freedom and comfort; the mouth and nose should be cleaned from all blood, (should there be any), and nothing tight ought to be allowed to press on the neck, body, or limbs.

An examination should be made, to see if there is any bleeding, that it may be stopped by the means before described: the patient must be covered from cold, wind, or rain. A very common and popular error is often

committed by bleeding a person the very moment any fall or accident occurs ; it is, however, a most dangerous and not unfrequently, fatal system, and on no account should be permitted. As soon as the sufferer can be brought to himself, he should have some slight stimulant administered, as a few drops of sal volatile and water, or weak spirits and water, and after re-action of the system has taken place, the propriety of bleeding, (which is always doubtful) can be ascertained, and if necessary, performed with safety and advantage.

Where there is no surgeon, or he is far away from any, a good nurse, or one who has had some opportunity of seeing accidents should if possible be procured ; but as this cannot always be done, it will be sufficient to keep the part or parts wet with cold water, applied by means of folds of rag. This is better than lotions prepared with spirits, or any thing else. As a styptic a little vinegar may be added to the water if required.

The apartment should be temperate, extremes of heat and cold are equally injurious. Few persons should be allowed to visit the sufferer, which will prevent undue excitement. A little lemonade, or barley water, may be given for drink, and no solid food ought to be allowed.

The bowels must be kept open by clysters composed of one ounce of salts, or castor oil, and a pint of thin gruel.

When there are severe bruises, the warm bath will afford great relief, if it can be procured ; but if not, a blanket soaked in hot water and frequently renewed will be a very good substitute.

If by chance the person should be frozen or benumbed heat will be most dangerous, and if suddenly applied it

might prove fatal; at least mortification would be likely to ensue. In these cases the limbs must be rubbed with snow, or bathed with cold, or ice water: warmth must be applied by slow degrees. It is the same with the human frame as with fruits and roots when frosted—they immediately rot if not first thawed by cold water.

If the feet are injured or cold, warm flannels, or bottles of warm (not hot) water must be applied. A cup of warm tea may be given, or a little gruel, with a spoonful of wine or brandy in it. Should the sufferer be insensible, and these means fail to revive him, or if he be faint from loss of blood, hot flannels must be placed at the pit of the stomach, the limbs rubbed with a brush, or coarse towel, and vinegar applied to the nostrils, mouth, and temples. But best of all is the hot bath. The patient must be put in it, and a metal spoon with him; the spoon must then be applied first to the sole of one foot, and then to the other, very quickly; then on the pit of the stomach, the calves of the legs, the spine, neck, and head, in quick succession: the hot metal need not be held on any part more than a second or two, and that lightly. The slight burns which these means may produce will be of no moment—they are soon remedied afterwards. It is the most powerful agent we possess for reviving the expiring spark of life, and so simple that it is within reach of all: it is much more powerful than mustard poultices.

In cases of sabre wounds, or those from a hatchet, knife or scythe, the following precaution should always be taken; namely, to bring into exact contact the edges of the wound that they may readily unite; every family, therefore, should be possessed of a large sheet of adhesive

plaster and a few linen rollers; indeed it is strange how neglectful people are, particularly in the country, on these important matters.

As there are cases (as with travellers, &c.) where surgical aid cannot be procured, these persons should be able to manage the whole treatment. We will therefore suppose, for instance, a common wound from some cutting instrument, in which a large vessel is injured. The first thing to be done is to clean the wound as has already been directed; then cut a number of slips of adhesive plaster, and make some soft linen pledgets, and when they are ready, the muscles of the injured parts must be relaxed, and the lips of the wound brought closely together. The strips of plaster must be then warmed to keep the edges of the wound as they are placed. The strips must have spaces between them about half an inch wide to allow the escape of fluid or matter during the cure. The cravat with the knot is to be placed so as to press on the artery, as before directed. The pledge must be then laid on, and a bandage lightly applied to keep all in place and to support the strips of plaster.

The patient ought to be kept in profound quietude. Should inflammation arise, and the parts swell, the bandage must be slackened, and cold water, as has been before advised, kept applied, which will soon put things right again.

The dressing, in common cases, should be removed every third or fourth day, then carefully take off the bandage and the compresses which generally adhere (some of which will require the aid of warm water to soften them), remove the strips, replacing one as you

remove the other, washing the parts at the same time with a sponge and warm water.

When the wound is torn or lacerated, the dressings must be applied with the uttermost tenderness.

### FRACTURES.

A FRACTURE is, in most cases, not difficult of discovery and when complicated, or very severe, no mistake can well be made. The patient hears the bone crack, the limb is shortened, or distorted, and he is unable to move it, the slightest effort to do so causing acute pain.

In such cases the first thing to be done, is to place the limb in a good position, and the patient as much at his ease as circumstances will allow. For this purpose a pillow will be the best thing; but as this is not always to be procured, leaves, grass, hay, moss, and straw will answer the purpose; they may be put in a sack, or an old-sheet, and sewed together: even bran, or sawdust, will be a good substitute.

Where the patient is much agitated, or there is a great distance to go over, the limb should be surrounded by pillows, or some soft medium, and three handkerchiefs folded like cravats, the first at the upper part of the limb, the second in the centre, and the third at the bottom part of the limb; they must all be brought round the pillow and tied in front; a thin slip of wood on each side the limb, outside the pillow, will keep all in place and steady. A mop handle sawn in half, or even used whole, will be a good substitute till better can be procured.

Where none of these means are at hand, there are still resources left. If the hand or fore-arm be fractured,

it can be placed in a broad sling. If the arm is the injured part, the same kind of sling will do, and the part may be confined to the side by a handkerchief round the body. When the thigh or leg is fractured, the injured and sound limb can be bound together, the sound one thus forming a splint for the fractured one. Handkerchiefs are of immense importance in all these cases ; small bags can be made with them to surround and support the parts from the splints, they also make bands for keeping the splints in place ; in short, they are invaluable. Aprons and cravats are of equal service.

However well the limb may have been set, or placed, the greatest care will be requisite in removing the sufferer.

Fractures of the collar bone require little or nothing more than putting the arm in a sling, and confining it to the body, as before shown, with a handkerchief ; by this means all motion of the shoulder will be prevented.

Fractures of the ribs are more frequent than supposed, in as much as they are not readily discovered. Where a fracture, however, is suspected, a handkerchief must be applied rather tightly round the body.

As persons who suffer accidents are generally dressed, the best way to disrobe them is as follows : all parts of the dress which will give pain and trouble to remove, should be cut off ; under all circumstances this plan is to be recommended, as too much care cannot be taken to avoid giving pain.

A fracture is a wound of the bone, and where the fractured or wounded ends are brought together, and kept so, they unite, particularly in the young, with great rea-

diness. The time required for the union of a fractured bone varies according to the age, habit of body, and nature of the case; from twenty-one days to six weeks, and sometimes more are required.

The method of setting fractured limbs is now, by the best surgeons, much simplified; indeed, in many cases splints are not used at all. In fractures of the thigh a very good plan is to have one long very thin splint, reaching from the hip to the ankle, or from the hip to the knee, and a firm pad on the inside: then with three pieces of girt web, each piece having a buckle to it; one must be buckled round the body, one round the middle of the thigh, and one at the knee, with a strap, or band, confining the end of the splint at the ankle. A small soft pad should be placed between the splint and ankle bone to avoid pain from the pressure.

#### REMOVING PERSONS SUFFERING FROM ACCIDENTS.

AN injured person cannot be moved with too much tenderness. For this purpose there must be a sufficient number of men, a door, shutter, mattress, or palliasse, with a quilt, or other coverlid, and when these cannot be procured, two poles, united by means of cords, and bedded with straw, hay, grass, or leaves, will answer the purpose. A good litter may be thus prepared: Take two poles, to which fasten a sheet, blanket, or tablecloth, so as to form a litter, like the sacking of a bed; it may be fixed by doubling and sewing in the centre, and to make it more secure, two cross poles may be fixed at the ends.

When all is thus made perfectly firm, of which too much care cannot be taken, the person, when in a state to be moved, should be placed on it with his head elevated, and over him must be thrown some covering to defend him from the sun or weather.

The men must arrange before starting as to how they will relieve each other, must keep step, and avoid all noise or confusion.

A sedan chair is the next best conveyance after the litter: and if wheeled carriages are used, they must be on springs, and the horses should only be allowed to walk. Some one must walk by the side of the carriage, or litter, and direct all movements; and when the distance is great, a little drink should be carried for the patient, and hartshorn, if it can be procured.

Of course these observations are only to be considered as temporary: the best surgical advice must always be procured, when possible.

## RUPTURES.

THESE are common to both sexes, though mostly occurring to the male; yet as fatal mischief frequently occurs, I feel it my duty not to neglect a notice of these cases with their symptoms, in order that an early discovery may be made. The complaint may exist for some time without much inconvenience, and in children, without being discovered. It may be thus detected.

In the groin where the rupture in general takes place, there is perceived a swelling, sometimes firm, at others elastic and soft, without discoloration of the skin: but the more decided signs are, a variation in the size of the

swelling from the position of the patient, being smaller while laying down, and larger when standing; also a diminution on pressure being applied, and when removed, a return. Colic, vomiting, with confined bowels, also attend it.

When the rupture is easily reducible, it is sufficient to place the patient in a proper position, (which is lying on his back, with the knees drawn up towards the abdomen), and gently compress the tumour from below upwards; a peculiar gurgling noise will indicate that the bowel is returned. But when it is what is called strangulated, or not easily to be reduced, there is great hardness, pain on pressure, coughing, sneezing, obstinate constipation, vomiting, and fever. In this case surgical aid is indispensable, even an hour's delay may cost the patient's life: yet when such aid cannot be procured the following means are justifiable.

The sufferer must be placed in the warm bath, (and if there is any one capable of so doing), bled while in the bath, and after, or during the bleeding, the rupture may be endeavoured to be reduced, the patient lying on his back as before advised, with the head and shoulders supported.

The person who operates should take hold of the swelling by the neck, (it being pear shaped and the large end downwards), with the left hand, while with the right, he gently but firmly grasps the large part, and pushes it upwards, and with the left hand directs it through the opening. Repeated trials are in general required before success attends it, and even an hour or two may be spent before hope is abandoned.

When every means have failed, cold water may be

dashed over the parts, and as a last hope, a clyster of tobacco may be administered. As violent and alarming effects follow the last mentioned remedy, it is only to be used as a chance for the life of the patient when all others have failed, and there is no surgeon to be procured.

### SUSPENDED ANIMATION | FROM DROWNING.

THE mouth and nose must be first cleared and made free, the body stripped of its wet garments, wiped dry, and wrapped in blankets; this must be done on the spot if there be no house to which the body can be removed.

In carrying, the body must be laid on a litter, door, or shutter, with the head and shoulders elevated, and kept in this position while the means are used for recovery. The following rules must be strictly followed.

Never to hold the body up by the feet, or roll it on a cask; nor must it be rubbed with salt or spirits, nor should injections of tobacco be used.

When proper bellows are not to be had, a common pair may be substituted, the nose of the bellows being introduced into a wine strainer, or conical tub, made of paper or leather, the end of which must be passed up one nostril by an assistant, while another assistant closes the other nostril with one hand, and with the other presses backwards, and a little downwards the windpipe, to prevent the admission of air by the action of the bellows destined for the lungs passing into the stomach, which would be injurious. When, therefore, the air is propelled through the right nostril, the left

being closed, and the gullet flattened by pressure of the projecting part of the windpipe, it will enter and inflate the lungs as in common respiration.

As soon as the lungs are inflated, the bellows must not be worked, and the pressure should be removed from the nostril and windpipe, and the chest pressed upon steadily and firmly to expel the air.

This inflation must be repeated from fifteen to twenty times in a minute, and kept up, even though unsuccessful, for four or five hours. Great care, however, must be taken to use the bellows steadily, and gently; as from the very delicate nature of the parts, a fatal injury may be inflicted.

The following means are more simple, safe, and much more readily applied. An old blanket, sheet, or cloth, six feet long, and one foot and a half wide, must be split in the diameter of its length into six strips, extending as far towards the middle as to leave two feet untorn; each strip will thus be two feet long, and three inches wide. The unsplit part is to be placed under the patient's back, from the arm-pits to where the hands are clasped; thus arranged, the ends of the straps are to be gathered together by two persons, one on each side; the edges of the unsplit parts will thus be made to approach, and a due pressure exerted on the chest and abdomen.

The compression and relaxation of this bandage must be made as near the usual rate of breathing as possible, *viz.* twenty times in a minute.

When no blanket or sheet can be procured, an interlacement of cravats, or pocket handkerchiefs folded like them are a good substitute.

**HEAT.** This must depend on the means at hand.

Blankets warmed by the fire, or by being wrung out in hot water, a warming pan covered with flannel, hot bricks, or bottles of water, bags of warm grains, or sand, will be useful, but the warm bath of all other means is the best. The heat must be continued as long as the other efforts, and at the same time.

Friction with warm flannels, the flesh brush, or a warm hand, will aid other means.

**STIMULANTS.** When the body begins to resume its natural heat, stimulants may be useful.

Hartshorn and oil rubbed on the palms of the hands, temples, and on the stomach, with aromatics held to the nostrils, will be of service.

Wine and water may be carefully introduced into the stomach by a syringe; it should, however, be very weak —spirits are not so well suited to the case.

### FROM HANGING.

THE ligature must be instantly removed from the neck, and artificial respiration employed, as in cases of drowning. If inflammatory symptoms come on after recovery, or there is congestion, bleeding may be had recourse to with caution.

### FROM EFFLUVIA,

WHEN people are suffocated from the presence of effluvia, artificial respiration should be performed, as in asphyxia from hanging or drowning.

If the body should be above the natural heat, it must be placed in the open air with the head and shoulders elevated, cold water should be dashed freely and quickly

over the face and head ; if below the natural heat, warmth must be restored, as under the head of drowning. Lemonade, or barley water, will be the proper drink on recovery, and an abstinence from solid food for a short time must be enjoined.

### FROM BEING SMOTHERED.

THE treatment here is to be conducted on the same principles as are directed in suffocation from effluvia.

### ASPHYXIA IN NEW-BORN CHILDREN.

SHOULD the infant not have breathed, the naval string must not be tied till the after-birth is about to come away, the child being nourished by the mother.

When the infant is detatched it should be wrapt in warm flannel, or placed in the warm bath, artificial respiration ought to be employed, with frictions and stimulents to the nose, temples, and pit of the stomach ; these means must, as in the recovery of persons drowned, be persevered in for some time.

The simplest method is to push the windpipe gently backwards, then closing the child's nostrils, to blow into its mouth, interposing a bit of gauze between its mouth and ours ; gentle pressure should then be made on the chest and belly, in turn with the inflation, in order to expel the air.

### APOPLEXY IN NEW-BORN CHILDREN.

THE face is dark, livid and swollen, and the skin discoloured. Here the treatment is widely different from

that in Asphyxia ; the naval string must be cut to allow the blood to flow, the head elevated, and the stomach rubbed with hot cloths.

### TREATMENT OF PERSONS STRUCK WITH LIGHTING.

WHEN persons are surprised in a thunder storm, they should never, on any account, shelter under trees ; as by this means they incur a double danger, first by their clothes being kept dry they are more liable to be injured, and secondly because a tree, or any elevated object, attracts and conducts the lightning, often killing the person seeking safety and shelter. Therefore, unless some house be at hand, the individual, however unpleasant it may be had better endure the storm, free from any attracting body.

It is also dangerous to stand near leaden spouts, or iron rails at such a time ; and when in the house, never go near the window, door, or walls, but keep in the centre of the room.

When a person is struck by the lightning, strip the body, and throw cold water freely over it by bucketsful for ten or fifteen minutes, inflate the lungs, apply electricity, if possible, and mustard poultices to the chest.

### TREATMENT OF APPARENT DEATH FROM COLD.

THE body should be placed in a room without a fire, and well rubbed with snow or cold water : after a few minutes the temperature of the water may be increased,

and stimulants applied to the lips and nostrils. The lungs must be inflated as in cases of drowning.

When the natural heat of the body is returning, it must be wrapt in dry, warm blankets, and actively rubbed with a flesh brush ; a little weak wine and water may be administered at this period with safety and advantage. After recovery the diet will require to be strictly attended to. If the limbs only are frozen, the applications need not be extended further, and a little hartshorn or brandy and water may be administered with benefit.

### PREMATURE INTERMENT.

As many cases have come before the public of supposed premature interment ; and as it must be a most dreadful feeling not only to the unfortunate victim, but also to the survivors and relatives ; I will here explain how a proof may be obtained which will for ever set the question at rest, and this should never be omitted when there is the shadow of a doubt on this painful subject. Let the surgeon, or in the absence of one, any friend lay bare a muscle, for instance the pectoral (those laying in the breast), and apply the action of galvanism ; and let the power be ever so feeble should the vital spark not be extinct, sufficient evidence will be afforded to elicit the fact and set every doubt at rest for ever.

### ON POISONS.

IN this volume particulars as to the modus operand of poisons would be useless, the antidotes only require

to be noticed: it would also be impossible to describe all the different kinds of poisons, they being very numerous; the most common therefore will only be treated of.

Symptoms also are not required, for it is with poisoning as with other disordered states of the human frame, the indications are variable; we will therefore, for brevity sake, thus place them.

### MINERAL ACIDS

ARE, oil of vitriol, aquafortis, muriatic acid, or spirits of salts.

### GENERAL CHARACTER OF SYMPTOMS.

ASTRINGENT taste, with burning along the gullet and the stomach, abundant vomiting of a liquid black fluid, sometimes mixed with blood which effervesces when it falls on pavement, chalk, or sand; hiccup, pain in the bowels, difficulty of breathing, clammy sweats, and death; the voice is altered, resembling the sound observable in those who suffer from croup, and the lips and inside of the mouth covered with black or white gangrenous spots. The following are distinct characters of each of the above poisons.

Oil of vitriol reduces every thing it touches to a black pulp.—Aquafortis turns every thing of an orange colour. Muriatic acid disengages white fumes of a very penetrating and pungent odour.

TREATMENT. Make the patient drink freely of liquids, holding a quantity of calcined magnesia in solution, or water in which plenty of soap has been dissolved, plaster

of Paris, or even the plaster of an old wall; after which give linseed tea, barley water, milk, or oil, by the mouth or clysters. When inflammation commences, apply leeches to the throat and stomach, warm fomentations, and administer opiates.

### ALKALIES

ARE generally potash, soda, liquid ammonia or harts-horn, and lime.

The symptoms resemble those produced by the acids, except that the alkalies act more on the throat, and the matter vomited will not effervesce like acids, unless vinegar be added to it.

**TREATMENT.** Let the patient swallow strong lemonade or vinegar; if neither of these be at hand warm water must be given abundantly, and vomiting produced, by irritating the throat with a feather; olive oil would be valuable could it be procured, or even milk.

### METALLIC POISONS

ARE, arsenic, copper, lead, antimony, silver, mercury, iron, zinc, and tin.\* Which are all remedies of activity and value when judiciously administered.

#### COMMON PREPARATIONS.\*

**ARSENIC.** White arsenic, yellow arsenic, the ague drop.

**COPPER.** Blue vitriol, verdigris, the peculiar poison found where coins are boiled with vegetables in order to give them a green colour.

**LEAD.** White lead, cerusse powder, goulard water.

**LITHARGE.** Red lead, sugar of lead.

**ANTIMONY.** Tartar emetic, wine of antimony, James's powders.

**SILVER.** Lunar caustic.

**MERCURY.** Corrosive sublimate, vermillion.

**IRON.** Green vitriol.

**ZINC.** White vitriol.

**TIN.** Salts of tin, used for dying.

**SYMPTOMS.** There is an acid metallic taste in the mouth, with a sensation of great constriction in the throat, pain very severe along the whole of the digestive canal, vomitting of matter which will not effervesce, ardent thirst, hiccup, difficulty of breathing, and passing urine, cramps, convulsions, and death.

**TREATMENT.** Vomitting is the first thing to be produced, after which give bland fluids, as gruel, milk, oil, &c. ; should the pain be severe, a grain of opium, or thirty drops of laudanum must be given every three hours till it abates. Antimonial preparations require an infusion of Peruvian or other astringent barks, or even of common tea made strong, which is a most excellent antidote.

**Lunar Caustic.** Give a table-spoonful of salt in a tea-cup of warm water frequently.

**Arsenical Salts.** Give linseed tea, barley water, or oil.

**Salts of Tin.** Milk is the best antidote.

**Corrosive Sublimate.** Mix the whites of twelve eggs in a quart of cold water, and give a wine-glass-ful every three or four minutes.

**Lead.** Give Epsom or glauber salts, dissolved in a wine-glassful of water every ten minutes, or plaster of Paris mixed with water.

## VEGETABLE POISONS

**ARE,** opium, laudnum, prussic acid, laurel water, and henbane.

**SYMPTOMS.** Numbness of the body, swimming in the head, the pupil of the eye becomes dilated ; there is vo-

miting, and a feeling of intoxication, swelling of the eyes, convulsions, and symptoms of apoplexy.

**TREATMENT.** For prussic acid, or laurel water, give emetics, and afterwards strong coffee, brandy and water, or sal volatile and water.\* For opium and henbane give emetics, namely, half a drachm, or two scruples of sulphate of zinc, and purgative clysters, keeping the patient awake by any means which can be thought of, such as leading him about, rubbing the body with nettles, dashing cold water over him, and dilute freely with lemonade, strong coffee, green tea, or vinegar.

Monkshood, hellebore, tobacco, foxglove, hemlock, and night-shade.

**SYMPTOMS.** Convulsions, delirium, with dilation of the pupil of the eye, sometimes it is violently contracted, vomiting, relaxed bowels, with violent pain.

**TREATMENT.** As in poisoning by opium.

**Nux Vomica.**

**SYMPTOMS.** First a state of quiet, then one of violent contraction of the whole body; five or six fits generally prove fatal.

**TREATMENT.** Emetics, afterwards the mixture as under.

Sulphuric æther, 1 drachm; spirits of turpentine, 1½ drachms; white sugar, 3 drachms. Mix and give in half a tumblerful of water every six minutes.

\* From recent experiments it appears that cold water poured on the head and along the course of the spine, is an antidote for prussic acid. Three drops were administered to a rabbit, which produced apparent death; a quantity of cold spring water was dashed on the head and poured along the spine, after which operation the animal revived and ran gaily about the apartment.

## MUSHROOMS.

**SYMPTOMS.** Pain at the pit of the stomach, nausea, vomiting, purging, cramps, unquenchable thirst, delirium and cold sweats.

**TREATMENT.** Emetics and Purgatives (by clysters), then the mixture as in poisoning by nux-vomica, lemonade, or vinegar.

## ERGOT OF RYE, OR BLIGHTED RYE.

THIS is an excrescence of the rye; it is a long grain, slightly curved, three-sided, and pointed at each end, of a dark purple colour; it is common in wet seasons.

**SYMPTOMS.** Tickling or creeping feel in the palms of the hands and soles of the feet, heaviness in the head, delirium, convulsions, and at the close, violet-coloured spots over the whole body.

**TREATMENT.** Emetics here are useless; administer alternate doses of the antispasmodic mixture, as advised under the head of nux-vomica, and vinegar and water every ten minutes.

## ANIMAL POISONS.

### MUSCLES (a small shell fish)

**SYMPTOMS.** A few hours after the meal the system feels uneasy, after which numbness comes on, with pain in the stomach, intense thirst, and sickness. If the stomach is not relieved by vomiting the belly swells, a rash comes out on the face, and sometimes extends over the body, there is delirium, with convulsions.

TREATMENT. Emetics, afterwards cordials, sulphuric æther, acidulated drinks, and vegetable acids.\*

### SPANISH FLIES.

SYMPTOMS. The urinary and sexual organs are horribly excited.

TREATMENT. Give linseed tea, then from twenty to sixty drops of laudanum every four or six hours, frictions with camphorated spirits, apply leeches to the back and lower part of the abdomen. The limits of my volume preclude a more extensive notice on this subject, but sufficient has been said to serve the emergency of the moment. Sir B. Brodie recommends the application of gold-beaters leaf under a blister, which prevents strangury, or any other unpleasant effects, without lessening the action of the cantharides.

### MINOR SURGICAL OPERATIONS.

IT may probably be said, What can people have to do with surgery? Who could treat (but a surgeon), a surgical case? Yet not to have a knowledge of the subject, may at some period be severely felt; in fact it may be a misfortune ever to be lamented. At all events, every one ought to be able to bleed. The parts of the body at which this operation can be performed are, the bend of the arm, the back of the wrist, the ankle, and the neck.

The following things must be in readiness to prevent confusion, viz., one or two pledgets of soft linen rag or

\* The flesh of certain animals is sometimes poisonous, as partridge, at particular seasons; even honey has been known to produce similar effects.

lint, two bands of tape or riband, each one yard and a half long, and an inch wide, a basin to receive the blood, two towels, some warm water to cleanse the parts, and cold water for the patient to drink, hartshorn, vinegar, and a sharp broad-shouldered lancet.

**POSITION.** The patient should sit upright in a chair, although a reclining position may be allowed if particularly desired.

The ligature must be first applied two inches above the part where the vessel is to be opened, not too tight, yet sufficiently so as to make the vein swell, or become full and prominent. The person who is to operate, should with the thumb of his left hand press on the vein to fix it, then with the blade of the lancet held in the same way as a pen, open the vein as follows. The middle finger, ring finger, and little finger, repose at a short distance from the vein, they are to be gently bent, so as to present the point of the lancet where it is to enter; it is then to be pushed firmly, in an oblique direction, into the vein.

When the lancet has entered to the proper depth, a drop of blood will be seen running up the side of the blade. The wrist must now be lowered, and the point of the lancet raised, so that it cuts in issuing from the vein quite through the skin above it. When the incision is effected and the instrument withdrawn, the thumb of the left hand must be still kept on the vein till the basin is held before the orifice to receive the blood. The lancet should then be plunged into water and wiped clean; the flow of blood must be also attended to, so as to prevent its soiling the person or the attendants. Where people are of a particularly full habit, rather than run any risk of missing the vein, open one at the wrist

or ankles. An experienced operator seldom can err in ever so difficult a case, but an inexperienced one would find it impracticable, and in fact dangerous. The quantity of blood taken must depend on circumstances, the average is about twelve fluid ounces. When the ligature is removed, the bleeding will in most cases stop, if not, the thumb must be applied, as in fixing the vein, and the pledget and bandage applied sufficiently tight, but not so as to obstruct the circulation.

### BLEEDING IN THE ARM.

AT the bend of the arm there are five veins in which the operation can be performed, the cephalic, the basalic, the median, the median cephalic, and the median basilic, but out of this number two only (the cephalic) can be operated on with safety by a non-professional person; in fact the safest way is always to feel for the pulsation of the artery, and never bleed in the vein over it.

### OPERATION.

THE operator stands before the patient, stretches out the arm, and places the patient's hand against the side of his chest; he is then to apply one of the bands on the arm about two inches above the bend, crosses the extremities at the back part, and returns them in front, fixing them outside by means of a single bow. This done, the arm should hang down, to allow the veins to swell; he then returns the arm to its former position, and having selected the vein he intends to puncture, puts the skin on the stretch, fixes the vein with the thumb, and opens the vessel in the manner before described. The orifice being

washed clean, the edges of the cut must be brought together, the pledget of rag, or lint, laid on, and detained by the thumb, and the band applied as follows: One end of the tape, or band, (say five inches) is placed just above the outside of the joint, from which it is allowed to hang down, the other part is carried obliquely downwards or inwards over the bend of the elbow, and fixed on the pledget by the thumb; from thence it is conducted under the elbow and carried upwards and inwards to just above the inner side of the joint, crossing the descending portion of the band upon the compress, and then behind the arm above the joint to where it first departed; these turns are once or twice more repeated in the form of the figure 8, and then form a double bow.

When the opening is small and the blood ceases to flow on the removal of the ligature, a piece of sticking plaster will be sufficient.

### BLEEDING AT THE WRIST

WILL be advantageous where the veins at the bend of the arm are too small, or otherwise difficult to operate on.

The proceeding will be as before directed: the hand should be plunged into warm water for some minutes. The most preferable vein for operation will be found on the back and outer side of the wrist.

### BLEEDING AT THE ANKLE.

THE most prominent vein is the internal saphenous, running from the great toe in front of the inner ankle.

It is to be performed as before directed, and the foot and lower half of the leg should be put in hot water. This operation is extremely safe and easy.

## BLEEDING IN THE NECK.

THE external jugular vein on either side the neck is the only one on which the operation can be performed. The incision should be made on the lower part of the neck ; as higher up, there is a net-work of nerves, which it would be dangerous to wound. For the operation, the usual things are required, and in addition, a card to form a channel for the blood to flow.

To begin ; two or three pledgets, one on the other, are placed on the lowest part of the vein (that is, just over the collar bone) and kept in place by a ligature, the centre of which is applied on them, the two ends being carried down, the one forwards, the other backwards to the opposite armpit, where they are tied in a bow. The vein will then swell, and should be opened obliquely, that the fibres of the muscle (which is as thin as paper) may contract and thus not impede the flow of blood.

The incision should be rather wide to ensure a free flow of blood, which will be found to trickle down, and the card must be placed to direct its flow into the basin.

When enough blood has been abstracted, a bit of sticking plaster and a pledge must be placed on the orifice, and maintained in place by a ligature, wound gently round the neck and secured with a needle and thread.

This operation is not very difficult, or attended with much danger, and is required in cases of apoplexy, hanging, &c.

## CUPPING.

CUPPING is a good substitute for leeches when these animals are not procurable. On board ship, in the colonies, or remote places, it will be often invaluable.

It can at all times be performed without the paraphernalia in general use, by the following means; procure three or four small tumblers, a lancet, a little strong spirits of wine, a sponge, some soft rag, or lint, two towels, and a basin of warm water.

The position of the patient must depend on the part of be operated on. Every thing being ready, take one of the glasses, and in it drop a very little of the spirits of wine, and let it spread over the sides; then holding it for a moment to the flame of a candle, or a piece of lighted paper, apply it with rapidity on the part while the spirit is burning, with the mouth of the glass flat on the skin; in a few moments the parts become gorged with blood, the glass being firmly fixed by the atmosphere, which presses at the rate of about fourteen pounds to each square inch of the part.

As soon as one glass is applied the rest should be put on in succession, in the same manner, and after they have remained on from three to four minutes, the first glass is to be taken off, which is done by insinuating the nail under the edge, and allowing the air to enter; the operator then takes a lancet, open to its full extent, places the thumb against one of the rivets, and the pulps of the fingers along the blades and handle of the opposite side (the point directed before him) and makes a number of rapid incisions into the skin, but not quite through the cutis vera, (or true skin), drawing the lancet from the shoulder to the point; during this part of the operation the assistant should wipe the glass quite dry, and the operator introducing a little more spirits applies it as before; the second is then taken off, the parts scarified, and re-applied, as before directed, doing the same with

the remainder one after the other. When the last has been re-applied the first will be found full of blood; this should then be emptied, cleansed, wiped, and again applied, the parts being first well sponged with warm water. Should there not be blood sufficient obtained, the parts may be re-scarified across the first cuts.

The grand secret of cupping is the quickness with which the glasses are applied, and care being taken not to cut beyond the true skin.

When the operation is finished, a piece of lint, or rag, soaked in spirits of wine, should be applied. This, though it may cause a few minutes smarting, is the very best application that can be used. All ointments are dirty, disagreeable, and useless.

### VACCINATION

Is an operation that many would find advantageous to perform; of such we may enumerate emigrants, captains of ships, and travellers.

The matter may be procured free of expense at any Vaccine Institution, hermetically sealed in small glass tubes, by which means it can be kept good for any length of time.

It ought to be obtained from the pustule, from the sixth to the ninth day; should be colourless, or of a very slight yellow tinge.

The puncture must be made with the point of a sharp lancet on the upper and outer part of the arm; the point armed with the matter is then to be introduced into the puncture, or the point of the lancet may be touched with it.

The operation is simple and safe, the disease requiring very little medical treatment. Not more than one or two punctures should be made in the same arm.

**OBSERVATION.** Great care must be observed that the matter be taken from a healthy child, and that the parents on both sides have no complaint which might be transferable. Doubtless many diseases have been communicated in this way.

It may be urged that vaccination is not a certain preventative against small-pox; granted; yet I never knew a case of small-pox terminate fatally where the individual had been properly vaccinated previous to taking the first-named disease.

It is unnecessary, and indeed not unfrequently dangerous, to vaccinate infants before the age of a month, or six weeks old.

#### ON THE APPLICATION OF LEECHES.

THE application of these animals are often attended with perplexity. The best are of a moderate size, and ought not to have been, on any account, used before, as diseases of a most formidable nature have been produced by such means. The parts should be deprived of all hair, well washed with soap and water, and then wetted with milk. But the best way of ensuring their biting, is to obtain a small cylinder, made of brass wire, closed at one end, (and which is to be procured of any chemist,) the brass wire being obnoxious, they will immediately attach themselves to the part, and thus save immense deal of trouble, time, and disappointment. Directions for suppressing the bleeding from the bites of leeches has been already noticed, under the head of "Treatment of accidents," &c.

## ON THE MANAGEMENT OF ULCERS AND SORES IN GENERAL.

THE first object in the treatment of these frequently intractable and troublesome cases is, to attend more to the improvement of the health, than to doctoring the sore with ointments, &c. No sooner does the wound become irritative, that it attacks the nerves and the stomach; attacks, in short, the general health of the patient, thus rendering the cure more difficult. Therefore, if the health be restored, the sore will, of course, heal, whatever be applied to it, or even if it should be entirely neglected. But if the health be bad, the stomach weak, or the liver disordered, all the local treatment on earth will not effect a cure.

Should the pain and irritation be great, a poultice must be applied, prepared with crumbs of stale bread, or bran, and the lotion, as under, made tepid, and kept on, (by night and day if possible) till the inflammation and pain have subsided. I have, indeed, known the sore to heal under this application alone, provided the general health was attended to.

*Lotion.* Goulard extract, 3 drachms; tincture of opium, 2 drachms; vinegar, 2 ounces; camphor mixture, 1 pint. Mix for a lotion.

If the poultice cannot be kept on by day the ointment No. 1, may be applied on lint; the cerate, No. 2, may be substituted when the wound becomes clean, the edges white and even, and the discharge thick and of the colour of cream.

*Ointment, No. 1.* Red precipitate of mercury,  $\frac{1}{2}$  drachm; sper-

maceti cerate, 1½ ounce; powdered opium, 5 grains: calomel, 5 grains. Mix for an ointment.

No. 2. Oxyde of zinc, 2 drachms; spermaceti cerate, 2 ounces. Mix for an ointment.

In those cases where ointments produce irritation, a poultice prepared of finely-powdered charcoal, mixed with turnips or carrots gratered, boiled, and applied warm, has in general produced excellent effects. Should there be proud flesh, or the sore covered by a coating of white matter, the following dressing will render it clean.

*Nitrate of silver Lotion.* Nitrate of silver, 20 grains; distilled water, 2 ounces. Mix and apply with lint, or by means of a camel's hair brush. This has been found very efficacious in old obstinate ulcers, when conjoined with strict attention to diet and the state of the bowels.

The limb should be supported by a bandage or laced stocking moderately tight, but not so much so as to produce pain.

*Alterative Pill, No. I.* Corrosive sublimate, 4 grains; muratic acid, 10 drops; dissolve the sublimate in the acid in a glass mortar, and add powdered rhubarb, 2 drachms; syrup to form a mass, and divide into 30 pills, one to be taken night and morning; should they prove purgative, one may be taken at bed time for the first few days.

No. 2. Blue pill, 1 scruple; extract of henbane, ½ drachm; extract of chamomile, ½ drachm. Mix and divide into 20 pills, let one be taken every night. The above pills are better when there is much debility of the system than No. 1.

*Aperient Mixture.* Epsom salts, ½ ounce: infusion of senna, 5 ounces: tincture of rhubarb, ditto of senna, of each 3 drachms: essence of ginger, 1 drachm. Mix and let one or

two table-spoonsful be taken twice a week in the morning, fasting during the use of the pills No. 2.

## BURNS AND SCALDS.

IN all accidents of this nature it is important to apply an instantaneous remedy to allay the pain and violent anguish.

The one always at hand, is cold water.

Plunging the burnt or scalded part in, or pumping on it, will be of the greatest service—the transition from torture to ease is truly rapid.

Another excellent, though at first painful remedy, is spirits of turpentine, when it can be procured. The parts should be kept constantly wet with it by pledgets of lint, or rag soaked in the turpentine; when this has been done immediately on the accidents having occurred, the cure is certain and speedy. Bladders arising from burns ought not to be pricked or cut.

After the turpentine has been used for ten or twelve hours, the parts may be dressed with a liniment, or ointment, as below.

Where there is great pain, anodynes will be required, and if the inflammation is extensive, or severe, saline medicines, with aperients. Should mortification be anticipated, the system must be supported by bark and wine. Sulphate of quinine may be given twice or thrice a day in small doses.

*Liniment.* Ointment of yellow basilican,  $1\frac{1}{2}$  ounce: spirits of turpentine,  $3\frac{1}{2}$  ounces. Mix for a liniment, and dress the parts three times a day.

Or, Turner's cerate: spermaceti cerate, of each 2 ounces. Mix for an ointment, and dress the parts night and morning.

Or, linseed oil, 1 pint; lime,  $\frac{1}{4}$  pound. Mix for a liniment, to be applied frequently.

*Anodyne Powder.* Compound powder of ipecacuhana, 8 grains for a powder. Give one every night at bed-time; or,  $\frac{1}{2}$  grain of muriate of morphia made into a pill.

**OBSERVATION.** It is well worthy of remark, that in consequence of the sympathy and reciprocity of action existing between the skin and the internal organs, that burns, and even scalds of no very great severity, prove fatal, by inducing internal (generally intestinal) inflammation.

By disordering a large nervous, and exhaling surface, a burn causes not only a violent nervous commotion, but a continued partial suspension of an important excretion; and when death ensues at some distance of time, it is almost always in consequence of inflammation being set up in the bowels or other sympathizing organs.

Baron Dupuytren, of the Hotel Dieu, doubts if recovery ever takes place when more than one-eighth of the surface of the body is severely burnt. And whether this be correct or not, the facts from which it is drawn, clearly demonstrate the importance of the relation subsisting between the skin and the other excreting organs.

## CHILBLAINS.

“The parching air  
Burns sore, and cold performs the effects of fire.”—*Milton.*

THESE are painful swellings of a deep purple, or leaden colour, affecting the fingers, toes, and heels of children

and old people : those who lead sedentary lives are mostly the subjects of attack.

When the chilblains are broken, a bread poultice at bed-time, and the Turner's cerate applied as a dressing by day, will in general heal them.

If the skin be sound, one of the liniments below will always disperse them. Wash-leather socks should be put on before the cold sets in, and worn through the winter by those subject to these troublesome tumours.

The following description will prevent any mistakes on the subject. There is redness, swelling, itching, increased by warmth, the parts become blue, and the itching unbearable, little vesicles arise, burst, and leave the part raw and ulcerated, often to some depth.

Chilblains, though apparently of trifling import, are proof of a weakened frame, and many young women who have suffered much and long from them, will be found to fall into fatal disorders about the age of maturity, becoming invalids, or very delicate during life.

The water of oysters after they are opened is a good application, also strong alum water, applied cold.

*Liniment.* Acetate of lead, 2 drachms ; cold water, 4 ounces ; brandy, 1 ounce. Mix till it is of a uniform white colour, and apply frequently during the day on linen rag.

Or, camphorated spirits of wine, 1 ounce : spirits of turpentine,  $\frac{1}{2}$  ounce : laudanum, 2 drachms : goulard extract, 2 drachms. Mix for a liniment and rub the parts night and morning. This must not be used when the parts are ulcerated.

## THE TEETH.

THE beauty of the teeth consist in their position, colour

and regularity; these are little under the dominion of art, though much may be done with judicious management.

Pure water rendered tepid, (but not hot), or salt and water, are the safest and best dentifrices which can be used. More teeth are ruined by bad cleaning than by tooth ache, tartar, and decay, combined. Nothing is more injurious than tooth-picks, hard brushes, the advertised tooth powders, and lotions. The Indian and savage nations have remarkable fine teeth, and what artificial means do or can they use? The very best and most efficacious tooth brush is thus prepared.

Procure a few fresh roots of marshmallows, dry them carefully in the shade, each piece must be as thick as a lead pencil and five or six inches in length; then with a mallet or piece of wood, bruise the ends of every stick for half an inch at each end, which forms the brush. Take two ounces of dragons blood, four ounces of spirits of wine, and half an ounce of conserve of red roses; put the ingredients in a glazed earthen pipkin over a slow fire, and when mixed put in the sticks, stirring them to make the dye uniform; continue this while any moisture remains. When dry they will be fit for use; if the teeth or gums are much disordered they may be dipped in the following lotion.

*Lotion.* Lemon juice, 2 drachms: port wine. 1 ounce: sulphate quinine, 10 grains: eau de cologne, 2 drachms. Mix for use, keeping it well corked.

Or, tincture of rhatney root and bark, of each 1 ounce. Mix, one tea-spoonful added to half a wine glass of cold water forms a most excellent dentifrice.

## TOOTH ACHE.

"When fevers burn or agues freeze,  
 Rheumatics groan or cholic squeezes,  
 Our neighbours sympathy may ease us,  
 Wi' pitying moan,  
 But tooth ache hell of a' diseases,  
 A' mocks our groan!"—*Burns.*

THERE is no remedy but extracting or stopping the tooth with gold, that can with any certainty be depended on, the advertised nostrums are all deceptive or injurious, more particularly the celebrated mineral succedaneum, which is a preparation of quicksilver, and has not unfrequently produced serious, and in some instances, fatal effects. It was a lucky hit, to humbug those who had plenty of cash, by some dental Jew empiric.

The form given below will seldom fail in palliating the pain for a time. Blisters behind the ear will in many cases afforded relief, as will a few drops of cajeput oil introduced into the tooth on a bit of cotton or lint. But better than all a drop or two of Kreosote.

In the teething of children the best treatment will consist (should there be much fever) in giving febrifuges, and keeping the bowels in a lax state, antispasmodics, and carminatives, as assafætida and oil of aniseed, with magnesia, if convulsions arise. Should a rash appear on the skin, a few grains of powder of contrajervæ with nitre, are usually given; if cough be present, almond emulsion, and blisters as the case may require; if the convulsions are in consequence of a tooth or teeth pressing on a nerve, the gums must be lanced freely.

*Drops for Tooth Ache.* Oil of cloves, 5 drops: kreosote, 8 drops: camphor, 6 grains: spirits of wine, 3 drachms:

laudanum,  $\frac{1}{2}$  drachm. Let the camphor and opium be perfectly dissolved in the spirits, then add the other ingredients ; apply on lint or cotton.

*Laennec's remedy to cure Tooth Ache.* Kreosote, 1 drachm : spirits of wine, 7 drachms. Mix and apply on a piece of wool or cotton. Laennec asserts that kreosote will prevent decay, it certainly has been of much service in the cure of tooth ache, when the teeth have been carious.

*Or liniment.* Camphorated spirits of wine, 1 ounce : sal-volatile, 3 drachms : oil of cloves, 2 drops : laudanum, 1 drachm. Mix for a liniment to be rubbed on the face, on the side of the affected teeth.

The breath is often tainted by the deranged state of the teeth and gums, in which case the following will be of much service.

Muriatic acid, 10 drops : essence of lemon, 20 drops : white sugar, 2 drachms. Rub together for a powder to be taken in a little barley water three times a day, continuing it for a month.\*

\* It has of late been discovered by microscopic examinations, that the tartar on the teeth is produced in the same way as coral, by animalculæ, the (Madrepura Soluta), after the tartar which like coral is a mere nidus, adheres firmly to the teeth ; the animalculæ, by insinuating themselves between the teeth and gums occasion disease to both, and the secretion from them is often so offensive as to contaminate the breath.

The following plan will completely destroy the disease : the teeth and gums must be washed every morning with the following lotion, by means of a soft brush. One ounce of white wine vinegar, (not the commonly sold pyrolignius acid), to three ounces of rose water mixed for a lotion. The teeth must afterwards be cleaned with levigated chalk, and then washed with a dentifrice composed of tincture of rhubarb root and water, equal parts, every other morning ; this will effectually remove the tartar, and destroy the animalculæ. The acid in the lotion will in no way whatever prove injurious to the enamel of the teeth.

## OBSERVATIONS ON THE HAIR.

ONE of the greatest ornaments of the person is a good head of hair, and so necessary is it to the beauty of females that art is frequently called in to aid what nature denies ; in fact both sexes are much improved in appearance by fine and luxuriant hair.

The form and growth of hair is similar to bulbous roots ; it has neither nerves or blood vessels, and is therefore void of sensation, each hair is a hollow tube, the bulb from which it grows consists of three coverings one over the other placed in exactly the same way as the bulbous root. The third or innermost forming the nucleus.

Physiologists conjecture that each bulb commands a separate artery which must necessarily be very minute ; and if this be true there must be a corresponding vein and nerve.

That every hair is produced by the same action of the circulation and by the same marvellous machinery as the more important parts of our fabric is extremely probable for when a hair is extracted by force, pain is produced which proves there is a connexion with a nerve.

The component parts of the hair are animal matter, albumen, and a minute portion of gelatine, in a solid form, a white concrete oil, and on the proportion of this oil, depends the quality of the hair a second oil gives the colour, there is also iron, a little protoxide of magnesia, carbonate of lime, phosphate of lime, silieic acid, and a quantity of sulphur, which may be detected by burning any quantity of hair.

When the hair is naturally white, or of a light flaxen,

as is the case in young persons, and sometimes in adults, it contains phosphate of magnesia which disappears as life advances ; the colouring oil of black, or very dark hair is green and becomes lighter according to the shade ; the oil of red hair is red.

Bulbs which produce hair cover nearly the whole surface of the body, but nature has provided that they shall not be developed, except when required for warmth or otherwise ; the hair of the head is also different from that on other parts ; if two hairs be extracted, the one from the head and the other from the beard and examined by a microscope, the hair from the head will be found a perfectly round hollow tube and the latter will appear triangular.

The various shades and colours of hair are only to be found among the natives of Europe, the inhabitants of the regions nearest the sun having curled, coarse, black hair.

Light eyes are always (with a few solitary exceptions), accompanied by light hair, and when an instance has occurred where a blue or a hazle eye has been associated with black hair the possessor has been considered extremely beautiful.

As the hair springs from the skin and receives its nourishment therefrom, if this organ be disordered the hair becomes weak and falls off, so when the intellectual powers are over exerted or much depressed the hair is lost in consequence, this frequently occurs in early life and it is worthy of remark that those who live much in the open air retain it to a great age.

Shaving the head is always injurious and the hair has seldom been recovered after a wig has been worn for any length of time.

Grey hair has been frequently known amongst men but just emerged from the spring of manhood, and this has arisen from mental labour, grief or excessive fright.

“ My hair is grey but not with years,  
 “ Nor grew it white  
 “ In a single night,  
 “ As men’s have grown from sudden fears.

The hair of Marie Antoinette the beautiful and unfortunate Queen of France changed to grey in twenty four hours.

One of the principal means of preserving a good head of hair, and of improving a bad one is to keep the skin healthy, particularly that of the head, and to effect this the brush should be used for five or ten minutes at least, and when the scurfe is very tenaceous and the hair been much neglected it will be readily removed by the following method.

Beat up the yolks of two eggs with the juice of one lemon, and rub this mixture well into the hair with the finger, then wash it out with plenty of milk warm water, and dry it afterwards by means of coarse towels, if in the female it may be dried by the following means: she should recline with her long hair hanging over the back of the chair, a pan containing a few pieces of ignited charcoal should then be held under it, and a little powdered gum benzoin sprinkled on the charcoal, the fumes arising from this will almost immediately dry the hair and impart to it a fragrant perfume, the hair should however be made as dry as posslble before using the charcoal for fear of any bad effects.

Sleeping in night caps is very injurious, they by excluding the air produce heat and weaken the hair,

ladies should wear nets to keep their hair in place during repose.

The hair of children ought to be as carefully attended to as that of adults, and when under the age of twelve it should never be permitted to grow long, as it not only causes the hair to be weak but also impairs the constitution and future development of the frame.

The use of oils and pomatum are doubtless of advantage, and coarse hair requires it as much as fine, but it should be always applied by the brush, and not with the hand, if only a small quantity be used it gives a gloss, but a profuse use of it will do much harm. Beef marrow purified by steeping it four or five days in water, which should be changed every morning; and at the end of that time, a day in rose water, after which half the quantity of the finest sweet oil should be added and both melted together by a gentle heat; a water bath is the best way to do it. This preparation scented with any perfume which may be agreeable is we believe one of the best pomatum which can be used.

Alcoholic preparations are sometimes beneficial when additional stimulus is required; lotions which have no spirit in their composition are of little use and they should always be applied at night, as by this means the oil used in the day will be removed and the hair should be brushed till dry; honey water when well prepared is perhaps the best of all lotions.

To conclude, the first thing to be done to obtain fine hair is to get the general health in a good state and this is to be achieved by exercise, temperance, and a strict attention to diet, and what is also of great importance quietude of mind, the skin should also be attended to;

daily ablutions and friction will be necessary to effect this end.

### AIR AND EXERCISE.

AIR! air! cry a room full of company, when a lady faints; the window is thrown open, and the welcome breath of the universe enters and restores her.

It is astonishing that we should recognize thus instinctively the vital principle by which "we live, move, and have our being," and on other occasions of life, neglect as if we could do without it. After the fainting, for instance, the window is shut again, and the spirit of vitality sent about its business like a village apothecary.

We get up without air, breakfast, dine, and sup without air, we read and write without it, and perform every possible vocation without it; and then beauty laments its roses, and the robust marvel that they become nervous.

It has been supposed that the composition of atmospheric air varies at different parts of the earth's surface, and also at different heights; the reverse of this, however has been proved, and by recent experiments, made with all due precaution, it has been shown that air in the higher regions of the atmosphere, is the same in its component parts with air at the level of the sea, and that there is an equal uniformity in composition in the air of distant regions.

Independent of the oxygen and nitrogen, which principally compose our atmosphere, there always exists in it a sensible quantity of a compound elastic fluid termed carbonic acid gas. Aqueous vapour is also another constituent part, derived from the evaporation of water

at the surface, an operation dependent on temperature and other causes. The following may be given as the chemical analysis of the air.

	By measure.	By weight.
Nitrogen gas	77. 5	75. 55
Oxygen gas	21. 0	23. 32
Aqueous vapour	1. 42	1. 03
Carbonic acid gas	0. 08	0. 10

Air refreshes the body, rendering it vigorous and healthy, while it imparts composure and serenity to the mind, excites the appetite, renders digestion perfect, and induces sound and refreshing sleep.

A residence should always, if possible, be selected in a wide straight street, open at both ends, north and south, well paved, and kept clean, distant from slaughter-houses, burying grounds, and ponds of stagnant water.

All rooms in dwellings should be kept strictly clean, the door should be frequently open, also the windows (when weather will permit) in order to change the air, and keep it pure.

Fire-places in bed-rooms ought never to be closed up, and the curtains of beds should not be drawn close, particularly at the feet: it should be held in remembrance that we render nearly forty-seven cubit inches of air impure at every expiration; therefore, when in a perfectly air-tight room, we must necessarily inspire the impure fluid over and over again. How injuriously this must act on those who suffer from weak lungs, will be obvious to all intelligent minds.\*

\* According to Menzies, the mean quantity of air that enters the lungs at each inspiration, is forty cubic inches. Dr. Thompson thinks that we should not be far from the truth in supposing that the ordinary quantity of air contained in the lungs is 280; and that there enters or

There is a notion that air spoils the complexion ; it is possible that an exposure to all weathers might do so, at all events, a spoilt complexion of this kind is accompanied with none of the melancholy results attending the bad complexions that arise from late hours, indolence, and indigestion.

It has been found by experience that authors can write better and longer when air is admitted into their studies, and that a large study is always to be prefered to a small one ; the rich pass their days in large airy rooms, in apartments that are fields and champaign compared to the closets that the middle orders dignify with the name of parlours and drawing rooms. A gipsy and the rich are in this respect, and in many others, more on a footing than people in general would be ready to imagine.

Only look at that wonderful race (I allude to the Gipsies) and see the physical perfection to which they are brought

goes out at each inspiration, or expiration, forty inches. Thus, supposing twenty inspirations in a minute, the quantity of air that would enter and pass out in this time would be 800 inches, which makes 48,000 in an hour, and in twenty-four hours, 1,152,000 cubic inches.—*Vide Magendie on Physiology, article on Respiration.*

From some well conducted experiments it appears that the general sum of a mans natural inspirations are about twenty-six or twenty-seven in a minute, and that thirteen cubic inches of air are taken in at every inspiration and about twelve and three quarters thrown out, the inspired air was found to contain in the thirteen cubic inches, nine and a half inches of nitrogen, three and four tenths of oxygen, and one tenth of an inch of carbonic acid ; the twelve inches and three quarters of returned air gave nine and three tenths of nitrogen, two and two tenths of oxygen and one and two tenths of Carbon, perhaps in this statement, the quickness of ordinary respiration is exaggerated. Lannee says that the breathing may be considered natural, when the number of inspirations in the state of repose is from twelve to fifteen in a minute. In health says Dr. Bostock we respire from twelve to fifteen times in a minute, while the average velocity of the pulse may be estimated at eighty, consequently the heart contracts four times during the completion of each movement of respiration.

solely by their exemption from some of our most inveterate notions, and by dint of living constantly in the open air. Read the accounts that are given of them, even by writers the most opposed to their mode of life, and you will find these authors refuting themselves, and their proposed ameliorations, by confessing that no human beings can be better formed, healthier, or happier, than the Gipsies so long as they are kept out of the way of towns and their sophistication—a suicide is unknown among them.

They are merry as the larks with which they rise ; they have the use of their limbs to a degree unknown among us except by our friends the gymnasts ; yet these are the people whom some wiseacres are for turning into bigots and manufacturers. Methinks they had much better take them for what they are—a memorandum to keep alive among us the belief in nature, and a proof to what a state of physical perfection the human being can be brought solely by inhaling her glorious breath.

Flowers die without air, and fade without light. It is well known that plants will bend towards a window if put in a dark part of the room. Can we suppose then, that our splendid internal organization, that in all that wonderful system of nerves and fibres, by means of which we have sensation, and are enabled to think—can we suppose that in all this we are less delicately constructed than the flowers, or can better dispense with that which is to keep us healthy and happy ?

#### EXERCISE.

THE evils arising from a deficiency of exercise to all the

functions of the body and mind, are too evident to require much discussion. The time and manner of taking it, however, is of consequence, in order to obtain its beneficial results; persons in rude health may engage in it at almost any hour, except immediately after a full meal; but the weak ought to confine their hours of exercise within much narrower bounds. To a person in full vigour, a walk before breakfast may be useful and exhilarating, but to an invalid it will prove more injurious than salutary. A gentle stroll, which does not fatigue, will not be injurious before or after eating; but, as has been before observed, violent exertion must be carefully avoided; when, however, this rule cannot be adhered to, a more moderate meal only, ought to be taken. Different kinds of exercise suit different constitutions, but speaking generally, walking agrees with all.

Excursions in pursuit of mineralogical, or botanical specimens, or of scenery, have all the advantages which exercise well conducted is capable of yielding. This system is much the fashion in German establishments for the developing the mental and bodily powers.

Riding is a most salubrious exercise, and where the lungs are weak, has a decided advantage over walking, inasmuch as it does not hurry the respiration.

Dancing is a cheerful exercise, but has the disadvantage of being used within doors, in confined air, dusty rooms, and at late and unseasonable hours.

Gymnastic and calisthenic exercises have been in vogue some years, but are now rather sinking in public estimation, entirely, I believe, from the necessity having been overlooked of adapting the kind and extent of them, not only to the individual constitution, but to the natural

structure of the body ; the consequence of which has been, that weakly pupils have been injured by exertion beyond their powers, and thus has discredit been brought on a system, which, if properly conducted, might have proved most valuable.

For giving strength to the chest, fencing is a good exercise for boys, and what is called club exercise for females.

Dumb-bells are not so much used as formerly ; but when not too heavy, are very beneficial : when they do harm it is from being too weighty.

Reading aloud, or recitation, are of much service, provided they are regulated with due regard to the powers of the individual, so as to avoid effort and fatigue.

## DIET.

IT would appear that nature has no particular hours for eating, but it is left to our respective ages, constitutions, and mode of life ; our meals, therefore, should be early or late according to the habits of the individual.

Those who eat suppers should not breakfast till one or two hours after rising ; but persons who dine late, and eat nothing after, require this meal sooner, as do those of a delicate frame.

If exposure of any kind is to be incurred in the morning, it is a matter of importance that breakfast should be taken previously, it being a well known fact that the system is more susceptible of infection in the morning before eating, than at any other time ; the state of the mind also exerts a powerful influence, not only on the stomach, but on the whole process of nutrition ; if the

mind be gay and joyous, the appetite will be comparatively keen, digestion effective and rapid, and nutrition complete; whereas, if the mind be harassed by care, anxiety, and other passions, the healthy calls of appetite will be unknown, and digestion and nutrition will be equally impaired. Shakspeare obviously had this in view when he made Cæsar exclaim—

“ Let me have men about me that are fat,  
Sleek-headed men, and such as sleep o’ night;  
Yon Cassius has a lean and hungry look;  
He thinks too much: such men are dangerous.”

Those who are robust, or are inclined to be of a full habit would do well not to exceed in the pleasures of the table, as sooner or later disease is sure to be the consequence.

There may be said to be a fat superstition in this country, though it has been going out of late, since bad nerves came into fashion, and the Frenchmen are no longer laughed at for the meagreness they enjoyed under the old regime. Nimon de l’ Enclos told women to beware of the corpulent and coarse of the other sex. Had she been in a naval or commercial country, she would have sunk the latter objection; but love and obesity, as the poet says, “ do not sit well on the same bench.”

“ Non bene conveniunt, nec in una sede morantur,  
Majesta et Amor.”

If, however, over-feeding be an error, the opposite system is unquestionably equally injurious; the consequences of defective and improper food is not confined in its operations on the bodies of the poor alone; even among children a sufficient quantity of nourishing food is not always provided even by the wealthy.

Both in families and in boarding schools, it is no uncommon practice to stint the appetites of the young, or to feed them with articles containing little nourishment in proportion to their bulk. I have known severe diseases and scrofula called into action through ignorance, and in the belief that temperance "was healthful."

In regard to articles of food, many remarks will be found in this volume; but ere I conclude, I beg leave to make an observation on the fashion of taking spirits after meals, in order (as it is alleged) to aid digestion.

If we eat too much, or fill our stomachs with indigestible food, a dram of brandy, from its temporary stimulus will enable us to get rid of the load sooner than we could do without it; but a far wiser plan would be, to abstain from overloading our stomachs. If we were compelled to exceed the bounds of moderation, there would be some apology for such a practice; but as this is not the case we cannot possibly have any rational excuse for such excess.

### THE PASSIONS.

THE body and the mind have each their feelings; the sensations of mind we call passions. The feelings of the body are numerous and diversified, as those of simple ache or ease, hunger, thirst, cold, and a multitude of others. Those of the mind are still more numerous, they comprise the multifarious train of grief, joy, love, hatred, avarice, ambition, conceit, and perchance hundreds more, all which, whether of body or mind, Mr. Lock has endeavoured to resolve with different modifications of pleasure and pain, according as they are produc-

tive of good or evil. Grief, when deep, is dum, it shuns society. The mind with its attention on the full stretch, has scarcely strength sufficient to collect the train of ideas on which it alone resolves to dwell, hence all conversation is irksome, the presence even of a friend is disquieting; to a mind in distress even the beauties of nature give pain rather than pleasure; solitude and change is anxiously sought for; variety distracts the mind and without distraction there is no relief; in some instances the loss of nervous power has been so sudden and great that a general torpor of the brain takes place, which if it does not happily terminate in sleep is the inlet of apoplexy and death. The sufferer feels neither heat nor cold, hunger or thirst, is incapable of shedding tears, the appearance of them are a good omen, since they indicate that the general torpitude is giving way; there is deep anxiety felt and oppression about the heart which feels ready to break, hence the name of heart-ache so appropriately applied to this variety of suffering. Love, whatever it is that first lights up this flame is of no importance to the present subject; beauty is a complex idea, for the mind in forming it combines a variety of separate ideas into one common aggregate; thus Dryden in delineating the beautiful Victoria in his love triumphant, says—

“ Her eyes, her lips, her cheek, her shape, her feature,  
Seems to be drawn by loves own hand; by Love  
Himself in love.”

Whatever mischief love may work in the corporeal frame, by sleepless nights, feverish pulse and loss of appetite, and however from the exalted state of the imagination and the increased sensibility of the body, it may trans-

pose the reality of life into a kind of visionary existence, and so far produce mental derangement, rarely leads to insanity so long as there is the remotest hope of the attainment of the object, but if this be lost the mind is frequently incapable of resisting the shock. Love in some instances is similar in its effects to joy. The love of Antiochus for his step mother Stratonica is said to have been discovered by the pulse. (Hope.) The general influence of hope in supporting the health against the impending evils of disease has been strikingly illustrated on various occasions. The wonderful influence of the passions of the mind over disorders of the body are too frequently overlooked, and hence it is, that the same remedy will not always produce the same results, even in the same person, and that the most common and simple remedies prove successful, gloom however hangs over their countenances while the deepest despondency preys on their minds. The fairest prospects vanish, every thing puts on a melancholy hue, and those very objects which ought to afford delight, disgust; life itself becomes a burthen and the unhappy wretch persuaded that no evil can be equal to what he feels, puts an end to his miserable existence, thus is religion often the cause of those very evils which it was designed to cure.

" But who is this with accents wild,  
 'Tis devotions ruin'd child ;  
 Sunk in the dread abyss of grief,  
 Nor does she seek, nor dares, she ask relief."

From this brief notice of the effects of the passions on the operations of the animal economy, it will be obvious that they are most important agents in the modifications of health, therefore the regulation of them becomes a

matter of interesting enquiry, and to a physician affording him a source of considerable influence over the corporeal functions; many difficulties must however occur in the management of these nice and precarious instruments; and the direction of them will be most successfully undertaken by those who possess the greatest discernment in estimating individual character and constitution, and those who are gifted with what is termed knowledge of the world.

A very considerable influence however may be exerted in the cure and alleviation of disease by the inspiration of hope and confidence, and by dispelling groundless fears and apprehensions, nay, even factitious means, or such as a philosopher might despise, are not to be neglected. The power of attraction, animal magnetism, &c., though perchance imaginary, are nevertheless capable of producing substantial effects, and where the efficacy of other remedies can be augmented by employing such mental aid, it is neither useless nor unphilosophical to employ them.

In the hands of some cunning charlatan, a stone or ring with a history, real or imaginary, a verse of the Koran, or the Bible, sewn in a piece of silk and worn on some part of the body, have inspired mental resolve and induced bodily firmness which have enabled the possessor to defy the united influence of epidemic or land contagion; if the Arabs have their talismans, and the Indians their amulets, the Christian nations vaunt the virtues of their relics, their holy well and holy water; it is common when we see a remedy act in an extraordinary manner to say, "it acts like a charm." The origin of the word charm is a corruption of the Latin word, carmen, a song, or verse. Fear is a depressing passion and very similar

in its effects to grief ; it robs the body of its vigour ; in some instances violent frights have produced instant death ; the pulse is weakened, hence paleness, shivering, tremour and faintness. Thus Shakspeare speaks of “ the ague fit of fear,” and he extended the analogy even to the world around him—

“ Some say the earth was fever'd and did shake.”

Ardent desire accompanying ambition produces most extraordinary effects, its excitement in some instances is said to have cured paralytic affections, and roused the individual to super-human exertions. Muley Moluc, Emperor of Morocco, was wearing away by an incurable disease, when his last decisive battle took place ; before it commenced he was borne along the ranks in an open litter to encourage his troops, but finding the engagement going against him, though in his last agonies, he threw himself out of his litter, rallied his troops, and led them on to the charge which ended in a complete victory, after which, being completely exhausted, he instantly returned to his litter and expired. Avarice, when it has obtained an ascendancy over the mind benumbs and chills every energy of the body as well as of the soul. The body grows thin in the midst of wealth, the limbs totter, surrounded by cordials, and the wretch starves in the granary of plenty. One of the most curious cases in history is related by Valerius Maximus, of a miser, who took advantage of a famine to sell a mouse for two hundred pence and then starved himself to death with the money in his pocket, hence the madness of the covetous man has been a subject of sarcasm and ridicule by writers in all ages.

Despair makes a near approach to the heart-ache in the overwhelming agony it produces, it arises in general from mortified pride, blasted expectation, a sense of personal ruin, or from neglect—

“ And injured merit with dejected eye,  
Hurt by neglect, slow stalking heedless by.”

Melancholy induced by religious enthusiasm frequently begets the most hopeless species of insanity, such unhappy and misguided persons imagine that religion consists of mortification, they deny themselves the smallest indulgence; a perpetual gloom hangs over them, and in the desolate cells of a Lunatic Assylum, death puts a period to their sufferings.

#### TO TRAVELLERS, VOYAGERS, AND SETTLERS IN DISTANT LANDS.

THE comforts of sea travelling have of late been brought to a state of perfection which in former times could scarcely have been contemplated.

Captains of vessels now have an interest in exerting their uttermost efforts to outvie each other in providing good accommodation for their passengers.

The inconveniencies attendant on a sea voyage require that every means should be taken to insure the comfort of those who are exposed to it. Of all the events, probable and improbable, there are none which cast such a gloom over a voyage, as the fear of sea-sickness.

A sea-trip is too often determined on as the last hope and resource of the consumptive patient; but it is very impolitic, nay cruel, to delay till every chance but this

(often falacious one) has faded. It is in the incipient, not the latter stages of this deadly scourge, that change of climate, or sea air, can be of service; when the patient is deluged with nocturnal perspirations, hectic fever fully established, and blood expectorated on every extraordinary exertion, the motion of a ship will not only distress, but accelerate the fatal event; thus then, perchance, the last fair flower of a family, a father's hope, and mother's joy, is doomed to—

“ *Fade amidst Italian flowers,  
The last of that bright band.*”

Sea air is prescribed, however, in a multitude of complaints, viz. indigestion, debility from different causes, and in other nervous disorders.

A mild alterative, or aperient medicine, should be taken before setting out, and the following cautions must be observed.

Always keep it a secret when you have determined on going till the day or two before you embark; without this precaution you will be intruded on by kindly-intended visits, and thus lose much valuable time, as well as forget a thousand things you wished to have remembered. Thus, when actually on the sea, you will call to mind accounts and affairs unarranged, friends neglected, and comforts which you intended to have provided for your convenience on the voyage omitted, when too late to be remedied.

It will not always be in our power to choose either the ship or her commander, although the happiness of the voyage will, in a great degree, depend on both. Whatever agreement you make with the captain as to a right

of sharing the ship's stores, it will always be prudent to have a private one of your own, in case of need.

The following articles should be provided for such purpose: A few pounds of good tea, coffee, chocolate, and cocoa; wine, bottled porter, cyder, soda water, lemonade, &c.; raisins, sugar, lemons, a bottle or two of brandy, some eggs dipped in oil, or larded, a few cakes of portable soup, and some biscuits.

It may so happen that some of the above list may never be wanted by the provider, owing to the care of the captain, yet in such a case you may have the gratification of relieving the wants of some poor passengers, who not being able to pay for cabin fare is reduced to ship's allowance; they are miserable and dejected, far away from all they loved, and in the midst of strangers. It is then you may, by one or two well-timed acts of kindness, restore their dejected frames, perchance even save their lives.

The cooking on board is always bad, hence the vulgar old proverb of "God sends meat and the d——l cooks." It is well therefore to provide a small pot, flat on one side, with a hook by which it can be appended to the bar of the galley fireplace; by this means you will be able to prepare a little soup, a hash, coffee, &c., clean and comfortable. A small Dutch oven to roast a little meat should also be provided, and a net for potatoes, or a pudding. When confined to salt provisions, cider will quench the thirst better than anything else, except lemonade, which should always be provided ready prepared. Should the biscuit be found too hard, it must be soaked in water, and it will then be easy of digestion. The peas for soup frequently will not dissolve,

when this occurs, a two-pound shot put into the copper will by its rotatory motion soon remedy this defect. A small metal teapot and a drinking horn are also indispensable.

Salt meat by means of long voyages often becomes putrid, and produces scurvy ; should therefore a long trip be anticipated, some preserved meats and vegetables must be provided, they will keep, if not required, for a long time, consequently, can be no loss.

The following is a list of the articles most needed :—

*Meats.* Beef, fresh or boiled, ox cheek, ditto with vegetables, roast beef, boiled mutton, and roast mutton.

*Poultry.* Fowls, roast and boiled.

*Vegetables.* Carrots with gravy, and plain.

*Soups.* Mock turtle and mutton broth.

*Milk.* A dozen pints of milk, and the same quantity of cream.

*Fruit.* Apple, marmalade, and other fruits ; also a can of dry yeast.

The scurvy, which used to make such dreadful havoc, and be so much dreaded by voyagers before the above discovery of preserving fresh provisions, is now disarmed of all its terrors, and indeed is a rare disease.\*

\* As the method of thus preserving meat is not generally known, for the information of my readers who are curious in these matters, I subjoin it.

Let the substance to be preserved be first somewhat more than par boiled, the bones being previously removed. Then put the meat into a tin cylinder, fill up the vessel with broth, and solder on the lid, in which there must be made a small hole. When this has been done let the tin vessel thus prepared be placed in water, and heated to the boiling point, to complete the cooking of the meat ; the hole of the lid is now to be closed with solder while the air is rushing out. The vessel must then be allowed to cool, and from the diminution of volume in

There is a new kitchen invented which would prove an invaluable blessing to travellers, or settlers in our distant possessions, or in America. Fish quite fresh out of the water, may be cooked by its means in a few minutes ; a beefsteak, or a mutton chop, may be made ready in as short a time. The fuel may be charcoal, dry sticks, or brown paper ; a kettle can be boiled on it in ten minutes. This article may be procured by any ironmonger.

It is usual for passengers to pay a deposit, in order that they may choose and insure a berth. It should be chosen as near the centre of the ship as possible, in this situation the motion will be little felt, and the chance of sea sickness in some measure avoided,

When out of bed, or on deck, persons attacked by sea sickness should, if possible, lay down, keeping the head supported by a pillow. A person near the stern looking forward, or standing, will always be more severely sick than if they were sitting or lying down with the head to the stern.

the contents, in consequence of the reduction in temperature, both ends of the cylinder are pressed inwards and become concave.

The cases thus hermetically sealed, are exposed in the test-chamber for a month, or five weeks, to a temperature they are never likely to be exposed to, viz. from 99 to 100 fahrenheit. If the process has failed putrefaction takes place, and gas is evolved, which in a short time, will bulge out both ends of the case and render them convex.

All kinds of animal food may be preserved in this way, beef, mutton, veal, and poultry, roasted or boiled. The Commissioners of the Navy examined some nearly four years old, which had been in the Mediterranean and Quebec, and found it as sound and fresh as if it had been just boiled. Captain Basil Hall says, "I had eighty pounds worth in my possession during my voyage to China, and there was not one failure ; the meat thus preserved eats nothing, does not tumble overboard, nor get its legs broken by knocking about the deck of a ship in rough weather, and you are enabled to toss into a boat in a minute, as many day's cooked provisions as you may require."

Females are less capable than males to combat with sickness; many however are fortunately exempt, and some sooner relieved than others, in many instances in twenty-four hours, this however is not very usual.

After vomiting commences, it should be assisted by giving plenty of tea or warm water, when it subsides the sufferer should lie down and keep perfectly quiet. Sickness being often beneficial should not be restrained quickly, particularly in short trips.

The food must be simple and nutritive, and no solids should be taken, as they will always aggravate the symptoms. Weak brandy and water will be the best beverage for general use.

After the violence of the vomiting has subsided, a tumbler of soda water, with a table-spoonful of brandy in it, may be taken to settle the stomach; afterwards the following mixture, which has rarely failed in relieving, and in many instances arresting the symptoms altogether. A tumbler of good bottled porter, or glass or two of champaign have also been found of service.

*Marine Tincture.* Muriatic acid,  $\frac{1}{2}$  drachm : essence of ginger, 2 drachms : tincture of opium,  $\frac{1}{2}$  drachm : compound tincture of cardamoms, 3 ounces : sal-volatile, 1 drachm : cinnamon water, 5 ounces : liquor of potass, 3 drachms. Mix and let the patient take one or two table-spoonsful every two hours till relieved.

To remove or palliate the unpleasant sensation of this sickness has always been a desideratum; as a mechanical invention for preventing sea sickness, I strongly recommend the Patent Double or Single-Action Sea Beds, Couches and Cots, recently introduced and manufactured by Mr. Joseph Brown, Cabin Furniture Manufacturer and Upholsterer, 37, Minories. The comfort derived from these beds in the most boisterous weather is incalculable; let the vessel roll or pitch how she may, the bed will retain its perpendicular gravitation, and the occupant may repose as unconsciously of the vessels motion as if in a chamber ashore.

To invalids returning from hot climates when the constitution has been impaired, and who from being unable to bear the violence of sea-sickness, which, but too frequently in such cases terminate fatally, this invention is of the most vital importance: in fact, every delicate person, (females especially), as well as the more robust, who seek either business, health, or pleasure, by sea voyages, should provide themselves with these domestic comforts.

The economy is another inducement, being supplied and fitted to the cabin at trifling more cost than the ordinary cabin beds.

For this splendid invention which is certainly the only real means of preventing sea-sickness, the public in general, but suffering humanity in particular, owe this gentleman a lasting debt of gratitude.

When viewing the sea bed at the manufactory, we were favoured with the sight of a number of the most conclusive testimonials as to the superiority of the invention; and that our sea-voyaging friends may benefit themselves by its adoption, we subjoin a copy of a letter from the late Capt. Roberts, Commander of that ill-fated

vessel, the President steam-ship, whose cabin was fitted with one of the double-action beds.

For diagrams of the invention and further particulars, we refer our readers to the third page of the advertisements at the end of this work.

*Bristol,*

SIR,

"I have tried your SWING BED on the Atlantic, and unhesitatingly pronounce it the best thing of its class ever introduced on board Ship, for Passengers, and persons having *nothing* to do with the management of the Vessel: but, I must say, it is a dangerous luxury for Captains and others to indulge in, who ought at all times to have some index of the weather, and what the Vessel is doing, by her motion,—and which cannot be known by sleeping in your invention. For convenience and comfort, I strongly recommend it to all persons (especially Invalids) taking Sea Trips.

CAPTAIN ROBERTS

*Of the British Queen and President Steam Ships.*

To MR. JOSEPH BROWN,  
*Ship Cabin Furniture Manufacturer,*  
37, MINORIES.

### CHANGE OF AIR, CLIMATE, AND DIET.

THE influence of climate on the human constitution is now so well and generally understood, that it would be superfluous to enlarge on the subject; and although change of air implies change of climate in the extended application of the term, yet by the first expression is commonly understood a change of residence in the same country; even a removal from a damp part of the town to one where the air is dry and pure, frequently produces effects almost incredible; how much more beneficial then must be a

removal to a place where the air is uncontaminated by the smoke and effluvia of a town and thickly populated district? in fact, it frequently exerts an influence which the powers of medicine are wholly unequal to effect. At the same time much must depend on the nature of the disease under which the patient is suffering, the view his medical attendant has of the case, the remaining strength of system, and last, not least, his domestic engagements; indeed, when we reflect on the powerful influence warm dry air exerts on all the functions of the human frame, particularly on the mass of circulating fluids, we have a satisfactory explanation of the benefit experienced by the invalid who removes from a cold damp, to a warm dry region.

The following cautions are particularly addressed to travellers, viz.—

To avoid extremes of heat and cold. Never to expose themselves to night air, the rays of the sun, wind and rain, more than necessity compels. Not to sleep on deck, be the weather ever so fine and warm, or expose themselves to moonlight in tropical climates.

“ The sun shall not burn thee by day,  
Neither the moon by night.”\*

\* “ M. Arago was assured by the gardeners of Paris, that in the months of April and May they had found the leaves and buds of their plants when exposed to the full moon in a clear light actually frozen, when the thermometer in the atmosphere was many degrees above the freezing point.

“ Men on board a ship, while lying in the moonlight with their faces exposed to its beams, have had their muscles spasmodically distorted, and their mouths drawn awry, others have lost their sight for several months. Fish hung up all night in the light of the moon when eaten the next day has occasioned violent sickness and pain.

“ Plutarch notices ‘ Every body knows that those who sleep abroad under the influence of the moon, when they awake are stupid and heavy,’ Mr. Madden says that the Arabs think the moon causes

To avoid drinking cold fluids while heated, nor during that time to expose themselves to cold streams of air. Flannels should be put on before the winter sets in, and never be discarded (particularly in England) before May or June ; the old adage here certainly holds good, that—

“ He who leaves off his clothes in May,  
May live to rue it for many a day.”

Avoid resting in the shade, in damp clothes, or with wet feet. To be moderate in diet and drinks. To keep the bowels well regulated.

As regards food, travellers and others must be the best judges of what will agree or disagree with their constitution, and should diet themselves accordingly, as circumstances will admit ; it being impossible to lay down any decided system, the subject is involved in far too much perplexity. An organ like the stomach, which has been proved to be capable of digesting brass pins, and clasp knives, and at other times to refuse to rid itself of a cherry stone, that in consequence produced death, sets all rule at defiance. A few general remarks on the subject, however, may be made with advantage.

Roast meat contains nearly double the nourishment of boiled, but boiled meat is better adapted to weak digestion. Frying is one of the very worst methods of dressing food, as broiling is one of the best. Baked meat has

ophthalmia and catarrh. Plutarch's remarks are, ‘The moon corrupts meat sooner than the sun ; nurses are cautious of exposing infants to the moon-beams ; women brought to bed at the full of the moon have easy labours ; carpenters refuse trees cut in the full of the moon ; farmers usually thrash their wheat in its wane, it is then dryer and bears the flail better ; dough leavens sooner in the full of the moon ; this time most dew falls, hence the poet Alcman calls the dew the daughter of the air and of the moon.’”—*Sharon Turner on the Creation*, p. 50.

a strong flavour, is deprived of some of its nutritive qualities, and is difficult of digestion. Spices, sauces, and melted butter should never be used by the invalid, and in health they are not required.

Difference in opinion as to the nature of different articles of food. In South America where they eat every thing : serpents, lizards, centipedes, and monkeys, are a delicacy. Horse-flesh is a delicacy in Arabia. Elephants in India. Cats, rats, and dogs, in China. A sea-gull in Australia. The braxy of Scotland is putrid mutton. In happy England pigs are still whipped to death. Geese have their livers made diseased to make Swiss pies. Lobsters are boiled alive. Cod, salmon, and skate, are crimped. Eels are skinned alive. Hares hunted to death, and white veal is a luxury. The nests of the Java sparrow, found in deep caverns, and which is composed of marine substances cemented together by the bird, are dainties only fit to regale the palates of the wealthy gourmand.

Poultry, with the exception of ducks and geese, will in general agree with weak stomachs.

A Milk diet is useful in some cases, but will not agree well with all habits.

Vegetables. Potatoes when floury are nutritive food (witness the Irish), carrots are hard and binding, turnips watery, beans and peas hard of digestion.

Venison, game, mutton, and beef, are the most nutritive meats, veal and pork the least so,

Fish is not a beneficial article of diet, being watery ; and all shell-fish (oysters excepted) difficult of digestion.

The following articles are obnoxious, except to persons in robust health.

Pork, pastry, buttered toast, hot bread, hard eggs,

pears, nuts of all descriptions, plumbs, and new cheese.

Fluids. Good black tea, not too strong, assists weak digestion, as will tepid water; the same may be said of coffee.

Spirits. Wines and strong malt liquors should be used with caution. In many places water is so bad as to be unfit for use: it is always so when soap will not dissolve in it. Where the thirst is urgent, the water should, if possible, be strained before drinking, and a small quantity of vinegar, or some other acid, added to it. Water situated in marshy ground, which has a whitish scum over it, may always be suspected to be unwholesome.

Exercise after a full meal is very improper, particularly in hot countries. Those who take horse exercise and endure great fatigue should eat sparingly, and avoid fermented liquors.

The after dinner nap, or siesta, is salutary, and should be rather encouraged; it ought, not, however, to exceed half an hour, and should be taken in an armed chair, with the head elevated, the cravat and all tight ligatures loosened. Windows should be closed during sleep, in warm climates fatal effects are apt to follow from this being neglected. Travellers would do well never to sleep under the shade of trees, near a hemp field, or after a long journey eat a full meal, or sit near a fire.

Suppers are, generally speaking, very injurious meals. Sweet wine impedes digestion, and if used, should be taken with moderation. Fresh fruit, even ripe grapes taken to excess, will often in warm countries, when eaten without bread, produce fatal effects. Thirst will be best moderated by small quantities of bread or biscuit soaked

in fluids : water, if drank, should have a little acid added to it. Those who perspire freely should shun night dews ; but if this be out of their power, (as in the case of the army and navy) they should continue walking about.

An empty stomach being most likely to receive infection, the sick should not be visited fasting. The saliva ought not to be swallowed in the sick room or tent, and a little lemonade taken previous to going in, will tend to avert danger.

Damp beds, wet clothes, and linen, should be avoided as a pest, they lay a foundation for every disease incident to the human frame. If the party wet be so situated as not to be able to change, they should walk about till they are dry. Never pitch a tent, bivouac, rest, or sleep near marshy ground, always choose that which is elevated and dry. A trench should be dug round the tent, and three feet from it ; it should be two feet wide and one in depth. This will drain off damps and make it healthy.

During a voyage, exercise should never be neglected, as walking the deck briskly, the dumb bells, and dancing. By attending to these observations travellers will generally preserve their health.

All ships carrying passengers should provide a sufficient quantity of the following articles, calculated for the length of the voyage and climate, independent of the ship's common provisions : pearl barley, lemon juice, extract of spruce, extract of malt and hops, raisins and currants, moist sugar, sago, arrow-root, wine, (red and white), oatmeal, spirits, cider, porter, and vinegar, groats, potatoes, herbs of various kinds, (dried), coffee and cocoa, peas, tea, honey, oranges (Seville and sweet) ; the above will keep the passengers healthy, and prevent scurvy.

Each passenger would do well to provide a few medicines, whether there is a surgeon or not; they will be able by this means to regulate their own health: powdered rhubarb one ounce, tincture of rhubarb four ounces, castor oil half a pint, Epsom salts half a pound, senna leaves two ounces, calomel two drachms, bark two ounces, sulphate quinine one ounce.

Disease is rare at sea, scurvy excepted. If fever presents itself, the patient must instantly be removed to the most airy part of the ship, ventilation and cleanliness must be carefully attended to, every discharge ought to be received in a bucket, with salt water in it, and immediately thrown overboard, and the bucket towed in the sea for several minutes afterwards.

During fevers and other complaints, or in epidemics, the following prophylactic, or medicine to prevent disease, is particularly recommended in warm climates.

Tincture bark, 2 ounces: compound tincture of cardamoms, 1 ounce; sulphuric acid, 2 drachms: mint water,  $4\frac{1}{2}$  ounces. Mix and take one table-spoonful every morning fasting, and every third or fourth night the pills as under.

Blue pill, 24 grains: extract colocynth,  $1\frac{1}{2}$  drachms: antimonial powder, 1 scruple 24 grains. Mix and divide into 24 pills, two to be taken for a dose at bed-time occasionally.

## OBSERVATIONS ON TRAVELLING IN GREECE.

As many valuable lives have been sacrificed in visiting this truly interesting and classic land, the following hints it is hoped, will be found useful to those who have never encountered the hardships and perils of foreign travel.

The best plan is, not to quit England till April: pass

the summer in Switzerland, and do not go into Italy till the latter end of September ; for until this period the heat is always excessive, and continues to be so till the first autumnal rains refresh the air. This is beautifully alluded to by Moore ;—

“There’s a drop,” said the Peri, “that down from the moon,  
Falls through the withering airs of June  
Upon Egypt’s land, of so healing a power,  
So balmy a virtue, that ev’n in the hour  
That drop descends, contagion dies,  
And health reanimates earth and skies.”

Travelling during these heats is always attended with extreme danger, as fevers and bowel complaints often attack those who are not habituated to warm climates. The time may be very pleasantly and profitably spent at Florence from the middle of October to the end of December, and the traveller may arrive at Naples towards the beginning of February.

Different routes to Greece have been recommended, the best appears to be by Sicily, Malta, and the Ionian Islands.

Should the rout by Sicily and Malta be preferred, there is a large packet vessel, with good accommodation, which sails every week from Malta.\*

As travelling in this country is performed chiefly on mules, the baggage must be made as portable as possible. A camp bed, small canteen, containing two knives and forks, a teapot, teakettle, a metal drinking cup, two or three large and small spoons.

A light loose dress of Maltese cotton is usually worn ;

\* Since the first edition of this work was published steam has become so general that observations from us concerning the time from which, and the places for where steam vessels run, have been rendered unnecessary.

but as mountainous districts have frequently to be crossed, where the air by night is cold and sharp, a large cloak should be always provided, which will be found useful, particularly for reposing on by night. Three or four pairs of strong shoes will be required, and calico shirts are preferable to linen.

To prevent the bite of mosquitoes, which are a dreadful pest in warm climates, a pair of loose linen trowsers and jacket should be worn by night, so contrived as to include the feet and hands.

A servant must be procured who understands the Romaic language spoken in the Morea. They are to be met with at Malta, or Corfu; such an attendant cannot be dispensed with; and if one can be obtained who has already accompanied an English traveller, he should be chosen. A piastre a day is the usual wages with which they find themselves in every thing.

On landing in the Morea it is usual to hire an armed guide to attend you, for whom an application to the Consul must be made. He will act as a guide through the country, and about a piastre a day is paid for his services.

The Grand Seignior's firman to travel in the Turkish dominions (without which there will be difficulty in obtaining horses or mules, and sometimes even lodgings and provisions), may be had by applying to the British Ambsasador, at Constantinople, and can be forwarded to Malta, or Corfu.

The best and safest season for travelling in Greece is in the spring, when the climate is temperate and healthy; towards the latter part of June the weather becomes suddenly hot and oppressive, which continues to increase till

the latter end of September, or beginning of October, when the rain falls and cools the air. August and September are the hottest months, when exposure to the meridian sun is most dangerous, frequently producing fever. These are the months when the effects from the mal-aria are so much to be dreaded. This noxious air, the nature of which we are as yet wholly unacquainted with, is mostly confined to low and swampy situations ; hills, however, of considerable elevation, and which have all the marks of being healthy spots, are not exempt from it.

If unavoidably exposed to situations where mal-aria is likely to exist, never sleep in such places ; but if this cannot be prevented, precautionary measures ought to be adopted, which experience has taught to be effective, viz. never to sleep on the ground floor of the house, and always let the windows of the bed-room be carefully closed before retiring to rest, also have fires lighted in different parts of the floor : a pipe or cigar will be of infinite service.

Before starting in the morning (which should never take place till the sun has had some influence), a cup of coffee, or wine and water, should be taken, in which may be mixed a tea-spoonful or two of powdered bark, or three grains of sulphate of quinine. Temperance is most important, and until the constitution is in some degree assimilated to the climate, it will be prudent to live more sparingly than in England. A moderate quantity of ripe sub-acid fruit will be useful, from its cooling refreshing nature, and from its tendency to keep the bowels soluble.

Daily journeys ought not to be too long, so as to induce a feeling of fatigue ; and, if possible, never travel in the heat of the day. After having undergone much

fatigue, it is most injurious to give up all exertion; many persons have become ill from long confinement on board ship during the voyage home, or being shut up within the limits of the quarantine establishment; in such situations, take as much exercise as possible, use a spare diet, and carefully attend to the state of the bowels.

### CAUTIONS TO PREVENT COLDS IN TRAVELLING.

THE strongest and most robust constitution, may from want of proper precautions fall into situations, which may be the cause of laying the foundation of fatal maladies, and amongst the foremost of these causes, we may notice damp beds and linen. One of the most powerful preventives against taken cold, is the use of the bath, or cold sponging; nevertheless, should the system not be in high health, dangerous consequences may result even from this plan, unless caution be observed.

First never commence a general sponging in cold weather, though it may be done partially without risk at any season. The neck, chest, and arms, may be begun first, and so on morning after morning, till the whole body has undergone the operation; remembering to dry each part well with a rough towel, and put on clothing as fast as possible, in which case no danger can exist, even in the severest weather. Doubtless this will be felt most irksome at first, but will soon be considered a luxury, and by such means the frame will be defended from attacks of catarrh and consumptive coughs.

The next evil are damp beds; whenever such are suspected, we recommend a mirror (which is a piece of

portable furniture in every sleeping room,) to be placed between the sheets, or blankets, and remain a few minutes; if the bed is damp, it will be covered with a vapour, but if dry it will be unsullied, it is requisite however that the glass should be perfectly dry and clean before it is put in the bed as a test. Warming pans are always dangerous in inns or strange houses, as by this means the damp is concealed but not removed; on the contrary rather aggravated.

It is important also to observe on getting into bed that no windows are open, or draughts of air playing on the bed, as they would be equally dangerous as damp, and might produce fatal colds, rheumatism, or fever.

When in a coach, avoid a draught by drawing up one window; keep the feet dry and warm, and the ears protected, and if travelling outside, have plenty of dry straw under and upon the feet; never drink spirits or hot liquids; if the above rules are observed, travellers may bid defiance to the coldest blasts.

#### MEDICAL PROVERBS.

AN ague in the spring is physic for a king.

An apple, an egg, and a nut, you may eat after a slut.  
—Poma, ova atque nuces si det tibi sordeda, gustes.

Old young, old long.

When the fern is as high as a spoon,

You may sleep an hour at noon.

When the fern is as high as a ladle,

You may sleep as long as you are able.

When the fern begins to look red,

Then milk is good with brown bread.

A good surgeon must have an eagles eye, a lions heart,  
and a ladies hand.

He that would live for age, must eat sage in May.—  
Cur moniatur homo, cui salvia cresit in horto?

An egg and to bed.

He that goes to bed thirsty rises healthy.

Cheese is a peevish elf,  
It digests all but itself.

Drink in the morning starting,  
Then all the day be sparing.

Better be meals few, than one too many,

Never touch your eye but with your elbow.—Non  
palitur ludum fama fides oculis.

Old fish, old oil, and an old friend.

Of wine the middle, of oil the top, and of honey the  
bottom.—Vino di mezzo, oglio di sopra, e mieli di sotto.

The air of a window is the stroke of a cross bow.

When the sun rises the disease will abate.\*

You must drink as much after an egg, as after an ox.

## COOKERY FOR THE SICK AND CONVALESCENT.

THE following receipts on this not unimportant subject  
it is hoped will prove serviceable. Indeed it is singular  
that though every work on popular medicine has given

\* A Hebrew proverb: there is a tradition that Abraham wore a ring  
or gem, which preserved him from evil and disease, and cured all sick-  
ness if looked upon, and that when Abraham died, God placed this  
gem in the Sun.

directions for diet in sickness, not one contains observations on preparing it. The stomach of invalids can take but little, and relish less, therefore it is requisite that all aliments brought to them, should be prepared with great care, and rendered as palatable as possible.

### BARLEY WATER.

TAKE two table-spoonsful of pearl barley, wash it very clean and add to it a pint of boiling water; let it boil for five minutes, pour off this water and add two quarts more boiling water; reduce it to two pints and a half, and strain. This is simple barley water, it may be made very pleasant by adding the following: one ounce of figs, two ounces of stoned raisins, a quarter of an ounce of liquorice; boil it till reduced to a quart, and strain.

### TOAST AND WATER.

THIS article, simple as it is, is rarely well prepared. Cut an upper crust of bread as thick again as it is usual for toast; brown it carefully, but see that it be not burnt, smoaked, or black: pour on it as much water as is required, and cover the jug till cold. A slice of thin cut orange or lemon peel infused with it, improves it greatly: it should be made early in the day during summer, and placed in the sun, when it may be drank with impunity.

### LINSEED TEA.

TAKE of linseed, two spoonsful; boiling water two quarts. Let it stand by the fire one hour, and strain for use.

## SYRUP OF ORANGE, OR LEMON PEEL.

FRESH rind of a Seville orange or lemon, or even sweet orange, three ounces; boiling water, a pint and a half. Infuse them for a night in a close vessel, strain, and let it stand to settle; then having poured off the clear solution, dissolve in it two pounds of lump sugar, and make it into syrup with a gentle heat, to preserve the aroma of the peel.

## MUTTON BROTH.

PUT into a two-quart saucepan, one pound of mutton chops cleared from fat, one onion, half a dozen corns of black pepper, and three pints of cold water; let it warm gradually, when it boils, skim it, cover the pan close and set it over a gentle fire till the chops are cooked, which will be (if the meat is not too fresh) in three quarters of an hour.

## BEEF TEA.

CUT a pound of lean beef into thin slices, put it into three pints of cold water, set it over a gentle fire where it may become gradually warm, let it be well skimmed, cover the saucepan close, and boil gently for two hours, strain it, and let it stand to settle, then pour it off clean. One onion, a few peppercorns, and a little salt may be added if required.

## FOOD FOR INFANTS.

SLICE a stale loaf very thin, put it in a saucepan with as much water as will cover the bread, let it simmer, but

not boil, then strain off the water immediately, care being taken not to break the bread, then add more water as before, boil for five minutes, and beat it very fine with a fork, pour it into a clean basin for use.

A sufficient quantity should be made for two days in summer, and three in winter, beyond which time it will not be fit for use. It becomes a jelly when cold, but readily dissolves in the pap saucepan when put on the fire. This food when prepared as above, never produces acidity or flatulence : a few carraway seeds may be added if the child can be induced to take the pap with them in it.

### GRUEL.

IF it be required thick, mix well together by degrees in a pint basin two table-spoonsful of oatmeal with three of cold water ; if thin, only one spoonful of oatmeal. Put in a saucepan a pint of boiling water, add this by degrees to the oatmeal, mixed as above directed, return it to the saucepan, let it boil five minutes, stirring it all the time to prevent from burning, skim and strain it through a hair sieve. A little wine, sugar, or salt may be added, according to the patient's wish.

### EGG CREAM.

TAKE the yolk of an egg, with a dessert spoonful of cream, or new milk, and if convenient, add two drops of oil of cinnamon ; this will form a mixture sufficient to serve three people to mix with their tea ; for cream being chiefly the oil of the milk, and the yolk the most nutri-

tive part of the egg, they are both lubricating and nourishing. The oil of cinnamon is cordial and tonic,

The above has been recommended in diseases of the lungs, where there is difficulty of breathing, with a short dry cough, especially after eating or motion; also in fits of hectic fever, towards the evening, and night perspirations.

### SODA WATER,

FILL two half-pint tumblers half full of water, dissolve in one, thirty grains of carbonate of soda, or potash, and in the other twenty-five grains of citric, or tartaric acid finely powdered; when dissolved, pour the contents of one tumbler into the other, and fine sparkling soda water is instantly produced, which must be drank while effervescing.

This may be rendered delicious by adding a little raspberry or red currant jelly, syrup of orange, or lemon peel, to the water before the acid is put in.\*

### DOUBLE SODA WATER.

USE double the quantity of the powders directed as above; if taken fasting it will sometimes act as a good aperient, and is sure to assist other purgatives.

### ORGEAT.

POUND very fine one pound of Jordan, and one ounce of

\* Soda water contains an excess of carbonic acid gas, and it is on the presence of this air that much, if not all the benefit it is capable of administering depends. Pure carbon is the composition of the diamond, therefore when we drink soda water we swallow diamonds, at least one of their principal component parts.

bitter almonds together in a marble mortar, adding one table-spoonful of orange flower water, to prevent oiling ; then mix with them one pint of rose, and one pint of spring water, strain through a fine cloth, or lawn sieve ; add to these one pound of white sugar in fine powder, when perfectly dissolved, bottle close for use in small pints or half-pint bottles.

Before use shake the bottle. One table-spoonful is sufficient for a tumbler of water : a little capillaire will much improve the flavour.

### MILK GRUEL.

TAKE half a tumbler of thick gruel, and the same quantity of new milk, both lukewarm : mix together and let the patient drink it. This, where the debility is extreme, will sustain the powers of nature when nothing else can be taken.

### LEMONADE.

SYRUP of lemon and brandy, of each, one table-spoonful, add these to a pint of water ; or, add the juice of two lemons, and the rind of one pared very thin to a pint of water, and a quarter of a pound of loaf sugar.

### MUCILAGE OF GUM ARABIC.

To three ounces of gum arabic, add a pint of boiling water, and when perfectly dissolved, strain for use. The usual dose is a wine-glassful twice or three times a day ; it is useful occasionally to administer some medicines in this mucilage, in order to allay the tickling of coughs.

### SWEET BUTTERMILK.—A NUTRITIVE IN CONSUMPTIVE HABITS.

TAKE fresh buttermilk, prepared from new milk, for the purpose, and which must be carefully strained so that no particle of butter is left. This should form the patient's entire drink.

### GLoucester JELLY.

TAKE rice, sago, pearl barley, hartshorn shavings, and eringo root, of each, one ounce. Simmer in a quart of water till reduced to half, and strain; a teacupful should be made warm, and given frequently during the day: it will support the strength when animal food cannot be taken.

### ARTIFICIAL ASS'S MILK.

BOIL a quart of new milk with the same proportion of water, adding one ounce of white sugar candy, half an ounce of eringo root, and the same quantity of conserve of wild rose. Let it simmer gently till reduced to half, and give a wine-glassful three times a day.

### CAPILLAIRE.

To a quart of water, add three pounds of lump sugar, one pound of soft ditto, the whites and yolks of two eggs well beat up, boil it gently, and skim well, adding two ounces of the best orange flower water.

### SODA POWDERS.

IN twelve blue papers, put in each thirty grains of carbo-

nate of soda, and in twelve white papers put in each twenty-five grains of citric, or tartaric acid, in fine powder, fold up, and make into two packets. When used, put the contents of a blue-and-white paper, in separate tumblers, half full of cold, or lukewarm water, and proceed as in making soda water.

#### A PLEASANT SALINE DRINK IN FEVERS.

TAKE of camphor julep, and saline mixture, of each half a pint, (Saline Mixture thus made:) carbonate of potash, two drachms; citric acid, one scruple and a half; or three table-spoonsful of fresh lemon juice, and half a pint of water. Mix; when the effervescence has ceased, add the camphor julep, and a table-spoonful of syrup of lemon or orange peel. Let the patient have a wine-glassful given him every three or four hours to allay thirst.

#### IMPERIAL.

TAKE cream of tartar, two ounces, the juice and peel of two lemons; pour on these six quarts of boiling water, stir and cover close, sweeten with loaf sugar to your taste, then strain, bottle, and cork tight; before bottling, add half a pint of the best rum to the whole quantity. This is a most excellent drink in summer where there is a little disposition to fever, also in dropsies.

#### COSMETICS.

As I have subjoined a few receipts for these articles, I think it necessary to give some cautions against their

abuse, and more particularly on that of paints, both red and white.

The skin is the great emunctory, for a considerable part of the excrementitious, or noxious fluids of the body; not less than three pounds at least are daily discharged by this outlet, and it even far exceeds that discharged by the kidneys. It is through it, that nature seems inclined that the various acrimonies which taint the fluids should pass out of the system, and to this cause numerous diseases of the skin may be ascribed. The face, more than any other part of the body, seems exposed to the influence of acrimony in the system, whether specific or accidental, hence the small-pox and measles shew themselves more numerous here than on other parts, and the same observation holds good in regard to chronic affections attended with eruptions.

Luxury, and the state of modern life and manners, have introduced a variety of humours into the habit, and it is rarely that eruptions are of a strictly local nature.

There is no part of the body on the appearance of which we are so apt to pride ourselves as that of the face; and on the least appearance of a pimple or spot, we fly to whatever is pointed out as a cure. Thousands have fallen victims to this hasty and rash proceeding. The determination of fluids to the face suddenly dried up, has thrown it in upon many parts essential to life: apoplexy, consumption, and other fatal maladies, have been the result. But it is the fair sex who suffer most from such applications; eruptions in them are more common, from two causes—delicacy of skin, and constitutional irregularities. Ladies are soon alarmed for their beauty; they fear it may fade, and therefore consult every newspaper

they meet with; then washes and paints are used, the eruption disappears, soon returns, again is driven back, the health becomes affected, and fatal mischief ensues.

There are two periods of life at which eruptions are apt to appear on the face of females. The first just upon and after the age of puberty, when repellent lotions are used at this period, they not unfrequently lay the foundation of consumption, and half the fatal cases of this complaint in females before the age of thirty may be attributed to paint and repellent lotions. The other period when pimples appear, is when the menses are about to depart. At this period nature is endeavouring to establish a change in the constitution, which is to last for the remainder of life. During the struggle irregular determinations take place to various parts, and particularly to the face; repellent lotions and paint are at this period more dangerous than at the former one. From this cause cancer of the breast and womb often take place, and constant suffering and anguish of the most excruciating nature continue during the residue of life.

Whenever a lotion of any kind is used for these purposes, it should be of the mildest nature. Infusion of horse-radish in milk is a safe and often an effectual cosmetic, as is a solution of the flowers of benzoin in rose water, in the proportion of a drachm of the benzoin to a pint of rose water. Paints ought never to be used on any account, nothing can justify this practice. If, however, repellent lotions are made use of, the state of the bowels must be carefully attended to. It often displays more knowledge in knowing when not to cure than to cure certain diseases, however paradoxical this may seem.

On the whole, cleanliness will be found the best cos-

metic; and if this be extended to the whole skin, it will do much to preserve the health. Disease rarely occurs when the skin is in a perfectly healthy state, and when a free discharge takes place by it, and the first symptoms of ill health are generally marked by the interruption of its functions.



## DOMESTIC RECEIPTS.

### COLD CREAM.

Fresh lard, free from salt, 5 ounces: oil of sweet almonds, 3 ounces: spermacetti, 1 ounce: white wax,  $\frac{1}{2}$  drachm. Place these in a glazed pipkin over the fire, and when melted add 3 drachms each of rose, cinnamon, and orange flower waters; keep stirring till cold, just before it is finished add 1 drachm of essence of bergamot, 10 drops of otto of roses, or half a drachm of essence of lemon, put into small pots for use. This preparation will keep for two or three years.

### EYE WATER.

Sedative liquor of opium, or wine of opium, 1 drachm: elder flower water, rose water, liquor of acetate of ammonia, of each, 2 ounces. Mix and bathe the eyes by means of an eye-cup frequently during the day.

### LAVENDER WATER.

Best English oil of lavender, 4 drachms: oil of cloves,  $\frac{1}{2}$  drachm; musk, 5 grains; best spirits of wine, 6 ounces;

water, 1 ounce. Mix the oil of lavender with a little of the spirit first, then add the other ingredients, and let it stand, being kept well corked for at least two months before it is used, shaking it frequently.

### TOOTH POWDER.

Camphorated precipitated chalk, 2 ounces.

Or, best levigated charcoal, 2 ounces: Either of the above are the best and only tooth powders which can be used with safety and advantage.

### ESSENCE OF CAMPHOR.

Spirits of wine, spring water, of each, 4 ounces; camphor in powder,  $\frac{1}{2}$  ounce. Mix and let it stand in a gentle heat, shaking frequently for six or seven days. If the camphor be all dissolved, add a little more; should any be left, filter the solution, and keep in a ground stopper bottle. A tea-spoonful added to a wine-glass of water will make strong camphor julep.

### EAU DE LUCE—GENUINE.

Salt of tartar, 3 drachms; oil of amber,  $1\frac{1}{2}$  drachms: mix and add by degrees, spirits of wine, 4 ounces. Keep in a ground stopper bottle.

Twenty or thirty drops of the above, added to one ounce of good hartshorn, forms the genuine eau de luce. It may be flavoured with essence of lemon, lavender, or otto of roses.

It is useful in head-aches, if rubbed on the temples; and from ten to thirty drops in camphor mixture relieves faintness, heartburn, palpitations of the heart, hysterics, and sea-sickness.

### EXTRACT OF MALT FOR COUGHS.

To half a bushel of pale malt add as much hot water (not boiling) as will cover it; let it stand twenty-four hours, pour off the liquor, and put in a large stew-pan, boil it quickly, and when it begins to thicken, keep it stirred and well skimmed, till it is the consistence of treacle.

A tea-spoonful taken three or four times a day is the proper dose. It has been found very useful in asthma, the early stages of consumption, and chronic coughs.

### CHILBLAINS.

TAKE of gum ammoniac half an ounce, mix with as small a quantity of water as possible, reduce it to a smooth pulp, then add extract of hemlock half an ounce, and strong mercurial ointment three drachms; mix all well together, and when used, it should be spread on thin soft leather.

For the cure of recent chilblains, and for their prevention this composition will never fail. It does not require to be changed oftener than once a week.

### DALBY'S CARMINATIVE.

*(The original receipt, for Flatulency, Gripes, and Convulsions in Children, or Adults.)*

Magnesia, 2 ounces; aromatic confection, 1 ounce; laudanum, 1½ ounces; tincture of assafatidæ, 15 drops; oil of caraway, 20 drops; oil of peppermint, 30 drops; water, 12 ounces; spirits of wine, or hollands, 6 ounces. Mix the aromatic confection and magnesia well together in a mortar, then add the essential oils, and lastly the other ingredients, put it into

a ground stopper bottle for use. For infants half a tea-spoonful in a dose mixed in water. For children of from four to eight years, a tea-spoonful and a half; and for adults, two tea-spoonsful, or a dessert spoonful may be given. The dose may in all cases be repeated till relief is obtained: it must not be given when fever is present.

### OPODELDOC FOR SPRAINS AND BRUISES.

Castile soap cut up fine,  $\frac{1}{2}$  pound; spirits of wine, 12 ounces; camphor,  $1\frac{1}{2}$  ounce; hartshorn, 4 ounées; spirits of rosemary, 2 ounces; laudanum, 2 ounces. Mix and dissolve in a gentle heat, shaking it frequently.

### WASH TO REMOVE FRECKLES.

Muriatic acid, 1 drachm; spring water, 1 pint; lavender water, 2 drachms. Mix for a lotion to be applied on a piece of linen or sponge twice or three times a day.

### LEMON CREAM FOR SUN BURN, OR FRECKLES.

Sweet cream, 2 table-spoonsful; new milk,  $\frac{1}{2}$  pint; add to the above the juice of 1 lemon, half a glass of brandy, 10 grains of alum, and 1 drachm of loaf sugar. Boil the whole together, skim it clean, and put it by for use.

### CORN PLASTER.

Gum ammoniac, 2 ounces; yellow wax, 2 ounces; verdigris, 4 drachms. Melt together and spread smoothly, but not too thickly on new holland or fine leather; cut away the corn, and apply a piece of the plaster, renewing it, as it gets worn off.

## LOTION TO REMOVE ERUPTIONS FROM THE FACE AND NECK.

Almond emulsion, 4 ounces ; rose water, 2 ounces ; camphor, 10 grains ; corrosive sublimate, 5 grains ; muriatic acid,  $\frac{1}{2}$  drachm ; lavender water ; spirits of wine, of each 1 ounce. Dissolve the corrosive sublimate in the muriatic acid, and the camphor in the spirits of wine ; mix these together and add the other ingredients. The parts affected must be sponged over with some of the lotion night and morning. The use of this preparation requires caution, and the bowels must be carefully regulated during its use. It is the same composition as the celebrated lotion of Gouland.

## POMADE DIVINE.

TAKE beef marrow, twelve ounces, which must be steeped in water for ten days, changing the water every day. Then steep it in rose water for twenty-four hours ; drain it as dry as possible, and put it in a glazed earthen pot, which should not be more than half full. Then add the following ingredients, which must be well stirred into the marrow ; after which the pot must be covered with a piece of bladder.

Cloves powdered,  $\frac{1}{4}$  ounce ; cinnamon,  $\frac{1}{4}$  ounce ; storax strained,  $\frac{1}{2}$  ounce ; flowers of benzoin,  $\frac{1}{2}$  ounce ; orrice root, powdered,  $\frac{1}{2}$  ounce.

After all has been prepared as above, place the pot in a saucepan of boiling water, in which it should be kept three quarters of an hour ; it must then be strained through muslin or thick lawn, into small glasses or pots for use ; it is the better for age. It is efficacious in all eruptions and disorders of the skin, improves the com-

plexion, and will remove what are called worms, freckles, and sun burn.

### RINGWORM.

Powdered alum, verdigris, sugar of lead, of each 1 drachm. Mix, dissolve, and boil in half a pint of wine down to half ; with this wash the head night and morning, applying a poultice of barley every night milk warm.

Or, cut the hair close, and rub the head with castor oil, night and morning, this has rarely ever been known to fail.

### MILK OF ROSES,

*(Which will not separate when well prepared.)*

Best Almonds,  $\frac{1}{2}$  ounce ; rose water, 5 ounces ; spirits of wine,  $\frac{1}{2}$  drachm ; Venetian soap,  $\frac{1}{2}$  drachm ; otto of rose, 4 drops. Blanch the almonds and dry them, beat them into a paste, and add the soap, which must be well divided, lastly the spirits and rose water ; strain through fine cloth.

### ESSENCE OF CAYENNE.

Best cayenne pepper, 2 ounces ; red saunders, in powder,  $\frac{1}{2}$  drachm ; spirits of wine, 6 ounces ; water,  $\frac{1}{2}$  ounce. Macerate for ten days, and strain ; this is one of the most beautiful preparations of this pepper for every domestic as well as medicinal purpose.

### POMADE TO CURE ITCH.

THIS preparation will rarely fail ; a fourth part must be used night and morning to the hands and feet ; it cures in four days with safety.

Brown soap, 2 ounces ; common salt,  $\frac{1}{2}$  ounce ; sulphur, 1 drachm ; spirits of wine, 1 drachm ; vinegar, 2 drachms ; chlo-

ride of lime,  $\frac{1}{2}$  drachm ; essence of bergamot, 1 drachm. Mix well together, and put in a pot for use.

### POMADE FOR ENLARGED TONSILS.

THE tonsils of the throat being frequently enlarged from repeated inflammations, where the system is delicate, a little of the following pomade applied night and morning by means of a camel's hair brush, will completely cure the worst cases in six weeks or two months.

Pure iodine, 1 scruple ; spermaceti ointment, 1 ounce. Mix for an ointment.

### FREEZING MIXTURE.

THIS will cool wine and freeze cream, indeed it is useful for every purpose and in any climate, and may be used frequently without losing its power.

Muriate of ammonia, nitre, of each, 3 ounces ; water, 16 ounces. Mix ; it reduces the thermometer from fifty degrees to ten.

### SCARLET LIP SALVE.

TAKE hog's lard washed in rose water, half a pound, red and damask rose leaves bruised, a quarter of a pound, work them well together in a mortar, and let them lay two days ; then melt the lard, and strain it again, add to the lard the same quantity of rose leaves, let them lay two days as before, simmer in a water bath and strain, stirring in five or six drops of otto of rose. Put into pots or boxes for use.

What is meant by a water bath, is putting the pot into a saucepan of boiling water till the ingredients are melted ; care must be taken to cover the pot lest water gets in, which will spoil the preparation.

### TO PREVENT PUTREFACTION IN DEAD BODIES.

To check or prevent putrefaction previous to interment, one part of chloruret of lime, is to be thoroughly mixed with forty parts of cold water, and the clear liquor poured off.

With this liquid the entire surface of the body must be freely wetted by means of a water-pot, or a large sponge, and repeated two or three times a day, according to the temperature of the air, and the state of the body. Or a sheet may be wetted with the solution, and the body enveloped in it and kept moist.

This is invaluable on board ship, or where contagion is present: no ship should be without the chloruret of lime.

### PASTILES.

Gum benzoin, aloes, musk, balsam of Peru, Saunder's wood, cinnamon, cloves, of each  $\frac{1}{2}$  ounce; charcoal, 2 ounces; camphor, 2 drachms; spirits of wine,  $\frac{1}{2}$  ounce. Dissolve the camphor in the spirits of wine, then mix with the other ingredients in a marble mortar, adding mucilage of gum arabic sufficient to form a stiff paste—make it up into pastiles.

These may be thrown on hot embers, in the fire, or burnt in a china house for the purpose, or on a plate, in a sick room; it will refresh the patient and his attendants, purify the air, and tend to prevent infection.

### ESSENCE BOTTLES.

Carbonate of ammonia, 4 ounces; subcarbonate of potash,  $1\frac{1}{2}$  ounce; oil cloves, 5 drops; oil cinnamon, 4 drops; oil rose-

mary, 3 drops ; musk, 2 grains ; essence lemon, bergamot, of each, 10 drops ; camphor, 6 grains ; spirits of wine, and strong hartshorn, of each, 3 drachms. Powder the camphor and ammonia coarsely, then add the other ingredients, rub them together for two minutes, fill the bottles and stop close. This composition is equal to any that is prepared.

## SELECT PRESCRIPTIONS.

*Dinner Pill in Indigestion.* Scammony, succotrine aloes, salt of tartar, of each, 12 grains ; rhubarb, jalap, of each, 15 grains ; oil of mint, 5 drops ; syrup to form a mass. Mix and divide into twenty pills, one to be taken at dinner, or two at bed-time.

*Water Brash.* Oxyde of bismuth, 20 grains ; extract of gentian, 1 drachm. Mix and divide into twenty pills, take two morning, noon, and night.

*Alterative Pills.* Calomel, 20 grains ; tartar emetic, 4 grains ; guaicum powder, 2 scruples ; syrup to form a mass. Mix and divide into twenty pills, take one pill every night.

*Pills for a recent Cough.* Extract of hemlock, 1 drachm ; ipecacuanha, 9 grains ; calomel, 3 grains ; syrup to form a mass. Mix and divide into twenty-four pills, take two twice or three times a day.

*Tonic Powder in Nervous Cases.* Ipecacuanha, 12 grains ; rhubarb, 1 scruple ; sulphate of quinine, 12 grains ; magnesia,  $1\frac{1}{2}$  drachms. Mix and divide into twelve powders, one to be taken every day at noon.

*Pills for Cramp.* Camphor, 1 drachm ; spirits of wine, 1 drachm ; dissolve, and add opium, 10 grains ; confection of roses to form a mass. Mix and divide into twenty-four pills, take one every night.

*Liniment for Cramp.* Sal-volatile, 2 drachms; soap liniment, 1 onnce; laudanum, 2 drachms; camphorated spirits of wine,  $\frac{1}{2}$  ounce. Mix for a liniment, rub the parts affected night and morning.

*Purgative Pill in all cases where the action of the liver is defective.* Blue pill, 1 drachm: antimonial powder, 2 scruples: extract of colocynth, 1 drachm. Mix and divide into twenty-four pills, take two every third or fourth night.

*Diuretic Mixture.* Carbonate of potash, 1 drachm: acetate of potash, 2 drachms: sweet spirit of nitre, 3 drachms: spirit of juniper, 1 ounce; water,  $6\frac{1}{2}$  ounces. Mix and take one or two table-spoonsful morning, noon, and night.

*Pills in cases of Gout.* Powder of colchicum, cayenne pepper, of each, 5 grains: blue pill, 3 grains. Mix and divide into four pills, one or two to be taken at bed-time.

*Tonic Tincture.* Tincture of gentian, 2 drachms: tincture of rhubarb, compound, 10 drachms: ginger, 2 drachms: liquor of potash, 2 drachms. Mix and take two tea-spoonsful, in a wine-glass of water twice or three times a day.

*Diuretic Pills.* Powdered squills, 36 grains; extract of broom, 1 drachm. Mix and divide into twenty-four pills, take two three times a day.

*Tonic Tincture in low nervous cases, and where there is a languid circulation, with much debility of the stomach.* Compound tincture of bark, ditto orange peel, of each, 3 ounces. Mix, take one table-spoonful in a wine-glass of water twice or three times a day.

*Superior Black Draught.* Senna, 3 drachms: powdered ginger, powdered cloves, of each,  $\frac{1}{4}$  ounce: extract of liquorice,  $\frac{1}{2}$  ounce: boiling water, 1 pint. Macerate for four hours in a warm place, and strain and add 1 ounce of tincture of senna, and three ounces of Epsom salts, with two drachms of sal-volatile. Dose, two or three table spoonsful fasting for an aperient draught.

*Solvent for Corns or Warts.* Subcarbonate of potash, 2 ounces : salt of sorrel, 1 ounce. Mix and lay a pinch on the corn, or wart, five successive nights, binding it on with a rag.

*Infusion of senna.* Senna leaves,  $1\frac{1}{2}$  ounces : sliced ginger, 1 drachm : boiling water, 1 pint. Let it stand for one hour, and strain : dose from half an ounce to three ounces.

*Diuretic in Dropsy.* Dissolve 1 ounce of nitre in a pint of water and give a wine-glass full, morning, noon, and night.

*Liniment in Painful affections of the Face.* Camphor, 1 drachm ; sulphuric æther, 1 ounce ; oil of cajeput, 2 drachms. Mix and apply a little to the part frequently.

*Diuretic Draught.* Sweets spirits of nitre ; spirits of juniper, of each, 2 drachms ; infusion fox glove, 2 drachms ; tincture Spanish flies, 5 drops ; tincture squills, 20 drops ; camphor julep, 6 drachms. Mix, and let one be taken three times-times a day.

*Remedy for Gout.* Cut 6 grains of phosphorus into small pieces, and add to it 1 grain of sulphuric æther ; shake the mixture every day for four days following. The dose is from ten to fifteen drops, taken in a wine-glass of milk, or thin gruel, it should be so arranged that the patient may take 120 or 140 drops in four days which generally effects a cure.

*For Head-ache.* Camphor mixture,  $4\frac{1}{2}$  ounces ; compound tincture rhubarb, 1 ounce ; carbonate of ammonia, 1 scruple ; syrup of ginger,  $\frac{1}{2}$  ounce. Mix two table spoonsful to be taken every four or six hours.

*Corn Solvent.* Brush the corn over with pyrolignous acid every night ; this will in most instances effect a cure.

*For Hoarseness and Cough.* Dover's powders, 4 grains ; powder of gum tragacanth, 15 grains ; tartarate of potash, 1

drachm ; camphor mixture, 4 ounces. Mix, take one table-spoonful three times a day.

*In case of urgent Vomiting.* Prussic acid the strength of the London Pharmacopæia, 5 drops in a wine-glass of cold water every four hours.

*Injection in Whites.* Chloride of zinc, 6 grains ; water, 6 ounces, for an injection.

*Aromatic Aperient Pills.* Watery extract of aloes, 2 drachms ; Peruvian balsam, 1 scruple. Mix and divide into 30 pills ; one, two, or three to be taken every other night ; these are excellent in a torpid state of the bowels.

*Pills in cases of Gravel.* Squill in powder, 1 scruple ; dried subcarbonate of soda, 2 scruples ; Castile soap, 1 drachm ; essential oil of Buchu, 10 drops. Mix and divide into 24 pills ; two to be taken three times a day.

*Pills in Dropsy.* Squill pill, 2 drachms ; blue pill,  $\frac{1}{2}$  drachm ; gambooge, 1 scruple. Mix and divide in 36 pills ; take 2 or 3, three times a day ; after six days omit the blue pill in the compound, rest ten days, and resume it.

*Purgative Pill.* Croton oil, 4 drops ; Castile soap, 1 scruple ; oil of cloves, 3 drops. Mix and divide into 12 pills, one or two to be taken for a dose.

*Blistering Liquid (in cases where the plaster is objected to).* Vinegar of Spanish flies, 1 ounce. Brush over the part where a blister is intended to be produced, and cover it with oiled rag.

*Liniment in Rheumatism.* Tincture of capsicum, 1 ounce ; venatria, 5 grains. Mix and rub in on the part affected.

*Pills of Morphine.* Muriate of morphine, 4 grains ; conserve of roses, 1 drachm. Mix and divide into 24 pills, one or two to be taken for a dose.

*Ointment of Morphine.* Acetate of morphine, 6 grains ; lard, 1 ounce. Mix a small portion, to be rubbed over any part affected with rheumatic or neuralgic pain.

*Emetine.* The nauseating principle of ipecacuanha. Pure emetine is white and pulverulent, and may be employed in the following formulæ :—

*Emetine Lozenges.* Pure emetine, 8 grains ; white sugar, 4 ounces. Make into lozenges of nine grains each, one of which, in order to act as an expectorant, may be taken every one or two hours, if taken oftener it will excite nausea.

*Emetic Mixture.* Infusion of orange peel, 3 ounces ; pure emetine, 1 grain ; acetic acid, 20 drops, dissolve ; simple syrup, 1 ounce. Mix ; give a table spoonful every two minutes till vomiting is produced.

## NEW MEDICINES.

### PRUSSIC OR HYDROCYANIC ACID.

THE awful power of this acid on the system when taken in an over dose, is well known to the public and the profession ; it was discovered fifty years ago by the French chemist, Scheele, introduced into practice by Dr. Majendie as a most powerful remedy in pulmonary and many other diseases, and is now considered one of the most valuable Therapeutic agents we possess. Its properties are sedative ; it is valuable in removing hectic fever, allaying nocturnal perspirations, and subduing cough.

In nervous diseases and derangements of the stomach, especially in gastritis (or inflammation of the organ), accompanied by vomiting it acts like a charm ; it can now be procured of a uniform strength, and the preparation as ordered by the London Pharmacopæia should always be

used, and the medium dose is five drops twice or three times a day, in water or camphor julep; it must always however, be administered with the greatest caution, as a slight error may be attended with fatal results.

*Mixture in irritable states of the Stomach.* Prussic acid, 25 drops; camphor julep, 6 ounces. Mix, one or two tablespoonsful to be taken twice or three times a day.

### LACTUCARIUM

Is the juice of the garden lettuce obtained at the time the plant is in flower, by incision without heat. It should be preserved in ground stopper bottles as it imbibes moisture from the atmosphere. The extract of lettuce possesses similar properties, but requires to be given in larger doses. They both act as sedatives without inducing the ill effects of opium, and are useful in allaying coughs, procuring sleep, &c. The dose is one grain administered several times a day; below is the formulæ for the lettuce lozenge:—

Lactucarium, 1 drachm; emetine, 8 grains; gum arabic powder, 1 ounce.

### IODINE.

THIS medicine has been employed with wonderful success in cases which had previously been considered as beyond the control of medicine, particularly the varieties of scrofula, and as consumption is considered to belong to that class of maladies, its administration in one or other of its forms is well worthy a trial in that disease. It is prepared from a great variety of marine plants and

its salts are numerous, those of soda and potass however are chiefly in use.

In patients whose stomachs are irritable and in a weak state, or if given in excess it is apt to excite nausea and disturb the nervous system, therefore care will be requisite in its administration, many valuable remedies fall into disrepute from being exhibited when the stomach, bowels, or nervous system are unfit for their reception. The following are the best forms for use :

*Tincture of Iodine.* Iodine, 1 drachm ; spirits of wine,  $1\frac{1}{2}$  ounce. Mix, give from 10 to 30 drops twice a day in water or table-beer.

*Solution of Iodine.* Hydriodate of potass, 24 grains ; distilled water, 1 ounce. Mix, give from ten to thirty drops twice or thrice a day in water.

*Liniment of Iodine.* Soap liniment, 1 ounce ; tincture of iodine, 2 drachms. Mix, and rub the part affected twice a day.

*Ointment of Iodine.* Hydriodate of potass, 1 drachm ; spermaceti ointment or lard, 1 ounce. Mix, and rub a small portion over the part affected twice a day.

The following mixture has been found to produce good effects in consumptive cases :—

Lettuce water, 4 ounces ; solution of iodine, 15 drops ; prussic acid, 12 drops ; syrup of marsh-mallows, 2 ounces. Mix ; dose, a desert spoonful every three hours.

## MORPHINE.

MORPHINE is the narcotic principle of opium, and is the most useful of all the new medicines—it possesses the good properties of opium without any of its inconveniences.

The preparations of morphine most employed are the acetate and muriate; they may be incorporated in pills, draughts, or mixtures. It is given in doses from a quarter of a grain to two or three grains within appropriate intervals, and may be kept prepared according to the following formulæ:—

*Solution of Morphine.* Acetate, or muriate of morphine, 16 grains; white sugar, 3 ounces. Make into lozenges of ten grains each; one or two may be taken several times a day, in coughs.

## VERATRINE

Is prepared from the seeds of the Indian caustic barley, and the bulb of the colchicum autumnalæ. It is useful taken inwardly, in gout, rheumatism, and dropsies, and locally applied in tumours, swellings, chronic inflammations, &c. It is used in the form of pills, tincture, and ointment.

*Pills of Veratrine.* Veratrine,  $\frac{1}{2}$  grain; Castile soap, or extract of liquorice sufficient to form 2 pills, which may be given to act as an aperient once, or at most twice a day.

*Tincture of Veratrine.* Veratrine, 4 grains; spirits of wine, 1 ounce. Mix; dose, ten to twenty-five drops, in gruel, given in gout, rheumatism, and dropsy.

*Ointment of Veratrine.* Veratrine, 15 grains; lard, 1 ounce. Mix; a portion the size of a nut to be rubbed in over the seat of the pain for ten or fifteen minutes each time, once or twice a day. The hands must be carefully washed after each time of rubbing in, and great caution must be observed that it does not touch the eyes or lips.

## GENTIANINE

Is the alkali of the gentian root, it is powerfully bitter and slightly aromatic, possessing in a concentrated form all the properties of the gentian.

*Tincture of Gentianine.* Spirits of wine, 1 ounce; gentianine, 5 grains. Mix; dose, one spoonful twice a day, in water or sherry wine.

*Syrup of Gentianine.* Gentianine, 16 grains; simple syrup, 1 pint. Mix one teaspoonful in a wine-glass of cold water three times a day.

This is one of the best bitters that can be employed.

## QUININE

Is the alkaline principle of Peruvian bark, and owes its discovery to the French chemists. It is of a whitish colour, insoluble in water and intensely bitter, but soluble in alcohol and acids; there are several salts of quinine, but the sulphate is generally employed, from one to five grains constituting a dose; it may be administered in pills or mixtures as prescribed below:—

*Quinine Wine.* Good Madeira wine, 1 pint; sulphate of quinine, 16 grains. Mix; dose, a wine-glass full twice a day.

## QUININE IN COMBINATION WITH MORPHINE.

Sulphate of quinine, 3 grains; muriate of morphine,  $\frac{1}{2}$  grain. Mix and form into a pill; one to be taken twice a day in hectic fever, and to allay or prevent the perspirations in consumption.

*Quinine Wine.* Quinine, 1 scruple; citric acid, 10 grains; distilled water, 1 ounce; sherry wine, 11 ounces. Mix; dose, one or two teaspoonsful in a small wine-glass of cold water twice or thrice a day.

### LOBELIA INFLATA, OR INDIAN TOBACCO.

Lobelia, 2 ounces; sulphuric æther, 1 pint. Digest for ten days, and strain. Dose, from twenty to sixty drops in water or camphor julep three times a day.

In hooping cough and difficulty of breathing from spasm this medicine has been administered with great success.

### LUPULINE.

THIS substance is the mealy matter which adheres to the seeds and strobules of the common hop, and presents itself in the form of small shining yellowish grains, possesses an aromatic odour and is pulvurelent.

The tincture is the principal preparation; its properties are tonic.

Powder of lupuline, 1 ounce; alcohol, 3 ounces. Digest and strain; dose, 1 teaspoonful in water twice a day.

### IODURET OF IRON

Is iodine combined with iron, and possesses similar properties to the other preparations of iron; with the advantage of being united with iodine, it is peculiarly well adapted for females, and in cases which require strength of the system to be kept up to the healthy standard; the dose is from two to five grains twice or

three times a day, the best vehicle for administering it, is a strong infusion of cloves.

### CREOSOTE.

Is a preparation of tar in small doses, it produces a mild fever and is often beneficial in dyspeptic and hysterical cases, it is also useful in dropsy, rheumatism, and many cutaneous disorders. The dose is from two drops to twenty in some mucilaginous fluid. The efficacy of tar water in the treatment of all kinds of disease was the universal belief of the latter half of the last century. The celebrated Bishop Berkeley wrote a treatise which contributed greatly to bring it into fashion. "From my representing tar water as good for so many diseases some may perhaps conclude it is good for nothing; but charity obligeth me to say what I know and what I think howsoever it may be taken. The good Bishop runs up the catalogue of its virtues, by saying, "It is of admirable use in fevers."

### INJECTIONS.

BEFORE I conclude my volume I shall add a few words on the great necessity of every family being in possession of an instrument for administering enemas; it is of more importance than persons generally believe. In France it is a universal custom; no female would be considered delicate who did not use an injection after dinner.

To say nothing of the great danger of being without this useful instrument, by means of which the patient can administer for himself without having his delicacy

wounded, or being obliged to seek some aged crone of the town or village to effect the operation, and that in a most imperfect clumsy way, the use of it renders the administration of purgative medicine (by which the stomach is often much weakened) needless. Its application is perfectly easy, and simple directions are given with the instrument. The following forms will be generally effective for every purpose which may be required.

*Clyster.* Thin water gruel, 1 pint; common salt, 2 tablespoonsful: soft sugar, 2 ditto. Mix for a clyster.

Or, yellow soap, 1 ounce; boiling water, 1 pint. Cut the soap or scrape it very fine, and it will dissolve by the time the water has cooled sufficiently for use.

*Anoydne Clyster.* Laudanum, 3 drachms: water gruel,  $\frac{1}{2}$  pint. Mix for a clyster.

*Clyster in Relaxed Bowels.* Starch, 1 ounce: water gruel,  $\frac{1}{2}$  pint: tincture of opium, 1 drachm. Mix for a clyster.

## APPENDIX.

ADULTERATIONS OF ARTICLES OF  
DRINK AND FOOD.

MR. Accum in his valuable work on Culinary Poisons gives a most comprehensive account of the adulterations of the various foods and drinks used by every class of society, and to this production I must beg to refer my readers. I shall here only give a brief notice of the most common sophistications, with the readiest method of detecting them.

Bread and flour are sophisticated with plaster of Paris, powdered gypsum, whiting, lime, chalk, flour of garden peas, and horse beans; potatoes, bones, ashes, alum, sulphuric acid, sulphate of copper, subcarbonate of ammonia, potass, and magnesia; alum mixed with salt is one of the most common ingredients.

The subcarbonate of potass is used to cause the bread to swell, or rise as it is called. It may be detected by steeping the bread in distilled water for twenty-four hours; the solution is then to be filtered and it will turn syrup of violets green. Sulphate of copper, or blue vitriol, is obtained by burning the suspected bread to a cinder, and heating it with diluted sulphuric acid; it becomes sky blue by the addition of ammonia, and deposits a coat of metallic copper, on a polished piece of iron or steel. Good bread is spongy and will keep many

days, whereas when adulterated it crumbles, becomes dry and mouldy in a short time.

Tea is imitated in this country with dried leaves of the white and black thorn, elder, birch, ash, &c., and is coloured with catechu, logwood, verdigris, copperas, prussian blue, carbonate of copper, and Dutch pink; the leaves are boiled, pressed, and then baked on plates of iron or copper, and lastly, coloured. So far back as the year 1783, the quantity of fictitious tea manufactured from the leaves of the sloe and ash in England to be mixed with genuine tea was computed at more than four millions of pounds weight annually. To detect adulteration, a cup of infusion of the article is to be taken, and one grain of sulphate of copper added, when if genuine green tea, a fine blue colour will be produced; if pure bohea, a deep blue, almost a black, will take place; if on adding a little powdered nut-galls a black colour is produced, we have direct evidence of the presence of vitriol, or copperas.

Coffee is frequently adulterated with ground acorns, horse-chestnuts, horse-beans, peas, nuts, barley, rice, wheat, parsnips, and carrots, and by roasting succory, or rye, with a few sweet almonds.

Chocolate is often adulterated with vanilla and Castile soap.

Sugar is sophisticated by mixing with it lime, chalk, plaster of Paris, &c.; and soft sugar is not unfrequently mixed with sand.

Milk and cream are also sophisticated; the former is mixed with water, or the common cheese dye, (anatto) which occasions the mixture to assume the colour and consistence of cream. Skim milk and arrow-root, boiled

together, are added to cream. Oxide of zinc is often used to thicken milk, and may be detected by adding sulphuric acid, which will cause coagulation; the fluid is then to be strained, and will throw down a white precipitate by the addition of the alkalies.

### CONFECTIONARY.

CONFECTIONARY and pastry are also much adulterated. The white comfits are composed of sugar, starch, plaster of Paris, and cornish clay. The sugar drops are coloured with vermillion, red lead, and copper, cromate of lead is used to give a fine yellow colour, and prussiate of iron a blue; for the deleterious properties of the above substances, I beg to refer my readers to the article on mineral poisons. There is also a valuable paper in the Lancet, No. 402, 1831, by Dr. O'Shaughnessy, which will be perused with advantage by those who wish to be better informed on that subject.

Wines are adulterated with bitter almonds, to give them a nutty flavour; with sweet briar, orris root, clary, and elder flowers, to give a high flavour, with alum to render young and meagre wines bright; with oak sawdust, sloes, or husks of filberts, to give astringency to unripe wines, and with a variety of spices to render wine pungent; acetate of lead, or sugar of lead, is added for fining cloudy or muddy white wine. It need not be stated that most of these substances are poisonous. The following has been given as the analysis of a bottle of cheap port wine, viz.—

Spirits of wine, 3 ounces; cider, 14 ounces; sugar,  $1\frac{1}{2}$  ounce; alum, 2 scruples; tartaric acid, 1 scruple: strong decoction of logwood, 4 ounces.

Potass and lime are added to wine, for the purpose of arresting fermentation ; these are detected by evaporating the fluid, treating it with alcohol, and then adding the hydrochlorate of platina, which causes a yellow precipitate, and oxalic acid forms a white precipitate when lime is present. Alum is detected by dropping a solution of potass into wine, which will cause a violet-coloured precipitate, or a cloudiness, which disappears when muriatic acid, or liquor of potass is added.

The colouring matters may be detected by acetate of lead ; when a blue precipitate takes place on its addition, we may suspect the juice of elderberries, bilberries, of campeachy wood, to have been introduced into the wine : when the wine is pure a greenish precipitate is produced.

#### WINE TEST.

TAKE oyster shells calcined, and sulphur, equal parts, keep them red hot in a crucible for a quarter of an hour, when cold add an equal quantity of cream of tartar, water a pint, boil for an hour, decant into ounce phials for use, adding to each phial twenty drops of muriatic acid.\*

\* The following test never fails when it is recently prepared :—*Take one draehm of dry liver of sulphur, two of cream of tartar, and two ounces of distilled water, shake together till the water is completely saturated with hepatic air, it is then to be filtered through blotting paper and kept in a close ground stopper bottle ; when wanted for use, from 16 to 20 drops of the liquid prepared as above is to be dropped into a wine-glass filled with the suspected wine, should it only turn thick with white clouds, depositing nothing but a white sediment we may be certain that it contains no metallic ingredients whatever, but if it should turn black or even dark, if its colour approach a deep red, if it has a sweet astringent taste, it is adulterated with sugar of lead or some other preparation of that metal. Should the colour however be of a dark bluish cast not dissimilar to pale ink we may suspect iron in some form, lastly, should the wine contain copper or verdigris, the deposit will be of a blackish grey colour. The experiment ought to take place in the open air, it is worthy of remark that white wines are frequently coloured with burnt sugar, and that they also acquire a darker shade by being*

A few drops of this liquid added to any kind of wine, precipitates any metal that it may contain, except iron, which is prevented by the addition of the spirits of salt.

Brandy and British spirits. Cogniac Brandy is imitated by mixing Spanish brandy, rum, British brandy, cherry-laurel water, almond cake, capsicums, grains of paradise, burnt sugar, &c.

British brandy is a compound of gin, oil of vitriol, or sweet spirits of nitre; the gin, rum, or whiskey is first distilled, and then the above ingredients are added.

Jamaica rum is manufactured in "Babylon the Great," with Leeward Island rum, also porter, or shrub. The full ripe taste of old rum is imparted to new liquor by oak saw-dust, or tincture of raisins.

Gin, "The real comfort," "The liquid fire," alias "Blue ruin," is composed of whiskey, water, oils of vitriol, turpentine, juniper, cassia, cinnamon, sulphuric æther, orris root, capsicums, grains of paradise, sugar, lime, water, spirits of wine, &c.

Brandy is adulterated with pepper, long-pepper, capsicums, and stramonium.

The adulteration and false strength of spirits, or brandy, rum, and malt spirits, are detected by diluting the liquor plentifully with water, when the acrimony of the

*kept in oak casks, or by containing a large proportion of tartar; in such cases though the test will render them somewhat darker, the sediment will not be of a uniform colour but be streaked with brown. It is well known that all wine must be impregnated with a small quantity of sulphur in order to preserve them, if this be done in moderation it is not injurious but if the sulphur be in too large a quantity the wine induces thirst, rapid intoxication, eruptions of the face and other parts, palpitations of the heart, tremours, gout and a long train of nervous symptoms; the adulteration with sulphur may be detected by plunging a piece of silver, or even an egg-shell into the suspected wine, on doing which it will instantly turn black. Wine is sometimes adulterated with quick lime in order to produce a beautiful colour, if such be poured into a tumbler and allowed to stand for a day or two a thin crust or pellicle will be found on the top, by which the lime held in solution is detected.*

capsicums, pepper, &c. may be readily detected by the taste.

Cider and perry often contain lead, which will be precipitated by a solution of molybdate of potass ; however small the quantity, a white deposit takes place.

Vinegar, when prepared from wine, gives an abundant precipitate with acetate of lead ; and when reduced by evaporation to a fourth or sixth of its volume deposits crystals of cream of tartar.

When vinegar is prepared from cider, it does not possess these characters ; it then gives a copious precipitate with oxalic acid and nut-galls.

Beer and ale are adulterated with the following poisonous articles, according to evidence laid before the Committee of the House of Commons in 1819. Coccus Indicus, a powerful narcotic intoxicating drug, nux vomica and Ignatius's bean, two active poisons ; opium, tobacco, extract of poppies, henbane, burnt sugar, and what is called heading, which is composed of green copperas, or sulphate of iron, and produces that fine frothy head so much admired in ale and porter ; and there are few licensed victuallers who do not understand this method of obliging their customers.

Mr. Child, in his treatise on brewing, recommends "a dash of vitriol for making new beer old, and also alum."

#### TO PROVE WHEN OIL OF VITROIL IS MIXED WITH BEER.

BOIL a gallon of the suspected beer to a pint, and add to it gradually a clear solution of any fixed alkaline salt till the acidity is neutralized, which may be known by its effect on syrup of violets, or litmus paper ; if the acid predominates, it will turn them reddish, if the alkali,

green ; stir the beer thus saturated, and dilute it with a pint of distilled water, filter, and evaporate to a fourth part, place this in a cellar, in a flat-bottomed china vessel, and in a few hours there will be deposited small particles of a neutral salt, adhering to the sides and bottom of the vessel, called tartar of vitriol, which will not appear if the beer be free from the acid of vitriol.

The following method will test the purity of malt liquors, viz.—Put the small end of a clean tobacco pipe into a clear brisk fire, and when it is red hot put it into the tankard, or glass of beer, till it is cold ; if it comes out white the beer is pure, if on the contrary, it comes out black, or muddy, it may be concluded that poisonous and stupifying drugs have been introduced to give it artificial strength.

#### TO PROVE THE PRESENCE OF SALT OF STEEL, OR GREEN VITRIOL IN BEER.

TAKE an ounce of blue nut-galls, used by dyers, powder and boil them a quarter of an hour in half a pint of water, strain and keep the solution in a phial for use. When the beer is suspected to contain the above salts, take two wine-glasses, fill them with the suspected beer, place them in a good light, and add to one glass a few drops of the decoction of galls, stir it well and compare with the colour of the beer in the other glass ; if the one into which the solution of galls was poured be changed in the least degree blacker, it may be with certainty concluded that the beer contains iron, which will appear more evidently if they are examined after having stood undisturbed for twenty-four hours, in which case a

blackish sediment will be deposited at the bottom of the glass mixed with the galls.

#### TO PURIFY ANY QUANTITY OF CORRUPTED WATER.

To the quantity of water intended to be purified, add as much charcoal as may be required to deprive it of its bad smell; and to prove that the quantity is sufficient to cleanse the water, a small quantity of it may be passed through a linen bag three or four inches long; if the water thus filtered has a turbid appearance, a fresh quantity of charcoal must be added till it becomes perfectly clean; if diluted oil of vitriol, or any other acid can be procured; a small quantity of it should be added to the water before the charcoal powder is used, the quantity of acid being regulated in proportion to the state of putridity in which the water is found, and should be added in a quantity only sufficient to give an acid just perceptible to the taste.

If the water be merely intended for dressing meat and vegetables instead of acid, such a quantity of salt as would have been proper for seasoning the article, may be employed. Saline substances, like acids, hasten the effects of the charcoal powder, but by making use of acids a much less quantity of charcoal will be required.

In the same manner to improve the taste of those springs which have naturally an hepatic flavour, and are therefore unpleasant to use, nothing more is necessary than to filter them through a bag half-filled with powdered charcoal; if such waters are not very much loaded with mucilaginous particles, the addition of an acid will not be requisite.

*A List of Medicines and other Articles which should be kept in the Country, and taken on board ship, by captains of vessels, or travellers going abroad.*

## DRY SUBSTANCES.

Bark  
Calomel  
Rhubarb  
Jalap  
Epsom Salts  
Senna Leaves  
Aloes  
Camphor  
Gentian Root  
Salt of Steel  
Carbonate of Iron  
Muriate of Ammonia  
Ipecacuanha  
James's Powders  
Tartar Emetic  
Carbonate of Ammonia  
Ginger in Powder  
Magnesia  
Columbo  
Quinine  
Blue Pill  
Corrosive Sublimate  
Compound Extract of Sarsaparilla  
Extract of Colocynth  
— Hyoscyamus  
Crude Opium  
Carbonate of Soda  
Adhesive Plaster in Sheets  
Blister Ointment  
Spermaceti Ointment  
Yellow Basilican  
A few Chip Boxes  
Lint  
Chloride of Lime

## LIQUIDS.

Hartshorn  
Sal Volatile  
Tincture of Rhubarb  
— Senna  
— Camphor compound  
— Cardamoms compound  
— Opium  
Spirit Sulphuric Ether  
— Nitrous Ether  
Antimonal Wine  
Castor Oil  
Spirits of Wine  
— Turpentine  
Sweet Oil  
Soap Liniment  
Liquor of Acetate of Ammonia  
Oil of Peppermint  
Black Drop, or Batley's Sedative  
— Liquor of Opium  
Oil of Cajeput  
Oil of Cinnamon  
Essence of Ginger  
Goulard's Extract

The following are a few new medicines which may be required on going abroad to settle.

Ioduret of Iron  
Hydriodate of Potash  
Veratria

Mortar, Tile, Glass Minim, and  
Graduated Measure, Spatula,  
Scales and Weights, in Box,  
Lancet, Stomach Pump, and  
Enema Apparatus in one case,  
also a small Pocket Case of Surgical Instruments.

The quantities of each Medicine must be regulated by the size of the Medicine Chest, and the probable wants of the traveller.

*TABLE of DOSES, graduated from infancy to old age;  
also Tables of Weights and fluid Measures, used in preparing and Dispensing Medicine.*

Ages.		Doses, beginning with infancy from 7 weeks old, increasing till 21 years old and then decreasing till 100. Full dose for the adult at 12 years, 1 drachm.	Proportions
Weeks	7	4 Grains .....	1-15th
Months	7	5 Grains .....	1-12th
	14	7½ Grains .....	1-8th
	28	12 Grains .....	1-5th
Years	3½	15 Grains .....	1-4th
	5	20 Grains, or 1 scruple .....	1-rd
	7	30 Grains, or ½ drachm .....	1-half
	14	40 Grains, or 2 scruples .....	2-3rds
	21	60 Grains, or 1 drachm, being a full dose .....	
	63	55 Grains .....	11-12ths
	77	50 Grains .....	5-6ths
	100	40 Grains, or 2 scruples .....	2-3rds

*A TABLE showing the quantity of Alkali requiring to neutralize a given quantity of Acid.*

	Sesquicar- bonate of Potass.	Carbo- nate of Potass.	Sesquicar- bonate of Soda.	Carbo- nate of Soda.	Sesquicar- bonate of Ammoia.	Carbo- nate of Magnesia
One Drachm, Acid Citric.	88	68	75	124	48	48
One Ounce						
Lemon Juice.	55	48	47	86	34	36
One Drachm						
Acid Tartaric.	80	63	69	112	44	44
One Ounce						
Acid Acetic.	30	23	26	42	15	15

*Lemon juice not always containing the same quantity of acid,  
the Alkali as above is the average quantity required.*

Twenty grains make one scruple, and three scruples one drachm.

WEIGHTS.

20 Grains, 1 scruple.  
3 Scruples, 1 drachm.  
8 Drachms, 1 ounce.  
12 Ounces, 1 pound.

MEASURES—FLUID.

60 Drops, 1 drachm.  
2 Drachms,  $\frac{1}{4}$  ounce.  
4 Drachms,  $\frac{1}{2}$  ounce.  
8 Drachms, 1 ounce.  
10 Ounces,  $\frac{1}{2}$  a pint.  
20 Ounces, 1 pint.

One table-spoonful is equal to half an ounce, and a tea-spoonful is about equal to sixty drops, or one drachm, fluid.

## TESTIMONIAL.

39, Conduit Street, June 2nd, 1838.

MY DEAR SIR,—I feel myself greatly obliged for your very useful publication, and consider it as a proof that you deserve well of the public, because you do not neglect to improve the profession, whilst you industriously pursue its practice.

I am, my dear Sir,

Your's, very truly and obliged,

To W. H. KITTOE, Esq. M. D. ASTLEY COOPER.

## OPINIONS OF THE PRESS.

“ There are advantages in works of this description, as much as they teach us how something may be done till medical aid can be obtained ; slight grievances may be cured, and more serious ones alleviated ; particularly on ship-board, where there is no medical man. If, then, they are useful under some circumstances, their chief recommendation should be—simplicity, distinctness, and brevity. We have much pleasure in saying that Dr. Kittoe’s book possesses these advantages in an eminent degree, and is highly worthy of public patronage.”—*Literary Gazette.*

“ W. H. Kittoe, M.D., Surgeon, of Southampton, has published a valuable little work, called ‘ The Medical Pocket Book,’ which, in a concise and careful manner, points out the usual and best methods of treating diseases and accidents of sudden occurrence, when a medical man is not at hand. It is a work of great utility, simple in its directions, and such a work as no family should be without.”—*Salisbury and Wiltshire Herald.*

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“ We have seldom seen a more useful volume than that before us, or one more entitled to become a general hand-book. It comes recommended by a dedication to Sir Astley Cooper, is the product of great care, and clearly evinces high professional skill; and the utility of the book is the greater, in as much as Dr. Kittoe has not confined himself to prescribing for defined disease, but gives condensed, intelligible, and sound advice, touching the best modes of preserving health, and preventing those affections—particularly of the stomach and lungs—which a too artificial and luxurious state of society is so apt to call into existence. We, therefore, safely recommend our readers, particularly those living in the country, to purchase this useful little volume for themselves.”—*Dorset County Chronicle*.

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There are also chapters on air, exercise, bathing, diet, and advice to travellers, voyagers, &c., with an appendix of receipts and prescriptions in great variety. After an attentive perusal, we strongly recommend this work to the notice of all parents, as one of the most valuable we ever met with."—*Hampshire Advertiser.*

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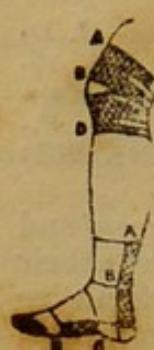
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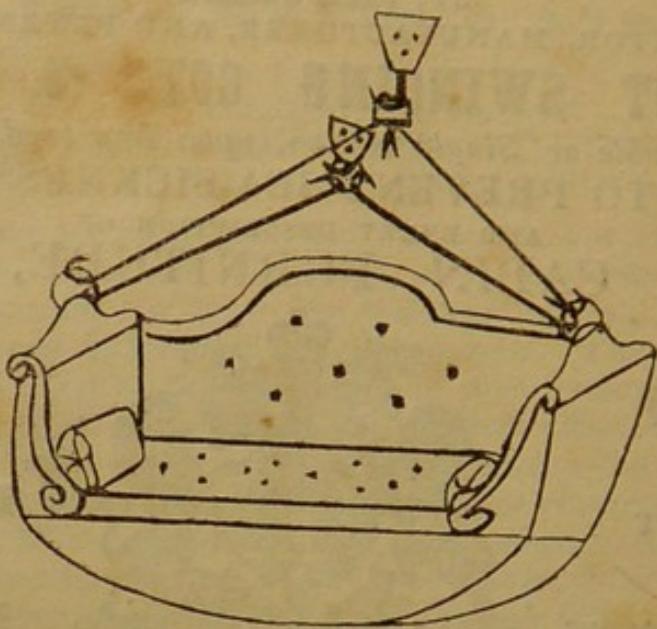
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“ Wishing you every success,

“ I am, Sir, Yours, very truly,

“ To Mr. J. Brown,  
37, Minories.

F. HADDLEY, Commander.”

“ Ship *Harrison*, 20th August, 1842.

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“ I am, Sir, Your obedient Servant,

T. ATKINSON, Commander.”

“ Little Cathrine, August, 1842.

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ERATA.

Page 3, line 3, for defied, read deified.  
 64, line 21, for gene, read generally.  
 77, line 1, for Gouland's, read Goulard's.  
 86, line 22, for is, read in.  
 87, line 14, for venatria, read veratria.  
 178, line 24, for operand, read operandi.  
 223, line 20, for fist, read first.  
 256, line 27, for venatria, read veratria.

