

**A few general rules and instructions ... to be attended to by those ... who are afflicted with ruptures / [William Turnbull].**

**Contributors**

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R U L E S

AND

INSTRUCTIONS

VERY NECESSARY TO BE ATTENDED TO

BY THOSE OF

*BOTH SEXES,*

WHO ARE AFFLICTED WITH

R U P T U R E S.

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BY WILLIAM TURNBULL, A. M.

*Surgeon to the Eastern-Dispensary and the Society for the  
Relief of the Ruptured Poor.*

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THE SECOND EDITION, WITH ADDITIONS.

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1799.

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*\* \* \* The profits arising from the sale of this  
publication are appropriated to the uses  
of the charity.*

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S O C I E T Y  
FOR THE RELIEF OF  
*THE RUPTURED POOR.*

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TO  
THE RT HON. HENRY DUNDAS,  
One of His Majesty's Principal Secretaries of State,  
PRESIDENT:

SIR FRANCIS BLAKE, BART.  
SIR WALTER FARQUHAR, BART. M. D.  
MAXWELL GARTHSHORE, M. D. & F. R. S.

AND  
JOHN HEAVISIDE, Esq.  
Surgeon-Extraordinary to his Majesty,  
VICE-PRESIDENTS.

GENTLEMEN,

I DEDICATE this manual to you, as  
the liberal and active guardians of a  
charity, which, from its general impor-  
B tance,



tance, now ranks in the first class of useful establishments, and, under your influence, is proceeding to a happy maturity. If, in the course of my official situation, as surgeon to the institution, I have contributed to its advancement, my labours will be amply rewarded: I shall receive the blessings of the afflicted and secure the flattering distinction of your esteem and approbation.

In the course of my attendance on the unhappy people who were recommended by you as proper objects for relief, I found many inconveniences had arisen from the want of some general rules and instructions, which would enable them, in most cases, to manage the trusts, and conduct themselves during their absence from me. To remedy an evil which frequently retarded and sometimes prevented

vented a cure, I have now published what I conceive will answer this salutary purpose. A copy delivered to each patient will supply the lapse of memory; and they may resort to it for instruction, in case any accidental derangement of the bandages takes place, and in many other instances where immediate assistance becomes necessary to their relief.

As these few sheets are principally intended for the consideration and observance of the indigent and middling classes of society, I have avoided, as much as possible, the technical language of my profession. The rules and instructions I have laid down for the conduct of the patients are written in a style perfectly intelligible to every order of the community; and, therefore, I am induced to hope, will not only be

found useful to the peasant or indigent mechanic, but to those more elevated in life, who are not acquainted with the phraseology adopted in the science of surgery.

I have stated, in a former edition of this tract, that a celebrated writer, Arnaud, who published a learned and accurate dissertation on *hernia*, had delivered it as his opinion, that *one in ten* of the people, male and female, are ruptured. The character of this writer, having acquired a deserved celebrity throughout Europe, entitles him not only to our esteem, but our confidence: but, that you may be satisfied on a point so very essential to the people in general, (I mean as far as the authority of this writer goes,) I will give you an extract from his work, and which, in my opinion, deserves your most serious consideration. “ I have  
 “ clearly

“ clearly demonstrated, (says Arnaud,)  
 “ in a particular essay, that at least *one-*  
 “ *eighth* part of the human race is trou-  
 “ bled with *hernias*, which is still strength-  
 “ ened by a remark of the Rt Rev. Dr.  
 “ Pearce, now Lord Bishop of Bangor,  
 “ who told me, that of a THOUSAND  
 “ MEN, which were raised some time  
 “ ago, in St. Martin’s parish, to recruit  
 “ his Majesty’s regiments,\* there were  
 “ found more than *ninety* incommoded  
 “ with *hernias*; yet these were from the  
 “ age of *sixteen* to *forty*; and, were we  
 “ to take an equal number from their  
 “ infancy to *three-score*, we should find  
 “ those affected with ruptures would a-  
 “ mount at least to an *eighth* part; and, if  
 “ we go on to the age of *eighty*, we might  
 “ probably find them a *seventh* part.”

---

\* Arnaud wrote shortly after the rebellion in the year 1745.

In another section of Arnaud's performance, he says, "that many have laboured under this affliction, for a considerable time, without knowing the nature of their complaint." — I believe this to be strictly correct; but I differ with him in the opinion, that one in *eight*, or one in *ten* of the people are afflicted with ruptures. It becomes me, on this occasion, to observe, that, by opposing so great an authority, I subject myself to the censure of professional men, and I confess this idea has, for some time past, made me uneasy; but, with the utmost deference to the abilities and character of Arnaud, I cannot but imagine he is mistaken as to the number of people labouring under this calamity. Few men, perhaps, have taken more pains to ascertain this particular fact than myself; and,

and, after the most diligent and general inquiries throughout the kingdom, I am induced to take them, male and female, and of all ages, upon an average of *one* to *fifteen*. This calculation, although not so afflictive as the one made by Arnaud, is, notwithstanding, a melancholy statement of human infirmity; but still the fact should be generally promulgated, as it elucidates the various blessings that must arise from your exertions, and may induce the worthy and affluent to assist in extending this charity to the most distant parts of the empire.

I am, GENTLEMEN,

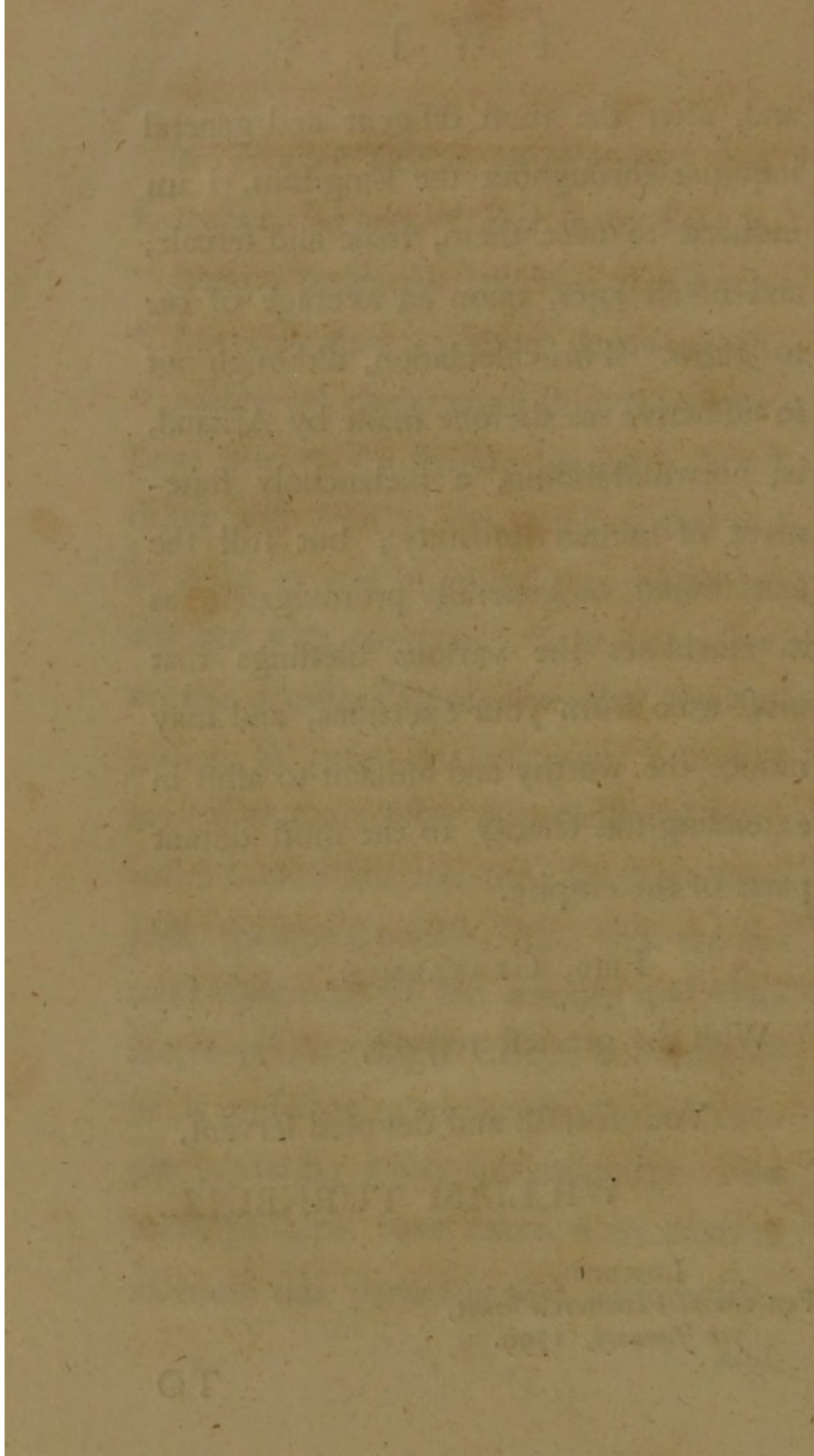
With the greatest respect,

Your faithful and devoted servant,

WILLIAM TURNBULL.

LONDON,  
Fen-court, Fenchurch-street,  
7th January, 1799.

TO



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TO THE READER.

---

*TO* give the reader, who may not be acquainted with this particular species of malady, some idea of the nature and causes of ruptures in general, I have, in this manual, given a general outline of the disease, under separate heads. — The person, who hath acquired a certain knowledge of the seat, causes, and consequences, of this disorder, will be enabled to regulate his conduct judiciously, before the assistance



*stance of a surgeon can be obtained; and, as this instruction may, in a variety of instances, preserve the afflicted from a sudden dissolution, I have made it the chief object of the present publication.*



---

OF  
RUPTURES  
IN GENERAL.

---

WHAT IS UNDERSTOOD BY A  
RUPTURE.

**T**HIS is a disorder occasioned by a displacement of the bowels or intestines, which, from various causes, are forced from their natural situation.

There

There are different appellations given to this malady, and they vary according to the part in which the swelling or tumour appears. 1st, When the intestines, omentum, or any other contents of the belly, protrude at the *navel*, it is called the *navel-rupture*; or, by professional men, *exomphalos*. 2dly, When they are forced through the interstices of the muscles of the belly, the rupture is called *ventral*. 3dly, When they appear in the groin it is called *inguinal*. 4thly, When they descend into the purse, it is denominated *scrotal*. And, 5thly, When in the upper part of the thigh, *femoral*. There are several other species of this malady; but, as they are not common, I have principally confined my observations to those before-mentioned.

## CAUSES OF RUPTURE.

The descent of the bowels usually occurs in such parts of the belly as happen to be weakest. The intestines may be pushed from their natural seat by immoderate laughter, crying, violent coughing, difficult labour in women, an exertion of bodily strength in carrying or removing great weights, leaping, falls, blows, uncommon fatigue, riding, or immoderate grief. People afflicted with a general laxity of body are particularly liable to ruptures, and this arises from a want of sufficient tone and firmness in the animal system to resist the weight and pressure of the intestines.

## MARKS AND SYMPTOMS OF RUPTURE.

Ruptures may be distinguished from other tumours by the particular part where the injury happens, and by the intestines re-  
 C turning

turning of themselves or with the assistance of a pressure on lying down.

The person ruptured may likewise discover this malady by the following indications. When a swelling takes place, a slight pain is generally felt in the part affected; but, if a portion of the gut be down or displaced, an universal uneasiness is felt over the whole of the belly, and this is generally rendered more painful by the least exertion. If means be not immediately used to replace the intestines, or if they cannot be returned, the patient will find a difficulty in voiding, frequent retchings will ensue, and the pulse become quick and hard.

The nature of the malady being ascertained, the patient should be extremely diligent in procuring the assistance of an able surgeon; but, if that assistance cannot be immediately obtained, he will know how  
to

to treat himself with effect by attending to the rules and instructions laid down in a subsequent part of this publication.

TRUSSES, AND THE MANNER OF  
APPLYING THEM.

The formation of these bandages is now so generally known, that an elaborate explanation or description of them might be justly deemed superfluous ; but, as many improvements have been lately made in their construction, I think it necessary to mention one, which, in the course of my practice, I have been induced to prefer.

Those employed in general often produce considerable uneasiness by a too great pressure on the lower part of the hips. This, I conceive, I have remedied, by making the pad droop more, and rendering the neck longer and more curved. The circular steel  
C 2 spring,

spring, by these means, rests higher upon the loins, and consequently must produce a less pressure on the hip-joints, an inconvenience which has been much complained of by those who have been under a necessity of wearing these bandages.

The pad, or cushion, of this truss is likewise broader than those in general use, with a prominence, or slight elevation, in the middle; while its sides, although not perfectly flat, are considerably more so than those commonly employed. Of this construction, they apply with much more exactness, and fit more firmly on the parts, than when altogether round, as they are commonly made, without any flatness on their sides.

There are many people, however, who cannot bear the slightest compression produced by the truss on its first application. This inconvenience may be remedied in the following

following

following manner:—Let those, who are thus circumstanced, apply a truss, containing a slight steel spring band, for *half an hour* the *first, second, and third*, day: at the expiration of this time, the patient may wear it *for an hour* the *three* succeeding days, and so increase *half an hour* every *third* day for about *six weeks*. It may then be changed for one of a stronger spring, and, at the end of three or four months, the patient will be able to bear a truss producing, if necessary, the greatest compression. By observing this treatment, the afflicted person may undergo a considerable degree of exertion, and follow a laborious avocation without inconvenience. It should also be understood, that the stronger the compression of the truss, the greater probability there is of a radical cure being effected.

Much has been lately said respecting the advantages that would arise from the use of PATENT ELASTIC TRUSSES; and the



inventors of this trifling novelty have not spared either trouble or expence in promulgating their utility. But, as I am convinced that any trufs of this description, made without the circular steel band, can never answer any beneficial purpose, but, on the contrary, may prove, in many instances, extremely injurious, I think it necessary to deliver a decided negative as to their general use. My chief reasons are, that they do not press sufficiently on the aperture through which the gut passes; and, likewise, that they have no fixed point of support, as they bear irregularly on the parts, and consequently their compression must be always unequal and uncertain. — In cases of slight and recent hernia, they may occasionally succeed; but no trufs can be depended on, unless it is made with the circular steel spring, which, from its producing an equal pressure, and bearing directly on the opening, renders it more easy and convenient to the patient and effectual in its operation.

## RUPTURES IN WOMEN.

Females who have been virtuously educated too frequently conceal this malady until it becomes incurable: this is a false delicacy, and should never be indulged. — Women very often complain of cholic, which they treat with indifference, but which, upon examination, has been found to proceed from a rupture of the navel. On the least appearance of a swelling, those means recommended under the head “TREATMENT,” &c. for reducing ruptures, should be immediately adopted, and a compressive bandage applied.

The efforts of women in labour are frequently the immediate cause of rupture; and, although they are subject to those different kinds already mentioned, yet, from the various accidents attending pregnancy, they are particularly liable to the navel-rupture.

rupture. Women, therefore, who are afflicted with this disease, should, on the approach of the pains, and during the time of their labour, be particularly careful to have an assistant at their bed-side, for the purpose of making a compression on the navel with a double cloth or flannel warmed. In every other species of rupture, which the female is liable to in common with the male, the treatment is alike.

#### RUPTURES IN CHILDREN.

Infants are particularly liable to navel-ruptures, and therefore it cannot be too strongly impressed on the minds of those mothers who suckle and attend their own children, or those who have the care of them, never to wash and undress infants without examining the state of the private parts and the navel. This attention becomes indispensable, as children, when in the cradle, are frequently ruptured by excessive

cessive crying, and, if the malady be neglected, the consequences are often fatal, or produce effects which materially injure the system, although they may live to an advanced age.

If a swelling, or rising, about the navel be, at any time, observed, the roller (commonly called the belly-roller) should be made a little tighter than usual; and, if the swelling should continue or increase, it would be advisable to get proper assistance, otherwise, by delay, a rupture may be formed which may be troublesome for life. In this case, a piece of thin sheet-lead, or such as the India tea-chests are lined with, large enough to cover the swelling, folded in a linen rag, and kept constantly upon the part, will generally reduce it in a short time.

When the constitution of children is debilitated and relaxed, the following mixture

ture will be found efficacious in strengthening the system.

“ Take one drachm and a half of Peruvian bark, in gross powder ; half a drachm of cascarilla ; boiling water, half a pint ; infused for twelve hours. Then strain them, and add elixir of vitriol, thirty-five drops ; white sugar, half an ounce ; cinnamon-water, one ounce. — Make them into a mixture, and give a child, from eight to twelve years old, a desert spoonful, three times a day, and younger children in proportion.”

In every other species of rupture, the child is treated in the same manner as the adult.

TREATMENT, WITH GENERAL CAUTIONS  
AND INSTRUCTIONS.

It is a fact, which should be generally promulgated and attended to, that much depends on the means used at the commencement of the malady. Thousands who live in remote places, and cannot have the immediate assistance of a surgeon, may be preserved, by knowing how to treat themselves on the first appearance of the rupture. It should, likewise, never be forgotten, that, on the least appearance of the disorder, every possible means should be instantly used to return the intestines. — Those ruptures are so much the more difficult to cure as they are of longer continuance.

The truss is one of the most effectual remedies at present discovered for the treatment of this disorder; and, to whatever part

it is to be applied, the greatest care must be taken to fit it with every possible exactness. If this be not particularly attended to, the truss, instead of being useful, will be extremely injurious; for, the sole intent of these bandages is to press directly on the opening through which the gut descended or was forced from its natural position: the strictest attention should therefore be paid not only to the formation of the truss, but to its application. It too often happens, that the person who makes the truss applies it; and this presumption on his part, and want of caution in the patient, seldom fail to do mischief. A man may be a good mechanic, and perform his work with ability; but he alone can apply the bandage with effect who is acquainted with the anatomy of the human frame.

The patient should, on no account, apply the truss himself on the first appearance of  
the

the rupture; but, in this particular instance, submit entirely to the conduct of the surgeon. It is his province to determine whether the whole of the intestines are returned, or a part remains in the opening through which they descended. In the latter case, the surgeon knows the application of the truss would be highly injurious. But, if the assistance of a surgeon cannot be had on the first appearance of the disease, the patient must give up all kind of exercise or labour. Every exertion, however trifling, only tends to force the intestines from their natural position and increase the malady. Immediate rest becomes essential, and the position of the patient should be always with the head lower than the body. To favour a return of the intestines, it will be also necessary to place the feet of the patient over the shoulders of another person, and to permit his body to hang downwards. When in that situation, he should be jolted



a good deal, which, in many cases, has been attended with the best consequences.

At this moment, a gentle pressure of the hands and fingers should be made. The person operating in this way should grasp the swelling with one hand at the bottom, while, with the fingers of the other, an attempt be made to push gently the contents of the tumour into their place; always observing, that the parts last swelled be first reduced.

The diseased person, when in bed, should suffer the part affected to rest upon his hand; and any sudden exertion, such as raising the arms, or violently separating the legs, sneezing, coughing, or even speaking above the natural pitch of the voice, should, if possible, be avoided: but, as some motion becomes indispensable, particularly when the patient feels an inclination to stool or make water, he must take care to move  
gently,

gently, still keeping his hand on the affected part, and thereby preventing any farther descent or displacement of the bowels.

When the return of the gut cannot be obtained by the means before-mentioned, the best consequences may be expected by an immediate application of cold water, or ice if it can be procured. To increase the coldness of the water, and thereby facilitate the return of the intestines, two ounces and a half of crude sal-ammoniac should be dissolved in a quart of spring-water, and frequently applied to the part. When this mixture, by standing, acquires the temperature of the atmosphere, it loses its cooling properties, and, therefore, a fresh solution should be made. If these bathings do not succeed in the course of ten or a dozen applications, they must not be repeated: but, as it frequently happens that ice or sal-ammoniac cannot be immediately

had, in that case no time should be lost in bathing the parts with the coldest water that can be procured, mixed with an equal quantity of vinegar. Applications of this kind have been attended with such happy consequences, that I cannot too earnestly recommend them in cases of an obstinate nature.\*

In addition to the cold applications recommended as above, I would advise warm

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\* An injection of cold water may likewise be administered with great effect; but, for this operation, a pewter syringe, containing a pint or a pint and a half, must be provided, and which may be had of most of the pewterers in London. These syringes, admitting of greater force in the act of administering the contents and lodging them in the intestines than those formed of elastic gum or a bladder, very often effect a reduction of the gut when other means have failed.

Dashing of cold water on the legs and thighs, in cases of difficult reduction, has been also recommended.

ones to be applied to the belly at the same time, and in the following manner: — Take the bladder of an ox, two-thirds full of warm water, and cover it with flannel, to prevent any moisture from touching the body of the patient. Apply the bladder, thus prepared, so as to cover the whole of the belly *above the tumour*, and, at the same moment, let the cold bathings, before-mentioned, be made *directly* to the ruptured part. These contrary applications of heat and cold have been attended with the best consequences; because, at the same time that it becomes necessary to relax and enlarge the ring or opening through which the intestines pass, and which is formed by the tendons of the muscles of the belly, it is at the same time necessary to contract and diminish the size of the gut, that the reduction may be effected with less difficulty. This practice, although, I believe, not generally known, I have fre-

quently succeeded in, when the separate applications of heat and cold have failed.

If the patient be costive, accompanied with sickness at the stomach, internal medicine should not be administered; but clysters, “made of half a pint of chamomile-tea, two table spoonfuls of oil and “one of common salt,” should be injected. Or “one drachm, or a drachm and “a half of Castile or common soap, dissolved in a pint of warm water,” will answer the purpose better than the fumes of tobacco, the injection of which has been generally recommended in such cases. — One of these clysters should be repeated every three or four hours until evacuation be obtained. Sometimes the patient becomes feverish; and, in that case, if a person be at hand who can operate, a quantity of blood, proportioned to the strength of the patient, should be taken.

When the patient goes to stool, he must not strain, but take time, and discharge the excrements without violence. He must likewise keep his hand on the diseased part, with a considerable pressure, to prevent the bowels from farther descending; and he should observe the same conduct even when the truss is applied. An increased compression on the pad, at the time of voiding, will be necessary.

The person who is ruptured, by attending to these rules and observations, will contribute to his own relief in the early stages of the malady, and before he can procure medical assistance. When the advice of a competent surgeon can be had, a truss will be immediately recommended and applied, and then the patient must be extremely cautious in removing it either by night or day, until every doubt and apprehension respecting a return of the disorder  
be

be entirely done away.\* He must likewise take care to keep the pad from shifting, and steadily fixed on the aperture, to prevent a descent of the intestines. In a certain time he may be informed that he can sleep in safety without it; and it is possible this information may be correct; but, to avoid a return of the disease, which is a consequence that generally arises from a mistaken and premature opinion, I must recommend it strongly to the patient not to remove the truss but when in bed and ly-

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\* I have known people who could not sleep with a truss made with a steel band. In those cases, I have recommended a bandage, composed of leather only, with the usual pad, and they have answered the purpose of keeping up the intestines, or parts contained in the rupture, during the night. By thus constantly wearing a bandage that will retain the intestines in their natural situation, an opportunity is given to the ring to contract or produce such an alteration in the parts, as to lay the foundation of more radical cures of this malady than have hitherto been supposed to have taken place.

ing on his back, with his feet drawn close to the buttocks. Previous to his rising in the morning, he must restore the truss to its former situation, and with as little motion as possible. In the act of rising, dressing, walking, &c. &c. not the least violence must be used, but every movement of the patient must be directed by gentleness and caution.

Ruptures of long standing, where the contents have fallen into the purse, and either formed adhesions to its sides, or from the quantity of intestine or omentum that has descended, or having experienced an alteration in their form or texture, so as to render them incapable of being returned, this state of the complaint constitutes what is called the *IRREDUCIBLE HERNIA*.

A bag or suspensory truss, in this situation, is recommended for the purpose of supporting the loaded scrotum, and preserving it  
from



from pressure, bruise, &c. When the tumour is very large, a soft quilled bolster should be worn at the bottom of the suspensory, to prevent excoriation, and the scrotum should be frequently washed for the same reason: a loss of skin, in this part, and in such circumstances, being sometimes of the utmost importance. An attention to the bowels, in every species of rupture, is likewise essentially necessary; but, in this state of the malady, costiveness ought most particularly to be guarded against. By adopting these means, and observing these cautions, many people have lived to an advanced age, free from disease or complaint, with very large irreducible ruptures.\*

The

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\* Irreducible ruptures, occasioned by an enlarged, expanded, and hardened state of the omentum or caul, may, notwithstanding, be returned into the belly, provided the person will submit to confinement for six or eight months; and, during that period, to lay mostly in a recumbent

The construction of those suspensory trusses generally used has been, with great propriety, objected to, on account of their not sufficiently supporting the parts; this produces pain in the back and loins, a dragging and uneasy sensation in the spermatic chord, and often creates a thickening and scirrhus enlargement of that part. To

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cumbent posture. It will be necessary, at the same time, to observe a thin, light diet; together with occasional purges.

The ruptured parts should likewise be daily fomented with warm applications, such as decoction of poppy-heads with chamomile-flowers, and a poultice of bread and milk, or linseed-meal, should be *constantly* applied to them.

Instances have occurred, where people, labouring under irreducible herniæ, at the time when they have been attacked with a disorder that confined them to their bed for a considerable time, have very unexpectedly perceived, on their recovery, that the rupture, formerly irreducible, was capable of being replaced in its natural situation.

avoid

avoid any inconvenience of this kind, I have contrived a bandage, which, after an experience of several years, I can recommend as effectually answering the intended purpose; and these may be had of the artist who makes the trusses and other bandages for this society.

It now becomes necessary to observe, that, after the rupture is reduced, and during the wearing of the truss, it will be extremely necessary to bathe the parts daily with either of the following cold astringent washes: —

“ Oak bark, two ounces, and three pints  
 “ of water: boil them together, on a slow  
 “ fire, until they are reduced to one quart:  
 “ strain them, and then add half an ounce  
 “ of common alum: let this mixture stand  
 “ until it is perfectly cold before it is ap-  
 “ plied:” — Or, “ Take equal parts of  
 “ lime and cold water:” — Or, “ The fo-

“ lution of fal-ammoniac and water, as de-  
 “ scribed in page 31 :” — Or, if this cannot  
 be procured, “ A handful of salt to a quart  
 “ of cold water” will answer this pur-  
 pose.

These bathings should be applied in the morning, when the rupture is up, and in the following manner: — The patient must lie down on his back, the trufs gently loosened, and the pad raised, to avoid being wetted. Four or five doubles of linen, or a sponge soaked in one of the mixtures above-mentioned, must be then applied to the part, and suffered to remain until it has lost its coldness. This should be continued for eight or ten minutes; but care should be taken not to apply these bathings when the patient is hot, but in a state of temperate coolness.

As this disease is frequently produced by a relaxation of the system, general as well

as partial cold bathings should be had recourse to, if no particular cause prevents the use of them. Medicines of a strengthening and tonic nature should likewise be administered, such as “ Peruvian bark, chalybeate waters from Tunbridge, Islington-Spa, &c.” When these cannot be procured, the following may be substituted:—

“ Take two ounces of chalybeate or steel wine; Epsom or Glauber’s salts, one ounce and a half; aromatic tincture, one ounce; water, two pints: mix them together, and let a wine-glassful be taken morning and evening.”

The addition of these purging-salts prevents the constipating effects which generally accompany the use of this mineral.

All kinds of food given to the patient must be light, and easy of digestion. Every species of nourishment that produces wind  
must

must be avoided, and the body kept gently open.

Oil, and such food as contains much oily matter in its composition, should likewise be avoided. It has been asserted, that the Jews, Spaniards, and Italians, are particularly liable to this complaint, occasioned by their using a considerable quantity of oil in almost every thing they eat; and this opinion has been supported by several intelligent men who have written on this particular subject.

If the ruptured person hath a tendency to costiveness, one of the following opening-powders should be administered: —

“ Take, of the best Turkey rhubarb, and  
 “ fine sugar, each two drachms; cinnamon,  
 “ one drachm : let the ingredients be pounded,  
 “ and afterwards mixed together :” — Or,  
 the following: — “ Take one drachm of fo-

“ luble tartar, and a like quantity of cream  
 “ of tartar : also half a drachm of purified  
 “ nitre. Make them into a powder.”

When costiveness is accompanied with wind, a tea-spoonful of the former powder may be taken once or twice a day, according to circumstances. To such people as cannot take medicine in a liquid state, (which is frequently the case,) and are costive, I recommend the following pill : —

“ Take extract of bitter apple and vi-  
 “ triolated tartar of each two drachms ;  
 “ Castile-soap one drachm ; and sirup of  
 “ ginger, as much as will make them of  
 “ proper consistence for pills. One or two  
 “ may be taken ; but this must be regulated  
 “ according to circumstances.”

As truffles are considered the most im-  
 portant and effectual contrivance for alle-  
 viating, and frequently preventing, the disease  
 from

from increasing, I am induced to recommend to all surgeons, who reside in the country, to provide themselves with an assortment of these bandages, suited to the different species of hæmalady, and the age, size, and sex, of the people in general. I have experienced, in a variety of cases, the happiest consequences by adopting this method even in the metropolis, where trusses can be soon provided. In many instances, an immediate application of the truss is of the utmost importance, and therefore I keep a quantity of them by me, that a moment may not be lost in fitting them to the part affected. In many remote parts of the country, several days may elapse before the surgeon can be supplied with a truss; and, when delivered, it is extremely probable, that some part of the bandage will be found defective. The necessity, therefore, of providing against delays which may be fatal to the patient must be obvious, and therefore I earnestly recommend to those professional men, who reside in the country, to provide a



competent assortment of trusses, and to have them made in London by the most skilful hands.

To avoid, however, as much as possible, the inconveniences that must arise from a delay or disappointment in these bandages, I shall here lay down certain rules by which the patient will be competent to give directions to the truss-maker, and these may be sent, however distant the afflicted person and the artist may reside from each other.

*First,* Describe the cause of the rupture, whether it was occasioned by a blow, a fall, or some violent effort.

*Secondly,* Whether the accident was recent or of long standing.

*Thirdly,* Distinguish carefully the part where the rupture is situated; whether it is  
in

in the groin, the folding of the thigh, &c. and on what side.

*Fourthly*, Mention its size and figure, whether it is round or long.

*Fifthly*, Say whether it re-enters easily, or with some difficulty, standing or lying, or whether it remains descended in these situations.

*Sixthly*, When the rupture is at the folding of the groin, describe whether it descended into the purse, or, if the patient be a woman, into the *labia pudendi*.

*Seventhly*, If the patient hath two ruptures, he must specify which is the largest, whether one returns with more difficulty than the other, or whether they are both of an equal size.

*Eighthly*,

*Eighthly*, He must say whether he is lean or corpulent.

*Ninthly*, If he hath any deformities, particularly in the hip-bones, it will be necessary to specify what they are, and whether they are natural or accidental. These differences should be known, for the proper construction and bending of the truss.

*Tenthly*, A just measure of the girdle, taken, at the seat of the rupture, with a slip of paper about half an inch broad, should be likewise sent. — If the rupture be in the navel, the exact size of the belly must be taken, and this may be done by placing the centre of the measure on the back, and bringing its two ends to the part ruptured.

## CONCLUSION.

All people afflicted with this malady should remember, that any sudden exertion, violent motion, or irregularity in living, may produce consequences of the most alarming and fatal tendency; they ought, therefore, to be careful not to make any attempts beyond their strength, nor aim at feats of agility. They should likewise recollect, that, if they experience much difficulty in returning the gut, accompanied with symptoms of strangulation, such as sickness at the bowels, cholicky pains, foreness and uneasiness at the belly extending to the ruptured part, with a difficulty or obstruction in voiding, the situation becomes critical, and an able practitioner should be immediately sent for. If this precaution be neglected, the patient must either submit to a painful and uncertain operation or a violent and premature death.

It would be a criminal departure from my original intention, were I to conceal the melancholy consequences that generally ensue from totally neglecting or treating this malady with inattention. To elucidate this, I will state, however painful to my feelings, the common effects of a *strangulated hernia*, which, in many cases, might have been prevented, had the disease been properly treated on its original appearance.

This is a state of the disorder which is created by a strong compression of the parts through which the intestines pass, and which will not permit them to descend or return. The symptoms are violent pains in the part where the intestine becomes strangulated; and, as the patient cannot void, he soon feels a nausea, which is succeeded by vomitings of thick saliva. In a short time, the excrements are discharged

ged only through the mouth; and, in this miserable state, the afflicted person is in constant dread of suffocation. Profuse perspiration or fever succeeds; the extremities turn cold; the eyes become fixed, and assume a frightful stare; mortification comes on; but, at intervals, when the senses return, the patient generally shrieks, or implores relief in tones expressive of lamentation and despair. At length he expires, and in such a state of torture and convulsion, as to delineate a scene of the most transcendent and complicated wretchedness.

These are, in general, the sad effects of a strangulated hernia when it proves fatal; and, therefore, to avoid consequences so tremendous, I thought it an indispensable duty to describe them faithfully in this publication.

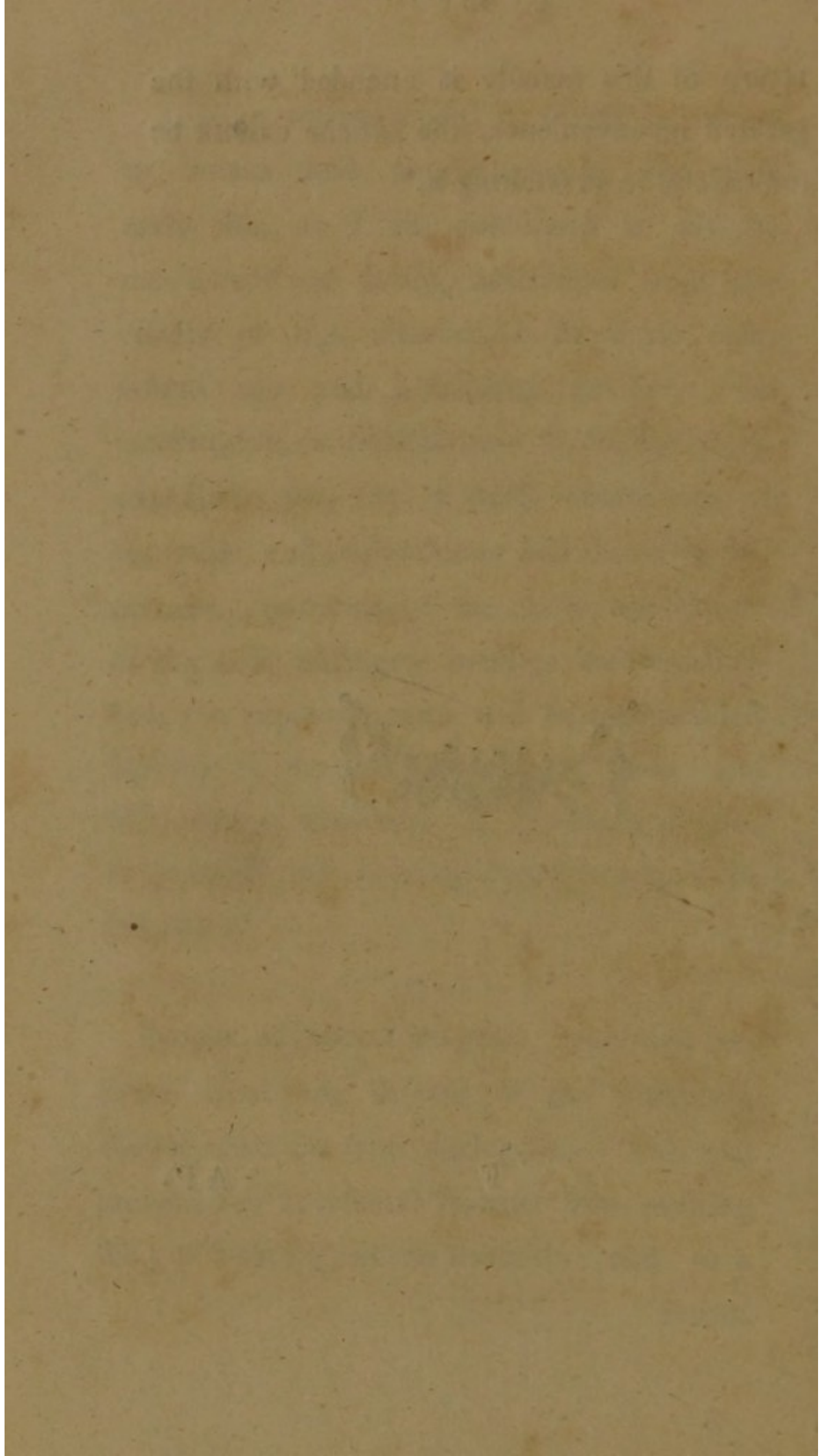
I have recommended a careful attention to infants and young people, in their early life, as I am convinced it will be the means of saving multitudes from the effects of this disorder. — In those cases where age and infirmities debilitate the constitution, a radical cure is seldom to be expected; yet, by a strict observance of the rules and instructions laid down in this manual, particularly the daily application of the cold astringent washes before-described, the ruptured parts will be rendered less sensible to the pressure of the truss, and also have a tendency, in a certain degree, to contract the opening through which the gut passes.

People advanced in years, although relieved from any descent of the intestines, should wear the truss during life. This will prevent any accidental violence from pushing the gut from its natural situation; and, as a  
return

return of this malady is attended with the greatest inconvenience, the patient cannot be too careful in preventing it.







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## A P P E N D I X.

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**T**H E ravages that have been made throughout the human species by this melancholy disorder, particularly in the indigent and industrious classes of the community, must be apparent to every person of common observation. To alleviate the miseries of the poor, who, from their laborious avocations, are more subject to rupture-complaints, and less able to seek relief, than the affluent, several gentlemen, not less distinguished for their rank and opulence than for their benevolence, stood nobly forward, in 1796, and founded this charity. The Right Hon. HENRY DUNDAS became President; and, when party-contentions and

political differences are exploded and forgotten, his name will live, in the bosom of posterity, as the disinterested and liberal benefactor of suffering humanity. The offices of vice-presidents were accepted by four gentlemen, whose names are recited in the first sheet of this manual, and who also came forward with a cheerfulness that unequivocally demonstrated the beneficence of their nature. My appointment of surgeon to the institution I consider as one of the most flattering distinctions of my life. In the discharge of my duty, I claim no other merit than what may arise from a persevering and disinterested attention.

Since the foundation of this establishment, we have relieved 673 patients, many of whom, labouring under this melancholy disease, became a burthen to themselves and useless to the community. Had our fund enabled us to extend the charity, no less than 1467, who were applicants, might have been restored to their families

families and avocations :\* but this falling-off in the present means has not damped the virtuous ardour of the governors ; they are convinced, that nothing is required to promote so useful and benevolent an institution than to have it generally known. The vast number of charitable establishments supported in this country by voluntary contributions have fairly given a pre-eminent character to the British nation ; and these are constantly alluded to by all candid and enlightened foreigners who have written on the natural temper and disposition of the people of England.

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\* Since the former edition of this tract was published, 129 patients have been relieved, which, added to the foregoing number of 673, make 802. — The applicants have been rather more than 1800.

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The following is an abstract of the regulations which have been adopted relative to such persons as think proper to become subscribers to this laudable institution.

“ Every person subscribing ONE GUINEA per annum shall be a governor, and entitled to send two ruptured patients in the year to be furnished with trusses; and, in case of a greater subscription, a proportionable number.

“ Every subscriber of TEN GUINEAS at one time, or contributing to that amount within the year, is a GOVERNOR FOR LIFE, with the privileges of an annual subscriber.”

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THE END.

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