

An essay on indigestion and its consequences ... illustrated with cases, to prove the effects of a medicine, discovered by the author ... established upon sixteen years ... practice. Also, remarks on sea or cold bathing / [R. Squirrell].

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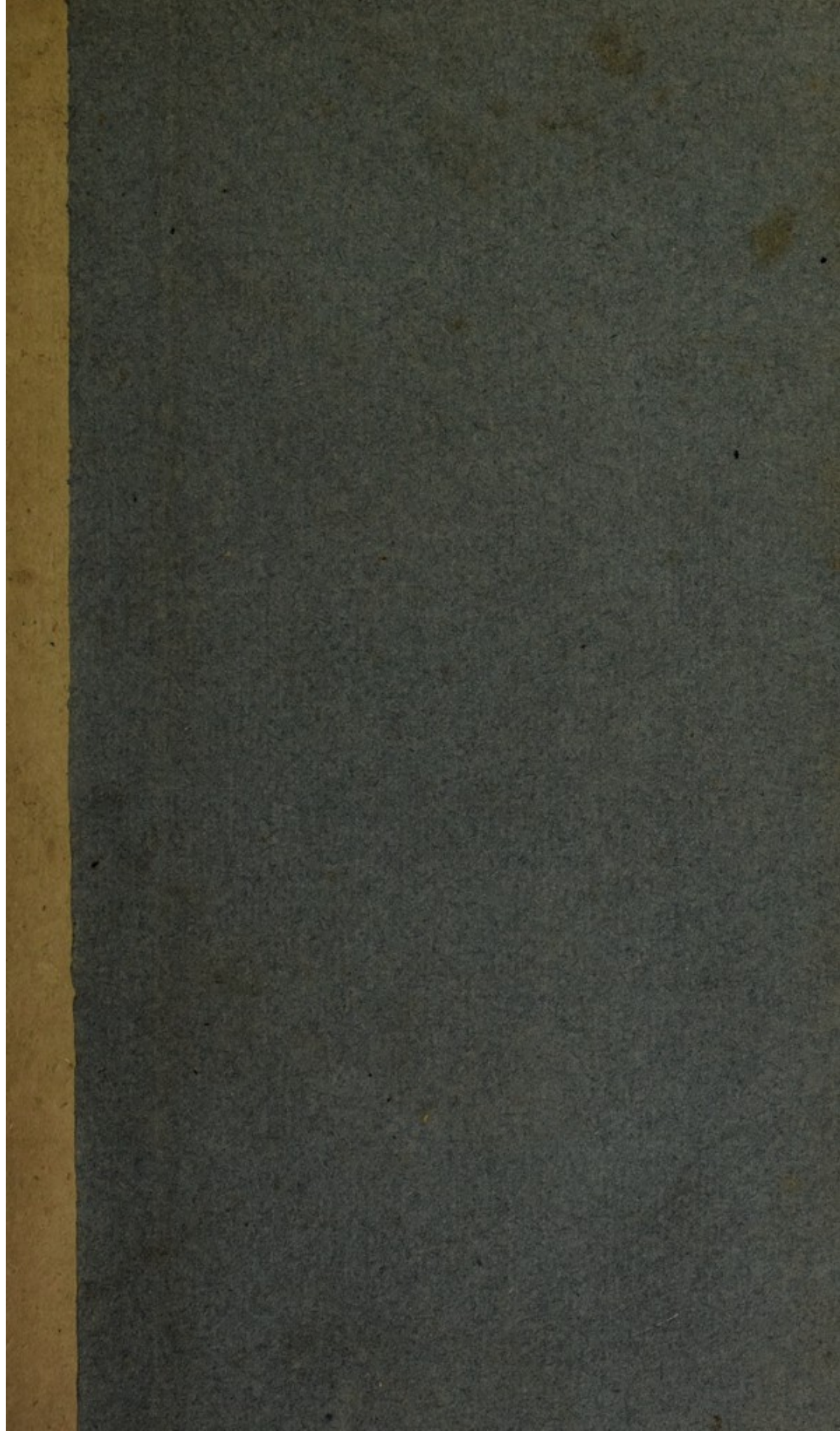
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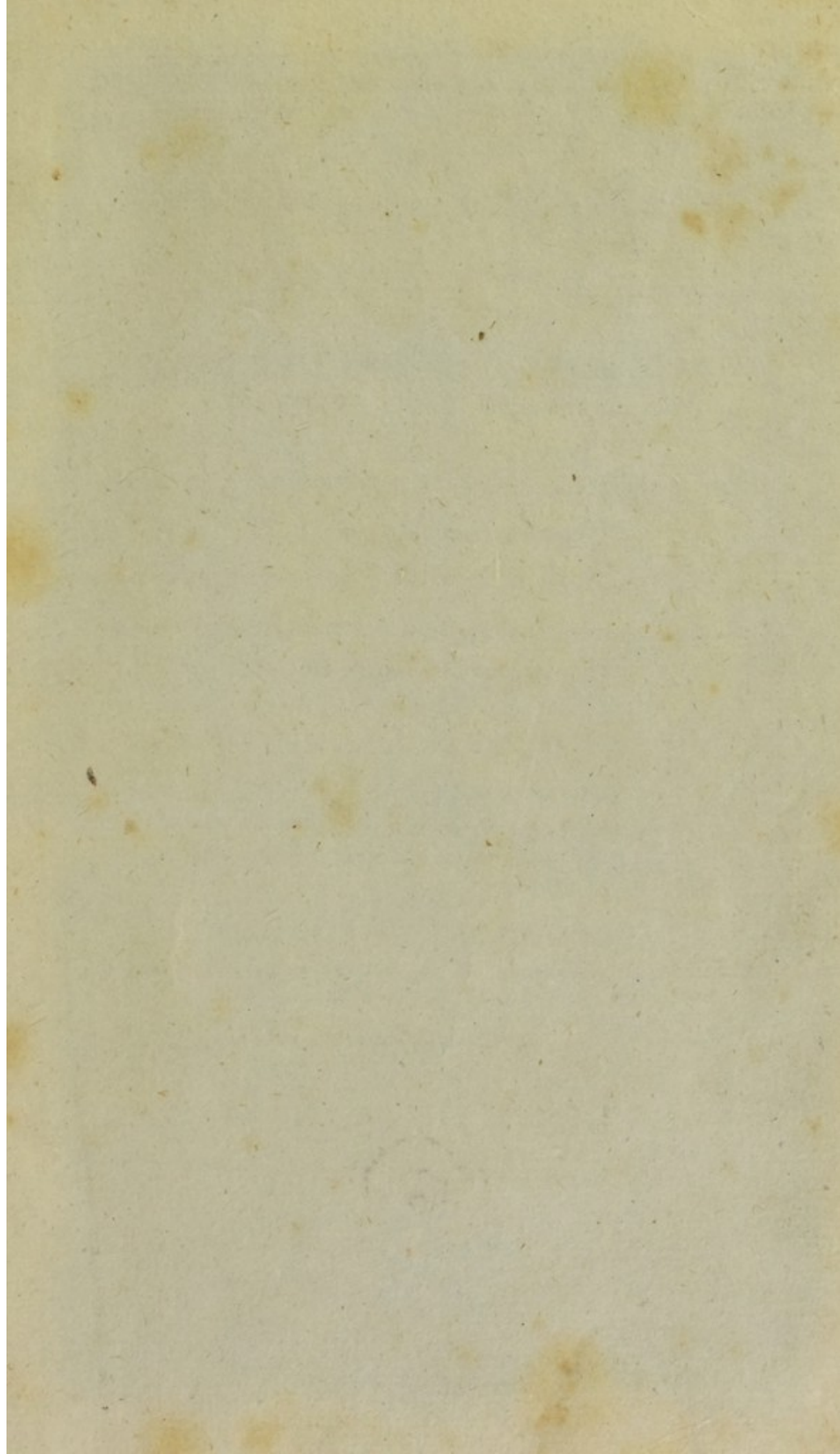


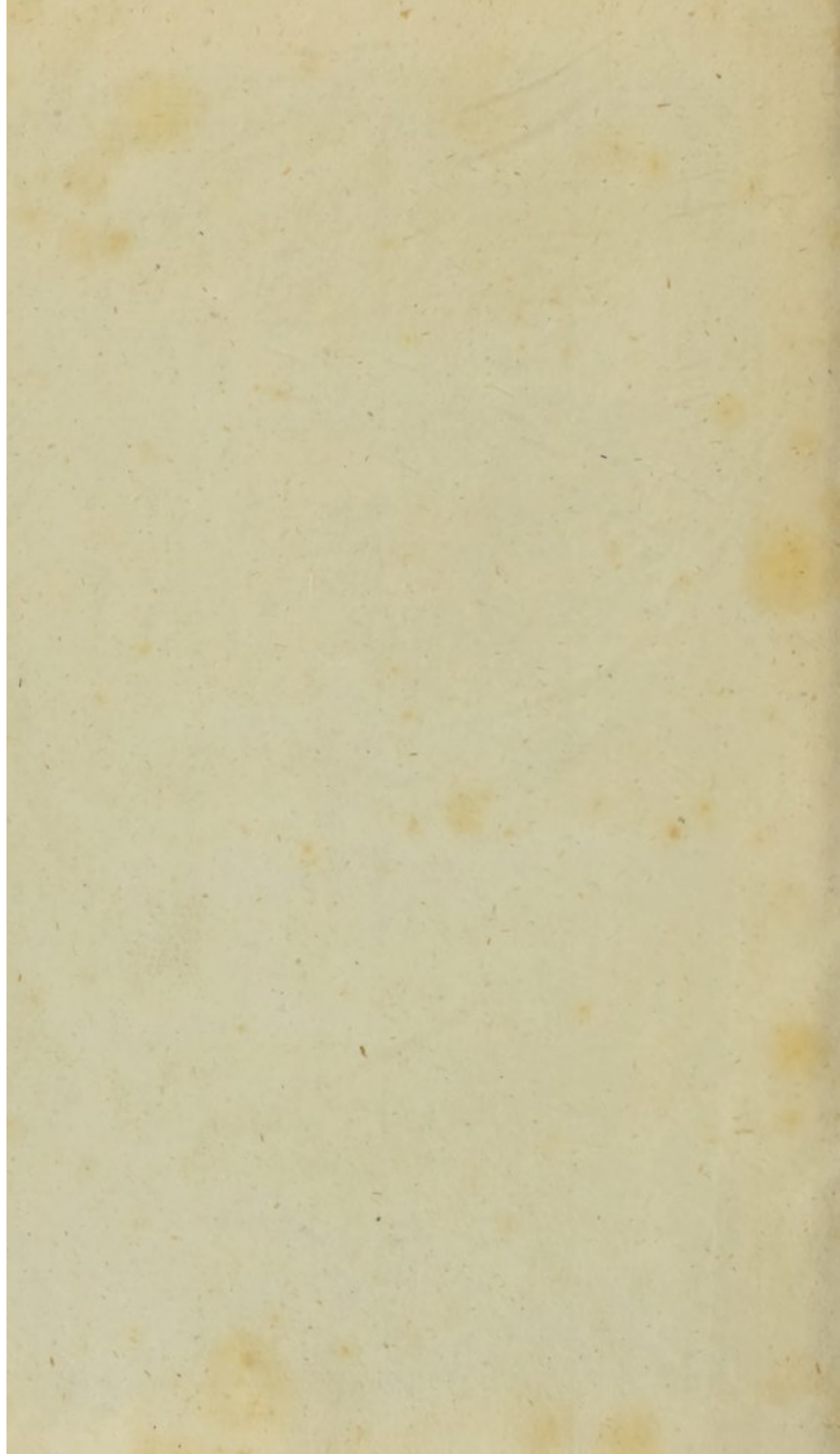
Admiral Duff.

1858.

[C. 1795.]

(TS)





AN ESSAY
ON
INDIGESTION and its CONSEQUENCES,
OR
ADVICE TO PERSONS
AFFECTED WITH
DEBILITY OF THE DIGESTIVE ORGANS, NERVOUS
DISORDERS, GOUT, DROPSY, &c.

WHEREIN
Rules are pointed out respecting Diet, Exercise & Air;

ILLUSTRATED WITH CASES,
To prove the Effects of a Medicine,
Discovered by the Author for the Cure of the above Complaints,
Established upon Sixteen Years extensive Practice.

ALSO,
REMARKS ON SEA OR COLD BATHING,

Distinguishing the different States of the Constitution,
in which the Use of Bathing will be salutary or pernicious, essentially necessary to be known previous to its Use.

LIKEWISE
EXPLAINING THE REASON
Why the Sea Air generally contributes more to the Recovery of Health than that
of Cities and Inland Places.

BY
R. SQUIRRELL, M.D.

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AN ESSAY, &c.

INDIGESTION.

THAT particular state of the alimentary canal, which is generally termed INDIGESTION, is known to subsist by the following

SYMPTOMS.

Diminution, or total loss of appetite, nausea, sometimes vomiting, especially in the morning, bad taste in the mouth, foul tongue, distention, and pain in the

stomach and bowels, particularly after meals, acid eructations, &c.

After the above complaints have continued long, which is often the case, and that more frequently from neglect of the patient, than the incurable nature of the disease itself, a debility of the general habit is induced, with increased irritability, and too great sensibility of the whole nervous system.—Hence arise various disagreeable and distressing symptoms, such as faintings, tremblings, palpitations of the heart, convulsions, the heat of the body unequal, with alternate shiverings and flushing heat, great anxiety and depression of spirits, heart-burn, want of sleep, giddiness, dimness of sight, violent irregular pains

in the head, particularly hemicrania, (which affects only one eye-brow) the pulse soft and often very quick, but sometimes slow and contracted, and many other symptoms which would be too tedious to mention.

CAUSES.

Amongst the causes which produce indigestion, we may reckon the following:

Intemperance in eating and drinking, with the immoderate use of spices and strong rich sauces, wines, and ardent spirits—These by violently stimulating and distending the fibres of the stomach and bowels beyond their usual state, must, though perhaps by insensible

degrees, destroy the natural elasticity, and sensibility of their nerves; in consequence of which the blood becomes vitiated, and frequently a disordered state of the whole body is produced. On this principle we may conceive how a quantity of air, or an excess of the contents of the bowels, or of urine in the bladder, long retained, or an increase of the contents of other cavities, by distention, weaken and lessen the cohesion of the fibres, and consequently destroy their natural contractile power.

Defect in either the quantity or quality of the food. If the quantity of diet is too small, or the quality watery and flatulent, by affecting the nerves of

the stomach and bowels in a disagreeable manner, and not imparting a due stimulus, their fibres must necessarily become lax, and not sufficiently elastic. Hence it is that persons who are too abstemious, are generally pale, weak, and subject to all the symptoms of indigestion and debility.

All those causes which by their continued action diminish the cohesion and spring of the solids, such as

Moist warm air,

Rainy weather,

Southerly winds,

Living in low damp houses, and in the neighbourhood of marshes and stagnant waters,

Too warm cloathing,

Lying too long in bed,
 Want of due exercise,
 A sedentary and studious life,
 Violent or long-continued diseases,
 as fevers, frequent vomitings or purg-
 ing, whether spontaneous, or excited
 by art, &c.

All those things which diminish the
 nervous energy, viz.

Violent sedative passions, such as
 grief, fear, &c.

The too free use of opium, and
 other narcotic substances;

Fumes of certain noxious minerals,
 &c.

Hence we should learn to be cauti-
 ous in administering opiates to chil-
 dren, and very weakly people.

I come now to treat of those complaints which may be called

THE EFFECTS OF INDIGESTION.

For the sake of greater perspicuity I shall arrange them under the following heads :

I. Accumulation of fordes in the primæ viæ—hence proceed

Vomitings and purging,

Colic, flatulent or bilious,

Worms, and

Large bellies in children.

II. General debility of the system, producing

Agues,

Fevers,

Gout,
Scrophula,
Rickets,
Jaundice.

III. The secretions and excretions irregularly performed—hence arise

Catarrhal defluxion,
Asthma,
Consumption,
Diabetes,
Fluor albus, or whites.

IV. Debility of the absorbent system, whereby the lymphatic exhalation cannot be taken up as quick as it is excreted by the exhalent arteries—hence

Leucophlegmacy,
Dropfy, partial and general.

V. Debility of the nerves in general,
producing

Pains in the head, especially periodical,

Spasms of the stomach and bowels,

Hysterical disease,

Hypochondriasis,

Lethargy,

Apoplexy,

Palsy.

After enumerating these effects, and pointing out the manner in which the animal machine itself produces them, it must appear obvious to every one, how indigestion becomes the cause of all these diseases, and that (though it has been treated as a trifling complaint) it merits our first and greatest atten-

tion, as being the parent of almost every obstinate, complicated, and incurable disease—Small causes produce great effects.

I have described the symptoms arising from indigestion, in order to furnish the patient with sufficient knowledge to judge of his own case, and when it will be proper to have recourse to the *Tonic Powders*, and *Drops*.

I have also pointed out the causes and effects, that the patient might at one view see the dreadful evils arising from a neglect in the first instance, and have it in his power to prevent a long train of diseases, likely to termi-

nate in a total and confirmed loss of health.

I now proceed to make some remarks on the general effects of the TONIC POWDERS and DROPS, which experience and observation have furnished me with, and which have induced me thus earnestly to recommend them to the public; being far superior, in their qualities and effects, to any medicine yet discovered, as an aperient, sedative, and tonic; on which admirable properties, I build all my expectations of the public obtaining more than common benefit by their use.

The TONIC POWDERS evacuate bile, phlegm, and water,—the greatest impediments to health, or whatever may be retained, and is likely to prove injurious to the stomach and bowels; hence they be-

come highly useful, whenever obstructions of these organs have taken place.

They obviate costiveness, and prevent those complaints dependant thereon.

They have a strengthening quality.

The DROPS, after the POWDERS have evacuated the indigestible matter, assist them in removing the cause; *viz.* debility of the stomach and bowels; by which means they prevent a return of the complaints,

They strengthen the general and nervous system: hence they are of great utility in debilities of every kind.

They create an appetite, and expel wind.

They have frequently removed the gout in the stomach, after other medicines had been given without effect.

When these medicines are taken in conjunction, according to the printed directions, they promote every secretion and excretion, thereby restoring all the natural discharges, when obstructed, to their former healthy state.

It must appear obvious to every one why these medicines are recommended for the cure of such a variety of diseases, after indubitably proving, as I have done, that they all originate in one and the same cause, *viz.* Indigestion,—the source of almost every disease to which the human body is subject; and I am very happy in the idea of being able to contribute towards

the ease and comfort of my fellow-creatures, by the powerful efficacy of the TONIC POWDERS and DROPS.

Many families of the highest respectability are ready to testify that they with their children have, in every respect, enjoyed much better health ever since they were recommended to take the TONIC POWDERS ; and that the expense of medicines had been very trifling to what it was before ; having recourse thereto occasionally when costive, or when any uneasiness of the stomach and bowels or feverish heat takes place, the constitution is preserved from a variety of complaints that otherwise would happen. No age, sex, or constitution, nor any circumstance whatever, can render these powders objectionable.

FOR THE CURE OF INDIGESTION.

Whenever the symptoms of indigestion are present, which I have described in the beginning of this essay, such as a decrease or total loss of appetite, nausea, vomiting, distention, pain, and uneasiness of the stomach, and bowels, flatulency, costiveness, and sometimes looseness, eructations, or belchings, heart-burn, violent pains of the head, sometimes periodical; I say, where these symptoms or any of them are present, the *Tonic Powders* and *Drops*, administered according to the directions enclosed in each packet, will be found of the most astonishing efficacy.

If the use of these medicines is duly persisted in, with a suitable diet and exercise, the whole system will be invigorated, the nervous symptoms entirely taken off, and, in every respect, health restored to its primary state.

The Diet in indigestion should be as follows:—For breakfast, milk is best, where it agrees with the stomach; but that it will not always do with every constitution, nor ever with some: with myself it produces, after taking it a day or two, flatulency, distention, and pain in the stomach and bowels, with great difficulty of breathing. When a child, I was so much affected with the above complaints, that every day, about noon, I used to roll about the floor,

and scream out through the agonies of pain. At about eight years of age, I was removed to another nurse, who, instead of milk, always gave me water gruel, from a parsimonious principle; and from that time, I had no return of my complaint till about the age of fifteen, which was brought on by breakfasting on milk for about a week, and went off spontaneously upon altering my diet, by having recourse to water gruel. In several families which I attend, where the children were sickly, and often attacked by purgings, vomitings, fevers, and difficulty of breathing, without any evident cause, I have ordered their breakfast to be changed from milk to common tea with a very little milk in it, or water gruel; in

consequence of which, they have become more healthy in every respect, and have required much less medicine than before, to the great comfort of the parents. I have mentioned this circumstance, that persons may frequently have it in their own power to remove the occasion of their childrens distress, where the disease has arisen without any manifest cause. I have enlarged upon this subject in the treatise on childrens diseases, which is nearly ready for the press, and will be very soon published.

Where milk does not agree, ginger, or orange-peel tea may be substituted, (I prefer the first) made by putting so much of either in a tea pot of boiling water, as will give it an agreeable

flavour, to which a little milk and sugar may be added; observing not to be too liberal in the use of hot watery fluids, at any time, which would increase the debility already subsisting.

The quality and effects of common tea have employed many ingenious pens. Most agree that it has some peculiar effect on the nervous system, producing tremors, &c. but, for my own part, I believe it to have no pernicious qualities at all, and that in nine hundred and ninety nine cases out of a thousand, it agrees very well; and this I have to remark in its favor, that diseases in general have been less frequent in this country since tea has been universally used, and whatever bad effects it may have apparently produced,

have been owing to drinking it too strong, too hot, in too large a quantity, or in too great a hurry; whereby a temporary relaxation is induced over the whole system, and in consequence, faintness and trembling may ensue.

The dinner should consist of every thing that is nourishing, and at the same time easy of digestion, such as lamb, mutton, veal, rabbits, fowls, &c. if roasted, with suitable vegetables, properly corrected, the better; fish also may be admitted; shell-fish, of every kind, are the most nourishing. Broths or soups scarce ever agree with weak stomachs: I have had frequent opportunities of observing, that solid food, even difficult of digestion, will sit much easier upon a debilitated, or

naturally delicate stomach, than any watery or spoon diet.

The drink should be such as agrees with the stomach, and produces the least flatulency. Good table beer, well brewed, and of a due strength and age, is, in my opinion, the best drink in the world for general use, and was Dr. SYDENHAM's favourite liquor; but the modern small beer being too weak, and too much fermented, so that it cannot be kept long without turning sour, generates flatulency, and is therefore improper. Porter is a good drink at meals, especially at supper, where it does not disagree. Where it cannot be admitted, white wine and water, is an excellent light liquor, and if it does not turn acid on the stomach, may be

allowed liberally ; or else a little brandy, rum, or geneva, diluted with a large quantity of water. After dinner, a few glasses of good strong bodied wine, such as madeira, &c. may be drank, provided the patient has been accustomed to a full diet ; but every thing should be religiously avoided, which produces an unnatural heat of the body: this last circumstance should be attended to, not only in indigestion, but in every other disease, and also in perfect health.

The patient should take very light suppers, and not go to bed immediately afterwards. Bread, and good Cheshire cheese, is, in my opinion, not inferior to any thing; it being not only solid food, but at the same time

nourishing: yet there can be no objection to taking a small quantity of animal food, (provided it is cold) with the liquors I have before proposed.

Respecting *Rest* and *Exercise* the following mode is a good one; that of allowing eight hours for labor or exercise, eight hours for pleasure or amusement, and the same time for sleep or rest; though some people require more of the latter: however, I do not mean to lay down particular rules with regard to rest and exercise, as every person of sense and experience are furnished with sufficient knowledge to enable them to judge for themselves, and should be and generally are actuated, in these matters, by their own feelings; besides, having confined my-

self to this small pamphlet, it would extend it to too great a length, as well as render it tedious to the reader, were I to enter upon the subject more minutely.

The patient should have every advantage of a dry pure air, because that is highly elastic, and by increasing the quantity of oxygen or vital principle in the blood, greatly contributes to the restoration and preservation of that natural irritability on which health depends. If the air, where the patient resides, be moist, or contaminated with noxious effluvia, he ought to remove to another situation, as either of these states of the atmosphere would considerably impede the cure, let the remedy be ever so powerful. It is a

principle in nature to attempt to get rid of whatever is inimical to her laws, but if she cannot effect this, she submits and accommodates herself thereto. Hence if the air we live and breathe in, the quality of which, is one of the most salutary or pernicious agents, is contaminated with noxious particles, the constitution must become unhealthy, because the vital fluid is deprived of its due proportion of oxygen, and irritability, or the preserving principle, becomes diminished by the strong efforts made on the occasion. Perhaps it is owing to the decrease, or want of irritability, that the body is affected with chronic diseases; but when this principle is increased, a strong resistance is

made to every impreſſion inimical to the conſtitution; in conſequence of which, violent acute diſeaſes are produced, which generally ſoon terminate in death or recovery: for the ſtronger the reſiſtance made to the morbid cauſe, the ſooner the one or the other muſt loſe its power: If the former prevails, the patient will, in all probability recover, but if the latter, death will, in general, be the conſequence; or ſhould that not be the event, *ceteris paribus*, the diſeaſe will terminate in another equally dangerous.

For the uſe of Sea or Cold Bathing, the reader is referred to the general remarks on that head.

FOR THE CURE OF THE

GOUT.

The *Tonic Powders* and *Drops* are the most excellent remedy hitherto discovered. They will in general remove the cause of the Gout in a most wonderful manner. And though I have not had experience sufficient to authorize the assertion, that they will infallibly cure that most painful disease in all its stages, yet I can affirm with truth, that in my practice, I have always observed the following effects produced by them:

1st, They lengthen the interval between the fits.

2dly, They shorten the duration of the fit, when present.

3dly, They abate the violence of the pain.

4thly, They take off the topical inflammation, and that inflammatory diathesis of the system, which constantly attends the Gout.

In short, during their use the whole constitution is improved and strengthened; and most of my patients who have taken them, express themselves surprised at the speedy recovery they experience, when in a state of convalescence. These are the invariable effects I have had frequent opportunities of remarking. And though I do not pretend, with these medicines, to perform impossibilities, yet I flatter myself I shall

be able, by a due perseverance in their use, to erase the gout from the list of those diseases, which have hitherto obtained the appellation of *Opprobria Medicinæ*, or incurable, especially when joined with a proper degree of muscular exercise and temperance.

For the mode of exhibiting the powders and drops, see the article *Gout*, in the printed directions, wrapped up with each packet of the powders.

During the use of these medicines for the prevention of the Gout, exercise should be employed. These, in conjunction with temperance, I have every reason to believe, will radically cure the Gout, even where there is a strong hereditary disposition: but here I do

not mean that sort of exercise only which gentlemen frequently take on horseback, five, six, or eight miles and back again; this, so far from being of service, frequently induces them to eat twice as much as they usually would, by which means digestion is impeded, and the patient rather injured than otherwise; but the exercise I wish to recommend, is that laborious kind where great muscular motion is used. Universal experience of the disease being unknown to labouring people, is sufficient to prove that exercise is a good assistant in the prevention and cure of this disease. I have known many cases of the Gout, confirmed in the habit, and concretions in the joints, effectually cured by the use of the *Tonic*

Powders and *Drops*, joined with severe bodily labour.

After recommending Exercise in such strong terms, it may be necessary to observe, that Walking may upon some occasions be hurtful: for instance where, by repeated attacks of the Gout, the lower extremities are become weak and tender, walking too much might encrease that debility, and occasion a return of the fit; especially when that kind of exercise is used immediately after the Gout is gone off, it being then more likely to cause a relapse; therefore proper cautions should be observed in this respect.

The Diet during the fit must be suited to the patient's habit, and usual

mode of living. If the constitution be strong, the fever high, and the strength but little impaired, animal food, fermented and other strong liquors must be avoided, and a cooling diet made use of. This will co-operate with the medicine, in lessening the violence and shortening the duration of the fit: but on the contrary, if the patient be advanced in years, or the constitution much debilitated; or if there be the least apprehension of the disease affecting the internal parts, a more generous regimen must be adopted, with the liberal use of Madeira wine, &c. an abstemious regimen, in this case, would be highly dangerous to the patient.

During the intervals of the fit, the diet and air should be the same as re-

commended under the article Indigestion.

For the use of the Sea or Cold Bathing, the reader is referred to the general remarks on that subject.

FOR THE CURE OF

COLIC,

Whether flatulent or bilious.

IN this disease, which sometimes is owing to wind, and at other times to an excess of bile, (the latter kind being very common in autumn, inducing irritation of the primæ viæ, and occasioning incessant vomiting, which too frequently prevents the retention in the stomach, of those remedies, generally prescribed for its relief, and is accom-

panied with head ach almost insupportable, the Tonic Powders, given according to the printed directions, are unquestionably the most valuable medicine I ever made use of, as a *Deobstruent* and *Anodyne*; in the last respect, they exceed *Opium* (that grand specific for easing pain) these two effects being combined together, in this composition: and though sometimes the costiveness is so great, as to prevent their operating as a purgative for a considerable time, yet, owing to their benign and sedative qualities, they presently take off the violence of the pain, and by persevering in their use, gently evacuate the morbid contents of the intestines, and cure the disease in the most expeditious manner imaginable.

There is a peculiar *Costiveness*, affecting old people, which very frequently occasions inflammation of the bowels, often terminating fatally: I strongly advise such persons never to be without the *Tonic Powders*, but to take them occasionally, as circumstances may require. I have every reason to believe, that, with these Powders, I have preserved the health, if not the lives of hundreds, as they may be taken with advantage from infancy to old age; for, whatever other qualities they possess, they invariably improve every constitution that has occasion to employ them.

These Powders are widely different in their properties from Anderson's, commonly called, Scotch Pills, a me-

dicine universally used, but which I shall shew to be far inferior to mine in the following respects:

1st, *Anderson's Pills*, after their purgative operation is over, leave a constipated state of the bowels.

2dly, They heat the body, therefore cannot be employed, with propriety, in every constitution.

3dly, They stimulate the rectum, thereby producing the *Piles*, a highly disagreeable, and painful disorder.

4thly, They have a peculiar effect in making women *unwell* at an improper time, and are not only unsafe, but exceeding dangerous during pregnancy; and I firmly believe, that many women, whom I have attended in cases of abortion, have brought the com.

plaint on themselves, by taking these pills with a view to remove costiveness, not being aware of their pernicious effects, in that peculiar state of the body.

5thly, Aloes, of which these pills are composed, is of such a nature, that when the bowels become habituated to its use, they will not act without it; therefore, when once become a custom, it must generally be continued through life.

On the contrary, the *Tonic Powders* have quite different effects :

1st, They induce a natural state of the bowels, after they have operated as a purgative.

2dly, Instead of heating the body,

they abate irritation, and by their sedative power, render the patient cool.

3dly, Instead of producing the Piles, they prevent or cure them, as numbers have experienced, who have taken them by my direction, and have been presently relieved from the pain and heat attending that disorder.

4thly, I have had repeated opportunities of proving their good effects in pregnancy, wherein they alleviate or prevent all the uncomfortable symptoms, with the utmost safety.

5thly, The Tonic Powders have quite a contrary tendency; they not only produce a natural action of the bowels, but may be left off suddenly without the least inconvenience.

Female Obstructions.

These may arise from a variety of causes; especially those which disturb the natural secretions of the body, thereby inducing Indigestion and General Debility, and frequently terminating in maladies of the most incurable nature. I have known the most fatal consequences ensue, from neglect of the patient at the beginning of the complaint, which had timely assistance been obtained, might, in all human probability, have been prevented, and health speedily restored,

Whenever any obstruction has taken place, I would recommend the Tonic Powders and Drops, taken according

to the directions, as the most safe and efficacious medicine that can be devised.

I have prescribed these remedies in various cases of obstinate obstructions, with the fullest success, after the usual course of medicines had been administered without any benefit.

DROPSY.

Before I enter upon the cure of Dropsy, it will be necessary to premise a few remarks, in order to shew the manner in which this disease is produced, and to point out the true principle upon which the Tonic Powders act, in effecting the cure.

This disease is primarily occasioned by Indigestion and Debility; but ultimately it is produced, either by the exhalent vessels pouring a superfluous quantity of watery fluid into the cavities of the body, or by the absorbents being unable to take it up, and convey it again into the circulation, sometimes by both.

I should have observed before, in order to render this matter more perspicuous, that the peculiar use of the exhalents is to pour a fluid into every cavity of the system, designed by the great Author of nature, to lubricate the parts, in order to facilitate motion.—It is a well-known fact in philosophy, that the action and re-action of all solid bodies, are much facilitated by

an intervening fluid, without which, attrition would soon destroy the power of cohesion and attraction, by which all bodies are held together, and consequently motion would be totally impeded.

The office of the absorbents is to take up that portion of superfluous fluid which remains after answering the purpose above mentioned, and convey it into the general mass, in order to give room for a fresh supply.—Where these two sets of vessels, viz. the exhalents and absorbents, do not act in equilibrium, a dropsy, partial or general, must ensue.

The Tonic Powders, as I have before observed under Indigestion, em-

power the animal machine to regulate every secretion and excretion; and in this disease, they increase the action of the absorbents, by which means that superabundant fluid is taken up, which had been left by the exhalents in the cavities of the body. At the same time, assisted by the Tonic Drops, they strengthen the digestive organs, and corroborate the general habit. Upon these principles, they not only cure the disease, but prevent its return.—For the method of taking my medicines in this disease, consult the printed directions under this article.

With regard to regimen, such as diet, exercise and air, during the use of these medicines, what has been said under Indigestion, applies also to this case.

FOR THE CURE OF THE
AGUE.

This disease frequently arises from inward obstructions, which often render it very obstinate, so as to baffle our expectations from the use of the Peruvian Bark, that “ *Donum magnum Dei.*”

When the above is the case, the Tonic Powders, taken according to the printed directions, are preferable to the Bark for the cure of Agues, and have repeatedly succeeded where that has failed.

The disease, on which the Ague depends, must be removed before that can possibly be cured; which circumstance not having been duly attended

to by practitioners, is the sole reason why the Peruvian Bark so often disappoints their expectations; and not as some modern writers have inconsiderately suggested, because that medicine has of late years proved defective in its corroborating qualities.

FOR THE CURE OF
FEVERS.

The Tonic Powders are highly useful, not only in the preceding disorders, but also in Fevers of every kind, whether inflammatory, malignant, or nervous; but especially in those which arise from obstructed bile in the primæ viæ, generally called bilious, and which

are very frequent in this metropolis, towards the latter end of the summer. With these powders, I have, in the course of my practice, been fortunate enough in nineteen cases out of twenty, to shorten the duration of a fever so much, that it has not lasted above three or five days; by which means, and the native tendency of the powders to prevent atony, the patients have recovered in a much less time than they would have done, had any other mode of treatment been adopted.

It may not be improper to observe, that where there is a great oppression or weight at the stomach, with sickness, and violent pain in the head, which all demand immediate relief, an emetic should precede the use of

the Tonic Powders, composed as follows :

R Antimonii Tartarifati, granum unum,
 Pulveris Radicis Ipecacoanhæ, Scrupulum unum,
 Aquæ Alexiteriæ Simplicis, Uncias duas ;
 Misce fiat Haustus emeticus.

This recipe may be copied, and sent to an apothecary's to be made up. Half of it to be taken immediately, and two tea spoonfuls every ten minutes afterwards, until it occasions vomiting, not drinking any warm water or chamomile tea till it has begun to operate, nor above the quantity of a pint and a half in the whole.

About an hour after the operation of the emetic is over, begin with the powders and take them according to

the printed directions. This method, by gently evacuating the crudities of the primæ viæ, on which fevers most frequently depend, will generally carry off the disorder in a few days.

FOR THE CURE OF

JAUNDICE.

I have known these powders to succeed in the cure of Jaundice, in many instances, after other remedies had been tried to no purpose. But as there is a greater degree of costiveness in the Jaundice than in any other disease, larger doses of the *Tonic Powders* must be given.—For the mode of adminis-

tering them, see the article Jaundice in the printed directions wrapped up with each packet of the powders.

The Tonic Powders will not only be found efficacious in confirmed Jaundice, but also in those flighter cases, where the skin assumes a temporary yellow cast, frequently arising from too great a quantity of bile, perturbation of mind, want of natural rest, or the too liberal use of spirits.

FOR DISORDERS OF THE LUNGS,
SUCH AS

Asthma, Consumption, &c.

In the above complaints, symptoms arise which prove very harrassing and

troublesome to the patient, and which break down the constitution, and impair the strength irrecoverably; such as fever, continued, or intermitting, generally the latter—pains of the head—costive habit—cough. These, the Tonic Powders are admirably calculated to remove; and whenever I have prescribed them, pleasing effects have been produced, especially when taken according to the printed directions accompanying each packet, to which the reader is referred.

In Consumptions, after the bowels have been cleansed, and the fever abated, by this medicine, and the cough continues troublesome, let the patient take every night and morning, from four to twelve grains of Dr.

Dover's Powder,* made into a Pill with Barbadoes Tar; also a tea spoonful of the following Linctus, whenever the cough is violent.

R. *Spermatis Ceti*, drachmas quatuor.
Conservæ Rosæ, uncias duas.
Syrupi Papaveris albi, uncias duas.
Olei Amygdalæ dulcis, unciam unam.
Pulveris Ipecacoanhæ, grana decem,
 ad scrupulum unum. M f Linctus.

The Tonic Powders, in conjunction with the above, and a vegetable diet, gentle exercise in the open air, especially riding on horseback, and sleeping in the country, with a due attention to the non-naturals, have cured many people who have taken them, under my direction, for Consumption

* Dover's Powder is to be had at my house in bottles of one shilling each.

of the Lungs, after they had been deemed ulcerated, and where the strength has been extremely impaired, and the patient emaciated to a great degree. However, as no certain criterion has hitherto been adduced, whereby to distinguish the presence of Pus in the Lungs, I shall not go so far as to say, that in those cases in which the *Tonic Powders* effected a cure, ulceration had really taken place; for, in my own opinion, under such circumstances, no medicine hitherto discovered is adequate to the cure of such a disease. Wherever therefore, a patient has recovered from a suspected Phthisis Pulmonalis, I believe it was only an increased secretion of Mucus, and a cough produced in consequence.

FOR SCROPHULOUS OR GLANDULAR
SWELLINGS.

These Tumors arise from debility of the general habit, and obstructions of the glandular secretions; the latter generally depends on the former.

It must appear obvious to every body, after what has been said relating to the effects of this medicine, upon what principle it is, that it becomes serviceable in the above complaints.—For the method of using the Tonic Powders and Drops in this disease, the reader is referred to the printed directions under this article.

When the Tonic Powders have been taken for a considerable time, I have known them to disperse Glandular

Swellings, under the chin, and in the neck, in a much shorter period, than ever I experienced from any other mode of treatment. Every other day, during their use, four or six leeches may be applied on the tumor, and the bleeding encouraged for the space of two or three hours afterwards, by repeated application, to the orifices, of cloths wrung out of warm water; and in the intervals between the bleedings, I would recommend the use of the following poultice :

Let two ounces of marshmallow roots, sliced, be boiled in a quart of soft water till one pint only remains; strain off the liquor, pressing the roots pretty hard with the hand to get out all the virtue; with this liquid and crumb of bread, make a poultice of a proper consistence, and apply it to the swelling twice a day.

I have experienced many years the good effects of this poultice, not only in Glandular Swellings, but also in every case where Cataplasms are necessary, in a superior degree to any other yet made use of; for, instead of irritating the skin, and producing pimples, as other poultices do, it removes those already present, and therefore, for burns, scalds, or any inflamed surface, it is undoubtedly the best application.

FOR THE CURE OF
Worms or Big Bellies
 IN CHILDREN.

The cause of the above is generally weakness of the stomach and bowels,

arising from, either a natural delicacy of the fibres, or too great indulgence in improper food, and sometimes both united.

Whenever children are affected with decrease or loss of appetite, swelled belly, intermitting fever, difficulty of breathing, great thirst, costiveness, foetid breath, &c. this wonderful medicine, given *discretionally*, according to the directions inclosing each packet, under the article Worms, I have found to answer every wished for purpose in the cure of the above complaints; as they evacuate whatever indigestible matter may be lodged in the alimentary canal, whether worms, slime, or phlegm, the cause of almost every disorder to which children are sub-

ject; they relieve the difficulty of breathing, restore the appetite, take off the fever, and remove costiveness; and also are surprisngly successful in bringing down the Big Bellies, which are so frequently observed in children. These effects are invariably produced by this medicine, and I therefore use it in my own practice, and strongly recommend it to others, where any, or all of the above symptoms are present; which, if properly attended to in their beginning, may soon be remedied, and a variety of dangerous chronic complaints, which infants daily suffer, would certainly be prevented; such as Consumptions, Scrophula, or Glandular Swellings, Rickets, Obstructions of the Lacteals, and Mesenteric Glands, through which the chyle passes

for the nourishment of the whole body. Hence it appears obvious, that for want of a proper supply, emaciation of the whole habit takes place, accompanied with flabbiness of the flesh, and largeness of the belly, whilst the other parts, especially the lower extremities, are very much diminished. In these cases, after every thing else has been tried in vain, and the child's life absolutely despaired of, I have known this medicine perform a cure.

I have, every year, for a long time past, had nearly a thousand children brought to me for advice in different complaints; but, three fourths of that number are affected in the manner above described—These I have generally been successful enough to cure with the *Tonic Powders*.

GENERAL REMARKS

ON THE EFFECTS OF

Sea or Cold Bathing.

THE Sea, or Cold Bathing, is a most efficacious remedy; nothing affords more strength to the nervous system, or produces a greater elasticity of the muscles and vessels; it accelerates the motion of the blood, and promotes the different secretions: for though the water only acts immediately on the cutaneous nerves and blood vessels, yet, its benign influence is, by sympathy, communicated to every part of the machine, and, no doubt, has, in a great number of instances, done wonderful service, whenever de-

bility has been the efficient cause of disease. But this, as well as all other grand remedies, when improperly applied, will frequently have the most baneful effects; will radicate more deeply in the habit, those complaints which it was intended to cure, and, perhaps, render them incurable; and woeful experience evinces, that the abuse of powerful remedies, has frequently either killed the patient, or ruined the constitution.

Indeed, on reflection, this is not to be wondered at; for we observe, that most persons imagine themselves qualified to judge, and boldly venture their opinion, of the propriety of Bathing, who have not the smallest acquaintance with anatomy, physiology, the history

of diseases, the science of medicine, or philosophy in general; and who, consequently, are incapable of discriminating in respect to the disease, or the constitution of the patient: and certain it is, that no remedy whatever can require a more accurate knowledge of these than Bathing, especially the peculiar qualities of the circumambient air.

Under these considerations therefore, the following remarks are offered to the public, in order to obviate every ill effect, that would probably happen, from an indiscriminate use of Bathing.

Previous to laying down particular rules in this respect, it may be necessary to premise two general ones, that

people may be able to form a judgment whether it is likely to agree or disagree with the constitution.

First, Where the patient, on coming out of the Bath, feels an universal pleasant sensation of glowing warmth, the elasticity of the muscular fibres seems increased, and the nervous system strengthened, and, as it were, re-animated; these are proofs that it agrees perfectly well with the constitution, and is likely to be of infinite service: because it thereby evidently appears, that the re-action of the heart and arteries, and consequently, an equal distribution of the blood and other fluids to every minute vessel is produced, whereby the equilibrium is restored between the solids and fluids

of the whole body; the effects of which will be, that obstructed secretions will be promoted, and increased ones, restrained and regulated.

Second, But, on the contrary, where, on coming out of the Bath, the patient feels a sensation of cold, attended with shivering, depression of spirits, pain in the head, or any other part of the body, lassitude or weariness, as though just come from hard labor; it is then an invariable sign that it does not agree with the constitution: because these symptoms evidently shew, that there is such a defect of irritability in the habit, that the heart and arteries are unable to overcome that constriction of the cutaneous vessels, which is the primary effect always produced by the

application of cold to the surface of the body.

These two general rules should be particularly attended to, as by an accurate observance thereof, either a great deal of good may be done, or a great deal of mischief prevented.

*In what cases BATHING may be used
with advantage.*

Whenever there are symptoms of universal debility, arising from depletion, or for want of due nourishment, such as flabbiness of the muscles, weariness over the whole body, a sense of fatigue, upon the slightest exertion of the muscular system, and many other symptoms, which are too tedious to

mention, especially when the debility is the consequence of any disease, such as

Indigestion.

Gout,

Fever,

Jaundice,

Dropfy,

Hæmorrhages,

Violent Evacuations,

or any other disorder, which terminates in general relaxation merely, of the habit.

In all nervous diseases, especially where there is an increased sensibility, as faintings, tremblings, depression of spirits, alarm on every trifling occasion, nervous head-ach, &c.

The Cold or Sea Bathing should be used in general, in the morning before any food has been taken; though, at the same time, it may be necessary to observe, that some constitutions cannot bear it previous to a light breakfast; with such it should be used between breakfast and dinner, but not so soon after the first meal as to interfere with digestion.

The frequency of bathing, and the time of continuing in the water, can only be determined by the degree of the symptoms, the nature of the complaint, and the strength of the patient. It should not be used more than three or four times a week, by persons of a spare, naturally delicate habit; and such persons should only make a single

immersion, and come out immediately. Those of more strength may use the bath more freely, and continue in the water for a few minutes. Persons who are too fat, as it tends to induce thinness, may use it every day.

The best time for bathing, in general, is to commence about the middle of April, or beginning of May, according to the temperature of the season, and to continue it no longer than a month, or six weeks at most; omitting it totally during the very sultry months of summer; but it should never be employed later in the season than the beginning of November. By thus allowing an interval between the bathings, a salutary change may be induced in the solids and

fluids ; whereas, had it been persisted in, many months without intermission, it would not only have lost its tonic power, but debilitating effects might have been produced. This observation holds good respecting stimulating or tonic medicines in general ; for, if they are employed for a long time together, without allowing an interval, they will not only lose their corroborating qualities, but even increase that very disease which they would have removed, had their application not been persisted in too long.—I have had frequent opportunities of observing, that the effects of other tonic remedies, as well as the cold bath, are not always to be perceived during their use ; but I have often been sur-

prised, after a discontinuance thereof, at the very rapid manner in which the patient has recovered his health, which serves to prove that tonic remedies extend their effects much beyond the time during which they are employed.

It will be necessary to observe, that a day or two previous to bathing, a proper dose of the Tonic Powders should be taken, (two papers will generally be sufficient) so as to procure two or three motions, in order to evacuate, not from the general system, but only the crudities of the bowels, which would, if allowed to remain there, prevent the bathing from having the desired effect.

Likewise, during the use of bathing, particular attention should be paid to

the state of the stomach and bowels, especially in those persons who are troubled with a superfluous quantity of bile in the primæ viæ: for, if this is neglected, many bad consequences may ensue; as a congestion in the abdominal viscera, fevers, violent pain in the head, and even apoplexy may be produced. For this purpose, the Tonic Powders are preferable to any other medicine whatever, because they operate without producing any uneasiness, either in the alimentary canal, or the system in general, and do not, like most purgatives, as I have before noticed, induce a constipation of the bowels, or a languid state of the body, afterwards; but, by their tonic quality, they strengthen the pri-

mæ viæ, and consequently the whole habit, thereby favouring the intention with which the bath is employed.

Immediately on coming out of the bath, the body should be wiped perfectly dry as expeditiously as possible—this promotes the circulation to the surface, and thereby assists in regulating the secretions, upon which most of the good effects of bathing depend.

The sea bath is found more efficacious than the cold bath, owing to the water being impregnated with salt, which stimulates the cutaneous vessels, and causes an increased determination of the fluids to the surface of the body. Upon this principle, I frequently order a certain quantity of salt to be added

to the water in which the patient is to bathe at home, with very good effect. The water and salt should be renewed every other or third day.

I have frequently known the beneficial effects of bathing, greatly promoted, especially in weakly, nervous habits, by taking two or three teaspoonfuls of the Tonic Drops in a glass of water, as soon as the patient comes out of the bath; and in the course of my practice I have frequently observed that universal, pleasant, glowing sensation, &c. mentioned under the first general rule, as an invariable indication of the propriety of bathing, by the assistance of this medicine, to take place in those patients, to whom, in all probability, without its salutary

influence, bathing would have been prejudicial.

Having described the particular cases for which the Sea or Cold Bathing is proper; I shall now point out those particular states of the system in which it is contraindicated, or where it is improper.

First, When the patient labours under any actual disease, or obstruction of any of the viscera, either of the abdomen or thorax—Hence it is improper in Phthisis Pulmonalis, or Consumption of the Lungs, Asthma, Jaundice, Stone and Gravel, &c. because, by the gravity and coldness of the water, the blood and other fluids are driven from the extremities and surface of the body

towards the internal parts, and occasion an increase of the diameters of the vessels, which being already in a state of disease or debility, are unable to bear so great and sudden a determination, and owing to the resistance they are compelled to make, by a certain law of the animal œconomy, an inflammation or rupture of those vessels may ensue, or at least, the existing disorder may be greatly aggravated. This observation holds good with respect to the effects of the atmosphere, in winter and spring; for, by reason of its coldness and pressure, inflammatory complaints are more frequent at those seasons than in summer; and also consumptive and asthmatic disorders are rendered more violent by the same means.

Secondly, While the body is in a coſtive ſtate—Becaufe the Cold or Sea Bath, by conſtringing the cutaneous pores, throws back the fluids upon the bowels, thereby increaſing the diſtention already ſubſiſting there, and in the neighbouring parts, and, of courſe, muſt inevitably debilitate, inſtead of ſtrengthen the digeſtive organs; beſides, in this caſe there is frequently a determination to the head, producing violent pain thereof. Even ſometimes apoplexy, and many other complaints, may be the conſequence.

Thirdly, When there is an inter-mitting, remitting, or hectic fever, or during the preſence of any periodical diſeaſe whatſoever—Becaufe the ſud-

den and great tranſition produced by the coldneſs of the water, aggravates theſe complaints. It has been ſaid that the Ague has been perfectly cured by plunging into the Cold Bath at the commencement of the fit; but it is by no means a ſafe experiment; for if the diſeaſe ſhould not be cured by it, the violence of it muſt be greatly increaſed.

Fourthly, When there is an increaſed or preternatural determination of blood to the head or breaſt—Hence people ſhould be very cautious of bathing, who are diſpoſed to Inflammation of the Lungs, Conſumption, or Head-ach; becauſe the Cold or Sea Bath, by its principal and natural effect of repelling the blood to the internal

parts, must increase the congestion already present, and accelerate the coming on of the disease. This is not the only evil that may be brought on, for Apoplexy, Inflammation of the Membranes of the Brain, or, what is yet more dreadful, Infanity may be occasioned; which, I have good reason to believe, has more frequently taken place from this cause, than is generally known or imagined.

Fifthly, While there is an increased or preternatural heat—Because by the sudden check given to the circulation, the *vis medicatrix naturæ* may be excited to such a degree, as to produce Fever or Inflammation.

Sixthly, While there is a diminution of heat, or sensation of cold present—

Because the constriction of the extreme vessels already present would be so increased by the immersion, as to excite a violent degree of re-action in the heart and arteries, which might produce effects similar to those last mentioned.

Seventhly, While there exists a plethoric state of the body, or too great a fulness of the vessels—Because an increased quantity of blood would be sent to those blood vessels already too much distended, so that there would be danger of rupturing them, or of exciting inflammation of the brain, or some of the viscera: instances daily occur, where inflammations, boils, abscesses, and ulcerations, of the external parts, very difficult to heal, are, in that par-

ticular state of the constitution above specified, occasioned by bathing: for, although there may be evident signs of universal debility, which seem to indicate the propriety of bathing, yet it should be remembered, that this debility may arise from general distention and not from want of nutrition.—These two species of debility require quite opposite remedies, therefore they should be distinguished from each other with the greatest accuracy previous to bathing; by which means a great deal of mischief may be prevented.

Instead of Cold or Sea Bathing in this last case, the use of the Tonic Powders will be of wonderful service, owing to their combining an evacuant

power with their tonic quality. They should be taken so as to procure three or four motions daily, and should be persisted in for ten or twelve days, or while any uneasy sensation remains.

Eighthly, During the presence of the Hæmorrhoids, or Piles—Because the Cold Bath will, most probably, repel the blood suddenly from the hæmorrhoidal veins, where nature had deposited it, in order to relieve the general habit, so that by the interruption given to her salutary operations, a determination to the head and lungs may ensue, and, in consequence, many disorders of those parts, as well as a train of inflammatory diseases may arise. I have known many instances where people have died of inflammation of

the lungs, arising from the application of cold, by sitting upon damp ground at that particular time, or by putting on a pair of small clothes not properly aired.—A medical gentleman, a particular acquaintance of mine, died of a peripneumony, arising from a repulsion of this discharge, produced by the very same cause.

Ninth, While any natural periodical discharge continues—Because, as I have remarked under the last head, and for the same reason, many complaints of the most malignant nature may be produced. This observation should be particularly attended to by women, whom it more immediately concerns.

Tenth, Bathing should not be made use of very soon after inebriation, or any other irregularity, but must be delayed till the strength and spirits return, because the body would be too weak to bear the shock.

Eleventh, It should not be used, but with the utmost caution, during the whole period of gestation—Because, during that time, especially in the first months, the patient is seldom able to bear so sudden a shock to the system in general, or so great a determination to the womb in particular; therefore abortion, as well as great mischief to the constitution, may be expected from the indiscriminate use of bathing in these circumstances.

Twelfth, Women in general should never bathe, but upon the most urgent necessity, and then with great caution—Because experience has taught me, that very few of them can bear so sudden a transition, or so great a shock, owing to the exquisite sensibility of their nerves, and the irritability of their general system, which exceed those of men. The same observation holds good with regard to children, many of whom I have known thrown into convulsions, as well as women into hysterical fits, by the very sudden and violent shock given to the nervous system, by immersion in cold water.

I am much against accustoming children to the Cold Bath at too early an

age, (unless necessity requires it,) or continuing it too long. I have, for my own part, no notion of endeavouring to prevent complaints, which, in all probability, would never have happened, unless some or all of the occasional causes, on which most of the diseases of children depend, were applied; such as, food in too great a quantity, or of a pernicious quality, want of due exercise, or cleanliness, and sometimes confined air. By removing these causes, or, what is yet better, never applying them, we should, in ninety-nine cases out of a hundred, find the cold bath, as well as all other remedies, unnecessary. At the same time, I wish it to be understood, that I have a very high opinion of cold bathing, when there

is a real indication for its use ; and on the other hand, I think it extremely cruel, to be teasing a child with a pretended remedy while in perfect health. I have more exalted ideas of the great Author of nature, than for one moment to imagine, that it is in the power of any remedy to render the natural constitution more perfect than it was intended by him.

“ For health, on exercise and food depend ;

“ God never made his works for man to mend.”

Cold Bathing is likewise improper at or near the time when a return of the gout is expected : for a little before the recurrence of this disease, irregular determinations generally take place, sometimes to the head, affecting it

with pain and giddinefs; fometimes to the lungs, producing difficult breathing; and fometimes to the ftomach and bowels, caufing ficknefs and pain. Bathing, at this time, would encourage thefe determinations, and prevent the gout from fixing in its proper feat, the extremities; in confequence of which, violent inflammations and the moft fatal effects may follow.

It fhould alfo be ufed with great circumfpection after the gout is gone off—Becaufe, in general, the body is too much debilitated by that difeafe, to be able to bear the violence of the fhock. For the fame reason, bathing is improper in all cafes of extreme debility, from whatever caufe it may arife.

Cold or Sea Bathing cannot be safely employed during the action of any irritating cause in the system—Because that irritation would be much increased by the strong re-action of the heart and arteries, which is one of the secondary effects of bathing. Hence it is improper in glandular obstructions, when they have arrived to a certain pitch. It can only be used with advantage in an incipient state of the disease, and even then should be employed with great caution.

The Sea Air and Exercise contribute greatly to the good effects of bathing, and very frequently prove extremely beneficial to those valetudinarians and convalescents, in whose cases, Bathing, according to the foregoing rules, is

strictly prohibited. In my opinion, the recovery of the patient has been often attributed to Bathing, when, in reality, it was merely owing to the following circumstances :

1st. The Purity and Coolness of the Sea Air.

2d. The Mind being totally disengaged from Anxiety and Business.

3d. The Amusements and Company of the Place, joined with Exercise.

The Sea Air is rendered by the Water,

1st, More pure,

2d, More cool.

The first, by the sea water absorbing those impurities, or noxious particles,

with which it is replete in large towns and cities. For which reason it must be better adapted to the purposes of respiration, as the oxygen, or basis of vital air, thereby becomes increased in proportion; by which means, the blood is more fully oxygenated, or impregnated with the vital principle, consequently irritability is increased, and thus the equilibrium between the sensibility of the nerves, and the irritability of the muscular fibres, is restored.

Second, The air is rendered more cool, by its passing over so large a tract of water. Hence, near the sea, are felt none of those unpleasant sensations which arise from the heat of the air, in summer, in inland places;

but a constant, cooling, refreshing breeze is perceived, so congenial to the feelings, and so advantageous to the health of man; which moderates the excess of heat, prevents its irritating and debilitating effects, and produces the most salutary consequences.

THE

THE FOLLOWING

CASES

Will prove the surprising Efficacy of the

TONIC POWDERS.

INDIGESTION.

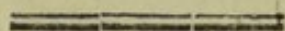
Mr. SPEAD, No. 138, *Long Acre*, was afflicted, for upwards of twelve years, with very violent pain and a gnawing sensation in his stomach, gripings in the bowels, heart-burn, acid belchings, loss of appetite, great depression of spirits, with trembling and faintings, with symptoms of great relaxation throughout the whole system, the stomach much distended with wind, uneasiness and anxiety after eating, though ever so moderate, frequent vomiting of acrid bile and tough heavy phlegm, and sometimes a looseness. He had applied to many of the most eminent of the faculty, without the least be-

nefit. On the contrary, the malignity of the complaints daily increafed. Under thefe circumftances, he was perfuaded to confult me, by a perfon whom I had relieved in a fimilar cafe; and after taking the medicine about three weeks, every fymptom, to the aftonifhment of all who knew him, diminifhed, and in a fortnight more, they all totally vanifhed, his ufual ftrength and fpirits returned, and he obtained a perfect cure.

Mr. LATHBURY, *Catherine Street, Strand*, had been long afflicted with a pain and giddinefs of the head, which at times were fo violent, as to deprive him of his fenfes. He was often feized with great difficulty of breathing, attended with ftricture on the breaft, great anxiety, and a fenfe of fuffocation, with unusual thirft. Thefe fymptoms were fo violent, that his friends thought it impoffible he could recover; but after taking my medicine forty-eight hours, the difficulty of breathing was greatly abated, the pain of the head mitigated, and by perfevering in the ufe of the medicine for a fortnight, the diforder in the head, and the difficulty of breathing, were removed.

REMARK ON THE PRECEDING CASE.

All these symptoms plainly shew, that an increased determination of blood to the head and lungs had taken place, (the consequence of indigestion,) which would have soon ended in death, either by apoplexy or asthma, had not my medicine been taken in due time.



MARY HODGES, daughter of Mrs. URQUHART, No. 3, *Cross Lane, Long Acre*, was afflicted, for a great length of time, with a very violent pain in the stomach and head, difficulty of breathing, great fatigue on the least exercise, irregular appetite, being sometimes very voracious, at others having a loathing of food, depression of spirits, with frequent faintings, and a remarkable pallid countenance. These complaints all arose from a particular circumstance not happening at the usual period: but after taking the Tonic Powders three weeks, her health was in every respect, perfectly restored.

ELIZABETH EDWARDS, No. 1, *Church Street, St. Ann's*, eighteen years of age, was, for upwards of two years, afflicted with a severe pain in the stomach and head, attended with giddiness, and sometimes dimness of sight, an aversion to food, a remarkable weariness of the whole body, and constant pain in the limbs, great reluctance to exercise, violent cough, difficulty of breathing, intermitting fever, and thirst, a pale countenance, and remarkable whiteness of the lips. Under these circumstances, several eminent physicians were consulted, and many medicines taken without benefit; and her recovery was despaired of by all who knew her. She at length was induced to make trial of the Tonic Powders, and after taking them for the space of three weeks, all her complaints were removed, and her health compleatly re-established.

Mr. JOHN SMITH, No. 39, *Laystall Street, Gray's Inn Lane*, aged twenty-one years, had been a long while troubled with various symptoms of indigestion, accompanied with great debility, which at length put on

every appearance of consumption; such as emaciation, very violent cough, which prevented him from sleeping, night sweats, hectic fever, thirst, pains in his limbs, which were increased by the warmth of the bed; he had also a large foul ulcer in the leg. He had applied to different charitable institutions, and had been two months in an hospital, without finding the smallest relief. His sister, who had been a servant in my family, after he had left the hospital, came to me, and related his case, expressing a wish that something might be done, if possible, merely to alleviate the symptoms, as it was highly improbable, from his very reduced state, that he could long survive. However, by taking the Tonic Powders, and strictly following my advice, he was, in the short space of six weeks, cured of all his complaints, except a small degree of weakness, of which he soon recovered, and is now, and has been for these two years past, as well in health as ever he was in the whole course of his life.

Now with respect to this remarkable case, I have one observation to make, which is, had the patient applied to me at the beginning of the disease, while the mere symptoms

very much alleviated in forty-eight hours ; and, by persisting in the use of the medicines for the space of twelve days only, I was then better able to walk, than I usually was in two months after former attacks. I also find my general health very little, or not at all impaired, nor any weakness or tenderness left in my feet and ankles, as was formerly the case. I could not help noticing how much you deviated from the usual methods recommended by the faculty in general, especially that of wrapping the affected parts in flannel, of which you disapproved ; and when I asked you the reason, as it appeared very remarkable to me, I remember very well. you said, “ Flannel would accumulate the heat, and render the parts more irritable, and consequently increase the violence of the pain, protract the cure, and bring on greater weakness than otherwise would happen.”

You have full liberty, Sir, of making my case known for the benefit of others afflicted with the same complaint, that they may have an opportunity of obtaining the same relief from your medicines and advice, as I have experienced.

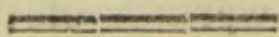
*Letter from Mr. FEAST, No. 10, Brownlow
Street, Holborn.*

TO DR. SQUIRRELL.

SIR,

With the utmost gratitude I cannot but express my wonder at your curing me of a most violent fit of the Gout, in so rapid a manner as I have experienced. By attending to your advice, and taking your medicines regularly, the fit of the Gout was perfectly cured in a fourth part of the time it usually lasted, when left to its own course. I had before been often afflicted with this disorder, which continued so long each time as to make my feet extremely tender, my ancles and legs so weak, and my whole body so very feeble, that I was never able to walk, with any degree of ease or comfort, in less than two or three months: but this last time, my health was so far re-established in three weeks, as to feel as if nothing had ailed me. I should have sent for you upon former attacks, but was always persuaded, and I knew it was a prevailing opinion among physicians, that the Gout is incurable—Patience and flannel alone being recommended by the faculty in general.

of indigestion were present, the disagreeable, and dangerous consequences which afterwards happened, might easily have been prevented.



GOUT.

Mr. GAYLOR, No. 55, *Tottenham Court Road*, was afflicted many years with an irregular or flying gout, sometimes affecting his head with violent pain and giddiness, sometimes the lungs, producing cough and difficulty of breathing, and sometimes the stomach and bowels, occasioning great pain, sickness, frequent retchings, especially in the morning, loss of appetite, great depression of spirits and trembling, languor and debility of the whole nervous system, attended with flatulency, and almost constant hiccup, acid eructations, and frequently pain in the loins, which almost prevented walking. All these complaints were soon relieved by the use of the Tonic Powders. At length the regular gout seized his foot in the most violent manner, for which he took the same medicine; and, by strictly adhering to the advice given, was, in the short space of ten days, perfectly cured.

A Letter from Mrs. HERVE, No. 18,

Stephen Street, Tottenham Court Road.

TO DR. SQUIRRELL.

SIR,

I cannot help expressing my gratitude and surprise at the expeditious manner in which you relieved my pain and cured me of the Gout. When I first sent for you to attend me in that disease, I had not the least idea of your curing it ; owing to the prevailing opinion which I had imbibed, of the Gout being incurable, I imagined that impossible ; I had only an implicit faith in your judgment, knowing that upon other occasions, when you attended either myself or family, you had shewn great abilities in your profession, was indefatigable in your attention, and where medicines were unnecessary, you was always ingenuous enough to tell us so. Under these considerations, I was induced to send for you ; but, to my great astonishment and comfort, though this disease made its attack with more than usual violence, yet, on taking your medicines, and strictly following your advice, the exquisite pain and great inflammation were

But now I am thoroughly convinced, from the benefit I have derived from your advice and medicines, that this opinion is founded in error: for, you have evidently discovered a remedy, which if not like a charm, does, at least, amazingly mitigate the pain, shorten the duration of the fit, and preserve the constitution from much injury: and it appears to me, from the effect of your medicines, that as much may be done to lessen the violence of the gout as of a fever, or any other disorder the human body is liable to. I think it would be just to publish this case for the benefit of mankind; and whoever you may refer to me, I shall always be ready to verify what I have here related.

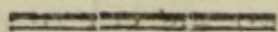
RHEUMATIC GOUT.

Mr. WILSON's Daughter, No. 5, *Stacy Street, St. Giles's*, was afflicted many months with the Rheumatic Gout. The severity of the pains, which was without intermission, depriving her entirely of rest, had reduced her strength, and emaciated her body to such a degree, that she was unable to get out of bed, or even to feed herself. She had been under the care of a medical practitioner many

weeks, and her mother had consulted some of the most eminent of the faculty before she came to me, without the least benefit. On the contrary, her disorder daily increased in violence, and her strength being nearly exhausted by pain, want of sleep, and loss of appetite, her recovery was despaired of by every one who saw her. Under these circumstances, she was persuaded, by a person whom I had cured of a violent Rheumatic Gout, in a very short time, to send for me. After attending her, and giving her my medicines for about one month, all her complaints were removed, except a small degree of weakness, from which she soon recovered. I have seen her since, and with the utmost gratitude she confesses, that her health is so much improved by my medicines, that she has not been so well for many years past.

Mr. JOSEPH DAVIES, No. 10, *New Compton Street, St. Giles's*, was afflicted, for several months, with a most violent Rheumatic Gout in his limbs and head, but more especially affecting his legs: the pain was always considerably increased by the warmth of the bed. From the long continuance of the

greatest height. On taking a few doses of my Tonic Powders, she expressed great surprise at the expeditious manner in which they eased the pain: this was not the only good effect; for after having persisted in the use of the medicine about three weeks, the uneasiness of the stomach and bowels, and every other complaint, were removed; and since that time, the Bilious Colic has only returned once, or sometimes twice in the year, and then but in a slight degree; which is always cured by having recourse to a dose or two of the same medicine. This complaint might be totally prevented from returning, could she be prevailed on to take the medicine for a few days, about a month before the fit is expected, and repeat this method, at those times, for two or three years.



Mrs. BARKER, No. 22, *Broad Street, Bloomsbury*, had been subject to a severe periodical Bilious Colic for above eight years, attended with the most excruciating pain and sickness at the stomach, and also a constant pain in the right side. She applied, as may naturally be imagined, to various professional

gentlemen, and took a great quantity of medicines, but with little or no success. On having recourse to the Tonic Powders, she obtained a perfect cure, and has had no return of the complaint since, though upwards of seven years ago.

DROPSY.

Mrs. BOSWORTH, *Denmark Street, Soho*, aged eighty years, was afflicted with the Dropsy about a year and a half ago, which began in the feet and legs, and was attended with violent sickness at the stomach, loss of appetite, flatulency, and uneasiness in the bowels, extreme restlessness, and such a degree of debility, that she was as helpless as a child. After taking my Tonic Powders regularly one week, these troublesome symptoms were removed; and in three weeks, the dropsy was cured, and her health perfectly restored.

A Child of Mr. WILLIAMS, Hair-dresser, No. 10, *Castle Street, Long Acre*, about four years of age, was seized (about a fortnight after having a nettle rash) with a Dropical

disease, and severity of the pain, he was almost worn out for want of rest, strength, and appetite. With a view to obtain relief, he had applied to many of the most eminent of the faculty, and had taken a large quantity of various kinds of medicines, without the least benefit; but at length, having heard of my remarkable success in the treatment of this and other complaints, he put himself under my care; and, by persisting in the use of my remedies about five weeks, he received a complete cure, and has had no return since, though twelve years ago.

Mr. SEALY, No. 1, *Compton Street, Bloomsbury*, was afflicted with the Rheumatic Gout in all his limbs, particularly the joints, for the space of six months. The violence of the pain was so great, as to deprive him of sleep and appetite; his strength was extremely reduced; he had violent head-ach, cough, colliquative sweats, intermitting fever and thirst, and was emaciated to a great degree. All these alarming symptoms of consumption arose at first from obstructed perspi-

ration occasioned by cold. During all this time he was attended by a gentlemen of the faculty, who prescribed a variety of medicines, but without the smallest relief. At length he applied to Dr. SQUIRRELL, and, after taking his medicines only twenty-four hours, the violence of the symptoms was very considerably abated, and by persisting in their use, and strictly following the advice given him, in the course of a fortnight, he got intirely rid of all his complaints, except a degree of weakness, which must be naturally supposed after so long an illness; for which he took the Tonic Drops, joined to a preparation of Peruvian Bark. By this method, together with a nourishing diet, and now and then interposing the Tonic Powders, when costive, his health was speedily re-established.

REMARK.

The occasional cause of this complaint was an obstruction of the perspirable matter occasioned by cold; but which, in all probability, would not have produced this painful disorder, had not debility of the muscular fibres existed long before the application of cold. It must therefore appear obvious, how necessary it is,

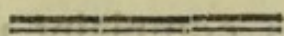
upon every occasion, to remove the debility in due time ; which, had it been done in this instance, would have prevented the disorder, and its dangerous consequences.

The principle upon which the medicines cured the complaint, was by promoting the obstructed secretions, and regulating those which were too profuse ; at the same time invigorating the general habit.

BILIOUS COLIC.

Mr. WILLIAM DEALTRY, No. 8, *New Street, Deptford*, after returning from the *West Indies*, where he had been in His Majesty's service, was afflicted, for many years, with a Bilious Colic, attended with violent looseness to such a degree, that almost every thing passed nearly in the same state as when taken ; he was constantly oppressed with wind, severe pain at the pit of his stomach, which came on sometimes so acutely, as to render his life almost insupportable, especially in the middle of the night ; continual thirst, loss of appetite, great depression of spirits, with continual weariness, and pain of the limbs, so

that he was entirely disabled from following his business ; and having tried a great variety of medicines without the least advantage, was almost despairing of relief ; when a friend of his, whom I had cured of a similar disorder, prevailed on him to consult me. After taking my Tonic Powders for about three weeks, he found such an astonishing alteration in his whole habit, that he has had no further occasion for medical assistance ever since, though it is now above three years ago.



Mrs. MARY LUFFMAN, at the Sign of the *White Lion, St. Giles's*, had been, for ten years, subject to a Bilious Colic, which came on with great violence every month, or oftener ; and in the intervals was troubled with sickness, distension, flatulency, and uneasiness of the stomach and bowels, loss of appetite, swimming in the head, with weariness of the whole body, and other symptoms of indigestion and debility ; which were so troublesome, that she never experienced a day's health the whole time. Coming to live in my neighbourhood, above twelve years ago, she was persuaded to send for me, when the complaint was at its

Swelling of the face, which proceeded to the hands, feet and legs; and the body appeared similar to a mere lump of dough, attended with great difficulty of breathing, loss of appetite, suppression of urine, very high fever, restlessness, and insatiable thirst. Under these alarming circumstances, the child's life was, with great reason, despaired of: different remedies had been used by a ingenious practitioner, but without the least benefit. In this state, I was applied to, and having prescribed the Tonic Powders, as the most probable means of relief, the child was perfectly cured in a fortnight.

JOHN CARTER, Servant to Mr. RYDER, Tobacconist, *Broad Street, Bloomsbury*, was troubled for a long time with symptoms of indigestion and debility, such as very violent sickness at the stomach, distention, and flatulence of the bowels, difficulty of breathing, cough, total loss of appetite, pain of the head, languor, tremblings, fatigue on the least motion, cold shivering, and flushes of heat by turns, and general debility of the whole system. These symptoms at length terminated

in the Dropsy ; which was perfectly cured, and his general health re-established, by taking the Tonic Powders only three weeks.

In this case, had the symptoms of indigestion and debility, been attended to in proper time, the Dropsy would have been prevented taking place.

FINIS.

in the Diphtheria: which is partially cured
and his general health is established by taking
the Tonic Powders only three weeks.

In this case, had the symptoms of pharyngi-
tis and diphtheria been attended to in proper
time, the Diphtheria would have been prevented
taking place.

APPENDIX.

HAVING been solicited by many who have read this Essay, to enlarge my remarks on *food, drink, exercise, and air*, in compliance therewith, and in order to render the work as useful as possible, I have added the following observations by way of appendix. Most authors who have hitherto written on these subjects, have been either unintelligible to readers in general, or have laid down rules too rigid to be complied with: I would remark that such very strict attention to these particulars, is not so absolutely necessary as has been imagined. The ingenious Dr. BUCHAN, in his Domestic Medicine, is the only author who has given directions in this respect, calculated for general benefit, and easily reducible to practice.

Animal Food.

A mixture of animal and vegetable food affords the most wholesome diet and the greatest nourishment: It is unwholesome to live on either alone. Animal food tends to induce corpulency, and too great a fulness of the vessels, which predisposes the constitution to fevers and inflammatory disorders in general. Vegetable food on the contrary, is found too weak a diet for many constitutions, therefore would be improper for persons in general to live upon, though it would be much the safest of the two.

Different sorts of animal or vegetable food agree with different constitutions, the patient must therefore be regulated in his choice by experience ; it is impossible always to tell *a priori* what kind of food will agree best with every patient's stomach ; yet it must be allowed that smell and taste should have a share in the election ; but it will be essentially necessary not to confound the natural taste with those which are acquired by habit, or brought on by disease ; for we know that in consequence of necessity or example, substances may be used, at first disagreeable, which by degrees may be preferred to more wholesome diet. Hence many instead of plain and salutary food, prefer that which is highly seasoned.

LAMB, VEAL, and MUTTON, experience has taught me, cause less disturbance in general to the stomach in digesting than other animal food ; yet it is an universal doctrine that the two first are harder of digestion than older meats, such as mutton or beef ; at the same time it is allowed that they afford more nourishment, and are less stimulant than the latter ; however, this I know, that many people who digest beef with some difficulty, will eat either of the former without the least inconvenience ; but here I wish to observe, that beef, or any other meat, ought not to be objected to but from reason.

People who are troubled with indigestion or debility of the digestive organs, for whose benefit I design these remarks, should always consider not so much what kind of food they are to eat as what quantity they are able to digest ; this is certainly of the first consideration ; more should never be eaten, let the food be ever so simple, than will fit perfectly
easy

easy on the stomach ; overloading that organ disturbs the process of digestion, and prevents the proper returns of appetite : Digestion, as Mr. John Hunter observes, is quick or slow in proportion to the keenness or want of appetite ; and those who never allow time for this to return will be subject to a debility of the digestive organs. Hence the impropriety of eating without hunger, the recurrence of which should be waited for, and satisfied with moderation. Experience discovers to us the proper quantity of food which agrees best with the stomach : our reason founded on observation in this respect, is the only guide to be trusted.

PORK and BACON. It is remarked that persons in general who have weak organs of digestion, or are unaccustomed to this food, are usually disordered by it ; however there are persons who find it wholesome. Young sucking pigs are allowed to be heavier than full grown pork because they are fatter.

VENISON and HARE are readily digested. GEESE and DUCKS are heavy and hard of digestion to all except the strongest stomachs.

TURKEY is much lighter than the two last mentioned fowls ; but it is still rather heavier than the common fowl and pheasant. Partridge, quail, moor game, the woodcock and pigeons, are all digested easily, and afford a good deal of nourishment.

Animal food if kept some time after it is killed before it is used, becomes more tender and easier of digestion, owing to its having undergone a slight degree of fermentation ; but it is necessary to observe that it should not be kept so long as to become putrid, which would render it very detrimental to health.

SALTED MEAT, if frequently used, is unwholesome, as from its being very difficult of digestion, it vitiates the blood and other circulating fluids.

The fat of meat is nutritious, and is more soluble than the lean, but like butter and oil, is apt to disorder the stomach.

Meat which is somewhat rare is of easier digestion, and affords more nourishment than that which is perfectly or overdone; because the latter is drier, firmer, and more insoluble. Fried meat, or baked in a pye, is of more difficult solution, than that which is moderately roasted or boiled. Pies are greasy and heavy, and seldom digest well in weak stomachs.

Broths or soups are digested slower and with more difficulty than solid meat, and are less nutritious in general than solid animal food.

High seasoned things should be avoided, because they are unnatural, and excite an unnatural appetite; they stimulate and heat the stomach, and eventually destroy its tone, which is evident from this, that the stomach which could with ease digest plain food, before it was accustomed to spices, cannot afterwards digest it without their assistance. It is well known that in all countries the strongest and most healthy men are those who live upon the plainest diet; this must therefore be the best. A person afflicted with indigestion will find temporary relief from the use of spices and strong liquors, because they rouse for a moment the languid organs of digestion; and the stomach with too full a meal stands in need of such auxiliaries to assist its natural power: but to a temperate man in good health, these are not only unnecessary but hurtful. I do not mean to condemn the moderate use of spices, but that constant excessive abuse, which is too often practised, should
most

most certainly be avoided. Pepper and ginger are the most heating, therefore should be used with great moderation.

FISH in general is of a more tender texture than butcher's meat, and of more easy digestion, but affords less nourishment, unless the fat fish; for eels, salmon, and herrings, being of an extremely oily nature are not easily digested. Most other fish are light and wholesome, and are proper for weak stomachs, and for convalescents, who are not able to digest stronger food, and who require aliments neither stimulant nor heavy. However there are some people who never digest fish with ease.

SALT FISH, like other substances preserved by salt, is unwholesome, and if used freely, proves hurtful to the constitution.

Vegetable Food.

Taste and smell frequently direct our choice of these; but those of easy digestion, which sit easiest on the stomach, are the most proper; the latter of which can only be known from experience.

When people are corpulent, fat, and plethoric, with distension of the vessels, health, or even life, becomes endangered from inflammations and other diseases. In order to correct this constitution, vegetable diet ought to be employed, and when accompanied with sufficient exercise, and proper medicines to keep the bowels in a natural state, cannot fail of success. It is in vain to expect, as many do, to remove this by medicines alone, which, as I have observed before (page 68) frequently defeat their own intention by too long continuance. Vegetable diet

is both an innocent and effectual remedy ; to conform to such a regimen is at first, I must acknowledge, unpleasant ; habit however renders it easy and agreeable ; but at the same time it should be remembered, that sudden changes in the mode of living are sometimes dangerous : for instance, if a person accustomed to vegetable food tries to eat a large portion of animal food, he will in all probability become feverish and plethoric ; and if one accustomed to meat suddenly adopts a vegetable diet, he will be in danger of losing strength, and being seized with indigestion ; therefore both animal and vegetable diet ought to be introduced gradually ; and unless in extreme cases, vegetables need not be the *sole* but the *chief* species of aliment.

Notwithstanding the general utility of vegetables, there are some constitutions that are so much disordered, as not to be able to take them in any quantity without inconvenience. In such cases, vegetables must be avoided, except bread ; but even here the patient should gradually endeavour to accustom himself to the moderate use of a greater variety of vegetables ; for the effects of habit on the human body are extremely great. Vegetables, as they do not tend to induce plethora, nor to excite heat, are very wholesome to persons of an inflammatory habit. They are particularly proper in hot climates.

Vegetable aliment is cooling and less stimulant than animal food. This cooling quality appears principally to proceed from the acid which is in most vegetable productions ; because those which are most acid are most cooling,

Vegetables

Vegetables are generally considered as acefcent and flatulent. As these qualities however are never perceived by people of vigor, nor where the stomach and bowels are in a natural healthy state, the fault seems to lie in the person rather than in the aliment. So that acidity may reasonably be imputed to disease of the stomach and bowels, and digestion being carried on in a disturbed and imperfect manner.

I shall now proceed to consider a few of those vegetable substances which are chiefly employed as food.

BREAD affords more nourishment than most vegetable substances, but it is inferior both in nourishment and facility of digestion to animal food, and some stomachs bear but a very small proportion of it, without soon suffering from distension and acidity—it should be baked twenty-four hours before it is eaten.

RICE is a very wholesome food, more easily digested than bread, seldom occasioning acidity or flatulency, and, on the whole, perhaps is the most wholesome grain that is used by man; as to the universal opinion of this being an astringent is founded in error; it is to be sure generally prescribed in diarrhœas, because it causes less disturbance to the stomach and bowels in digesting than any other, is highly nutritious, and of a demulcent quality.

POTATOES are easier digested than bread, and very rarely disagree even with delicate stomachs. They afford less nourishment than those I have already mentioned, owing chiefly to the large quantity of water in their substance. Potatoes, asparagus and artichokes are the least flatulant, and often agree

agree with weak stomachs, when cabbage, turnips, carrots and onions will not.

Celery, lettuce, endive, raddish, cucumber and melon, which have not been subjected in any respect to the action of fire, contain the whole quantity of their fixed air, and are more difficult of solution—Cucumber has been known to lie forty hours in the stomach undigested.

BUTTER, and the expressed oils of vegetables, which are similar to fat, are extremely nutritive; but all these substances are of difficult digestion. Weak stomachs are disordered by even a small quantity of most of them. Butter seems to be the lightest to most stomachs, but this probably proceeds from habit.

EGGS are nutritious, they are easy and light of digestion when moderately boiled, but when quite hard boiled, the white is particularly difficult of digestion, and is probably the least nutritive.

FRUITS in general afford a mild and wholesome nourishment. Some are more easily digested than others, and some have a very different effect on different constitutions: the most acid are in general the most cooling, and the sweet, oily and mucilaginous, are the most nutritive.

Strawberries, currants, raspberries, peaches, apricots, nectarines, grapes, oranges, gooseberries, cherries, apples and pears are among the most wholesome. An apple, on account of its firmness, is more difficultly dissolved in the stomach than a pear—the same observation is applicable also in regard to several other kinds of fruit. The patient therefore by experience must endeavour to ascertain which of them agree the best with him, and in what form

form and quantity they should be taken.—Fruit is very improper after a full meal.

Nuts, walnuts, sweet almonds, the cocoa, pistachio, and the whole race of nuts, are certainly nourishing, but extremely difficult of digestion. Hence the impropriety of introducing such substances in deserts, when the stomach is loaded with other food. The walnut is the tenderest and most easy to digest; and the filbert is justly preferred to the common nut. They should be used fresh, or kept in a cool place, so as to be easily peeled. These should be eaten in great moderation; for too large a quantity of them oppresses the stomach, excites pain, and disturbs the process of digestion.

A variety of food at one meal is unwholesome; because it induces the person to eat more than the stomach is able to digest with facility. Those persons therefore who use one or two kinds of aliment constantly and regularly, have their stomachs in far better order than those who indulge in variety; though it must be acknowledged that even the habit of digesting a variety of aliments is in some degree to be acquired, for persons accustomed thereto are less disordered by it than others, yet this cannot render it a good custom.

Milk.

This is universally allowed to be an intermediate substance, between animal and vegetable food, which has induced me to mention it in this place.

Milk is of such nutritious quality, that it is often sufficient for the sole nourishment of man, or at least for a considerable part, and is equally fit at every period of life.

It is of easy digestion, gives less irritation to the intestines, and produces less heat to the system than animal or vegetable food, owing to its producing less foeces, and does not offend the stomach, unless it forms into too firm a coagulum; therefore whenever the digestive organs are weak, it will supply the body with nourishment with more certainty than any other matter. Upon this account, milk is a most excellent restorative diet, and acts almost as a remedy in all cases of emaciation and general debility; also, whenever the powers and vigor of the constitution begin to decline, arising from the advancement of life. It is a proper food in consumption of the lungs, especially where an hectic fever is present, as it has a tendency to obviate inflammation, and by persisting in its use for some time, it moderates the violence of the symptoms, and has been supposed, in many instances, to cure the disease entirely.

In every case where the fluids are vitiated, it affords a supply of them of the most perfect kind; it has a tendency to correct the alkalescent or acedcent state of the blood, which ever happens to prevail. At the same time it is worthy of remark, that it never produces too full a state of the blood vessels, yet it affords sufficient nourishment to obviate too empty a state of the same: from this we may conclude, that it gives both quality and quantity in the most perfect manner to the fluids; therefore it may easily be conceived, how milk, employed for some length of time, may be a means of correcting and expelling every fault that has taken place in the blood, unless in some cases where there is a specific acrimony; but even in these cases it will moderate
the

the violence of the disease, and greatly assist medicines in the cure thereof. What was before observed (page 116) with regard to the sudden change of diet applies also here.

Notwithstanding what has been said of the good effects of this valuable secreted fluid, milk, yet it will not agree with some stomachs, (as was before observed, page 16.) In every stomach milk is more or less coagulated, and so firmly in some, by the gastric juice, that it resists the solvent power of the stomach, and produces a variety of complaints. Instances have occurred, where milk, after being taken into the stomach many hours has been rejected, by either a natural vomiting, or one procured by art, in a large firm mass. From what cause this happens has never been determined, nor is it known upon a certainty, how this is to be remedied; the best way therefore in this case is to avoid it entirely.

Drinks in general.

MALT LIQUORS. Where the patient is afflicted with indigestion and general relaxation, these are said to be improper, owing to their frequently inducing flatulency, acidity, and a purging. There are however many exceptions to this rule, for ale and porter are found sometimes to agree with the stomach, to promote digestion, to open the body, and to procure sleep. Small beer in proper condition, is an excellent diluter. Where these liquors agree with the stomach they are certainly the most wholesome, as well as most natural to the constitution. They should be taken cold, as all warm liquors are in general relaxing, and besides, these, when drank

warm, are most apt to ferment in the stomach, and produce flatulency.

The too liberal use of wine, or of any spirituous liquor, accustoms the stomach to an unnatural stimulus, which encreases its action, and consequently destroys its proper tone, and produces all the distressing symptoms of indigestion; also proves injurious to the whole machine. The stomach, especially of children, should be cautiously preserved from the action of strong stimulants of every kind; from the neglect of this precaution they are found to labour under indigestion, worms, rickets, and universal debility. A man may appear very sober, and yet drink a large quantity of these liquors, so as greatly to quicken the pulse, and to excite an unnatural heat, which is hurtful to every body, but more particularly to a sedentary man. A bottle of wine a day is too much to be drunk by any one who prefers health to pleasure; on the contrary, a few glasses of good wine after dinner or supper, are frequently of service in indigestion and general relaxation, and will generally be found sufficient, unless the patient has been in the habit of living freely, then the quantity should be diminished by degrees, as all sudden changes in point of diet, as I before observed, are dangerous. Wine thus moderately used promotes digestion; it has all the good effects of a gentle stimulus, without any of its weakening properties. Wines of good body and of proper age should be chosen, such as madeira, port, claret, sherry, &c.

But where neither wines nor malt liquors of any kind can be used, because they ferment, become acid in the stomach, and very much disorder that organ:
under

under such circumstances water is a proper diluent. Cold water strengthens the stomach, gives tension to the vessels, and does not heat nor stimulate the system; therefore whatever good effects it possesses, they are all permanent. Water is the only liquor to satisfy thirst for the whole brute creation, and some part of mankind, during their whole lives, take no other, and the state of health, the hard labour, and fatigue those persons are able to undergo, shew that this is well suited as a drink, to answer every purpose of the animal œconomy. That kind which has no impregnation sensible to the sight, taste, or smell, is the best for use. It may be sometimes necessary to mix a little brandy, rum, or geneva with the water, when a moderate stimulus is required; they retard fermentation and prevent acidity: but when the stomach is in a natural healthy state, spirits are never requisite. They should never be taken pure, nor used but in small quantity; if their proportion is encreased, the good effects thereof will be destroyed.

Exercise:

A sedentary and studious life is highly destructive to health, producing general relaxation, indigestion, with the whole train of the most distressing complaints consequent thereon, which people who neglect exercise daily experience.

The good effects of exercise on the animal machine, are the following:

It encreases the action of the solids upon the fluids—It tends powerfully to augment the tone and vigor of the muscular fibres—The nervous energy becomes

becomes greater—The circulation of the blood is accelerated—A determination to the surface of the body is produced, consequently a salutary perspiration takes place, which tends to prevent, as well as to remove, any obstruction of the internal parts.

Exercise also encreases the tone of the stomach, and highly promotes appetite and digestion. It most powerfully obviates a plethoric state, or too great a fulness of the vessels, as well as assists a vegetable diet in removing it when present.

Walking (not fauntering) from three to four miles an hour in the open air, to the amount of from eight to twelve miles a day or more, is the most natural and the most wholesome of all exercise. It is well adapted not only to the preservation of health, but also to the removal of many chronic disorders, especially indigestion, general weakness, and hypochondriac affections.

Where the constitution is so much debilitated, as to be unable to bear walking without too great fatigue, riding on horseback is extremely beneficial, and is superior to riding in a carriage, for the purpose of giving vigor to the constitution.

But where neither walking, or riding on horseback can be complied with, travelling in a carriage may be substituted with advantage; and where the patient drives himself is particularly proper, as there is less opportunity of making the complaint the subject of attention.

The good effects of every kind of exercise, are the most evident when it is pursued with pleasure, and most salutary when moderate, but sufficiently continued, and during the course of which the person breathes a pure cool air.

Excess

Excess of study is so powerful a cause of indigestion and general debility, that I find very few men of learning are free from these complaints. It is therefore necessary to guard against too close attention and mental exertion. Natural history, the history of men and manners, rhetoric, belles lettres, and experimental philosophy, along with other easy subjects of amusement, may be moderately pursued without the smallest detriment to health; for the reader on these subjects is often merely passive, and engaged chiefly in attending to facts.

Air.

Pure cool air increases the elasticity of the muscular fibres, braces and invigorates the whole nervous system, and is highly conducive to health. The air of the country, especially on the sea coast, is to be preferred to that of large towns and cities, particularly where the latter disagrees; because it is much less contaminated with noxious particles. Unventilated rooms, large companies and assemblies ought to be to be avoided by those who are naturally delicate, who have an increased sensibility of their nerves, and are under a state of general debility; because the air is rendered heating and relaxing, and unfit for the purposes of life. The fire in common sitting rooms should be small in proportion to their size, and the air preserved of a moderate temperature; because the vital property of the air is lessened by the attracting power of the fire; therefore the larger the fire, the greater quantity of air must necessarily be consumed. The patient should always sleep in a cool spacious chamber, with the curtain of the bed kept continually open, and should be so covered as to maintain

maintain only a moderate degree of warmth. He should be particularly attentive not to lie too warm in bed, but a mediocrity should in this respect be observed; nor should a copious perspiration in the morning be encouraged, as it produces great relaxation, and is singularly detrimental to health. A very general error prevails among mankind, in exposing the body too much to the action of heat, with a view to preserve it from the pernicious effects of cold: even an infant, which absolutely requires to be kept comfortably warm, should be preserved from an excess of heat. The influence of cold will be the least considerable upon those people who are most frequently, but prudently exposed to its action. And here I would take notice of the dangerous and improper conduct of those persons, who scarcely ever enjoy the benefit of the fresh air, but keep themselves with their children, constantly in a warm room, by which means they become greatly relaxed, and are very seldom without a cold or a cough, from which I believe most of the consumptions in this country originate; for what with the general relaxation, arising from neglect of exercise and air, and the medicines usually prescribed to cure the cough, composed of oils and syrups, which if continued long, will pall the appetite, weaken the digestive organs, and instead of curing the disease, will increase the predisposition, and induce an irrecoverable consumption: It is next to impossible that the health of the patient can be re-established during the action of such destructive and formidable enemies; therefore let me earnestly recommend those who have it in their power, to accustom themselves with their children, to the open air and exercise, as the most probable means of preserving health, and preventing diseases.

*The TONIC POWDERS, at 5s. 5d. each
Packet.*

*The TONIC DROPS, at 5s. 5d. each
Bottle; sold at the Author's, No. 7, Denmark
Street, Soho, London, and no where else.*

*It will be requisite to observe, that these Me-
dicines should be persisted in fourteen days, before
a proper judgment can be formed of their bene-
ficial effects.*

*DOVER's POWDER, recommended in this
Essay for Consumptive Coughs, may be had also
at the Author's, made into Pills, at 2s. 6d. each
box.*

*Dr. SQUIRRELL may be consulted at home
from ten to twelve o'clock every day.*

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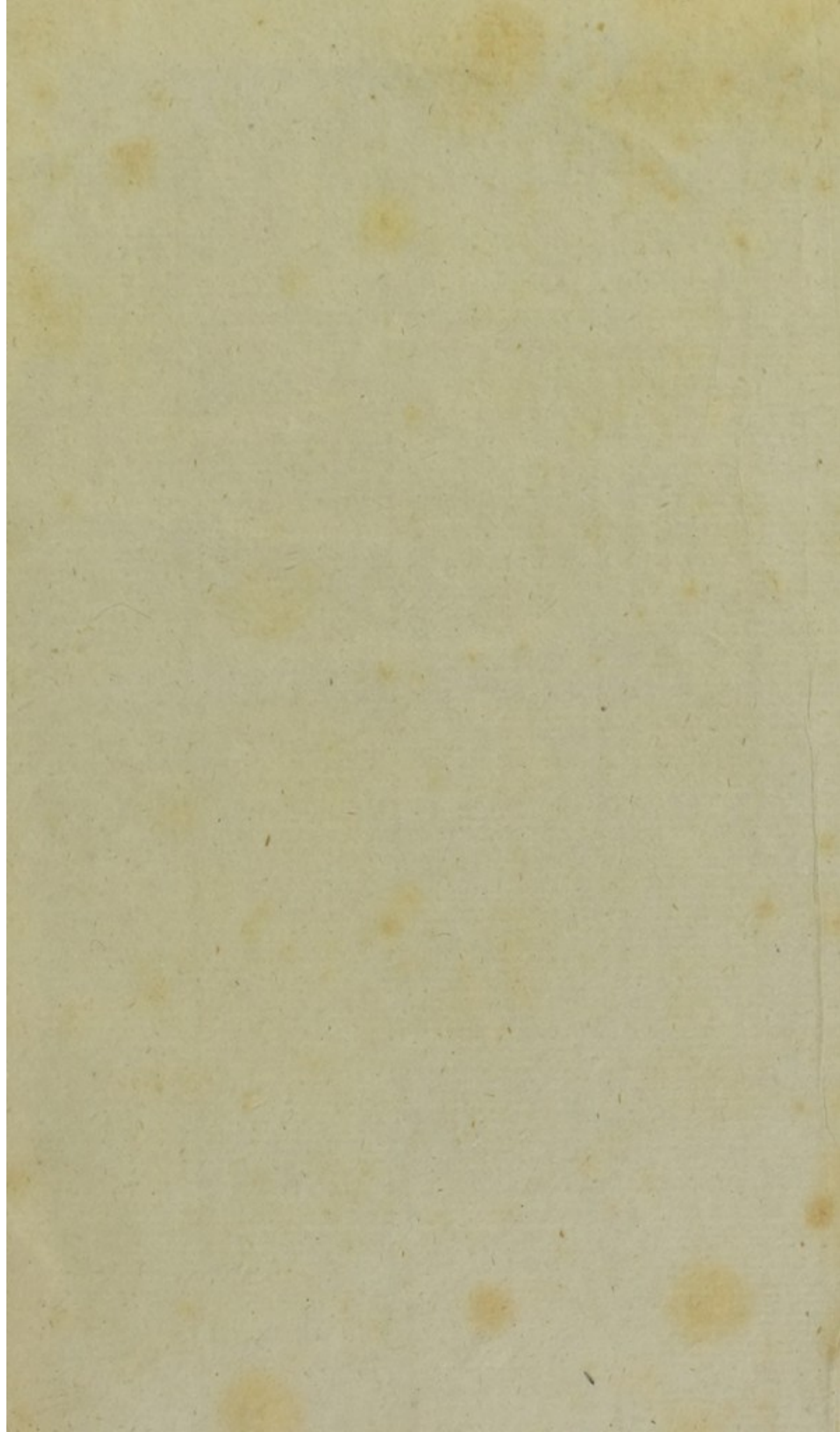
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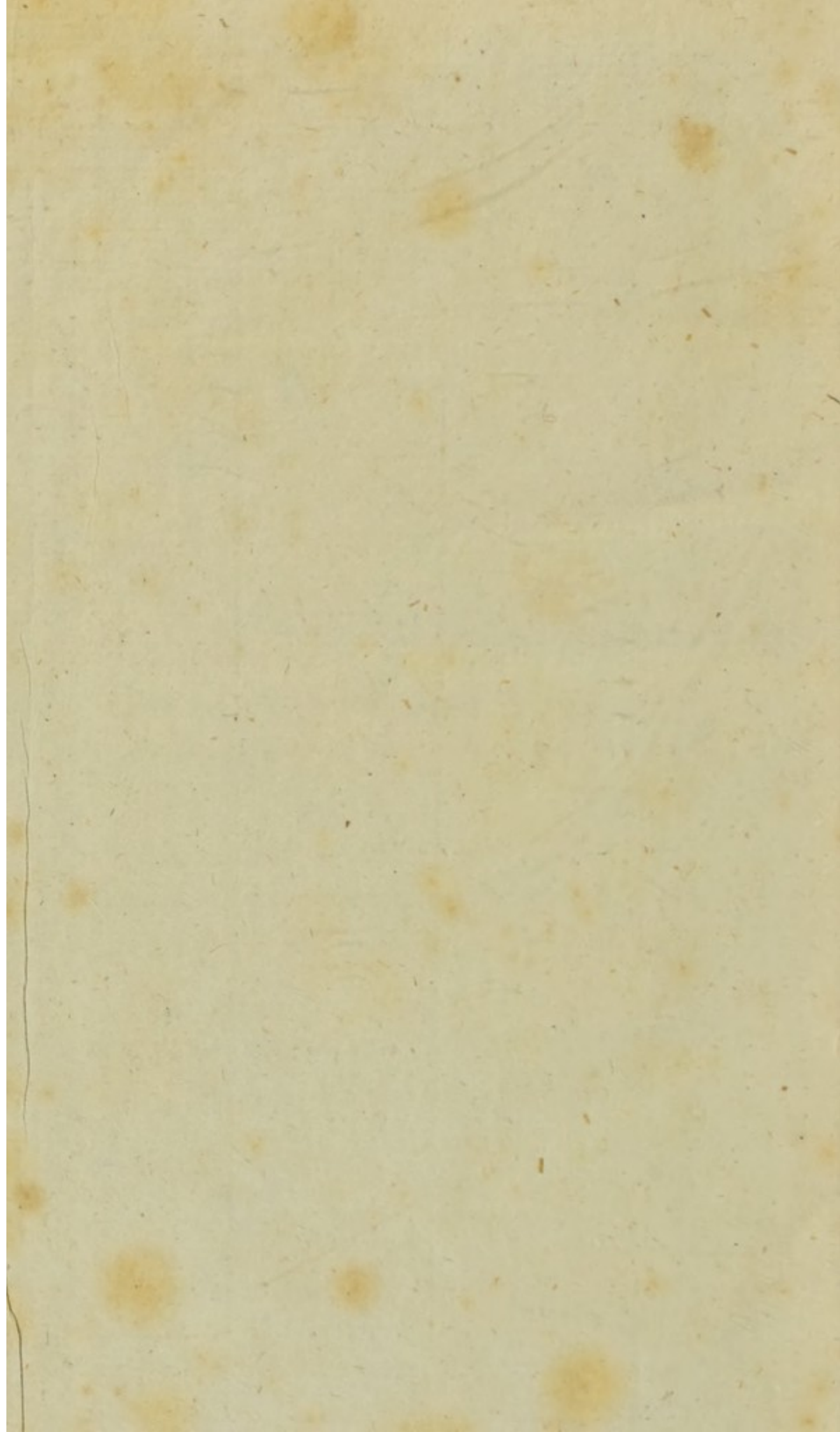
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