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THE LADIES FRIEND;

OR,

COMPLETE PHYSICAL LIBRARY,

FOR THE

Benefit and particular Uſe of the Ladies of Great Britain and Ireland;

TREATING

Of the Nature, Cauſes, and various Symptoms of all their Diſeaſes, Infirmities, and Diſorders, natural or contracted, both before and after Marriage:

WITH

Direct Methods of Cure, without expoſing their Indiſpoſition to any Perſon living:

ALSO

Of the Diſorders incident to Children, from the Month to Five Years of Age;

WITH AN APPENDIX,

Containing a Number of the moſt *Valuable* and Modern Preſcriptions for Family Uſe.

To which is annexed,

THE PRACTICAL MIDWIFE,

And thirteen curious Engravings of the natural and unnatural Poſture of the Infant as it lies in the Womb, with an Explication how to manage a Difficult Labour, &c. &c.

The THIRD EDITION, with Additions and Alterations.

By S. FREEMAN, Eſq; PHYSICIAN,
è Collegio Regio Aberdonenſi.
Author of the New Good Samaritan, and other Medical Writings.

For by me thy Days ſhall be multiplied, and the Years of thy Life ſhall be increaſed. Prov. xix. ver. 11.

LONDON:

Printed for the AUTHOR, and may be had at his Houſe, in STAPLE-INN BUILDINGS, MIDDLE-ROW, HOLBORN; and by all Bookſellers, and News-Carriers, in Great Britain and Ireland.

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ERRATA.

Page 293 in the Appendix, in the third line, inſtead of *Aſurabacca* read *Aſarabacca.*

296 in the Appendix, No. XXV, the firſt line, inſtead of Spirit *Minderens* read *Mindererus.*

300 in the Appendix, line fifteen, inſtead of *Soop* read *Soap.*

303 No. LI, in the ſecond line, inſtead of *Hypocondriac* read *Hypochondriac.* Any other literal error, the Reader will impute to hurry in the compoſing the work.

PREFACE.

THE numerous applications that have been made to the Bookſellers throughout the kingdom for the LADIES FRIEND, ſince the laſt impreſſion was out of print, is my motive for re-printing it, wiſhing never to withhold ſo valuable a *Jewel* from the *Lovely Sex* as the following mode of reſtoring to themſelves health without other aſſiſtance, or without divulging their delicate ſentiments to any perſon living; or even mentioning the nature or cauſe of their diſeaſe. In order to illuſtrate and make this work more uſeful than any former impreſſion, it has undergone a great number of uſeful alterations, and many additions have been made, particularly a few concerning the cauſe and cure of Melancholy in Men; this I thought myſelf juſtifiable in doing, as every new improvement adds value to the publication.

I have left out of this edition a few pages, which upon a further reviſal appeared to be too immodeſt for the *chaſte* ear; inſtead of which, have added ſome uſeful obſervations upon the *Nerves*, and diſorders in general ariſing from the *Womb*, which affect the Head and Stomach; to-

gether with an Appendix, which will render it of more general utility to families than ever it was before, there being but few complaints incident to men, women, and children, but that there is a warrantable method pointed out to them, in this particular part of the work, to make uſe of, which, if perſevered in, will prove ſalutary.

Having attended with unremitted labour and care to moſt, or all the diſeaſes related in the following ſheets, found the methods there propoſed to ſucceed even beyond my expectation; nor am I ſingular in this opinion, but can mention it with truth, that I have laid the proof ſheets before a very eminent Gentleman, an old Practitioner in Medicine, and a Member of the Royal College of Phyſicians in London, and other Gentlemen of the Faculty, and received their *learned Opinion and Approbation* of this publication; ſo that I have not hazarded one ſingle preſcription, without firſt having conſulted and had the advice of my medical friends; which certainly muſt incite the practitioner to be more bold in perſevering in the following doctrine.

It is the delicate texture of the *female* conſtitution, on the one hand, that renders them the moſt *amiable* object in the univerſe; ſo on the other, it ſubjects them to an infinite number of diſeaſes to which man is an utter ſtranger, or which he is acquainted with only from report and obſervation. Being deſigned by the Omnipotent

Being

Being for the vehicle through which the human ſpecies ſhould be propagated, and the repoſitory where every original vital particle ſhould be kept and nouriſhed for a certain time, while it increaſes from infinitely ſmall to a very conſiderable magnitude, it was proper that their generative parts ſhould be ſuited to theſe ends; which they could not be, according to reaſon, without ſubjecting the whole machine to its preſent inconveniences. The habit of body being capable of being relaxed and contracted on every occaſion, muſt neceſſarily want that degree of heat and firmneſs which is the characteriſtic of man, and which enables him to digeſt and evacuate his nutriment in due time and proportion. Hence ariſes that *monthly plenitude* which calls for an extraordinary diſcharge, and for which nature has provided in the ſituation and form of certain veſſels. As this periodical ſecretion in the female is unlike any thing known in the animal creation in *Europe*, it occaſions various ſymptoms and caſes that deſerve the utmoſt and niceſt regard of Phyſicians, as they reſemble no other diſeaſes that fall under their inſpection. And if we add to this, the *dangers*, *difficulties*, and various ſymptoms attendant on *Child-bearing*; all which, as well as the former, are treated of at large in this edition, I make no queſtion but the neceſſity and uſefulneſs of compiling books on the general Diſeaſes of *Women* and *Children*, will be acknowledged to be of the greateſt im-

portance, not only by every one of the Fair Sex, but alſo by every one of ours, who conſiders their modeſty, and is induced with ſentiments truly *generous* and humane. I flatter myſelf, that this publication will not be only uſeful in private families, but alſo to the young Surgeons, Apothecaries, and Midwifes, throughout the kingdom, particularly to the practitioners in country towns and villages.

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INTRODUCTION.

A PHYSICAL AND ASTRONOMICAL DESCRIPTION OF THE HUMAN SPECIES.

THE Omnipotent and Wiſe Creator, having made all things out of nothing, and from a crude and undigeſted lump or maſs (according to his will, and by his word) brought all things into a decent frame and majeſtic ſtructure: out of a confuſed nothing made the heavens and the earth, out of that which was dark and void he created light, he ſeparated the waters from the earth, and gave bounds to the unruly waves; and indued the dry and barren earth with a prolifical virtue, richly adorning it with graſs, herbs, and fruit-trees; he made the ſun, moon, and ſtars, to divide the light from the darkneſs, to enlighten and rule both day and night, to be for ſigns to diſtinguiſh ſeaſons, days and years; by his word he created every living thing that moveth. Having thus far proceeded in his ſo excellent and admirable workmanſhip of creation, he made MAN a ſummary of the world's fabric, a ſmall draught of the Divine Nature: he was made after other creatures, not only as the moſt perfect, but as the ſuperintendant and maſter of all things; created *Quod dominetur in piſces maris, et in volucres cœli, et in pecudes, et in univerſam terram, atque in omnia reptilia reptantia ſuper terram.* "To rule over the fiſh in the ſea, and over the fowls of the air, and over cattle, and over the earth, and over every creeping thing."

In Man he ended his work; on Man he ſtamped his ſeal and ſign of his power, on him he has imprinted his own image and ſuperſcription, his arms and his portraiture. *Dixit Deus, Faciamus hominem ad imaginem noſtram, ſecundum ſimilitudinem noſtram.* "God ſaid, Let us make Man in our image, after our likeneſs." In the creation of Man, God ſeemeth to deliberate and take council with himſelf, how to *epitomize* and gather together all his works in ſo ſmall a compaſs, to contract his book of creation into ſo ſmall a volume. He is called the Microſm, or little world, the recapitulation of all things, the ligament of angels and beaſts, heavenly and earthly, ſpiritual and corporal things, the perfection of the whole work, the honour and miracle of Nature. He created him naked, being a pure, neat, and delicate creature, made up of thin, ſubtile, well-tempered and ſeaſoned humours, innocent, and far more beautiful than the reſt.

He was created upright, but little touching the earth, quite oppoſite to the vegetable plant, whoſe root is therein fixed; far different alſo from the beaſt, who is a mean between a plant and himſelf, and goeth downward; his two extremes tending to the bounds of the horizon: this upright gait belonging only unto the human ſpecies, as the holieſt and moſt divine creature, his head tending to the heavens, on which he looks, and there beholds himſelf as in a glaſs, according to that of *Ovid*:

Os homini ſublime dedit, cœlumque videre
Juſſit, et erectos ad ſidera tollere vultus.

Tranſlated thus:

"He gave Man lofty looks, and upright gait,
"To view the heavens, and thereon contemplate.

His body being thus formed of pure, ſubtile earth, as a houſe and habitation for the ſoul, God breathed in him the breath of life, and he became a living creature; ſo, in the ordinary generation and formation, which is made of the ſeed in the womb, nature obſerveth the ſelf ſame order; the body is firſt formed, as well by

by the elementary force, which is in the ſeed and the heat of the matrix, as by the celeſtial influence of the ſun; according to the adage; *Sol et homo generant hominem:* "The Sun and Man do engender Man;" which is done (according to the opinion of moſt) in ſuch order that the firſt ſeven days, the ſeed of the man and the ova of the woman mingle and curdle like cream, which is the beginning of conception; the ſecond ſeven days, the ſeed is changed into a formleſs bloody ſubſtance, and concocted into a thick and indigeſted maſs of fleſh, the proper matter of the child: the next ſeven days, from this lump is produced and faſhioned a groſs body, with the three moſt noble parts, viz. the liver, heart, and brain: the fourth ſeven days, or near thirty, the whole body is perfected, jointed, and organized, and is fit to entertain the ſoul, which inveſts itſelf into the body (according to the beſt authority) about the ſeven-and-thirtieth or fortieth day: at the third month, or thereabout, the infant hath motion and ſenſe; and at the ninth month is brought forth. Theſe times cannot be ſo exactly prefixed, but that by the ſtrength or debility of the ſeed or matrix, it may be either haſtened or prolonged. But I ſhall forbear any further diſcourſe of it now, but give a more particular deſcription hereafter.

The body of Man conſiſts of a number of bones and cartilages, which are the baſis and upholding pillars of the whole fabric; the joints are compacted with many ligaments, and are covered with innumerable membranes, the members are ſupplied with above thirty pair of ſenſitive nerves, as with little cords; and all filled with as many arteries, like unto water-pipes, conveying vital ſpirits to all parts; the empty places are filled up with almoſt four hundred muſcles of different ſorts, all covered with a ſkin. In Man are the temperaments of all creatures; ſome there are who have the ſtomach of an oſtrich, others the heart of a lion, too many have the heart of a dog, not a few conditioned like a ſow, and many by nature very like to an aſs.

Man, for whom all things were made, is nouriſhed by the balſamic ſpirits of vegetables, animals, and mi-

nerals, and therefore doth conſiſt of all theſe faculties, that ſpring up as a token of health or ſickneſs.

The CELESTIAL PLANETS have great influence in this little world; the moiſtening power of the moon is repreſented by the marrow which flows from the brain; in the genital part is *Venus* ſeated; eloquence and comelineſs is the effects of nimble witted *Mercury*; the *Sun* hath a near affinity to the heart; benevolent *Jupiter* hath his ſeat in the liver, the fountain of nutritive blood; the fiery fury of *Mars* is lodged in the gall; the ſpungy and hollow milt, the ſeat and receptacle of melancholic humours, is a perfect repreſentation of the cold planet *Saturn*. Indeed, the ſpirits of the body do manifeſt and hold forth the quinteſſence of all things, the four humours in Man anſwer to the four elements, as the bile which is hot and dry repreſenteth the fire; hot and moiſt blood, the air; phlegm cold and moiſt, the water; cold and dry melancholy, the earth. Man is an admirable creature, the univerſe, and epitome of the world; and the horizon of corporal and incorporal things. I ſhall conclude this part with the ſaying of *Zoroaſtes*, "O man! the workmanſhip of moſt powerful nature, for it is the moſt artificial maſterpiece of God's hands."

A DESCRIPTION OF THE HEAD.

THE head of a Man poſſeſſes the higheſt place in the body, and repreſents the uppermoſt and angelical region, it is the fort of man's mind, the ſeat of reaſon, the habitation of wiſdom, the place of memory, judgment and cogitations: it containeth the brain, cold and ſpongious by nature, incloſed with two ſkins, the one more hard and thick, joining itſelf to the *dura mater*; the other more thin and eaſy, wherein lieth the brain incloſed, called *pia mater*, it is ſoft and tender to the brain, and nouriſheth it, as a loving mother doth her young and tender babe; from the *pia mater* doth iſſue the *ſinews* and *marrow* that deſcendeth and falleth down through the *vertebræ* of the back to the reins. Willes ſays, in the brain is the ſeat and throne of the rational ſoul, in which are a very great

great number of veins and arteries running through all the ſubſtance thereof, adminiſtering to the brain, both ſpirit and life, vital and nutrimental nouriſhment, which comes from the heart and liver by very minute, or ſmall veins and arteries; and concocted and reconcocted, elaborated and made very ſubtile, paſſing through thoſe woven and interlaced, turning and winding, in which labyrinth the vital ſpirit often paſſing and repaſſing, is perfected and refined, and becomes animal.

The *pia mater* divides the ſubſtance of the brain into three certain cells and diviſions, the foremoſt part of which contains the moſt, the middle part leſs, and the hindmoſt part the leaſt. In the foremoſt part of the brain *imagination* is ſeated; in the middle, *judgment*; in the hindmoſt part, *memory*: imagination is hot and dry in quality, quick and active, from whence it cometh that frantic men, and ſuch as are ſick of hot maladies, are excellent in that which belongs to imagination; many upon ſuch a diſtemper have been excellent in poetry and divination, it never ſleepeth, but is always working whether the man be ſleeping or waking; and by the vapors that ariſe from the heart, from variety of cogitations, which wanting the regulation of judgment, *when man ſleepeth* becomes a dream.

Hence it appears that ſubtilety, promptitude, and that which they commonly call *Wit*, belongeth to a hot imagination: it is active, ſtirring, undertaketh all, and ſets all the reſt to work, it gathers the kinds of figures of things, both preſent, by the uſe of the five ſenſes, and abſent by the common ſenſe.

Judgment is ſeated in the midſt of the brain, there to bear and rule over the other faculties; it is the ſeat of the rational ſoul, and the judge of mens actions: if you know the mean, whereby it knoweth and judgeth of things, learned authors have been of opinion, that the ſpirit knoweth by the help of the ſenſes, and that the underſtanding without the ſenſes is but as white paper. *Nil eſt in intellectu, quod non fuerit prius in ſenſu.* "There is nothing in the underſtanding which was not firſt in the ſenſe."

This opinion is falſe, becauſe the ſeeds of ſcience and virtue are inſinuated into our ſpirits, elſe is the

ſtate

ſtate of the reaſonable ſoul worſe than the vegetative or ſenſitive, which of themſelves are able to exerciſe their functions. It were abſurd to think that ſo noble and divine a faculty ſhould beg aſſiſtance of ſo vile and corruptible a one as the ſenſes, which apprehend only the ſimple accidents, not the natures nor eſſence of things: and were it ſo, it muſt follow that they who have their ſenſes moſt perfect, ſhould be moſt witty, whereas we many times ſee the contrary.

Yet let no one think, that the ſpirit hath no ſervice from the ſenſes, for in the beginning, a diſcovery and invention of things, the ſenſes do much ſervice to the ſpirit, but the ſpirit dependeth not upon the ſenſes. Some are of opinion, that it is hot and moiſt in quality, others ſay, that a dry temperature is proper to the underſtanding, whereby it comes to paſs that aged perſons excel thoſe in underſtanding that are young, becauſe as years increaſe, moiſture doth decreaſe in the brain; hence it followeth, that melancholic perſons that are afflicted with want, and *faſt* much, are *wiſe* and *ingenious*, for heavineſs and faſting are great driers: *Splendor ſiccus, animus ſapientiſſimus, vexatio dat intellectum*; "Heat and drought refineth the wit, affliction giveth underſtanding;" and that is the reaſon that great perſons who feed high, and take little or no care, that have nothing to vex them, are for the moſt part not very wiſe.

Beaſts that are of a dry temperature, as ants, bees, elephants, &c. are cunning and ingenious; on the contrary, they that are of a moiſt conſtitution, are ſtupid and without ſpirit, as are ſwine. Memory is ſeated in the hinder cell of the brain, as the grand accountant, or regiſter; ſome ſay its temperature is cold and dry, and that is thought to be the reaſon why melancholic people have good memories; others are of opinion that it is moiſt, becauſe children have better memories than old men, men are more apt for memory in the morning by reaſon of the moiſture gained by ſleep in the night; but let it be as it may, it is moſt certain that thoſe who have a good memory are not in general very wiſe.

It is true, that many have been excellent in this faculty, *Seneca* repeated two thouſand names as they were

were firſt ſpoken, he alſo hearing two hundred verſes, rehearſed them, and began at the laſt. *Cyrus* and *Scipio* knew every ſoldier's name in their armies. *Mithridates* learned the languages of two-and-twenty nations. *Eſdras*, the prieſt, had the whole Jewiſh doctrine by heart. *Julius Cæſar* would dictate to four at the ſame time; and that which is more ſtrange, *Pliny* would dictate to one, hear another, and read at that inſtant. As theſe were ſo excellent and accute in memory, others were as dull: *Atticus* could never learn the letters of the alphabet by heart; others could not count above four. It is ſaid, that *Theodore Beza*, two years before he died, as he languiſhed, his mind grew ſo feeble that he forgot things preſent, yet held thoſe things which were printed in his mind beforetime, when his underſtanding and memory was good. What ſhall we ſay of *Meſſala Cornivus*, who forgot his own name? or *Franciſcus Barbarus* of *Athens*, a very learned man in the Greek tongue, who having received a blow on his head with a ſtone, forgot his learning, which he had ſpent the greateſt part of his lifetime upon, yet remembered all things elſe? Theſe things are brought to paſs either by the ſtrength or debility of mens genitures, and from directions, and accidents thence proceeding. Wit and underſtanding, and all the faculties of the ſoul depend on a certain temperament; and hence it comes to paſs that thoſe who are acute and wiſe in ſome things, are ſtupid and dull in other ſome. I hope the Reader will pardon the digreſſion, and I will return to my former ſubject, of the parts within the head.

OF THE PARTS WITHIN THE HEAD.

HAVING given a general deſcription of the head, and of the intellective faculty of Man, I ſhall now proceed to deſcribe the particular parts within the head.

The ſenſitive faculty has its reſidence in the *pia mater*, it is that which gives virtue to all the particular ſenſes, and keeps a harmony among them, they are five in number, viz. ſeeing, hearing, ſmelling, taſting, feeling; although theſe are all united in one in the brain,

brain, yet operatively, they are diſtinguiſhed in their ſeveral ſeats and places of reſidence.

The ſight reſides in the eyes, and particularly in the cryſtalline humour, they are two in number, and collateral, planted in the higheſt ſtage, or centinels, they are the luminaries of the *microcoſm*; *Galen* ſays the brain and head were made for the eye that they might be in the higheſt, as a beholder in a tower; they are next in nature unto the ſoul; for in the eye is ſeen and known the diſturbances and griefs, gladneſs and joys of the ſoul, as love, wrath, and other paſſions; they are compounded and made of ſeven tunicles, or coats, and three humours, they proceed out of the ſubſtance, they take a panicle to defend it from annoyance. They meet and are united into one ſinew, about half an inch in length before they enter the ſkull, and after divided into two, each goeth into one eye, they are called *nervi optici*, the optic nerves, and through theſe, are brought the *viſible ſpirits* to the eye.

Theſe are the moſt noble outward parts of the body, in beauty, utility, mobility, and activity. They are to the viſage, that which the viſage is to the body, they are the face of the face; and becauſe they are tender, delicate, and precious, they are fenced on all ſides, with ſkins, lids, brows, and hair. The object of the eye or ſight is colour (according to the common opinion) which is an adherent quality in bodies, whereof there are ſix ſimples, as white, yellow, red, purple, green, and blue; the compounds are infinite; to ſpeak more fully, the true object is light; which is never without colour, and without which the colours are inviſible.

The ſenſe of ſeeing excelleth all the reſt in many things; it apprehendeth farther off, and extendeth itſelf even to the ſtars. It is certainly reported, that *Strabo* had ſuch acute eyes, that from *Lilybæum*, he could diſcern ſhips, going forth of the *Carthagenian* haven, and could number them; the diſtance was one hundred and thirty-five miles. It hath more variety of objects, for to all things and generally in all, there is light and colour, the objects of the eyes, as I hinted before. It is moſt exquiſite, for it is moſt exact, in the leaſt and fineſt thing that preſents itſelf. It is more

prompt

prompt and ſudden, for it apprehendeth even in a moment and without motion, when the other ſenſes require motion and time. It enjoyeth a liberty incomparable to others; the eye ſeeth, or ſeeth not, and therefore hath lids to open or ſhut; it is active; all the reſt purely paſſive. But that which is moſt noble in this ſenſe is, that the privation of the object thereof, which is darkneſs, brings fear, and that naturally, becauſe then a man findeth himſelf robbed of ſo excellent a guide; the ſight in the light, is inſtead of company, wherein man much delighteth.

It would fill a large volume to deſcribe the eye in every particular, but that which I have already given is ſufficient, it being not my intent to give a thorough deſcription of anatomy. *Hearing* is the next ſenſe to be conſidered, whoſe reſidence is in the ears, it is in quality cold and dry, under the dominion of Saturn. They are placed on the outſide of the head, in the ſelf ſame height as the eyes are, as the ſcouts of the body, porters of the ſpirit, the receivers and judgers of the ſounds, which always aſcend. They have their entrance oblique and crooked, that ſo the ſound may not enter all at once, whereby the ſenſe of hearing might be hindred, and not ſo well able to judge; and again that the ſounds being fugitive, might there lurk, and abide under his ſhadow, till the inſtruments of hearing have gotten poſſeſſion thereof. The ſinews, that are the organs of hearing, ſpring each from the brain, and when they come to the hole of the ear, they are wreathed together, the end is like a worm, or little teat, into which is received the ſound, and from thence carried to the common wits to diſtinguiſh. The object of the ear, or hearing, is a ſound, or noiſe proceeding from the encounter of two bodies; a pleaſant and melodious ſound ſweeteneth and appeaſeth the ſpirit, conſequently the body too, and drives maladies from them both, the ſharp and penetrant, doth trouble and wound the ſpirit. This ſenſe hath many ſingularities; for the ſervice of the body, the ſight is moſt neceſſary, but for the ſpirit, hearing hath the ſuperiority; it is ſpiritual, the agent of underſtanding; many that have been blind, have been great and wiſe philoſophers, but never any that were deaf. In brief,

ſcience,

ſcience, truth, and virtue, hath no other entrance into the ſoul, but by the ear. Chriſtianity teaches that faith cometh by hearing, which the ſight doth rather hurt than help. Faith is the belief of thoſe things which are not ſeen, which belief is acquired by hearing. For all theſe reaſons, and many more that might be inſerted, the wiſeſt have ſo much commended hearing, the pure guardian from all corruption, the health of the inward man.

Smelling is ſeated in the noſe, governed by *Mars*, and is hot and dry in quality, and therefore martial creatures, or ſuch as are hot and dry of conſtitution, excel in this faculty, as dogs, &c. From the brain cometh two ſinews to the holes of the brain pan, where beginneth the concavity of the noſe, and theſe two are the proper organs, or inſtruments of ſmelling, they have heads like paps, into which is received the virtue of ſmelling, and preſenting it to the common ſenſe. Over theſe two organs is placed *colatorium*, or the noſtrils, which concavity or ditch was made for two cauſes: *firſt*, That the air, that bringeth the ſpirit of ſmelling, might reſt therein till it were received by its proper organs. *Secondly*, that the excrement of the brain might be hidden under it, till it be fit to be ejected. From this concavity goeth two holes into the mouth, of which we may take notice of three conveniences: *firſt*, that when a man's mouth is cloſed, either by eating or ſleeping, that then air might come through them to the lungs, or be forced to hold his mouth open always. *Secondly*, they are helpful to a man's ſpeech, for when one or both of thoſe paſſages are ſtopped, a man ſpeaketh in the noſe, as we commonly ſay. *Thirdly*, They are uſeful in the cleanſing of the concavities of the noſe, either by ſnuffing, or drawing it through the mouth. The object of ſmell is an odour, or ſcent, which is a fume riſing from an odoriferous object, aſcending to the noſe, to the ventricles of the brain; the ſtrong and violent hurteth the brain, the temperate and good doth rejoice, delight, and comfort. This ſenſe is oftentimes very uſeful in diſcovering meats or drinks of an evil odour, which otherwiſe would much prejudice the ſtomach, and work evil effects in the body of man.

Much

Much more might be ſaid, touching the ſhape and form, matter and compoſition of the noſe, but my deſign is to diſtinguiſh the parts in a general way.

The taſte is hot and moiſt, and under the influence of *Jupiter*, this ſenſe hath its reſidence in the palate of the mouth and tongue. Its office is to chooſe what food is congruous to the ſtomach, and what not. The ſkin of the palate of the mouth is the ſame with the inward part of the ſtomach, and the ſame with the way of the meat into the ſtomach; and hence it cometh to paſs that when a man is touched upon the palate of the mouth, it tickleth the ſtomach; and ſo much the nearer to the throat, ſo much more the ſtomach abhorreth. The object of taſting is a ſavour or ſmack, whereof there are ſix ſimple kinds, as ſweet, ſour, ſharp, tart, ſalt, bitter; the compounds are many. And being led to the mouth, it is not amiſs if I ſpeak a few words to the compoſition thereof. In the mouth are five parts to be conſidered, the lips, the teeth, the tongue, the uvula, the palate of the mouth, of the which I have already ſpoken: a word or two of the reſt. The lips are made of a muſculous fleſh, their office is, *firſt*, as the door to the houſe, to keep the mouth cloſe till the meat be chewed; *ſecondly*, they help to pronounce the ſpeech. The teeth, the hardeſt members, faſtened into the mandible; their office is firſt to grind the meat before it goeth into the ſtomach, that ſo it may the better digeſt: *ſecondly*, that it might help to the ſpeech, for they that want any of their teeth are defective therein. The number is uncertain, ſome have more, ſome have leſs, they who have their full number have thirty-and-two. The tongue is a carnous member, compound, and made of many nerves, ligaments, veins, and arteries, ordained principally for three purpoſes: *firſt*, that when a man eateth, the tongue might turn the meat in the mouth till it be chewed: *ſecondly*, by the tongue, and the palate of the mouth near the root of the tongue, is received the taſte of ſweet or ſour, and thence preſented to common ſenſes to paſs judgment thereof. *Thirdly*, and principally, the tongue is ordained for the pronunciation of ſpeech, of which faculty I muſt crave leave to inſiſt on, and that as briefly as may be. Speech is an excellent preſent, and very neceſſary, given only

unto man, *animi index & ſpeculum*; it is the interpreter and image of the ſoul; the heart's meſſenger: the gate, through which doth paſs all that lieth within the dark and hidden corners of man, by this the ſpirit becomes viſible. Of all the external and viſible parts of the body, that which cometh neareſt to the heart is the root thereof, and that which cometh neareſt the thoughts is ſpeech, "Out of the abundance of the heart the mouth ſpeaketh." It is a powerful maſter, an imperious commander, it ſtirreth up, animateth, exaſperateth, appeaſeth, maketh ſad, merry; it imprinteth whatever paſſion it handleth; feedeth the ſoul of the hearer; it maketh him bluſh, wax pale, laugh, cry, tremble, mad with choler, leap for joy, what not? It is the great huckſter and intermeddler, by it we traffic, peace is handled, affairs are managed, it is the band of human ſociety; hearing and ſpeech anſwer, and are accomodated the one to the other, by theſe two the ſouls are poured the one into the other; ſo that if theſe two gates be ſhut, (as it is in thoſe that are deaf and dumb) the ſpirit remaineth ſolitary and miſerable. Hearing is the gate to enter, by it the ſpirit receiveth all things from without. Speech is the gate to go out, through it the ſpirit ſendeth forth that which was within. From the communication of theſe two, as from the ſtroke of two flints, there cometh forth the fire of truth; and ſo by the poliſhing and rubbing of theſe two, knowledge cometh to perfection; but hearing is the firſt and principal, for there can nothing come forth, which did not firſt enter; and therefore he that is deaf altogether by nature is alſo dumb.

I might enlarge a great deal more in the deſcription of the head, but my purpoſe being to declare nothing, but what may be pertinent in the manifeſtation of the human faculties and virtues, I ſhall conclude this chapter with a word or two of the ſenſe of feeling, which is of no particular quality, but of all, hot, cold, dry, and moiſt, it is deputed to no particular organ, but is ſpread abroad over the whole body; it is the index of all tangible things, its object then muſt be heat or cold, drouth or moiſture; things pleaſant and polite, ſharp and ſmarting, motion, reſt, tickling. It is well known that man, and other creatures live without

out ſome particular ſenſe; it is the opinion of moſt, that a man cannot live without this ſenſe of Feeling, being only neceſſary unto life; yet *Auguſtine* proveth the contrary, in the fourteenth book *De Civitate Dei*, by example of a Preſbyter, that lay as though he were dead, and did not feel thoſe that pulled him, nor would he ſtir though they burned him with fire; yet confeſſed that he could then hear men ſpeak, (if they ſpoke aloud) as though they were far from him, by which it appears, that this he did, not by reſiſting, but for want of the ſenſe of feeling, which afterwards was reſtored to him again. I ſhall paſs by what the Engliſh hiſtory relates of one *Elizabeth Barton*, a maid of *Canterbury*, who oftentimes was deprived of her ſenſes, by reaſon of a diſeaſe ſhe had.

I ſhall alſo wave diſputes concerning the number of the ſenſes, ſome ſuppoſing there are no more in nature than are apparent in us. There may very well be more, yet greatly to be doubted that there are, it is impoſſible for us to know them, to affirm them, or to deny them, becauſe a man ſhall never know the want of that ſenſe which he never had, one ſenſe cannot diſcover another; and if a man want one by nature, yet he knows not which way to affirm it. A man that is born blind, and hath not heard what ſight is, cannot conceive that he ſeeth not, nor deſire to ſee. So Man, being not able to imagine more than the five that he hath, cannot know how to judge, whether there be more in nature: who knoweth whether the difficulties that we find in many of the works of nature, and the effects of many creatures which we cannot underſtand, do proceed from the want of ſome ſenſe that we have not? There are hidden properties which we ſee in many things, and a man may ſay that there are ſenſible faculties in nature, proper to judge and apprehend them, yet muſt conclude we have them not; who knoweth whether it be ſome particular ſenſe, that diſcovereth the hour of midnight to the cock and moves him to crow, or how beaſts are taught to chooſe certain herbs for their cure, and many ſuch like wonders? None can affirm or deny, ſaying, This it is, or, That it is.

OF THE STOMACH AND ITS FACULTIES.

THE ſtomach is a member compound and ſpermatic, ſinewy and ſenſible, wherein is made the firſt perfect digeſtion of *chyle*; it is a neceſſary member to the body, for if it fail in its operations, the whole fabric is corrupted. It is in the little world, the ſame as the terreſtrial globe is in the great world; in it is expreſſed the ſublunary part of the world; in it are contained the parts that ſerve for nutrition, concoction, and procreation. And this leads me to diſcourſe of the adminiſtring virtues in man, which are here ſeated, and to wind up all with a touch of the office of the *microcoſmical* ſtars, with as much brevity as may be. The ſtomach is framed of two pannicles, the outer is *carnous*, the inner *nervous*, from which is ſtretched to the mouth *oſaphagus*, or the way of the meat, by which the ſtomach draweth to itſelf meat and drink as with hands. By the virtue of the ſubtile will which is in this *muſcus longitudinal*, is made the attractive virtue, which is hot and dry, by a quality active, or principal, which appears by the ſun, the fountain of all heat, which is of an attractive quality, which is evident by his attracting and exhaling the humidity from this inferior globe, into the airy region, as into the neck or higher part of an *Alembick*; and being reſolved into water, (by reaſon of their weight) fall down again upon the earth, which is the veſſel receiving: ſo through continued diſtillations, by ſublimation of the water, by cohobation, by drawing off the liquor, (being often poured on) and fortified by the influence of the celeſtial, and central ſun, the body becomes endued with a concoctive, nutritive, and procreative virtue. So in the ſtomach, by the active quality of the *microcoſmical* ſun, his benevolent rays and friendly heat, meat and drink is defired, and attracted into the ſtomach for the nouriſhment of the whole body.

We can do no leſs than give *Mars* a ſhare in the dominion of the attractive faculty, being hot and dry by nature, this is reaſon. Experience telleth us, that martial men, or men of a choleric conſtitution, are none

none of the worſt trencher-men, and at the pot incomparable.

In the ſtomach is a *tranſverſe muſcle*, to with-hold or make retention; by this retentive virtue, thoſe things that are brought into the ſtomach, are kept and with-holden until nature hath wrought her end, and every faculty hath executed his office. It is in quality cold and dry; cold, becauſe the nature of cold is to compreſs or hold together, as you may ſee in ice; dry, becauſe it is the nature of dryneſs to keep and hold what is compreſſed. It is under the influence of *Saturn*, and that is the reaſon why, for the moſt part, men that are cold and dry of temperature, or, as aſtrologers ſay, *Saturnine* people, are covetous and tenacious, and that is the reaſon that old men are naturally covetous, becauſe *Saturn* ruleth old age, and by the decay of nature, the temperature becomes cold and dry.

It hath the ſpleen, the repreſentative of *Saturn*, lying toward the left ſide, and furniſheth the ſtomach with humours neceſſary to fortify the retentive virtue.

The digeſtive faculty, which is the chief and moſt principal, (the others like hand-maids attending it) is hot and moiſt, Nature's cook and principal workman, the *Archæus* and central fire, which, in this philoſophical veſſel, *viz.* the ſtomach, digeſteth the victuals into a chaos, or confuſed maſs, that ſo a natural ſeparation may be made. It is under the influence of *Jupiter*, who furniſheth it with friendly heat and moiſture, by the liver, (the *microcoſmical Jupiter*) chaſing and beating the right ſide of the ſtomach.

The ſtomach hath alſo a latitudinal muſcle, or will, which makes the expulſive faculty; it is naturally cold and moiſt; cold, to compreſs the ſuperfluity; moiſt, to make the matter ſlippery and fit for ejection, alſo to work a ſuitable diſpoſition in the body. It is a neceſſary operation, by it, after the ſeparation of the pure from the impure, the elements from the *caput mortuum*, or rather *fæces*, is removed and carried away all that's needleſs or prejudicial to nature. It is under the dominion of the moon (with whom you may join *Venus*, being of the ſame nature) whoſe *epitome*, or *microcoſmical ſubſtitute*, viz. the brain, ſendeth a branch of nerves to

the ſtomach, and thereby furniſheth it with humours, cold and moiſt, fit for expulſion.

I ſhall now give you a ſhort deſcription of the heart, liver, ſpleen, and kidneys, &c.

OF THE HEART.

The Heart hath two ventricles or concavities, and the left is higher than the right; the cauſe of its hollowneſs, is to keep the blood for his nouriſhing, and the air to abate and temper the great heat which is included, and ſhut up in the concavities.

As he is *ſol corporis*, and center of the reſt of the members, and ruler of the family, he communicates to them life and motion, yet by his heat he attracts what is needful for himſelf from the other members as a ſubſidy or tax impoſed upon his ſubjects. And therefore to the right ventricle of the heart, cometh a vein from the great vein, which receiveth all the ſubſtance of the blood from the liver; this vein paſſeth to the right ventricle of the heart, and bringeth a great portion of the thickeſt and pureſt blood to nouriſh the heart. The reſidue that is left of this is made more ſubtile through the virtue and heat of the heart, and then ſent into a concavity, or pit, in the midſt of the Heart, between the two ventricles; therein it is made hot and pure, and from thence it paſſeth to the left ventricle, and there is engendered in it a ſpirit that is clearer, brighter, and ſubtiler then any corporeal or bodily thing which is engendered of the four elements, for it is a mean between the body and the ſoul; wherefore, of the philoſophers, it is likened more to heavenly than earthly things.

And here I ſhall take leave to digreſs, and tell you of ſome things wonderful touching the heart, if we credit *Avicenna*. Some have wanted a heart, and to this purpoſe I could recite other mens opinions; but I ſhall not trouble the Reader's head with ſuch things, which ſeem to myſelf impoſſible. *Valerius Maximus* ſpeaketh of one *Ariſtomanes Weſſenius*, (who killed three hundred *Lacedemonians*) who had a hairy heart. *Beneventus* reports the ſame of a certain thief. *Co-*

lumbus

lumbus obſerved a young man that wanted the *Pericardium*, (which is a thin ſkin, involving the heart as in a purſe) and he was much troubled with ſwooning fits. It hath been the opinion, that a man cannot live a moment ſcarcely, who hath received a wound in the heart; and good reaſon too, ſeeing the life depends upon the ſafety of the ſpirits, the heart being the ſhop and making thereof; when the heart is wounded, it is neceſſary that the generation of the ſpirits ceaſe; yet *Nicol. Malerius* relates a hiſtory of one *Andreas Haſenvanger*, who was one of the life-guard of Count *William* of *Naſſaw*, Governor of *Friſia*, &c. who received a wound in the breaſt by his fellow ſoldier, *anno* 1607, on the twenty-ſecond of *Auguſt*, in the evening; he died the eight of *September* following, one hour after ſun-riſing, his body being opened to ſearch for the wound given by the aforenamed *Nicol. Malerius*, and two other chirurgions, in the preſence of ſeveral ſoldiers of note, they found that the wound had entered the right cavity of the heart, and that part of the heart was almoſt conſumed; the left part remaining entire, which is the chief habitation of the vital ſpirits; by this means he lived ſixteen days, which had been impoſſible, if the left ventricle had been wounded.

But to proceed; from the left ventricle of the heart ſpringeth two arteries, the one having but one coat, and therefore is called *arteria venalis*, which carrieth blood from the heart to the lungs, which blood is vaporous and fit for its nouriſhment, and carrieth back air from the lungs to refreſh the heart.

See here the harmony and friendly agreement between the *microcoſmical* Sun and *Mercury*; the firſt affordeth of his own nutriment to nouriſh the other, whilſt the latter rewards him with air for his refreſhment.

The other artery hath two coats, it is called, *vena arterialis*, or the great *artery*, of which ſpringeth all the other arteries, that ſpread to every member of the body, which carry the ſpirits, which are the treaſures of the ſoul's virtue; thus it paſſeth till it come to the brain, and be made an animal ſpirit, as you have heard before in the third chapter; at the liver it is made nutrimental, and at the teſticles generative. Thus by the heart is made a ſpirit of every kind, and

like

(like the ſun in the heavens) by his royal preſence, he doth confer life and liberty to his ſuppliants.

I might here tell you why theſe arteries have two coats, namely, becauſe one is not ſufficient to withhold the vital ſpirits carried in them, their motion being ſo violent. Again, the thing carried about being ſo precious a treaſure, it had need of the better keeping. This artery is called the pulſative vein. I might here frame a large diſcourſe of the pellicles of the heart, which open and ſhut to receive the blood; alſo the two little ears by whom cometh in and paſſeth out the air. I might ſay much of the pannicles, which, as ſome think, have their original from *dura mater*; as namely, *pericardium*, called of ſome, *capſula cordis*, which ſpringeth of the upper pannicle of the midriff and covereth the heart; of the which ſpringeth another, called, *Mediæſtinum*, which parteth the breaſt in the midſt, and keepeth that the lungs fall not over the heart, (ſuch a rule hath the architect ſpirit given to each part, as ſtars to move in their ſeveral orbs). There is another pannicle that covereth the ribs, of whom the midriff taketh its beginning. But this is beyond my intended ſcope.

OF THE LUNGS, LIVER, &c.

The Lungs is made of a ſubſtance very ſoft and ſpongious; ſupple, to draw and to inforce from, like a pair of bellows; it is an inſtrument of reſpiration, whereby the heart is refreſhed, drawing unto it the blood, the ſpirits and the air, and diſburthening itſelf of thoſe fumes and excrements which oppreſs it. It is naturally cold and dry, accidentally cold and moiſt; naturally cold and dry waving about the heart, abating his heat by its refreſhing blaſt; it is accidentally moiſt, by reaſon of *catarrhs* and *rheums*, which it receiveth from the brain.

There are three principal parts in the lungs conſiderable, one is a vein coming from the liver, which bringeth with it the crude and undigeſted part of the chyle to feed the lungs. Another is *Arteria Venalis*, coming from the heart, bringing the ſpirit of life to nouriſh

nouriſh the lungs. The third is *trachia arteria*, that bringeth air to the lungs, and it paſſeth through all the left part of them to do its office.

The lungs is divided into the five portions or pellicles, three on the right ſide, and two on the left ſide; if in caſe any impediment or hurt ſhould happen in any one part, the other ſhould be ready to ſupply the office.

But I forbear any further deſcription of the lungs, and come to the liver, which is a principal member in the little world, repreſenting the planet *Jupiter*, *quaſi juvans pater*, hot and moiſt, inclining towards the right ſide, under the ſhort ribs. The form of the liver is *gibbous* or *bunchy* on the backſide; on the other ſide hollow like the inſide of an hand, that it might be pliable to the ſtomach, (as a man's hand is to an apple or any thing that is round) to further its digeſtion; for his heat is to the ſtomach as the heat of a fire is to the pot which hangeth over it. It is the ſtore-houſe of the blood, the fountain of the veins, the ſeat of the natural nouriſhing faculty, or vegetative ſoul, engendered of the blood of that chyle which it draweth from the meſeraique veins, and receiveth by the *vena porta* which entereth into the concavities thereof, and afterwards is ſent and diſtributed through the whole body by the help of *vena cava*, which ariſeth from the bunch or branches thereof, which are in great numbers as the rivers from the ocean.

The natural and nutrimental faculty hath its reſidence in the liver, and is diſperſed through the whole body with the veins, from which are bred four particular humours, viz. blood, choler, phlegm, and melancholy.

It is ſo excellent and neceſſary a member, that I dare not give credit to their opinions, who ſay it may be wanting in a man, as ſome ſay it was in one *Mathias Ortelius* a merchant in *Antwerp*.

Blood is made of meat perfectly concocted, in quality hot and moiſt, *Jupiter*'s darling, the moſt perfect and neceſſary humour, (the other three being ſuperfluities, yet neceſſary too). The blood thus concocted is drawn out by the *vena cava*, whoſe branches ramifying upwards and downwards, carrieth and conveyeth it to all the

the other members of the body for their nouriſhment, where, by a third digeſtion, it is tranſmuted into the fleſh.

Choler is made of meat more then perfectly concocted, it is the ſpume or froth of blood; it clarifieth all the humours, heats the body, nouriſheth the apprehenſion. It is in quality hot and dry, it fortifieth the attractive faculty, as blood doth the digeſtive; it moveth man to activity and valour, it is under the planet *Mars*, whoſe reſidence is in the gall, which is an official member, a purſe or panicular veſicle placed in the hollowneſs of the liver, whoſe office is to receive the choleric ſuperfluities, which are engendered in the Liver as aforeſaid. Which purſe or bag hath three holes, or necks, by the firſt it draweth to itſelf the choler from the liver, that ſo the blood be not hurt by the choler. By the ſecond it ſendeth choler to the bottom of the ſtomach, to fortify the attractive faculty. And laſtly, it ſendeth choler regularly to every gut, from one gut to another, to cleanſe them from ſuperfluities and droſs.

Phlegm is made of meat not perfectly digeſted, it fortifieth the virtue expulſive, and maketh the body fit for ejection; it is kind to, and fortifieth the brain by its conſimilitude with it, it is antipathetical to the apprehenſion, and doth much injure it, therefore phlegmatic perſons have but weak apprehenſions; it is cold and moiſt in quality, its receptacle is in the lungs, it is governed by the moon and *Venus*; therefore it qualifies the choler, cools and moiſteneth the heart (as you heard before in the deſcription of the lungs) thereby ſuſtaining it and the whole body from the fiery effects which continual motion would produce.

Melancholy is the ſediment of blood, it is cold and dry in quality; it maketh men ſober, ſolid, and ſtaid, fit for ſtudy, or any ſerious employment; it curbs the unbridled toys and fooleries incident to the ſanguine complexion; it ſtayeth wandring and idle thoughts, and reduceth them home to the centre; it is like a grave counſellor to the whole body. It is governed by the planet *Saturn*, it ſtrengtheneth the retentive faculty,

and

and its receptacle is in the ſpleen; which in the body is placed on the left ſide, tranſverſely linked to the ſtomach.

Hollerius reports, that a woman at *Paris* was found without a ſpleen; and *Pliny* in his natural hiſtory ſaith, that in *Cavnus* men are born without it; and hence the common people thought that it might be ſafely cut out of footmen and horſes. And as it hath been wanting in ſome, ſo it hath abounded in others; *Fallopius* obſerved three that lay one upon another; one was ſeen ſo great, that it weighed above twenty pounds. *Colum. Anatom.*

Another had a milt weighed twenty-three pounds Where it increaſeth the body decreaſeth, becauſe it ſucks away too much chylus from the liver; therefore, fitly did *Trajan* compare the ſpleen to the treaſury, for that groweth rich, the common people grow poor; ſo, as the ſpleen increaſeth the other parts decay.

OF THE REINS AND KIDNEYS.

THE Reins and Kidneys which are placed within the region of the nutrites backwards, and they are ordained to cleanſe the blood from the watery ſuperfluities; they have two paſſages, by the one is drawn the water from *vanakelis* by two veins, which are called *venæ emulgentes*, the emulgent veins, and by the other is ſent the ſame water to the bladder, and this is called *poros urithedes*.

The kidneys are made of a hard ſubſtance, and full of hard concavities, and therefore the ſores of them are hard to cure; they are harder in ſubſtance than any other fleſhy member, and that for two cauſes; the firſt is, that they be not much hurt by the ſharpneſs of the urine; the other is, that the urine that paſſeth from them might be the better cleanſed. The heart ſendeth an artery to convey to them blood, heat, ſpirit, and life. And from the liver there cometh a vein, which bringeth nutrimental blood. Their fatneſs is as of other members, made of thin blood, congealed by cold; there is the greater quantity in this place, becauſe it ſhould temper

the heat of the kidneys, which they have from the biting ſharpneſs of the urine.

The next thing is the bladder, which is compounded of two nervous pannicles, in complexion it is cold and dry, whoſe neck is carnous, and hath two muſcles to with-hold and to let go; in man it is long, and is contained with the yard paſſing through the *Peritoneum*; but in women it is ſhorter, and is contained with the *vulva*, the place of the bladder is between the ſhare bone and *longaon*. In women it is between the aforeſaid bone and the matrix. In the bladder are implanted the uterers, which bring the urine, or water, from the kidneys thither, and entereth into the holes and pannicles thereof, which is done by a natural motion between tunicle and tunicle, till the urine findeth the hole of the nether tunicle, where it entereth privily into the concavity. And the more the bladder is filled with urine, the ſtraiter are the pannicles compreſſed together; the holes are not ſet one againſt the other, ſo that if the bladder be never ſo full, none can go back again.

This is the *microcoſmical* ocean, into which all the rivers of the body diſcharge themſelves. There muſt needs be more than a watery ſubſtance in it, for many times, in diſeaſes, it is plentifully made, though the patient drinketh little or nothing. And it is obſerved, that creatures that drink nothing will make water. Phyſicians oftentimes foretel many things by their colour, thinneſs, and thickneſs. Salt you know is hid in meats, and that plants have very much ſalt in them, you may find by diſtilling them; and it is very well known, that, by the chymical art, many kinds of ſalt may be fetched out of urines. The artificial *cryſocolla* is made of urine. *Nitre* is made of earth moiſtened with the urine and dung of living creatures. The urine hath a ſympathetical relation to the conſtitution of the body. The *Arabians* ſay, among the reſt *Abenzoar*, that a man that is bit with a mad dog, in his urine the picture of dogs may be ſeen; but this is attributed to the force of the venom, which changeth a mans conſtitution, and maketh it like to a dog's. *Scnertus* himſelf ſaith, that it doth ſo much corrupt the humours, that

little

little creatures like puppies are bred in the body. If we credit the writings of wiſe, honeſt, and learned men (which not to do were uncharitable), we ſhall find, that worms and many kinds of living creatures have been bred in the bladder. We read of a woman that voided one that way a ſpan long, and a maid many as big as woodlice. One voided one like a magpye. Another who had the ſtone in the bladder, voided two with horns, ſharp head, back and belly cruſty, black, and like a tortoiſe, only their bellies were red. Another voided a living ſcorpion, and another a ſhell-fiſh. The paſſage of the urine from the bladder, all know; yet ſometimes men are known to make their urine another way. The Son of one *Boninus*, urined a little beneath the glans. A maid at the *Hague*, of a noble family, made water at her naval. One, by an ulcer on his buttock, and another by the belly. For my own part, I have known two young men, who urined between the teſticles and the fundament: read *Fernelius*, *l.* 6. *c.* 13. who affirms the ſame thing. I need not tell you, that ſtones are bred in the urine, of a fæculent matter, mingled with ſalt and ſtony juice, ſometimes ſmall, and ſometimes great, of ſeveral ſhapes and forms; ſometimes like the ſea-ſand, ſometimes like pebbles, ſometimes like ſalt, and ſometimes they are found ragged and branching, lively and excellently reſembling the ſtock and branches of coral: few or none are ignorant of this. Thus have I deſcribed this *microcoſmical* ocean.

OF THE GENERATIVE PARTS.

THE inſtruments of generation are of two ſorts, male and female; their uſe is the procreation of mankind, the operation is by action and paſſion, the agent is the ſeed, the patient the blood. Although this cometh to be ſpoken of in the laſt place, yet it might have deſervedly been put in the firſt; for nature regards not only the conſervation of itſelf, but to beget its like, and conceive its ſpecies. *Venus* hath the principal government of the members of generation, in which mem-

bers there are many parts conſiderable, but I ſhall only epitomize them.

Firſt; Of the genitals of men:—The firſt thing to be conſidered is, that which Anatomiſts call *vaſa preparentia*, or peparing veſſels, which bring blood and vital ſpirits to the teſticles; they are four in number, and before they come to the teſticles, they make a curious implication, intertexture, or twiſting, the one with the other; the arteries into the veins, and the veins into the arteries, which Phyſicians call *corpus varicoſum*; ſome call it *pampiniformis*: this interweaving reacheth down even into the ſubſtance of them; their uſe is to mix the blood and vital ſpirit together, that ſo they may have a fit matter to work on.

The ſtones are of a white, ſoft, and ſpungy ſubſtance, full of ſmall veins and arteries; or elſe, when humours flow to them, they could not ſwell to ſuch a bigneſs: their form is oval; of their bigneſs few are ignorant. Each teſticle hath a muſcle, which the learned call *cremaſter*, which ſerveth to pull them up in the act of generation, as its name in the *Greek* ſignifieth, that ſo the veſſels being ſlackened, may better avoid the ſeed.

The ſeed being thoroughly concocted by the teſticles, there are two other ſmall pipes called *vaſa deferentia*; they are alſo called πορος σπερμαλικος, ſpermatic pores; their office is to carry the ſeed to the ſeminary veſſels, who are to keep it till need requireth its expulſion. From the ſtones they ariſe very near to the preparing veſſels into the cavity of the belly; then turning back again, they turn to the backſide of the bladder, between it and the right gut, there they are joined to the ſeminal veſſels, which are ſoft and ſpungy, ſomewhat like kernels, through which paſſeth the *urethra*, or common paſſage in the yard, both for ſeed and urine.

Hiſtories make mention, and experience evidenceth, that ſome are born without teſticles, ſome with one, *Philip*, *Landgrave* of *Haſſia* had three; he was ſo full of ſeed and prone to venerous actions, that his wife could not ſuffer him ſo often as neceſſity urged him to it, he otherwiſe being chaſte and honeſt; he relating his mind

mind to the prieſts, with the conſent of his wife, took a concubine.

It would be too tedious if I ſhould take upon me to deſcribe the yard, and all the parts thereof, it would make my book ſwell too big, and I ſhould run beyond my firſt intention, *viz.* only to give a brief touch of the moſt conſiderable parts.

I now come to the generative parts of women, and ſhall be ſilent in what is viſible, and declare only the internal parts for brevity's ſake; and firſt of the *clytoris*, which is a ſinewy and hard body, much like the yard of a man, and ſuffers erection and falling, cauſeth luſt in women, and giveth delight in copulation: *Avicenna* calleth it the wand, or *albathara*; and *Albucaſis* calleth it *tentigo*; and *Fallopis* ſaith, that this hath ſometimes grown ſo big, that women would copulate with others like men. This obſerve, that the paſſage of the urine is not through the neck of the womb; near the paſſage of the urine are four caruncles or fleſhy knobs, they are called *myrtiformes*, becauſe they reſemble myrtle-berries; the uppermoſt of them is largeſt and forked, to receive the neck of the paſſage of the urine; the other lie below this on the ſides, and are to keep back the air or any hurtful thing from the womb. In virgins theſe knobs are joined together by a thin ſkin, interlarded with ſmall veins, with a hole in the middle about the bigneſs of ones little finger, through which paſſeth the menſtruous blood: this ſkin is a note of virginity, for the firſt act of copulation breaketh it. I believe that this was that note of virginity which God gave to the *Hebrews*: theſe knobs joined together do much reſemble a roſe not quite blown, therefore called a flower, thence came the word to deflower a virgin. If I ſhould take upon me to declare the opinions of authors, it would prove (almoſt) an endleſs taſk; This I ſhall add, that I conceive it not a certain note of virginity, becauſe it may be broken without the act of copulation; as namely, by applying peſſaries to provoke the menſtrues, or by a defluction of ſharp humours, &c. but 'tis probable that the Jewiſh virgins were more careful of it, their reputations depending thereon.

The womb in figure is almoſt perfectly round, in virgins about the bigneſs of a walnut, yet when a wo-

man is conceived with child, it dilates itſelf to ſuch a capacity, that it is able to contain the child; the mouth of it no bigger than to receive the glans of the yard, yet at the delivery makes room for the child to come out be it ever ſo big: this made *Galen* admire, and it may be a great admiration to all, if we conſider the wonderful works of God in the creation of man: he who knows himſelf may know their is an all-powerful God! and therefore it was engraven with letters of gold over the porch of the Temple of *Apollo*, the god (according to the *Panims)* of knowledge and wiſdom, this ſentence—*Know Thyſelf*, as a ſalutation unto all; ſignifying, that he that would have acceſs unto that divinity, and entrance into that temple, muſt firſt know himſelf.

But I return to my intended diſcourſe,—The womb before conception is ſmall, becauſe the ſeed being but little in quantity, might be cloſe embraced and cheriſhed; it hath but one cavity, though it is the common approved opinion, that it hath ſeven cells, and of this opinion was *Galen*; the truth is, the matrix in women differs much from beaſts, and *Galen* never ſaw a woman anatomized.

Women have teſticles or ſtones as men have, but they differ from men's in theſe particulars; they are within the belly in women, in men without; they are not ſo ſmooth in women as in men; they are leſs than the ſtones of men; they are not ſtaid by muſcles, but by ligaments; as men's are oval they are flattiſh; they have but one ſkin, men's have four, becauſe they are without the body, and expoſed to the cold; they are more ſoft and colder then men's are

But they are ordained both in men and women for the ſame uſe, *viz.* to concoct ſeed; and though *Ariſtotle* denied ſeed in women, yet *Hippocrates*, one of the ancients of phyſic, was of this judgment, reaſon and experience confirmeth it.

The *vaſa preparentia*, the preparing veſſels, and *vaſa deferentia*, carrying veſſels, are of the ſame nature and office as they are in men; they differ only in this, that they are ſomewhat ſhorter, having a ſhorter way to go, the teſticles being within the belly in women: but leaſt the ſhortneſs of the paſſage ſhould hinder their operation, God and nature hath ſo provided, that they

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are more twiſted and interweaved than they are in men, that they may the better mingle the blood and vital ſpirit, as you have heard before.

THE CONCLUSION.

THUS have I given you a ſhort deſcription of man, the maſterpiece of God's workmanſhip; I have only given you an epitome or breviary of him, who is a ſmall draught of all things in the univerſe; ſhould any attempt a particular deſcription of the body and faculties of man, he would fall ſhort in his expectation, it being an *Herculean* taſk for the moſt acute genius: this I will add, not to ſay that the world would not contain the books that might be written of him, the life of man would be too ſhort to perfect it. Not to recapitulate what I have formerly delivered:—In man, as in a perſpective glaſs, may our mother-earth with her innumerable offspring be diſcovered; in him may the unruly and reſtleſs waves of the ocean be delineated: nor doth he only epitomize the elemental world, but alſo the celeſtial; in him are diſcovered the prudent, majeſtical, ſumptuous, magnificent, honourable, affable, and humane *ſolar quality*: the unſtedfaſt, timerous, ſoon-daunted, oft-changing, and ſhifting temper among men, anſwer to the various motions of the low and oft-changing *Luna*. Others in profundity of imagination, reſervedneſs of words, auſterity of actions, &c. are a fit portrait of the melancholy planet *Saturn*. There are yet a few in the world who are faithful lovers of fair dealing, beneficient to all men, doing glorious, honourable, and religious actions, juſt, wiſe, prudent, virtuous, &c. of the temper of benevolent *Jupiter*. There are (in our apprehenſions) too many of the martial temper, who are valiant, lovers of wars, frays and commotions, ſubject to no reaſon, bold, confident, willingly obeying nobody, &c. Nor is *Venus* excluded thoſe people's affections, who love mirth in words and actions, muſical, delighting in venery, drinking, and merry-meetings, who trouble not themſelves with ſtate affairs, nor are inquiſitive after armies or navies, unleſs they bring good news from the *Canaries*. Nor is *Mercury*

without his party among us, who are ſubtle and politic, excellent diſputants and logicians, ſharp witted, and able to learn any thing, men of unwearied fancies, and fit for any employment, yet unconſtant. The planetary influence in the good or ill diſpoſition of the air, is lively repreſented in man. A healthy ſanguine conſtitution, or a delicate compoſure of heat and moiſture, anſwer to a ſerene and temperate air, with ſeaſonable moiſtening dews and ſhowers, which are the ſweet influence of the *Sun*, *Jupiter* and *Venus*. The feveriſh, hot and parching diſtempers of the body, anſwer to the hot and ſcorching weather occaſioned by the fiery beams of *Mars*. Nor is the cold, chilly, melancholy, weeping and lamenting diſpoſition of many people, leſs repreſented by the melancholy, dark, cold, and wet weather, proceeding from *Saturn*'s influx: I could much dilate, but I forbear. The intellectual world hath alſo in man its portraiture; witneſs the ſoaring contemplations of the ſoul of man, which cannot (like the body) be confined to any place, but in a moment ſurrounds this terreſtial globe, nor there content, but as ſoon mounts itſelf to the heavens, and ſearcheth their ſecret corners; nor there ſatisfied till he comes to the higheſt, for by his contemplations (having his original from the uncreated light), he reflects thither, *viz.* to the Divine Majeſty. To conclude, God hath made all things in man, he hath made all things for man, for man's ſake he made himſelf man, to redeem man to himſelf:—To whom be all honour, glory, and praiſe, for ever.

THE

THE

LADIES FRIEND;

OR, THE

WIVES, WIDOWS, AND MAIDS

PRIVATE

PHYSICAL TUTOR.

SECTION I.

OF WEAKNESSES CONTRACTED BEFORE MARRIAGE, WITH PROPER ADVICE IN EVERY RESPECT WHATEVER.

THERE are many diſorders peculiar to the fair ſex, the nature, cauſe, and cure of which, are not often ſufficiently known even to women themſelves. To treat of them in as brief and comprehenſive a manner as poſſible, is the principal deſign of the following ſheets. But I ſhall not ſo confine myſelf to indiſpoſitions purely feminine, as not to touch upon ſeveral kinds of diſorders, both *natural* and *contracted*, which are incident to the whole human ſpecies, men as well as women: becauſe ſome of theſe are of ſuch a nature, that for ſeveral reaſons, chiefly through ſhame, the fair ſex are more likely to conceal them, and therefore may ſuffer worſe conſequences from them than men.

To tell, in few words, what I mean by this diſtinction between ſuch diſeaſes as are *natural*, and thoſe which are *contracted*, I will only ſay in general, that by the former I underſtand all thoſe infirmities to which the fair ſex are liable, more or leſs, as women, without any fault of their own; and by the latter, ſuch diſorders only as the patient, by a criminal indulgence to her paſſions, has herſelf been inſtrumental in cauſing. For

that

that many of the fair, eſpecially in their younger years, have ſuffered much from a *ſecret vice*, by which they have endeavoured to procure themſelves thoſe pleaſurable ſenſations, which God has ordered to be the effects of a mutual commerce between the ſexes, is a matter too notorious to be any longer doubted of, that is to ſay, that abominable vice *Onaniſm*, or *ſecret venery*. And certainly none of them can take it amiſs, if, for their advantage in general, I venture ſo far to expoſe this practice, in order to remove the evil conſequences of it; and to prevent as much as poſſible, the continuance of it for the future. More than this I ſhall carefully avoid: and indeed, in every part of this treatiſe, I ſhall endeavour to be as chaſte in my expreſſion, as the nature of the ſeveral ſubjects will permit.

The ſecret vice before-mentioned, is chiefly the fault of the youth of both ſexes: and nothing is of more importance to the preſervation of human-kind in general, than the endeavouring to prevent a practice that ſtrikes at the very root of fertility. And this I ſhall do, firſt, by expoſing the principal motives to the commiſſion of it; ſecondly, by ſetting forth its bad effects, both corporal and ſpiritual; thirdly, by ſubjoining proper advice, both moral and phyſical, concerning it.

Among the motives to this crime of ſelf-abuſe, the three following have, I think with a great deal of juſtice, been aſſigned as the principal. Firſt, ignorance of its nature and conſequences. As to its nature, there is no expreſs prohibition of it in ſcripture, and therefore, many may unhappily be induced to imagine, when either by ill example, their own laſcivious inclinations, or any accidental cauſe, they have been betrayed into an acquaintance with the practice of it, that there can be no harm in procuring to themſelves that ſenſation, which, in their preſent circumſtances, they cannot otherwiſe acquire, without a manifeſt violation of the national laws, and the hazard of expoſing themſelves to ſhame and infamy. If it were not for this unfortunate miſtake, we have little reaſon to imagine, that perſons otherwiſe pious, and the moſt obſervant of what is ſeemly in other particulars, would be guilty of ſuch an offence, both againſt religion and decency. The caſe of Onan, however, whom God ſlew for thus wickedly

wickedly defeating the good ends of marriage, may anſwer the end of a precept, and witneſs the divine deteſtation of this kind of uncleanneſs. Nor is this example leſs applicable to women than it is to men, ſince we ſhall ſhew in the following inſtances, that they are as capable as men to render themſelves unapt, by a ſimilar practice, for the buſineſs of generation. And as to its conſequences, they are no leſs fatal to this ſex than to the other, as will be abundantly ſhewn in the ſame inſtances.

The ſecreſy with which this crime may be committed, is a ſecond inducement to it. There muſt be another party in all other acts of uncleanneſs; but in this, there is neither partaker nor witneſs. And this, above all other motives, ſeems to have been the moſt dangerous to the fair ſex in particular, who are naturally more baſhful than men, and whom cuſtom has precluded from making any advances towards a mutual commerce with the other ſex.

When women, who are apparently of a ſanguine and amorous conſtitution, ſhall betray no inclination to venereal embraces, and even refuſe advantageous matches; to what other cauſe can we impute it, but their being capable of pleaſuring themſelves in this private way, and keeping up a ſhew of chaſtity, while they are abandoned to the moſt irregular luſts? Far be it from me to accuſe at random, or to ſay any thing for the ſake of declamation only. But has not more than this been owned by the guilty themſelves, after they have been convinced of their fault, and returned to a ſenſe of their duty?

Thirdly, There is no human law to deter from this practice; but every one, who will, commits it with impunity. Adultery, in many countries, is puniſhed with death: and with us, it ſubjects a man to pecuniary fines; and inflicts eternal infamy on the woman who is known to be guilty of it. Even fornication, though regarded with leſs ſeverity, is yet moſt ſcandalous to the fair ſex in particular; eſpecially when they bring into the world, as the fruit of it, a living witneſs of their crime. But for ſelf-abuſe, there is no infliction, no other puniſhment but ſelf-conſciouſneſs. And indeed, how can there be any other? The very nature

of

of it, which renders it ſecure againſt detection, would fruſtrate any proviſion that could be made in this caſe by the legiſlature. And beſides this ſecurity from legal animadverſion, it is ſafe from the conſequence which ſingle women muſt fear in their commerce with men, that of becoming pregnant. I might add, that ſome give into this way out of caution. They are loth to truſt their fortunes and prerogatives in the hands of a man, and therefore will not marry. And as to unlawful embraces, they dare not venture on them for many reaſons. But I proceed to ſhew, that there can be no excuſe for a practice, which, beſides its wickedneſs, is the moſt prejudicial that can be to the human conſtitution.

Its bad effects on the body are many and great. If practiſed often, it relaxes and ſpoils the retentive faculty. It occaſions the whites, a very troubleſome and dangerous diſeaſe to women, of which I ſhall treat hereafter. It ruins the complexion, makes them look pale, frequently ſwarthy and hagged. It cauſes hyſteric diſorders; and ſometimes, by draining away the radical moiſture, even conſumptions. It produces heats in the privities, belly, thighs, with ſhooting pains in the head, and all over the body. It ſometimes brings on a *furor uterinus*, or an inſatiable appetite to venery. But what it is moſt liable to produce is barrenneſs, by cauſing an indifference to the pleaſures of Venus, and in time, a total ineptitude to the act of generation itſelf. Virgins, who have indulged themſelves over-eagerly in this abuſe of their bodies, have ſometimes deflowered themſelves, and deſtroyed that valuable badge of their chaſtity, which it is expected they ſhould not part with before marriage; but which, when loſt, can never be retrieved.

Many are the diſeaſes and inconveniencies, which the fair ſex are capable of bringing upon themſelves, by an unnatural abuſe of their own bodies: and what effect this muſt have upon the ſpirits of the woman who finds herſelf in any of theſe deplorable circumſtances, when ſhe reflects that her misfortune is owing to her own actual fault, it will not be difficult to conceive. Without taking upon me, therefore, the character of a di-

vine,

vine, and expatiating on the heinouſneſs of this ſin in the ſight of God.

With regard to maids, who have hereby deprived themſelves of that ſacred badge, the loſs of which, before marriage, was ſo ſeverely puniſhed among the Jews. Under what apprehenſions muſt they continually lie, with what terrors muſt they approach the marriage-bed which heaven has deſigned for the ſeat of the higheſt ſenſible enjoyment, when they reflect that their virtue, on the firſt amorous encounter, is liable to ſuch ſuſpicions, as may never be worn off, but which may render uncomfortable the whole life, both of her, and her otherwiſe affectionate huſband! May not theſe reflections make ſuch an impreſſion on ſome, as to hinder them from entering on a ſtate to which they are warmly ſolicited, and which nature prompts them to deſire, for fear of a detection, which would turn ſo greatly to their diſcredit? I much doubt, if there have not been many old maids, on no other account than this!

Thoſe who have eſcaped this diſgrace, (which is not a neceſſary conſequence of the practice itſelf, but of the too unguarded purſuit of it), and are actually entered with reputation on the conjugal ſtate, how muſt it grieve them, when they find the ends of it unanſwered, and have room to charge their ineptitude to procreation on their own fault! Both huſband and wife, perhaps, may be paſſionately deſirous of iſſue; and the good man may think it a defect in himſelf, that their nuptial embraces are perpetually fruitleſs. But where a woman can charge herſelf with ſuch a courſe of ſelf-abuſe, as hath ſenſibly weakened and damaged her organs of generation, hath ſhe not all the room in the world to be for ever uneaſy, in the remembrance of her folly and wickedneſs, and to believe, with juſtice, that another woman, in her caſe, would not be infertile? How much more tormenting muſt it be, if, beſides her having rendered ineffectual the uſe of the marriage-bed, ſhe feels in herſelf, no inclinations to the enjoyment of it, and is thereby not only inſenſible, as to her own particular, but makes imperfect to her huſband that exquiſite pleaſure, which ought to reſult from their mutual embraces.

Suppoſing

Suppoſing neither of the aforeſaid calamities to befal her, but that ſhe both preſerves the token of her purity, and is capable of bringing forth heirs to her huſband; yet, if ſhe is conſcious of having weakened her body and brought on herſelf a miſerable train of pains and infirmities, what anxiety, what remorſe, muſt not a woman endure on that account! I need not repeat the dire catalogue, which was ſet forth at the beginning of this chapter. Every guilty female, who has read thus far, and finds in herſelf any of the diſmal ſymptoms there enumerated, will not readily forget what ſo ſenſibly affected her: nor will ſhe eaſily forgive herſelf thoſe unnatural ſallies, whoſe fatal conſequences reſt heavily upon her, and abridge her of half thoſe enjoyments, which her ſex, her conſtitution, and the various benefits of nature, had made her capable of partaking.

What I have already ſaid, if duly attended to, will be ſufficient to render this practice deteſtable; to deter the young, and hitherto innocent, from making themſelves miſerable, and to ſtop the courſe of thoſe who have already advanced far in the road to deſtruction. A ſudden and reſolute ſtand, to all old offenders, is what I would in the firſt place ſeriouſly adviſe, as the moſt eſſential ſtep towards reſtoring to themſelves a ſound conſtitution, and that peace of mind, which they cannot at preſent enjoy. There are few caſes ſo bad, but what, if taken in any reaſonable time, a due regimen, and the proper uſe of medicines, may be effectual in the relief of. Let the guilty reſolve then, that they will be ſo no more. Let them, as much as poſſible, abſtain from every thought, but eſpecially from every action, that may raiſe irregular deſires. Let them, when any way tempted, reflect on the miſerable condition of many, who, through ignorance, have died terrible examples to all thoſe who perſiſt againſt conviction. For though, as we obſerved before, there are few caſes ſo bad but they may be relieved, yet, from theſe inſtances we learn, that a woman may put herſelf out of all poſſibility of cure. When they are come to a fixed reſolution, let them proceed according to the nature of their diſorders; it being impoſſible, where the effects are ſo many and various, to give any one preſcription that will anſwer the various intentions of cure.

cure. But as in the progreſs of this work, I ſhall ſpeak of all ſorts of female diſeaſes, including thoſe which are the effects of the vice here treated of, and introduce proper remedies under each head, in words at length, no woman can fail of ſuiting her caſe, if ſhe conſults the table of contents at the beginning of the book, or the index at the end.

However, as the moſt uſual complaints of thoſe who have been guilty of this practice, regard the weakneſs of the parts, it may be proper to ſet down a few preſcriptions here, that are peculiarly adapted to reſtore their decayed tone and vigour, and may be uſed at the ſame time with other internal medicines, whoſe operation is more powerful, and which muſt be ſuited to the concurrent diſeaſe, whatever it be. Theſe preſcriptions are for a Strengthening Decoction, a Uterine Injection, a Cordial Draught, and a Refreſhing Balſam.

The *Strengthening Decoction* is thus made.

Take of Biſtort Roots, bruiſed, an Ounce; Roots of Cypreſs and Galengal, both bruiſed, of each two Ounces; Roots of Oſmund-Royal, cut ſmall, two Ounces; Iſinglaſs, cut ſmall, three Ounces; Archangel Flowers, dried, ſix Handfulls; Red Roſe Leaves, four Handfulls: boil them all in two Gallons of Water till it comes to ſix quarts, and then ſtrain it off. Of this the patient may drink a quart in a day, half a pint in the morning, a pint at dinner-time, and half a pint at night; obſerving only, that if ſhe is under a courſe of other remedies, as for the whites, barrenneſs, &c. the morning half pint ſhould be drank an hour or two after the uſual medicines, and the evening half pint an hour or two before, that it may not affect their operation.

The *Uterine Injection* is thus made.

Take White Vitriol, Sugar of Lead, and Roch Allum, of each a Dram; powder the Vitriol and Allum, and put them, with the Sugar of Lead, into a Pint and a half of Smith's Forge Water: then pour them into a digeſting Glaſs, and ſet it in a moderate Sand-heat, cloſe covered, for ten days; then take it out, let it cool, and add three

Spoonfuls of Spirits of Wine camphorated: ſhake them well together, filter the Compoſition, and let it well ſettle: then pour off the top ſo long as it runs perfectly clear, and keep it for Uſe. This may be uſed three or four times a-day, with a proper ſyringe; and the warmer it is injected, the better, provided it can be borne without pain. If the ſharpneſs of the ingredients ſhould cauſe any conſiderable ſmarting, the compoſition may be weakened with an addition of the forge water.

The *Cordial Draught* is thus made.

Take of the beſt Palm Sack, ſix Ounces; Jelly of Hartſhorn, three Ounces; Eſſence of Ambergriſe, ten Drops; Eſſence of Cantharides, twelve Drops; Eſſence of Satyrion, twenty Drops; Chocolate, the pure Nut, half an Ounce; Black Pepper, finely powdered, one Scruple; Confection of Alkermes, a Dram; Volatile Salt of Vipers, ten Grains; White Sugar-Candy, three Drams: diſſolve the Chocolate and Sugar-Candy in the Sack, over the fire, but without boiling: when it is cold, add the other Things, with the Yolks of two Eggs, and mix them well together. This preſcription is deſigned for thoſe, who have debilitated themſelves greatly, it being more powerful and efficacious than the *Strengthening Decoction*, though that may be ſufficient where the weakneſs is not exceſſive. The whole quantity of the *Cordial Draught* may be taken at once, in a morning, and again at night, obſerving a proper diſtance of time, if you are taking other medicines. It ſurpriſingly comforts and invigorates the parts, and if continued a ſufficient time, will ſeldom fail of anſwering the end deſired; eſpecially if the *Enlivening Balſam* be alſo conſtantly applied in conjunction with it.

The *Enlivening Balſam* is thus made.

Take Oil of Mace, by Expreſſion, two Drams; Oil of Nutmegs and Oil of Cloves, of each ſix Drops; Peruvian Balſam, one Dram; Muſk, eight Grains; Civet, ten Grains; Eſſences of Cantharides and Ambergriſe, of each ſix Drops: Mix them well together upon a Tile, without Fire. The uſe of this is to anoint the parts, both internally

nally and externally, every night going to bed, and every morning riſing, or oftener, if opportunity ſerves, and the caſe requires it.

The Bath, Briſtol, and other mineral waters, have been found ſerviceable in caſes of this nature. It will likewiſe be proper to eat the moſt generous and nutritive foods, ſuch as candied eringo, eggs, jelly-broths, ſoups, artichokes, lobſters, cray-fiſh, oyſters, caveer, chocolate, ſago, and the like. Alſo to drink the richeſt wines, mingled with the ſpaw water, may be advantageous. Or there may be a decoction made of common water, with pine-apples and oſmund-royal root, which have a peculiar agglutinating quality, and may anſwer the ſame ends. Nor can good, ſound, home-brewed ale, if taken moderately, and not too often, be amiſs.

N. B. It is proper to obſerve, once for all, that if any difficulty ſhould be apprehended in making up the foregoing, or any other remedies that may be preſcribed in this book, the patient need only apply to a ſkilful and reputable apothecary, one who deals largely, and is above impoſing on his cuſtomers, and the trouble will be taken off her hands, at a very trifling expence more than the original price of the ingredients.

SECTION II.

OF THE VARIOUS IRREGULARITIES OF THE MENSTRUAL COURSES, PARTICULARLY OF THEIR SUPPRESSION, &c.

THE *terms*, or *monthly courſes*, are the origin of many diſorders, and therefore deſerve our particular conſideration. They are occaſioned by a ſuperfluity of blood, which, at certain periods, is ſo rarefied, as not to be contained within its natural limits: it then diſtends every where its veſſels, till at length it opens a paſſage through thoſe which give it the leaſt reſiſtance. The blood-veſſels of the womb, by their natural ſtructure and poſition, are beſt adapted for this diſcharge; and through them the blood iſſues out, and continues

to flow for ſome days, till the quantity of it being ſufficiently diminiſhed, and the remainder of conſequence thickening again, the flux ceaſes, and the mouths of the veſſels cloſe up, till the next periodical preſſure.

There is no certain time when the courſes begin, but the moſt common is at about fifteen or ſixteen years of age. Some however have had them at fourteen or under, and others not till upwards of twenty. Examples on both ſides are pretty frequent; and it has alſo been obſerved, that they ceaſe ſooneſt with thoſe women with whom they ſooneſt began. Generally to between forty and fifty years of age, ſeldom more than to the latter, do they continue to flow; then diminiſhing gradually, they at laſt totally ſtop, and with them the whole power of conception is at an end; for it is during their continuance only, that women are fertile.

This increaſe and rarefaction of the blood, and the diſtenſion of its veſſels occaſioned thereby, cauſe that univerſal heavineſs or uneaſineſs of body, thoſe pains of the head, back, and loins, the heat about the womb and the adjoining parts, that ſickneſs and faintneſs at the ſtomach, which all women feel, more or leſs, when their courſes are about to flow: to remedy which, among other things, will be the buſineſs of the fourth chapter.

At their firſt coming down in maids, it is ſeldom that the courſes flow above once in two months or ten weeks; or if they do, it is but in ſmall quantity: but as the fair ſex grow more ripe, when they begin to think warmly of love, when the blood and its natural vigour increaſes, the terms then come down oftener, or in larger quantity, till the ſettled term of once a month is fixed: and under that regulation they continue, till about the age before-mentioned, unleſs illneſs, pregnancy, or giving of ſuck interrupts them.

The time of their flowing at every period, is uſually three, four, or five days; ſometimes, indeed, though not often, they continue ſix or ſeven. The quantity of blood, which comes away during that time, if the flux be regular, and the perſon in health, may generally be contained in the ſhell of a gooſe-egg: though in ſome women, eſpecially thoſe who are ſtrong and

ſanguine,

ſanguine, it may be conſiderably more; and in others leſs.

The health of the fair ſex depends very much upon the regular flowing of the terms; it being impoſſible that women ſhould be well, who are under any diſorder as to her monthly purgations; becauſe the natural texture of the fluids being then changed, the order of the whole human machine is thereby broke. This may happen, either by a deficiency or ſuppreſſion, or by an immoderate overflowing. I ſhall treat of them in order.

The courſes are *deficient*, when they flow too ſeldom, or too ſparingly; they are *ſuppreſſed*, when they do not flow at all.

Many widows and maids, and ſome married women, though they have their courſes once a month, they have them not for above one or two days, inſtead of three, four, or five, the uſual time: others are entirely without them for five or ſix weeks, or perhaps two months: others again have them at proper periods, and with due continuance, but they flow in too ſmall quantity, ſometimes only by drops. Either of theſe caſes may be called a deficiency: as it may be deemed a total ſuppreſſion, when they do not appear for ten weeks or three months.

When, through a bad ſtomach, ill digeſtion, colds, or inordinate grief, the blood becomes too poor, foul, or vicious, it will cauſe this deficiency or ſuppreſſion. It may alſo be occaſioned by the womb-veſſels, through which the blood paſſes, when they are obſtructed by a clogging, ſtubborn humour.

If the badneſs of the blood be the cauſe of the indiſpoſition, the perſon becomes pale, dull, and inactive; the face, and eye-lids are ſometimes ſwelled, and the ſkin turns of a very ill colour. Many are attended with wearineſs of the limbs, loſs of appetite, loathing of of food, bad digeſtion, pain in the ſtomach, ſwelling about the ankles, ſometimes vomiting and general diſorder; alſo deſire after things not fit to be eaten, which laſt ſymptom is more commonly in young virgins, than in perſons of riper years. And if, at theſe times, any blood does flow, it generally appears of a pale and livid colour.

If the fault be in the veſſels of the womb, the perſon's complexion is not changed; but at the time her courſes ought to flow, ſhe feels racking pains about the ſmall of her back, her loins, and hips; likewiſe wearineſs of the limbs, fluſhing in the face, vapours, headach, moving pains all over the body, accompanied with a violent motion of the blood, which ſometimes iſſues out of the noſe, or the hemorrhoid veins.

When the courſes in maids do not flow at all, and the obſtruction is of long ſtanding, it is then called the *green ſickneſs*: but widows, and ſometimes married women, as before obſerved, are afflicted with the ſame diſtemper, though in them it has not that name. Married women ought however, to be careful, that they do not miſtake the ſtoppage of their courſes cauſed by conception, for this diſeaſe, leſt by taking medicines to cure their fancied illneſs, they procure a miſcarriage: but if they have not their terms for three or four months together, become pale, and breathe with difficulty, without perceiving all this while any ſign of pregnancy, they may then be aſſured that the ſuppreſſion is a diſtemper, and not occaſioned by their being with child.

Such a ſuppreſſion, if it be not ſpeedily remedied, may cauſe barrenneſs, an aſthma, a conſumption, inflammation and ulceration of the lungs, pleuriſy, jaundice, dropſy, and other fatal illneſſes of various kinds. But a total ſuppreſſion much ſeldomer happens to married women and widows, than to maids; they are uſually afflicted with a deficiency only; yet even this is often attended with very grievous diſorders, with ſqualid countenance, hyſteric fits, racking pains, and univerſal uneaſineſs, which are to be cured only by bringing the courſes to their natural order.

To remove any or all of the ſymptoms here enumerated, and prevent the diſmal effects of this indiſpoſition, whether in maids, married women, or widows, ſuch remedies muſt be adminiſtered as will cleanſe the ſtomach and firſt paſſages, diſſolve vicious humours, rectify the blood and juices, and open obſtructions in any part of the body: and the moſt proper for theſe intentions, are, *firſt*—Gently evacuating medicines; and then,

then, *ſecondly*,—Such as are corroborating, and will confirm the texture of the fluids, ſtrengthen the inteſtines, create an appetite, promote digeſtion, reſtore a good colour to the face, and health to the whole body.

There are a great number of preſcriptions by various authors, for bringing about theſe good ends, but none have been found either more effectual, or more agreeable to patients in general, than the Cathartic Pills, the Aperitive Powder, and the Corroborating Electuary, herein after mentioned. The Cathartic Pills are to begin the cure: they ſhould be taken four at a time early in the morning, faſting, and may be worked off with water-gruel, poſſet-drink, barley-water, warm ale, or tea. With four, five, or ſix eaſy ſtools, they cleanſe the ſtomach and bowels, and do abundance of good. A ſingle doſe will frequently bring down the courſes, without any thing elſe, eſpecially if the illneſs be not of long ſtanding, and occaſioned only by a ſlight obſtruction of the womb-veſſels.

The *Cathartic Pills* are thus made.

Take of the beſt Ruſſia Caſtor, four Grains; Opening Saffron of Steel, two Scruples; Pill Cochiæ the greater, two Drams; Chemical Oil of Savin, three Drops; Salt of Steel, half a Dram; Balſam of Peru, nine Drops; Syrup of Mugwort, a ſufficient Quantity: mix and make eighteen Pills.

After purging once with theſe, it will be proper to make uſe of the following Aperitive Powder; becauſe the operation of the pills is too violent for them to be continued without intermiſſion: the next morning, therefore, after taking them, begin with about a dram and a half, or two drams of the powder, according to the caſe, and the conſtitution of the patient: and if the diſorder be not very ſtubborn, a continuance of the ſame quantity morning and evening, for two, three, or four weeks, will complete the caſe without more purging. It may be taken, either by itſelf (being not unpleaſant) or in a draught of white wine, with or without bitter; obſerving to walk after it for a quarter of

an

an hour at leaſt, and not to eat any thing for about an hour, either before or after. It is a great remover of obſtructions, a ſtrengthener of the ſtomach, and a purifier of the blood and juices: it reſtores a good colour to the face, promotes appetite and digeſtion, gives new vigour to the languid faculties, and cauſes a free reſpiration.

The *Aperitive Powder* is thus made.

Take Steel prepared, ſix Drams; Aloes-wood and Nutmeg, of each half an Ounce; Cloves and Mace, of each two Drams; double refined Sugar, two Ounces: Powder and mix them well. A little Saffron may be added, when it is to be given to Girls, at the firſt coming down of the Menſes. This is an excellent preparation, and may be uſed for decayed conſtitutions, where the courſes are not the cauſe of it.

But if the deficiency or ſuppreſſion of the menſes ſhould prove very obſtinate, ſo as not to be removed after taking this powder for twenty or thirty days together (a caſe that will ſeldom happen), the patient muſt then take another doſe of the Cathartic Pills, returning the next day to the powder, and continuing the ſame courſe till her diſtemper is effectually cured. But let her be ſure to obſerve all the time not to eat any ſalt meat, and to abſtain from fruit, greens, and herbs, and the immoderate uſe of tea, or other ſmall liquors. The fleſh that ſhe eats ſhould be of thoſe kinds that are eaſy of digeſtion; and if it be roaſted rather than boiled, ſo much the better. If at any time the powder ſhould lie heavy at the ſtomach, or cauſe a ſickiſhneſs, a glaſs of good white wine is a pretty ſure relief.

When a woman has great need of purging, and is able to bear it, ſhe may take more of the Pills, and leſs of the Powder; but always interpoſing a day or two between the doſes: and if four pills be found too powerful at firſt, the doſe may be leſſened to three; or it may be increaſed to five, where four are not ſufficient. But in very weak conſtitutions, it would be better entirely

tirely to omit them, and truſt only to the Aperitive Powder, which ſeldom is found to fail, eſpecially if due exerciſe be mixed with it, ſuch as walking, or more eſpecially riding, and ſtirring about the houſe.

As the promoting of the courſes phyſically, generally occaſions ſome weakneſs of the parts, it is neceſſary, after they are brought to regular order, for the patient to take ſomething that may reſtore the tone of the veſſels, and re-eſtabliſh a good texture of the blood and juices. For this there is nothing can excel the Corroborating Electuary, here ſubjoined: it ſhould be taken about the quantity of a nutmeg at a time, from the point of a knife, or any other convenient way, every morning faſting, and about four or five hours before going to bed at night, drinking a glaſs of bitter wine after each doſe. About a fortnight or three weeks is uſually long enough to continue it.

The *Corroborating Electuary* is thus made.

Take of Compound Powder of Arum Root, half a Dram; candied Nutmegs and Candied Ginger, of each two Scruples; candied Orange-peel and candied Angelica, of each a Dram; prepared Steel, three Drams; Conſerve of Garden Scurvy-graſs, and Conſerve of Roman wormwood, of each three Drams; Compound Powder of Roſemary Flowers, half an Ounce; Syrup of candied Ginger, enough to make an Electuary.

By the uſe of this excellent medicine, after the foregoing aperients, there is no queſtion, with the bleſſing of God, but a perfect cure may be effected; it having a wonderful efficacy in increaſing the blood and ſpirits, driving away melancholy, and invigorating the whole body, and all without any more fatigue to the patient, than if ſhe had taken no remedies at all. All hyſteric affections alſo, and the green-ſickneſs-like indiſpoſition in girls, before they come to years of maturity, may be greatly helped in the ſame manner. But as I propoſe to treat of theſe in a ſeparate chapter, I refer the reader thither.

Before I quit this head, however, of the ſuppreſſion or deficiency of the terms, I think it proper to ſet down three

three more medicines, for the uſe of thoſe women who may not care for the above-mentioned forms, either of pills or powder. They are all excellent in their kind, and may be had ready prepared at moſt apothecaries: but thoſe ladies who are willing to take the trouble on themſelves muſt be certain of having the proper quantity of every ingredient. The firſt of them is a very powerful Elixir, called *Elixir Uterinum*; the other two are Electuaries, and ſuited to different conſtitutions: they are named, *The Emmenagogue Electuary with Steel*, and, *The Emmenagogue Electuary with Hellebore*.

The *Elixir Uterinum*, or *Womb Elixir*, is thus made.

Take of Caſtor, two Ounces; Myrrh, one Ounce; digeſt them in 13 Ounces of Spirit of Wine, for 20 Days in a cloſe Veſſel: then ſtrain it, and put into it Extract of Savin, made by Evaporation of its Juice, half an Ounce; Saffron, two Drams: ſet theſe alſo, well ſtopped, in a gentle Heat for ſeveral Days; and if there be any ſettling, pour off the fine into a freſh Phial, and keep it for Uſe. The doſe is from five to twenty drops, according to the caſe. They may be given in penny-royal water, or any other vehicle of like nature.

The *Emmenagogue Electuary with Steel* is thus made.

Take Conſerve of Roman Wormwood and Damaſk Roſes, of each one Ounce and a half; Salt of Steel, two Drams; Saffron, half a Dram; Powder of Cardamoms, one Scruple; Syrup of Steel, or of Rhubarb, a ſufficient quantity to make an Electuary. Of this about the quantity of a large nutmeg may be taken twice in a day, morning and evening, obſerving to uſe exerciſe. It is moſt proper for thoſe of a pale and thin habit of body: but for women of a ſanguine and robuſt conſtitution, the following is better.

The *Emmenagogue Electuary with Hellebore.*

Take Conſerve of Roman Wormwood, two Ounces; Black Hellebore in Powder, three Drams; Salt of Tar-

tar,

tar, two Drams; Aſafœtida diſſolved in a ſufficient Quantity of Tincture of Caſtor, one Scruple; Syrup of Rhubarb, a ſufficient Quantity to make an Electuary. The quantity of the doſe is the ſame as the former, and it muſt, in like manner, be taken morning and evening. Its effects are admirable in warm conſtitutions (as the other is in cold), for it breaks through all obſtructions of the womb, without giving that heat to the blood, which many other remedies occaſion, and which ſometimes terminates in a *furor uterinus.*

Each of theſe three medicines has been frequently known to anſwer all the intentions of the Cathartic Pills and the Aperitive Powder: and where they do ſo, they are rather to be choſen by many women. If the perſon who takes them, ſhould find herſelf in any manner debilitated, ſhe may have recourſe to the Corroborating Electuary before-mentioned, in the ſame manner as there preſcribed.

I muſt repeat it again, that women ſhould be very certain, when they take any of theſe *Emmenagogues*, or medicines to promote the courſes, that the obſtruction is not occaſioned by their being with child; for in that caſe, all ſtrong aperients are very dangerous, and may cauſe miſcarriage.

☞ It will be proper for thoſe who do not make up their own remedies, to write out the preſcription that ſuits them, or to carry this book itſelf to the Apothecaries for their direction, to prevent any miſtake in the compoſition.

SECTION III.

OF THE IMMODERATE FLUX, OR OVERFLOWING OF THE MONTHLY COURSES.

THE courſes are properly deemed immoderate, when they return oftener than once a month, or when they flow in too large a quantity, or too long together; for in ſome women they continue not longer, nor

nor more violently than is natural, but then return once in three weeks, a fortnight, or oftener; in others they return at proper periods, and continue a due time, but then the flux is exceſſive; in others again they return regularly, and flow moderately, but continue the flux for many days together: in either of theſe caſes the woman is much diſordered. And ſome women alſo, immediately after their courſes are over, are afflicted with the whites, or the piles, or ſometimes both: but of theſe I ſhall treat hereafter.

Any of the fair ſex, between the age of ſixteen, and upwards of fifty, that is, during the time that the monthly purgations are uſually on them, may be troubled with an immoderate flux; but, according to obſervation, it happens moſt frequently to women between forty and fifty, at the time when their courſes are about to leave them: at this time it is often experienced, that they do not flow above once in three or four months; but when they do, it is in ſuch an immoderate manner, as to be very troubleſome, or of ſuch long continuance, as to afflict the patient for ten, twelve, fifteen, or ſometimes twenty days together.

The uſual cauſe of this diſeaſe is a redundancy of the blood, or its too great rarefaction, occaſioned by inflammatory particles, or ſharp ſcorbutic ſalts in the juices, or by diſorder of the womb-veſſels. Its attendant ſymptoms are comonly a burning feveriſh heat, racking pains in the ſmall of the back, pain and heat about the neck of the womb, head-ach, loſs of appetite, and a languid weakneſs over the whole body: and if it be not ſpeedily cured, it emaciates the perſon very much, cauſes total barrenneſs, perpetual weakneſs, a ghaſtly countenance, ſwelling in the feet, and ſometimes a conſumption, which, without great care, terminate in death.

To diſtinguiſh the ſeveral cauſes of this diſeaſe by their ſymptoms, let it be obſerved, that if the diſcharged blood is of a bright red colour, and when dry upon linen diſcovers a pale circle, it ſhews the blood to be thin and wateriſh, the veſſels of the womb too lax, and that the patient is weak and low-ſpirited, but not feveriſh: if it be of a deep red, and eaſily clots, it denotes

denotes a redundancy of blood, and that the perſon is very hot, feveriſh, and uneaſy: and if in coming away it cauſes great itching and ſenſation of the parts, it manifeſts that the juices of the body are very acid, or ſharp.

Revulſion by bleeding is the firſt ſtep towards curing this indiſpoſition, and may be made to the quantity of eight, nine, or ten ounces, according to the ſtrength of the patient. After that, ſuch medicines muſt be preſcribed, as by their cooling, abſorbent, and aſtringent qualities, will retard the violent motion, and leſſen the rarefaction of the fluids; allay thirſt, remove the fever, rectify the blood and juices that were before too ſharp, and ſtrengthen the womb-veſſels: by which means the flux will ſoon be ſtopped, and the perſon reſtored to her uſual health and vigour. The Solutive Electuary here inſerted, will be as proper as any thing to begin the courſe with, and may be taken early the next morning after bleeding, in the quantity of a large walnut.

The *Solutive Electuary* is thus made,

Take Lenitive Electuary, an Ounce; Pulp of Caſſia, half an Ounce; Rhubarb in fine Powder, a Dram; Ginger, a Scruple; mix with Syrup of Violets, and make an Electuary according to Art, which keep for Uſe.

This, I ſay, will be as good as any thing, and may be eaſily made up; but the only intention here to be anſwered is gentle purging, in order to prepare the body for the ſubſequent remedies, and therefore any other gentle cathartic may ſuffice, that will give five or ſix eaſy ſtools. The electuary may be taken either by itſelf, or diſſolved in water-gruel, ſleeping an hour or two after. If in two hours it does not ſenſibly operate, the doſe may be repeated in the ſame quantity of a walnut. Water-gruel, barley-water, or tea, ſhould be drank during the operation.

And the next day after purging, ſhe may proceed with the remedies peculiarly ſuited to her diſeaſe. Either of the following incraſſating powders will be of

excellent ſervice, and may be prepared without any difficulty, the ingredients being to be had at any Apothecary's.

The *Incraſſating Powders* are thus made.

Take Seed of Henbane and white Poppies, of each ſix Grains; ſealed Earth and Bole, of each ten Grains; Sugar of Roſes, eight Grains; make a Powder.

Or,

Take Solomon's Seal and Comfrey Roots, of each ten Grains; fine Armenian Bole, and Japan Earth, of each five Grains; make a Powder.

Or,

Take Marſh-mallows Root, Gum Arabic, and Dragon's Blood, of each five Grains; fine Armenian Bole, ten Grains; make a Powder.

I have ſet down in each of theſe preſcriptions only the quantity of a ſingle doſe, which may be taken in a little warm water-gruel, barley-water, or any other agreeable liquor, betimes in the morning, and again towards evening. Theſe Powders conduce greatly to thicken and ſoften the blood, and cement the lacerated veſſels, and therefore are good in all caſes occaſioned by the too great rarefaction or ſharpneſs of the fluids. The reaſon why I have mentioned more than one ſort of them, and ſhall do the ſame with reſpect to other preparations (when two or three may be nearly the ſame in virtue), is, that every woman may vary them at pleaſure, in different courſes, if ſhe ſhould take a particular diſlike to any one of the ingredients; which may not be impoſſible, whatever the form be, in which they are given.

And it would greatly forward the cure, if, beſides the Incraſſating Powders, the patient was to take the quantity of a large nutmeg of one of the following *reſtringent Electuaries*, about eleven o'clock in the forenoon: or, if ſhe chuſes rather to do ſo, let her take the Electuary, night and morning, as preſcribed for the

the Powder, and the Powder only once, about two hours before dinner, and it will anſwer much the ſame end. For, whatever ſome may imagine, who, for the ſake of vending their own preparations, would confine their patients to particular forms of medicine, I cannot help thinking, for my own part, that it tends greatly to forward the operation, for a patient to be as much ſatisfied as poſſible with the remedies ſhe takes.

The *Reſtringent Electuaries* are thus made.

Take Conſerve of red Roſes, two Ounces; Troches of Lemnian Earth, half a Dram; Pomegranate Peel, red Coral prepared, and Armenian Bole, of each two Scruples; Blood-ſtone and Dragon's Blood, of each one Scruple; with a ſufficient Quantity of Syrup of Quinces to make an Electuary.

Or,

Take Conſerve of red Roſes, Marmalade of Quinces, Juice of Kermes, candied Nutmegs, Syrup of Quinces, and Syrup of Coral, of each half an Ounce; Species for the Confection of Hyacinth, three Drams; Aromaticum Roſatum, and aſtringent Saffron of Iron, of each two Drams; Oil of Cinnamon, ſix Drops; mix all together into a ſmooth Electuary.

The latter of theſe two is deemed the moſt powerful reſtringent, and therefore may be beſt where the overflowing is very violent. It is frequently given in child-bearing alſo, to ſtrengthen the womb, and prevent abortion. The following pleaſant Julep, or *Pearl Cordial*, may be given after each doſe of either Electuary, to the quantity of ſix ſpoonsful at a time; but it is not abſolutely neceſſary, unleſs the Electuary ſhould be apt to ſit uneaſy on the ſtomach.

Take red Roſe Water, and Barley Cinnamon Water, of each four Ounces; Spirit of Cinnamon, two Ounces; Pearl prepared, a Dram; fine Loaf Sugar, ſix Drams: Mix them well together.

And beſides all theſe internal remedies, ſome women make uſe of a Plaiſter with no ſmall ſucceſs, which they apply to the region of the loins the day after purging. There are ſeveral ſorts of theſe Plaiſters, all very good, but I have found none more ſerviceable than the following.

Take Diachylon, half an Ounce; Oxycroccum, two Drams; Oil of Amber, ten Drops: Spread them together.

Or,

Take Plaiſter of Red-Lead, and Plaiſter againſt Ruptures, and ſpread them in equal Quantities.

The above medicines being taken according to directions, that is, either one of the Incraſſating Powders, or one of the Reſtringent Electuaries, or a doſe of each alternately, as before-mentioned, and with or without the Pearl Cordial, as the caſe may require, and applying the Plaiſter where the weakneſs of the Parts is very great, will effectually ſtrike at the cauſe of this illneſs, take off the fever, ſtop the immoderate flux, ſtrengthen the back and womb-veſſels, and, in about a fortnight's time, even where the caſe was very bad, bring the patient into ſuch excellent good order, as that ſhe will be in no danger of relapſe for a conſiderable time after.

And if, while ſhe is taking the Powder or the Reſtringent Electuary, ſhe ſhould find herſelf inclined to be coſtive, I would adviſe her, once in three or four days, to repeat the doſe of Solutive Electuary, according to the directions before given, which will give a few gentle ſtools, without cauſing any other inconvenience. And let her always obſerve, while ſhe is in this courſe, to drink freely of tea, barley-water, or water-gruel, which will cool and dilute the blood, quench the thirſt, and be of excellent uſe. She muſt likewiſe abſtain from ſtrong and inflammatory liquors, from hot-ſpiced foods and ſalt meats. But if ſhe be very faint and weak, and deſirous of any other Cordial than the before-mentioned, ſhe may *take an equal Quantity of ſtrong Claret and Spring-water, and boil them together 'till one-third of the whole be evaporated, and then pour them*

them boiling hot upon a ſprig of dried Baum, Mint, or a bit of Cinnamon, ſtraining them off when cold, and ſweetening with the beſt Loaf Sugar. This is an excellent Cordial, and alſo gently reſtringent, and may therefore be taken, a little at a time, after the Reſtringent Electuary, for the ſame purpoſe as the Julep above, as well as to raiſe the ſpirits, when very much depreſſed.

It hath ſometimes happened, though very ſeldom, that the Patient has been ſo very low, as not to be able to bear bleeding and purging at the beginning of the courſe: in that caſe, ſhe may have recourſe immediately to the Incraſſating Powders and Reſtringent Electuary, omitting either bleeding or purging, or both, as ſhe ſees convenient.

When the flux of the courſes is very exceſſive, or continues very long, it is apt to be attended with a moſt violent excruciating inward pain, either towards the loins, or on one ſide of the belly, or near the head of one of the thigh bones, and ſometimes a little higher, equally ſevere with the pangs of child-birth. This is occaſioned by the convulſive throws of the womb, violently pulling and ſtretching its ligaments from the parts in which they are inſerted. Under this affliction, it will be proper to *take an Ounce of Syrup of white Poppies, mixed with two Ounces of Alexiterial Milk-Water*, for a Draught at going to bed; and it will greatly relieve, ſo as to give perfect eaſe, compoſure, and refreſhing ſleep, in the room of unſufferable torture. The doſe may be repeated every other night, or even every night, if the pain returns very exceſſively, but not otherwiſe.

I might indeed, after the manner of thoſe, who write only to recommend their own remedies, inſert a great number of caſes, wherein by following the directions given in this and the preceding chapters, the moſt dangerous and deplorable *Deficiencies*, *Suppreſſions*, and *immoderate Flowers* of the menſes have been cured: but as this would contribute nothing towards the cure of others, and as my intention is only to help the ſex, without any reſerve or ſecret in the compoſition of the remedies I preſcribe, which would render it impoſſible for any one to prepare them but myſelf, I chooſe rather

to fill up theſe ſheets with what may be really uſeful, and cannot fail of being underſtood, than to affect obſcurity in my deſcr ptions, and interlard them with encomiums on my own art and ſucceſs.

SECTION IV.

OF PAINS AND INDISPOSITIONS ATTENDING THE COMING DOWN OF THE COURSES: ALSO OF THE BAD QUALITIES OF THE BLOOD THAT FLOWS FROM SOME WOMEN; AND OF THE DISORDERS WOMEN ARE SUBJECT TO, WHEN THEIR MONTHLY PURGATIONS LEAVE THEM.

WOMEN are troubled with other diſorders, beſides thoſe of obſtruction and immoderate flowing, with regard to their monthly courſes. Among theſe, that of their coming down with difficulty and pain, and attended with violent ſymptoms, is none of the leaſt dangerous and troubleſome.

Some of the ſymptoms of this diſeaſe are not unlike thoſe of a dyſury, or difficulty of urine: but they are generally more various and numerous. The Patient is afflicted with ſevere ſhooting pains in the head, pains in the hips, the loins, the ſtomach, and the bowels, which latter reſemble the cholic, and pains of the womb, that have ſometimes been compared to the pangs of child-birth, loſs of appetite, faintneſs and ſickneſs at the ſtomach, palpitations of the heart, convulſions, wearineſs of the limbs, and great heat about the parts affected, are alſo attendants on this diſorder. And as to the evacuations, they are ſometimes very ſlow, and drop

drop by drop, ſometimes in ſufficient plenty, ſometimes continual, and ſometimes by intervals only.

This diſeaſe is moſtly attributed to the ſame cauſes as a ſuppreſſion, but gentler; it being a ſort of unequal obſtruction of the veſſels of the womb, occaſioned either by the ſmallneſs of the terminations, or their convulſive contraction; or from their being full of a thick, clotted, and feculent blood, which violently diſtends and ſtretches them, and ſometimes occaſions a ſmall ſwelling in the groin; or from their openings being obſtructed by a viſcous matter, which reſiſts the evacuation of ſuch an increaſed quantity of blood. It may be occaſioned alſo by ſome ulcer or tumour in the womb, or neighbouring parts, which is hurt by the paſſage of the blood. When this is the cauſe, pus or matter is mixed with the blood, and the courſes flow with a fixed and continual pain.

Great care ſhould be taken, that this indiſpoſition be ſpeedily cured; becauſe if it proceeds from any obſtruction of the veſſels, there is danger that a total ſuppreſſion will follow, and bring on fevers, or other acute diſeaſes. To prevent which, the medicines to be made uſe of are chiefly ſuch as expel wind, correct the viſcoſity of juices, and open obſtructions. But in the uſe of theſe, or any other, we are firſt to conſider the cauſe of the diſtemper, which may be collected from the ſymptoms as above deſcribed. When it proceeds from groſs and thick blood, which occaſions faintings and palpitations, a thin diet and moderate exerciſe may be of ſervice; and ſuch medicines ſhould be uſed, as cauſe revulſion and evacuation. Bleeding in this caſe, either in the arm or foot, a little before the courſes are expected, will be highly neceſſary. After which, a doſe of the Cathartic Pills, preſcribed in page 43, if there be time for it before the pains come on, ſhould be taken. Cupping-glaſſes alſo may be applied during the fit, with ſcarification to the thighs and legs, when the caſe is very bad. And from the time that the courſes begin, all the while they are on her, let the patient take two or three ſpoonsful every three or four hours, of one of the following Hyſteric Juleps.

Take

Take Rue, Penny-Royal, and compound Briony Waters, of each three Ounces; compound Syrup of Piony, an Ounce; Caſtor tied up in a bit of Silk, one Scruple; Aſafœtida, five Grains: mix them well.

Or this,

Take Rue and Black Cherry Water, of each three Ounces; compound Briony Water, two Ounces; Spirit of Caſtor, two Drams; Spirit of Sal Ammoniac, one Dram; Aſafœtida, ten Grains; Sugar, a ſufficient Quantity.

Or this,

Take Camphire, two Drams; ſet it on Fire, and quench it in a Pint of Spring-Water; and ſo continue to fire and quench it, till the Camphire is all conſumed; then Sweeten the Water for a Julep.

Or,

Diſſolve two Drams of Camphire, after the ſame manner, in Black Cherry, Penny-Royal, and Briony Water, three Ounces of each; and Sweeten as before.

The moſt efficacious of theſe Juleps, and which therefore ſhould be uſed in the worſt caſes, are thoſe with Camphire, which will ſeldom fail to remove all manner of pain and uneaſineſs in a very ſhort time, promote ſleep, ſupport the ſpirits, and cauſe the orifices of the blood-veſſels to dilate, and diſcharge their burthen. But if it ſhould ſo happen, that the patient becomes very low, before their efficacy is fully perceived, let her take thirty drops of the following Anodyne Balſam, which is juſtly celebrated for procuring eaſe in the moſt racking extremities of pain, and likewiſe for aſſiſting in all neceſſary diſcharges that occaſion ſuch pain. She may take it in a glaſs of Penny-Royal or Briony Water, compoſing herſelf to reſt immediately after.

The *Anodyne Balſam* is thus made.

Take Caſtile Soap, one Ounce; Opium, half an Ounce; Camphire, ſix Drams; Saffron, one Dram; Spirit of Wine rectified, eighteen Ounces; digeſt in a Sand-heat ten Days, ſhaking it between whiles for the laſt Day or two; then pour off the clear, and keep it for uſe.

The

The intention of theſe Juleps and this Balſam, is chiefly to give the patient eaſe during the preſent diſcharge of the terms. But effectually to cure this indiſpoſition, after it has once been perceived, and is gone off, will be to go through a courſe of remedies, according to the preſcriptions in Sect. II. for deficiencies and ſuppreſſions: which courſe ſhe may continue, as there directed, for a whole month, or till the next return of her purgations, which, by that means, ſhe will find regular, and without any ſymptoms but what are natural.

External remedies have alſo been thought good under difficulties of this kind; as bathing the Legs, and fomenting the belly with a Decoction of Marſh-Mallows, and Seeds of Flax, Fenugreek, Dill, Rue, and Mugwort; applying a Flannel dipt in Wine and Oil of Roſes, to the belly; anointing the Navel, and the Regions below it, with Ointment, ſuch as the following:

Take of the Juice of Angelica, one Dram; Oil of Capers, and of White Lilies, of each one Ounce and a half; White Wine, half an Ounce; with Wax enough to make a proper Conſiſtence.

But if the pain and difficulty, at coming down of the courſes, be continued and fixed, proceeding from an internal wound or ulcer, and not from any peculiar habit of the blood or veſſels, the cure muſt then be performed by injecting a Uterine Clyſter, made of four ounces of warm Water, a Dram of the White Troches of Rhaſis, and a ſufficient quantity of Sugar. Or it may be made with Allum Water; or with Barley Water and Syrup of Roſes; or with a Decoction of an ounce of Plantain Seeds in two ounces of Milk, to which may be added half an ounce of Emulſion of the cold Seeds. Finally, in the worſt caſes, the Injection may conſiſt of two ounces of the Decoction of Henbane, or White Poppies, with a ſmall quantity of Opium.

Another diſorder in the monthly courſes, is when the blood is corrupted, or ſuppurated, and flows from the body variouſly diſcoloured, as pale, livid, green, black: in ſome alſo it has a nauſeous and fœtid ſmell, appears ſkinny and fibrous, and when cloſely inſpected,

ſand

ſand and worms may be diſcovered in it. Theſe calamities are occaſioned either by the badneſs of the whole maſs of blood, or by particular corruption of that which flows, in its paſſage through the veſſels of the womb; which, after a long ſuppreſſion, or through an abundance of putrid humours, may be diſpoſed to give it theſe bad qualities. The blood and juices, therefore, muſt be purified, and the whole body cleanſed, by proper cathartic and alterative medicines, according to the nature and degree of the indiſpoſition. To this purpoſe, an exact regimen and courſe of diet ſhould be obſerved: and then ſuch remedies are uſually adminiſtered, as in the whites, the Section concerning which may be conſulted. But it has been found, that after a purge or two, without bleeding, the following admirable drops, though invented for another purpoſe, are ſufficient to perform a cure. They may be taken to the quantity of twenty or thirty, in a glaſs of water, or any other convenient vehicle, betimes in the morning, faſting, and again at going to bed. They carry all that can be wiſhed for into the blood, that is of a deterging, cleanſing, and healing quality; and therefore, make an effectual cure, not only in ſuppurations and diſorders of that fluid, but in almoſt all internal ulcerations of what ſort ſoever. For which extraordinary virtues, and the ſimplicity of the compoſition, they deſerve to be ranked with the capital medicines in the whole body of phyſic. I call them the *Efficacious Drops*, or *Powerful Elixir*.

They are thus made.

Take of the beſt Rhubarb in powder, three Drams; Gum Guaiacum, one Dram and a half; Gum Lac, one Dram; Cantharides bruiſed, two Drams; Cochineal, half a Dram; Spirits of Wine rectified, one Pint; infuſe in a warm place about five or ſix Days or more, then decant off what is fine for Uſe.

The original intention of this Elixir, as the ſkilful will perceive by its compoſition, is againſt venereal diſorders, for which there is not any medicine better contrived. But for that very reaſon, it is the more proper in the preſent diſtemper, which, though from

a different cauſe, yet as it conſiſts either in the badneſs of the blood in general, or in ſome internal ſuppuration about the parts affected, one or the other of which muſt be the caſe in all venereal diſorders, it ought to be dealt with in the ſame manner as thoſe, notwithſtanding what ſome may have advanced to the contrary. However, for ſuch women as may ſcruple to make uſe of it, or of any other remedies of the ſame kind, the following Electuary may be ſubſtituted in its room with good ſucceſs; obſerving the ſame directions with regard to purging, as in taking the Elixir.

Take of Venice Treacle, one Ounce and a half; of the Conſerve of the Yellow Peel of Oranges, one Ounce; of Diaſcordium, half an Ounce; Candied Ginger and Candied Nutmegs, of each three Drams; compound Powder of Crab's-Eyes, one Dram and a half; outward Peel of Pomegranates, Roots of Spaniſh Angelica, and Troches of Lemnian Caſtor, of each one Dram; Bole Armenic, two Scruples; Gum Arabic, half a Dram; with a ſufficient quantity of Syrup of dried Roſes to make an Electuary: Whereof take the quantity of a large nutmeg in the morning, and at about five in the afternoon, and again at night, drinking after each doſe, ſix ſpoonsful of the following Infuſion.

Take Elecampane Roots, Maſterwort, Angelica, and Gentian, of each half an Ounce; Leaves of Roman Wormwood, White Horehound, the Leſſer Centory, and Calaminth, of each one Handful; Juniper Berries, one Ounce; cut the Roots and Leaves ſmall, and bruiſe the Berries; then infuſe the whole in five Pints of Canary, or Mountain Wine, which ſtrain off as you drink it.

Let a courſe of either of theſe remedies, that is, either the Drops alone, or the Electuary and Infuſion together, which the patient ſhall chooſe, to be continued for three weeks or a month, or from the going off of the courſes to their coming again, and, by the bleſſing of God, all complaints of ill colour or ill ſmell, in the blood, will be effectually removed; the whole maſs will be corrected and purified in a wonderful degree, ſo as to leave no danger of the ſame diſorder's return, unleſs

leſs by catching cold, or any other remote cauſe, the habit of body ſhould be again altered.

The laſt thing that I ſhall treat of in this Section, is the diſorder that ſome women are under about the time that their courſes leave them, which is uſually between forty and fifty years of age. It is obſervable, that when this happens, which is not all of a ſudden, but gradually, (for they firſt come irregularly, and grow more ſo, till they totally ceaſe) that then it is common to complain of a ſevere pain in the back and head, and about the loins; ſometimes of cholics, gripes, and looſeneſs: at other times the patient is vapoured to a high degree; has feveriſh heats, wandering rheumatic pains, and uneaſineſs over the whole body.

But all this may be prevented or cured by the following method. Let the patient bleed to the quantity of eight ounces, if her ſtrength will permit: the next day let her take a doſe of the Cathartic Pills, preſcribed in Section II. and continue the uſe of them once in four or five days, or a week at moſt, till the cure is effected, taking on all the other, or intervening days, about two ounces of the following *Chalybeate Wine*, with fifteen Drops of *Bitter Stomachic Tincture*.

The *Chalybeate Wine* is thus made.

Take Filings of Steel, one Ounce; Saffron, two Drams; infuſe them in one Pint of Spaniſh White Wine, cold, for three Days, and ſtrain for Uſe.

The *Bitter Stomachic Tincture* is thus made.

Take Gentian Root and Orange-Peels, dried, and cut very ſmall, of each one Pound; pour upon them, in a Glaſs Body, Spirit of Vitriol rectified, one Gallon and a half; let them ſtand cloſe covered, in a very mild Warmth, for ſome Days; then preſs out the Spirit ſtrongly, and let it fine down for Uſe.

This is undoubtedly the beſt ſtomachic in the world, and has often been puffed, under other names, in quack advertiſements. It is very conveniently added to the Chalybeate Wine, and contributes much to its efficacy.

The

The following Tartarized Elixir is alſo very good in the preſent caſe, for women in years, and may be taken likewiſe when the terms are of an ill colour and ſcent, if it ſhould be preferred to the medicines preſcribed under that head. The Electuary and Infuſion there mentioned, may be uſed alternately with it, both in that diſorder, and by women whoſe courſes are about to leave them. The doſe of the Elixir is about twenty drops.

It is thus made;

Take Myrrh, Aloes, and Saffron, of each one Ounce; Tincture of Salt of Tartar, twelve Ounces; digeſt them together for ſome Days, then decant what is clear, and keep it cloſe ſtopt.

By obſerving a regular method with either of theſe, according to direction, that is, taking either the Wine, or the Elixir, alternately with the Pills, after bleeding, for about a month every ſpring and fall, from the time that the courſes begin to dodge, till they entirely ceaſe, all thoſe diſorders and pains, to which many women are ſubject during this period, will be effectually prevented, and the patient will enjoy as ſettled health, as when ſhe had her purgations the moſt regularly. Only in the uſe of all theſe things, and indeed of every medicine that can be preſcribed, great regard muſt be had to the conſtitution of the perſon, and the circumſtances of her caſe: for it may ſometimes happen, as when the courſes do not only dodge, but flow too ſparingly when they come, that it will be proper to go through a whole courſe of the remedies in Section II. for ſuppreſſions and obſtructions, before uſing the Chalybeate Wine or Tartarized Elixir. So, in like manner, if they flow too exceſſively when they appear, which is ſometimes the caſe, then recourſe ſhould be had to the preſcriptions in Section III. for an immoderate flux. After which may be taken a doſe of the Cathartic Pills, and the Wine and Tincture, or the Elixir, as directed in the preceding paragraphs; obſerving to repeat the ſame twice a year at leaſt, till the courſes totally ceaſe, and till the patient finds her health well eſtabliſhed without them; which ſhe will not fail to do, morally ſpeaking, in a very ſhort time, by this excellent method.

SECTION V.

OF WOMEN WHO NEVER HAD THEIR COURSES: OF BLOOD BREAKING OUT BY UNNATURAL WAYS: AND OF THE COMPLICATION OF THE COURSES WITH OTHER DISEASES.

THAT there may not be any thing wanting in this treatiſe, that will be of advantage to the Fair Sex, with regard to their monthly evacuations, I ſhall, in this Section, conſider ſeveral circumſtances, to which they are liable, but which have been either totally omitted, or but imperfectly handled by others who have written on this ſubject.

Though the flux of the courſes is the proper, and only certain ſign of a woman's maturity, yet there are ſome women who never had them, even after marriage. Nor have all women in this ſituation been either barren, or unhealthy: for ſome have had children, and others have enjoyed a good habit of body to appearance: though far the greater part have been either ſickly or infertile. The general ſources of this defect are two, one common to the whole conſtitution, the other peculiar, and ariſing from accidental cauſes. When a woman is ſtrong, active, and has her parts ſo diſpoſed, as that every member employs or expels what is convenient for it, her temperament then becomes ſo much like a man's, as that there is no room for a menſtruous purgation. This is the firſt, and indeed the leaſt dangerous origin of this malady. For a malady we muſt call it, however the woman may find herſelf, becauſe it is a deviation from the common courſe of nature. Women of this kind are of a hot and robuſt conſtitution, ſuch as we uſually call viragoes. Their complexion, for the moſt part is brown; their bodies compact; their limbs large; their ſhoulders broad; they have a bold and maſculine voice; are ſtrong and hairy like men. This habit, however, as we before obſerved, muſt be accounted vicious, how little ſoever the perſon may ſeem affected

affected by it, becauſe it is not proper to her ſex. But whether or no, a cure of it be either practicable or neceſſary, when attended with no apparent inconveniencies, is what I ſhall not take upon me to determine. Thoſe who are willing to try the medicines that follow, may, if they pleaſe, be ſatisfied what can be done.

But the greateſt part of women, who labour under this irregularity, are ſickly and barren; which proves it to proceed from ſome other cauſe than a maſculine conſtitution. The firſt thing neceſſary in the cure of theſe, is to find out the immediate ſource of their diſtemper. If it proceed from a hot intemperies of the womb, it may be known by a ſevere pain in the part, and by the heat of the whole belly. A dry intemperies may be diſcovered from the long fevers that attend it, and from a thin habit of body, which in time grows groſs and unhealthy, for want of this due evacuation. An ill formation of the parts occaſions ſwellings of the belly, pains, and a ſeeming weight or preſſure, which is very troubleſome.

But the moſt common cauſe is a hot intemperies, which muſt be cured by four ſorts of remedies. Firſt, by cooling diet; ſuch as Chicken, Veal, when they eat Fleſh; Broth, wherein Endive, Sorrel, Lettuce, Spinage, and the like have been boiled. Oranges are alſo good, and roaſted Apples and Prunes. Their drink ſhould be ſmall; their ſleep and exerciſe moderate. Secondly, let them bleed twice or thrice in the foot every year, and take ſuch things after it, as correct the hot and bilious humours. Such are the Waters and Syrups of Purſlain, Succory, Endive, Violets, and ſome others. Then let them be purged with the following medicines.

Take of the beſt Rhubarb, two Scruples; infuſe it a whole Night in four Ounces of Endive Water; ſtrain it in the Morning, and add an Ounce of Manna, or of the Pulp of Caſſia, and an Ounce of ſolutive Syrup of Roſes.

In the third place, let them uſe ſuch things as leiſurely attemperate the heat of the humours and parts; as Conſerve of Roſes or Violets, with Endive Water; a Decoction of Barley before meals, or Goats Milk in

the morning, with the Flowers of Violets and Burrage. The following cooling Draught is alſo very uſeful.

Take cleanſed Barley, two Handfuls; Roots of Burrage and Succory, of each an Ounce; Leaves of Burrage, Succory, Endive, Fumitory, and Sorrel, of each half a Handful; of the Cordial Flowers and Cold Seeds, each a Handful; Anniſeeds, one Dram; Raiſins, an Ounce; and about a Dozen Prunes: Boil them in three Pints of Water till it comes to a Quart: to the ſtrained Liquor add a ſufficient Quantity of Sugar, and ſpice it with a Dram of the Species of the three Sanders. But if you intend to have it purgeable, add towards the end of the Boiling, *Leaves of Senna and Pulp of Tamarinds, of each an Ounce*; and after it is Boiled, *three Ounces of ſolutive Syrup of Roſes*, or of *Succory with Rhubarb.*

Or this, which is more ſimple, and eaſily made.

Take Spring Water, twenty-ſix Ounces; make it boil, and then put in Juice of Lemons and fine Sugar, of each two Ounces; Cochineal, one Scruple; let it continue Boiling till the Scum be taken off, and then put to it four Ounces of Damaſk Roſe-Water. The quantity to be drank at a time, unleſs when Cathartics are intermixed, may be left to diſcretion. But when purging is intended, ſo much muſt be taken, as will be found to anſwer the intention.

Fourthly, it has been uſual on theſe occaſions, to apply Topicks to the lower part of the Belly. They may be thus prepared.

Take Oil of Sweet Almonds, one Dram; Hen's Fat, Butter, aud Goat's Milk, of each half an Ounce; Juice of Gourds, Endive, or Violets, of each ſix Drams: with Wax make a Liniment, Ointment, or Plaiſter, as the Patient likes beſt. But before the application, it will be proper to foment the part with a Decoction of Lettuce, Violets, Marſh-Mallows, and Fumitory; and to open the paſſages, add the Leaves of Maiden-Hair, Mercury, and Mugwort.

Clyſters

Clyſters alſo, applied at night, are very cooling and comfortable, both to the womb and the whole body. They may be made thus.

Take Chicken Broth, Boiled again with the fore-mentioned Herbs, ſix Ounces; Oil of Sweet Almonds and Violets, of each two Ounces; Sugar, the beſt, one Ounce; Yolks of Eggs, two: mingle them. When injected, let her retain it, if poſſible, all night: and when the heat is very great, ſtuff the Chicken for this Decoction, with Conſerve of Red Roſes.

If the diſeaſe proceed from dryneſs, and is ſo known by the ſymptoms above, it muſt be cured with moiſtening meats of good nouriſhment, and with ſuch drinks as dilute the moſt. The woman ſhould walk often, but not ſo much at a time as to tire herſelf. Rubbing likewiſe, about the region of the womb, will be ſerviceable, that the parts may be dilated, and the menſtruous blood find a way down to the womb. Baths alſo are proper; and Ointments, made of mucilages of the Seeds of Pſyllium and Quinces. Beſides Clyſters, which, on this occaſion, ſhould be thus prepared.

Take Decoction of Marſh-Mallows and Violets, of each eight Ounces; Freſh Butter, three Ounces: mingle them.

All evacuations muſt here be avoided; for they increaſe the dry habit.

Finally, when the diſeaſe proceeds from an ill formation of the parts, medicines are too often unprofitable. In ſuch caſes, the quantity of the blood muſt be leſſened by phlebotomy, where the patient can bear it; and where ſhe cannot, it muſt be diverted ſome other way, by a thin diet, frequent exerciſe, and frictions all over the body, eſpecially early in the morning; by which means the blood will be turned from the inner parts of the body to the outward, and part of it diſcuſſed. Baths moderately hot, are alſo good. And theſe things may be ſufficient for married women, who receive advantage by converſation with their huſbands; but in maids and widows, it hath ſometimes been thought proper to pro-

voke the piles, or to open iſſues. However, what is already ſaid, without farther advice, unleſs where the caſe is very extraordinary, will be ſufficient for every one's direction; it being not frequent that any other remedies are wanting in the moſt obſtinate diſorders of this kind, than what are here inſerted, and in the former Section concerning obſtructions, which may be conſulted.

And the ſame means will alſo be ſufficient, when the menſtruous flux, for want of its natural evacuations, breaks out by contrary ways; as by the mouth, the noſtrils, the nipples, the fundament: the cauſe of which is generally ſome violent paſſion of the mind, or great diſturbance, happening when the courſes are ready to flow. It may likewiſe be occaſioned by obſtructions, ſuch as before have been treated of, or by violent pains, or by the weakneſs of the parts through which the blood finds a paſſage: for the weaker parts always receive what the ſtronger repel from them. Or it may proceed from ſome external cauſe, as drinking cold water unſeaſonably, waſhing the feet or legs, or uſing vinegar immoderately, when the courſes are near.

The cure of theſe diſorders, I ſay, whenever they happen, muſt be by the ſame way as the former: that is, firſt, by evacuation of the ſuperfluous blood; and ſecondly, by recalling it to the lower parts, by heating, moiſtening, and opening them; obſerving at the ſame time, to keep the upper as cool as poſſible. But both theſe intentions have frequently been anſwered by bleeding in the foot, three or four days before the blood flows; by applying cupping-glaſſes to the thighs, legs, and hips, with ſcarification; by hot baths, frictions, and walking; and by unctions, uterine clyſters, and fomentations, made of the opening herbs above-mentioned. This only I would note further, and then refer to the Section concerning ſuppreſſions; that in hot bathing for theſe diſorders, the water ſhould never reach above the upper part of the belly.

But there is ſcarce any thing of greater difficulty to phyſicians, than to manage women who are under any irregularity with regard to their courſes, at the ſame time that they have other diſeaſes on them, which is what we call a complication of the courſes with other diſtempers.

This

This may happen, either when a diſeaſe comes on juſt as the courſes are about to flow; or, when by reaſon of the invaſion of a diſeaſe, the courſes flow before their due time; or, when the courſes flow at their accuſtomed time, yet happen to come at the beginning of a diſeaſe; or, when the courſes being ſuppreſſed or diminiſhed, a diſeaſe comes upon the patient on another account; or, when there being a pre-exiſting diſeaſe, a ſuppreſſion or delay of the courſes cauſes an increaſe of the diſeaſe and its ſymptoms; or, *laſtly*, when the courſes flow unſeaſonably, while another diſeaſe is on the patient. I ſhall conſider each theſe in their order.

Firſt.—If the courſes are about to flow when the diſeaſe is beginning, or in its progreſs, we muſt conſider whether the diſeaſe be occaſioned by the womb, and whether the nature of it requires bleeding; and if it does, let the evacuation, by all means, be in the foot, as moſt proper to aſſiſt the menſtruous purgation, and eaſe the veſſels of their approaching burthen. But if the diſtemper ariſe from an ill habit of the whole body, or affect ſome other principal member of it, then the preſent diſtemper is more to be conſidered in phlebotomy than the expected purgations, eſpecially if the time of their coming be not 'till after eight or nine days; for when they are very near, they ought to be more regarded. But purging medicines, vomits, and ſudorifics, muſt be deferred 'till the courſes are over, or at moſt muſt be but very gentle in their kind, leſt the blood ſhould be diverted, or hindered from flowing: for if that ſhould be the caſe, the blood thus unſeaſonably detained, may overcharge the whole body, or ruſh upon the principal part affected, and cauſe an increaſe of the diſtemper. But if, when the uſual time for the courſes is over, they do not appear, it will then be proper to purge, or uſe ſuch other means as the diſtemper may require, becauſe the courſes by ſuch methods may be promoted: and in this caſe, no purges can be equal to thoſe which are preſcribed in Sect. II. concerning ſuppreſſions.

Secondly.—If by reaſon of a diſeaſe the courſes come before their due time, it often makes one of the moſt difficult and dangerous caſes that can happen, eſpecially if it be at the beginning of the diſeaſe, and before general

general remedies have been given: for if you bleed in the arm, or purge with regard to the diſeaſe, you hinder the monthly purgation; and if you do neither, you ſuffer perhaps the diſeaſe to increaſe. Thoſe things that are proper for the diſeaſe, may ſtop the courſes; and if the courſes flow, they do not relieve the diſeaſe: for ſuch an evacuation at the beginning and increaſe of a diſeaſe, is almoſt always pernicious, nature at that time ſeldom promoting any uſeful diſcharge. When ſuch an anticipation of the courſes happens, we muſt conſider from what cauſe it proceeds with regard to the diſtemper, and treat it accordingly, ſo as neither to increaſe the one, nor ſuppreſs the other. But the management of this muſt be left to ſome perſon of ſkill and experience, it being impoſſible to give any general directions in caſes ſo variable. It has been obſerved, however, that bleeding in the foot, is always uſeful, whenever there is a plenitude, or fulneſs in the veſſels, which ſhould be well conſidered. As to the flowing of the courſes, when a diſeaſe is at the height, or in its decline, it is then ſo far from dangerous, that it uſually turns to advantage, provided they flow eaſily; it being then the fit ſeaſon for evacuation, appointed by nature herſelf.

Thirdly.—If the courſes flow at their due time, and yet happen to fall in with the beginning of a diſeaſe, it will be proper to wait on nature, and ſee, after twelve hours, if the flux is like to be ſufficient without help; for otherwiſe, bleeding in the foot will be neceſſary, to complete the natural evacuation, and even to help the complicated diſeaſe, if the nature of it requires bleeding. This is meant chiefly of diſeaſes not violent; but leſt they ſhould grow ſo, all other means muſt be uſed, as Frictions, Clyſters, and Suppoſitories, to encourage the menſtrual flux, and get it over as ſoon as poſſible, that we may be at liberty to treat the Patient with more freedom, and more agreeable to her increaſing malady. But if the diſeaſe be at firſt acute, as a pleuriſy, a quincy, a fever, or the like, then beſides bleeding for the terms in the foot, you muſt bleed in the arm alſo for the diſeaſe, if the Patient can bear twice bleeding: if not, you muſt reſpect the moſt violent indications rather than the weakeſt, and bleed in the arm

preferably

preferably to the foot: only avoiding Cathartics, Emetics, and Sudorifics, till the courſes are over; becauſe the helps that theſe may contribute towards removing the diſeaſe, are not equal to the hurt they would do in retarding the courſes.

Fourthly.—If during a ſuppreſſion of the courſes, another diſeaſe comes on the Patient, in that caſe we muſt conſider whether the ſuppreſſion has been of ſhort or long continuance, and whether the new diſtemper may not poſſibly proceed from it: for if it does, there is no queſtion but we muſt treat the Patient as in other caſes of ſuppreſſions, before we regard the concomitant diſorder; according to that approved maxim, *Remove the cauſe, and the effect will ceaſe.* Even if the ſuppreſſion be new, provided the diſeaſe be light, and not thoroughly underſtood, it will be proper to attend awhile the flowing of the courſes, and endeavour to help them by gentle means, before you make uſe of other medicines, which may tend to retard them; becauſe in ſlight diſeaſes, the indication from the courſes ſtopped, is more to be minded than the diſeaſe itſelf. But in acute and violent diſtempers, ſuch as thoſe mentioned in the preceding paragraph, certainly thoſe remedies muſt be adminiſtered which the diſtemper requires, according to the directions, and with the exceptions there ſet down.

Fifthly.—If, while a woman is afflicted with any other diſtemper, a delay of the menſtrual flux occaſions an increaſe of that diſtemper and its ſymptoms, we muſt ſtill begin with bleeding in the foot, and endeavour to remove the obſtruction before any thing elſe, provided the nature of the diſeaſe be ſuch as will bear a truce in phyſic, without damage to the Patient. After bleeding, let the other means proper in ſuppreſſions be uſed, ſuch as Cupping-glaſſes, Frictions, and Emmenagogue Medicines, as before preſcribed: and when the terms have had their due evacuation, provide for the other diſeaſe, according to its nature. But here, as elſewhere, we muſt make a careful diſtinction, and not uſe the ſame method where the diſeaſe is violent, as where it is only ſlight: for acute diſorders muſt always have immediate regard, becauſe of the danger that attends them, and not be neglected on any account whatever.

Sixthly,

Sixthly, and *laſtly*,—If the courſes come, and are ſtopt, at the time of any diſeaſe, it will be neceſſary as before, to promote their diſcharge, or relieve the defect of it by phlebotomy, in proportion as the plenitude of the veſſels may require: after which, we may purge gently, and with proper Cathartics, ſo as not to divert the courſe of nature. For in all theſe caſes, the treatment of the Patient muſt be regulated by that one grand principle, of ſtill obſerving the ſtrongeſt indications and ſymptoms, and not ſuffering them to increaſe, while we regard others of leſs moment. It will ſometimes happen, while a diſtemper prevails, that the courſes will flow in drops only before their time; and then we muſt proceed as in the ſecond caſe, concerning the anticipation of the courſes, only with more reſerve. So likewiſe, when this gentle dropping happens at the time when a flux is naturally expected, you muſt treat it, under the ſame regulations, according to the inſtructions in the third caſe: only as a greater oppreſſion of nature is hereby indicated, the diſcharge by phlebotomy ought to be more plentiful.

N. B. Moſt of the remarks in this Section, at the latter end eſpecially, and ſome in the preceding, are directed chiefly to Midwives, and women of ſkill and experience, becauſe no others can comprehend the nicety of theſe diſtinctions. I thought it neceſſary, however, not to omit them, becauſe they are the reſult of long and exact obſervation, and becauſe thoſe perſons, for whom I deſign them, are always conſulted in caſes of difficulty, and which are ſingular and uncommon. For whatever may have been pretended concerning general and univerſal remedies, thoſe who have depended too much on ſuch Quackery, have found by woeful experience, that how good ſoever the preparations have been in themſelves, it was neceſſary to have them ſkilfully applied, in due proportions, and with proper variations, in order to prevent many diſmal conſequences, which are but too much attendant on the moſt judicious practice.

Note farther, as a ſupplement to all that has been ſaid concerning the courſes, that it is highly proper for all the Fair Sex, whether maids or women, to keep themſelves

themſelves warm while their courſes flow, let them come never ſo regularly, and drink white wine caudle, ale caudle, and other hot things of like nature, in order to promote them, both at going to bed, and an hour or two before they riſe in the morning. A little mulled wine alſo, or ale with ſpice and ſugar, taken moderately, may be of ſervice between whiles.

SECTION VI.

OF THE HYSTERIC DISEASE, OR VAPOURS IN WOMEN; WITH A WORD OR TWO CONCERNING MELANCHOLY IN MEN.

THE hyſteric diſeaſe is the joint appearance of numerous ſymptoms in women, which ſhew that their animal and vital faculties are greatly diſordered: it proceeds from an attack of ſeveral particular cauſes, affecting the brain, heart, and womb; or in other words, giving an irregular motion to all the animal ſpirits. It may alſo be owing to an obſtruction or ceſſation of the courſes, to a too violent and immoderate flux of the lochia, or child-bed purgations, an impurity of the blood and juices, the whites, obſtructions and uneaſineſs in the womb-veſſels, and various other cauſes peculiar to women: beſides that it ſometimes affects them, as the hypo or melancholy does men, from an indigeſtion, or a crude and viſcid chyle, which brings an univerſal lentor, or ſlowneſs upon the blood; and may be occaſioned either by a ſedentary and inactive life; feeding too freely, or upon groſs aliment; catching cold; exceſs in venereal pleaſures; too large evacuations of any kind, or a ſtoppage of ſuch evacuations as are neceſſary; extreme paſſions in the mind, as grief, ſorrow, deſpair.

The vapours, or hyſteric fits in women, and the hypochondriac diſorder in men, are the moſt frequent of all chronic, or laſting diſtempers: few women are free, more or leſs, from the former; and moſt men who lead

ſedentary

ſedentary lives, and ſtudy hard, are afflicted with the latter. And indeed theſe two diſeaſes are ſo very alike in many particulars, that it is ſometimes not eaſy to diſtinguiſh them: though in fact, the greateſt number of ſymptoms in the hyſteric diſeaſe are of ſuch a nature, and affect the Fair Sex in ſuch a manner, that men cannot have them: and thoſe ſymptoms are ſo numerous, that it is impoſſible to reckon them half; however, we ſhall mention ſome of the chief.

The hyſteric fits in ſome women return monthly, in others three or four times a year; but moſt frequently the periods are uncertain, and the returns ſudden. The perſon in the fit ſometimes lies as dead; then the breath grows ſhort, thick, and difficult; all the inteſtines are obſerved to have a violent and irregular motion, and a great ſwelling ariſes in the throat, idly by ſome ſuppoſed to be of the womb; and by this the perſon appears to be almoſt ſtrangled. This tumour is more probably ſuppoſed to proceed from the irregular motion of the ſpirits and juices, which cauſes a plenitude or over-charging of theſe Parts. During this time likewiſe the extremities are ſtrongly convulſed and contracted, the patient being then poſſeſſed of more ſtrength than is natural; the pulſe is ſtrong and intermitting, the voice ſometimes hoarſer, and ſometimes ſmaller than ordinary. The perſon, towards the end of this violent fit, talks wildly, and ſometimes obſcenely; laughs, or cries, without the leaſt apparent cauſe; and when tired out, as it were, with acting this mixed ſcene, falls again into the other extreme, lies ſpeechleſs, with a weak and low pulſe, the extremities cold, and the eyes cloſed. Soon after this the violent fit returns again: and thus the patient is ſometimes held, with intervals, for the ſpace of an hour or two. After the fit is gone off, ſhe complains of an univerſal ſoreneſs, dulneſs, ſwimming, and dizzineſs of the head: and preſently falling aſleep, the diſorder entirely goes off for the preſent time.

Theſe, I ſay, are the moſt uſual ſymptoms of a violent attack: but ſo various is this diſeaſe, in its utmoſt extent, that it reſembles almoſt all diſorders that mankind are ſubject to. Whatever part it ſeizes, it immediately

diately produces ſuch ſymptoms as belong to thoſe parts when affected with a real diſtemper. Thus when it poſſeſſes the head, a violent pain is felt in one part, which ſeems fixed; and the whole ſeat of it may ſometimes be covered with the top of the thumb: this pain is attended with reaching, and frequently with vomiting. Thus too when this diſeaſe attacks the ſpirits, ſome violent commotions of mind are preſently occaſioned. In ſhort, when we ſpeak of hyſteric diſeaſes, or vapours, we ſeem not to ſpeak of one, but of a whole legion of diſtempers, which produce head-achs, giddineſs, convulſive motions, palpitations of the heart, rumblings of the ſtomach and bowels, difficulty of breathing, hiccup, loſs of ſenſes, both external and internal, and every other diſorder, at leaſt to appearance.

But to be yet more particular: it ſometimes occaſions ſuch a palpitation, or motion of the heart, that the patient verily believes thoſe who are near her may hear the thumps againſt her ribs:-ſometimes it promotes a coughing without intermiſſion; but the patient all the while expectorates nothing; ſometimes it falls violently upon the parts between the ſtomach and the bowels, or about the region of the heart; and cauſes an excruciating pain, like the twiſting of the guts; when the woman vomits up a green matter, or otherwiſe diſcoloured, in great quantity: this pain and reaching often goes off with jaundice-like indiſpoſition, that tinctures the ſurface of the body like ſaffron: the ſick perſon is here much dejected, and deſperation as certainly attends this ſpecies of the vapours, as the pain and vomiting abovementioned. When the diſeaſe falls upon one of the kidneys, it cauſes a pain there repreſenting the ſtone, or ſtone-cholic; and it is often difficult to diſtinguiſh it from the diſtemper it repreſents, unleſs by having remarked in the woman ſome uneaſineſs of mind before, we learn from thence that it is the hyſteric diſeaſe. Nor is the bladder free from its pernicious effects; for ſometimes, though not often, it ſtops the urine, and cauſes pain there like the ſtone, ſometimes falling upon the ſtomach, it cauſes continual vomiting; and ſometimes, by fixing on the guts, a looſeneſs: but generally no pain accompanies theſe two laſt ſymptoms: though oftentimes, in both, the green humour before mentioned appears in the evacuations.

And as this diſeaſe afflicts almoſt all the inward parts, ſo ſometimes it ſeizes all the outward parts, and muſculous fleſh, occaſioning pain, and not ſeldom ſwellings in the jaws, ſhoulders, hands, thighs, and legs, but moſt conſpicuouſly in the latter; and, contrary to ſwellings in the dropſy, this is moſt viſible in a morning; nor does it leave a pit, when preſſed, like the dropſy, nor often affects more than one of the legs at a time. Even the teeth are not ſecure from the aſſaults of this diſeaſe, though they are not hollow; and notwithſtanding there is no apparent defluxion that may occaſion the pain, yet it is altogether as violent, durable, and hard to cure, as when there is.

But among all the torments that accompany the hyſteric diſeaſe, there is none ſo common, I may venture to ſay ſo certain, as a pain in the back; which all women without diſtinction feel, more or leſs, how little ſoever they are afflicted with the vapours. It is uſual alſo, that after theſe pains are gone off, there is a ſtiffneſs, numbneſs, or ſoreneſs of the part, as if the patient had been beaten, ſo that ſhe cannot bear to have the places touched: but this tenderneſs wears off by degrees. And it is worth obſerving, that a conſiderable coldneſs of the outward parts often makes way for theſe ſymptoms, which for the moſt part does not go off till the fit ends: and that all hyſteric women, moreover, complain of a dejection and ſinking of the ſpirits; and when they are required to ſhew the place where they ſeem to be affected with this ſinking, they always point to the region of the lungs.

Of the many ſymptoms however, that attend upon this diſeaſe, there is not one more infallible, or more inſeparable from it, or that ſo ſurely diſtinguiſhes it from all other diſorders, as the colour and quantity of the patient's urine: for this, in the vapours, is as clear as rock water, and comes away, when ſhe makes it, in great plenty, eſpecially when juſt before ſhe has found herſelf faint and ſickiſh. Moreover women, in this diſtemper, are ſubject to belch up ill fumes as often as they eat, though they eat only moderately, and according to their appetite. In fine, they are continually changing from one extremity of temper to another, being both very merry and very dull in a ſhort ſpace of time.

It is reckoned, that of the ſeveral degrees of the hyſteric diſeaſe, the worſt is when many parts ſuffer convulſions, and the exerciſe of the ſenſes is interrupted; and the leaſt dangerous where the mind is unaffected, or affected ſo little as to preſerve its faculties entire, and but one or two parts are convulſed, without ſuſpending or interrupting the vital functions. In general, theſe diſorders of themſelves ſeldom endanger life; but in thoſe who abound in humours, and whoſe habit of body is overcharged, they prove more violent than in thin conſtitutions. When they proceed from a ſuppreſſion of the monthly courſes, and eſpecially if attended with grief, they are uſually both violent, and of long continuance. If they remain till old age, they are often the cauſe of lunacy; and weaken the nervous ſyſtem ſo far, as to occaſion a continual panic, or ill-grounded fear, the conſequence of which is almoſt the ſame as if the danger were real. Young women, when they firſt begin to breed, generally feel ſomething of this diſeaſe; but it frequently ceaſes of itſelf as they grow in years, or proceed to have children. It may be of ill conſequence, however, to women with child, and to thoſe in child-bed; to the firſt, becauſe it may be the cauſe of miſcarriage; and to the laſt, becauſe the weakneſs they contract in labour, makes them leſs able to bear up againſt it.

Cheerful company, a good air, and the moderate uſe of wine, are of great importance in the cure of this diſtemper. In other reſpects, whatever aliments and exerciſes tend to promote a good digeſtion, liquify the juices, nouriſh and fortify the blood, are here proper: and all others ſhould carefully be avoided.

The cure of the vapours in general is two-fold; in the fit, eſpecially when it is violent, and of long duration; and out of the fit, to prevent its coming again. In the fit, if the patient have a full habit of body, and the convulſive ſtrugglings are violent, bleeding is generally allowed to be proper, though it ſtands condemned by ſome modern phyſicians. But whether bleeding be uſed or omitted, it is proper to apply Vinegar, volatile Salt of Hartſhorn, Spirit of Salt Armoniac, Galbanum, Aſafœtida, Hellebore or Euphobium Snuff, or other

things of like nature, to the noſe. Alſo brown paper, or feathers ſet on fire, and held fuming under the noſe, are vulgarly obſerved to be of ſervice in recovering the patient from her fit. Likewiſe a few drops of Tincture of Caſtor, or Sal Volatile Oleoſum, may be given in cold water; or, which are more proper vehicles, in Penny-royal or Hyſteric Water: and it will be uſeful to anoint the noſtrils with a mixture of Oil of Amber, Oil of Caſtor, and Spirit of Hartſhorn, of each an equal quantity.

Inſtead of the Tincture of Caſtor, or Sal Volatile Oleoſum given ſingly, the following compoſition, if there be opportunity to get it, may be given to advantage.

Take Penny-royal, Rue, and Hyſteric Waters, of each three Ounces; Syrup of Mugwort, one Ounce and a half; Sal Volatile Oleoſum, compound Spirit of Lavender, of each three Drams; Sydenham's Liquid Laudanum, one Dram; Aurum Moſaicum, one Dram and a half; mix and make a Julep: of which let the Patient take four ſpoonsful every hour while the fits are on her, in order to procure ſleep.

Or, in the room of it, the following Draught may be given every two hours;

Take Troches of Myrrh and Gum Ammoniac, of each one Scruple; Rue Water, two Ounces; Hyſteric Water, ſix Drams; compound Spirit of Lavender, Tincture of Caſtor, and Spirit of Hartſhorn, of each thirty Drops; fine Sugar, a ſufficient Quantity to ſweeten it. When the Patient appears to have great need of ſleep, and cannot procure it, *twenty Drops of Liquid Laudanum* may be added to the other ingredients.

If the perſon be young, unmarried, and of a ſanguine conſtitution, inſtead of the ſimple ſmelling medicines abovementioned, the following may be uſed.

Take Aſafœtida, two drams; Camphire, one Dram; White Wine Vinegar, four Ounces: make a mixture over the

the Fire. While it is hot, let the fumes be received in at the mouth and noſtrils, and it will help to recover from the fit.

Alſo, if the Caſe require it,

Take White Wine Vinegar, half a Pint; the beſt Myrrh and Aſafœtida, of each two Drams; Sugar of Lead and Camphire, of each one Dram: diſſolve it into a mixture over the Fire, and foment the lower region of the belly and parts adjacent, with linen cloths dipped in it according to art.

In the mean time, let a Galbanum Plaiſter, with a little Aſafœtida, be applied to the naval: and if the fit continues long, in ſpite of the preceding conduct, give a Dram of Aſafœtida to drink, diſſolved in four Ounces of Penny-royal or Rue Water. The hands and feet all this time ſhould be kept extended, the joints ſhould be bound tight, and a broad bandage rolled round the belly; for theſe external means are of ſervice many times. Nor will it be amiſs, if the patient have a tolerably good conſtitution, to give her a laxative Clyſter towards the decline of the fit.

Suppoſing now the fit to be entirely gone off, and the patient recovered for the preſent, the next thing to be conſidered is how to prevent a relapſe. To anſwer this end, if the patient be briſk, and of a ſanguine conſtitution, fœtid and detergent medicines are the moſt proper: but if of a weak, pale, and ſickly complexion, a mixture of Steel with nervous aromatics, and detergent fœtids, will ſucceed the beſt. In ſome aged perſons, whoſe nerves are weak, perfumes prove more effectual than fœtids; though this is not frequent. I ſhall introduce deſcriptions of every kind, and ſuited to all habits, in the courſe of this Section: for, as I have elſewhere obſerved, there is no other way of proceeding with ſafety, and proper hopes of ſucceſs, whatever miſtaken people may imagine, who depend on univerſal medicines.

I before mentioned a Clyſter on recovering from the fit. And indeed, take it in general, hyſterical women

cannot bear much purging; for which reaſon Clyſters are here often ſubſtituted in the room of Cathartics. Theſe Clyſters ſhould be well charged with anti-hyſteric ingredients, after the following manner.

Take round Birthwort Root, an Ounce; Rue, Penny-royal, and Camomile Flowers, of each a Handful and a half: boil in a ſufficient Quantity of Water to ten Ounces; in which diſſolve ſtrained Aſafætida, one Dram; Oil of Amber, two Drams; Oil of Camomile, an Ounce; brown Sugar, a Spoonful or two: mix for a Clyſter.

But when internal purgatives may be adminiſtered with ſafety and advantage, the following are well ſuited to this intention.

Take Tincture of Hiera Picra, two Ounces and a half; Elixir Proprietatis, one Dram: mix for a draught.

Or,

Take Fœtid Pill, and Pill Ruffii, of each fifteen Grains; Volatile Salt of Amber, and Caſtor pulveriſed, of each five Grains; Oil of Penny-royal, two Drops; Syrup of Buckthorn, a ſufficient Quantity: make ſix Pills, of which let two be taken at going to bed, and the reſt the next morning early.

Or,

Take Root of Black Hellebore, one Dram; Rhubarb Root, two Scruples; Sena Leaves, two Drams; Salt of Tartar, half a Dram; Rue and Penny-royal Waters, of each two Ounces and a half: boil them over a ſlow fire; and, when ſtrained, add Syrup of Buckthorn, one Ounce; Sal Volatile Oleoſum, Tincture of Caſtor, and compound Spirit of Lavender, of each half a Dram: drink it in a Morning early, and obſerve a due regimen all the day.

Either of theſe Cathartics, as it ſhall be moſt agreeable to the patient, may be taken, and repeated once a month, or oftener, if required. And if the blood be very viſcid, ſhe would do well to take half a Scruple of Calomel over night, made up into a Pill with Conſerve of

of Rue; the Cathartic being taken next morning. But for ſuch patients as are ancient and weak, it will be ſufficient to uſe only ſome of the following anti-hyſterics, omitting all ſorts of evacuations, unleſs where coſtiveneſs makes them neceſſary, and there a Clyſter may ſuffice.

A Preparation to Smell to.

Take Gum Galbanum, and Aſafœtida, of each two Drams; Camphire, one Dram; Volatile Salt of Hartſhorn, Gum Ammoniac, and Myrrh, of each half a Dram; Oils of Rue and Penny-Royal, of each ſix Drops; Oil of Amber, twenty Drops; Elixir Proprietatis, enough to make them into a Maſs: which put into a box, and ſmell to often. When the maſs grows dry, you may moiſten it again with Tincture of Myrrh, and Oil of Amber. But if a Liquid be deſired for the ſame purpoſe, there can be no better than this:

Take Tincture of Aſafœtida, and Spirit of Hartſhorn, of each two Drams; Elixir Proprietatis, and Tincture of Caſtor, of each one Dram; Oil of Amber, two Scruples; Oil of Camphire, half a Scruple; Mix, and keep in a proper Bottle. Theſe Drops may be taken inwardly, provided the Oils of Amber and Camphire are omitted. Their quantity for a doſe is about half a Dram, three times a day, along with white wine and water, or penny-royal water, or, which is ſtill better, the hyſteric drink hereafter mentioned.

When the head is dull, and the thoughts confuſed, it may be proper, now and then, to make uſe of the following Sternutatory.

Take Tobacco, pulverized, one Ounce; Aſarabacca, two Drams; the beſt Caſtor, one Dram; White Hellebore, half a Dram; Mix, and make a Snuff.

Solutions of the Fœtid Gums, that is Aſafœtida, Galbanum, and Gum Ammoniac, are excellently adapted to all hyſterical caſes, where their nauſeouſneſs can be diſpenſed with. But in delicate conſtitutions, which cannot bear the Aſafœtida, or Galbanum, both

which

which add much to the efficacy, we muſt be content with diſſolving the Gum Ammoniac only.

The entire Preſcription may be thus:

Take Gum Ammoniac, two Drams; Aſafœtida, one Dram; Black Cherry and Penny-Royal Waters, of each three Ounces; Compound Briony Water, two Ounces: diſſolve the Gums, ſtrain the Liquor, and add Tincture of Caſtor, two Drams.

Or thus,

Take Gum Ammoniac, two Drams; Galbanum, two Scruples; Rue Water, and ſimple Cinnamon Water, of each three Ounces; Piony Water, two Ounces: diſſolve and ſtrain as above, but omit the Tincture of Caſtor.

Three or four ſpoonsful of either of theſe may be taken twice in a day; but where the Galbanum or Aſafœtida is omitted, it ſhould be repeated oftener.

When the complexion is pale, the blood poor, and its circulation languid, or the patient weak and aged, the following Powders may be of great ſervice:

Take compound Powder of Arum Root, and Preparation of Steel, of each half a Scruple; Troches of Myrrh, fifteen Grains; Powder of Saffron, five Grains: Mix for a ſingle Doſe.

Or,

Take Peruvian Bark, fifteen Grains; Salt of Steel, Species of Diambræ, and Virginia Snake Root, of each five Grains: Mix and take as above.

Of either of theſe let her take two Doſes a day, drinking after it four ſpoonsful of a Julep that may be thus made:

Take Black Cherry Water, Alexiterial Milk Water, and Rue Water, of each two Ounces; Aqua Mirabilis, two Ounces and a half; Aurum Moſaicum, one Dram; Syrup of Saffron, one Ounce; Sal Volatile Oleoſum, one Dram; compound Spirit of Lavender, two Drams: Mix them well.

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The following Drops, alſo, are ſuited to the ſame intention, and may be taken thirty at a time, twice or thrice a day, in a glaſs of Wine or Julep.

Take Elixir Proprietatis, Spirit of Hartſhorn, Tincture of Steel, of each two Drams; Tinctures of Aſafœtida and Caſtor, of each one Dram: Mix them well.

When the return of the fits is very frequent, and other means have been ineffectual, the following Pills become highly proper, and ſeldom fail of curing the patient.

Take Aſafœtida, Piony Seeds, Stinking Orache, Myrrh, Gum Galbanum, and Gum Ammoniac, Saffron, Volatile Salt of Amber, Salt of Hartſhorn, Powder of Caſtor, and Balſam of Peru, of each one Dram; Extracts of Black Hellebore and Gentian, of each two Drams; Oils of Rue and Savine, of each ten Drops; Elixir Proprietatis, and ſimple Syrup of Piony, of each alike, enough to make the whole into a Maſs. Divide every Dram into ten Pills, of which let five be taken at a time, twice every day, drinking after them four ſpoonsful of the following medicated Wine.

Take Live Wood Lice, four Ounces; Root of Caſſamunair, Wild Valerian, and Male Piony, of each one Ounce; Virginian Snake Root, Galangals, Cinnamon, Carraway Seeds, and Sweet Fennel Seeds, of each half an Ounce; Liſbon White Wine, two Quarts: infuſe for two or three Days; then ſtrain off, and add four Ounces of double-refined Sugar.

Both the Pills and the Wine are wonderfully adapted to anſwer this intention, they having between them, in due proportion, almoſt all the ingredients that are of acknowledged efficacy in hyſterical and hypochondriacal diſorders; as may be ſeen, by comparing them with the other compoſitions in this Section. If the patient, however, be of a ſanguine conſtitution, the Cinnamon and Carraway Seeds may be left out of the Wine, and two Ounces of Black Hellebore Root ſubſtituted in its room. If ſhe be very ſickly and weak, add two Ounces

of

of Filings of Steel. Medicated Ales, alſo, might be made with the ſame ingredients, and the ſame variations, according to the complexion of the perſon.

As I promiſed to be very particular in this article of complexion, and directing the medicines with a due regard thereto, I ſhall once more diſtinguiſh between ſanguine and plethoric perſons, and thoſe who are of a contrary habit, called by the phyſicians leucophlegmatic, or pale and low. For the former ſort, the following Bolus and Decoction are well ſuited, in all hyſterical and hypochondriacal diſorders whatever.

Take Conſerve of Rue, one Scruple; Black Hellebore Root, and Wild Valerian Root in Powder, and Pulvis ad Guttetam, of each half a Scruple; Myrrh in Powder, and Salt of Amber, of each five Grains; Camphire, ſix Grains; Aſafœtida, four Grains; Oil of Penny-Royal, one Drop; Syrup of Stinking Orache, or Anti-hyſteric Syrup, enough to make a Bolus. Take two of theſe in a day, drinking after it four ounces of the following medicated Liquor.

Take Woods of Saſſafras and Guaiacum, of each one Ounce; Raiſins of the Sun, ſtoned, two Ounces; Boil them in a ſufficient quantity of Spring-Water; when they are almoſt Boiled, add Horſe-Radiſh Root half an Ounce; common Daucus Seed, bruiſed, and Juniper Berries, of each three Drams; Orange Peels, two Drams; Rue, Camomile Flowers, Mugwort, Stinking Orache, of each half a Handful: Strain the Decoction, and add four Ounces of common Briony Water.

But in pale and thin conſtitutions, the following Bolus, or Electuary, which the patient ſhall chooſe, will be more proper, drinking after it a glaſs of common White Wine.

The *Bolus* is thus made.

Take Conſerve of Roſemary, one Scruple; Myrrh, Caſtor, Species Diambræ, Saffron, and Salt of Steel, of each five Grains; Oil of Nutmegs, one Drop; compound Syrup of Pionies, or Anti-hyſteric, enough to make a Bolus. To be taken, as the former, twice in a Day.

Or,

Or, if any *Electuary* be more agreeable,

Take Caſſamunair and Wild Valerian, in Powder, of each half an Ounce; Caſtor, Ens Veneris, Cinnabar of Antimony, Preparation of Steel with Sulphur, of each two Drams; Electuary of Bay-Berries, Conſerve of Roſemary-Flowers, of each two Drams; Gum Ammoniac, one Dram and a half; Syrup of Steel, a ſufficient quantity to make an Electuary. Let the quantity of a large nutmeg be taken three times a day.

Both in hyſteric and hypochondriacal caſes, a gentle Vomit once a month is of good uſe; taking after it about twenty or thirty drops of the Anodyne Balſam, preſcribed page 56. Bliſters and Iſſues, have alſo been found uſeful in theſe diſtempers, when other means have been unſucceſsful without them. As to Opiates, though they have been much recommended, yet no certain rule can be given as to the exhibiting and repeating of them in theſe caſes. But where they are found neceſſary, as when the patient is very much fatigued, either by the fits, or by the operation of medicines, nothing better can be adminiſtered to anſwer their intention than the aforeſaid Anodyne Balſam.

The Peruvian Bark, or Jeſuits Powder, taken with the fœtid Gums, hath ſometimes been found effectual in the hyſterical diſeaſe. Alſo drinking of chalybeate, or mineral waters, when the blood is viſcid, in a clear air, has alone been ſufficient. The waters of the Spaw, Tunbridge, the Bath, have all been ſeverally recommended on this occaſion. But in hectic or decayed conſtitutions, a milk diet, and frequent riding in the open air, is often the laſt reſource, and ſometimes ſucceeds beyond expectation.

I have often, in this Section, mentioned the hypochondria, together with the hyſteric diſeaſe; becauſe the ſame remedies that are good in this latter, are uſually the moſt efficacious in the former: but it may be expected from my title, that I ſhould be a little more particular concerning it. I will only add to what was before ſaid, that thoſe ſymptoms which it has in common with the hyſteric diſeaſe, are ſeldom ſo violent.

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The riſing in the throat, ſo terrible to women, is not often ſo to them. And inſtead of thoſe compound hyſterical fits, hypochondriacal men have only a great dread or panic upon their ſpirits; the head is gloomy; a little buſineſs diſtracts it; and a ſeemingly ſettled ſadneſs hath ſurpriſing intervals of joy, and uncommon briſkneſs. Something like this, perhaps, every one has found, at one time or another.

Though I have already multiplied medicines for theſe diſeaſes, yet I will venture to introduce a few more; taken, as well as the former, from preſent practice, and the moſt unqueſtionable experience. The patients, no doubt, in theſe whimſical diſtempers, will be very whimſical in the choice of their remedies: but among a great many good, in all likelihood they will fix on one.

The *Splenetic Pills* are thus made.

Take Spikenard, in fine Powder, a Dram; Aſafœtida, ſtrained, and Ens Veneris, of each half a Dram; Oil of Amber, eight Drops; Balſam of Peru, a ſufficient quantity to make them into Pills.

Or this,

Take Ens Veneris, four Scruples; Saffron, Long Pepper, Virginia Snake Root, and Spikenard, of each a Scruple; Galbanum, four Scruples; Tincture of Myrrh, a ſufficient quantity to make Pills.

In all hyſterical and hypochondriacal diſorders, both theſe are excellent; and by continuing for ſome time, to take three or four at a doſe, twice at leaſt in a day, they will prevail againſt the moſt obſtinate and inveterate complaints of this kind. The following, alſo, is calculated for the ſame purpoſes, and is entirely good in groſs and foul habits, inclining to the Jaundice or Dropſy, eſpecially if the conſtitution be robuſt of itſelf, though ſpoiled perhaps by intemperance: But care muſt be taken not to adminiſter it in contrary habits, becauſe the Cathartics make it not ſo proper. The doſe is five or ſix at a time, twice in a day.

Take

Take Species of Hiera, two Ounces; Salt of Steel, half an Ounce; make them into Pills with Syrup of the five Roots, or Extract of Gentian.

But perhaps the Ecphratic Pills of *Sylvius*, which here follow, are ſuperior to all the reſt in deſperate caſes; they being prevalent, by a continued uſe, not only in all hyſterical and hypochondriacal diſorders, but even in that height of melancholy, which is juſtly called diſtraction: for they cut and wear away thoſe viſcidities, which not only clog the viſcera, but even fur up the paſſages of the nerves, and interrupt ſenſation, and that communication which the mind has with the ſenſes. They may be taken three, four, or five at a time, according to the caſe, and the patient's habit of body, twice at leaſt in twenty-four hours.

The *Ecphratic Pills* are thus made:

Take Gum Ammoniacum, ſtrained, two Scruples; Salt of Steel, calcined to Whiteneſs, one Scruple; Myrrh and Caſtor, of each fifteen Grains; Saffron, half a Scruple; Troches of Alhandal, a Dram; Roſin of Jalap and Scammony, prepared, of each a Scruple; Oil of Fennel, five Drops; Elixir Proprietatis, enough to make them into Pills.

If Electuaries ſhould be more agreeable than Pills, the following are the moſt approved in the preſent refined practice, and will not fail of anſwering all the intentions of the before-mentioned Pills, and whatever may be required in hyſteric diſorders.

An *Hyſteric Electuary.*

Take Conſerve of Rue, one Ounce; Electuary of Bay-Berries, half an Ounce; Gum Ammoniacum, two Drams, diſſolved in a ſufficient quantity of Tincture of Caſtor; Powder of Myrrh, one Dram; Saffron, half a Dram; Anti-hyſteric Syrup, a ſufficient quantity to make an Electuary.

This is good againſt all kinds of fits and convulſions, that ariſe from diſorders of the womb, and a too great rapidity in the blood and ſpirits. It helps alſo to clear the glands, and make a free paſſage for the nervous fluids in the ſmalleſt fibres. Its doſe is the quantity of a nutmeg, two or three times a-day.

Another, uſually called the *Splanchnic Electuary.*

Take Conſerve of Roſemary-Flowers, one Ounce; of Roman Wormwood, half an Ounce; Electuary of Bay-Berries, two Drams; Powder of Black Hellebore, and Pellitory of Spain, of each two Drams; Salt of Amber, one Dram; Saffron, two Scruples; Gum Ammoniac, two Drams, diſſolved in a ſufficient quantity of Tincture of Caſtor; Anti-hyſteric Syrup, enough to make an Electuary.

The whole compaſs of phyſic cannot furniſh out a more effectual remedy than this, againſt all thoſe diſorders, which paſs under the names of ſpleen, vapours, hypo, and the like. Its continued uſe for ſome time, will not only render the blood, and all the animal juices, duly fluid, but ſo ſcour the receſſes, and ſecret meanders of the body, that the mind, the director of animal actions, may meet with no impediments. It may be taken, as the foregoing, two or three times a-day, about the quantity of a nutmeg; and if duly followed, will prevail even in madneſs.

The following Hyſteric Drink alſo may be made for common uſe, and a draught of it taken after every doſe of the Electuary.

Take Roots of Madder, Smallage, Butcher's Broom, Zedoary, of each four Ounces; Leaves of Motherwort, Penny-Royal, Mugwort, of each two Handfuls; Thyme, Dittany of Crete, of each one Handful; Daucus Seed, three Ounces; Grains of Paradiſe, one Ounce; Filings of Steel, half a Pound. Hang them in a bag in four Gallons of Ale, during its Fermentation, and keep the Liquor for Uſe.

N. B. Perſons who have little exerciſe, and have not been uſed to malt liquors, may impregnate ſo much

much wine with the ſame ingredients, and it will do better.

If neither Pills or Electuary ſhould be acceptable to the patient, the following grand Hypochondriacal Elixir may be uſed in their room.

The *Grand Hypochondriacal Elixir.*

Take Roots of Valerian and Caſſamunair, of each two Ounces; Black Hellebore, four Ounces: digeſt for twenty-four Days in two Pounds of rectified Spirit of Wine; then ſtrain and preſs it out hard, and put to it Extract of Saffron, one Ounce; Salt of Steel, half an Ounce; diſtilled Vinegar, eight Ounces; digeſt theſe for ſome days together in a cloſe Veſſel; and then pour off, and filter for uſe.

This is a moſt efficacious medicine in all melancholy, hypochondriacal affections in either ſex; and there is hardly a caſe ſo obſtinate as to reſiſt it, if it be long continued. It keeps the body a little laxative, opens by urine, and will in time, (for time there muſt be in all theſe caſes) ſcour the glands, and moſt remote receſſes of the body, clearing them of thoſe adheſive ſlimy humours, which ſpoil the motions of the ſpirits, and lay a load, as it were, upon the principal wheels of the animal machine; from whence ariſe thoſe perturbations of mind, and interruptions of reaſoning, that put a perſon into a ſtate little better than that of diſtraction. It is peculiarly excellent alſo againſt diſorders from hyſterical cauſes, and will ſeldom fail of entirely removing them. It may be given from ten to forty drops; but the uſual doſe is between twenty and thirty, in a glaſs of Hyſteric, or compound Briony Water, or any other ſuitable vehicle. Some put into the compoſition of this Elixir a little Salt of Amber, which adds to its efficacy, but renders it more unpleaſant to take. The patient therefore ſhould conſider, whether or no ſhe can put up with this inconvenience, for the ſake of greater benefit; and proceed accordingly.

I ſhall ſubjoin here the moſt excellent Anti-hyſteric Syrup that ever was contrived, and which every woman, troubled with uterine diſorders, ought always to keep

by her, in order to make up with it all the Boluſes and Electuaries that ſhe may have occaſion to take, and alſo to ſweeten all her Juleps and Decoctions.

The *Anti-hyſteric Syrup.*

Take Gum Ammoniac and Galbanum, of each one Ounce; Ruſſia Caſtor, two Drams; Roots of Valerian and Caſſamunair, of each two Ounces in groſs Powder: digeſt all in a circulatory Veſſel five or ſix Days, with a Sand Warmth, in two Pounds of Penny-Royal Water: afterwards pour off the Liquor from the groſs Dregs, and and melt with it, in the ſame cloſe Veſſel, three Pounds of fine Sugar.

In the foregoing Electuaries, I have ſubſtituted this in the room of Syrup of ſtinking Orache, and Syrup of the Five Roots, which are directed in the *London Diſpenſatory*, becauſe its virtues undeniably are much greater. It may alſo be uſed in the Pills, if the patient thinks proper, inſtead of the other Syrups or Balſams: but the quantity that can enter into theſe compoſitions is ſo very ſmall, that it is not there material: whereas in Boluſes and Electuaries, the Syrups make up a very conſiderable part of the whole preparation.

Notwithſtanding that I have here ſet down ſuch a great number of medicines, in regard to different complexions, and particular antipathies, (which are more to be expected in this diſeaſe than in any other) I would have the patient, by all means, ſtick to thoſe ſhe begins with, for at leaſt a month; becauſe diſorders of this nature, that require ſo great an alteration to be made in the whole habit, do not ſuddenly give way, ſo as to be perceived, to the uſe of remedies. But every one may depend upon it, morally ſpeaking, that if ſhe ſelects thoſe preparations, which, according to the inſtructions here given, are found to be beſt adapted to her caſe and conſtitution, ſhe will not fail in due time, and by keeping conſtantly to them, to reap the benefit, and get rid of a diſorder, which alone contains in it almoſt all the diſtempers that we are ſubject to.

Before I end this Section, I muſt take notice of one diſorder, which is often a ſymptom of the hypochondria-

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cal diſeaſe, but which has not yet been mentioned; I mean that which is vulgarly called the *Night Mare*. It is uſual with perſons afflicted therewith, to ſay they have been *Hag-ridden*, becauſe they have felt an imaginary weight preſſing upon their ſtomach in the time of ſleep, which ignorance formerly attributed to ſome ſupernatural cauſe. This, as well as the other ſymptoms, proceeds often from bad digeſtion, or a thickneſs in the blood, which hinders its circulation, eſpecially through the ſmall capillary veſſels of the lungs. It uſually follows full meals, late ſuppers, or the eating of improper things. The perſon ſeized with it, is greatly diſturbed in his ſleep, by frightful dreams, or diſmal apprehenſions. He loudly bemoans himſelf in groans, as if at the point of death. He breathes thick and ſhort, and ſometimes rattles in the throat. It is not eaſy to awake him; and when that is done, he complains of having ſuſtained a great preſſure on his breaſt, which he ſtill feels, though in a leſſer degree. This ſymptom is not reputed dangerous, unleſs it becomes apoplectic or epileptic. When it is occaſioned by a ſluggiſh circulation, exerciſe is highly adviſeable, and now and then a glaſs of generous wine. A dry, clear, and briſk air, is alſo proper; and moderate ſleep, taken at a due diſtance from meals. Bleeding, and a gentle vomit, will remove it, when occaſioned by too great a fulneſs of the veſſels. And when it attends on melancholy, and proceeds from a viſcidity of the blood, after a few mercurial purges, a courſe of Steel Bitters may be ſerviceable, or preparations of Black Hellebore Root and Salt of Wormwood, made up with Anti-hyſteric Syrup; for theſe will thin the blood greatly. But if the diſtemper proves obſtinate and troubleſome, which it ſeldom does, it is then to be treated as an hypochondriacal or hyſterical caſe, in all its forms, and according to the directions in this Section.

☞ See more of this diſorder in the Sections on diſeaſes of the head, brain, and nerves.

SECTION VII.

OF THE GREEN-SICKNESS.

THE Green-ſickneſs is an obſtruction in the womb-veſſels of young females, under or about the time of their courſes beginning to flow. It is attended with a viſcidity of all the juices, a ſallow, pale, or greeniſh colour of the face, a difficulty of breathing, a ſickneſs in the ſtomach at the ſight of proper food, and an unnatural deſire of feeding on ſuch things as are accounted hurtful, and unfit for nouriſhment. It is alſo called by phyſicians the White Fever, the Love Fever, the Virgin's Diſeaſe, and the White Jaundice.

It ſometimes ſeems to proceed from an alteration of the fluids, about the time that the menſes firſt begin to flow, or from the inaptitude of the veſſels to perform thoſe diſcharges which nature then calls for. It may alſo proceed from an obſtruction in the bowels, or a ſluggiſh languid motion of the blood, whether natural, or acquired by eaſe, indulgence, or want of exerciſe: and this latter, no doubt, is the caſe, when the diſtemper happens to very young girls, who are not capable of ſuffering an hyſteric diſorder. Finally, it may proceed from a longing deſire after the enjoyment of ſome particular perſon; or, in general, from a violent inclination to exchange a ſingle life for the ſtate of matrimony.

This diſeaſe ſometimes, though not frequently, happens to children about eight or nine years of age: but the moſt uſual time is at about thirteen or fourteen, when it generally continues till the terms appear. It is known, as before obſerved, by the paleneſs, greeniſhneſs, or leaden colour of the face, which is alſo ſwelled in ſome perſons, but eſpecially about the eye-lids, and after ſleep. The thighs, feet, and parts about the ancles, ſwell and pit towards night, eſpecially when the diſorder proceeds from obſtructions; the whole body being then lax and ſoft. There is an univerſal dulneſs and diſinclination to exerciſe; and the patient complains

of

of a preſſure, or weight, chiefly about the loins, and the extremities of the body. Upon any briſk motion comes on the difficulty of breathing, and the tenſion and quick pulſation of the arteries in the temples, which ſeem to beat with great violence: alſo a heavy, and frequently a laſting pain of the head, and ſometimes a palpitation of the heart. The pulſe, generally ſpeaking, is quick and low, attended with a ſmall feveriſhneſs, and a loſs of the natural appetite: but chalk, coals, ſtones, clay, tobacco-pipes, and other things of like unwholeſome nature, ought to be kept as much as poſſible out of the patient's way; for ſhe generally has more inclination to theſe, than to a proper diet.

The Green-ſickneſs is ſeldom dangerous, though it often proves of long continuance: but when very violent, and too much neglected, proceeding from a ſuppreſſion of the monthly courſes, and attended with the whites, it may in time bring on weakneſſes, hard ſwellings, and barrenneſs. When it happens ſome time before the menſes ought to appear, and they break forth without obſtruction, it is uſually cured upon this eruption, without farther means. If the whites come after the Green-ſickneſs has been long fixed, it is held to be a bad ſign; if before, and it happens upon the ſtoppage of the menſtrual flux, it often proves critical; if the courſes flow regularly during the diſtemper, it is accounted a good ſymptom, and there is no danger.

To forward a cure, the patient ought to be placed in a thin and clear air, to drink tea, barley-water, and other attenuating liquors, warm, and made agreeable to the palate. Her food ſhould be nouriſhing, but eaſy of digeſtion, and not ſuch as may inflame. Moderate exerciſe every day, ſuch as walking, riding, ſtirring about the houſe, is very ſerviceable, notwithſtanding the difficulty and uneaſineſs that attends it, and the great antipathy of the patient to any ſort of motion. Sleep ought to be moderate, and taken at a due diſtance from meals, not till an hour or two, at leaſt, after ſupper. All paſſions of the mind, eſpecially thoſe of melancholy and deſpair, are highly prejudicial: if the diſeaſe, therefore, be found to proceed from a ſettled inclination after marriage, the parents of the patient would do well

to

to provide her a ſuitable match, as the moſt effectual cure; or, if the deſire be after a particular perſon, to let her have him, if they approve her choice. But if matrimony be not judged convenient for her, either on account of youth, or for any other reaſon, they muſt then have recourſe to phyſical remedies, according to the following directions.

If the patient be at all plethoric, that is, if her veins be well ſtored with blood, bleeding will be highly proper to begin the cure; and this is to be ſucceeded by proper purgatives, mixed with Calomel, or the ſame that are preſcribed in the Section concerning obſtructions, *Page* 39, &c. If the menſes are conſiderably obſtructed, or the time of their firſt appearance ſeems to be at hand, the purges ought to be pretty ſtrong, and given about the expected time of their eruption, or of their monthly returns. As to the preciſe quantity of the doſe, all circumſtances being conſidered, a prudent mother will be able to regulate it from the inſtructions in the fore-mentioned Section. In ſome caſes, eſpecially when the patient is very young, a vomit is often ſucceſsful, being exhibited before purgation. Thoſe Cathartics, that are either mixed along with alterative medicines, or given in ſuch quantities that make them act as alterants, or lie a conſiderable time in the body before they operate, are uſually very efficacious; and in weakly conſtitutions preferable to other purgatives. The following forms are very good.

Alterative Pills.

Take Ruffi's Pills, fifteen Grains; Salt of Steel, five Grains; Oil of Savin, one Drop: make three Pills for a Doſe. Theſe ſhould be taken at going to bed, drinking after them a draught of White Wine, and continuing the ſame courſe for ten or twelve days.

Another Sort.

Take Caſtor, Saffron, Myrrh, black Hellebore Root, all in Powder, of each one Dram; Gum Ammoniac, one Dram and a half; Salt of Steel, four Scruples; beſt Aloes powdered,

powdered, two Drams; Oil of Cinnamon, fifteen Drops; Syrup of the Five Roots, a ſufficient Quantity. Make ten Pills out of every Dram, of which let five be taken for a doſe every night, drinking after them *Briony Water* and *Penny-royal Water, of each two Ounces.* Theſe are excellent to warm and comfort the nerves, thin the blood and juices, and cauſe them to circulate freely. They muſt be continued as the others, for ten or twelve days. And indeed all Cathartics of this nature, that are intended to make an alteration in the whole animal ſyſtem, which is often neceſſary in theſe caſes, muſt have much more time to operate than thoſe which are intended only to purge the inteſtines. The ſame directions therefore muſt be obſerved in taking the following Tinctures, which may be ſubſtituted in the room of the Pills, where theſe are obnoxious.

Alterative Tinctures.

Take Tincture of Hiera Picra, half an Ounce; compound Spirit of Lavender, and Tincture of Caſtor, of each half a Dram: mix for a ſingle Doſe.

Or,

Take Elixir Proprietatis and Tincture of Steel, of each two Drams: mix for Drops. Let the patient take thirty at a time in a glaſs of Hyſteric Wine, or Julep.

After purging a due time, either with the Pills or Tincture, the patient muſt have recourſe to the Emmenagogue Electuaries, or the Uterine Elixir, preſcribed in *Sect. II. page* 46, or to the Hyſteric Drops, Boluſes, or Electuaries in *Sect. VI.* obſerving the directions there given, with regard to her conſtitution, and the circumſtances and ſymptoms of her diſeaſe. And if her complexion be ſo very tender, that ſhe cannot bear purging for ten or twelve days together, ſhe may omit it every third, or every other day, as the caſe requires, and take on that intermediate day a doſe of the Emmenagogue or Hyſteric Medicine, which ſhe finds moſt ſuitable. But when there is a good conſtitution, and the caſe happens to be ſtubborn, the purgatives

may

may be continued to ſixteen or eighteen doſes, obſerving towards the end of the courſe to purge and take the other remedies alternately. When the purging is quite over, the Hyſteric Medicines may be continued as in hyſteric caſes, there being no need of other inſtructions.

For the younger ſort of females, after the uſe of proper purgatives, without conſulting the Section of *Suppreſſions* and *Hyſteric Diſorders*, the following Electuary may be prepared, and there is no doubt of its efficacy. By the younger ſort, I mean, ſuch as are troubled with a *Green-ſickneſs-like* indiſpoſition before the coming down of their courſes can be expected, and before they can have any inclinations or deſires that may bring it on them. But though the Electuary is chiefly intended for theſe; yet, it has been taken with good ſucceſs by thoſe who are more grown, eſpecially thoſe of a weak conſtitution: and indeed, if this only were duly followed, for a month or ſix weeks together, after purging with any one of the Alteratives mentioned in this *Section*, I am apt to think it would prevail in moſt caſes of the *Green-Sickneſs*, without other remedies.

An *Electuary* for the *Green Sickneſs*.

Take Steel Duſt, half an Ounce; Species of Deambræ, two Drams; Conſerve of Roman Wormwood, ſix Drams; Oil of Cinnamon, three Drops; Syrup of Saffron, enough to make an Electuary. Let the quantity of a nutmeg be taken twice in a day, drinking after it four ſpoonsful of the following Julep.

Take Black-cherry Water, ſix Ounces; Compound Briony Water, two Ounces; Syrup of Citron Peels and Syrup of Steel, of each half an Ounce; Compound Spirit of Lavender and Sal Volatile Oleoſum, of each one Dram: mix them well.

But it hath ſometimes happened, that a *Green-ſickneſs-like* diſorder has afflicted women, who have their courſes regularly. Though caſes of this kind are very extraordinary; yet it would not be proper quite to paſs them in

in ſilence; becauſe, when they happen, they require other treatment than the common ſymptoms of a *Green-ſickneſs*, and no way different from that of a *Yellow Jaundice.* This diſorder proceeds from too great a quantity of bilious matter in the blood, which exhibits a yellow colour over the ſurface of the body. It is ſeldom mortal, any more than the common *Green-ſickneſs*, unleſs extremely neglected. *German* Spaw-water is is thought ſerviceable here; alſo water-gruel, with white wine Whey, and ſuch medicated wines as that before-mentioned. But the beſt way will be to begin with purging, as in all other caſes of the like nature.

Take Tincture of Hiera Picra, two Ounces and a half; Syrup of Buckthorn, half an Ounce; Elixir Proprietatis, one Dram; Tincture of Saffron and Sal Volatile Oleoſum, of each half a Dram: mix for a Draught. Let this be taken early in a morning, and repeated two or three times a week. But if any inflammation attend the diſtemper, the following Pills will be more proper.

Take Ruffi's Pills, and Stomachic Pills with Gums, of each fifteen Grains; Volatile Salt of Amber, Salt of Tartar, and Salt of Steel, of each four Grains; Reſin of Jalap, five Grains; Oil of Juniper, one Drop; Syrup of Buckthorn, enough to make Pills. Divide the whole into ſix Pills, which take for one Doſe.

Between the evacuations, and for a week or fortnight after they are diſcontinued, the following Electuary will be very ſerviceable, obſerving to take about the quantity of a large nutmeg at a time, twice or thrice a-day, and to drink after it a glaſs of Bitter Wine.

Take powdered Wood-lice, and Venetian Soap, of each half an Ounce; Turmeric Root, three Drams; Saffron, Gum Guaiacum, and Species of Diambæ, of each one Dram; Salt of Wormwood, Volatile Salt of Hartſhorn, Camphire, Long Pepper, of each Half a Dram; Syrup of Rhubarb, enough to make an Electuary.

And

And during the whole time of cure, the following Diet-Drink may be uſed in common, to very great advantage.

Take pointed Dock-Root, Turmeric Root, Madder, the five Opening Roots, Liquorice, Tamariſk Rind, Juniper Berries, ſweet Fennel Seeds, Muſtard Seeds, Roots of Zedoary and Galangals, Orange and Lemon Peels, of each two Ounces; Cinnamon and Salt of Wormwood, of each one Dram; Nutmeg and Long Pepper, of each half a Dram; Cloves, Mace, Saffron, Cochineal, of each two Drams; live Wood-lice, one Pound; Water Germander, and the Leſſer Celandine, of each ſix Handfuls: infuſe them in ſix Gallons of Ale.

When the *Green-ſickneſs* proves obſtinate, it is proper to have recourſe to the cold-bath, and to the uſe of Mineral Waters: or, an infuſion may be made in Lime-Water, with *Chips of Guaiacum, Saſſafras, Saunders; a little Gentian and Angelica Root, Winter Bark, and Roman Wormwood: to which add Tincture of Steel, a ſufficient Quantity, in Proportion to the other Ingredients; or infuſe Filings of Steel with the Woods and Roots.* This may be drank inſtead of the Chalybeate Waters, and will frequently anſwer the ſame purpoſe. *Decoctions, or other Preparations of the Jeſuits Bark, with Steel Wine, and Tinctures of Black Hellebore and Cinnamon,* being continued a conſiderable time, are alſo very effectual in lax conſtitutions, and where the juices are viſcid. But But when the *Green-ſickneſs* is attended with the whites, it muſt be treated with regard thereto; for which ſee the *Section* on that diſtemper.

SECTION

SECTION VIII.

OF THE FUROR UTERINUS.

THE *Furor Uterinus* is ſuch a particular complication of hyſterical ſymptoms, from an extraordinary fulneſs or inflammation of the veſſels of the womb, as forms a ſort of madneſs, wherein the patient is preternaturally diſpoſed, or involuntarily excited, as it were, to venereal embraces. It is a diſtemper not very frequent; but which ſometimes happens. The ſigns of it are very manifeſt, both by the geſtures of the body, and the tendency of the patient's diſcourſe; which, how great ſoever her natural modeſty may be, will be extravagantly lewd.

The cauſes of this diſeaſe are uſually the ſame with thoſe of other hyſterical diſorders, but more violent in their effects. A vigorous, healthy, and ſanguine conſtitution, high feeding, want of exerciſe, or a mixed converſation, may diſpoſe to it: As may alſo too large a doſe of Cantharides, and other provocative medicines; or indulging vehement deſires, and too great familiarity, but ſhort of enjoyment with the other ſex.

Some time before the fit, the patient often appears ſilent and ſorrowful, with a baſhful, down-caſt look, and an unuſual fluſhing all over the face. Her pulſe is irregular, varying from high and ſtrong, to low and weak, and then growing ſtrong again of a ſudden: ſhe breathes alſo now thick and ſhort, and then with long intervals, heaving it out, as it were, with a ſigh. Theſe ſymptoms increaſe gradually, till the fit actually comes on: then the patient burſts out into a fit of laughter, and immediately after into a fit of crying, when the tears are plentifully ſhed. If a man comes in her way, ſhe is apt to lay hold of him, and treat him with indecent fondneſs. In fine, thoſe who labour under this diſorder,

appear to be mad by intervals, and ſay and do a thouſand things, which they are unconſcious of when the fit is over.

If the ſymptoms are violent, the fits frequent and of long continuance, and eſpecially if the patient be of a ſanguine conſtitution, unmarried, and the caſe originally proceeds from a fixed amour, it is difficult of cure, and ſometimes degenerates into a continued madneſs (of which I ſhall treat a little farther). But if the diſtemper proceeds from an obſtruction or ſuppreſſion of the monthly courſes, from too great a quantity of blood, or from a too indulgent life, it is more eaſily remedied.

The perſon thus afflicted ſhould be removed into a clear and open air, if ſhe be not in ſuch already; and if ſhe be, a change perhaps may be of ſervice. Her diet ſhould be thin and cooling, and not taken in large quantities; her exerciſe, between the fits, moderate. Let her be kept, as much as poſſible, from the company of men; and eſpecially, if love be the ſuſpected cauſe, from that man whom ſhe is known to affect, unleſs it be to bring them entirely together, and cure the diſeaſe by removing its origin.

During the fit, bleed directly, and that in a conſiderable quantity, eſpecially if any evacuations have been ſuppreſſed; afterwards exhibit the following Opiate.

Take Black-cherry Water and White Wine Vinegar, of each one Ounce; Camphire, half a Scruple; White Sugar, two Ounces; Liquid Laudanum, forty Drops: mix them well, for a ſingle Draught.

Alſo,

Take Spring Water, twelve Ounces; Lemon Juice and White Wine Vinegar, of each one Ounce and a half; White Sugar, a ſufficient Quantity to make it palatable: mix them well, and let her uſe it for common Drink.

The Tincture of Aſafœtida, and moſt of the fœtid medicines preſcribed in the Section of hyſteric diſeaſes, as Gum Ammoniac, Galbanum, &c. may be given inwardly in the quantities there directed. A Galbanum Plaiſter ſhould be applied to the naval, and the following Injection made uſe of every two hours, or oftener.

Take

Take Milk, half a Pint; Tincture of Aſafœtida, two Ounces; Camphire, Sugar of Lead, and Troches of Myrrh, of each two Drams: mix them, and inject cold, with a proper inſtrument.

If theſe fail of ſucceſs, repeat the Opiate; and if the fit ſtill increaſe, let the patient be had to the Cold Bath. Bliſtering alſo has been found ſerviceable in ſome women.

When the fit is once off, in order to prevent its return, continue to make uſe of proper evacuations; particularly bleed as often as the ſtate of the body will permit; and uſe lenient purgatives, made of the Tincture of Hiera Picra and Elixir Proprietatis, as in the Section of the *Green-ſickneſs, page* 93. A Whey Diet, together with the uſe of the Cold Bath, continued for a month or two, are excellent: and during all this time, Clyſters may be uſed between whiles, made according to the form above, without any mixture of more ſtimulating ingredients. In ſanguine conſtitutions, the following Pills and Emulſion are almoſt infallible, if continued a proper time.

Take Aſafœtida, Camphire, Sugar of Lead, Matthews's Pills, of each one Dram; Venice Turpentine, two Drams; Syrup of Lemons, a ſufficient Quantity to make a Maſs. Divide each Dram into eight Pills, of which let the patient take four every morning, drinking after them a Draught of the Emulſion, which is thus made.

Take of the four greater Cold Seeds, of each two Drams; Sweet Almonds rined, and White Poppy Seeds, of each one Ounce; Barley Decoction, a Quart; Sal Prunella, half an Ounce: make an Emulſion, to which add Syrup of Lemons, two Ounces.

Or if Drops be more agreeable than Pills, they may be given with equal ſucceſs.

Take ſweet Spirit of Nitre, two Drams; Spirit of Hartſhorn, Tinctures of Aſafœtida and Amber, of each one Dram: let her take thirty Drops every four or five

hours, or oftener, in four ſpoonsful of the following Julep.

Take Syrup of Lemons, two Ounces; White Wine, four Ounces; Plantain Water, eight Ounces: mix them together.

When this diſeaſe proceeds from an over large doſe of Cantharides, or any other provocative ingredients, the above Emulſion, with the addition of an Ounce of Gum Arabic, being drank off pretty freely, is uſually ſufficient to effect a cure.

But when it degenerates into a madneſs, it muſt be treated accordingly, concerning which proper advice ſhould be had. However, if the indiſpoſition ſeem not to be deſperate, the friends of the patient may themſelves make trial of the following means.

Firſt,—Let the head be ſhaved, and a due quantity of blood taken from the jugular vein: then give half a Dram of Ipecacuanha for a Vomit: after which proceed with Purgatives, which may be thus made.

Take Sena Leaves, three Drams; black Hellebore Root, one Dram and a half; Agaric and Rhubarb, of each one Dram; ſweet Fennel Seeds, one Dram; Salt of Tartar, half a Dram: Infuſe them in a ſufficient Quantity of Black Cherry Water for two Days: then ſtrain off, and to three Ounces of the Infuſion, add ſix Drams of Syrup of Buckthorn, one Dram of Compound Spirit of Lavender, Powder of Jalap, one Scruple. Let this be taking in a morning early, and repeated once or twice a week, according to the exigency of the caſe; repeating the Vomit between whiles, at leaſt every eight or ten days.

Bliſters are good in all madneſs; and if the diſtemper be very obſtinate, one may be applied all over the ſcalp. But in caſe of great weakneſs, inſtead of purging, let the following Clyſter be given every two or three days.

Take common Clyſter Decoction, twelve Ounces; Emetic Wine and Syrup of Buckthorn, of each half an Ounce;

Oil

Oil of Rue, and Oil of Earth-worms, of each one Ounce and a half: mix them togother. The ingredients may be leſſened according to the caſe.

Iſſues, perpetual Bliſters, Cupping, Cephalic Snuffs, are all good in theſe Diſorders. As are likewiſe the following Drops.

Take Tincture of black Hellebore, two Drams; Sal Volatile Oleoſum, and compound Spirit of Lavender, of each one Dram: let her take forty Drops three times a-day, in Black Cherry-water, or any other proper Vehicle.

The following Powder is alſo good, taken in a Draught of the Emulſion above deſcribed.

Take Salt of Nitre, and black Hellebore powdered, of each two Drams; Volatile Salt of Amber, twelve Grains: make twelve Papers, of which let the patient take one every morning and evening.

But I ſhall not add any more on this article of madneſs, becauſe when the *Furor Uterinus* is ſo violent as to occaſion it, few perſons will truſt to their own management their daughters or relations; nor indeed is it adviſeable.

SECTION IX.

OF THE FLUOR ALBUS, OR WHITES.

THIS diſeaſe is a copious and continual flowing of a thin white humour, generally ſaid to be from the veſſels about the neck of the womb, which naturally ouze out matter, but in this caſe too plentifully; but it is more probably ſuppoſed to be from the very ſame veſſels through which the courſes flow; for theſe, not properly cloſing after the menſtruous diſcharges are

gone off, as they always do when a woman is in good health, ſuffer a viſcous or ſlimy matter to be ſeparated from the blood through them, which coming away, nearly reſembles a virulent Gonorrhœa. It may alſo be cauſed by falls, ſprains in the back, purging to exceſs, eſpecially with Mercurials, and when the body is weak and lax: or it may be the effects of a venereal infection, which, though cured, leaves the glands and other veſſels in a relaxed ſtate, which it is very difficult to repair.

The Whites come away ſometimes in a large, and ſometimes in a ſmall quantity; and it is obſervable, that the running generally increaſes after violent exerciſe, and that it is in greateſt plenty at about the middle of the time between the monthly periods: the matter is very often of a good conſiſtence, entirely white, and comes away without pain; but upon long continuance its colour proves variable, being ſometimes white mixed with yellow, and at others of a thin wateriſh conſiſtence, greeniſh, and inclining to black; ſharp, corroſive, of an ill ſmell, occaſioning heat of urine, and now and then ulcers. It then cauſes great weakneſs, eſpecially in the ſmall of the back and the loins; a pale colour in the face, faintneſs, loathing of food, indigeſtion, ſwelling of the legs, irregularity in the courſes. Sometimes it degenerates into a conſumption, or dropſy, and proves mortal: at others, it cauſes incurable barrenneſs. The urine, under this diſorder, is generally viſcid, thick, ſlimy, and ſometimes appears as if ſmall threads were mixed with it: nor does it ſettle ſo freely as in other caſes.

It has uſually been thought difficult to diſtinguiſh the Whites from the venereal diſeaſe; and ſome women, who have had bad huſbands, have laboured under the latter for a long time together, imagining it all the while to be only the former: others have miſtaken a running, occaſioned by an ulcer in the womb, for that diſeaſe. Now as it is highly neceſſary every woman ſhould learn the ſymptoms by which theſe are known aſunder, let it be obſerved, that whenever the courſes come down; the Whites always ceaſe, and do not trouble the patient again, till the courſes are over: whereas a venereal running remains conſtantly upon the patient,

and

and does not ceaſe during the monthly diſcharges. It is alſo much leſs in quantity than the Whites are. As to an ulcer in the womb, it is beſt known by the ſharp and growing pains that it occaſions in the womb, from the very beginning of the diſeaſe: whereas in the Whites, though ſometimes the humour be ſo ſharp as to cauſe great pains, and even an ulcer, yet this is not till after they have continued long enough on the patient to be diſtinguiſhed by their other ſymptoms. The matter that flows from an ulcer is alſo frequently bloody, which the Whites never are.

Maids of a weakly conſtitution are often afflicted with this diſtemper, as well as married women and widows: and indeed there are few of the Fair Sex, eſpecially that are any way ſickly, but who have known it more or leſs, it being often occaſioned by other diſeaſes. For whatever diſeaſe renders the blood poor, foul, or viſcous, and reduces a woman to a languid condition, is commonly ſucceeded by the Whites, which, when they come in this manner, continue to weaken the body more and more, and are in great danger, without ſpeedy remedy, of wearing away the patient, and making her a miſerable victim to death. Let no woman, therefore, neglect this diſtemper, when ſhe finds it on her, but endeavour to prevent its getting too much a head.

Some, indeed, have the Whites ſo very moderately at firſt, perhaps only at intervals, that they perceive no remarkable detriment therefrom, for two, three, or four years, and are therefore apt to neglect them as a mere trifle: but the diſeaſe is all this while gathering ſtrength, and unleſs prevented, will at laſt break out with double violence, and will then become much more ſtubborn and hard to cure, than if taken in proper time. Too many women have known this by fatal experience. Though the diſeaſe itſelf, when oppoſed in its infancy, is neither dangerous nor difficult, unleſs the conſtitution be extremely weak, or has been ruined by venereal infections, or hurt by bruiſes, ſtrains, and the like.

The diet, in the cure of this diſtemper, ought to be nouriſhing, and much the ſame with that preſcribed in conſumptions; conſiſting of Broths, boiled with Shavings

vings of Hartſhorn, Tormentile Root, Biſtort, Comfrey, Conſerve of Red Roſes, Iſing-glaſs, Red Roſe Flowers, Gum Arabic, Nutmegs, Mace, Cinnamon, and other ſtrengthening and agglutinating Ingredients. Sago and Jellies are alſo ſerviceable in this caſe, particularly that of Hartſhorn. Some drink every morning, with very good ſucceſs, a quarter of an ounce of Iſing-glaſs, diſſolved in a Pint of Milk, and ſweetened with Sugar. Exerciſe ſhould be moderate, and taken, as much as can be, in a warm and dry air: and the continuance of this for ſome time, with a milk diet, have been found prevalent, when other means, though the beſt that could be made uſe of, have failed.

Bleeding ought here to be omitted, unleſs the perſon be plethoric, or her monthly courſes are obſtructed; for it is not proper to weaken her, who is already too weak. Purgatives, however, are held to be proper, but without Calomel; eſpecially when the diſeaſe is in its infancy, and appears but in ſmall quantity. But when it is of long ſtanding, and the matter which flows is thin, diſcoloured, and of an ill ſmell; if ulcers are apprehended in the *Uterus*; if any venereal infection has preceded, and part of the virulence is ſtill ſuppoſed to remain, mercurials, and other medicines ſuited to virulent caſes, are undeniably proper: and the cure here differs little from the cure of the venereal diſeaſe itſelf, only the purges ſhould not be too violent, nor the Calomel given in too large doſes.

In the former caſe, when the diſeaſe is young, the flux ſmall, and without any venereal mixture, there cannot be a more ſuitable and pleaſant Cathartic than the following gentle Electuary, which may be taken every other day for a week, or more, according to the patient's diſcretion, about the quantity of a large nutmeg at a time, drinking after it a little warm tea, or water-gruel.

Take Pulp of ſtewed Prunes, two Ounces; Tamarinds and Caſſia, of each half an Ounce; Powder of Rhubarb, two Drams; Syrup of Violets a ſufficient Quantity.

Some order a Vomit of Turpeth Mineral; but Ipecacuanha is better, eſpecially if the conſtitution is weak,

to

to be taken between the purges; and indeed it is generally found proper in all caſes, before the uſe of reſtringents, to take a vomit, in order to facilitate the cure. The doſe of Ipecacuanha is *from ten Grains, to two Scruples*, according to the ſtrength of the patient.

After theſe evacuations, the following Bolus may be given to great advantage:

Take Powder of Rhubarb, half a Dram; Diaſcordium, one Dram; Liquid Laudanum, ten Drops; Powder of Cinnamon, and Gum Tragacanth, of each half a Scruple; Syrup of Poppies, enough to make a Bolus. Repeat the doſe five or ſix nights, or more, as occaſion may require, at going to bed: and in the mean time:

Take Conſerve of Red Roſes and Mithridate, of each half an Ounce; Armenian Bole, ſix Drams; fine Chalk, Powder of Dragon's Blood, and Japan Earth, of each two Drams; Species Diambræ, one Dram; Ginger, half a Dram; Mace and Gum Tragacanth, of each one Scruple; Cinnamon, half a Dram; Powder of Zedoary, one Dram; Syrup of Comfrey, enough to make an Electuary. Let the quantity of a nutmeg of this Balſamic, be taken twice a-day, in the morning, and about five o'clock in the afternoon, drinking after it four or five ſpoonsful of the following Julep:

Take Mint and Black Cherry Waters, of each four Ounces; ſtrong Cinnamon Water, three Ounces; Syrup of dried Roſes, one Ounce; compound Spirit of Lavender, two Drams.

This Electuary and Julep ſhould be continued after the Bolus, and till the cure is perfected; which it will be uſually in a fortnight or three weeks; but if it ſhould be a month or more, the patient muſt wait contentedly, and not conclude the remedies ineffectual, becauſe their effect is not inſtantly perceived ſo much as ſhe could wiſh. I ſay ſo much as ſhe could wiſh; for if ſhe obſerves carefully, ſhe will find herſelf mend in a very few days, though it may be many before ſhe is perfectly cured. But it is thus in all diſtempers proceeding from weakneſs.

Another

Another *Balſamic Electuary.*

Take Diaſcordium, Conſerve of Oranges, and Venice Treacle, of each two Drams; Powder of Gum Tragacanth and Rhubarb, Troches of Amber, Cinnamon and Amber in Powder, of each one Dram; Gum Arabic, Coral, Preparation of Hartſhorn, Blood-ſtone, and Dragon's Blood, of each one Dram and a half; Roche Alum, one Dram; Tormentile Root, powdered, two Drams; Syrup of Ginger, enough to make an Electuary. This Electuary is ſuited to the ſame purpoſe as the preceding, to which it is not inferior. It ſhould be taken in the ſame quantity, twice in a day, drinking after it a draught of Tincture of Red Roſes. If Pills ſhould be thought more agreeable, the two following forms are excellent.

Balſamic Pills for the *Whites.*

Take Gum Arabic, and Armenian Bole, of each two Drams; Yellow Reſin, Powders of Cinnamon, fine Chalk, Japan Earth, Dragon's Blood, Roche Alum, and Rhubarb, of each one Dram and a half; Venice Turpentine, a ſufficient Quantity to make Pills, ten out of each Dram. Let the patient take four of theſe twice or thrice a-day, drinking after it a ſmall glaſs of red wine.

Another Sort.

Take Gum Tragacanth and Rhubarb, powdered, of each two Drams; Aſtringent Saffron of Steel, Maſtich, Blood-ſtone, Preparation of Hartſhorn, Red Coral, and Armenian Bole, of each two Drams; Oil of Cinnamon, ten Drops; Balſam of Peru, one Dram; Venetian Turpentine, enough to make a maſs for Pills. Divide every dram into ten, and let five be taken twice a-day.

Chio Turpentine alone, hath ſometimes been given with ſucceſs in this flux, eſpecially when it has been continued a conſiderable time. But the following Pills are better, and may be uſed in ſlight caſes, where they are preferred to either of the preceding.

Take

Take Cinnamon and double-refined Sugar, in Powder, of each half an Ounce; Venice Turpentine, one Ounce; Liquorice Powder, enough to make a proper Conſiſtence. Divide each dram into eight pills, and let five or ſix be taken every morning, and again towards evening. Theſe, it will be obſerved, are more ſimple than the foregoing ſorts, and therefore may be more eaſily made for ſmall indiſpoſitions: but where the diſorder is greater, the agglutinant and abſorbent ingredients, in the other compoſitions, are highly uſeful, and not to be rejected. They are received into the following Troches or Lozenges, for thoſe women who ſhall deſire that form.

Take Red Coral, Japan Earth, Bole Armeniac, fine Chalk, Blood-ſtone, and Preparation of Hartſhorn, of each half an Ounce; Powder of Gum Arabic, Gum Tragacanth, and Red Roſe Flowers, of each one Dram; double-refined Sugar, an Ounce and a half; Oils of Nutmegs, Cloves, and Cinnamon, of each five Drops; Mucilage of Quince Seeds, a ſufficient Quantity to make Troches. Let every troch weigh a dram, and let one be diſſolved in the mouth as often as the patient pleaſes, or finds it agreeable. A great many women prefer this way of taking remedies for the Whites, before either Electuaries or Pills, becauſe it has what they call leſs the appearance of phyſic, and conſequently are leſs nauſeous.

When the diſorder ſeems to proceed from a wrench or ſtrain, it is proper to apply the following Plaiſter to the ſmall of the back.

Take Oxycroceum, Rupture Plaiſter, and Red Lead Plaiſter, of each two Drams; Oil of Amber, one Scruple: Mix with a ſpatula, or knife, and ſpread them upon an oblong piece of leather, that may cover the region of the loins.

During the indiſpoſition, inſtead of ſmall beer, and other weak Liquors, the patient will do well to uſe this for her common Drink:

Take

Take Saſſafras and Guaiacum Woods, of each four Ounces; Roots of Biſtort, Tormentile, the larger Comfrey, Polypodium, and Zedoary, of each one Ounce and a half; Cinnamon, Ginger, and Winter's Bark, bruiſed, of each one Ounce: Boil them in five Gallons of new Wort till it comes to four; then Strain, and add to the clear Decoction, Shavings of Hartſhorn, Ivory, and Red Saunders, of each one Ounce and a half; Ground-Ivy and Agrimony, of each two Handfuls; Juice of Knot-Graſs, Shepherd's Purſe, Yarrow, and Scabious, of each a Pint and a half; Raiſins of the Sun, ſtoned, twelve Ounces: make an Ale according to art. This is a moſt excellent diet drink, and to be preferred, perhaps, to any other in the Whites, when it can eaſily be made: but as it is pretty much loaded with ingredients, ſome of which, the juices eſpecially, may not eaſily be come at, the patient may ſubſtitute the following in its room.

Take Saſſafras and Guaiacum Woods, of each four Ounces; Shavings of Hartſhorn and Ivory, of each two Ounces; Red Saunders, one Ounce: Boil them in five Quarts of Lime Water, till it comes to a Gallon, of which take half a Pint twice in a Day.

Or, if ſhe likes it better, ſhe may uſe this every morning for breakfaſt, inſtead of either of the diet drinks. The following quantity is to be taken at once, if her ſtomach will bear it: if not, ſhe may leſſen the quantities of each ingredient in due proportion.

Take Gum Arabic, half an Ounce; Iſing-glaſs, two Drams; Conſerve of Red Roſes, one Ounce; Cinnamon, bruiſed, one Dram; Cow's Milk, a Pint and a half: Boil till the whole comes to a Pint, which let her eat as common Food.

The following Drops, likewiſe, have been found helpful, and in many caſes, joined only with a proper regimen, and one of the diet drinks, may effect a cure:

Take Tincture of Japan Earth, and compound Spirit of Lavender, of each two Drams; mix, and let her take

take thirty drops at a doſe, three or four times a-day, in a glaſs of red wine. The Tincture of Japan Earth, into the compoſition of which Cinnamon, Jeſuits Bark, Muſk, Ambergriſe, Spirit of Wine, do all enter, as well as the Earth from which it takes its names, is alone very efficacious in all defluxions of the belly and the lower parts: and the compound Spirit of Lavender unites the virtues of a great number of nervous ſimples, which, joined with the other, cannot fail of doing great ſervice.

So much for the cure of this diſtemper in general, and when it is unattended with virulent ſymptoms. I muſt now, according to my method, ſay ſomething of particular circumſtances and conſtitutions. In leucophlegmatic and ſickly habits, where the glands are obſtructed, and want to be cleanſed, recourſe muſt he had to the medicines for a jaundice-like indiſpoſition, before the patient proceeds to the uſe of reſtringents, ſuch as are preſcribed in this Section; and when ſhe comes to reſtringents, the others ſhould be uſed alternately with them.

When any venereal infection has preceded the Whites, and ſome of its effects are ſuppoſed ſtill to remain, it is uſual then to direct a long courſe of mercurials, and ſtrong cathartics, as in the venereal diſeaſe itſelf, though the doſes are ordered to be ſmaller. This method is undoubtedly good in ſome conſtitutions that will bear it, and therefore I mentioned it in the beginning of this Section: but theſe conſtitutions will be far the leſſer part of thoſe women that are afflicted with the Whites. I would, therefore, rather adviſe, that when this happens to be the caſe, the patient would immediately apply to the *efficacious Drops, or powerful Elixir*, preſcribed in *page* 58, keeping exactly to the directions there given. Only let her purge gently once in five or ſix days, with the Electuary at the beginning of this Section, that the due evacuations may not be interrupted. I have known this method alone, to cure an obſtinate running in either ſex, and believe it will ſeldom fail in any venereal caſe, if a proper regimen be obſerved. Much more, therefore, may it be depended upon here, where, at moſt, there are only ſome ſlight remains of a former infection, or perhaps only a ſimple gleet, occaſioned

caſioned by a weakneſs contracted during the uſe of mercurials. The following *Balſam of many Virtues*, is alſo admirable in this, as well as in many other caſes; it anſwering entirely to the title which all the learned have conſented to beſtow on it.

The *Balſam of many Virtues* is thus made.

Take two Pounds and a half of Spirits of Wine; infuſe in it with a gentle heat, and frequent ſtirring, twelve Ounces of Gum Guaiacum; and laſtly, add a Spoonful of Peruvian Balſam, ſo that the whole may be mixed together in a proper Conſiſtence. The doſe of this Balſam is between twenty and thirty drops, twice or thrice a-day, in a glaſs of the decoction above, red wine, or any other ſuitable liquor. It muſt be continued for ſome time, as well as all other remedies in old and obſtinate caſes: which ſingle condition being obſerved, the patient need not queſtion the efficacy either of this Balſam, or of the powerful Elixir before referred to, let her ſituation be ever ſo deplorable.

When the ſeat of the Whites may be reached by external remedies, the following Injection has been frequently uſed. It is alſo bad, when there is danger of the parts growing ulcerous, which adds much to the difficulty of the cure.

Take Gentian Root, long Birthwort, Japan Earth, of each one Ounce; Myrrh, two Drams; Savin Leaves, and Flowers of Red Roſes, of each a Handful: Boil them in Barley Decoction and Red Wine, of each twelve Ounces: when ſtrained, add to it twelve Ounces of the Liquor, Honey of Roſes, and Tincture of Myrrh, of each two Ounces. Inject it luke-warm, twice in a day, if the caſe requires it.

One thing more I ſhall obſerve, and with that conclude this Section; that whichſoever of the remedies here preſcribed the patient may uſe, and whatſoever may be the particular circumſtances of her caſe, ſhe muſt by all means avoid being too haſty in thinking herſelf well, but continue her courſe of medicines for a week or fortnight, after all the apparent ſymptoms

of

of her diſorder are gone off: by which means ſhe will effectually prevent a relapſe, which may otherwiſe happen: becauſe nature, in theſe affairs, requires not only to be corrected and reſtored, where ſhe was amiſs, but ſtrengthened aud confirmed in her proper and juſt operations, which were before interrupted.

SECTION X.

OF THE PILES, BLOODY STOOLS, &c.

THE Piles are one of the diſeaſes common to both ſexes, but which have been moſt grievous to the Fair, through their backwardneſs to acquaint any Phyſician, or ſkilful friend, with their complaint.

The Hemorrhoids, or Piles, are a painful ſwelling in the lower part of the great gut, uſually appearing externally in the fundament. They return periodically in ſome people, in others only accidentally.

This diſeaſe may be cauſed by a diſtenſion of the hemorrhoidal veſſels, either from high living, an overcharged habit of body, or a too rich and ſizy blood; or elſe from old age, weakneſs, or a blood that is depauperated, rendered too watry, and apt to ſtagnate in the veſſels. Coſtiveneſs, alſo, is frequently the occaſion of it; and ſo is the ſtoppage of any other natural evacuation, particularly of the monthly courſes. In ſhort, whatſoever may occaſion the blood to ſtagnate in the hemorrhoidal veſſels, and ſtretch them beyond their proper tone.

Sometimes the Piles are internal, and cauſe great pain at going to ſtool, eſpecially if the excrements be any way hardened, ſo as to preſs hard in the paſſage; for then the ſwelling uſually appears outwardly, and blood is voided with the excrements. When they are thus external, the touching of them, or even ſitting down without a cuſhion, is extremely painful; but chiefly ſo after going to ſtool. They vary in magni-

tude, figure, and colour. Some are hard, others ſoft; and they often bleed plentifully, and then grow more eaſy.

They are ſeldom dangerous, unleſs when they inflame, and threaten a gangrene or mortification. When they bleed, they are thought conducive to health; eſpecially if the time be critical, and they happen upon the ſtoppage of any other evacuation. If they corrupt, or become ulcerous, they often occaſion a fiſtula.

If they proceed from high living, or a thick and fizy blood, let the diet of the patient be thin and moderate, conſiſting chiefly of whey, gruels, broths, and the like. If they are occaſioned by a blood that is depauperated, that is, rendered poor, or from old age, or a weakly conſtitution, let the diet be balſamic and nouriſhing. If coſtiveneſs be the cauſe of them, let the food be opening, and let the patient avoid all inflammatory or ſpirituous liquors. Theſe regulations being obſerved, the cure may be thus effected.

When the pain is violent, and the diſtemper cauſed by any exceſs, or by an obſtruction of the monthly courſes, or by their ſtopping before due time; or, laſtly, by fizy and viſcid blood; in theſe caſes, let a large quantity of blood be taken away. Afterwards, the following Compoſition, uſed either by way of fomentation, or by way of vapour, that is, ſitting over it hot on a cloſe-ſtool, will prove of excellent ſervice, and generally effect a cure alone.

Take Leaves of Marſh Mallows and Common Mallows, Sweet Marjoram and Elder Flowers, Melilot and Camomile, of each two Handfuls; White Poppy-heads, bruiſed, four Ounces; Juniper and Laurel Berries, Hemp Seeds, and Fenugreek Seeds, of each one Dram; Boil them in a ſufficient Quantity of Cows Milk and Spring Water, of each alike: when Strained, add to it a Gallon of the Decoction, four Ounces of Oil of Turpentine, one Ounce of Oil of Amber; Opium and Camphire, of each two Drams; Spirit of Wine, half a Pint, mix.

The ſame ingredients that were boiled, being bruiſed together, will ſerve for a very proper Poultice, and may

may be applied after the uſe of the Fomentation or vapour.

A Vapour of Milk and Honey boiled together, or a Fumigation of Sulphur alone, will ſometimes anſwer the ſame end as the foregoing: and a Poultice may be then made in a more conciſe manner; as thus:

Take Yolks of Eggs, boiled hard, number four; Oil of Amber, two Scruples; Linſeed Oil, a ſufficient Quantity to make a proper Conſiſtence.

When the Piles are inwardly, and the patient is coſtive, inject the following Clyſter; but omit the Lenitive Electuary and Syrup of Roſes, where there is no coſtiveneſs.

Take Marſh-mallow Roots, Seeds of Hemp and Fenugreek, of each half an Ounce; Leaves of common Mallows, Camomile and Elder Flowers, of each an Handful; Gum Arabic, half an Ounce; Gum Tragacanth, half a Dram: boil them in a ſufficient Quantity of Spring Water to cover them: to twelve Ounces of the ſtrained Decoction, add Lenitive Electuary, ſix Drams; Saffron and Camphire, of each one Dram; Opium, four Grains: Solutive Syrup of Roſes, Oil of Roſes, and Canary Wine, of each two Ounces. Repeat the Injection as occaſion may require.

The following Ointment is proper, either in the internal or external piles: but when uſed for the former, let it be put up the fundament with a doſſil of lint, and the application renewed two or three times a-day.

Take white Ointment, with Ointment of Poplar Buds and Elder, of each half an Ounce; Extract of Lead and Saffron, of each two Scruples; Camphire and Opium, of each half a Dram; the White of one Egg; Balſam of Sulphur and camphorated Spirit of Wine, of each half an Ounce: mix them well together.

Or this,

Take Ointment of Poplar Buds, and Oil of Roſes, of each an Ounce; Plaiſter of Red Lead, half an Ounce: diſſolve them, and add Ethiops Mineral and Calomel, of each two Drams; Opium, Camphire, and Oil of Box, of each one Dram.

Or this, which is yet more ſimple.

Take Spirit of Turpentine, and Balſam of Sulphur, of each one Ounce; Opium, two Grains: mix. Either of theſe Ointments is extremely well contrived, and much preferable to the common Ointment of Marſh-mallows, though that has alſo been found ſerviceable.

Or,

Take the Shavings of Cork, which may be had at any Cork-cutters, and burn it in a frying-pan till the flame is exhauſted, then make it into a Powder, and with a ſufficient Quantity of Hogs-lard, make it into an Ointment.

The following Cere-cloth alſo has its uſe, but ſeems not ſo convenient for the part as things that may more eaſily be removed and changed.

Take Plaiſter of Red Lead, and Oil of Sweet Almonds, of each one Ounce; Saffron and Opium, of each half a Dram; Camphire, one Scruple; Balſam of Sulphur with Aniſeed, Balſam of Peru, and Oil of Amber, of each twelve Drops: mix them well.

When the ſwelling is very hard, the *Mucilage*, or *compound Diachylon Plaiſter*, with or without Mercurials, is deemed very good: but the addition of Camphire mends it; thus:

Take Mucilage Plaiſter, half an Ounce; Calomel, two Drams; Camphire, two Scruples: mix, and ſpread them upon Linen Cloth, to be applied to the part affected.

If the pain, ſwelling, and evacuation of blood continue, notwithſtanding all outward means, it will be proper

proper to apply two leeches to the part, in order to unload the over-burthened veſſels: after which the patient muſt have recourſe to internal remedies, ſuch as theſe:

Take Flowers of Sulphur, one Dram and a half; drink it in a Morning faſting, in Milk or Whey, for fourteen Days together.

Or,

Take Manna and Cream of Tartar, of each half an Ounce; Water-gruel, enough for a Draught. To be taken as the former.

But if the patient be coſtive, eaſy Cathartics muſt be intermixed; as thus:

Take Lenitive Electuary, two Ounces; Cream of Tartar, and Milk of Sulphur, of each ſix Drams; Oil of Aniſeed, ſix Drops; Solutive Syrup of Roſes, enough to make an Electuary. Let the quantity of a nutmeg be taken every morning till the cure is effected.

Or,

Take Decoction of Sena, three Ounces; Gum Arabic, two Drams; Solutive Syrup of Roſes and Manna, of each ſix Drams; Sal Volatile Oleoſum, half a Dram: mix for a Draught. To be taken as the former, by thoſe who prefer a Draught, in the morning early.

Or,

Take Sena Leaves and Gum Arabic, of each half an Ounce; Liquorice Root, ſix Drams; Marſh-mallow Leaves, one Handful: Pour on them boiling Water in the manner of Tea. This may be drunk at pleaſure, or as often as the caſe requires.

If the diſeaſe proceed from low living, and a poorneſs of the blood, and eſpecially if it happen in old age, a little generous Wine and other cordial liquors ſhould be allowed, together with a nouriſhing diet. Steel medicines alſo, like thoſe in the Section on hyſteric

ſteric diſeaſes, are good to enrich the blood. And when the Piles are occaſioned by a ſuppreſſion of the courſes, reaſon will dictate, that the beſt method is to promote them, provided the woman be not pregnant; for which ſee the Section on ſuppreſſions.

But women with child are very ſubject to the Piles, occaſioned by a preſſure of the child upon the veſſels, or by the veſſels being over-charged through a ſuppreſſion of the terms. In this caſe, as Emmenagogue Medicines are dangerous, a different courſe muſt be taken. The Piles, at this time, may indeed be ſerviceable, if they bleed moderately, and happen juſt upon the ſuppreſſion of the monthly diſcharges: but if the flux be violent, and attended with great pain and ſwelling of the parts, they may chance to cauſe abortion, or greatly weaken the child, and render it ſickly. On this account, a particular regimen is abſolutely neceſſary, which we ſhall treat of in a following Section, entitled, *Of the Diſeaſes of Pregnant Women.*

There is ſometimes an immoderate flux of blood from the hemorrhoidal veſſels, which diſcolours all the excrements, without that ſwelling called the Piles, though proceeding from much the ſame cauſes. This diſcharge continuing too long, or in too great quantity, is attended with decay of ſtrength, and a paleneſs of the face, ſucceeded by a yellowneſs reſembling the jaundice. In full habits indeed, theſe ſymptoms are not inſtantly perceived, the patient growing more ſprightly for this diſcharge; but dulneſs, and the other ſymptoms, ſoon ſucceed. Upon bleeding, if this diſeaſe comes from a thinneſs of the blood, that which is extracted appears too fluid, and the wheyiſh part is too much in proportion for the ſediment: but when a plethora occaſions it, the extracted blood appears thick and black. Thin, conſumptive conſtitutions are the moſt ſubject to this flux; which muſt neceſſarily be attended with greater or leſs danger, according to the ſtrength of the patient, the cauſe from which it proceeds, and, above all, from the time it continues.

As to the diet in general, it may be regulated by what has already been ſaid, concerning the Piles, where the conſtitution of the patient, &c. are conſidered.

Bleeding

Bleeding here is indiſputably neceſſary, unleſs the perſon be weak, and the blood very poor. The body muſt be conſtantly kept open, becauſe coſtiveneſs is prejudicial to the parts themſelves: but too great a laxativeneſs muſt alſo be prevented: therefore the following is very good.

Take Powder of Rhubarb, two Drams; Diaſcordium, one Dram; Syrup of Poppies, a ſufficient Quantity to make a Bolus. To be taken at going to bed.

Milk of Sulphur is here of great ſervice; it may be taken to the quantity *of two or three Drams*, once or twice a-day, in milk. Opiates alſo are excellent, both to procure reſt, and aſſuage the pain that attends this diſorder. The following Powders likewiſe may be taken three times a-day, either in Claret or Milk.

Take Maſtich, Dragon's Blood, Armenian Bole, Gum Arabic, of each half a Dram: mix, and make a Powder. Divide it into two Papers, for one Day. The ſame Powders might alſo be made into Boluſes with Diaſcordium, or Syrup of Quinces. External applications alſo are proper in this diſtemper, particularly the following reſtringent Fomentation, Clyſter, and Glands.

The Reſtringent Fomentation.

Take Biſtort and Tormentile Root, and Galls, of each three Ounces; Leaves of Plantain, Cowſlip, and Mallows, with Camomile Flowers, of each two Handfuls: Red Roſes, one Ounce; Pomegranate Peel, half an Ounce; Balauſtine Flowers, ſix Drams: boil them in ſo much Spring Water, that a Gallon may be ſtrained out; to which add, beſt Vinegar and red Wine, of each a Pint; Alum, two Ounces; Sugar of Lead, half an Ounce: make a fomentation. It may be uſed alſo as a vapour on a Cloſe-ſtool, heating it afreſh, two or three times a-day.

The Reſtringent Clyſter.

Take Galls bruiſed, one Ounce; Biſtort Roots, Pomegranate Bark, and Balauſtine Flowers, of each two Drams: boil them in Tincture of red Roſes, a Pint, till you can ſtrain off but half a Pint: then add the Yolk of one Egg; Diaſcordium, two Drams; Sugar of Lead, two Scruples; Liquid Laudanum, ſixty Drops: mix them well. Inject as occaſion may require.

The Reſtringent Peſſaries.

Take red Roſes powdered, Maſtich, Dragon's Blood, Gum Tragacanth, and Armenian Bole, of each two Drams; Extract of Lead, one Dram; beſt Honey, or Diaſcordium, a ſufficient Quantity to make a proper Conſiſtence. Divide it into four Glands, or Peſſaries, to be put ſingly up the fundament, at convenient intervals. If the pain and uneaſineſs be ſo great as to require it, three Grains of Opium may be added to each Gland or Peſſary.

The patient may uſe which ſhall be moſt agreeable of theſe three external medicines, or omit them all if it be found convenient, and the cure can be otherwiſe effected.

SECTION XI.

OF RELAXATIONS, INFLAMMATIONS, SWELLINGS AND ULCERS, GANGRENES AND MORTIFICATIONS, OF THE WOMB AND FUNDAMENT.

WHEN the ligaments of the womb are relaxed, there enſue, or are ſuppoſed to enſue, three different diſorders of the part, a bearing-down, a falling-down, and a perverſion or turning. It is much queſtioned indeed, whether either of the two latter do in reality happen, becauſe it would be hardly poſſible for a woman

woman to live in ſuch circumſtances: but as theſe names are taken from different appearances, reſembling what they ſeem to expreſs, phyſicians have continued the uſe of them, in conformity to the received opinion.

A *bearing-down* of the womb, is its falling into the vagina, or neck, ſo that its orifice may be readily perceived by the finger within, or ſometimes by the eye, without the lips of the privities. A *prolapſion*, or *falling-down*, is when the womb deſcends, or ſeems to deſcend ſo low, as to hang without the lips; but in ſuch a manner, that no more of the inſide than the orifice is viſible to the eye. A *perverſion*, or *turning* of the womb, is when it falls without the lips, and at the ſame time is turned inſide outwards, and hangs pendulous downwards like a fleſhy bag, with a rugged unequal ſurface. Whether it be really the womb, or only the vagina itſelf, that appears in theſe poſitions, it is not material here to examine, ſince the ſymptoms and methods of cure are equally the ſame. I will only take notice, that though a ſimple relaxation, or bearing down, may happen to women in all circumſtances, yet a true prolapſion, or what is taken for it, ſeldom appears, and a perverſion never, but upon delivery, or immediately after.

Theſe diſorders may proceed from violent motions, falls, vehement coughing, ſneezing, or a long continuation either of the Courſes or Whites, eſpecially when women are in years. They appear moſt frequent in women with child, from the weight of the fœtus, that preſſes and bears hard upon the womb; but eſpecially if the infant be dead, or lies in a wrong poſture, or when it has been violently extracted. They may likewiſe happen, when the ſecundines adhere cloſely to the womb; or proceed from moles and falſe conception; or from violent throws in the time of delivery. Riding, leaping, dancing, exceſſive venery, or whatever elſe agitates the body beyond meaſure, may likewiſe be the cauſe of this diſtemper.

A bearing-down is known by a great weight preſſing towards the *pudendum*, when the woman ſtands upright. The pain is very violent upon ſitting ſtill, or going to ſtool; eſpecially about the region of the *Os Pubis* and *Os Sacrum*; and this in proportion to the degree of the diſorder.

diſorder. The urine comes away with difficulty, and a ſmarting pain. A bloody moiſture ouzes through the part that bears down, which may be ſeen, or felt with the finger.

A common relaxation, or ſimple bearing down, is ſeldom dangerous; though it is chiefly ſo to women with child, who are cured with more difficulty than others, and ſometimes ſuffer convulſions, or fevers, which may terminate in death. A prolapſion is attended with danger, if not ſpeedily replaced, the part being apt to mortify. A perverſion is yet more dangerous, for the ſame reaſon. The patient being young, and the relaxation freſh, make the cure much eaſier than it might otherwiſe be, provided ſhe be not pregnant at the time. If there be any ſuch thing as an entire rupture of the ligaments, ſo that the womb has nothing to hold it when replaced, the caſe muſt then be incurable. But women need not terrify themſelves with the apprehenſion of this, becauſe it is hardly believed ever to happen.

The patient, in all relaxations, ought to avoid violent motion, indulge reſt, and lie on her back as much as poſſible, eſpecially if ſhe be with child. Coughing and ſneezing ſhould be prevented as much as can be. The weight of the child ought to be ſupported by a large bandage, or ſwathe, tied about the lower part of the belly. Let her drink be Red Wine and Water, Mum, Spruce Beer, Coffee, and the like; her diet of a ſtrengthening nature, and not too liquid.

In caſe of a ſimple bearing-down, if the perſon be plethoric, let her bleed; eſpecially if ſhe be any time gone with child. After which reſtringent Injections may be uſed to advantage, ſuch as the following.

Take Red Roſe Flowers, Balauſtines, and Pomegranate Peels, of each two Drams; Myrrh, one Dram; infuſe and boil them in twelve Ounces of Red Wine, till it comes to eight.

If the patient be coſtive, a gentle Clyſter may be alſo given; but ſhould not be often repeated, without great neceſſity. As to internal remedies, they muſt be chiefly of the reſtringent kind, ſuch as the corrobora-

ting

ning Electuary in *page* 45, or the reſtringent Electuary in *page* 51, which may be taken according to the directions there given; obſerving only to purge once before the courſe, with a doſe of the ſolutive Electuary in *page* 49, or the Cathartic Pills in *page* 43. The medicines alſo for an immoderate flux of blood with the ſtools, as preſcribed in *page* 117, are here very good. We leave the patient to her choice of theſe, which ſhe may regulate by the circumſtances of her caſe, and her own inclinations.

Fomentations and Vapours have alſo been found ſerviceable in this diſtemper, for which I recommend the patient to the reſtringent Fomentation at the end of the preceding Section, *page* 117, referring to the directions there given: to which I only add, that when the patient is fomented, it will be proper for her to lie flat and ſtill: and after the Fomentation is over, let a flannel cloth dipped in the hot liquor, and wrung out, be bound about the lower parts, and kept their till they are fomented again; which ſhould be once in twelve hours at the fartheſt, for ſeveral days together.

When there is a *Prolapſion*, or real hanging out of the part, it muſt immediately be re-placed by a gentle hand, and with the utmoſt care. If the part be ſwelled or inflamed, foment it with a little of the forementioned Fomentation, or only Red Wine heated if the other be not at hand: then with a ſoft, fine linēn rag, let it be put up; the patient all the time lying upon her back, with her hips raiſed ſomewhat high. After it is replaced, let her keep her bed for ſome days, her hips being all the time elevated, and her legs kept acroſs, or joined together: during which time, and after it, if there be occaſion, it will be proper to wear a Peſſary, made of cork, with a hole in the middle, which may give paſſage to the urine: or a piece of fine flannel may be wrapped up hard, and dipped in the Fomentation for the ſame purpoſe; but this will require to be removed upon the neceſſary evacuations.

When a *Prolapſion* ſeems to be occaſioned by a long continuance of the Whites, it muſt be treated with due regard thereto, in the manner mentioned in the Section concerning that diſtemper. The following Fume, in this caſe, may be of excellent ſervice; as

well as in the Whites themſelves, when there is no *Prolapſion.* It muſt be burnt upon a chaffing-diſh of coals, under a cloſe-ſtool, or a chair with a hole in it, upon which the patient muſt ſit.

Take Guaiacum, Maſtich, Frankincenſe, Gums of Juniper, Benjamin and Olibanum, of each half an Ounce; Aloes Wood, red Roſe Flowers, and Roſe Wood, of each ſix Drams; native Cinnabar, one Ounce: make a coarſe Powder. Burn of this three Drams at a time, every morning and evening, till the cure be effected.

Here likewiſe the uſe of Aſtringents muſt be continued for ſome time, along with a decoction of Guaiacum Wood, in Spring Water: or, inſtead thereof, a ſmall quantity of the Gum of that Wood may be diſſolved, and uſed to conſiderable advantage, every night going to bed.

If a perverſion of the womb ſhould happen, the part muſt be immediately replaced, as in a *Prolapſion:* after which, a like courſe of reſtringent medicines muſt be exhibited for a conſiderable time, with all poſſible advantages of reſt and poſture, as before directed. In this caſe alſo, there ſhould be a proper bandage for the whole abdomen, or lower belly, with a convenient truſs, to keep up the part in its proper ſituation; great caution being uſed, leſt by ſtraining or otherwiſe, it ſhould be again forced from its natural ſeat.

I ſhall mention one other Fume, of approved uſe in all theſe caſes, medicines in this form being uſually the moſt ſucceſsful here: for as perſons under theſe diſorders are generally too ſqueamiſh or too prejudiced to make uſe of any ſort; theſe are always eaſily adminiſtered, and hardly fail of being very beneficial.

Take Myrrh, Maſtich, Cinnamon, and Spikenard, of each a Dram; Mint and Red Roſes, of each two Drams; Cloves, Zedoary, and Pimento, of each half a Dram; make them all into a groſs Powder. This may be uſed at twice, in the morning and the evening; repeating the ſame every day ſo long as the caſe requires. It has been found, that the fumes from hot aromatic liquors, which are ſometimes preſcribed

for

for the ſame purpoſes, are not ſo efficacious as theſe which ariſe from the burning of dry ingredients: becauſe their moiſture prevents their being ſo immediately reſtringent.

Sometimes, from a particular weakneſs of the part, the great gut; or rectum, deſcends lower in going to ſtool than it ought; at which time the patient is ſenſible of a preſſure, or bearing-down. This diſeaſe is frequent in children, who have been ſubject to a looſeneſs, or violent fits of crying: as alſo to weak women.

If it proceed from a natural weakneſs, or if the ſphincter muſcle, which lies near the outer orifice of the part, in order to contract it, be paralytic, the cure is ſomewhat difficult; otherwiſe it is more eaſy and certain.

The diet ſhould be nouriſhing and cordial in this caſe. Red Wine, and other aſtringent liquors, may be moderately drank.

If it proceed from coſtiveneſs, a gentle purge, ſuch as the Solutive Electuary before directed to in this Section, in order to keep the body open. Then recourſe muſt be had to Fumes, as in the bearing-down of the womb. The following is good:

Take Pomegranate Peels, Tormentile, and Biſtort, of each half an Ounce; Balauſtine and Red Roſe Flowers, of each two Drams; Red Sanders and Aloes Wood, of each one Dram: Boil them in a Quart of Red Wine, 'till it comes to a Pint and an half. Let this be uſed by way of Vapour, according to the directions in the foregoing caſes: or a ſmall thick compreſs may be dipped in it, and applied warm, now and then, to the part, with a proper bandage. This, perhaps, may be more agreeable to the patient, than burning the ſame ingredients dry: though that muſt be tryed, if the Vapours fail. And, indeed I would adviſe every patient, in deſperate caſes, to try the moſt effectual method firſt; which is, by reducing all the Drugs to Powder, and burning them as in the former Fumes: or, by putting the Powder into a linen rag, dipped in hot compound Spirit of Lavender, and apply it to the part.

But if the Sphincter be paralytic, which is diſcovered by its moving and contracting involuntarily, let a decoction of *Cloves, Mace, Cinnamon, leſſer Cardamon*

Seeds, compound Spirit of Lavender, and Hungary Water, in quantities proportioned to the other ingredients, be added to the Vapour, or the Powders of the dry Drugs to the Fume.

When the Weakneſs lies high, and eſpecially if there be a looſeneſs, the following Clyſter may be ſucceſſfully injected.

Take Diaſcordium, two Drams; Canary and Red Wine, of each three Ounces: mix.

When the Weakneſs is of long ſtanding, and occaſioned by a looſeneſs, or violent ſtraining; then, beſides the Fomentation, regard muſt be had to the cauſe, by uſing aromatic and reſtringent medicines internally, as the bearing-down of the womb. *Rhubarb* in this caſe is very good; as is alſo *Tincture of Japan Earth*, taken about two or three ſpoonsful at a time, in a glaſs of Red Wine. This alone, repeated twice a-day, is often ſufficient to effect a cure; and is never uſed, but it proves ſerviceable.

The following is very good.

Take Diaſcordium, one Dram; Oil of Cinnamon, two Drops: mix for a Doſe. This may be taken at going to bed, in what form the patient pleaſes.

Sometimes the rectum, or fundament, comes down ſo low as to require external aſſiſtance to put it up again. This may proceed from the ſame cauſe as the Piles; and if it be not ſoon reduced, is a very dangerous caſe, the gut being apt to ſwell and mortify, when expoſed long in the air. Children are the oftneſt ſubject to this, eſpecially when they are very peeviſh, or ſubject to a looſeneſs; there being no other eſſential difference, but the degree of the diſorder, between an actual falling-down of the fundament, and the more moderate protruſion of which I have been ſpeaking.

Great care muſt here be had of the diet, that it be nouriſhing, reſtringent, and balſamic, ſuch as is directed in the Section concerning the Whites.

If

If the gut be ſwelled, foment it with warm Milk; if it be diſcoloured, uſe Red Wine for the ſame purpoſe: when a mortification is apprehended, foment it with Spirit of Wine. Then let it be gently put up with the fingers, they being dipt in Oil for that purpoſe. After which, make a compreſs, and dip it in red Wine; which bind on with a convenient bandage. And take great care that the patient be kept for ſome time in an eaſy poſture.

When there is a looſeneſs, or extraordinary weakneſs of the part, a piece of paſteboard, or a paper truſs, may be contrived to bind over the compreſs, to prevent a relapſe.

The following Fume may be effectual in the worſt caſes of this kind. It is to be uſed like the others in this Section, and is good alſo in a *Prolapſion* of the womb; as what is there preſcribed may be ſerviceable in the preſent caſe, there being a great ſimilitude in theſe diſorders.

Take Frankincenſe, Maſtich, Amber, and Cloves, of each one Dram; Red Roſe Leaves and Balauſtines, of each two Drams: make them into a groſs Powder, which uſe at twice.

The womb, the neck of the womb, the lips of the privities, ſometimes happen to be enflamed, from an obſtruction of the circulation of the blood in thoſe parts, or from a rupture, or the eating of a ſharp humour, proceeding from an over-charged habit of body, a weakneſs of the parts, catching cold during the time of the diſcharges, the internal uſe of cantharides, and many other cauſes of the like nature. It may be occaſioned alſo by hurts or contuſions of the parts, hard labours, injuries received in delivery, the preſſure of the fœtus in pregnancy, retaining the child-bed purgations, or any ſort of overſtraining in venereal embraces, or otherwiſe.

Theſe inflammations are uſually attended with a ſwelling, heat, pain, ſuppreſſion of urine, a fever, difficulty of reſpiration, a vomiting, and the hiccup. If it proceed from an obſtruction of the monthly courſes, an ill-ſcented moiſture is uſually diſcharged upon the

part: and, upon inſpection, ſometimes a redneſs and tumefaction may be obſerved about the neck or ſheath of the womb, or about its orifice. If it proceed from a hard and difficult labour, moſt of the ſymptoms before mentioned appear in a greater degree; with an inflammation, or ſwelling of the whole abdomen or lower belly; upon which convulſions frequently follow, and prove mortal.

Inflammations in the external parts of the privities, or in the vagina, are not ſo dangerous as thoſe of the womb itſelf; and if they proceed from violent exerciſes, or a full habit of body, leſs dangerous than when from blows, bruiſes, or difficult labour; the conſequences thereof in theſe latter caſes, if not timely remedied, being either a hard ſtubborn ſwelling, or even death itſelf, eſpecially when attended with convulſions, hiccups, cold ſweats, and coldneſs of the extremities.

A ſlender and thin diet, of a perſpirative nature, conſiſting of broths, gruels, panada, and the like, is here thought the moſt proper. Fleſh-meat is not to be allowed, or but ſeldom, and ſuch only as is of eaſy digeſtion; as chickens, veal, lamb; which ſhould alſo be boiled rather than roaſted. Exerciſe is hardly allowable in theſe inflammatory caſes; and the more the patient keeps her bed, the better. Too much ſleep is here preferable to too little. Malt liquors are abſolutely improper, and wine is allowable only in ſmall quantities.

Bleeding appears to be a proper thing in all Inflammations of the womb, and parts adjacent; and the quantity of blood extracted on theſe occaſions may be ſomewhat larger than is uſually taken away, eſpecially if the menſtrual flux be obſtructed.

Gentle purges, after bleeding, may prove ſerviceable: ſo likewiſe may cooling emulſions, and draughts prepared with Gum Arabic, Salt Prunel, Lemon Juice, Spirit of ſweet Nitre, and the like; which ſhould be drank of plentifully. In the meantime, injections and lotions ought not to be omitted.

An Injection may be thus prepared.

Take Barley Decoction, half a Pint; Gum Arabic, half an Ounce; Mallows one Handful: Boil them a ſhort Time; then ſtrain, and add Tincture of Myrrh, and camphorated Spirit of Wine, of each one Ounce; white Troches of Rhaſis, three Drams; Opium one Scruple: mix, and inject with a proper inſtrument.

A Lotion thus:

Take Plantain Water and Lime Water, of each half a Pint; Mel Roſatum, two Ounces: mix, and waſh the external parts with it frequently, with a piece of fine linen dipped therein.

If Ointments, in their natural form, can be immediately applied to the ſeat of the diſtemper; as it may when it lies in the lips, or outward part of the vagina; then the following may take place both of Injections and Lotions.

Take white camphorated and red drying Ointments, and Ointment of Tutty, of each one Ounce; Camphire, two Drams; Opium, one Dram; Lapis Calaminaris, half an Ounce: mix into an Ointment. Let a little of this, between whiles, be applied to the inflamed part with the finger.

When there is no rawneſs, but the ſkin remains entire on the part inflamed, the following Fomentation will prove ſerviceable.

Take Cow's Milk, four Ounces; camphorated Spirit of Wine, Tincture of Saffron, and liquid Laudanum, of each half an Ounce: mix. Let this be applied warm with linen cloths, according to the uſual method of fomenting.

It commonly happens in this caſe, that perſpirative remedies are more ſerviceable, and leſs dangerous or painful than thoſe of a repelling nature: for which reaſon

reaſon the Fomentation, Injection, and Ointment, are here charged with warm ingredients, inſtead of conſiſting wholly of refrigerating ones. The ſame rule ſhould obſerved in all external medicines for this diſtemper, if any other forms ſhould be found needful.

In order to cauſe a revolution of humours from the afflicted part, it will ſometimes be convenient to give a gentle vomit, and repeat it twice or thrice at proper intervals. For this purpoſe, a doſe of emetic Wine, or Ipecacuanha is very proper. In caſe of great uneaſineſs, and want of reſt, a doſe of the Anodyne Balſam, in *page* 56, may be given. And if there be occaſion for deterſive and healing medicines, as in the caſe of Suppuration, the following Terebinthinate mixture, or Pills may be made uſe of.

The Terebinthinate Mixture.

Take Chios Turpentine, half an Ounce; Balſam of Tolu, two Drams; the Yolk of one Egg; ſmall Cinnamon Water and white Wine, of each three Ounces; Syrup of Saffron, one Ounce: mix. Let two Spoonsful of this be taken three times a-day, till the cure is effected.

The Terebinthinate Pills.

Take Chios Turpentine, half an Ounce; Maſtich, Storax, Myrrh, and Gum Elemi; of each one Dram; Balſam of Peru, half a Dram; Saffron, one Scruple: make a Maſs. Take half a Dram at a doſe, three or four times a-day, divide into as many Pills as the patient thinks proper.

When the diſorder proceeds from a difficult labour, warm White Wine, or Milk, with a little Spirit of Wine, may be injected occaſionally. But when the childbed purgations are ſtopped, their flux muſt be promoted, according to the directions in the Section concerning the Lochia.

When the glands of the womb are ſo ſwelled, as that their ſubſtance is preternaturally augmented, it is called a *Scirrhous Tumor*: and if this Scirrhous Tumor happens

happens to ſuppurate, it is generally termed a *Cancerous Ulcer*. This diſorder may be occaſioned by the ſame cauſes as a Scirrhoſity in the Liver, or any other glandulous part: but, in particular, it may proceed from a ſuppreſſion of the courſes, or childbed purgations, from moles or falſe conception, from a hard labour, or from a violence done the womb in extracting the child.

The ſigns of a Scirrhous Tumor in the womb are, a hardneſs and reſiſtance in the region thereof, with a ſenſe of weight, as though the womb were going to fall down into the privities; which is chiefly obſervable when the patient ſtands upright: but upon ſitting, or lying, the weight preſſes upon the *Inteſtinum Rectum*, or great Gut. This is generally without a fever, or any extreme pain; which diſtinguiſhes it from an inflammation of the ſame part. If it proceed from obſtructions, it is known by the ſymptoms that proceed and accompany it. When it affects the neck of the womb, that part will be increaſed in bulk, and feel hard to the touch: and when it has ſeized the bottom of the womb, it may be felt by preſſing the hand upon the region of the *Os Pubis*. In a mole, if the courſes flow at all, it is very irregularly; the breaſts ſwell, and ſometimes contain Milk: a Scirrhous Tumor therefore is diſtinguiſhed from it by this, that if the courſes flow here, they flow regularly, and at their uſual periods, and the breaſts are uſually leſs than ordinary. When this Tumor is inclinable to degenerate into a Cancer, or Ulcer, the pain augments, grows acute, ſharp and pricking. And if the Tumor be in the neck of the womb, it appears unequal, not unlike a cluſter of grapes, and of a livid, or black colour; the veins ſurrounding it are blackiſh, ſwelled, and appear as ſo many roots proceeding from it; and laſtly, when it ſuppurates, or turns into a cancerous Ulcer, it ouzes out a ſanious matter, of a brown or blackiſh colour, very ill-ſcented, not unfrequently thick, or mixed with blood: and ſometimes if any of the larger veſſels ſhould be corroded, ſuch a quantity of blood flows, as endangers the perſon's life. To theſe ſymptoms may be added, a lurking fever, uneaſineſs of mind, or loathing heat in the privities, and ſharpneſs of urine.

urine. It is obſervable, that theſe cancers often happen after the time of child-bearing, and that of the monthly courſes is quite over.

All Scirrhous Tumors are of difficult cure, and ſo much the more ſo as they are large, hard, and of long ſtanding, joined with a ſcrophulous conſtitution. The event of them is always uncertain. Cancers in the womb have been held incurable, becauſe of the continued diſcharge of viſcid humours on the part: but the contrary is probable, from ſome inſtances; and many have lived long under a Scirrhoſity, and ſeemed, at laſt, to owe their death to other cauſes.

A ſlender diet is the moſt proper in theſe caſes. All ſpirituous and ſtrong liquors, eſpecially thoſe brew'd with malt, are thought hurtful. A Diet drink may be made for common uſe with Guaiacum, Red Sanders, and Saſſafras Woods; theſe being all of a drying nature, and very helpful. If fleſh meat be eaten, let it be of the moſt light ſorts, and eaſy of digeſtion.

When the patient is plethoric, her courſes ſuppreſſed, or have lately left her entirely, it is proper to begin the cure with bleeding; and afterwards to purge gently, as in the forementioned caſes.

If the diſorder prove obſtinate, it may be proper to take a Vomit or two of Turpeth Mineral, to make a revulſion of the humours. And during the uſe of ſuch means, if the pain be violent, it may be appeaſed by taking the Anodyne Balſam mentioned in *page* 56 according to the directions there given, and continuing it, at intervals, all the time that ſhe is either purging or vomiting.

When the Tumor comes to a Suppuration, and turns to an Ulcer, it may be cleanſed and healed with the following Injection, repeated two or three times a-day: obſerving however, all the time the cure is in hand, to purge, or take a Vomit, once in four or five days.

Take Barley Decoction, a Pint; Terebinthinate Balſam of Sulphur, Balſam Capivi, and Venice Turpentine, of each half an Ounce; Balſam of Peru, two Drams: mix, and inject with a proper Inſtrument.

It

It is ſometimes found neceſſary in Scirrhous Tumors, and Uterine Ulcers, to have recourſe to a Salivation. When this is the caſe, there is no patient but will require ſomebody of ſkill to attend and manage her, according as her circumſtances ariſe, and ſymptoms appear. I ſhall not give any directions therefore for that difficult and dangerous proceſs, becauſe I would not encourage any one to undertake it raſhly.

The matter of the Ulcer ſometimes proves very corroſive, ſo as to eat away the adjacent blood veſſels, and occaſion a violent flux of blood: to ſtop which, the following Styptic Solution ſhould always be kept in readineſs by the patient, to be applied with Pledgets, as occaſion requires.

The Styptic Solution.

Take Lime-Water and Red Wine, of each four Ounces; beſt Vinegar, two Ounces; Roman Vitriol and Roche Allum, of each ſix Drams; Sugar of Lead, two Drams: diſſolve what is dry in the Liquids.

But if the application of this ſhould prove very painful, Bolſters dipt in hot Oil of Turpentine may be uſed inſtead thereof, and uſually with very good ſucceſs.

Ulcers frequently ſeat themſelves in the neck, and but ſeldom at the bottom of the womb. They are very apt to proceed from Venereal cauſes; and are not eaſily and ſuddenly cured, becauſe of the natural moiſture of the part. When they happen at the bottom of the womb, they cannot be reached to advantage, any other way than by injection, which ſhould be made as above. But when they happen in the neck, and the matter is foul, they may be dreſſed once a-day with the following Ointment.

Take Ointment of Gum Elemi, an Ounce and a half; Red Precipitate levigated, Myrrh, and long Birthwort Root, of each one Dram; Balſam of Peru, half a Dram: mix.

And

And in order to faciliate the cure, the following Bolus is a good internal. It ſhould be taken every night at going to bed, and continued for ſome weeks, or till the cure is perfected.

Take Cinnabar of Antimony, one Scruple; Gum Guaiacum, half a Scruple; Confection of Hips, a ſufficient Quantity to make one Bolus.

A Gangrene of the womb is a beginning mortification, either of ſome part, or of the whole; which when complete, and the part has no ſenſation, is called a *Sphacelus*, or Sideration. A Gangrene may proceed from inflammations, abſceſſes, ſcirrhoſities, or ulcers; alſo from the preſſure of the fœtus upon the womb, or moles adhering thereto; or from the corruption of a dead fœtus, retention of the after-birth, virulent ulcers, venereal diſorders, the whites, blows, or bruiſes.

When a Gangrene begins, there is a greater heat felt in the part than uſual; the pulſe is weak and quick; the parts affected at length grow cold, ſoft, livid, and black, like a dead and corrupted carcaſe: and when the caſe is turned to a Sphacelation, they remain without any ſenſe of feeling, even when cut or pricked with a ſharp inſtrument, while a ſtinking ſteam exhales from them. In moſt of theſe caſes there muſt be Surgeon's work, for which I will give no directions, but only ſay what may be of uſe to the patient herſelf, or thoſe about her.

Internal remedies are here thought to be of little ſervice. The beſt are Decoctions of Guaiacum and Saſſafras Woods, for which I have already given ſeveral forms. And with theſe may be joined the following Injection.

Take Tincture of Myrrh, camphorated Spirit of Wine, Egyptian Honey, and Spirit of Sal Armoniac, of each two Ounces: mix, and inject with a proper inſtrument three times a-day.

Pledgets alſo dipped in this liquor hot, may be applied to the part. And the following Fomentation, uſed frequently,

frequently, and a ſmall quantity of it injected, may do ſervice in ſome caſes.

Take long Birthwort Root and Gentian, of each one Ounce; Leaves of common Wormwood, Water Germander, and Tobacco, of each two Handfuls; Stinking Nettle Seeds, one Ounce: boil them in three Pints of Spring Water, till you can ſtrain out but a Pint and a half; to which add Tincture of Myrrh, camphorated Spirit of Wine, Spirit of Sal Armoniac and Tincture of Cantharides, of each one Ounce and a half: mix them well, and uſe as directed.

But, where the thing is practicable, as when it lies in the neck of the womb, it is held the ſureſt way for the Surgeon to cut off the mortified part; which has ſometimes been done with good ſucceſs. The taking of the Bark alſo, in ſome late caſes, has been found effectual. But good advice ſhould always be had in thoſe dangerous caſes.

SECTION XII.

OF BARRENNESS IN WOMEN; INCLUDING ALSO WHATEVER IS MOST EFFECTUAL AGAINST IMPOTENCY IN MEN: AN ACCOUNT OF GENERATION, CONCEPTION, &c.

BARRENNESS, is ſuch a ſtate of a woman's body, as indiſpoſes it, upon the uſe of the natural means, to conceive and propagate her ſpecies. This diſtemper proceeds from many ſources, which may be reduced to theſe two general heads.

Firſt,—An indiſpoſition of the parts to receive the male ſemen in the act of copulation, or that vital effluvium ſtreaming from it, which alone can impregnate the ovaria.

Secondly,—An inaptitude to retain and nouriſh the vital particle after it is injected, ſo as to make it grow, and expand its parts, till it becomes a proper fœtus.

The reception of the ſeed is hindered by many cauſes; as, immature age, when by reaſon of the narrowneſs of the genital paſſages, the woman cannot admit the virile member, or at leaſt not without great pain, which makes her diſlike copulation: and old age hath ſometimes the ſame effect; for, in elderly virgins, the parts are ſo ſtraitened for want of uſe, that they cannot without difficulty, contribute to the means of generation. Women who are lame alſo, or have their limbs diſtorted, or their hips depreſſed, cannot always lie in ſuch a poſture as is neceſſary for a fit reception of the ſemen. Too much fat likewiſe ſtops the paſſage, particularly, when the Omentum preſſes upon the orifice of the womb, and renders the copulation incommodious. And, when a woman is troubled with a cold intemperament of the womb, ſhe becomes dull and indifferent as to conjugal embraces, in which ſhe hardly enjoys any pleaſure, or is ſo ſlowly moved, that the inner orifice of the womb does not open ſeaſonably to receive the man's ſeed. The paſſions of the mind alſo are thought to be a great hinderance to fertility, eſpecially hatred between man and wife, whereby the woman, having an averſion to enjoyment, does not ſupply ſpirits ſufficient to make the genital parts turgid at the time of coition: nor can the womb then kindly meet the effluvium, and draw it into its cavity in due manner.

Swellings, ulcers, calloſities, obſtructions, diſtortions of the genital or neighbouring parts, may be ſo many impediments to the proper reception of the male ſemen, or its retention and nutriment after reception. A ſtone in the bladder may have the ſame effect; as may a too great moiſtneſs and ſlipperineſs of the womb or vagina, when they are filled with excrementitious humours, and rendered too lax. Conception is alſo hindered by a hectic, hydropic, or feveriſh ſickly habit; by a deficiency or obſtruction of the monthly courſes, when the natural briſkneſs of the blood is wanting; by an immoderate flux of the courſes, which impoveriſhes the fluids;

by

by the whites, which, continuing too long, relax the the glands of the womb, and drown, as it were, the prolific particles.

On the ſide of the man alſo there may be many cauſes of infertility; as a ſeminal weakneſs; a want of a due erection; virulent or ill-cured venereal caſes; faſt living; a worn-out conſtitution; and ſometimes, there may be no defect diſcoverable on either ſide, yet the parties remain without iſſue, notwithſtanding the moſt earneſt deſire of propagating their ſpecies.

When a ſwelling actually appears in the uterine veſſels, when the menſes are irregular, or when the whites have continued long, if by the uſe of proper means the woman does not conceive under theſe circumſtances, ſhe may then impute her barrenneſs to the preſent diſorder. And here her own reaſon will dictate to her, that ſhe muſt have immediate recourſe to the remedies preſcribed for that particular illneſs with which ſhe is afflicted. When ſhe is very fat and bulky, and has room to think her conception is thereby hindered, her only way is to correct that vicious habit by a thin ſpare diet, and proper evacuations.

If the lips of the privities or the entrance of the vagina are cloſed, it is manifeſt to the ſight: but when the orifice of the womb is ſhut up, it is difficult to be known, while the patient is very young, and till her courſes come down; when it occaſions great pain and heavineſs in the uterine veſſels, from the detention and preſſure of the menſtrual flux; the belly ſwells, the patient becomes ſickly, and ſometimes a ſwelling is formed in the cavity of the womb.

It is very unſafe to prognoſticate a perpetual Barrenneſs from one that is preſent, even though there be a total obſtruction of the courſes, or a long continued flux of the whites. But when the patient is once certain, that it happens on account of ulcers or calloſities in the parts, it may not be raſh to ſay, that conception is impracticable till theſe are removed. When there is a total want of erection, or of a ſeminal matter on the ſide of the male, generation for the preſent is not only impoſſible, but the cure very precarious and difficult. When the ſheath of the womb is naturally imperforated, which is ſometimes the caſe in new-born

infants, it proves mortal in a few days time, without the help of a Surgeon, upon account of the urine's being detained. If the womb be naturally closed with a membrane, it may be of ill consequence, unless cut away before matrimony, or the eruption of the monthly courses.

Where Barrenness seems owing to any particular distemper, the regimen to be observed must always have regard thereto. But when it happens through a cold and languid constitution in the woman, or through a seminal weakness, or want of erection in the man, the diet should be very nourishing, moderately astringent, easy of digestion, and pretty well seasoned. Strong Jellies, Broths, Sago, Chocolate, *&c.* are here thought proper. The exercise should be moderate, the air clear and cool, if the patient's circumstances will admit of it; the sleep not over much; and conjugal enjoyments, if not wholly omitted, should be sparingly indulged for some time.

Preparatory to the cure of infertility in either sex, it is proper to use evacuations, unless any particular symptom shew them to be dangerous. Bleeding, lenient purgatives, such as the Solutive Electuary in *page* 49, and a gentle Vomit of Ipecacuanha, especially if the person be plethoric, or cacohymic, cannot but be of great service; because most of the medicines to be prescribed, in this case, being aromatic, or highly nourishing, may otherwise bring on inflammatory disorders, as the pleurisy, inflammation of the lungs, and the like.

Due evacuations having been complied with, proceed with the following strengthening Electuary.

Take Roots of Satyrion and Eryngo candied, of each one Ounce; Powders of Cinnamon, Sweet Fennel Seeds, and preserved Ginger, of each half an Ounce; Mace, Roots of Contrayerva and Spanish Angelica, of each one Dram; Troches of Vipers, one Ounce; Juice of Kermes, six Drams; Tincture of Cantharides, half a Dram; Syrup of Cloves, a sufficient Quantity to make an Electuary. Let the quantity of a large Nutmeg be taken every morning early, at about five o'clock every afternoon, and at night going to bed; and let this course

be

be continued as long as the caſe requires. Three ſpoonsful of the following Wine ſhould be drank after each doſe, to the efficacy of which it will make a conſiderable addition.

Take Canary Wine, two Quarts; Cloves, Nutmegs, long Pepper, leſſer Cardamom Seeds, Virginia Snake-Root, and Cochineal, of each one Dram and a half; Syrup of Citron Peels, four Ounces: infuſe the Aromatics, and mix in the Syrup.

Another Strengthening Electuary.

Take Conſerve of Orange Peels, one Ounce; Venice Treacle, and Confection of Kermes, of each half an Ounce; Species of Diambræ, Winter's Bark, Powder of Saffron, leſſer Cardamom Seeds, Carraways, powdered Nutmegs, Virginian Snake-Root, and Cloves, of each one Dram; Viper's Fleſh, one Ounce; Balſamic Syrup, enough to make an Electuary. Let this be taken in the ſame quantities, and with the ſame intervals as the other, drinking after it four ſpoonsful of the following Infuſion.

Take Cinnamon, powdered, one Ounce; Sweet Fennel Seeds, bruiſed, and Lavender Flowers, of each half an Ounce; Spaniſh Angelica Root, Ginger, Contrayerva, Mace, and Cochineal, of each one Dram and an half; Canary Wine, two Quarts; infuſe according to Art for two or three Days, and to the ſtrained Infuſion, add Syrups of Saffron and Cloves, of each two Ounces.

Both of the foregoing Electuaries and Infuſions are moſt excellent for the purpoſe of curing ſterility. They rectify and warm the blood and juices, increaſe the ſpirits, invigorate and revive the whole human machine, and not only raiſe the appetite to venereal embraces, but remove the uſual obſtructions of fertility, prepare the ſemen for performing its office, and the ova for impregnation. In a word, they warm, comfort, and excite the generative powers to admiration, and ſeldom fail of performing a cure in twenty or thirty days, if duly followed, and the barrenneſs, or imbecility, be not abſolutely incurable by medicine.

According to my uſual method, however, I ſhall inſert preſcriptions for remedies under other forms, that the patient may be under no difficulty with regard to taking ſuch things as may be of ſervice, from any particular antipathy. For thoſe who chooſe *Boluſes*, the following are not to be mended, hardly to be equalled.

Take Spaniſh Angelica Root, Cinnamon, powdered, Caſtor, and Salt of Vipers, of each five Grains; Mithridate, two Scruples; Oil of Nutmeg, two Drops; Syrup of Cloves, enough to make a Bolus. Let this be taken twice a-day, morning and evening, for ten or fourteen days, drinking after it a few ſpoonsful of Canary Wine, or the following Cordial Draught.

Take Black Cherry Water, two Ounces and a half; Syrup of Citron Peels, ſix Drams; Tincture of Cantharides, three Drops: mix for a ſingle Draught.

The ſame Mixture may be drank after either of the other Boluſes, which here follow.

Take Virginian Snake Root, Compound Powder of Roſemary Leaves, Carraways and Nutmegs, powdered, of each five Grains; Oil of Cloves, one Drop; Venice Treacle, two Scruples; Syrup of Citron Peels, enough to make a Bolus.

Or,

Take Cochineal, Ginger, Aloes Wood, Cloves, and Mace, all powdered, of each four Grains; Oil of Fennel, two Drops; Balſam of Peru, four Drops; Conſerve of Oranges, two Scruples; Syrup of Saffron, a ſufficient Quantity to make a Bolus. Either of theſe may be continued a leſſer or a longer time, according to the weakneſs of the patient: but uſually fifteen or twenty of them, taken night and morning, are found ſufficient to anſwer all the purpoſes that can be expected from ſtimulating medicines.

The following Drops will be no leſs effectual to thoſe who may prefer that form.

Take

Take Spirits of Clary, Saffron, and Caſtor, and Tincture of Cantharides, of each one Dram: mix. Take about fifteen drops, thrice in a day, in a glaſs of Wine, or any proper vehicle.

Even they who conſent to take one of the Boluſes, may take the Drops alſo, once a-day at leaſt, and moſt conſtitutions twice, until a cure be effected. The following are not inferior in efficacy.

Take Tincture of Saffron, Sal Volatile Oleoſum, Tinctures of Caſtor and Cantharides, of each one Dram: mix. Let it be taken in the ſame quantities as directed for the other, but with four ſpoonsful of this agreeable Julep.

Take Black Cherry, Mint, and Alexiterial Milk Waters, of each four Ounces; ſtrong Cinnamon Water, four Ounces; compound Spirit of Lavender and Spirit of Saffron, of each two Drams; Syrup of Citron Peels, one Ounce and a half: mix for a Julep.

The following prolific Species, or Powder, without the uſe of Cantharides, may anſwer the ſame intention. Some, therefore, in all likelihood, will prefer it, who have an averſion to that violent provocative.

Take Balſam of Tolu, Gum Storax, and Lavender Flowers, of each half an Ounce; Vipers fleſh pulverized, two Ounces; Cinnamon pulverized, three Drams; Winter's Bark, two Drams; Powders of Saffron, Caſtor, Galengals, Sweet Fennel Seeds, and Carraway Seeds, of each one Dram and a half; Flowers of Benjamin, Ginger, long Pepper, Contrayerva, leſſer Cardamom Seeds, Species Diambræ, compound Powder of Roſemary Flowers, Cloves, Nutmegs, and Mace, of each one Dram: mix them well together. The doſe of this Powder is one ſcruple, taken twice every day, in a glaſs of ſuch liquor as the patient ſhall think moſt agreeable.

Lozenges, by ſome, may be thought leſs troubleſome to take, than either the Electuaries, Boluſes, Tinctures, or Powders. Where this ſhall happen, they may be thus made.

Take

Take of the foregoing prolific and aromatic Powder, Juice of Kermes, and White Sugar, of each two Ounces; compound Spirit of Lavender, half an Ounce; Mucilage of Gum Tragacanth, enough to make it into ſmall Lozenges; of which let one be frequently diſſolved in the mouth.

I muſt add another Tincture, which ſtands highly recommended: and perhaps there is no form of medicine which can here do more ſervice, provided it be carefully managed, and not taken in too large quantities: for as Tinctures and Elixirs, or what are commonly called Drops, contain the virtues of their ſeveral ingredients in a little room, great caution ſhould be had in uſing them in the preſent caſe, where too great a doſe may ſtimulate beyond what is proper.

Take Spaniſh Angelica Root, Contrayerva, Virginian Snake Root, Ginger, and leſſer Cardamom Seeds, of each ſix Drams; Nutmegs and Cloves, of each three Drams; Mace and Cochineal, of each one Dram and a half; Spirits of Clary, Lavender, compound Caſtor, and Saffron, of each one Pint: Digeſt according to Art. To every half Ounce of this Tincture, add *Tincture of Cantharides, half a Dram.* Let thirty drops be taken twice or three times every day.

Some women, who may object againſt the generality of remedies for this intention, may be induced to take a glaſs of the following clear, grateful Water, under the notion of a Cordial.

Take Spaniſh Angelica Root, leſſer Galangals, Florentine Orris, Horſe Radiſh, Dragons, of each two Ounces; Clary and Baum, of each ſix Handfuls; Lavender Flowers, four Handfuls; Seeds of ſweet Fennel, Carraways, and greater Cardamoms, Caſtor, Saffron, and Cinnamon, of each one Ounce; Juniper Berries, two Ounces; Cloves and Nutmegs, of each half an Ounce; beſt French Brandy, two Gallons; Spring Water, a ſufficient Quantity for Diſtillation: Draw off two Gallons of Water, to which add double refined Sugar, enough to make it palatable.

The

The Cantharides in the foregoing preſcriptions, where they are introduced, may either be omitted, or their quantity diminiſhed or augmented, according as the caſe requires: but in this great care and judgment are neceſſary, eſpecially when the quantity is to be enlarged. The doſe of them here, is adapted to common caſes, and will ſeldom need any variation. However, if they cauſe a heat of urine, or a ſtrangury, they are directly to be laid aſide, and Gum Arabic muſt be diſſolved in the broths, emulſions, and other liquids, which the patient may make uſe of.

Where there is a ſufficient erection, and only the ſemen is wanting, all ſtimulating and aromatic medicines muſt be entirely omitted, or properly corrected, and the cure attempted with balſamics chiefly, aſſiſted with a nouriſhing diet. The Balſamic Electuaries in the Section for the Whites, *pages* 105 and 106, are here very good, to be taken as there directed.

During the uſe of internals, external Liniments are found to be of ſervice. The following are juſtly applauded for their efficacy.

Take Soldier's Ointment, two Ounces; Oil of Nutmeg by Expreſſion, two Drams; Tincture of Caſtor, half an Ounce: mix.

Or,

Take Nerve Ointment, two Ounces; Oil of Mace by Expreſſion, one Dram and a half; Balſam of Peru, two Drams; Chymical Oils of Lavender, Cloves, and Rhodium, of each four Drops: mix.

Or,

Take Palm Oil, two Ounces; Oils of Marjoram, Origany, and Mint, of each five Drops; Tincture of Caſtor, half an Ounce: mix.

Anoint the parts between whiles with either of theſe Liniments; that is to ſay, the penis and ſcrotum, if it be for a man, and the pudendum, if for a woman, and it will not fail of adminiſtering comfort and ſtrength. If any thing yet more ſtimulating be deſired, a dram and a half, or two drams, of Tincture of Cantharides,

may

may be added to either preparation. But I would not adviſe any debilitated perſon to be too buſy with high provocatives; becauſe they may incite to the uſe of venery before nature is prepared for it, and ſo exhauſt the animal more by one ſingle action of coition, than it would be by twenty in the common way. It is better, therefore, for moſt perſons, to keep to the Liniments, as ſimply preſcribed, that their ſtrength and ability may be always equal to their inclination.

Peſſaries for the ſame purpoſe, may be prepared and uſed by the Fair Sex, thus:

Take of the beſt Honey, half an Ounce; powdered Nutmeg, Caſtor, and Cloves, of each one Scruple; Laurel Leaves, powdered, a ſufficient Quantity to make a Maſs. Mould this into a proper form to put up the privities, where let it remain two or three hours after going to bed.

But as this ancient form is almoſt aboliſhed in the preſent practice, thoſe who like it better, may, inſtead of a Peſſary, make uſe of the following Injection.

Take Cloves, Nutmegs, Ginger, Spaniſh Angelica, of each one Dram; Aloes Wood, Mace, Cardamom Seeds, of each one Scruple; Mint Leaves, one Handful; infuſe them in a Pint of White Wine, and Boil over a gentle Fire till it is reduced to twelve Ounces: Then ſtrain it, and inject two ounces warm every night going to bed, till the whole be uſed.

When the parts abound with moiſture, reſtringent or aromatic Fumigations may be uſed to advantage, as in the caſe of the whites, and of the falling down of the womb and fundament. The ingredients proper in the preſent caſe, are *Storax*, *Cloves*, *Nutmegs*, *Caſtor*, *Ginger*, *Spaniſh Angelica Root*, and *Galangals*. Equal quantities of thoſe may be taken powdered, and mixed together, and about an ounce of the mixture is ſufficient to burn at a time, according to the directions in the place above referred to.

Where other things have failed, the Cold Bath hath been of ſervice to both ſexes, eſpecially in ſome phlegmatic conſtitutions. A journey to *Bath* alſo, or *Tunbridge*, and drinking the waters for ſome time, hath been attended with good ſucceſs. As for the adverti ſed medicines for theſe diſorders, they cannot be depended on, becauſe no one remedy can ſuit every conſtitution.

Changing of ſides in bed, may be a probable means of changing the ſex in our offspring, and helping thoſe who before had only girls, to beget and conceive a boy: I would here recommend the ſame practice to thoſe ladies who have been hitherto barren, that piece of management, trifling as it is to appearance, having been often found ſucceſsful, even when medicines have failed, and will hardly miſs of ſatisfying their deſires, where there is no real defect on either ſide, if uſed together with proper remedies. Mechanical reaſons might be given for what is here advanced, were they neceſſary.

Having before cautioned againſt the too frequent uſe of venery, eſpecially for thoſe who ſeem to be infertile through weakneſs, it will be proper juſt to hint the moſt auſpicious ſeaſons for performing the conjugal act to good purpoſe. It has been found then to good experience, that though a woman may conceive at any time during the three weeks that her courſes are entirely off, yet ſhe is more apt to do ſo immediately after their ceaſing, than at any other time between the periods of their return. This hint may be made uſe of to weakly people, where the man and the woman are both equally prudent and temperate.

I need not add any thing farther concerning the regimen that is neceſſary, to ſuch women as are willing to become fruitful, becauſe reaſon will dictate that feeding moderately, and at due ſeaſon; going to bed betimes at night, and not lying too long in bed in the morning; as they all contribute to the eſtabliſhment and preſervation of health in general, ſo they muſt be of peculiar ſervice in the preſent caſe, where a healthy conſtitution, a rich ſtore of the fluids, a vigorous and firm temper of the ſolids, and an abundance of ſpirits are commonly the only things wanting. Cheerful and gay company may be alſo of ſervice to promote theſe, and conſequently to render the nuptial bed fruitful.

There

There is a certain occult and ſecret ſpecies of Barrenneſs, that cannot be attributed to any of the cauſes before aſſigned, or indeed to any ſenſible cauſe at all. This happens when no manner of defect is diſcoverable, on the ſide either of the male or female, and yet they ſhall, againſt their inclinations, remain without iſſue. Many odd conjectures have been ſtarted on this account, concerning the poſſible cauſes of ſterility, when neither perſon appears to be in fault. Some ſuperſtitious people have imputed it to ſorcery, and recourſe has been had to incantations, amulets, charms, and magic rites, in order to the cure. But people of underſtanding give no heed to ſuch fables, being ſatisfied, that when both parties are of ſuitable years, briſk, and not labouring under any apparent weakneſs or indiſpoſition, if fertility do not follow their nuptial intercourſe, there muſt be ſome real and mechanical reaſon for it, though not obvious to the ſenſes. And the moſt natural cauſes that can be here ſuppoſed, are either that there is ſome obſtruction in the womb trumpets, which hinders the ſpirituous part of the male ſeed from paſſing through them to the ovaria, or elſe that the ova or eggs themſelves are ſome way faulty, ſo as to be incapable of impregnation. Now there cannot be any thing better contrived than the remedies introduced in this Section, to remove either the one or the other of theſe cauſes, and therefore I dare recommend them as almoſt infallible in ſuch caſes, provided a due regimen can be kept while they are taking.

Though I lay no ſtreſs on the power of magic in the caſe of ſterility, yet perhaps ſome of the external remedies preſcribed in compliance with that notion may be uſed to ſome good effect, not from any ſecret charm contained in them, but from the natural virtues of the ingredients that compoſe them. The following Girdle, for inſtance, may be tried, by thoſe who think proper, at the ſame time that well adapted medicines are taken internally.

Take Eryngo Root, Zedoary, white Dittany, Florentine Orris, of each half an Ounce; Contrayerva Root and Ginger, of each two Drams; Leaves of Mint and Clary,

Clary, of each half a Handful; Coriander Seeds, Cloves, long Pepper, Roſemary Flowers, Orange Peels, Yellow Sanders, the beſt Ruſſian Caſtor, Saffron, Volatile Sal Armoniac, of each one Dram; make them all together into a coarſe Powder, which ſew up in a Silken Girdle, and wear it round the Waiſt.

If the womb be indiſpoſed through weakneſs, relaxation, or the whites, ſo that it cannot retain the ſemen, it will be proper to uſe aſtringent fomentations, or fumigations, according to the directions given in the preceding Sections. But when the caſe proceeds from a venereal taint, communicated by an ill huſband or otherwiſe, or from an obſtruction of the courſes, from ulcers or calloſities, a due regard muſt always be had to the particular diſtemper that occaſions it, before any cure of ſterility can reaſonably be expected. The perſon afflicted, in theſe caſes, may conſult the foregoing Section for her direction.

When the lips of the privities grow together, they are cautiouſly to be ſeparated by inciſion, and the ſides kept aſunder for ſome time, by rags dipped in a proper ointment. And if the mouth of the womb ſhould happen to be cloſed, a proper peſſary of cork, caſed over with wax, may be introduced to keep it open. But the aſſiſtance of a ſkilful ſurgeon being always neceſſary in theſe extraordinary caſes, I chooſe not to inſiſt on them any longer.

I ſhall add only a few words, directed peculiarly to the men, who find themſelves incapable to propagate their ſpecies, though they have not any natural defect in the inſtruments of generation: for as to abſolute impotency and incapacity of fruition, as it is manifeſt enough to the ſight, ſo it is what no man living will pretend to cure; on which account our laws have given the wife a remedy, where there can be none for the huſband, by allowing her to ſue out a divorce, and marry another man.

A ſimple gleet is one of the moſt common cauſes of inſufficiency. It greatly inervates the whole man, is attended with weakneſs, and oftentimes pain in the back, heavineſs and pain in the teſticles, and, without help, uſually terminates in that kind of conſumption which is called a *tabes dorſalis*, or conſumption of the

back. It is a conſtant oozing of a clear ſeminal matter, which diſtinguiſhes it from an impure venereal running. A man that is troubled with it, would do well never to attempt to propagate his ſpecies, till ſuch time as he is perfectly cured; for beſides that his endeavours would be ineffectual, they would infallibly heighten his infirmity.

The beſt medicines in the whole body of phyſic for this dangerous diſtemper, are thoſe internal ones preſcribed in the Section concerning the Whites; which being conſtantly taken for ſome time, in the ſame quantities, and with the ſame intervals, as directed for women under that diſorder, abſtaining all the time from venereal embraces, (exceſs in which is commonly the cauſe of a ſimple gleet) will as certainly and completely cure this flux in men, as they will the other in women, there being much ſimilitude between theſe two diſtempers.

The ſame directions ſhould be exactly followed by thoſe men whoſe ſeed is rendered too thin and watry, though without any ſuch laxation of the ſeminal veſſels as occaſions a ſimple gleet; and alſo by thoſe men, who, through ſome weakneſs of the parts, are apt to emit their ſemen as ſoon as they entertain any amorous thoughts, by which means they are not only hindered from procreation, but even from fruition itſelf. In both theſe caſes, I ſay, as well as in a ſimple gleet, abſtinence from conjugal embraces, and the uſe of balſamic medicines, as in the whites in women, are the moſt effectual means of obtaining a cure.

As to all other cauſes of impotency, ſuch as a defect of the animal ſpirits, an infertile quality of the ſemen itſelf, they are to be cured, if curable, by the remedies for barrenneſs.

SECTION XIV.

OF THE MANAGEMENT OF WOMEN WITH CHILD, AND THE DISORDERS ATTENDING PREGNANCY; AS LOATHING AND VOMITING; LONGING; FAINTINGS; LOOSENESS; COSTIVENESS; SWELLING AND PAIN OF THE BREASTS; PAINS OF THE BACK, HIPS, AND LOINS; SWELLING OF THE LEGS AND THIGHS; DROPSY IN THE WOMB; BEARING-DOWN OF THE MATRIX; DIFFICULTY AND INCONTINENCE OF URINE; COUGH AND DIFFICULTY OF BREATHING; PILES; CONTINUANCE OF THE COURSES; FLOODING, &c.

DURING the time that a woman is pregnant, every thing that might any way prove offenſive, as all diſagreeable ſights and ſmells, ought to be avoided by her with the utmoſt care. The air in which ſhe is kept, if circumſtances will permit, ſhould be neither too hot nor too cold; but mild, clear, and refreſhing. She may drink a little wine to comfort her ſtomach, which in this condition is always weak; and red wine is univerſally held to be the moſt proper, eſpecially in caſe of a loathing and vomiting. As to her diet, particular regard muſt be had to gratify her deſires, eſpecially if they ariſe to what is called longing, becauſe a denial may here be dangerous to both mother and child. Her food, when ſhe has no particular appetency, ſhould be light, and eaſy of digeſtion: it ſhould be taken frequently, and not in too great quantities at a time. Sleep ſhould be indulged, a woman needing it more when with child than at other times. As to exerciſe and reſt, ſhe may regulate them according to the different periods of her pregnancy. Exerciſe ſhould at no time be violent; but during the firſt two or three months after conception, muſt be peculiarly moderate, for fear of cauſing a miſcarriage. She ſhould be equally careful towards the time of her delivery: and therefore thoſe midwives are very bad counſellors, who, for the ſake of

promoting what they call a good time, adviſe to the contrary practice. Riding on horſe-back, or in a waggon, or indeed in a coach, without great precaution, is not ſafe at any time of a woman's pregnancy, eſpecially during the firſt and laſt months of it: during the firſt, becauſe it may occaſion abortion; and during the laſt, becauſe it may render the labour difficult and dangerous, by forcing the child into a wrong ſituation. For the ſame reaſons copulation ſhould be avoided at theſe times, or uſed with great moderation. Riding in a chair, or walking gently and carefully, may at any time be indulged. But a pregnant woman muſt not carry or lift heavy burdens, or raiſe her arms too high; for which reaſon ſhe ought not to dreſs her own head. When ſhe walks, it is proper to have low heels to her ſhoes: and let this be a general maxim, that too much reſt is here better than too much exerciſe, let the nature of the exerciſe be ever ſo moderate: for more hard labours are occaſioned by activity in the time of pregnancy, than by any other cauſe. And let me again repeat it, that copulation during the laſt two months is hazardous; becauſe the whole body is ſo much moved, and the belly ſo compreſſed in the action, that it is apt to put the child into a wrong poſture, which may be attended with very bad conſequences.

A pregnant woman ſhould carefully moderate her paſſions. Great precaution ſhould be taken by thoſe about her, that ſhe be not frightened, and that melancholy news be not ſuddenly told her. But though they muſt endeavour to keep her as cheerful as poſſible, they ſhould likewiſe avoid giving her any ſudden ſurpriſes of joy, as well as of grief, becauſe exceſſes on either head may be prejudicial. Her cloaths ſhould ſit eaſy; for any immoderate preſſure is apt to make the child deformed, and may hurt the mother by affecting her breaſts, and even cauſing her to miſcarry. As to her phyſical regimen, if ſhe be ſanguine, or ſubject to inflammatory diſorders, it may be proper, now and then, to breathe a vein during the time of pregnancy; but eſpecially ſoon after conception, upon the total obſtruction of the courſes, and again about the ſixth or ſeventh month. However, unleſs there be ſome apparent occaſion, it is the general opinion that bleeding ſhould be wholly

wholly avoided. Strong purges are likewiſe dangerous; therefore, when a Cathartic is found neceſſary, nothing more violent ſhould be uſed than Caſſia, Rhubarb, or Manna. The Caſſia may be ſucked out of the canes, in ſuch quantities as are found ſufficient; the Rhubarb may be chewed, according to the ſame rule; or an ounce and a half, or two ounces of Manna may be diſſolved in Poſſet-drink, and uſed upon occaſion in the morning.

Having given theſe general directions for the conduct of pregnant women, I proceed to conſider more particularly, the ſeveral violent diſorders and ſymptoms to which they are ſubject.

Firſt,—A *Nauſea*, or *Loathing*, attended with a *Vomiting*, is what generally happens to women with child, from the ſuppreſſion of the courſes, or the growth of the fœtus. Theſe ſymptoms appear ſoon after conception, and generally continue till the third or fourth month. When they ceaſe, the mother recovers her appetite, as alſo her colour, which was before faded. But ſometimes theſe ſymptoms remain during the whole time of pregnancy, and increaſe towards the end of it, which is a ſign that the child lies high. This diſorder is not dangerous, unleſs it continues longer than the third or fourth month; after which it ought to be removed, leaſt miſcarriage ſhould follow. When it is attended with a hiccup, and the pregnancy far advanced, the ſymptom is thought bad. The food, in a loathing, ought to be light, and eaſy of digeſtion, and taken little at a time. Acids ſhould be uſed both with eatables and drinkables, as *Lemon Juice*, *White Wine Vinegar*, *Seville Orange Juice*, &c. Broth, mixed with the yolk of an egg, is very proper between whiles; and after meals, a little marmalade of quinces may be taken to advantage. Fat meats and high ſauces, as well as ſweet things, ſhould be forborne. Some recommend bleeding at the end of the fourth month; and it may not be amiſs when the patient is ſanguine, but muſt not be uſed otherwiſe. At any time of the pregnancy, *fifty drops of compound Spirit of Lavender*, may be given in a glaſs of Red Wine, or other ſuitable liquor. When the reaching is ſo violent as to interrupt her ſleep, let the patient take the following *Anti-emetic Mixture*, which

is moſt excellent, and may be taken between whiles, about half a ſpoonful, or ſomewhat more, at a time, obſerving a due diſtance from her meals.

Take Lemon Juice, two Ounces; Salt of Wormwood, one Dram; ſtrong Cinnamon Water and Black Cherry Water, of each one Ounce; fine Sugar, enough to make it palatable.

At the ſame time, an application may be made to the ſtomach of the *Magiſterial Stomach Plaiſter*, which ſhould be kept there while the diſorder remains. And if it be cold weather, it will not be improper to wear a lambſkin, or ſomewhat equally warm, over the ſtomach and belly.

If the perſon be coſtive during her diſorder, it will be proper for her to take the following gentle Cathartic, which may be repeated as occaſion requires.

Take Tamarinds, half an Ounce; Sena, one Dram; Rhubarb, one Dram and a half; Boil them in a ſufficient Quantity of Spring Water: In three Ounces of the ſtrained Liquor, diſſolve an Ounce of Manna, and an Ounce of Syrup of Succory with Rhubarb: mix, and take it in a morning.

Second,—Longing is another diſorder of pregnant women. When a mother longs for any particular thing, ſhe appears penſive, dejected, and reſtleſs. Upon being aſked the meaning thereof, ſhe generally confeſſes it, and ſometimes of her own accord. If what is thus longed for can be had, it is proper to procure it immediately, as the only way to prevent bad conſequences. When ſhe is poſſeſſed of what ſhe craved after, ſhe uſually devours it with great greedineſs, and immediately grows better.

Third,—A *Syncope*, or *Fainting*, and *Lowneſs of the Spirits*, are likewiſe common attendants upon pregnancy. The pulſe at theſe times is weak, and hardly perceptible, and the circulation languid. The woman commonly falls into a cold ſweat, viſible upon her face; grows pale; has a tremor upon her nerves; feels a ſinking at the heart, and a pain at the ſtomach. Theſe

ſymptoms

ſymptoms may happen at any time during the pregnancy, but are uſually moſt frequent about the fourth and ſeventh months. They are ſeldom of bad conſequence, unleſs very common, violent, and of long continuance; and then they may endanger miſcarriage: as they frequently do, when occaſioned by ſudden ſurpriſe.

If the perſon be plethoric, or the fit occaſioned by a fright, bleeding is neceſſary, drops of *Tincture of Saffron and Sal Volatile Oleoſum*, about thirty or forty at a time, ſhould be taken in wine, water, or any proper cordial by women who are thus afflicted. During the fit, proper means muſt be uſed to bring her out of it, as by applying *volatile Salts*, and *aromatic Spirits* to the noſe, by dipping the hands in cold water, or ſprinkling it on the face, as in other fits. And to complete the cure, let three ſpoonsful of the following Julep be taken once in five or ſix hours.

Take Black Cherry Water and ſtrong Cinnamon Water, of each three Ounces; Syrup and Tincture of Saffron, of each one Ounce; Confection of Kermes, three Drams; Compound Spirit of Lavender, half an Ounce; Sal Volatile Oleoſum, two Drams: mix. Continue the uſe of this till a cure is effected.

Fourth,—A *Looſeneſs* happening to women with child, ſometimes cauſes great weakneſs, and endangers abortion. If it continues, therefore, above four or five days, and is attended with painful ſymptoms, the patient ſhould take care to ſtop it. In order to which, the following mixture may be of immediate ſervice.

Take ſmall Cinnamon Water, ſix Ounces; ſtrong Cinnamon Water, two Ounces; Diaſcordium, half an Ounce; Armenian Bole and red Coral, of each two Drams; Japan Earth, one Dram; Spirit of Vitriol, enough to make it agreeably acid: mix. Let four ſpoonsful of this be taken after every going to ſtool.

Let her food be eaſy of digeſtion, and little at a time. Claret, mixed with water, wherein iron has been quenched, is a very proper drink; and all malt liquor muſt be carefully avoided. Barley Broth, Rice Milk,

Milk, and Gruel, are proper nouriſhment for her; and where the caſe does not require ſuch an immediate remedy, as the foregoing, the White Decoction drank freely, with proper regimen, may be ſufficient. It is thus made:

Take Powder of burnt Hartſhorn, two Ounces; Spring Water, three Pints; boil to a Pint and a half, with a Cruſt of Bread in it, and a Bit of Cinnamon: then ſtrain, and ſweeten it with Loaf Sugar.

Lenient purgatives, when the caſe will admit of gradual procedure, ſhould be interpoſed between the aſtringents. The following Powder therefore may be taken every other day, in a glaſs of the White Decoction.

Take Rhapontic Powder, fifteen Grains; Oil of Cinnamon, one Drop: mix for a Doſe.

The following Bolus, Electuary, Drops, and Draught, are all excellent againſt a looſeneſs, and either the one or the other may be preferred, as the patient ſhall ſeem inclined.

A Reſtringent Bolus.

Take Diaſcordium, half a Dram; Armenian Bole, Japan Earth, Maſtich, and Dragon's Blood, of each half a Scruple; Oil of Cinnamon, one Drop; Syrup of Mint, enough to make a Bolus. Let one of theſe be taken night and morning, drinking after it a Draught of the White Decoction.

A Reſtringent Electuary.

Take Armenian Bole, red Coral prepared, fine Chalk, Tormentile Root, and Gum Maſtich, of each half an Ounce; Cinnamon powdered, two Drams, Species of Diambræ and Aromaticum Roſatum, of each half a Dram; Nutmeg and Mace, of each one Scruple; Diaſcordium and Conſerve of red Roſes, of each half an Ounce; Syrup of dried Roſes and Syrup of Quinces, in equal Quantities, enough to make an Electuary. Let the quantity of a large

Nutmeg

Nutmeg be taken three or four times a-day, drinking after it a draught of Tincture of Red Roſes, or Red Wine and Spring Water mixed, with a Toaſt in them.

Reſtringent Drops.

Take Tincture of Japan Earth, two Drams; compound Spirit of Lavender, one Dram: mix. Thirty drops of this may be taken at the patient's pleaſure, in any proper liquor. It may even be uſed together with the Bolus or Electuary, obſerving only that it be at proper intervals.

A Reſtringent Draught.

Take Armenian Bole and fine Chalk, of each two Drams; Japan Earth, an Ounce: boil them in a Quart of Spring Water, and to a Pint of the ſtrained liquor add, Diaſcordium, half an Ounce; ſtrong Cinnamon Water, three Ounces; Syrup of dried Roſes, one Ounce: mix. Let four Ounces be taken three times a-day.

Fifth,—The child compreſſing the inteſtines, is apt to occaſion a *Coſtiveneſs* in the mother, eſpecially towards the end of her reckoning. This is ſeldom of ill conſequence, and does not endanger miſcarriage, unleſs when it is of that continuance as to cauſe pains in the head, colical ſymptoms, the iliac paſſion, and the like.

If the excrements are hardened in the inteſtines, a gentle Clyſter of Mutton Broth may be given occaſionally, or the quantity of a nutmeg of the following Electuary may be taken every night going to bed.

Take Pulp of Caſſia, two Ounces; Powder of Rhubarb, two Drams; Cream of Tartar, half an Ounce; Oil of Anniſeed, four Drops; ſolutive Syrup of Roſes, enough to make an Electuary.

Sixth,—The *Breaſts* of a woman with child are apt to *ſwell* and *grow painful*, eſpecially ſoon after the courſes diſappear, and while the fœtus is ſo ſmall as to require but little nouriſhment: this is occaſioned by the large quantity of blood and lymph that then flow to them.

them. They ſeem alſo to contain a ſort of thin ſerous milk. But after a few months, when the fœtus is grown larger, the hardneſs and pains go off, the breaſts increaſe in bulk, and the milk becomes more concocted, white, and perfect. The pain and ſwelling of the breaſts at this time are ſeldom of any ill conſequence, being, if moderate, no more than natural: but in caſe the breaſts ſhould ſuppurate and break, ſome danger may be apprhended, eſpecially in plethoric and vitiated habits of body.

The mother, in theſe caſes, ſhould be careful not to lace herſelf any way tight. If the ſymptoms continue till after the third or fourth month, it will be proper to breathe a vein in the arm; but not otherwiſe. A gentle purgative, ſuch as the Electuary laſt mentioned, may be alſo made uſe of, if the pain ſeems any thing fixed. And by this means the ſymptoms will either vaniſh, or degenerate into other diſorders, in which caſe they muſt be treated accordingly.

Seventh,—The *back*, *hips*, and *loins*, are apt to be affected with a *heavy* and *painful Senſation*, occaſioned by the weight and preſſure of the fœtus, eſpecially when it grows large, or after any violent motion, and by the diſtention of the ligaments. This pain uſually proves more ſevere when a woman goes with her firſt child, than it does ever afterwards. When it happens naturally, without any ſtrain or external injury, it is never dangerous: but when it proceeds from violent motion, or the like, it may cauſe abortion, and hath ſometimes proved mortal; eſpecially when attended with a fever, a vomiting, or the hiccup.

Reſt, in this caſe, ought to be indulged; and when it proceeds from external injuries, the patient ſhould be confined to her bed. Bleeding, ſoon after the injury was received, will greatly conduce to the cure; and a doſe of the Anodyne Balſam, given according to the directions in *page* 56, may be taken to advantage. A ſtrengthening Plaiſter alſo may be applied to the region of the loins. But when the pain proceeds merely from the weight or preſſure of the fœtus, the belly ought to be ſupported by a proper bandage, or large ſwathe, fitted for the purpoſe. And if the perſon abound with humours, a little blood may be taken away.

Eighth,

Eighth,—The *legs* and *thighs* likewiſe, in time of pregnancy, are ſubject to ſwell, eſpecially towards the cloſe of the day. This ſymptom is ſuppoſed to proceed from an obſtruction of the blood, that it cannot return from the veins to the heart, occaſioned by the preſſure of the child againſt the veſſels. Hence ſwellings may ariſe in the veins; and if the diſtention be violent, pain muſt neceſſarily enſue. A ſwelling happens the readier in thoſe lower parts, becauſe they are dependant, and as the circulation is but weak towards the extremities of the body; and becauſe a fulneſs is induced by the ſtoppage of the courſes. Theſe ſwellings being thus occaſioned, uſually prove œdematous, that is, they pit upon the preſſure of one's finger. They generally happen in the laſt months of pregnancy, and more frequently to ſanguine and active women than to others. They ſeldom prove of ill conſequence, and always ceaſe after delivery.

The regimen and diet, in this caſe, ſhould be ſuited to the conſtitution, whether leucophlegmatic or ſanguine. In the former, it ſhould be warm and nouriſhing; but in the latter, thin and cooling. Bleeding may be proper, in caſe of a ſanguine or plethoric habit. The legs ſhould be placed in a horizontal poſture as frequently as poſſible; for which reaſon, the patient ſhould keep much in bed. If the ſwelling prove very conſiderable, warm Fomentations may be made with *red Wine*, *Flowers of Melilot*, *Elder*, *common Wormwood*, *Laurel Leaves*, *Marjoram*, and *Lavender Flowers*. If any particular knots or diſtentions appear on the veins, let Bandages, or Swathes about three or four inches broad, be dipped in red Wine, or in the Fomentation, and rolled about the part; beginning at the bottom of the leg, and proceeding upwards. Strait Stockings alſo may be made uſe of, and laced tight occaſionally.

Ninth,—It ſometimes happens, during the time of pregnancy, that there is a collection of a watry humour found in ſome particular membranes, diſtinct from what includes the child; and this is called *a dropſy of the womb*. Sometimes alſo, a ſoft ſwelling will form itſelf in the lips of the privities, from a watry humour depoſited upon thoſe parts; and this is called *an œdematous tumor*. This frequently happens when the woman

man is dropſical, or of a leucophlegmatic habit; or, when the child preſſes ſo hard upon the belly and bladder, as to hinder a free diſcharge of the urine, or to cauſe a rupture of ſome of the lymphatic veſſels; or, laſtly, when any external injury has been received upon the parts themſelves. When the lips of the privities are thus ſwelled, they appear white, are ſoft, and ſeemingly tranſparent; though the ſwelling is ſeldom painful, unleſs cauſed by external injuries. The parts ſink in, or pit upon preſſure, and are alſo very apt to itch; and ſometimes puff up to ſuch a degree, that the patient can hardly ſtand upright. In caſe of the dropſy in the womb, the belly will be ſwelled preternaturally, and beyond what the time of pregnancy requires; and generally a tumor of the lips attend a dropſy of the womb. Such caſes may prove of ill conſequence, by ſtraitening the paſſage in the time of delivery. A true dropſy of the womb is very rare; and when it happens, the waters thereof commonly break away before the birth.

The diet in this caſe ought to be chiefly ſolid; and roaſted food is to be preferred to boiled. Wine, or other proper liquors, with Broom infuſed in them, are eſteemed excellent drinks in all dropſies; but liquids ought to be ſparingly uſed. Common Spring Water, rendered acid with Spirit of Vitriol, may be taken to quench the thirſt, being uſed as a Gargle. Strong and forcing diureticks, and violent purgatives, though proper in other dropſies, ought by all means to be avoided in a dropſy of the womb, for fear of cauſing miſcarriage. A decoction of the woods, taken as common drink, has been often ſerviceable; but nothing muſt be uſed that may cauſe great commotions in the body. Iſſues, being cut towards the beginning of the diſorder, may help to diſcharge the ſuperfluous humours. Sometimes when the ſwelling was great, and a large quantity of watry humour contained therein, the lips of the privities have been ſcarified with ſucceſs. The following Decoction alſo has been recommended, as proper to foment the parts with.

Take Leaves of Bay, Sage, Roſemary, and Camomile Flowers, of each one Handful; boil them in a ſufficient Quantity of Spring Water: To a Pint and a half of the ſtrained

ſtrained Liquor, add a Quarter of a Pint of French Brandy. Uſe it hot, with a Sponge, two or three times a-day.

Sometimes a mere dropſy in the womb has been miſtaken for pregnancy, as being attended with a ſuppreſſion of the courſes, and ſome other of the uſual ſymptoms: but it may eaſily be diſtinguiſhed therefrom by the ſoftneſs of the parts, and the want of turgency and milk in the breaſts.

Tenth,—When the fœtus is ſituated very low, or is uncommonly large, the mother perceives a great weight at the bottom of the belly, or has the ſenſation of a *bearing-down*, or *preſſure of the womb*; and this may happen to be ſo great, as to hinder the perſon from walking without conſiderable pain and difficulty. This caſe alſo may either proceed from, or be made worſe by the whites, falls, or other external injuries, former difficult labours, and the like. The ſymptom is augmented by walking, upon every diſcharge of urine, and grows ſevere towards the time of delivery; ſo as ſometimes to cauſe a great difficulty of urine, a numbneſs of the hips and thighs, a coſtiveneſs, or an uneaſineſs in going to ſtool. The diſorder, however, is ſeldom ſo violent as to occaſion miſcarriage, unleſs it proceeds from ſome external injury: but when it happens to be ſeated very low, or ſo that the neck of the bladder is greatly preſſed, it may bring on a ſuppreſſion of urine; which is always attended with danger, if it proves of long continuance; eſpecially if the time of delivery be at hand.

The woman, in this caſe, ought to be placed in a pure and temperate air, and her diet and drink ſhould be of a drying and aſtringent nature. Reſt ſhould be indulged; the paſſions of the mind moderated; and the exerciſe, if any be uſed, very gentle. The cure principally depends upon ſuſpending the lower belly, and conſequently the fœtus, by a large ſwathe band, made for that purpoſe. But if the ſymptom be very violent, ſuch aſtringents may be uſed as are before ordered for a looſeneſs, and for an immoderate flux of the piles, *pages* 117 and 118. Yet if the woman be very near her time, aſtringents ought to be exhibited with caution.

When the whites are the cauſe of this bearing-down, the caſe muſt be treated with regard thereto; for which ſee the Section on the Whites. When it proceeds from external injuries, bleeding is very convenient: and afterwards the uſe of Balſamic medicines, ſuch as the following Electuary.

Take Powder of Japan Earth, Red Coral prepared, Spermaceti, of each two Drams; Maſtich, Armenian Bole, Dragon's Blood, of each one Dram; Conſerve of Red Roſes, one Ounce; Peruvian Balſam, forty Drops; Syrup of dried Roſes, enough to make an Electuary. Let the Quantity of a nutmeg be taken two or three times a-day, drinking after it ſix ſpoonsful of tincture of red roſe.

But when a bearing-down of the matrix proceeds from former difficult labours, proper cordials, and a Diet Drink made of *Guaiacum Chips*, *Saſſafras*, and *Sanders*, together with a ſtrengthening and nouriſhing diet, will be highly convenient. And if the caſe be attended with a difficulty of urine, the belly muſt be ſuſpended in ſuch a manner, as to remove the weight from the neck of the bladder: after which, if the difficulty ſtill continues, a doſe of *Matthews's Pill*, to the quantity of *ſix or eight Grains*, may prove effectual, if ſeveral times repeated. A numbneſs of the legs and thighs, in the meantime, if violent, may be ſucceſsfully treated with warm Fomentations, prepared of *Camomile and Lavender Flowers, Leaves of Common Wormwood, Camphorated Spirit of Wine, Compound Spirit of Lavender, and Hungary-Water.*

Eleventh,—It often happens, during pregnancy, that the urine cannot be contained in the bladder till the uſual quantity is collected: this is called *an incontinence of Urine.* At other times we find, that when the bladder is loaded therewith, it cannot without trouble be diſcharged: this is *a difficulty of Urine.* Theſe diſorders may proceed from the large bulk of the child, which preſſing againſt the neck of the bladder, hinders the ſphincter muſcle from having its proper play, either to hold in, or evacuate the urine. It is towards the time of delivery, therefore, that theſe diſorders are moſt

moſt grievous. When they proceed from a ſtone in the bladder, or an inflammation in the neck thereof, the pain is more violent than when cauſed by the preſſure of the fœtus. A ſuppreſſion of urine may prove of worſe conſequence than an incontinence thereof, eſpecially if occaſioned by an inflammation, or the ſtone. But if an incontinence of urine be violent, and continue for any long time, it may cauſe miſcarriage.

Reſt in theſe caſes ought by all means to be indulged: the diet ſhould be moderate, and not too high ſeaſoned. When there is a violent incontinence, the patient ſhould lie ſupine, and be confined to her bed: but in an obſtruction, if a ſmall ſtone be the cauſe, gentle exerciſe may conduce to bring it away. When the preſſure of the fœtus is great, the abdomen, or lower belly, ſhould be ſuſpended in this caſe with a ſwathe, as in the foregoing article. The woman may give herſelf ſome eaſe when ſhe makes water, by lifting up the bottom of her belly with both her hands. When the urine is too ſharp and ſtimulating, it muſt be moderated by a regular cooling diet, by diſſolving *Gum Arabic* in her drinks, and by proper Emulſions of the cold ſeeds, drank morning and evening. The following is excellent.

Take blanched Almonds, Number twelve; the four greater cold Seeds, of each one Dram and a half; Seeds of Lettice and white Poppies, of each half a Dram: Bruiſe them together in a Mortar, and pour on them gently three quarters of a Pint of Poppy-Water: make an Emulſion for two Doſes, adding firſt one Ounce of Syrup of Violets, and half a Dram of Salt Prunel.

If the inflammation and heat of urine be not thus removed, a little blood may be taken from the arm, eſpecially if the patient be feveriſh. *Matthews's Pill* is here an excellent diuretic, and may be given in ſuch doſes as above preſcribed. But when the ſuppreſſion is not to be overcome by medicines, the Catheter muſt be introduced by a ſkilful hand, in order to unload the bladder. And this operation may be repeated as often as there is occaſion for it. If there happens to be a large ſtone lodged near the neck of the bladder, which proves

the cauſe of this diſorder, it muſt for the preſent only be thruſt back with the Catheter, and all other operations deferred till after the delivery. But in caſe the neck of the bladder is blocked up only by a gravelly matter, or a few very minute ſtones, they may be made to paſs away with the urine, by a free uſe of the foregoing Emulſion, or a *Decoction of Marſh-Mallows and Mallow-Leaves*, with *Gum Arabic* diſſolved in it; interpoſing a few doſes of *Matthews's Pill.*

Twelfth,—A *difficulty of breathing*, attended with a *cough*, is no unuſual ſymptom in pregnant women; and ſeems to proceed from an overcharged habit; occaſioned ſometimes by a ſuppreſſion of the menſes; but oftener by the high ſituation of the child, whence it happens to preſs upon the diaphragm, ſtomach, and lungs; and conſequently proves the moſt troubleſome after eating or drinking too freely, or uſing immoderate exerciſe. This ſymptom uſually increaſes till the time of delivery; and, if very violent, may procure, or at leaſt be attended with miſcarriage.

The diet in this caſe ought to be thin, deterſive, and moderate. Liquorice, Sugar-Candy, and Syrup of Violets, are very good, and may be frequently uſed. A Clyſter of Milk and Sugar may be injected, when the body is coſtive. The following Syrup alſo is very proper, and may be taken three ſpoonsful at a time, at going to bed.

Take half a Pint of red Wine; Cinnamon, one Dram; half a Dozen Cloves, and four Ounces of Sugar: burn the Wine, and boil the whole to the conſiſtence of a Syrup.

Exerciſe, under this diſorder, ſhould be very moderate; the paſſions of the mind well regulated, and the cloathing looſe and free. Let her head be conſiderably raiſed at going to reſt, that her poſture may be ſomewhat erect. If either the cough or the difficulty of breathing be very violent, bleeding may be ventured on, let the pregnancy be at what ſtate it will; eſpecially if the patient be plethoric, and no ſymptoms indicate the contrary. A doſe of the Anodyne Balſam, mentioned *page* 45, has been found of uſe, where the tickling

tickling is ſuch as to break the patient's reſt. But perhaps, the following Laudanum will be found yet better, by thoſe who can take on them the trouble of preparing it: for it promotes reſt, without any way increaſing the malady.

Take Cinnamon coarſely powdered, one Ounce; Salt of Tartar, one Dram; infuſe in Spirit of Wine rectified, a Pint: make a Tincture.

Then,

Take of this Tincture, twelve Ounces; Opium cut very ſmall, one Ounce: infuſe.

Afterwards,

Take Balſam of Tolu and Gum Storax, of each two Drams; Flowers of Benjamin, one Dram: infuſe in the remaining part of the Tincture of Cinnamon: ſtrain it.

And then,

Take Florentine Orris Root and Liquorice, of each two Drams: Cloves, Nutmegs, Mace, and leſſer Cardamom Seeds, of each one Dram; Contrayerva Root and Ginger, of each half a Dram: infuſe in Treacle-Water, five Ounces; Tinctures of Orange Peels and Saffron, of each two Ounces.

Laſtly, to complete the Preparation,

Take Sal Volatile Oleoſum, four Ounces; compound Spirit of Lavender, one Ounce; Volatile Salt of Hartſhorn, three Drams; Balſam of Peru, half an Ounce: mix all the Liquors together, in order to make a Liquid Laudanum ſuited to the Purpoſe.

Twenty drops of this Laudanum, containing about a Grain of Opium, may be taken at once in a little Canary Wine, or Pectoral Decoction, at bed-time. It is a moſt excellent compoſition: but the common Laudanum may be alſo adapted to the ſame uſe, where this cannot be conveniently prepared, and will be found very effectual.

Take Sydenham's Liquid Laudanum, one Dram; Balſam of Sulphur aniſated, and Balſam of Peru, of each one Dram: mix. Let thirty Drops of this be taken at any time, as the caſe may require.

In theſe Compoſitions, all the hurtful qualities of the Opium are ſufficiently corrected.

Thirteenth,—Pregnant women are often troubled with *the Piles*, from a fulneſs and turgency of the hemorrhoidal veſſels, occaſioned by the obſtructions of the courſes, coſtiveneſs, or the preſſure of the fœtus. The Piles in this caſe are very apt to bleed; which proving moderate, and happening about the time of the ſuppreſſion of the courſes, may be advantageous: but if the flux be violent, and attended with great pain and ſwelling of the part, it may occaſion miſcarriage, or greatly weaken the child. If the patient be coſtive, the ſwelling internal and large, the pain great, and the ſymptom proceed from the preſſure of the fœtus upon the part, the cure is difficult.

The diet in this caſe ſhould be ſlender and cooling, and the exerciſe gentle. Reſt ought to be indulged; and when the ſymptom is violent, the patient would do well to keep much in bed; or, when up, to ſeat herſelf eaſy, in a reclining poſture. Bleeding in the arm, and other gentle evacuations, are proper in order to the cure, if the ſuppreſſion of the courſes appear to have been the cauſe. But if it proceed from coſtiveneſs, a gentle Purge of *Caſſia and Rhubarb*, or a ſolutive Clyſter *of Milk and Sugar*, may be given now and then, to keep the body open. The following Electuary has been found very ſerviceable.

Take Lenitive Electuary, two Ounces; compound Powder of Sena and Flowers of Sulphur, of each two Drams; Oil of Aniſeed, ſix Drops; Syrup of Damaſk Roſes, enough to make an Electuary. Let the quantity of a Nutmeg be taken every night going to bed, till the cure is effected.

When the ſwelling is great, hard, and external, Leeches may be applied to draw off the ſuperfluous blood. when ſoft, it hath ſometimes been found neceſ-

ſary

ſary to open it with a lancet. In all other reſpects, this caſe is to be treated as the common Piles, for which ſee Section X. Only obſerve, as in other diſorders occaſioned by the preſſure of the fœtus, that the weight muſt be ſupported by a proper contrivance.

Fourteenth,—Some women, though they have actually conceived, will, through the courſe of their pregnancy, *continue to have* a regular periodical ſhew of *the monthly terms*. This happens chiefly to women of a plethoric or ſanguine conſtitution; thoſe who have a thin ſharp blood, or are ſubject to a weakneſs in the veſſels of the womb. The flux, in this caſe, is commonly leſs than what was natural before pregnancy. During the firſt four or five months, it is not unfrequent, and may be attended with no ill conſequences, either to the mother or child: but if it continues after the fourth month, or the fifth at moſt, which ſometimes happens, a cure ſhould be immediately attempted; becauſe otherwiſe, the child generally proves weak, ſickly, and ſhort-lived. When it continues after the ſixth month, abortion is frequently the conſequence. And ſometimes too, it may be proper to endeavour a cure before the fourth month; as when the heat and ſharpneſs of the blood, and not the abundance, is ſuppoſed to cauſe it; which may be known from the quantity uſually voided, at every period before pregnancy.

To ſtop this unſeaſonable flux, the patient ſhould be kept in bed, or at leaſt in a very quiet poſture. She ſhould forbear all things that may heat the blood, eſpecially anger, and the uſe of venery. Her diet ſhould be ſtrengthening, aſtringent, balſamic, and cooling; ſuch as broths made of chicken, necks of mutton, knuckles of veal, with cooling herbs boiled in them. She may eat new-laid eggs, jellies, rice-milk, barley-broth, and the like: and iron ſhould be quenched in her common drink. Bleeding may be ſafely uſed in caſe of fulneſs of blood, till after the fifth month; though ſome recommend cupping inſtead thereof. It will be of great ſervice, to take a dram of prepared red Coral, twice a-day, in a glaſs of Claret, or Tincture of red Roſes. In other reſpects, this diſeaſe is to be treated as an immoderate flux of the courſes, or as the whites,

whites, due regard being had to the circumſtance of pregnancy.

Fifteenth,—When, during the pregnancy, there happens a continual flux of blood from the privities, attended with pain, it is called *Flooding*; and diſtinguiſhed from the courſes in being continual, whereas the other is only periodical. This ſymptom is apt to happen in caſe of a Mole, or Falſe Conception, as well as in a real Pregnancy. A ſurpriſe alſo, any immoderate paſſion, falls, or other external injuries, may cauſe it. It is uſually attended with very great pain; and ſometimes the waters come away along with the blood. The diſcharge is uniform and conſtant, unleſs it be obſtructed by clotted and grumous blood; which being once removed, it returns with greater violence. And if the Flooding thus continues for any long time, it throws the patient into faintings, and ſometimes into convulſions. All Floodings, from what cauſe ſoever they proceed, endanger miſcarriage, unleſs ſpeedily ſtopped; and always prove mortal when violent, or of very long continuance.

Upon the firſt appearance of this ſymptom, the patient ſhould immediately be put to bed. Let her avoid all motion, and carefully guard againſt the paſſions of the mind. If the flux be moderate, open a vein by way of revulſion; and let her take four ſpoonsful of the following *Reſtringent Anodyne Julep*, repeating the ſame frequently after ſhaking the bottle.

Take Waters of Plantain and Oak Buds, of each ſix Ounces; Cinnamon, bruiſed, one Ounce; White Wine Vinegar, two Ounces; Red Coral, prepared, two Drams; Japan Earth, and Dragon's Blood, of each one Dram; Liquid Laudanum, forty Drops; Syrup of White Poppies, one Ounce: mix.

But when the caſe is violent, it will admit of no delay for the operation of medicines. Unleſs a miſcarriage, therefore, ſuddenly happens, the delivery muſt be attempted directly, by breaking, or cautiouſly cutting the membranes that include the child. This requires a ſkilful perſon, who muſt immediately extract the child, and alſo the whole after-burthen; for that being left

left behind, would make the Flooding ſtill more violent, which would bring on convulſions, and very ſoon death itſelf. After the affair of delivery is over, the opiate above may be given to great advantage, in order to procure reſt, and ſtop the flux. But if the diſorder be ſtill violent, and there ſeems to be imminent danger of the patient's life, the preſent remedy is a doſe of the *common Aſtringent Powder*, prepared of *Steel* and *Tartar*. It muſt be taken in Brandy, or ſome other ſpirituous liquor. Warm Vinegar to ſmell to, and a toaſt dipped in Wine and Cinnamon, and applied to the region of the heart, have been found of ſervice; as have alſo napkins dipped in Water and Vinegar, and applied along the reins. After the flux is once ſtopped, either by the Aſtringent Powder, or repeated doſes of the Opiate, to which may be occaſionally added an Aſtringent Injection, as in common Flooding: the cure may be finiſhed, and a relapſe prevented, by the ſame remedies as are for an immoderate flux of the courſes.

Sixteenth,—I muſt ſay a word or two concerning thoſe women, who, during the time of pregnancy, have a *venereal taint* communicated to them. If this happens near the end of the reckoning, the cure is uſually deferred till after delivery: but if between the time of conception and the fourth month, it is allowed that a cure may be directly begun, and happily finiſhed, without danger either to mother or child. Strong purgatives, however, muſt here be omitted; and therefore, ſome recommend a gentle Salivation, as the only ſafe method. But there is nothing, as a palliative, during pregnancy, that equals the *efficacious Drops*, or *powerful Elixir*, preſcribed in *page* 58, of this book. It is one of the moſt ſafe and certain remedies that ever was invented. Let the woman, therefore, immediately have recourſe to this, as ſoon as ſhe finds herſelf infected, obſerving the directions given in the former caſe, where it is recommended. She may venture upon this even in the ſixth or ſeventh month, provided the diſeaſe be freſh contracted, and thereby prevent the ruin of her child: for an infant born with this diſtemper on it, is ſeldom relieved afterwards. It is a very idle and wicked thing, therefore, for women to truſt to their delivery, in hopes that, by that means alone, they may be perfectly freed from any venereal diſorder;

diſorder; whereas, on the contrary, they thereby not only give their children cauſe to complain of them for ever, but make the cure more difficult with regard to themſelves, by ſuffering the diſeaſe to ſpread and gain ground.

SECTION XV.

OF MOLES, FALSE CONCEPTION, AND MISCARRIAGE.

A *Mole* is a lump of fleſhy matter, without bones, joints, or limbs, of no certain figure; generated in the womb, but wanting the womb-cake and naval-ſtring, and adhering cloſe to the womb, from whence it receives its nouriſhment; being uſually included in a membrane, interſperſed with various veſſels. A *Falſe Conception* is the miſcarriage, or untimely delivery of a mole, at about the ſecond month after its forming.

Moles are uſually ſuppoſed to proceed from violent force, or external injury, received after conception, whereby the tender rudiments of the fœtus are cruſhed, and blended together in one common and undiſtinguiſhed maſs of fleſh, which cannot readily be diſcharged out of the womb; the mouth whereof is cloſed upon conception. It is generally ſuppoſed, that Moles cannot be generated without the joint concurrence of both ſexes.

A Mole being of a membranous, or actual fleſhy ſubſtance, may be eaſily diſtinguiſhed from that ſeeming fleſhy, or concreted matter, which is often diſcharged upon a long ſuppreſſion of the courſes: for, upon examination, the latter will appear to be nothing but coagulated blood, unleſs there has been ſome venereal intercourſe between the ſexes. The matter of a Falſe Conception ſeems to be more membranous than a perfectly formed Mole, and uſually contains ſome quantity of a corrupted humour. When a woman goes with a Mole, her belly is harder, ſorer, and feels heavier than when ſhe goes with a quick child. She is ſeldom free from

from pain; and, when the Mole grows large, upon turning herſelf in bed, ſhe feels, as it were, a dead weight, or a heavy lumpiſh matter, roll and fall from ſide to ſide. The breaſts, in this caſe, do not ſwell ſo much as when there is a real child; and contain but little milk, if any. The complexion of the face fades, and grows of a dead or leaden colour; and the patient is more diſordered than in a natural pregnancy. And if, beſides the ſigns abovementioned, ſhe feels no motion or ſtruggling in her womb, after the fourth or fifth month, there is very great room to ſuſpect it no real conception. But the matter is beyond all doubt, if the ſigns hitherto mentioned, remain the ſame a conſiderable time after her reckoning is expired.

Falſe Conceptions are leſs dangerous than Moles: yet a miſcarriage of this kind, may prove of worſe conſequence than a miſcarriage of a fœtus; becauſe, in a Falſe Conception, the flooding is uſually more violent, and of longer continuance. Moles have ſoon proved mortal in ſome women; but others have gone with them for ſeveral years together. The flooding, in this caſe, often happens long before the excluſion of the Mole. The danger attending Moles increaſes in proportion to their bulk, their continuance in the womb, and their degree of adheſion or cleaving thereto; joined with the age, ſtrength, and conſtitution of the patient. When they are of long ſtanding, they are apt to degenerate into ſcirrhous tumors or cancers, and to occaſion barrenneſs, and a great deal of miſery: of which caſes I have already treated at large.

The regimen in caſe of a Mole, or Falſe Conception, is quite the reverſe of that required in a real pregnancy. Violent motion, if ſeaſonably uſed, may conduce to eaſe the patient of her load. In general, whatever tends to promote the courſes, forward difficult labours, and haſten the after-purgations, may be ſerviceable here: for which conſult the reſpective Sections. But after the Mole is once diſcharged, or extracted, the regimen proper in caſe of abortion, or after delivery, is convenient in the preſent caſe. In particular, when the foregoing ſigns conſpire to aſſure us that a Mole, or Falſe Conception, is actually forming, the firſt thing to be done, is to uſe proper emollient Liniments, in order

to

to relax the parts, and particularly the orifice of the womb, which in a False Conception is less dilated than in a Mole. The following Liniment is excellent for this purpose.

Take Ointment of Marsh-Mallows, two Ounces; Oil of Camomile, one Ounce; Oil of Mace by Expression, and Chemical Oil of Rue, of each one Dram; Chemical Oil of Savin, half a Dram: mix. Let the privities, both within and without the lips, be frequently anointed with this

After a few days, proceed to strong Diuretics, or emollient purgative Clysters, which may be repeated in proportion to the strength of the patient, according to the following Prescription.

Take common Clyster Decoction, ten Ounces; Lenitive Electuary, and Oil of Elder, of each two Ounces; Emetic Wine, and Venice Turpentine, of each six Drams; the Yolk of an Egg; Oil of Rue, and Chemical Oil of Juniper, of each one Dram: mix, and inject.

And if the woman's strength will permit, she may take the following Purge once in four or five days, or with greater or lesser intervals, according as she finds it affect her.

Take fine Rhubarb and Sena Leaves, of each one Dram and a half; Salt of Tartar, one Scruple; infuse them in four Ounces of Spring Water: to two Ounces and a half of the strained Liquor, add Bitter Cathartic Salt, six Drams; Gum Arabic, two Drams; Salt Prunella, one Dram; Syrup of Buckthorn, six Drams; Sweet Spirit of Nitre, two Scruples; Oil of Savin, two Drops: mix for a Draught.

Women of very strong constitutions may take fifteen grains of Calomel over night, and the Potion or Draught above prescribed, the morning following. But if all these fail of success, recourse must be had to strong Snuffs and Vomits, in order to agitate the body. Bleeding also in the ancle, or elsewhere, is very proper.

And

And a Peſſary may be thus prepared, in order to hold in the ſheath at convenient times.

Take Species of Hiera Picra, half an Ounce; Oils of Penny-Royal, Savin, and Rue, of each five Drops; common Honey, or Mithridate, enough to make a pretty ſtiff Paſte, which mould into a proper form.

When time will allow, the procedure may be as in an obſtinate ſuppreſſion of the courſes, or a difficult labour, with proper fomentations and injections, which muſt not, however, be made too ſtimulating. But it frequently happens, that the flooding is ſo violent, that there is no opportunity to regard any other ſymptom; this being of ſuch moment, that the others are trivial to it. Aſtringents preſcribed for an immoderate flux of the courſes, muſt here be immediately called in, in order to ſtop the flux. The emollient Liniment, being ſpeedily applied to the parts, the hand of a ſkilful perſon, having been properly anointed, muſt be introduced into the neck, up to the womb, and the membrane containing the Mole, or falſe Conception, laid hold of with the finger, and gently pulled away. If the finger be inſufficient for this purpoſe, recourſe muſt be immediately had to the uſe of the crane's-bill, or forceps, in the hand of a qualified perſon; there being no time to loſe in this deſperate caſe. But when labour-pains come on at the expected time of delivery, a Mole may commonly be brought away after the uſual manner, without the help of an inſtrument. However, it ſometimes adheres ſo ſtrongly to the womb, eſpecially when it has remained long therein, that there is need of yet other inſtruments; for the uſe of which I ſhall give no directions, becauſe only the ſkilful muſt meddle with them. When the womb is ſcirrhous, it is proper, after the extraction, to inject into it a Solution of Balſam of Peru, with the Yolk of an Egg, provided the flooding be not violent. In other reſpects, proceed as in a ſcirrhous tumor.

Abortion, Miſcarriage, or an untimely delivery of the fœtus, may proceed from various cauſes; as immoderate evacuations, violent motions, ſudden paſſions, or frights. It may happen at any time of pregnancy;

but if before the ſecond month, it is uſually called a falſe conception, as I before obſerved. A fever commonly precedes it, either continual or intermitting: alſo a pain in the loins and head, a heavineſs of the eyes, a bearing-down and preſſure of the belly: and when the time of miſcarriage is juſt at hand, the pains are much the ſame with thoſe in labour, and felt principally about the *Os Pubis* and the *Os Sacrum*. The breaſts, which before were tight, now ſubſide and become flabby; the patient is apt to faint, and a watry humour oozes out from the womb, upon which follow the breaking-down of the waters, flooding, and the other ſymptoms.

Miſcarriage ſeldom endangers the perſon's life, unleſs when attended with ſome of the following circumſtances; namely, if the pregnancy be far advanced, ſo that the child muſt needs be large; if the cauſe of it was ſome violence; if the patient is ſtrongly convulſed; if a large flux of blood either precede or follow it; if the woman is of a weak conſtitution; if the fœtus be putrified; if the woman was never before delivered of a live child. Without one or the other of theſe, the patient generally does well.

Upon the firſt appearance of the ſymptoms of Miſcarriage, the woman muſt be put to bed. There ſhe ſhould be careful to keep her mind calm. Her food ſhould be eaſy of digeſtion. For drink ſhe may uſe wine, diluted occaſionally with water. But in caſe of a looſeneſs, or large flooding, the White Decoction is the moſt proper liquor. In other reſpects, the diet muſt be ſuited to the particular attendant ſymptoms.

To prevent Miſcarriage, when the firſt ſigns of it appear, we muſt endeavour to remove thoſe particular indiſpoſitions that may occaſion it. Fulneſs of blood, or ill humours, may be remedied by immediate bleeding. After which, let the following Bolus and Draught be taken.

Take Powders of Red Coral, Japan Earth, Aſtringent Saffron of Steel, and Armenian Bole, of each fifteen Grains; Saffron, five Grains; Confection of Kermes, half a Dram; Chemical Oil of Nutmeg, one Drop: Make a Bolus. Let it be immediately taken, drinking after it as follows.

Take

Take ſmall Cinnamon Water, two Ounces and a half; Syrup of Citron Peels, half a Dram; compound Spirit of Lavender, one Dram: mix.

Or this,

Take Diaſcordium, half a Dram; Blood-ſtone, Maſtich, Dragon's Blood, Kermes Berries, of each half a Scruple; Oil of Cinnamon, one Drop; Syrup of Dried Roſes, a ſufficient Quantity: make a Bolus. Let it be repeated once every five hours, drinking after it each time, four ſpoonsful of the following Julep.

Take Black Cherry Water and Mint Water, of each three Ounces; Aqua Mirabilis, two Ounces; Preparation of Pearls, two Drams; Spirit of Saffron, half an Ounce; fine Sugar, a ſufficient Quantity.

In caſe of a violent Flooding, the following Mixture has been found admirable.

Take Waters of Plantain, Frog-Spawn, and Oak-buds, of each two Ounces; ſtrong Cinnamon Water and beſt Vinegar, of each one Ounce; Diaſcordium and Armenian Bole, of each two Drams; Japan Earth, and Blood-ſtone, prepared, of each two Scruples; Liquid Laudanum, thirty Drops; compound Spirit of Lavender, one Dram; Syrups of Coral and Wild Poppies, of each half an Ounce: mix. Let four ſpoonsful be taken once every three hours, ſhaking the bottle before you pour it out.

If the flux be not checked in a moderate time, proper fomentations, injections, fumigations, and the like, may be uſed to advantage; as in caſe of an immoderate flux of the courſes. It may likewiſe prove of ſome benefit, to apply the following Plaiſter to the region of the loins; where it is thought to conſtringe the fibres, and tend to reſtrain the flooding.

Take Oxycroceum, Red Lead Plaiſter, Paracelſus's Plaiſter, and Plaiſter againſt Ruptures, of each a like Quantity: mix. Spread them upon leather properly cut, and apply to the loins.

Sometimes a Teneſmus, or a frequent but ineffectual inclination to go to ſtool, attends the other ſymptoms of Abortion. In this caſe, Rhubarb is very good, given with proper Balſamics, or Mucilages. The following Bolus, likewiſe, is well contrived for the ſame intentions.

Take compound Powder of Sena and Rhapontic Powder, of each one Scruple; Oil of Cinnamon, one Drop; London Laudanum, half a Grain; Syrup of Violets, enough to make a Bolus. To be taken in a morning faſting, and repeated as often as the caſe may require.

The night after taking the Bolus, let a gentle compoſing doſe be adminiſtered, and then proceed to the uſe of Clyſters, for which the following form is one of the beſt that can be choſen.

Take Whey, or Mutton Broth, four Ounces; Canary Wine, two Ounces; Gum Arabic, half an Ounce; Gum Tragacanth, on Dram; crude Opium, two Grains: make a Clyſter, to be repeated two or three times a-day.

When Abortion ſeems to be threatened by an habitual weakneſs, or laxity of the uterine veſſels, it is to be treated as the whites.

When ſwellings, ulcers, and other diſeaſes of like nature, ſeem to promote a diſpoſition to Miſcarriage, they muſt be ſeverally treated, according to the reſpective directions in Section XI.

When the flooding is attended with a breaking out of the waters, and violent pain at the bottom of the belly, the time of Abortion is judged to be near. In this caſe the uſe of aſtringents muſt be omitted, and the diſcharge promoted. The midwife is here to perform her part, as in caſe of a timely birth, with due regard to its being natural, or unnatural. The ſame internal and external remedies, which tend to bring away the ſecundines, and promote the child-bed purgations, are here always proper. I ſhall not enlarge, therefore, on the article of Miſcarriage alone, but refer to the following Sections, concerning delivery and the diſorders conſequent of it, the ſame circumſtances being common to both caſes.

SECTION

SECTION XVI.

THE PRACTICAL MIDWIFE.

SHEWING THE SYMPTOMS PRECEDING, AND DISORDERS ATTENDING A NATURAL DELIVERY; WITH DIRECTIONS FOR PERFORMING THE MIDWIFE'S OFFICE; ALSO OF MANAGING A NEW-BORN INFANT.

WE call that a *Natural Birth*, which happens in about forty weeks after conception, unattended with any extraordinary or uncommon ſymptom; when the fœtus, growing gradually large, comes at length, together with the waters and ſecundines, to make a conſiderable preſſure upon the orifice of the womb; which, added to the increaſed ſtrugglings, or motion of the child, cauſes an uneaſineſs to the mother, and a deſire of being freed from her burthen, now ready to break its way. By the increaſe, or continuance of theſe cauſes, the membrane containing the child is at length broken; when the collected waters iſſuing forth, lubricate and relax the orifice of the womb, and all the internal parts of the ſheath; which, upon this, the more readily give way to the motion of the child, and the frequent repeated contractions of the abdominal muſcles, called the throws of the mother.

About the ſeventh or eighth month after conception, but ſometimes later, a conſiderable motion of the child is felt in the womb; at which time it is generally turned by the prevailing weight of its head, or tumbled downwards with its face to the mother's back. At the end of about nine calendar months, or a little more, when the hour of delivery is at hand, there appears a ſinking or flatneſs on the upper part of the belly, the burthen then falling to the lower. A ſlimy matter alſo flows through the paſſage of the womb. The mother has periodical pains in her belly, like thoſe of the cholic, and diſtinguiſhed from them only by their ſeat, as lying more towards the bottom of the abdomen. Theſe

pains are apt to increaſe; and returning by intervals, ſeize the region of the loins, as well as the belly. Hereupon the face appears ſomewhat inflamed; the pulſe and reſpiration are quick and ſhort; a drought, and ſometimes a hoarſeneſs of the voice attends; as alſo a vomiting and univerſal trembling, but eſpecially in the legs and thighs. All theſe ſymptoms increaſe gradually, as the time of delivery comes on; which is commonly preceded by the diſcharge of a thickiſh humour, tinged with blood, vulgarly called *the Shews*; and eſteemed a certain ſign of the ſudden breaking of the membranes, and iſſuing forth of the waters. And now, upon examination, the orifice of the womb will be found dilated; ſoon after which, the membranes break, the waters come away, and, in caſe of a natural birth, the woman is immediately delivered, with proper aſſiſtance.

If no unuſual ſymptoms appear, the midwife may prognoſticate a ſafe and ſpeedy delivery; the whole affair being uſually over in ſix or eight hours time at the fartheſt, and often much ſooner. It is not uncommon to miſtake the turning of the child in the womb for a ſymptom of enſuing labour; and ſometimes the real labour-pains have been taken for a fit of the cholic; but both, however, may be pretty certainly diſtinguiſhed, by thoſe who attend to the ſymptoms already ſet down; which every child-bearing woman, therefore, ſhould well obſerve.

The labour-pains being apt to cauſe a fever, the regimen ſhould by no means be ſtimulating, or ſuch as may quicken the motion of the blood. Jellies, chicken-broth, and a ſoft balſamic nouriſhing diet, are the moſt approved in this caſe. The fleſh of chicken, veal, and the like, are allowable in ſmall quantities, where there is no immediate danger of a fever. Wine, occaſionally, diluted with water, may be uſed for common drink, for ſome time, both before and after delivery. It is cuſtomary, in the very hour, to adminiſter a glaſs of ſome cordial water between whiles, which is thought to facilitate the labour. The uſe of emollient Clyſters, made of *Marſh Mallows, Common Mallows, Camomile Flowers, and the like, with Syrup of Buckthorn, Lenitive Electuary, Emetic Wine, Venice Turpentine, Oils*

of

of Elder, Rue, &c. is requiſite in caſe of coſtiveneſs, or where the excrements are collected and hardened in the bowels, ſo as to prevent, in ſome meaſure, the delivery. But this obſtruction, when it happens near the expected time, ſhould, if poſſible, be removed before the labour-pains come on. It is alſo uſual to anoint the ſheath and internal cavity, with freſh butter, or ſome proper ointment, which every good woman knows how to procure, in order to forward the excluſion of the child, and relax the parts.

Delivery is to be performed in the following manner. The woman being conveniently ſeated in a chair, or rather placed upon a bed, with her head and breaſts raiſed high, and proper matters under her to receive the waters, &c. the midwife, by introducing her finger, from time to time, into the womb, and comparing the ſeveral ſymptoms together, and eſpecially when the *ſhews* appear, learns that her aſſiſtance is neceſſary. She then anoints her finger, and introduces firſt one, and then another into the womb, till at length the whole hand gains entrance. With this hand, the membranes being now broke, ſhe takes hold of the child's head, which in a natural poſture lies downwards, with the face towards the mother's back; the arms alſo being ſtretched out, and lying parallel to the ſides. And now ſhe endeavours, by gentle means, to draw it forth gradually, in the manner ſhe finds it; the mother, all the while, regulating her throws, and managing her breath ſo as to forward the operation; which is commonly eaſy and expeditious, unleſs the parts prove ſtraight, and the head of the infant large. When once the child is advanced ſo far as the ears, the midwife takes hold of both ſides of the head, with both her hands, and gradually pulls it forwards up to the ſhoulders, which often prove a conſiderable obſtacle. And if the child remains long in this ſtate, it generally endangers ſuffocation. When once the ſhoulders have made their way, the other parts uſually follow without much difficulty, except the hips. The child being quite extracted, the next thing to be brought away is the womb-cake, or after-burthen, as it is uſually called: in order to which, the naval-ſtring muſt be gently drawn forwards; and upon this, the ſecundines, or burthen will follow. Great care muſt here

here be taken that no violence is offered in drawing the navel-ſtring too ſtrongly, for fear it ſhould break, and the burthen ſhould cleave to the womb. In that caſe, the midwife muſt be obliged again to introduce her whole hand, in order to extract it. She muſt ſeparate it in a very gentle manner, yet ſo as that no part be left behind; which might prove the cauſe of convulſions, violent flooding, or even death itſelf. After the entire extraction of the child, and the after-burthen, the former is ſeparated from the mother by immediately cutting the Umbilical chord, or naval-ſtring; care having been taken of it while the after-burthen was drawn out, which, in natural births, is generally performed with a great deal of eaſe.

The naval-ſtring is cut after the following manner. When about a quarter of a yard of it is extracted, upon drawing away the ſecundines, a wax-thread is paſſed ſeveral times round it, at the diſtance of three or four inches from the child's navel; and again at about two inches from the firſt ligature, towards the mother: then the chord is immediately cut aſunder with a pair of ſciſſars, between the ligatures, and that part of it which belongs to the mother, is gently put up again into the womb; what belongs to the child being carefully placed between two bolſters, and turned up towards the pit of the ſtomach; or, which is cuſtomary, the navel-ſtring is firſt wrapped up in a fine linen rag, and ſecured with the ſwathe, or belly-band. Great regard muſt be had to the tying of the thread, that it be not too tight, for fear of its cutting the navel-ſtring aſunder in that part; whence a mortal flux of blood might enſue: nor too ſlack, for fear it ſhould not cloſe up the veſſels, ſo as to prevent the blood from coming out which flows to the part. Such a flux of blood as has proved fatal, hath ſometimes happened ſeveral days after the birth of a child; though that part of the navel-ſtring which was left with it, in the common courſe of things, withers away of itſelf, and falls off in nine or ten days time. After the withered ſtring is thus fallen off, the navel frequently remains tender for ſome time. When this happens, it is proper to apply to the part a ſoft compreſs, dipped in warm milk; but if it appear diſcoloured, a little brandy ought to be mixed with the milk.

In

In caſe of a running ſoreneſs, or ſuppuration of the part, let it be dreſſed with *drying red Ointment.*

After the delivery of one child, the midwife ought to be well ſatisfied that there is not another remaining behind, before the mother be put to bed: an error or neglect of this particular being ſucceeded by violent flooding, which is ſometimes fatal. She may be ſatisfied by putting up her hand again, when if there is another child, ſhe will find another water gathering. The firſt navel-ſtring muſt then be cut, without attempting to extract the after-burthen, till the whole delivery is over. In caſe of faintneſs, during the time of delivery, the patient is to be ſupported by cordials, but more particularly by volatile ſpirits, or ſalts, frequently applied to the noſe: for theſe, by their ſtimulating particles, may aſſiſt in promoting the throws, and procuring the excluſion of the child, at the ſame time that they prove otherwiſe ſerviceable. When the whole affair is over, the woman, if ſhe were delivered up, is ſpeedily to be put into a warm bed; and a proper cordial, or a glaſs of hot wine, ought to be inſtantly given her. A ſoft compreſs alſo ought to be applied hot to the womb, to promote the flux of the child-bed purgations, and renewed twice or thrice in an hour, or as occaſion ſhall require. For the ſame purpoſe, it is likewiſe cuſtomary to bind a large double linen cloth, firſt made hot, about the belly, which, if there be a neceſſity, may be gently preſſed now and then with a warm hand. Soon after the woman is compoſed, or come a little to herſelf, it is a uſual thing, among the rich, to give *a Dram, or more of Spermaceti, mixed with an equal Quantity of Venice Treacle*, once in five or ſix hours; *or, a Dram of Confection of Kermes*; waſhing it down with a little warm wine, or the like. But either of the following is much cheaper, and poſſibly may be as ſerviceable. Its intention is to lubricate and cool the inſide of the throat, which is uſually heated and hoarſe by continual cries, and holding the breath, in order to bear down the throws, during labour.

Take Oil of Sweet Almonds, freſh drawn, two Ounces; Syrup of Maiden Hair, one Ounce; Liquid Laudanum,

thirty

thirty Drops: mix. Let the quantity of a Spoonful at a time be taken between whiles.

Or,

Take Penny-royal Water, half a Pint; compound Bryony Water, four Ounces; Syrup of Mugwort, one Ounce and a half: make a Julep. Three Spoonsful at a time, every fifth hour, is the common doſe.

The following alſo is an admirable Cordial, approved in the preſent caſe, by long experience, and highly recommended by phyſicians of the greateſt reputation.

Take Penny-royal and Rue Waters, of each three Ounces; Hyſteric Water, two Ounces, Syrup of Poppies, ſix Drams; Syrup of Mugwort, half an Ounce; Tincture of Caſtor, three Drams; Sydenham's Liquid Laudanum, two Scruples: mix. The Doſe is ſix Spoonsful immediately after delivery, and to be repeated afterwards as the patient finds herſelf reſtleſs, and ſubject to pains.

For the two firſt days after delivery, the childbed woman ſhould be pretty ſparing in her diet, which ought to be chiefly liquid, and conſiſt of Panada, Gruel with White Wine, and the like. Chicken Broth, or Jellies, may be freely drank of; and, every now and then, a Diſh of the common White Wine Caudle, hot. This preparation is held to be wonderfully ſerviceable in promoting the childbed purgations, or lochia; which ought by all means to be encouraged, an obſtruction thereof being apt to cauſe convulſions, tremblings, and other nervous diſorders. About three or four days after delivery, the patient may be allowed the uſe of boiled Chicken, or Veal, if there be no danger of a fever; and if the appetite will ſerve, or the conſtitution require it, Lamb or Mutton may, after this time, be eaten with moderation; and ſo continued, till the common method of feeding be introduced again by degrees.

Reſt and ſleep ſhould be very much indulged, for a conſiderable time after delivery; but if through pain, fatigue, or any other violent ſymptom, it cannot be naturally

naturally obtained, the nurſe ſhould endeavour to promote it by artificial means. To which purpoſe ſhe may exhibit occaſionally the following Draught.

Take ſmall Cinnamon Water and Penny-royal Waters, of each one Ounce; Hyſteric Water, ſix Drams; Liquid Laudanum, Tincture of Caſtor, and Sal Volatile Oleoſum, of each fifteen Drops: mix for a Doſe.

The regular flux of the childbed purgations, ſhould, as much as poſſible, be promoted through the whole time, by a ſuitable poſture of the body; as lying with the head and belly raiſed. And if the woman be very coſtive, during the two firſt weeks of her lying-in, it will be proper now and then to give a *Clyſter of Milk and Sugar*, in which a few Carminative Seeds have been boiled and ſtrained out, ſuch as *Carraway*, *Cardamoms*, *Anniſeed* and *Fennel:* the uſe of theſe being more ſucceſsful, and leſs dangerous, than purgative or laxative medicines, given by the mouth. But in the third week, and afterwards, ſuch gentle lenitives as ſtewed Prunes, Manna, Caſſia, and the like, may be ſafely made uſe of. The paſſions of the mind ought to be cautiouſly regulated during the whole time of lying-in, or for a complete month, after delivery. The air is to be admitted or excluded the room, by a judicious nurſe, according to the heat of the ſeaſon, the conſtitution and preſent condition of the patient; for which no certain rules can be given: but too great care cannot be taken to prevent catching cold, eſpecially during the firſt week, by the uſe of damp linen, cold liquors, or expoſing any part of the body, eſpecially the belly, to the open air. For this ſometimes cauſing a ſtoppage of the lochia, throws the patient into imminent danger of her life. If no particular ſymptoms direct the contrary, the woman may riſe in about a week after her delivery; and ſit up for an hour or two at a time, if her ſtrength will bear it. But this cannot ſo ſoon be complied with by ſome women, who are of delicate and weak conſtitutions. In caſe of faintneſs, or great weakneſs, the following Drops are very ſerviceable, being taken occaſionally in a glaſs of warm Wine.

Take

Take Sal Volatile Oleoſum, three Drops; Tinctures of Caſtor and Saffron, and Compound Spirit of Lavender, of each one Dram: mix. Let thirty or forty Drops be taken at a Doſe, to be repeated as the caſe requires.

The lochia, or childbed purgations uſually continue to flow for the ſpace of thirty days; during which time, among us, it is cuſtomary for the woman to keep within doors, and chiefly in her bed: but ſome particular robuſt conſtitutions in *England*, as well as elſewhere, can eaſily diſpenſe with the rigour of this cuſtom, and venture abroad in eight, ten, or fourteen days after delivery; when the lochia being freſh upon them, they cannot but run a conſiderable hazard. It is therefore more adviſeable for ſuch to keep within their due time, as well for their own ſakes, as that they may not bring a reproach on weaker women, who find a month little enough to re-eſtabliſh their health. After the diſappearance of the lochia, it is cuſtomary, and very proper, for the woman to take a gentle purge or two, before ſhe leaves her chamber. The following is a proper form.

Take Sena Leaves, two Drams; ſweet Fennel Seeds and Rhubarb, of each two Scruples; Salt of Tartar, twelve Grains; infuſe in a ſufficient Quantity of Rue Water: To two Ounces and a half of the ſtrained infuſion add, Syrup of Buckthorn, and Solutive Syrup of Roſes, of each half an Ounce; Tincture of Caſtor, two Scruples; Spirit of ſweet Nitre, twenty Drops: mix for a Draught. Let it be taken in a morning, with due regimen, and repeated two, three, or four times, according as there ſhall appear to be occaſion.

If the Woman, during her month, is afflicted with flying pains, which not unuſually happens, eſpecially from taking cold; it will then be proper to give a gentle ſweat, in the following manner.

Take Venice Treacle, two Scruples; Contrayerva Stone and Diaphoretic Antimony, of each fifteen Grains; Syrup of Poppies, enough to make a Bolus. Let it be taken going to bed, and after it the following Draught.

Take

Take Alexiterial Milk-water, and Penny-royal Water, of each one Ounce; Treacle Water, ſix Drams; Syrup of Saffron, half an Ounce; Sal Volatile Oleoſum, one Dram: mix them well.

If this Bolus and Draught, repeated two or three times, as there is occaſion, ſhould fail of removing the pains, the woman who has lain-in, after ſhe goes abroad, may make uſe of the Bagnio.

I come now to conſider in what manner the child ſhould be treated, after it is ſeparated from its mother. And firſt, a proper linen cloth and warm flannel being provided for its reception, it muſt be immediately laid thereon, and carried to the fire, there to be kept warm, while the midwife performs the remaining part of her office to the mother. But if the after-burthen be long in bringing away, it will be proper in the meantime gently to waſh the infant, with a ſoft linen rag dipped in warm water, or rather ſmall-beer and freſh butter, in order to take off the ſcurf which is on it. When the child appears to be weak, it has been found convenient, after he is well waſhed and dried, to rub him gently over with a little warm White Wine, or Brandy diluted with Water. After he is dreſſed, it is an uſual thing to give him a little freſh Butter and Sugar, which commonly anſwering the purpoſe of a Vomit, brings up a quantity of phlegm that was lodged about the ſtomach and throat, and afterwards working downwards, purges off the black excrementitious matter from the bowels. So long as this black matter continues to be diſcharged, it is common to give the child, twice or thrice a-day, *a Tea Spoonful of Oil of Sweet Almonds and Syrup of Violets, mixed in equal Quantities*; or elſe of *Syrup of Peaches*; or, *ſolutive Syrup of Roſes* alone. But if they find him ſubject or inclinable to have fits or convulſions, it is uſual to give him between whiles, *a little Preparation of Red Coral, and Pulvis ad Guttetam, in equal Quantities; mixed up into a thin Electuary with ſimple Syrup of Piony.* After the uſe of the Sugar and Butter, the child is commonly put to ſleep; and after he awakes, is variouſly treated, according to the particular fancy of the good women, and ſeldom without a

little ſuperſtition. It would be higly proper, however, could mothers and nurſes be prevailed upon to obſerve it, that a hearty new-born child ſhould be treated ſomewhat in the following manner.

Firſt,—He ſhould have no Brandy, Geneva, Aniſeed-water, or any other of the like fiery Cordials, either alone or mixed with his Panada; nor any thing elſe that may curdle or diſagree with his Milk-diet. No Fleſh Meat, nor even fat Pig, the favourite morſel of ſome over-kind nurſes, nor Wine in any large quantity ſhould be allowed, within the month at leaſt; becauſe the infant was not thus fed in his mother's belly. Acids ought not to be mixed with his food; nor ſhould he be crammed too much at one time, but rather fed by little and little, and often.

Second,—He ſhould lie with his head conſiderably raiſed, that the phlegm, wherewith young children abound, may the readier be diſcharged, and ſuffocation be prevented. The ſudden deaths of young children, in all probability, are very often owing to a neglect of this caution, which all nurſes therefore ſhould imprint in their minds.

SECTION XVII.

OF DIFFICULT AND UNNATURAL BIRTHS, THE VARIOUS DISORDERS ATTENDING THEM, AND THE MANNER OF PROCEEDING UNDER EVERY CIRCUMSTANCE.

THOSE are called *difficult Births*, wherein the woman continues long in the pains of labour, without being delivered. *Unnatural Births* are when the child preſents itſelf any other way than with the head foremoſt, or downwards, and the face turned towards the mother's back. I ſhall treat of them both in this Section, which will be peculiarly uſeful to women who practiſe midwifery.

Difficult

Difficult births may happen from a ſtraitneſs of the paſſages; which is frequently the caſe in very young women, or very elderly ones, who were never delivered before; as alſo ſuch as are of a dry, conſumptive conſtitution. Sometimes alſo the membranes breaking long before time of delivery, the waters are wanting which ſhould lubricate and relax the parts, in order to procure an eaſy diſcharge of the fœtus. And ſometimes, on the other hand, theſe membranes are ſo thick and ſtrong, that they will not break in ſeaſon, when the time of delivery is at hand. There may alſo be a great weakneſs on the ſide of the mother, which diſables her from aſſiſting properly with her throws: and a like weakneſs on the part of the child, will leſſen the effect of its ſtrugglings. To theſe cauſes may be added the piles, convulſions, a large quantity of hardened excrements in the inteſtines, a looſeneſs, a dropſy, tumors or ulcers in the womb, and the parts adjacent; a relaxation of the womb, the large bulk of the child, twins, unſeaſonable flooding, a diſtortion of the paſſage, or a dead child.

When a *dead* child is in the womb, the woman will not feel the uſual motion of it, probably for a conſiderable time before delivery. Her pains and throws will likewiſe be weak and languid, and not at all promoted from within; and when the waters break away, there will be no apparent ſigns of immediate delivery. The mother, upon turning, will likewiſe find the child, if it be dead within her, falling from one ſide to the other in a remarkable manner, and remaining like a heavy lump on that ſide to which ſhe turned. The midwife, upon examination, will be ſenſible of the want of motion in the child, and of a diſagreeable ſtench, if it has been dead long enough to corrupt. The countenance of the mother may likewiſe expreſs the death of the child; her eyes appearing ſunk and heavy, her face wan and pale; and, if it has been dead any time, her breaſts will become flabby, and an ill-ſcented diſcoloured matter will iſſue from the womb. To all which add, that if the ſecundines are excluded before the child, it is thought a certain ſign that the latter is dead. The ſuſpicion will be confirmed, if the woman has not gone out her reckoning; if ſhe has received any external in-

jury during the time of her pregnancy; if ſhe is remarkably unhealthy, or infected with a venereal taint; if no pulſation can be felt in the navel-ſtrings; if the ſutures of the child's head are cloſed, or the bones of the ſcull wrapped over one another: and, laſtly, if the woman be convulſed, and the caſe attended with flooding and faintneſs.

There is room to ſuſpect *twins*, if, after the woman is delivered of one child, the pains, flooding, and ſwelling of the belly continue; but the matter, as I obſerved in the foregoing Section, may be put beyond exception by ſearching. We may conjecture that the membranes including the child are too ſtrong, if, when the woman has gone out her full time, ſhe remains ſome hours in labour, the pains and throws having been ſufficiently ſtrong and regular; alſo, if the poſture of the child at the ſame time be natural; if the gathering of the waters, that is, their bulging outwards, has been of longer continuance than uſual before their coming away: and, finally, if upon examining the membranes with the touch, they appear to be of an uncommon thickneſs, which an experienced midwife will eaſily perceive.

The caſe is dangerous, if a woman continues in labour four or five days. When the child is dead, the pains leſſen or go off, and the woman falls into convulſions, or lethargic diſorders. If there be a violent flooding, and no proſpect of a ſpeedy delivery, the woman is in great danger. And, in general, all caſes of this kind are dangerous in proportion to the violence of the ſymptoms, and their continuance, compared with the conſtitution and habit of the patient.

In the moſt difficult and dangerous labours, great care ſhould be taken to encourage and keep up the ſpirits of the woman; a neglect of which, or the contrary procedure, might be of very fatal conſequence. In other reſpects, the regimen muſt be adapted to the cauſe, conſtitution, and particular ſymptoms which appear.

When the birth is retarded by a ſtraitneſs in the paſſage, a lubricating Diet ſhould be ordered, conſiſting of Juleps, Broths, and the like, prepared with balſamic or unctuous ingredients, as Roots of Marſhmallows, and Gum

Gum Arabic. The bowels, in caſe of the leaſt degree of coſtiveneſs, muſt be directly diſcharged of their contents, by emollient Clyſters repeated occaſionally: and a little before the expected hour, it will be proper to uſe hog's lard, by way of Ointment, freely, or the following Liniment.

Take Ointment of Marſhmallows, one Ounce; Oil of Sweet Almonds and white Lillies, of each an Ounce and a half: mix them well. Let the privities be anointed with this, warm, both inwardly and outwardly twice or three times a-day. And at the ſame time it will be convenient to give now and then *a Dram of Spermaceti* internally, along with the Broths, or other liquids: or the following, for the ſame purpoſe, to be repeated occaſionally.

Take Oil of Sweet Almonds, an Ounce; Syrup of Mugwort, half an Ounce: mix for a Draught.

The medicines, before the breaking away of the waters, ought not to be of too forcing a nature; leſt, by cauſing an immature evacuation thereof, the delivery ſhould be retarded.

When the waters break away unſeaſonably, or long before the time of delivery approaches, it will be proper to lubricate, and relax the parts, by the external uſe of Oils and Ointments, freſh Butter, Lard, or the like; and to order for internals the ſame medicines that are proper in caſe of weakneſs. It might alſo be of ſervice to inject frequently Oil of Sweet Almonds, warm; the throws, in the mean time, being encouraged by all the artificial aſſiſtance the mother can afford. as by regulating the breath in inſpiration, violent motions of the midriff and abdominal muſcles, ſneezes, ſtraining and the like. But if the caſe be attended with a violent flooding, or convulſions, immediate recourſe muſt be had to the midwife's office, for the ſafety both of the mother and the child.

When the labour is retarded by the thickneſs of the membranes including the child, which may be learned from the collection and long bulging of the waters, the procedure ſhould be as in caſe of weakneſs in the mother,

with the aſſiſtance of ſuch motions as tend to forward delivery; as walking about the room, and the like. But if they ſtill obſtinately continue unbroken, and the caſe be deſperate, they muſt be rent, or cut by a ſkilful operator.

When the child is large, or dropſical in any particular part, or when the mother wants ſtrength to ſupport her throws, a Glaſs of warm Wine ſhould now and then be adminiſtered; which might alſo be burnt with Spices. A glaſs of Cinnamon, or other cordial Water, might likewiſe be attended with ſucceſs. Some experienced women, when the delivery is retarded through weakneſs, give about *a Scruple of Dittany of Crete, powdered*, in a Draught of *Penny-royal Water*, and repeat the doſe as they ſee occaſion. Others, for the ſame purpoſe, infuſe the Leaves in Wine, or uſe them along with the common Spices in burning their Wine. Theſe methods are often ſucceſsful. It is alſo uſual with ſome, but without much reaſon, to give *Goa-ſtone*, *Gaſcoigne's Powder*, or *Compound Powder of Crab's Claws*, *Bezoar*, &c. but inſtead of theſe, the following may be ſubſtituted to great advantage.

Take Troches of Myrrh and Borace, of each one Scruple; Syrup of Mugwort, half an Ounce; Hyſteric and Penny-royal Waters, of each an Ounce; Tincture of Caſtor, one Dram; Spirit of Hartſhorn, forty Drops: mix for a Draught. This may be repeated every third or fourth hour, ſo long as the caſe requires it. Or, for thoſe who prefer a Bolus,

Take Powder of Myrrh, half a Scruple; Engliſh Saffron, Ruſſia Caſtor, and Volatile Salt of Hartſhorn, of each ſix Grains; Troches of Amber, one Scruple; Syrup of ſtinking Orache, enough to make a Bolus. To be repeated as occaſion may require, drinking after it the following Mixture.

Take Rue Water, two Ounces; Penny-royal Water, one Ounce; Syrup of Saffron, half an Ounce; Spirit of Salt Armoniac with Amber, thirty Drops: mix for a Draught. If Powders are more agreeable, uſe as follows.

Take

Take Powder of Myrrh, one Dram; Caſtor and Saffron, of each fifteen Grains; Oil of Cinnamon, three Drops: mix in a Powder. Divide it into three papers, of which let one be taken every fourth or fifth hour, while the labour continues; drinking after it five ſpoonsful of the following Julep.

Take Black Cherry, Penny-royal, and Rue Waters, of each three Ounces; ſtrong Cinnamon Water, two Ounces; Syrup of Citron Peels, one Ounce; compound Spirit of Lavender, two Drams: mix.

If theſe or the like medicines fail of ſucceſs, proper things ſhould be given to make the patient ſneeze. Some have adventured to adminiſter a Vomit of Ipecacuanha, and with ſucceſs: but then there muſt be no convulſions, or violent flooding. After delivery, the following Drops may be continued for a few days.

Take Tincture of Caſtor, two Drams; Sal Volatile Oleoſum, Spirit of Hartſhorn, and Tincture of Saffron, of each one Dram; mix. Let thirty drops be taken occaſionally, in a glaſs of Liſbon White Wine.

When the Piles, by their ſwelling and pain, prove an obſtruction to the delivery, it is proper to unload the veſſels by the application of Leeches. Likewiſe the part affected may be bathed with warm milk; or, if the patient be coſtive, a Clyſter of Almonds, Milk and Sugar, may be injected. After this, the part may be anointed with ſome ſuch Lin ment as has been already preſcribed. In other reſpects, the caſe may be treated as the common piles, in the manner formerly mentioned in Section X.

When the uterine paſſages are ſtraitened by a collection of hardened excrements, a diſcharge thereof is to be attempted by emollient Clyſters; or, if any inconveniency attend the poſture proper for a Clyſter, a Violet Comfit may be employed in its room, by way of ſuppoſitory.

When a violent looſeneſs weakens the patient, and hinders the excluſion of the child, the cure ſhould be immediately attempted in the following manner.

Take

Take ſmall Cinnamon Water, Black Cherry Water, and ſtrong Cinnamon Water, of each two Ounces; Rhubarb, dried and powdered, Diaſcordium without Honey, Preparation of Red Coral, and White Chalk, of each two Drams; Japan Earth, one Dram; Spirit of Mint, and compound Spirit of Lavender, of each two Drams: make a Mixture. Let two or three ſpoonsful be taken after every time going to ſtool, ſhaking the bottle before you pour it out.

And in order to ſupport the patient, let ſome ſuch Cordial Julep as the following be ready at hand, to be taken as occaſion requires, the quantity of three ſpoonsful at a time.

Take ſmall Cinnamon Water, four Ounces; Aqua Mirabilis, two Ounces; Preparation of Pearls, two Drams; Sal Volatile Oleoſum, Spirits of Mint and Saffron, of each one Dram: mix.

In other reſpects, this caſe is to be dealt with as a common looſeneſs or dyſentery, where any farther means are required; but in moſt patients, what is here ſet down will effect a cure alone, with proper regimen.

When the child is actually dead, and the woman's pains decreaſe or go off, it may be proper to employ ſuch medicines as are preſcribed in caſe of weakneſs. If theſe have not the deſired effect, and the waters are broke away, a Vomit of Ipecacuanha may be given, where the woman has ſufficient ſtrength. But if ſhe be quite enfeebled, and much time has been loſt; if there be flooding, convulſions, or other dangerous ſymptoms, the child muſt be immediately extracted, by the help of a man, if it cannot be done otherwiſe.

In caſe of twins, the requiſite procedure differs little from what is common. Care muſt be taken, that one of them be not left behind unregarded; and to prevent their croſſing, or entangling with one another in the delivery, whereby the extremities of that which was to be brought away laſt, might be miſtaken for thoſe of the other, which might prove of fatal conſequence both to children and mother. The midwife, therefore, having drawn forth the head and ſhoulders of one, ſhould gently

gently ſlip her hands under its arm-pits, and directly bring it away. Sometimes, in caſe of twins, after one is delivered naturally, the other comes not with its head, but its feet foremoſt; in which manner it muſt then be extracted. And ſometimes, after one is brought away, the other will remain in the womb ſome days; which is a dangerous caſe, and requires the membranes, if not already broke, to be carefully cut, and the child extracted. If one happens to be dead, and the other alive, great caution and expedition muſt be uſed in the delivery. But ſometimes weakneſs, convulſions, or other bad ſymptoms, may require the operation to be deferred till the woman recovers ſtrength. The child which lies loweſt in the paſſage, ſhould always be firſt extracted.

If a ſuppreſſion of urine cauſe delay in the delivery, and this proceeds from a ſtone in the bladder, preſſing upon its neck, it ought directly to be put back by a catheter. But if the child, by bearing againſt the bladder, be the cauſe of this ſuppreſſion, the abdomen muſt be raiſed, and compreſſed by a proper Swathe. And in caſe this has not the deſired effect, recourſe muſt be had to the catheter, in order to empty the bladder.

When convulſions retard delivery, the caſe is reputed dangerous, and often attended with the loſs of both mother and child, unleſs great expedition be uſed. Proper internals ſhould here be freely given, in order to put off the fit. The following Bolus and Julep, are well ſuited to this intention.

Take Powder of Wild Valerian Root, and Powder againſt Epilepſy, of each fifteen Grains; Volatile Salt of Amber, Hartſhorn, and Saffron, of each five Grains; Camphire, three Grains; Conſerve of Rue, one Scruple; Syrup of Pionies, enough to make a Bolus. Let one be taken every three or four hours, drinking after it about four ſpoonsful of the Julep, which is thus made.

Take Black Cherry and Rue Waters, of each three Ounces; compound Piony-Water, two Ounces; compound Syrup of Pionies, one Ounce; compound Spirit of Lavender, Tincture of Caſtor, and Sal Volatile Oleoſum, of each one Dram and a half: mix them together.

If

If the woman be delirious, or the flooding violent, the delivery muſt be immediately attempted. The membranes alſo muſt be artfully opened, if they do not break ſpontaneouſly.

Too ſtrong cordials, or ſtimulators, ought to be omitted in a violent flooding, for fear of increaſing the flux. But if the woman be plethoric, and has not already loſt too much, bleeding may be uſed, to cauſe a revulſion. In the mean time, the following Bolus and Julep may be ſerviceable.

Take Japan Earth, Troches of Amber, Powder of Myrrh, and Preparation of Red Coral, of each half a Scruple; Diaſcordium without Honey, enough to make a Bolus. Let one be taken every fourth hour, or as the caſe requires, drinking after it four ſpoonsful of the Julep, which is thus made.

Take Plantain Water, Red Roſe Water, ſmall Cinnamon Water, and Red Wine, of each two Ounces; the ſharpeſt Vinegar, one Ounce; Syrup of Quinces, ſix Drams; Spirit of Sweet Nitre, enough to make a Julep.

Alſo,

Take Spirit of Vitriol, two Drams; compound Spirit of Lavender, one Dram: mix. Let twenty drops of this be frequently taken, with a draught of Red Wine and Spring Water, mixed.

To theſe medicines Laudanum may be added occaſionally. If the flux ſtill prove violent, the ſame medicines may be uſed as in other floodings, and in an immoderate flux of the courſes.

When the birth is delayed on account of any impoſthumation, or ulceration in the womb, the caſe muſt be treated in the ſame manner formerly mentioned, Section XI. provided the impoſthume or ulcer be diſcovered in time. But if it be not known till the time of labour, lenient Clyſters, emollient Fomentations, and reſolving Liniments, ſuch has have often been preſcribed ſhould be uſed for the impoſthumation; and for the ulceration, Pledgets dipped in Red Wine; the midwife being careful to perform her office tenderly.

If

If any old callofity, or hard ſwelling, in the womb or ſheath, create a difficulty in the delivery, and the diſorder was known during the pregnancy, the cure muſt be attempted as other ſcirrhous tumors, Section XI. But at the time of labour only, emollient fomentations and liniments can be uſed, conſiſting of *Milk*, *Sugar*, and *Oil of Sweet Almonds*. Or elſe a piece of Spunge, properly prepared, may be put in, in order to dilate the parts. And in caſe this ſhould fail, recourſe muſt be had to the uſe of inſtruments.

When a relaxation of the womb, or its ligaments, retards the birth, emollient medicines muſt be ſparingly uſed; but cloths dipped in warm Red Wine may be frequently applied. The poſture of the woman muſt be contrived to favour the diſorder, and ſhe ought to be as quiet as much as poſſible. In other reſpects, this caſe may be treated as a common relaxation, or bearing-down of the womb. See Section XI.

Diſtortion of the ſheath ſometimes hinders the excluſion of the fœtus. The woman muſt then be placed in a poſture to favour the delivery: and for this purpoſe, that of ſtanding is generally preferred. Other caſes require different poſtures, and particularly that of ſtanding on a ſtool. In this caſe, the woman muſt be ſupported under her arms, or lean on a pillow, in ſome convenient place. Particular diſtortions of the parts, ſituations of the child, the woman's uſual way of life, and other various ſymptoms, may require yet different poſtures, as kneeling, leaning, ſtooping; which are beſt concerted between the mother and the midwife.

Sometimes the child ſticks between its neck and ſhoulders, in the orifice of the womb, ſo as to be in danger of ſuffocating. This caſe requires great care and expedition: care, that the head of the infant be not pulled from its ſhoulders; and expedition, that it be not ſtifled in the paſſage. The fingers or hand, muſt here be gently introduced between the neck of the womb and the child, and in this manner it muſt be artfully eaſed.

Sometimes the navel-ſtrings is wound about the neck of the child, and muſt be diſentangled before delivery, for the ſafety both of mother and child. To prevent any fatal accident from this cauſe, the midwife ought to ſatisfy herſelf, before ſhe enters expreſſly upon her

her office; and if ſhe finds the navel-ſtring thus entangled, by all means to endeavour to clear it, and reduce it to its natural ſituation.

I come now to thoſe ſorts of births that are called *unnatural.* Theſe may happen from the child's turning itſelf, or being turned in the womb, whether ſide-ways, the face upwards, or otherwiſe; ſo that the hands, feet, knees, ſhoulders, or any other parts, may ſeparately or jointly preſent themſelves. The navel-ſtring alſo, being broke, may appear firſt; and ſo may the ſecundines, or they may adhere ſtrongly to the womb. The particular ſtate of the caſe is beſt learned by the ſymptoms attending the labour, compared with what appears upon examination. If the throws are regular and ſtrong, the ſheath and womb ſufficiently dilated, the waters evacuated, and yet the birth does not come forwards, we may conjecture that the child is large, or affected with a general or particular dropſy, as in the head, the belly, or elſewhere. The danger attending unnatural births, always increaſes in proportion to the violence of the ſymptoms, the continuance of the caſe, and the nature of the cauſes from which it proceeds.

Unnatural births ought to be reduced to the natural, as much as poſſible, by artificial means. Thus, when the head preſents itſelf ſideways, the child ſhould be gently put back, and turned to the natural ſituation. But if it be advanced too far this way, for inſtance, to the neck, it may, by turning, be reduced to the proper poſture, and extracted as in natural labours.

When the child lies with its face upwards, and it be found impracticable to turn it, it muſt be helped out in that poſture; though the conſequence is uſually ſome ſmall bruiſe in its face, or a flatneſs of the noſe, occaſioned by preſſing againſt the bones of the mother.

When a child is dropſical in the head, it may be known by the large ſize thereof, and the openneſs of its ſutures, while the other parts of the body are generally ſmall and waſted. If the extraction cannot be here made in the common way, becauſe of the ſize of the head, the ſpace between the ſutures muſt be cautiouſly opened, in order to evacuate the collected water. The like method is to be taken when the child is dropſical in the breaſt or belly; due regard being had to the ſtructure

ture of the part, and the proper manner of making the puncture.

If the fœtus be monſtrous, either univerſally or in a particular part, and the utmoſt endeavours to procure a delivery are ineffectual, its ſuperfluous parts may be cut off with a proper inſtrument, or the whole may be divided, to ſave the life of the mother. But while the child is alive, all endeavours ſhould be firſt uſed to extract it whole.

After the waters are broke away, if the feet of the child preſent themſelves firſt, ſome danger may attend an attempt to turn it: it is therefore more adviſable to extract it as it offers; and when it is advanced as far as the hips, it may be gently drawn by wrapping a fine napkin round it. But if the face now happen to be upwards, it ought to be turned downwards, to prevent ſuffocation and bruiſes. If only one foot appear, let it be conſidered whether the left or the right, in order to find the other; and when both are placed together, the operation may be as abovementioned.

It is impoſſible to proceed while both the hands and feet preſent themſelves at once: the hands therefore are to be turned back, and then the extraction may be performed.

If one arm, or both, come forwards, they muſt be put back and replaced if poſſible: but when they are far advanced, the caſe is attended with difficulty. If in this caſe, the child appears to be dead, the limbs which thus preſent themſelves may be ſeparated by the hands. After the hands are replaced, if the head cannot be found, ſearch muſt be made for the feet, and the fœtus extracted after the manner requiſite in thoſe circumſtances.

When the knees preſent themſelves, while the hams are turned backwards, great care muſt be taken not to miſtake them for the head: for which purpoſe, the part ſhould be traced to the ham, and the woman being laid in a convenient poſture, ſearch muſt be made for the feet, obſerving that the child's face be kept towards the mother's back.

When a ſhoulder preſents itſelf firſt, the caſe is difficult, on account of the diſtance of this part from the feet. The child muſt be replaced, and then, as well as

poſſible, ſearch muſt be made for the feet; which being brought out firſt, the fœtus may be extracted.

The child is in danger of ſuffocation when the back comes foremoſt, unleſs the poſture be inſtantly altered; nor will it be poſſible to procure delivery, without firſt bringing out the feet.

When the buttocks come firſt, the feet muſt be ſought as in other unnatural caſes: but where they cannot be found, delivery may be attempted in the preſent poſture, and with good hopes of ſucceſs.

When the breaſt or belly preſents firſt, the caſe is often dangerous, it being impoſſible to proceed in that poſture. The midwife, therefore, muſt carefully replace the parts, and find out the feet; remembering to turn the child's face to the mother's back. When either ſide comes firſt, the caſe is leſs dangerous. The navel-ſtring generally comes foremoſt, when the belly preſents itſelf.

There is always danger when the navel-ſtring appears firſt, whether the child be in a natural or unnatural poſture, unleſs the delivery be ſuddenly performed; becauſe the circulation is apt to be ſtopped, from any injury done to this part; which frequently occaſions the death of the child, and violent ſymptoms to the mother. The midwife, in this caſe, muſt replace the navel-ſtring, and then extract the child, either by the head or the feet, with all poſſible expedition.

When the navel-ſtring is broke, there is more danger on the mother's ſide than on the child's, becauſe of the difficulty of drawing out the after-birth, which remaining long behind is uſually fatal: whereas the child, if once naturally delivered, is ſoon ſecured by a ligature. If any part of the navel-ſtring remains fixed to the womb-cake, it may guide the midwife thereto, and then it may be ſeparated as in natural births. But the caſe is very dangerous if the ſtring breaks cloſe to the cake, becauſe of the time ſpent in finding this latter without a cue; during which, the womb may be greatly contracted, or remain leſs capable of diſtenſion, when the waters have been long diſcharged. In this caſe, the hand muſt be introduced, and the cake being diſtinguiſhed by its number of little inequalities, it may, if looſe, or but ſlightly adhering, be readily brought away;

away; but if any part of it ſtick cloſely to the womb, it muſt be firſt ſeparated by the fingers. If it cannot be all brought away by this means, it is better to leave ſome part behind, than to hurt the womb itſelf by violent treatment; which might occaſion convulſions, exceſſive floodings, and perhaps even death; or, if not theſe, inflammations, ulcers, or gangrenes, might be the conſequence of ſuch injuries. Some ſuch medicines as the following will be here uſeful, in order to forward the expulſion of the womb-cake, or any remaining part of it.

Take Penny-royal Water, ſix Ounces; Tinctures of Myrrh and Caſtor, of each half an Ounce; Spirit of Saffron, two Drams: mix for a Julep. Let four ſpoonsful at a time be taken frequently.

Or,

Take Elixir Proprietatis, and Spirit of Hartſhorn with Amber, of each two Drams: mix. Let thirty drops be taken three or four times a day, in a glaſs of White Wine. In the meantime, a Galbanum Plaiſter may be applied to the navel, and ſneezing may be excited.

When the womb-cake preſents itſelf firſt, or comes quite away before the child, the danger of ſuffocation is great to the child, and of mortal flooding to the mother. Here delivery muſt be immediately attempted, without ſpending time to reduce the child to its natural poſture, unleſs it can be done inſtantly. Upon a complete delivery, the flooding generally abates or ceaſes: but if it ſhould not, it muſt be treated as in the following Section, concerning diſorders conſequent upon delivery.

Though I have ſeveral times had occaſion to mention the inſtrumental method of delivery, I ſhall not pretend to give any directions concerning it, becauſe ſuch directions would be of no uſe to the fair ſex. When this method is neceſſary, recourſe muſt be had to an able and ſkilful operator, who will be beſt qualified to judge in what manner he ſhould proceed, when he has conſidered the woman's preſent circumſtances, ſituation,

and ſtrength.——I ſhall now proceed to give a definition of the poſture of the infant as it lies in the womb.

EXPLICATION OF THE PLATE.

Fig. 1. Shews the method of examining the ſtate of the os uteri with one or two of the fingers, to diſcern whether it be dilated, contracted, or in an oblique or ſtraight direction; from whence the operator may form a judgment concerning the delivery, whether it will come preſently, eaſily, or difficulty, &c. A denotes the uterus, BB the vagina laid open, CC the os uteri internum, as yet contracted, but in its right ſituation. D repreſents the manner of examining the os uteri with one or more of the fingers, which if obliquely ſituated, either forwards toward the os pubis, backwards on the os ſacrum, or towards either ſide, denotes a difficult delivery.

Fig. 2. Repreſents the natural poſture of the infant in the birth, with its head protruding into the os uteri, under the arch of the oſſa pubis, A the infant, BB the womb laid open, CC the oſſa pubis, DD the oſſa iſchii, EE the oſſa ilei, F the navel-ſtring, G the ſecundines adhering to the womb.

Fig. 3. An infant preſenting with its feet foremoſt.

Fig. 4. Shews the nates or buttocks offering themſelves, and the method of forwarding the birth by applying the hands to extract them.

Fig. 5. Repreſents the fœtus in a tranſverſe poſition, with the hand of the operator endeavouring to turn it.

Fig. 6. Shews the manner of apprehending the infant's feet, turning and extracting them.

Fig. 7. Shews the infant in a tranſverſe poſition, with its abdomen towards the os uteri and vagina, in which poſture the navel-ſtring often comes out, to the hazard of the infant's life.

Fig. 8. Repreſents the head obſtructed by the left ſide of the pelvis, and the neck being ſtrongly compreſſed by the contraction of the uterus, renders the birth extremely difficult, or impracticable.

Fig. 9. Shews the infant's head inclined towards the right ſide of the pelvis, with the manner of replacing

it

it by the hand, when the waters have been lately diſcharged.

Fig. 10. Shews the infant preſenting its elbow or ſhoulder to the os uteri, with the manner of apprehending the feet, in order to turn and extract them in this, and other unnatural poſtures.

Fig. 11. Denotes the manner of paſſing up the hand, in order to turn and extract the infant by its feet, when its hand and arm hang out of the womb.

Fig. 12. Shews the infant with one foot out, and the manner of inveſtigating the other for its extraction.

Fig. 13. Exhibits the method of ſeparating and extracting the placenta from the womb, when it does not eaſily follow the infant. There the navel-ſtring AA, is left by the left hand B, while the right hand D, is thereby guided in the collapſed uterus CC, to the placenta E, which is hereby ſeparated from the uterus.

SECTION XVIII.

OF THE VARIOUS DISORDERS CONSEQUENT UPON DELIVERY; AS FLOODING, SUPPRESSION AND IMMODERATE FLUX OF THE LOCHIA, CONVULSIONS, FEVER, INFLAMMATION OF THE PARTS, AFTER-PAINS, DILACERATIONS, SWELLINGS, &c.

THE delivery is followed by a copious diſcharge of blood, which, proving continual for the time, is called *Flooding*; being generally of dangerous conſequence, if immoderate, or of long continuance; eſpecially in tender conſtitutions, or when it cauſes weakneſs, faintneſs, or convulſions. The regimen in this caſe ſhould not be too hot. Reſt ſhould be indulged. The diet may be Panada, Sago, or Jellies. The drink, Wine and Water, with a Toaſt. Proper ſleeping doſes ſhould be exhibited occaſionally, if the patient be any way reſtleſs.

If the caſe be prolonged, by part of the womb-cake remaining in the womb, the excluſion thereof may be propoſed by ſuch medicines as are uſed in an obſtruction of the courſes; all things pungent or inflammable being avoided. If theſe fail, the offending bodies muſt be extracted by manual operation. After this, the patient uſually recovers.

If difficulty or violence in the labour were the cauſe, ſleep and reſt ſhould be encouraged; a thickening diet ſhould be uſed; and the patient kept moderately warm. Injections of Red Wine are ſerviceable; or, inſtead of them, the following;

Take Red Wine, four Ounces: Plantain Water, two Ounces; beſt Vinegar, one Ounce; Roche Allum, one Dram; Sugar of Lead, two Scruples: mix, and inject three or four times a-day.

Acids, moderately uſed, are here convenient; and a few drops of Spirit of Vitriol, may be now and then taken in Hyſteric Water. In general, the ſame method is here good as in other violent fluxes; due regard being had to the circumſtances of the patient.

In plethoric conſtitutions bleeding is good, if the woman's ſtrength will permit. After which, the following Mixture is excellent.

Take Plantain Water, ſix Ounces; beſt Vinegar, two Ounces; Syrups of Coral and Quinces, of each half an Ounce; Preparation of Bloodſtone, Armenian Bole, and Japan Earth, of each one Dram: mix. Let two ſpoonsful be taken every third or fourth hour, ſhaking the bottle.

If hardened excrements in the bowels, or cholical ſymptoms, ſeem to prolong the flooding, Clyſters will be of ſervice. In all flooding, the belly ſhould not be preſſed too tight. The following Injection is good, in caſe of faintneſs, convulſions, and long continuance of the flux.

Take White Vitriol, three Drams; Roche Allum, one Dram; diſſolve in Plantain Water, Red Wine, and beſt Vinegar, of each one Ounce. To be uſed frequently.

For

For farther directions, ſee the Section of the Piles, and the article of flooding in Sect. III.

During the firſt four or five days after delivery, a quantity of pure blood is evacuated from the veſſels to which the womb-cake adhered: it is great or ſmall, according to the conſtitution of the woman, the manner of delivery, and other circumſtances. After this, the flood decreaſes, grows more watry, or ſomewhat reſembling ſuppurated matter. The evacuation generally ceaſes in fourteen or fifteen days after delivery, during which time it may greatly vary in colour, conſiſtence, and ſmell. This flux is called the *Lochia, or Childbed Purgations*. It is generally leſs after a miſcarriage, than after a perfect birth. It conſtantly decreaſes as milk comes more plentifully. When it is regular and natural, the quantity is proportioned to the cauſe, the conſtitution, and the laceration of the veſſels; the ſcent is not ill, the change of colour and conſiſtence gradual, without any ſigns of its corroding, or the like.

Suppreſſion hereof may proceed from various cauſes; as a looſeneſs, paſſions of the mind, catching of cold, the uſe of aſtringent medicines, an obſtructed perſpiration, and many others.

This ſuppreſſion is more or leſs dangerous in proportion to its degree, and the time of its continuance. If the ſtoppage be ſudden, and ſoon after delivery, it may cauſe pains of the head, a fever, difficulty of breath, and inflammation of the womb: and if not ſpeedily remedied, ſwellings, ulcers, lameneſs, pains in the belly and loins, convulſions and hyſteric diſorders. Bleeding at the noſe, and the piles, are good to prevent theſe; as alſo profuſe ſweats, an extraordinary diſcharge of foul urine, and the like.

The patient muſt here keep her bed, and lie with her head and body ſomewhat raiſed. A glaſs of warm wine may be now and then allowed; alſo Panada, Jellies, and Broths. In general, all her drink muſt be warm.

A Glaſs of Hyſteric and Penny-royal Water mixed, twice or thrice a-day, has here been found ſerviceable. But theſe hot waters are hardly allowable in a fever, except it be a ſmall quantity of the latter. Clyſters and Cupping-glaſſes have been ſometimes uſed to advantage; and

and it is proper to rub the legs, and other lower parts. Injections ſhould be made of *Birthwort Root, Gentian, leſſer Centory, and Savin, with Tincture of Myrrh and Elixir Proprietatis*, in the common quantities. Bleed where there is a plethory: and afterwards,

Take Powders of Myrrh and Borax, of each fifteen Grains; Spermaceti, ten Grains; Volatile Salt of Amber, five Grains; Conſerve of Rue, one Scruple; Syrup of Mugwort, enough to make a Bolus. Let one of theſe be taken every other hour, drinking after it four Spoonsful of the following Julep.

Take Penny-royal and Rue Waters, of each three Ounces; Hyſteric Water, two Ounces; Sal Volatile Oleoſum, Tinctures of Black Hellebore and Caſtor, of each one Dram; Syrup of Mugwort, one Ounce: mix. It may be taken alſo, the quantities of four Spoonsful at a time, between the Boluſſes.

The following Powder and Drops are alſo good for thoſe who prefer ſuch forms. The Powders may be taken in the ſame Julep, and the Drops in a Glaſs of Hyſteric or Penny-royal Water.

Take Troches of Myrrh, one Scruple; Borax, half a Scruple; Powders of Savin and wild Valerian Root, of each eight Grains; Chemical Oil of Rue, one Drop: mix and pulverize.

For the Drops,

Take Spirit of Salt Armoniac, Tinctures of Amber and Myrrh, of each one Dram. Thirty Drops are a Doſe.

If a looſeneſs comes on as the conſequence, and not as the cauſe of this ſuppreſſion, it muſt not be ſuddenly ſtopped, unleſs it weakens the patient greatly. In that caſe the following Bolus ſhould be given.

Take Powder of Rhubarb, one Scruple; Troches of Myrrh and Powder of beſt Caſtor, of each five Grains; Oil of Cinnamon, one Drop; Syrup of Balſam, enough to make a Bolus.

The

The diſorders occaſioned by a ſuppreſſion of the lochia, uſually diſappear upon the return of the flux: but if any particular ſymptoms remain, they muſt be treated according to their reſpective kinds.

When the *Childbed Purgations* flow ſo copiouſly, or continue ſo long, as to cauſe a conſiderable loſs of ſtrength and ſpirits, a weak intermitting pulſe, faintings, convulſions, pains in the belly, or the like, they muſt always be deemed *immoderate*. And after recovery, paleneſs, want of fleſh, ſwelling in the legs and thighs, a dropſical diſpoſition, will generally remain for ſome time.

In this caſe the regimen ſhould be reſtringent, proceeding gradually from the weaker things to what are more powerful. Barley-gruel, Panada, Jellies, Rice-gruel, and Hartſhorn Drink, are here convenient; as is alſo a Glaſs of Red Wine and Water between whiles. The patient ſhould be kept hot, ſleep moderately, and drink but ſparingly of thin liquids, for fear of a dropſy. The Reſtringents may be theſe.

Take ſmall Cinnamon and Black Cherry Waters, of each three Ounces; Treacle Water, one Ounce and a half; Bole Armoniac prepared, two Drams; Species of Dianthus and Japan Earth, of each two Scruples; Syrups of Coral and Red Roſes, of each half an Ounce; Spirit of Vitriol, fifteen Drops: make a mixture. Let four Spoonsful at a time be taken every fourth or fifth hour.

Alſo,

Take Salt Prunel, one Scruple; Dragon's Blood, half a Scruple: mix in a Powder. This whole quantity may be drank three or four times a-day, in a Glaſs of Red Wine mixed with Water.

The external remedies, when they are found neceſſary, may be the ſame with thoſe preſcribed in other immoderate fluxes. But if theſe fail of ſucceſs, the following Solution may be injected to advantage.

Take Salt of Nitre and Roche Allum, of each two Drams; Roman Vitriol, one Dram; Salt of Vitriol, one Scruple: diſſolve in Plantain Water, three Ounces, and

laſt

beſt Vinegar, one Ounce. This method will ſucceed in the moſt dangerous fluxes of the lochia: in the more moderate, I refer to the articles of flooding.

A retention or violent extraction of the after-birth, or a ſtoppage of the lochia, are apt to cauſe *convulſions* after delivery, which are more or leſs dangerous according to their cauſe, continuance, and degree, compared with the conſtitution of the patient.

If they proceed from a violent extraction of the cake, which cauſes a large flooding, aſtringent Injections of *Red Wine, Allum, and Sugar of Lead,* are very proper. If the veſſels of the womb be torn without any conſiderable flux, the Injections ſhould conſiſt of *warm Milk and Barley Decoction,* or a Decoction of *Mallow Leaves, Camomile Flowers, and Linſeed,* mixed up with *Honey of Roſes.* When the ſymptom is from retenſion of the ſecundines, or a ſuppreſſion of the lochia, prepare Injections with *Birthwort Root, Gentian, Leaves of Common Wormwood, and Mugwort:* to the Decoction whereof may be added, *Honey of Roſes, Tincture of Myrrh, and Elixir Proprietatis.* But if any concreted blood remain in the womb, it muſt be extracted, before we can reaſonably expect a cure of the convulſions.

When *Hyſteric Symptoms* happen after delivery, a Galbanum Plaiſter ſhould be applied to the navel, and the patient put into a courſe of hyſteric medicines, as in the Section of that diſeaſe.

About the third, fourth, fifth, or ſixth day after delivery, the uſual ſymptoms of a *fever* appear; the lochia, in the meantime, continuing to flow regularly, but in leſſer quantity. This diminution, and the increaſe of the milk, which makes the breaſts hard, painful, and hot, ſeem to give riſe to the fever, and the attendant pain and heat in the loins, back, and ſhoulders. This fever is ſeldom dangerous, but goes generally off by a ſweat, if the patient only keeps to a ſlender diet. But a violent and continued fever after delivery, when from other cauſes, and in particular conſtitutions, may be of ill conſequence, the lochia being then uſually ſuppreſſed, which diſtinguiſhes it from a fever cauſed by the milk.

A ſlender

A ſlender regimen ſhould here be obſerved; which, in regard to the ſuppreſſion of the lochia, may be the ſame as was ordered in that caſe. Bleeding is here convenient; in the ankle, when the fever is from any diſtention or inflammation of the breaſts; in the arm, when it is attended with a pleuriſy, pulſation in the head, the quinſy, or inflammation of the lungs. After which a gentle ſweat may be repeated occaſionally, and cordials moderately uſed in the intervals.

When the breaſts are conſiderably ſwelled or inflamed, a Fomentation may be thus prepared.

Take Marſh-mallow Leaves, Camomile and Melilot Flowers, of each half a Handful: boil them in Spring Water, and to ten Ounces of the ſtrained Decoction, add Spirit of Wine camphorated, two Ounces: mix. This may be frequently uſed. *Warm Milk* alſo, alone, has been found ſerviceable. But when a Poultice is required, there cannot be a better than the following;

Take Marſh-mallow Root, half an Ounce; Leaves of Common Mallows, one Handful; Linſeed, Fenugreek Seed, of each half an Ounce: boil in a ſufficient Quantity of Spring Water, and to the Decoction add Linſeed powdered and Bean Flower, in equal Quantities, enough to make a proper Conſiſtence; to which add, a ſmall Quantity of Marſh-mallows. The common Poultice likewiſe of Bread and Milk, with a little Saffron and Hog's-Lard, is very good in the preſent caſe.

An inflammation of the womb and ſheath, occaſioned by the diſtention of the parts, may, when not very violent, be remedied by anointing with *Hog's-Lard, Ointment of Marſh-mallows, or Oil of Sweet Almonds. Fullers Earth* diſſolved in water, is alſo good here. But when the diſorder is violent, and remains long after delivery, and is likewiſe attended with difficulty of urine, coſtiveneſs, a fever, or convulſions, it demands the utmoſt regard, being highly dangerous.

The diet here, in general, muſt be of a cooling nature, as in all inflammatory diſorders. Reſt ſhould be indulged, ſleep encouraged, and all exerciſe avoided. The belly ſhould not be ſwathed too tight, nor kept too warm.

warm. The medicines, of all kinds, ſhould encourage the flux of the lochia, with due regard to the principal ſymptoms. When there is danger of ulcers and ſcirrhous tumors, bleeding will be proper in a plethoric habit, if it be done early: after which, a purgative Clyſter may be now and then injected. When the lochia are entirely gone off, but not before, proper Cathartics may be given by the mouth. In other reſpects, theſe diſorders may be treated as common inflammations, abſceſſes, and ulcers.

When from an injury done to the womb in delivery there is a relaxation of its ligaments, it muſt be ſpeedily remedied, by the ſame medicines as are preſcribed for a bearing-down of the womb in Sect. XIV. When the magnitude of the child, or a difficulty of the labour, hath ſo diſtended the parts that they cannot ſoon recover their natural tone, it will be proper to inject the following aſtringent Liquor, twice or thrice a-day, or to waſh the parts with it warm.

Take Pomegranate Peel and Balauſtine Flowers, of each one Ounce; Armenian Bole, Japan Earth, and Roche Allum, of each half an Ounce: boil in Red Wine and Tincture of Red Roſes, of each a Pint and a half, till the whole comes to a Quart; which ſtrain, and uſe either for Injection or Lotion.

The *pains* which a woman feels in her loins, groin, &c. ſome time *after* the birth is brought away, are ſeldom dangerous, unleſs heightened by a detenſion of the lochia, which in this caſe ought to be promoted. In general, a proper regimen, and due poſture of the body, uſually effects a cure, without any particular medicines: but if the patient be reſtleſs, ſleep may be promoted by an opiate Draught. A *ſtrengthening Plaiſter* to the ſmall of the back, the free uſe of *Oil of Sweet Almonds*, *Spermaceti*, and *Troches of Myrrh*, are moſt uſually preſcribed, when medicines are found neceſſary; and a *carminative Clyſter* may be proper to expel wind. The belly ſhould be kept warm; the drink ſhould be cold, the ſwathing not tight, and reſt indulged.

The

The *Piles*, which ſucceed hard labour, are more troubleſome than dangerous. If they are much ſwelled, Leeches ſhould be applied to the part. In other particulars, theſe piles muſt be treated as the common ſort. See Sect. X.

When the *fundament falls down* in a difficult labour, it muſt be replaced according to the directions in Sect. XVII. After which, reſtringent Fomentations, made of *Balauſtine Flowers and Pomegranate Peels*, ſhould be uſed, the patient lying ſo as to favour the diſorder.

When the *Perineum*, which divides the fundament from the uterine paſſage is torn in a difficult labour, and the excrements come out through the privities, the rent muſt be carefully ſtitched by a ſkilful operator, the privities being firſt cleanſed and dried. Then a pledget dipped in *Arcæus's Liniment* muſt be applied, and ſecured with a Plaiſter or Bandage, the patient lying ſtill in a convenient poſture. This caſe is more diſagreeable than dangerous; and when it has once happened, can hardly be prevented, in future deliveries, when it may be of worſe conſequence, if not well treated at firſt.

Abſceſſes conſequent upon delivery, in the groin, hips, thighs, feet, or other parts of the body, cannot be carried off but by bleeding and purging, with the uſe of Calomel between whiles, as the ſtrength of the patient will permit: and where theſe fail, they muſt be brought to ſuppuration, and opened when fully ripe. After which, they muſt be cleanſed and healed, in the ſame manner as other ſcrophulous ulcers.

SECTION XIX.

OF DISORDERS IN THE BREASTS OF WOMEN, WHICH ARE APT TO FOLLOW DELIVERY.

THE abundance, want, conſiſtence, ſtagnation, retenſion, coagulation, or ill quality of the milk, are apt to occaſion inflammation, hardneſs, rawneſs, and chaps in the breaſts of women after delivery; and ſometimes ſwelling, impoſthumation, ſcirrhoſity, and cancerous ulcers. They are generally the moſt violent after delivery of the firſt child.

Tenſion, heat, redneſs, and a fever, are uſual attendants on inflamed breaſts. When the tightneſs and heat diminiſh, it is a ſign of impoſthumation. A ſcirrhous tumor is hard, immoveable, not painful, and of a dark reddiſh colour. When an impoſthume breaks, the ulcer is laudable, if the matter appear white, in moderate quantity, and of good conſiſtence: but the contrary appearances are held to be malignant. A cancerous ulcer is, when the ſcirrhoſity increaſes, and the ſwelling breaks. An inflammation frequently attends the curdling of the milk, if it happen ſoon after the delivery: but if not till fifteen or twenty days after giving ſuck, the breaſts become rugged and hard, without inflammation; a cold ſhivering ſeizes the ſmall of the back, which is often followed by a fever; and the veins grow knotty. Rawneſs and chaps of the nipples are ſometimes ſo violent, as to take off the part, and leave an obſtinate ulcer behind them.

A pain or ſwelling in the breaſts, if ſoon after delivery, is ſeldom difficult or dangerous, unleſs the breaſts turn cancerous, or ulcerous. But in all theſe caſes a ſlender diet ſhould be obſerved, and the body kept open.

Reaſon will indicate bleeding and purging, in caſe of a full habit, and the promotion of the lochia when

they

they are ſuppreſſed. When a *bruiſe* gives riſe to the diſorder, the following Liniment is good after bleeding.

Take Ointment of Marſh-Mallows, Oil of Roſes, and Extract of Saturn, of each half an Ounce; Spirit of Salt Armoniac, two Drams: mix. Anoint the parts affected, between whiles, with a warm hand. Afterwards apply the following Plaiſter.

Take ſimple Diachylon and Cummin Plaiſter, of each half an Ounce; Diachylon with Gum, one Dram: mix. Spread upon Linen, and apply.

The following Poultice and Fomentation are alſo good.

Take Roots of Solomon's Seal, White Lillies, and Marſh-Mallows, of each half an Ounce; Melilot Flowers, one Handful: boil them in Spring Water. To the ſtrained Decoction, add Linſeed and Fenugreek Seed, powdered, of each an equal Quantity, with a little Ointment of Marſh-Mallows: mix for a Poultice.

Take Leaves of Marſh-Mallows and common Mallows, of each half an Handful; Flowers of St. John's-Wort and Elder, of each a Handful: boil them in Spring Water. To a Pint of the ſtrained Decoction, add camphorated Spirit of Wine, two Ounces: mix for a Fomentation.

The following Lotion alſo, in caſe of great pains, may be uſed with ſucceſs.

Take Lime Water, beſt Vinegar, and camphorated Spirit of Wine, of each two Ounces; Tincture of Saffron, half an Ounce; white Troches of Rhaſis, two Drams; Spirit of Salt Armoniac, one Dram; Opium, half a Scruple: mix, and waſh the parts frequently, endeavouring in the meantime to promote a Sweat.

When the breaſts are hard from the *curdling of the milk*, they ſhould be drawn before the child ſucks. But

if the child is to be put out, the ſwelling muſt be diſcuſſed: for which purpoſe freſh-drawn *Linſeed Oil* is very good, uſed by way of Liniment; as alſo the Fomentation laſt deſcribed. Linſeed Oil may likewiſe be mixed with Bean-flower, and uſed as a Poultice. If theſe fail, the ſwelling will probably break: in which caſe the ſuppuration ought to be promoted by the common Poultice of *Bread and Milk*, with the addition of a little Saffron; and if it ripen ſlowly, a little *Ointment of Marſh-Mallows*. A low regimen ſhould be here uſed, and no evacuating or expelling medicines.

When the *Tumor* actually contains *matter*, which may be known by the quaſhing thereof, and it is ſufficiently ripe, it ought to be opened with a Cauſtic, when a cancer or ſcirrhoſity is apprehended, and treated as an ulcer, according to its degree and nature. But a ſimple impoſthumation, without any ill ſymptoms, may be opened with a lancet by a ſkilful hand, and ſpeedily healed with the following Liniment.

Take yellow Baſilicon, twelve Drams; Myrrh powdered, two Drams; Maſtich and Aloes, of each half a Dram; Mel Roſatum and Yolk of Egg, of each two Drams: mix. Apply this warm, with Pledgets, obſerving not to crowd in too many of them. But if there be occaſion to cleanſe the wound before it is healed, the following may be uſed for a few days.

Take of Yellow Baſilicon, two Ounces; Oil of Olive, twelve Drams; Verdigriſe prepared, two Drams: melt them, and mix together for an Ointment. Apply this as the other, and keep on the dreſſings with ſimple Diachylon Plaiſter; unleſs the edges of the ulcer grow hard, when *Mucilage Plaiſter*, or *Diachylon* with *Gum*, mixed with a little *Spermaceti*, is more proper, in order to take down the calloſity. And when the fleſh is nearly level with the lips of the ulcer it may be dried up with the following Ointment.

Take Ointment of Tutty, drying red and white camphorated, of each two Drams; white Troches of Rhaſis and

and Lapis Calaminaris, of each one Dram; Sugar of Lead, two Scruples: mix.

When the ulcer is *deep, winding,* larger *within* than at the mouth, the caſe is dangerous; eſpecially if the windings be numerous, and the matter bloody. Surgeon's work is here generally neceſſary to lay the whole into one wound, which muſt be often dreſſed with ſmall ſoft Doſſils, and the growth of proud fleſh prevented as much as poſſible, by injecting *Allum Water,* or the following Compoſition.

Take Egyptian Ointment, two Drams; Tincture of Myrrh, and Mel Roſatum, of each one Ounce; Red Wine, two Ounces: mix. This may be uſed either as an Injection or a Lotion, according as the bottom of the ulcer can be come at. And the following, uſed in the ſame manner, may ſerve at once for cleanſing and healing the part.

Take round Birthwort, Gentian, and Gum Maſtich, of each one Dram; Flowers of Red Roſes and Balauſtines, of each half a Dram; red Sugar-candy, half an Ounce; Red Wine, half a Pint; boil them a little, and to the ſtrained Decoction add Tincture of Myrrh and Aloes, one Ounce; Balſam of Peru, and Venice Turpentine diſſolved in the Yolk of an Egg, of each two Drams; Mel Roſatum, one Ounce: mix, and uſe occaſionally.

When there is a ſuſpicion of *Scirrhoſity,* and a *beginning Cancer,* all unctuous medicines are to be omitted, and the following Liniment may be made uſe of for the Dreſſing.

Take Yellow Baſilicon, Venice Turpentine, and Yolk of Egg, of each half an Ounce; Precipitate levigated, one Dram: Powders of Myrrh, Birthwort, and Gentian, of each half a Dram; Balſam of Peru, two Drams: mix. During the application of this, bleeding and purging ſhould be made uſe of; and in caſe the ſcirrhoſity remains obſtinate, ſuppuration may be promoted by the following Fomentation.

Take Leaves of Melilot, St. John's-Wort, and common Wormwood, of each a Handful: boil in Spring Water, enough to cover them: To a Pint of the ſtrained Decoction add camphorated Spirit of Wine, two Ounces; Hungary Water, one Ounce; Spirit of Salt Armoniac, half an Ounce: mix, and foment the part frequently.

Where theſe are found inſufficient, farther advice is immediately neceſſary, ſuch as I ſhall not pretend to give in a work of this nature, which is deſigned only for the uſe of women themſelves. Which hint may be ſufficient in thoſe other caſes, where there is a ſwelling without appearance of matter, which cannot be expelled or reſolved by the uſe of ſuch diſcutient medicines as are preſcribed in this Section.

When the *veins* of the breaſts are *knotted*, or preternaturally ſwelled, and the caſe is not attended with an ulcer, the patient, if plethoric, may bleed: afterwards let her foment the part ſeveral times with Red Wine and Water, and apply *Poultices* made of *Hemlock*, to renew every evening and morning, which may be continued: or wear over it a Plaiſter of *red Minium* and *ſimple Diachylon*, in equal parts. Iſſues too may be here uſeful. But where there are any ſymptoms of an ulcer, other means muſt be practiſed.

Rawneſs and *Chaps* of the nipples are ſeldom dangerous, though often very troubleſome, and of long continuance. For a ſimple rawneſs, it may ſuffice to bathe the part now and then with *warm Milk*, or to apply a compreſs that has been dipped therein, and renew the application frequently, as the former grows cold. *Freſh Cream* alſo rubbed on, or applied ſpread upon fine linen, has been found very ſerviceable. But where the fibres of the nipples are very dry and parched, the following Liniment may be more ſucceſsful.

Take Spermaceti, two Drams; white Wax, one Dram; Oil of Sweet Almonds, ten Drams: diſſolve them together; then add Saffron pulverized, half a Scruple; fine Sugar, one Dram and a half: mix.

On the contrary, when the fibres of the nipples are lax and moiſt, the following is to be preferred, and is accounted

accounted a more general and certain remedy in both rawneſs and chaps.

Take freſh Pomatum, half an Ounce; Starch, powdered, and Armenian Bole, of each one Dram and a half; fine Sugar, one Dram; Powder of Saffron, five Grains: mix. Anoint with it often.

The following is both cleanſing and dry, and has often been uſed with ſucceſs, where both theſe intentions are to be anſwered.

Take white camphorated Ointment, half an Ounce; Powder of Armenian Bole, two Drams; White Troches of Rhaſis, and beſt Starch, of each one Dram; beſt Honey, enough to make an Ointment.

Oil of Myrrh by Reſolution, to touch the part with, is by ſome held for a ſpecific in the cure of chapped nipples, and as ſuch made a great ſecret of by many good women. Others fill the chaps with only *fine powdered Sugar*, and a little *Ointment of Tutty* over it. Both of theſe have been found ſerviceable.

Theſe liniments, or ointments, ſhould be conſtantly waſhed off with warm milk, before the child is ſuffered to ſuck. And in order to keep on the dreſſings, little cups of wood or lead, with holes in them, or nipple-glaſſes, ought to be made uſe of. It may ſometimes be neceſſary to wean the child, and dry up the milk, when giving ſuck is found to increaſe the diſorder. Spongy fleſh ſhould be ate off with *Red Precipitate levigated*, mixed with *Red Ointment*, for the dreſſing. When the nipples, by means of an ulcer, are quite conſumed, the child being weaned, or put to another nurſe, an attempt may be ſucceſsfully made to form new nipples, by the uſe of breaſt glaſſes, and a well regulated ſuction.

In order to prevent an *over-abundance of milk*, which may diſtend the veſſels, and occaſion inflammation and pain, it is uſual, preſently after delivery, to apply Diachylon Plaiſters to the breaſts. This is generally ſufficient, where the mother deſigns to nurſe the child herſelf: but where it is not ſo, a mixture of *the Extract of Saturn*, and *the White Ointment*, ſpread upon linen, or of

Oil

Oil of Roſes and *Vinegar*, are recommended for the ſame purpoſe; as likewiſe *Rags* dipped in *Brandy*, and applied to the arm-pits. A new-born child ſhould not ſuck the mother for at leaſt three or four days after delivery, during which time the breaſts ſhould be artificially drawn. But where, notwithſtanding all precautions, the breaſts are greatly diſtended and painful, a gentle purge may be given at about fifteen days after delivery, and repeated occaſionally, if no forbidding ſymptoms appear. The diet, in the meantime, ſhould be ſlender.

When there is a *deficiency* of *milk* for the nouriſhment of the child, the mother ſhould promote the increaſe of it by emulſions, jellies, broths, wine, good malt liquors, and a juicy food, of eaſy digeſtion. But if the caſe proceed from weakneſs of conſtitution, which will not admit of high diet, it may be proper to wean the child, or put it elſewhere, and diſcuſs the remainder of the milk.

When the *milk* is of too *thick* a conſiſtence, yet in ſufficient quantity, a ſlender, liquid, and diluting diet is neceſſary. Spirituous liquors ſhould be avoided: but a glaſs of wine and water may be allowed. Tea and ſack-whey, are here very proper liquors; and a ſmall doſe of the Bark may be of uſe.

Thin and *watry milk* is to be otherwiſe rectified. A ſolid diet, ſtrong jellies, with fleſh meat that is eaſy of digeſtion, are here proper, as in caſe of a deficiency of milk.

When the *milk* turns *ſour* in the breaſts, it is uſually ſweetened by *Gaſcoigne's Powder*, *Sarſaparilla Powder*, and the like; but may ſometimes require a courſe of antiſcorbutic medicines, as diet-drinks, &c.

When there is a neceſſity to *diſcuſs* the *milk*, it is uſual, in the firſt place, to apply *Diachylon* or *De Minium* Plaiſters, to the whole breaſts; as likewiſe the mixture of *Poplar* and *White Ointment* before mentioned, ſpread upon linen; putting *Rags* dipped in *Rum* or *Brandy*, under the arm-pits. But when the breaſts are full of milk, they ought to be firſt drawn; after which they may be bathed with *Brandy*, and then covered with *Flannel*, or *Diachylon Plaiſter*. *Allum* diſſolved in Vinegar, may be alſo uſed as a Fomentation, covering the breaſts afterwards with rags dipped in the

ſame,

ſame, and applying other rags, ſo dipped, to the arm pits. *Honey*, likewiſe, uſed as a Poultice, has been here found effectual; as alſo the *Lees of Red Wine*, or *White Troches of Rhaſis* diſſolved in *Lime Water*, or *Plantain Water*. During the uſe of theſe, obſerve a ſlender regimen: and if the lochia are totally ſtopped, Purges and Clyſters may be ſerviceable, as the conſtitution will bear. And if the effect of all theſe is not immediately ſufficient, the breaſts ſhould be now and then drawn, for ſome time, to prevent any bad conſequences.

The following Plaiſter, Ointment, and Mixture, may perhaps be more ſucceſsful than any other medicine, for drying away the milk, when uſed according to direction.

Take ſimple Diachylon, Brown Minium, and Soap Plaiſter, of each one Ounce; Cummin Plaiſter, half an Ounce; diſſolve them, and add Oil of Amber, one Dram: mix. Spread a little of this upon linen for a *Plaiſter*, and apply it to the breaſts, after having anointed them with the Ointment, which is thus made:

Take Ointments of Poplar, white camphorated, Laurel, mixed, and beſt Honey, of each half an Ounce: mix for an Ointment. Let it be rubbed in with a warm hand. For the Mixture,

Take Aqua Vitæ, beſt Vinegar, Oil of St. John's Wort, of each two Ounces; Lime Water, and Plantain Water, of each half an Ounce; Sugar of Lead, Roche Allum, and White Troches of Rhaſis, of each two Drams; Spirit of Sal Armoniac, one Dram: mix. Uſe this as a Fomentation between whiles.

I ſhall now give an additional Diſcourſe of the Diſeaſes of the Head, Nerves, &c. with direct methods of cure.

DISEASES
OF THE
HEAD, BRAIN, AND NERVES;
WITH
DIRECTIONS FOR THEIR CURE;
AND
Of the ſeveral deplorable and ſudden Indiſpoſitions attending them, as APOPLEXIES, EPILEPSIES, PALSIES, &c. which may be Prevented, and conſequently many Lives ſaved, by the Medicines herein Preſcribed.

TO WHICH IS SUBJOINED,
A DISCOURSE
Of the Nature, real Cauſe, and certain Cure,
OF
MELANCHOLY IN MEN,
AND
VAPOURS IN WOMEN.

SECTION XX.

OF THE HEAD-ACH.

THERE are two ſorts of Head-ach, the recent or new, and inveterate or old Head-ach. The former laſts but for a time only, and is either from cold, hard drinking, heat of the ſun, violent exerciſe, or the like; and goes away as thoſe occaſions wear off. The other is conſtant or laſting, with very little abatement or intermiſſion, is hard to be eaſed, and which, on light occaſions, has extreme ſharp fits, ſo that the patient cannot endure any noiſe or vehement motion, or ſcarce any light, but deſires to lie in the dark, and be ſtill; for noiſe, if it be great, renders him almoſt crazed. But though, as in ſome, the inveterate, or old Head-ach, continues always more or leſs, in others, it goes away and returns by fits.

They are both underſtood by the ſame common name of the Head-ach, but vaſtly different as to cure; the firſt going away upon the occaſion ceaſing, as I have already

already ſaid; the other, being of long ſtanding, is inveterate, and with difficulty removed; it being cauſed either through much blood, diſorders of the ſtomach, or ſharp humours contained within or without the ſkull, inflaming the head, and depraving the ſenſe. If the pain be attended with heavineſs, it comes of plenitude: if with pricking and ſhooting, it proceeds from ſharp choleric humours. If the head ſeems diſtended without heavineſs and beating, wind is the cauſe: but if with beating, there is inflammation in the films of the brain. If there be heavineſs with diſtention, it ſhews plenitude of humours within the films. If the pain be outward, it is in the films that cover the ſcull: but if inward, and at the roots of the eyes, the films that cover the brain are grieved. The external pain is in the *pericranium*, or membrane without the ſcull, and comes for the moſt part from external cold; becauſe a cold part will eaſily ſuffer from the like quality. The internal pain is always in the *meninges*, or internal membranes.

But as the Head-ach, inveterate or old, proceeds chiefly from inward cauſes, either from ſome fault in the head itſelf, or diſorder of the ſtomach, I ſhall ſpeak only of that, the recent Head-ach, as already ſaid, going away of itſelf upon a little reſt and regularity, without any medicine.

If the pain proceeds from the head eſſentially, there will be no intermiſſion, but a continual pain: or if the pain does remit, it is but little, and returneth again.

If it proceeds from the ſtomach, the pain will often ceaſe and return again: alſo the appetite will decay, eſpecially if the ſtomach abounds much with phlegm: but if the ſtomach abounds much with bile, there will be a bitterneſs in the mouth, a gnawing pain of the ſtomach, a *nauſea* or loathing of food, trembling of the heart, and inflammation, which is much increaſed after ſleep.

If the Head-ach proceeds from the head eſſentially, I always give the following Cephalic Purging Pills, which never fail moving off thoſe humours that infeſt the brain and its *meninges*, whereby the patient has inſtant eaſe.

But when the Head-ach proceeds from the ſtomach, I give the Emetic Powder, preſently to be preſcribed, which

which gently and ſafely, yet thoroughly evacuates the offending cauſe, and ſets the patient to rights, more eſpecially, if in each caſe, the Cephalic Elixir, prepared as follows, on the intermediate days be alſo taken.

The *Cephalic Purging Pills* are prepared as follows.

Take of the beſt Turkey Rhubarb, half an Ounce; Troches of Agarici, one Ounce; Citron Myrabolans, two Drams; Euphorbium, two Scruples; Ruſſia Caſtor, half an Ounce; Turbith Root, the moſt gummy, Jalop Root, and Harmodacts, of each one Ounce; Indian Spikenard, a Dram; the beſt Engliſh Saffron, two Drams; Ginger, Cummin Seed, of each one Dram; Flowers of Roſemary, a Handful; bruiſe them all ſmall, and affuſe thereon, in a glaſs Cucurbit, a Quart of compound Piony Water, double diſtilled; cloſe up the mouth of the glaſs, that nothing may evaporate, and ſet it in a Sand-Heat ſix Days to Digeſt, then let it cool; and when it is quite cold, preſs out the Liquor very ſtrongly in a Preſs; and to the Liquor, put of the beſt Succotrine Aloes, two Ounces; Scammony, two Ounces; Colloquintida, two Ounces; Maſtich, half an Ounce; all in fine Powder; ſhake them together very well in the ſame Cucurbit the Liquor came out of, it being firſt waſhed very clean from the former Ingredients, and dry; ſet it in the Sand-Heat again with the Mouth open, but let the Heat be greater than before, that it may evaporate to the conſiſtency of an Extract, to which, when cold, add of the beſt Salt of Amber, an Ounce; Camphire, rubbed fine, half an Ounce; Flowers of Antimony, one Ounce; the Volatile Salts of Hartſhorn and Armoniac, of each ſix Drams; Chemical Oils of Roſemary, Nutmegs, Amber, and Lavender, of each a Dram: mix all together very well, and keep it for uſe. Three pills of this maſs, about the bigneſs of a large white pea each, are ſufficient for one doſe.

The *Emetic Powder* is thus made.

Take the fineſt purified Salt Petre, ſix Drams; Salt of Tartar, two Drams; the beſt Hungarian Antimony, five Drams; powder them all apart very fine, and mix them

them well together, then put the Mixture, by little and little at a time, into a Crucible ſet in a Charcoal Fire, and made red hot; let the Mixture remain therein till it is melted, and flows like water; then take the Crucible from the Fire, and there will be at the bottom of it a Maſs, which when it is cold, will be hard and reddiſh; take it out of the Crucible, and Powder it very fine, and put it into a digeſting Glaſs, and pour upon it as much Spirit of Roſemary, Nutmegs, and Lavender, equal parts of each, as will cover it three Fingers; ſet it in a Sand-Heat, cloſe covered, for twenty Days, or ſo long as till all the Spirit, being ſoaked up by the Powder, ſeems dried away, and the Powder looks Greyiſh; then take it out, and rub it again in a Glaſs Mortar very fine, and add to every Dram of it, ſixty-three Grains of fine Salt Petre, ſubtily powdered, mix them well together, and keep the Powder in a Glaſs cloſe ſtopped for uſe. Twenty grains of it is a doſe for a grown perſon.

The *Cephalic Elixir* thus.

Take Flowers of Roſemary, Camomile, and Lavender, of each half a Pound; Sage, twelve Ounces; let them be all well dried, and finely powdered, by grinding them in an hot Iron Mortar, with four Ounces of highly calcined Salt of Tartar; put them in a digeſting Glaſs, and add of calcined Hartſhorn, four Ounces; Vitriol, calcined till it is Yellow, half a Pound; Miſſeltoe of the Oak, three Ounces; Roots of Zedoary, Angelica, and Valerian, of each two Ounces; Orange Peel, two Ounces; Cubebs, Cardamoms, Spikenard, Cloves, and Nutmegs, of each an Ounce; Camphire, an Ounce and a half; compound Piony Water, as much as will over-top the Ingredients ſix Fingers; cloſe the digeſting Glaſs with all in it, and ſet it in Horſe Dung for a Month, then take it out, and when it is cold, preſs out the Liquor from the Ingredients, till they are dry and fit for nothing; in the Liquor diſſolve the fineſt Salt of Amber, four Ounces; and Elixirate it according to Art. Forty or fifty drops of it is a doſe.

By the ſigns before given, any one that is afflicted with the Head-ach, may diſtinguiſh and know his caſe,

and accordingly with the medicines preſcribed, may have his cure; they having been long experienced by the author, to be the moſt effectual in thoſe caſes. The Pills are to be taken three at a time over night, which will the next morning, give four, five, or ſix eaſy ſtools. Warm water-gruel, broth, poſſet-drink, or tea, are liquors proper to be taken as they operate; and the patient keeping a little warm the days he takes them, will be the better. They may be repeated twice or thrice in a week, as there is occaſion, as alſo muſt be the Emetic Powder, which is to be taken by thoſe whoſe ſtomachs, being foul, &c. are the cauſe of the Head-ach: but as the Pills are to be taken at night, the Powder is to be taken in a morning, in a ſpoonful of water-gruel, with the ſame obſervation and care, as directed for the Purging Pills.

And on the intermediate days of taking either the Cephalic Pills, or Emetic Powder, it is neceſſary for the patient to take the Cephalic Elixir, forty or fifty drops at a time, every night and morning, in a glaſs of wine, ale, beer, tea, coffee, or other liquor, which pleaſes beſt, which, together with the Pills or Powder, will have wonderful effect, in altering and regulating thoſe humours that create the diſorder and pain in the head.

A gentlewoman, about forty-five years of age, was almoſt from her minority, grievouſly afflicted with the Head-ach, which made her unfit for all buſineſs. She had taken many medicines, uſed bleeding, cupping, iſſues, bliſters, &c. which but little more than palliated, and for a while eaſed her pains. At length, I being ſent to, with an account of her caſe, ordered the Cephalic Pills and Elixir abovementioned to be given her, which greatly relieved her: but ſhe complaining alſo of her ſtomach, and want of appetite, I ordered her likewiſe the Emetic Powder, juſt now preſcribed, to be taken with the Pills, by which ſhe found a ſenſible mitigation of her pain, and at length a total ceſſation of it, that ſhe was perfectly cured.

A young lady, of one-and-twenty years of age, the only daughter of a worthy gentleman, had been afflicted with a violent pain of the head from a child, which ſhe was ſeldom or never free from, and when it was at

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the worſt, would cauſe vomiting. Her parents had tried almoſt every body: ſome aſcribed the cauſe to one thing, others to others. At laſt ſome perſon, that had heard of the ſucceſs of my medicines for the head, recommended them, and my opinion was accordingly deſired. I ordered her the Emetic Powder and Cephalic Elixir; the laſt to be taken in an Infuſion of Sage, Marjoram, Roſemary, Mint, and Virginia Snakeroot, made like Tea, which ſhe willingly took, though the Snakeroot made it very bitter and ſtrong, and by continuing them for above two months, ſhe was perfectly reſtored, and is ſince married, which her parents, by means of her indiſpoſition, ever before deſpaired of. I could give divers other inſtances, but as I deſign brevity in this treatiſe, muſt be obliged to forbear.

SECTION XXI.

OF THE MEGRIM, OR SENSATION OF GIDDINESS IN THE HEAD.

THE Megrim is a vehement pain in one half of the head, either on the right or left ſide affecting either the *teguments* without the ſcull, or the *meninges* of the brain, within, agreeing inqeuality, and coming near the nature of the old Head-ach, ſpoken of in the foregoing Section. If it be without the ſcull, the part pained is moſt commonly ſo ſore, that the patient can hardly bear its being touched: if it be within the ſcull, that ſoreneſs is wanting, and the pain is more vehement. Sometimes the pain is more towards the *occiput*, or hinder part of the head; and ſometimes more towards the *ſinciput*, or fore part of the head, or near the root of the eye on that ſide which is pained. If it be accidental, it never affects the patient but upon extraordinary occaſions; but if it be habitual, it returns either at ſet periods of time, or keeps an uncertain irregular courſe, being excited without any apparent cauſe, continuing long, and with that vehemency that the patient thinks it will diſtract him.

From theſe ſigns it appears, that as the Megrim is from like cauſes of the Head-ach, ſpoken of in the laſt Section, ſo the cure is to be attempted. And though many authors have preſcribed many medicines both for one and the other, yet they allow they are to be remedied, if ſuch a thing be to be done, with the ſame medicines, which I alſo have experienced: and the beſt to do it, that ever I met with, are what I have recommended in the former Section; and which, if the patient keeps to, I mean both Pills, Powder, and Elixir; the former to be taken as mentioned alternately, that is, one time the Pills, the next time the Powder, and ſo on, and the Elixir the days on which neither the Pills or Powder are taken, will undoubtedly free the patient therefrom, if it be in the power of medicines to do it. I have performed the cure by them in ſeveral; and particularly in a gentlewoman, who, about the time her monthly viſits left her, was ſo afflicted with the Megrim, ſometimes on one ſide of the head, at other times on the other, that ſhe had very little eaſe night or day. She relating her caſe to me, I gave her both the Pills, Powder, and Elixir, which in five weeks, carried off her pain perfectly, ſo that ſhe was, and is as free from it as ever in her life, though it is many years ſince

SECTION XXII.

OF THE VERTIGO, GIDDINESS, OR SWIMMING OF THE HEAD.

THE Vertigo, Giddineſs, or Swimming in the Head, is a diſeaſe in the cavities of the brain, cauſing the patient to think all things turn round, and many times cauſes him to ſtagger and reel, and ſometimes to fall down, the brain and ſenſes being diſturbed; but oftentimes without any pain, by a preternatural exagitation and commotion, yet depriving not the patient of either ſenſe or motion.

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This diſeaſe has two cauſes; one *ſimple*, wherein the ſight remains unhurt; the other *complex*, wherein the ſight is darkened, as it were, with a miſt or cloud, and is called *ſcotoma*.

The ſigns by which a Vertigo is known, is by what has been ſaid, only when the diſeaſe is recent or but gentle, the patient ſeldom falls, but ſtaggers, as it were, a little, and is confounded in his mind by a certain kind of amazement, from the ſudden exagitation of the animal ſpirits; ſo that if he be walking, he knows not where he is, but muſt be forced to ſtand ſtill to conſult the place of his preſent ſtation, whither he is going, and what is the occaſion, becauſe a ſtrange kind of forgetfulneſs ſeizes him: notwithſtanding, all this while his internal ſenſes are not ſo diſturbed, but that he knows he is about buſineſs, though the particulars be forgotten, which, after a little pauſe, he recollects again, and becomes perfectly well.

Sometimes, as already ſaid, this effect is accompanied with dimneſs and darkneſs of the ſight, repreſenting variety of colours, and things to look double and treble; in which caſe, not only all the other ſymptoms are exiſtent, but the circumvolution, or rotation of things ſeems to be with a great violence or vehemency, inſomuch, that when the paroxyſm ſeizes the patient, he will neceſſarily fall, unleſs he catches hold of ſomething to ſupport himſelf.

This diſeaſe happens chiefly in winter, and in the people that are faſting, and is of very dangerous conſequence, if not in time remedied; for it comes from blood and humours in the brain, but chiefly from cold humours, and flatulent vapours, ariſing from the ſtomach or other inferior parts, cauſing a continual pain in the head, noiſe in the ears, dulneſs of the ſenſes, loſs of ſmelling, and ſometimes of taſting: and if it comes by conſent of the ſtomach, then there follows a gnawing pain of the ſtomach, trembling, and ſometimes vomiting, with a bad digeſtion.

When the Vertigo has been of long ſtanding, it generally terminates in a *ſcotoma*, or dimneſs of the ſight, and too quickly then changes into pernicious diſeaſes, as the falling ſickneſs and apoplexy. If it happens to old people, it is the more dangerous, becauſe of the weakneſs of their brain, ſmallneſs

of their heat, and their abounding much with phlegm. If, in any that have this diſeaſe, things appear to their eyes bloody and reddiſh, it foretels madneſs; if purple colour, the falling ſickneſs; eſpecially ſuch that have the *ſcotoma*, or dark Vertigo. Sometimes the cauſe of a Vertigo has been from a bladder of water contained in one of the ventricles of the brain, caſt off from the vitiated blood thither, and is ſeldom if ever cūrable, though the patient at the ſame time eats, drinks, and digeſts well. I never knew one cured when it had been ſo, but have been an eye witneſs to thoſe that have died thereof; and one particular man of ſeventy odd years of age, that was diſſected, who, though he was troubled with a Vertigo, was otherwiſe conſtantly in perfect health. At firſt the fits came upon him but two or three times a-year, afterwards they came once a month, and as he grew older and older, the diſeaſe grew ſtronger and ſtronger, and the paroxyſms more frequent and of longer continuance, till at length he had a fit once a-week. The laſt fit he had, he complained that all things turned round violently; and although he leaned upon a table, called out vehemently for ſomebody to hold him, for elſe he ſhould fall by the haſty turning round of things. He deſired to go to bed forthwith, which he did, and whilſt he lay ſtill, he ſeemed to be ſomewhat pacified; but upon the leaſt turning of his head, or any part of his body, he cried out that the bed and houſe would be turned topſy turvy: all this while he had no convulſion, phrenſy, or madneſs, or the leaſt appearance of a fever, except about four or five hours before his death. As I ſaid before, when this man's head was opened, there was found a bladder of water about the bigneſs of a pidgeon's egg, lying in the foremoſt ventricle of the brain, which alone was the cauſe of his death. The cure of a Vertigo, if it be ſimple, is not very difficult, it being to be done moſt commonly, by medicines that diſcuſs the flatulent ſpirits, which trouble the ventricles of the brain; or that ſtill and quiet the too great emanations of the animal ſpirits; and that comfort and ſtrengthen the brain, that is hurt or weakened, by the ſaid flatulency and irregularities of the ſpirits. The firſt is performed by heating Cephalics inwardly and outwardly, which have power to diſcuſs

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any ventoſity lodged in the cortex of the brain. The ſecond by medicines that delight, comfort, refreſh, and ſtrengthen the brain.

Authors enumerate medicines for both purpoſes, and and thoſe of Amber, Nutmegs, Roſemary, Sage, Oranges, Lemons, Ambergreaſe, Muſk, Peacock's Dung, and the like; but the beſt thing that ever I knew to be univerſally ſucceſsful, is the Vertiginous Spirit following, of which fifty Drops being taken every night and morning, in a Diſh of Green Tea, or which is better, in Tea made of Roſemary, Lavender, Carraway Seeds, Sage, Juniper Berries, and Sweet Marjoram, will have incredible effect, more eſpecially if a few Drops of the Spirit be ſnuffed up the Noſtrils twice or thrice a-day, and the forehead, temples, top of the head, and nape of the neck be bathed with it; by which means the windy vapours will be diſſipated, the brain comforted, ſtrengthened and fortified much more than by any other medicine that I know of whatever; only now and then it may be proper for the patient, the better to carry off the offending cauſe, to take a Doſe of the Cephalic Purging Pills, preſcribed in Section XX. or rather if he finds any diſorder at his ſtomach, to ſupply their place with the Emetic Powder, therein alſo preſcribed.

The *Vertiginous Spirit* is thus made.

Take Beet Root, two Ounces; Marjoram, Lavender, Roſemary, Thyme, Bettony, wild Thyme, Sage, of each two Handsful; Orange and Lemon Peel, of each an Ounce and a half; Coriander, Aniſe, Carraway, and Fennel Seeds, of each an Ounce; Nutmegs, two Ounces; Cloves and Mace, of each ſix Drams; Ginger, half an Ounce; beſt Ruſſia Caſtor, half an Ounce; Species Diatrion Piperon, and Species Aromaticum Roſatum, of each an Ounce; Salt of Tartar, ſix Drams: bruiſe ſmall what is to be bruiſed, and put all into a Retort; then pour upon them two Quarts of the higheſt rectified Spirit of Wine; fit a Receiver to the Retort, which lute well together, and ſet in a Sand-Heat for eight Days, then diſtil, drawing off all the Spirit, that the Ingredients may remain dry; then take out the Fire, and when all is cold, which will

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be in a Day or two, unlute the Receiver, and pour out the Spirit, in which diſſolve four Ounces of Camphire, and an Ounce of Salt of Amber, and it is done. Keep it always very cloſe ſtopt for uſe. Doſe fifty Drops.

Being importuned by a gentleman afflicted with a Vertigo to do what I could for him, though he almoſt deſpaired of being cured, as indeed I did of curing him, by reaſon he had tried almoſt all things before, and was therefore loath to undertake him; but I ſay he greatly importuned me. I gave him a bottle of the aforeſaid Vertiginous Spirit, with directions to take fifty Drops in the Tea juſt now mentioned: which he did, as alſo ſnuffed, by my order, ſome of it up his noſtrils, and bathed his head, temples, &c. with the ſame, by which means he was ſomewhat relieved; but complaining of ſickneſs at his ſtomach, at which time his Vertigo was worſe, I gave him four Papers of the Emetic Powder, with orders he ſhould take one every third morning, and go on with the Spirit as before, which he did accordingly, and found ſuch benefit that it is ſcarcely credible to relate, he becoming thereupon, as it were, a new man, and able to be about his buſineſs, never having the leaſt ſign of it, after taking the medicine about five weeks; and ſtill continues in perfect health, it being now more than two years ſince.

SECTION XXIII.

OF FORGETFULNESS, OR DOTAGE.

FORGETFULNESS is a diſeaſe proceeding from obſtinate vapours, or an over hot, or over cold and moiſt temperament of the brain, which renders the animal ſpirits either too volatile, that the thoughts are not to be contracted; or elſe too torpid, diminiſhing the natural heat, that the perſon is dull, ſluggiſh, has no memory, and can think of nothing as he ſhould.

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The cauſes of thoſe malign vapours, or over hot, or cold and moiſt temperament of the brain, are either natural or preter-natural. If they proceed from natural cauſes, as ſometimes they do, from an ill conformity of the head and brain, or over great thickneſs of the ſame, or from too ſtrait or wide paſſages, by which the ſpirits are either too much compreſſed or dilated, they are ſcarcely to be remedied. But if the cauſes be from poiſon taken, or too many Narcotic Medicines, or from over watchings, too much care, bad air, ſickneſs, or the like, they may in time be remedied; but if from falls or blows, that the brain is concuſſed, and the animal ſpirits diſſipated or ſpent, are incurable; for in youth they breed folly, and in people of years dotage.

But dotage does not happen altogether to old people neither, for as it is a depravation of the fancy and rational faculty, ariſing from an irregular phantaſm of the brain, by a fault of the animal ſpirits which are clouded, darkened, made black, thick, and opacous, young people may be liable to it as well as old. The ſigns of dotage in the beginning of the diſtemper are perceived by the patient's being much more talkative than uſual, eſpecially thoſe that are of few words when they are well, and in thoſe that uſed to be very talkative when well, it is perceived by their ſitting very mute, taking no notice of any thing, and, as it were, thinking intentively on ſomething, though when aſked, can give no account of what. In the height of dotage, in a mild tempered perſon, there is fierceneſs, ribaldry, and ſcurrilous language, the motion of the eyes quick, they being affected by conſent of the brain, arteries, veins, and nerves, the pulſe irregular and ſwift, with a perturbation in the hypochondria, the ſpeech and actions at the ſame time being altogether unaccountable, incongruous, and fooliſh, the patient being apt to be buſied about toys and trifles, if not down-right folly, which ſhews the principal faculties of the mind are extremely depraved.

Theſe diſeaſes are commonly without any danger attending as to life, but if they happen to children very young, they oftentimes make the child a fool; but taken in time are to be cured, and ſo are they many

times

times in people of years, but not always, as ſhewn before. I have known, when they have been taken in time, that a proper Vomit and a Volatile Specific has rouſed up nature's force, that the patient has recovered, and found his ſpirits more lively, and his memory quicker than at any time before, and that by taking the Emetic Powder, preſcribed in Section XX. and the Vertiginous Spirit in Section XXII. and that in the particular caſe following.

A gentleman of a briſk and airy temper, quick wit and ingenuity, and of an excellent apprehenſion, judgment, and memory, fell firſt into forgetfulneſs and loſs of memory, after into a dotage, upon ſome trouble of mind, inſomuch, that he would talk very fooliſhly, aſk the ſame queſtion over and over, and would ſometimes, without any cauſe, fall a laughing, at other times crying juſt like a child, which ſhewed that his intellects were really much depraved, inſomuch that I greatly queſtioned whether I could do him any ſervice; however, upon his friends earneſt deſire I endeavoured, and ſent him three Papers of the Emetic Powder, and a Bottle of the Vertiginous Spirit, with directions for his taking one of the Papers every other morning, and fifty Drops of the Spirit every morning beſides, and alſo every day about four in the afternoon, and at night, mixed in a glaſs of the Tea, prepared with Roſemary, Lavender, Carraway Seeds, &c. mentioned in the laſt Section, and to uſe the Spirit alſo outwardly, as therein directed; which was accordingly done, and by that time the three Papers of Powder (which always vomited him well, I enlarging the Doſe a little) were taken, and alſo the Bottle of Vertiginous Spirit taken and uſed, he grew better, his memory being ſounder, and diſcourſed more rational; I therefore ordered he ſhould perſiſt in the ſame courſe, which he did for three months together, or more, and grew well, returning to his perfect and ſound mind and memory, and never had any thing more of it afterwards.

SECTION XXIV.

OF PHRENSY AND MADNESS.

THE Phrenſy, though it be not a perfect madneſs, yet as it is cauſed from an inflammation of the membranes of the brain, which hurts the internal ſenſes, as the imagination, judgment, &c. may be ſaid to be a ſort of madneſs, and the more as there attends thoſe ſo afflicted a kind of fury, little and troubleſome ſleeps, ſpeaking without ſenſe, pulling as though it were ſtraws, or the like, from the bedcloaths, being unruly, angry, raging, and the like, and which if not timely remedied, terminates in downright madneſs; but as it is what is curable, there is no danger, provided proper applications be made; and the firſt thing that is to be done, is to bleed, and after that to give Vomits and Cephalics, than which nothing can exceed the Emetic Powder for vomiting, and Cephalic Elixir for the other intentions, both preſcribed in Section XX. they doing all, as it were, at once, I mean without any other medicine, if the Powder be repeated twice or thrice in a week, in a morning, and the Elixir taken as therein directed. But where there is a perfect madneſs and diſtraction, other methods muſt be taken, as Cuppings with Scarrifications, large Bleedings, Clyſters, Bliſters, frequent Purgings and Vomitings, to do which two laſt, nothing I ſay can be more prevalent than the Cephalic Pills and Emetic Powder, given alternately as the patient's ſtrength can bear them.

I know there are many who pretend to cure madneſs by ſome particular methods, others by ſuch and ſuch a peculiar Specific, but with what ſucceſs they know beſt. One came to me once in behalf of a friend of her's, a man that had been diſtracted for many years, and had been in madhouſes, and other places for cure, but to

no purpoſe. I told the meſſenger the beſt medicines I knew for cure were the Emetic Powder and Cephalic Purging Pills, ſome of both of which I gave her, with directions to give him one Paper of the Emetic Powder one day, and reſting the next day, to give four of the Purging Pills the day following; and ſo every other day for a week, the Powder or Pills, which was done, and the patient was much better; but coming for more, the meſſenger told me they were adviſed to give him the following Drink, as the moſt certain Specific for madneſs in the world. I anſwered I could not tell what extraordinary virtues were in it, but they might give it notwithſtanding his taking the Powder and Pills, which they did, and the man was ſoon after reſtored to his right mind; but when I heard it, I queſtioned whether that medicine or mine had moſt contributed to his recovery, which they could not tell, nor indeed could I, only as he was amended by my medicines before he took the Drink, I had reaſon to think well of them. However, that the Public may be the better for knowing it, I here give the Preſcription juſt as they related it to me.

Take Dodder of Thyme, Polopody of the Oak, of each two Ounces; all the Myrabolans, of each three Drams; Seeds of Citrons, half an Ounce; Cloves, three Drams; black Hellebore, two Drams; Leaves of Sage, two Handsful; Roſemary Flowers, a Handful; Stæchas Flowers, half a Handful: cut and bruiſe them, and boil them in three Quarts of Spring Water to two Quarts; ſtrain it, and give a quarter of a Pint every Day at Four o'clock in the Afternoon, and alſo at Night.

But as there are various ſorts of madneſs, *viz.* a diſcontented madneſs from vexations, loſſes, and croſſes in the world; a religious madneſs; a madneſs from taking poiſon or poiſonous things; a madneſs from the biting of the tarantula; a madneſs from the biting of a mad dog; a love madneſs, and a womb madneſs, called *Furor Uterinus*, to which only women are ſubject: I ſay, as there are eight ſorts of madneſs, this Drink which I have preſcribed, and was ſo much commended as a Specific for cure, I fear will not have the great effect

ſaid

ſaid of it, though any that pleaſe may try it, which was the reaſon of my giving the receipt of it.

SECTION XXV.

OF THE LETHARGY, CARUS, OR SLEEPY DISEASES.

THE Lethargy is a diſeaſe known by the patients being continually ſluggiſh and ſleepy, ſcarcely anſwering if often ſpoken to, only opening their eyes and ſhutting them again, without taking the leaſt notice of any thing that was ſaid to them; and ſo inclined to ſleep are they, that if you ſhake them and rouſe them ever ſo much, they will hardly awake, or at leaſt not long, but to deſire to ſleep, and are never ſatisfied without it, or indeed with it; ſo that the animal ſpirits are, as it were, bound and locked up by extraordinary obſtructions, there being attending a gentle fever, a high pulſe, and breath weak; the cauſe is from too much phlegm, cooling the brain in its windings and hindmoſt cells, which occaſions the profound ſleep; and the putrifying humour being extremely ſharp and fretting occaſions the fever, which is in a manner perpetual; and the ſlowneſs of breath is cauſed from the affection of the nerves of the *thorax* or breaſt.

The Lethargy differs from the *carus*, becauſe in a *carus* there is no fever. It differs from a *catalepſis*, becauſe in that the eyes when the patient ſleeps, are open, and in the Lethargy ſhut.

All ſleepy diſeaſes, if of long continuance, and thoſe happen in fat, groſs, and old people, are generally incurable, and by how much deeper the ſleep is, or the patient the harder to wake, by ſo much the more is the diſeaſe dangerous, and that eſpecially if it happens after going off of an acute diſeaſe; and if the ſleepy diſeaſe be exquiſite, and the ſtrength decays and waſtes, it is certainly never to be cured: but if it happens to one that is young, in the heat of ſummer, and the ani-

mal functions be not much impaired, and all the natural evacuations be perfect, there may be a cure: to accompliſh which, Evacuations by Bleeding, Bliſtering, and Purging, muſt be made, the latter not by any thing better than the Cephalic Pills, preſcribed in Section XX. and then for a Specific to repercuſs the humour that offends, and ſtrengthen the brain, I cannot adviſe a more prevalent preparation than the Volatile Eſſence following; which diſcharges the animal ſpirits of their burthen, and quickens them to an immenſe degree. The method to be obſerved is this: firſt let the patient bleed in the arm twelve Ounces, or according as he is in age and ſtrength. After that apply a ſtrong large Bliſter to his neck, or rather between his ſhoulders; then the next night, or next morning, which he pleaſes, let him take four of the Cephalic Pills, which will gently purge him, and every night and every morning (excepting the night and mornings he takes the Pills), as alſo about four in the afternoon, let him take ſixty Drops of the Volatile Eſſence, in a diſh of Tea, or, which is more effectual, in a diſh of the Infuſion of Roſemary, Lavender, Carraway Seeds, &c. directed in Section XXIII. which if followed ſtrictly, and the patient's noſtrils and temples be rubbed ſeveral times a-day, with a little of the Volatile Eſſence, and a few Drops of it ſnuffed up his noſe now and then, will undoubtedly, by the bleſſing of God, bring him to himſelf, if he be curable, and prevent the diſtemper for the future, if the medicines be but for a time continued.

The *Volatile Eſſence* is prepared thus.

Take Angelica, Marjoram, Rue, Roſemary, and Lavender Flowers, of each two Ounces; the beſt Caſtor, an Ounce; Ginger, Pepper, Pellitory of Spain, of each half an Ounce; Salt of Tartar, three Drams; Calamus Aromaticus, an Ounce; rectified Spirit of Wine, twenty Ounces: bruiſe the Ingredients that are to be bruiſed, and mix all together, and digeſt them in a retort, well luted to its Receiver, in Balneo Mariæ for ten Days, then diſtil and draw off the Spirit to dryneſs, which when it is cold cohobate upon the Fæces, digeſting and diſtilling

diſtilling as before; and to the diſtilled Spirit, add Spirit of Salt Armoniac and Spirit of Hartſhorn, both well ſatiated with their Volatile Salts, of each two Ounces: Balſam of Peru, an Ounce; Oil of Amber, half an Ounce: Oil of Rue, a Dram; digeſt them again for ten Days more, in which time it will have the body of an Eſſence, and be fit for Uſe.

SECTION XXVI.

OF THE COMA, OR UNNATURAL WATCHING.

THE Coma is a great deſire and inclination to ſleep, but with an utter inability to do it, ariſing from narcotic vapours which infeſt the brain, and induce the drowſy or ſleepy indiſpoſition, yet at the ſame time ſo trouble and diſquiet the mind, that they cannot ſleep at all, but wink with their eyes, and often open them, having a doting kind of diſcourſe, attended with an inordinate motion of the hands and thighs.

It is cauſed ſometimes by a great weakneſs of the faculties of the body, either from ſome grievous diſeaſe and violent pains, or ſome immoderate evacuations, which have diſſipated the animal ſpirits. Unnatural watchings, are when the common external ſenſe is wearied beyond due or juſt meaſure, ariſing from the continual uninterrupted influx of the ſpirits into the organs, as we ſee that when we have over tired ourſelves by much walking, running, or riding, we cannot ſleep, though we greatly want and deſire it, but tumble, and toſs and ſtretch.

Unnatural watchings are alſo occaſioned by too much light, noiſe, cares of the mind, being too thoughtful or intent upon matters, &c. all which hinder ſleep, alſo pain, coughs, fluxes, a hot diſtemper of the brain, hot, ſharp, and ſalt vapours, which twitch and diſturb the ſpirits and *meninges* of the brain, making people uneaſy and reſtleſs; or from defect of ſuch natural vapours, as procure reſt to the animal ſpirits, which long abſtinence

from food will cauſe, as alſo eating too much, eſpecially ſuppers.

When watchings proceed from a diſeaſe, and become a Coma of long ſtanding, the cure is very doubtful, eſpecially if they have their ſpeech hindered, or when they breathe a murmuring noiſe be heard in the throat, or a thin humour diſtils out of the noſtrils, or the patients not able to ſwallow without difficulty, for in thoſe caſes it is dangerous, or at leaſt they degenerate into a lethargy or phrenſy.

The cure of the Coma or unnatural watchings, as they proceed from a humour or internal cauſe, that interrupts the quietude of the ſpirits, is beſt accompliſhed, eſpecially in the Coma, by the Cephalic Purging Pills and Cephalic Elixir, preſcribed in Section XX. and which if taken as is therein directed, will carry off thoſe offending humours, that the patient will have his natural reſt, without taking opiates and other narcotic medicines, which, as they only palliate the diſtemper, and give eaſe but for a while, do in the end rather injure than relieve.

SECTION XXVII.

OF THE APOPLEXY.

THE Apoplexy is a diſeaſe of the brain, ſuddenly depriving the whole body of ſenſe and motion. *Riolanus* defines it to be an abolition of ſenſe and motion, with reſpiration hurt, which at laſt brings ſnorting and ſuffocation, by reaſon of thick phlegm flowing out of the funnel, and obſtructing the *larynx* or wind-pipe, which alſo oftentimes and unexpectedly invades all the ventricles of the brain, but eſpecially the fourth ventricle, wherein, unleſs the matter be diſcuſſed in the ſpinal marrow, death unavoidably follows. *Fernelius* ſays, that an Apoplexy is a diſeaſe bred by the obſtruction of the *rete mirabile*, the afflux of arterial blood out of the heart into the brain, being thereby intercepted.

cepted. *Willis* ſays the ſenſe of the word Apoplexy denotes percuſſion, and by reaſon of the ſtupendous quality of the diſtemper, containing as it were ſomething ſupernatural, it is called ſideration or blaſting; for thoſe ſtruck therewith are, as it were, planet-ſtruck, or ſtruck with an inviſible power, falling ſuddenly to the ground; and being deprived both of ſenſe and motion, and the whole animal function ceaſing, (ſave that they breathe) they lie for a long time as if dead, and ſometimes, nay too often, are dead indeed, (many of which I hope to ſhew might have been, and how others may be preſerved) but if they revive, they are many times taken with an univerſal palſy, or elſe with a palſy of one ſide. *Riverius* ſays it is a moſt deep ſleep, and a total privation of ſenſe and motion, breathing excepted, wherein the patient neither opens his eyes, anſwers, or feels when he is ſpoke to or hurt, breathing alſo with difficulty.

The Apoplexy is either accidental, coming of a ſudden, and falling indifferently upon any man, though not at all pre-diſpoſed thereto, for which by the way, no preventative method can be inſtituted; or it is habitual, from a conſtant diſpoſition in ſome people, becauſe of which they are at firſt only exerciſed with light approaches thereof, or rather ſymptoms, afterwards the paroxyſms are evident, but gentle; but at length they become more obvious and grievous, and of which at laſt they for the moſt part die.

The Apoplexy is diſtinguiſhed according to its degrees, into gentle, ſtrong, and ſtrongeſt: the gentle is that wherein the patient breathes freely, and eaſily becomes ſenſible again. The Strong Apoplexy is that wherein the patients breathe with very great difficulty, and, as it were, with violence, ſnorting and foaming at mouth. The ſtrongeſt and moſt dangerous, is that in which all ſenſe and motion immediately ceaſe throughout the whole body, the breath alſo being ſtopped. In this there is neither ſnorting nor foaming, but the patient lies as if perfectly dead; but if they do not quickly recover, they ought not to be buried before three days be over, it having been known that ſome ſo ſeized have in that ſpace of time revived again.

The ſigns of an Apoplexy are ſwoonings, ſometimes falling ſuddenly and ſometimes by degrees, ſenſe, motion, and voice being many times taken away, ſometimes only diminiſhed, reſpiration alone, and that with much difficulty, remaining. Some perſons ſleep deeply, and, as it were, ſnort or ſnore, the looſened limbs being lift up, fall down with their own weight, in the manner of dead perſons, and their eyes are either wide open or quite ſhut; the pulſe at the ſame time being ſtrong and full, which has deceived many in the prognoſtics of this diſeaſe; in many there is a relaxation of the ſphincter muſcles of the *anus* and bladder, ſo that the excrements and urine come away involuntarily and inſenſibly.

An Apoplexy very ſeldom gives any warning of its approach, unleſs in perſons ſubject to lethargies or vertigos, which in many are forerunners of this diſeaſe, as alſo, in ſome, are dimneſs of ſight, trembling of the whole body, incubus or night-mare often afflicting, gnaſhing of the teeth in ſleep, and an unuſual heavineſs of the body. It has likewiſe by many been obſerved, that ſmoaking much tobacco, has cauſed, in ſome conſtitutions, the Apoplexy, and they give inſtances of ſuch being ſeized while they have been ſmoaking, and died; and this they aſcribe to its narcotic quality, and ſay by that means it is injurious to the brain, and conſequently diſpoſes to Apoplexies: but I am of another opinion as to the thing in general; for if tobacco had ſuch a pernicious quality, the many years it has been in vogue, and the multitudes of people of all ſorts that have taken it, would have diſcovered it in an eminent degree, and have obliged the world to leave ſmoaking it long ago as delaterious. But, on the contrary, very many people live to a great age, and in as good a ſtate health, though they have long and immoderately uſed it, as thoſe that take it not. It muſt indeed be allowed that it is not agreeable to all conſtitutions, but the ſame may be ſaid of almoſt every thing elſe, whether food or phyſic; and though we have had inſtances of ſome dying of Apoplexies that have taken tobacco, yet it does not follow that tobacco was the cauſe. And I preſume no wiſe man will conclude

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from a few inſtances of the diſagreeableneſs of any one thing to ſome men, when vaſt numbers of them on the contrary ſide may be brought to warrant its uſe, that it ought univerſally to be avoided, or branded with a note of infamy. My ſenſe of tobacco is, that in thoſe perſons with whom it is found to agree, it is a very good drainer of humours, and ſo may ſupply the place of iſſues, or at leaſt that fewer of them may be neceſſary to thoſe who abound with moiſture; for by its irritating, and occaſionally enlarging, (from the great afflux of the *ſaliva*) the ſecretory ducts in the glandules about the mouth, as it is evident there muſt be a great diſcharge, ſo a great diverſion is made from the brain (though I allow the greateſt part of the matter comes not immediately from thence, but out of the blood) whence it is adviſeable that the perſons who take it, ſhould drink but moderately, leaſt otherwiſe they do themſelves more hurt by the ſupply than they can receive benefit by the diſcharge. But there is another reaſon why tobacco may be uſeful to thoſe who are diſpoſed or ſubject to Apoplexies (I mean to thoſe to whom it is agreeable), and that is by the vellication the ſmoke of it impreſſes on the nerves of the mouth, which it makes to contract, ſo that by conſent of parts the whole brain is analogouſly affected, whereby if the brain happens to be more lax than ordinary, and is diſpoſed to receive a flux of blood or ſerum, as it will be after a perſon has had and eſcaped one fit, it will prove a very uſeful adminiſtration towards reſtoring the tone of it, and thereby preventing the admiſſion of heterogeneous particles into the tubes of the nerves, which cauſe the ſymptoms.

And ſince I have ſpoken about tobacco, I will add a word or two concerning ſnuff, which, as it cauſes not, through its frequent uſe, any ſternutation or ſneezing to thoſe who take it conſtantly, is very prejudicial; and where immoderately taken, by perſons of ſome conſtitutions, ſo relaxes the tone of the brain as to diſpoſe to Apoplexies, and that becauſe the matter of it is groſs, and apt to lie long about the extremities of the olfactory nerves, ſo as continually to affect them, eſpecially where they are ever and quickly ſupplied with more, which keeps the pores of thoſe nerves continually

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open. It is the opinion of a great phyſician, that ſnuff, as now a-days uſed, renders thoſe perſons that take it, liable not only to Apoplexies, but alſo to the danger of receiving the peſtilence, if any ſuch diſtemper ſhould reign, (which God forbid) and that much ſooner than others, ſince from the ſymptoms, the peſtilence appears to ſeize the brain particularly; and the ſudden fate, upon record, of thoſe that without any preceding indiſpoſition have, whilſt the laſt ſickneſs raged, fallen down in the ſtreets, was doubtleſs from the peſtilential miaſms, being eaſily and at once admitted into the brain by the olfactory or ſmelling nerves, rendered more open and lax by the profuſe taking of ſnuff in thoſe days; thoſe people that uſed it moſt, being the ſooneſt and in the moſt fatal manner ſeized with that diſeaſe. It may here be urged, that many who then uſed it, received no apparent injury, or do thoſe that take it now a-days find any harm by it: be it ſo; I think the objection may as well be urged in favour of immoderate drinking, many who long indulged themſelves in that practice, having yet lived to a great age, when however it is evident that many more have much ſhortned their lives by it. But though peſtilences, (of which thanks be to God there is at preſent no danger) or Apoplexies may not be occaſioned by the profuſe taking of ſnuff, yet the vertigo and other diſtempers which we find debilitate and hurt the brain, may reaſonably be ſuppoſed from that practice principally to ariſe.

The cauſes of the Apoplexy we have accounted for, and alſo the ſigns: I ſhall now ſpeak of its ſeat, and then of its prevention and cure. The ſeat of an Apoplexy is without doubt in the more inward receſs of the brain, to wit, the *corpus colloſum*, and the proximate and immediate ſubject of the diſeaſe, is the animal ſpirits inhabiting therein, for that the underſtanding, imagination and common ſenſe are ſo deeply affected as to be perfectly darkened, and to ſuffer a total eclipſe; but the immediate ſubject of this diſaffection is thought to be the middle part of the brain; becauſe from thence the inſtincts of all ſpontaneous motions proceed, and in this the perception of all ſenſible things are terminated.

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From hiſtories and anatomical obſervations of perſons dying of an Apoplexy, blood has been found extravaſated, or out of its proper veſſels, here and there in great clots, compreſſing the ſubſtance of the brain. In others, the *ſerous colluvies* have overflowed the whole head. In others, a large bladder of water has been found in one of the ventricles, compreſſing the ſmaller paſſages. From which obſervations it may be concluded, that the principal places ſolely affected, are not the greater ventricles, but the middle marrowy ſubſtance of the brain and cerebel, which is every where porous, and endued with very many minute paſſages, that both the vital ſpirits may flow in thither from the blood, and the animal ſpirits may flow forth.

The cure of the Apoplexy is twofold, in the fit, or out of the fit. The cure out of the fit is, properly ſpeaking, a preventative, of which I ſhall treat, after I have ſhewn what is to be done in the fit.

The patient being in a fit, whether it proceeds from the blood let out of the veſſels, or a ſerous, or watry humour, or the breaking of an impoſthume in the brain, or other inviſible cauſe, the cure muſt not be the leſs neglected: therefore immediately ſet the patient as upright as may be for ſome hours, (for the diſeaſe being a ſleepy one, if the patient ſhould be put to bed, it might incline more to ſleep, which is expreſſly againſt the intention of cure) and let him blood plentifully, for nothing is more capable of ſooner relieving; and this diſtemper, of all others, requires the moſt ſudden remedy; for the diſtention both of the ſanguiferous veſſels, and habit of the parts, being by emptying them, through bleeding removed, the fibres which conſtitute both, muſt be preſumed to contract themſelves by their tonic motion, but eſpecially thoſe in the habit. Afterwards, or while this is doing, ſome proper Sternutatory muſt be blown up the noſtrils with a quill, the beſt of which I ever knew, inſtantly to bring the patient to himſelf, being the following Apoplectic Species, the virtues of which, in one particular caſe, I will here give you.

A gentleman being ſeized with an Apoplectic fit, ſeveral phyſicians and ſurgeons were called by the byſtanders. They all immediately endeavoured to let him blood, but he would not bleed. At length ſome one

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by, who knew I had medicines for fits and diſtempers of the head, came for me, and told me the man was dead: if ſo, I ſaid, I could not fetch him to life. But it being the common ſaying when there is danger, that the patient is either dead or dying, in hopes the meſſenger might be miſtaken, away I went, taking with me a little of the Apoplectic Species. When I got thither, I beheld the miſerable object as one dead indeed, he lying ſo very ſtupified, as that no life could be perceived to be in him, and as a man dead I looked upon him. Bleed I found he would not, nor could any thing be got down his throat, therefore I inſtantly blew ſome of my Species forcibly up his noſtrils, by which means, he a little while after began to ſtir: I then blew up a little more, upon which a large evacuation of pus, water, and viſcous matter mixed with blood, was immediately made, whereupon he a little revived, and being almoſt come to himſelf, a very great flux of blood (near upon a quart) preſently followed through his noſtrils; ſo that in about an hour's time, or a little more, after the uſe of the Species, he perfectly recovered from his fit, his underſtanding, ſpeech, and ſenſes, being all reſtored. This danger being over, the next thing to be conſidered for him, was how to prevent any more fits for the future; therefore I ordered him the Cephalic Pills and Cephalic Elixir, preſcribed in Section XX. to be taken as there directed, which had the deſired effect.

The *Apoplectic Species* is thus prepared.

Take Lily of the Valley Flowers, Lavender and Roſemary Flowers, of each three Drams; Marjoram and Betony, of each two Drams; Galengal, Pellitory of Spain, Rocket Seeds, of each half a Dram; Nutmegs, a Dram and a half; the beſt Caſtor, one Dram: Powder them all very fine, and ſprinkle them with Eſſence of Cloves, Eſſence of Amber, and the beſt Eaſt India Oil of Cinnamon, equal parts of each, ſufficient to make them into a Paſte, which then put into a ſmall Digeſting Glaſs, well luted, that nothing may evaporate, ſet it in a very moderate Sand-Heat, till all the Liquor is thoroughly imbibed, and the Powder become dry; then take the Glaſs out of the Sand, and when it is cold, take out the Powder,

and

and rub it in a Glaſs Mortar, adding to it, Flowers of Benjamin, one Dram; Volatile Salt of Amber, a Dram and a half; Yellow Precipitate, well prepared, and very finely powdered, three Drams: mix all together, and keep it in a Glaſs very well ſtopped (that no Air may get to it) for Uſe.

In a fit of the Apoplexy, beſides uſing the Apoplectic Species here preſcribed, the mouth of the patient muſt, if poſſible, be opened and kept ſo, and ſomething given to drink, if it be no more than about twenty drops of Spirit of Sal Armoniac or Hartſhorn, in a glaſs of fair Water. Alſo, the arms, hands, thighs, legs, and feet, are to be chafed or rubbed with Oil of Amber, or the like. Alſo a Clyſter is to be given him forthwith, if it be poſſible to be done. Likewiſe Cuppings, with Scarifications, Bliſters, and Iſſues; which latter taking up ſo much more time to relieve, than there is to be had in ſuch dangerous caſes, the only preſent help in the exigency, is the uſe of the Apoplectic Species, with anointings, unleſs any thing can be gotten down the throat as juſt now mentioned.

As the recovering of a patient out of a fit of the Apoplexy, when there is ſo much danger, and life is ſo immediately threatened, is a very happy thing, ſo to prevent the fits for the future, or ſecure thoſe from them that have the ſymptoms of them, is not a much leſs good ſervice. For we have ſeen and known many that have had one fit after another, and each fit more dangerous, till at length life has been carried away indeed: therefore, though it be difficult to prevent the fits, yet I perſuade myſelf, if the patient follows the rules I ſhall lay down, he will not only be ſecured from more, while he is taking the medicines, but will find the very cauſe of the diſeaſe taken away ſo effectually, that upon his deſiſting to take them, he will hear no more of his diſeaſe.

Therefore let ſuch that are ſubject to the Apoplexy, or in fear of that diſeaſe, take three of the Cephalic Pills, every fourth or fifth morning, which will gently purge him, draining away humours from the blood which infeſt the brain; and thoſe mornings he does not take

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the Pills, he is to take fifty drops of the Cephalic Elixir, in a glaſs of fair Water, or mixed with a little Wine, if the water be too raw for the ſtomach; as alſo the ſame doſe every night going to bed: which Elixir is a ſpecific medicine, corroborating the head, brain, and ſpirits, and keeping the blood in due order. And if he finds any diſpoſition to a fit, by any of the ſigns or ſymptoms, mentioned to attend perſons ſubject to Apoplexies, he ſhould once a-week, ſnuff up into each noſtril, the quantity of a ſmall white pea of the Apoplectic Species afore-mentioned, at night, an hour or two before he goes to bed, which will purge the head and brain, and diſcharge from the noſtrils and mouth, a large quantity of viſcous humour, that in thoſe caſes infeſt the brain, whereby the patient will be much more lightſome and eaſy, as by ſo much the brain has been cleared of the humour offending it. Thus will no people, in my opinion, be troubled with Apoplexies, as we frequently ſee they are; I taking the medicines I have recommended, to be ſuch for thoſe purpoſes, as are not to be excelled; and hope thoſe who uſe them, will have cauſe to ſay their effects have not fallen ſhort of my account of them.

SECTION XXVIII.

OF THE PALSY, AND OTHER NERVOUS DISEASES.

THE Palſy is a reſolution or relaxation of the Nerves from their due habit, by which means motion and ſenſe, ſometimes one only, ſometimes both together, in the whole body, or in ſome part or parts thereof, cannot be uſed or exerciſed, after their due manner.

It is a diſeaſe either perfect, in which ſenſe and motion are quite loſt and gone; or imperfect, wherein ſenſe and motion are only decayed or diminiſhed, ſo as to occaſion a trembling or ſhaking of the parts affected; and in this latter,

latter, if the diminution be but ſmall, it cannot be properly called a Palſy, but a *Stupor*, or a numbneſs, which however is commonly the forerunner of a true Palſy.

A Palſy may be either from the hurt of the motive faculty, the ſenſe remaining ſound, or from the hurt of the ſenſitive, the motive remaining well. The cauſe may be either from a ſolution of unity in the nerves, as by a bruiſe from a fall or blow, or by a wound, or from a relaxation of the *Vertebræ* of the back, ſuddenly cauſed; or it may come from innate cauſes or cold, pituitous humours, which relax and diſſolve the tone of the nerves, or from ſtraitneſs or narrowneſs of the nerves, cauſed by obſtructions, or by conſtipation from ſome tumour, &c. or from thin, ſharp, ſerous, and windy humours, moved in the bowels, not only to the beginning of the orifices of the nerves, but to the very muſcles and tendons: or it may proceed from cauſes external and foreign, as from narcotics or poiſons, immeaſurably drinking ſtrong liquors, the taking of henbane, opium, quickſilver, antimony, arſenic, or the like. To the external cauſes may alſo be added, the exceſſes of heat or cold; by the firſt of which, the ſpirits are waſted and ſpent; and by the latter, they are obſtructed in their paſſages by congelation, &c. or it comes by conſent of parts, and that, for the moſt part, in ſcorbutic habits of body. But the general cauſes of a Palſy, are all thoſe which hinder the paſſages of the animal ſpirits into the nerves and muſcles; and in whatever part they are interrupted from flowing, there will be a Palſy in that part; it being impoſſible for the nerves to act or perform their functions as they ought, without being ſufficiently filled, and invigorated by the ſpirits.

In whatever place, I ſay, this hinderance happens, whether about the ſpinal marrow, or about the conjugations or branches of the nerves proceeding therefrom, it cauſeth a Palſy either of more or fewer parts, according as the nerves affected are more general or particular.

If the nerves that take their riſe near the brain, or in the beginning of their paſſage from the brain, or the ſpinal marrow lying juſt under the brain, be hurt or effected, there is commonly a general Palſy, wherein alſo breathing, the voice, ſpeech, and ſwallowing, with

ſome excreſſive motions do ſuffer hurt. But if the hurt is in the following production of this marrow, it makes thoſe members only paralytic, into which its branches or nerves are inſerted. But the Palſy is ſo much the more general, by how much the effect of the ſaid ſpinal marrow is near to the brain, or original of the nerves.

If the eye be affected with the Palſy, the viſive nerves are originally hurt, as alſo the *cerebrum* itſelf. If the tongue is paralytic, the conjugation of nerves ſerving the tongue is hurt, and the ſpeech is alſo defective, and by reaſon of its community with the auditory nerve, if the defect be ſo great as to cauſe a total loſs of ſpeech, the patient is for the moſt part deaf alſo. If there be a Palſy of the larynx, jaws, midriff, as alſo of the bladder and fundament, the nerves of the ſixth and ſeventh conjugations, are hurt about their original. If there be a defect of the voice, the recurrent nerve is affected. If there be a defect in ſwallowing, the nerves that go to the muſcles of the jaws are hurt. If there be danger of ſuffocation, the nerves that go to the midriff are hurt: though the midriff (the inſtrument of breathing) can otherwiſe, in ſome ſort, perform its office, for that it receives nerves alſo from the ſpinal marrow.

If the ſphincter of the bladder and anus be paralytic, there follows an involuntary voiding of urine and the excrements, the conjugations of nerves ſupplying thoſe parts, being generally affected or hurt.

If the Palſy is in the legs, the nerves affected are about the bottom of the ſpinal marrow, and the *vertebræ* of the *os ſacrum*. And thus we muſt ſearch out for the place whence the nerves ſpring, which are diſperſed to thoſe parts affected with the Palſy, and that being known, the cure is the eaſier accompliſhed. From theſe things it is apparent what conjugation of nerves are moſt affected, when the Palſy is in this or that part only; but when there is an univerſal Palſy, there is, for the moſt part, an affection of the whole *genus nervoſum*, or nervous ſyſtem, which comes to paſs from one or more of the cauſes already mentioned.

The ſigns of the Palſy are manifeſt, to wit, deprivation of ſenſe and motion of the parts. The eye, if that be affected, is weakened and depraved on that ſide where the part is affected for want of nouriſhment. The ſpeech

is

is much altered. The urine is moſt times white and thin, by means of obſtructions. If it comes from a blow, fall, wound, &c. or upon an apoplexy, lethargy, carus, or other effects of the brain, or *genus nervoſum*, it will not quickly be cured: no more will the Palſy in young people, proceeding from a cold and moiſt matter, becauſe of the diſſimilitude of the diſeaſe to the nature of ſuch patients. The Palſy in old people is never perfectly cured, becauſe they want natural heat; and an inveterate Palſy is moſt commonly incurable.

The cure of the Palſy therefore is uncertain, according as is the cauſe and ſtrength of the diſeaſe, and conſtitution of the patient: nor is it in any cured, but by firſt and chiefly altering the whole habit of the body, rectifying the diſcracy of the blood, and removing the morbific matter offending; and then at laſt by ſtrengthening the parts hurt, that they may for the future be able to reſiſt all other aſſaults of the diſeaſe.

To do this, medicines muſt be both inwardly taken, and outwardly applied. Authors have not been ſparing in their preſcriptions for that purpoſe, there being numbers of them to be met with; but it is to be doubted, many of them would be found to be of very little, if any effect. I have known many of the (reputed) celebrated ones made uſe of, but the benefit was not equivalent to the trouble: nor indeed can I ſay any one of the many I have met with, have come near anſwering their characters, though I myſelf have uſed them with the ſtricteſt care and obſervation, which put me upon conſidering how to find out thoſe that might be effectual, and which I have accompliſhed ſo far as to cure in many caſes of that kind, I might ſay moſt. And even in inveterate Palſies, by a conſtant application of thoſe medicines, I know not what effects may be produced; it may be more than I am willing to ſay, or the patient expect.

The medicines I ſpeak of are only two: one is the *Paralytic Elixir* for inward uſe, which is this:

Take Pellitory of Spain, long Pepper, and Ginger, of each one Ounce; Cloves, Mace, and Cinnamon, of each ſix Drams; Zedoary, Galengal, Nutmegs, Wood of Aloes, and Juniper Berries, of each ten Drams;

Black Pepper, Cardamoms, Dittany, Coriander Seeds, Alkermes Berries, Cubebs, and Bay Berries, of each one Ounce; Orange Peel and Citron Peel, of each ſix Drams; Spikenard, Sage, Roſemary, Lavender, Camomile Flowers, and Penny-royal, of each one Ounce; Salt of Tartar, half an Ounce; cut, ſlice, and bruiſe the Ingredients as they require, and put them into a Digeſting Glaſs, and pour upon them a Pint and a half of compound Briony Water, let them digeſt cloſe ſtopped, that nothing may evaporate, for Forty-eight Hours in a Sand-Heat; and when cold, ſtrain off the Liquor, preſſing the Ingredients ſtrongly in a Preſs; then put the Ingredients into the Digeſting Glaſs again, and pour upon them another Pint and a half of compound Briony Water, digeſting and preſſing out the Liquor as before; mix the two Liquors together in a freſh Digeſting Glaſs, to which put of the fineſt Succotrine Aloes, one Ounce; Salt of Amber, an Ounce and a half; Volatile Salts of Hartſhorn and Armoniac, of each half an Ounce; Camphire, one Ounce; digeſt them cloſe ſtopped, in a Sand Heat, for Forty-eight Hours, or ſo long as till it be Elixirated, which will be when the Aloes, Salts, and Camphire, are perfectly diſſolved and united with the Liquor.

The other is the *Nerve Fotus*, for outward uſe, and is thus prepared:

Take Oils of Amber, Turpentine, and Bays, of each half a Pint; mix them together, and put them into a Glaſs Retort, with Galbanum and Gum Elemi, of each an Ounce; let them ſtand a Week or ten Days in digeſtion, cloſe ſtopped, in a moderate Sand-Heat; then take Nutmegs, Cloves, Galengals, Cinnamon, Zedoary, Pepper, and Cubebs, of each one Ounce; Salt of Tartar, two Drams; rectified Spirit of Wine, twelve Ounces; put them all into a Digeſting Glaſs, and let them alſo ſtand in a Sand-Heat for a Week or ten Days, after which, put them to the other Ingredients in the Retort, and diſtil them. Firſt will come off a Spirit, then a yellow Oil, and at laſt a Black Oil, which mix all together, and add to them four Ounces of Camphire, and digeſt them cloſe ſtopped, ſo long as till they are all united, then it is fit for uſe.

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The Paralytic Elixir is to be taken in drops, fifty or ſixty at a time, every night and morning, in a glaſs of the following drink, which will keep the body ſoluble. With the *Nerve Fotus* the parts affected are to be bathed, every night and morning, cold as it is, and is to be rubbed in with the hand, till it is all dried in, and if the ſpine or back-bone from the nape of the neck to the rump be bathed with it alſo, it will be ſo much the better.

The *Drink* to take the *Elixir* in, is this.

Take new Ale from the Tun, four Gallons; White Wine, one Gallon; Juice of Scurvy Graſs, three Pints; Juices of Water-creſſes, and Brooklime, of each one Pint; Shavings of Horſe-raddiſh Roots, Muſtard-ſeed bruiſed, of each four Ounces and a half; put the Ingredients into a Bag, which put into the Ale and Juices, firſt mixed together, let them work up all together; and when the Fermentation is over, and the Drink ſettled, which will be done in about five or ſix Days, Bottle it off, putting a Clove ſlit into each Bottle, and alſo an Ounce of White Sugar.

In half a Pint of this Drink the Drops are to be taken, and the Drink may be drank by itſelf at table, or any other time, if the patient pleaſes. But where the caſe is ſlight, or the patient cares not for the trouble of preparing this Drink, the Paralytic Elixir may be taken in a glaſs of Wine and Water, or any other convenient agreeable liquor.

By the volatile and operative quality of the Drink and Elixir, a ſpeedy flowing of the ſpirits will be let into the *genus nervoſum*, for they not only alter the blood and juices of the whole body, but alſo remove the offending cauſe, circulate the ſpirits, and give ſtrength, and that as well in all manner of diſeaſes of the nerves, as in the Palſy, and with that good effect, that it is believed no medicines can do more.

A certain gentleman by a fall from his own coach hurt his back, that he could not ſtand upright, at length it brought on a Palſy, ſome part of the nerves of the ſeventh *vertebræ* being hurt in their original; to cure him

many things were applied, but in vain, till being told of my curing diſeaſes of the head, brain and nerves, he ſent to me an account of his caſe; I gave the meſſenger a bottle of my *Paralytic Elixir*, and another of my *Nerve Fotus*, which he taking and uſing as I directed, became perfectly well in twelve days time, though he had kept his bed ſeven weeks before.

SECTION XXIX.

OF THE EPILEPSY, OR FALLING SICKNESS; ALSO CONVULSIONS AND CRAMP.

THE Epilepſy or Falling Sickneſs, is a convulſive motion of the whole body, coming by fits, depriving the ſick ſuddenly both of reaſon and ſenſe, wherein the whole body is contracted. *Galen* calls the Falling Sickneſs always a convulſion, but improperly, for it is not a true convulſion, but a convulſive motion of the whole body, wherein all the external and internal ſenſes are aboliſhed,

It is called the Falling Sickneſs, becauſe many times the perſons afflicted, fall down when their fits come upon them; it is alſo called *morbus ſacer*, either becauſe it doth contaminate, as it were, the ſacred ſoul or life, or becauſe it is ſeated in the head, the ſacred temple of the ſoul, as philoſophers ſay, or elſe called ſo from the greatneſs of the diſeaſe, or rather becauſe it is a diſeaſe not often cured (if it be inveterate) by human help, but by divine aid. It is alſo by authors called *morbus Herculeus*, and that either becauſe *Hercules*, as the poets feign, was taken with this diſtemper, or becauſe it is hard, like his labours, and difficult to cure. Others call it *morbus pueriles*, becauſe children when they begin to have teeth, are often ſeized with this diſeaſe; alſo *morbus comitialis*, becauſe it takes men on a ſudden when they are in company; alſo *morbus Lunaticus*, becauſe people are generally ſeized with it, at certain times of the moon, as the new and full; likewiſe *morbus ſonticus*, becauſe

becauſe it is a diſtemper that much afflicts and hurts the perſon who has it.

When the fit comes, the patient falls down, is plucked up together, trembles, turns about, ſnorts, cries out, and foams at the mouth, and makes a kind of roaring or howling noiſe, claſhing or grating, and cloſing his teeth, faſt ſhutting and holding together his fingers, voiding his urine and excrements inſenſibly, and foaming at mouth froth, like the white of an egg worked with a whiſk.

It is cauſed of groſs phlegm, or ſharp bile, obſtructing the paſſage of the ſpirits in the ventricles of the brain, which within pulls or twinges the principal nerves, and thereby cauſes a ſtraitening of the paſſage, by which there follows a drawing back and ſhutting up of the animal ſpirits which cauſe ſenſe, from defect of which, there follows immediately all the ſymptoms of this diſeaſe, and by which the parts ſuffer a convulſive motion.

Though what has been ſaid to be the cauſe, yet there are many afflicted with this diſeaſe hereditarily, from the ſame diſeaſe afflicting their parents, ſo that they bring it into the world with them; but upon general obſervation it is a diſeaſe chiefly occaſioned by ſome poſterous accident.

There are differences of this diſeaſe according to its cauſe, and the conſtitution it ſeizes on. One is recent, or but newly begun, the other inveterate and of long ſtanding. There is alſo another more mild, in which ſome certain parts only ſuffer a convulſion; or elſe more grievous, wherein there is a convulſion of the whole body. Another is periodical, coming once or twice a-year, or once or twice a-month, at new or full moon, or oftener, but always keeping its certain times, though others again I have known to be ſurpriſed with the fits at unawares.

It is a diſeaſe to ſome, from an Epileptic diſpoſition in the brain, to others from a preceding cauſe in the interior parts, to others from diſtempers of the ſtomach, to others from worms, to others from the womb, and to others from hurts of the external parts: it never ſeizes ſome till they are grown up in years, and others never but in their infancy; but though it moſt commonly

happens

happens to children, yet it ſometimes afflicts grown perſons, and is remarked by *Galen* to be a diſeaſe incurable if it takes them after the age of twenty-five years.

The cure of this diſeaſe is twofold, when the diſeaſe is upon them, and when the fit is over.

When the fit is upon them, authors adviſe to give a few Drops of Spirit of Hartſhorn, Caſtor, or the like, in a glaſs of fair Water, and to ſmell to the ſame, rubbing the Noſtrils with a little of it, or with Oil of Amber. And when the fit is over, to prevent it for the future, they order Bliſters, Clyſters, Purges, Vomits, Cuppings, and the like, and give Specifics inwardly, which they preſcribe, but they are ſo numerous that it is inconſiſtent with the brevity I deſign in this treatiſe, to note them, as it is judged they would, many of them at leaſt, be as inſignificant if I did.

I have attended many patients in my time both in and out of the fits, and though I have uſed many things recommended, I could not find any thing come near the Epileptic Spirit following, both to recover patients when in fits, and to rectify the indiſpoſition of the parts, in order to prevent them for the future. But the method I uſe when I ſee any one in a fit, is this, I immediately blow a little of the Apoplectic Species, preſcribed in Section XXVII. up each noſtril, and give inwardly a few Drops of the Epileptic Spirit, as thirty to a grown perſon, and five or ſix to children, in a glaſs of fair Water, rubbing the noſtrils, temples, top of the head, and nape of the neck with a little of the Spirit alſo, which almoſt inſtantly, as ſoon as the Species begin to operate, brings the patient out of the fit. After that is done, to prevent the fits for the future. I firſt purge the patient with the Cephalic Pills, preſcribed in Section XX. giving them, as there directed, according to age or ſtrength, every third or fourth day; and in the intermediate days I give thirty, forty, or fifty Drops of the Epileptic Spirit, every night and morning in a glaſs of fair Water, which is the beſt vehicle; and order the top of the head, nape of the neck, temples, and back-bone to be rubbed with the *Nervæ Fotus*, preſcribed in Section XXVIII. every night and morning,

which

which wonderfully corrects and alters the humours of the body, and ſtrengthens the whole man, eſpecially if the courſe be continued for ſome time after the time the fits uſually return, and I believe ſcarce one patient in twenty, where the diſeaſe is not hereditary, will by this method ever fail of being cured.

The *Epileptic Spirit* is thus made:

Take of Peacocks Dung, half a Pound; Miſletoe of the Oak, and Male Piony Roots, of each ſix Ounces; Caſtor, an Ounce and half; Piony Seeds, Acorus Roots, of each two Ounces; Lavender and Roſemary Flowers, of each eight Handsful; bruiſe them all ſmall, put them into a Retort, and pour upon them of the ſtrongeſt compound Piony Water, ſix Quarts; fit a Receiver to the Retort, luting it well, and ſet it to digeſt for Forty Days in Horſe Dung; then diſtil in Sand with a moderate Heat (leſt the Ingredients burn) to dryneſs. To every Pint of the diſtilled Spirit, add Spirit of Amber, Lavender, and Roſemary, of each an Ounce; Spirit of Hartſhorn, four Ounces and a half; Volatile Salt of Amber one Ounce; mix all together very well, and let it ſtand cloſe ſtopped in a Sand-Heat till the Salts are diſſolved, and the whole is entirely incorporated, which will be in about five days, and it is done.*

The like good ſervice will theſe medicines I have now mentioned do in convulſions, which is a diſeaſe from a forced contraction of the nerves and muſcles towards their original, which is the brain and ſpinal marrow, wherein the voluntary motion of the joints is hurt, the natural form and ſituation is depraved or changed, and the parts affected are annoyed with a moſt ſharp pain.

There are four kinds of convulſions, one when the whole body is bended or drawn forward, another when the whole body is convulſed and drawn backward, another when the convulſion is equally both ways, ſo that the whole body is ſtiff like a ſtake, that it cannot be moved any ways, and the other is when it happens to a particular part, as the hands, arms, legs, thighs, hips, and ſometimes remarkable when it happens to

* Much eſteemed by a late learned phyſician, Dr. Pitcairn, in his Elements of Phyſic.

the

the bowels, ſtomach, &c. When it happens to the hands, arms, legs, &c. it is what is called the cramp.

The brain is oftentimes affected in this diſeaſe, and ſometimes the marrow of the back or *Spina Medullæ*, as alſo the nerves and muſcles, as ſaid before.

The ſigns are manifeſt, and the cauſes many, as from wounds, loſs of much blood, cold humours, phlegm, the taking of hellebore, drunkenneſs, ſurfeiting, pricking a nerve, worms, biting of venomous beaſts, or the like. But be the cauſe from what it will, I could never find the cure better or ſooner accompliſhed than by the method and medicines a little before mentioned and preſcribed, which if followed as directed for the Falling Sickneſs, anſwers the intention ſo much as I may preſume to ſay nothing can do more. And one thing I cannot but remember before I leave this Section, that in cramps of the legs, &c. which many people are often troubled with, there is not a better medicine upon earth to bathe with, than the *Nervæ Fotus*, mentionedin the Section XXVIII.

SECTION XXX.

OF THE INCUBUS, OR NIGHT-MARE.

THE Night-mare, or, as ſome call it, the Hag, is a nocturnal diſeaſe ariſing from thick vapours which chiefly obſtruct the hinder part of the brain, by which the flux of animal ſpirits being ſtopped, breathing is hindered, the voice intercepted, and the body ſo oppreſſed (as it were between ſleeping and waking) with a weight lying upon the breaſt and holding faſt the man, that, notwithſtanding all his endeavours, the whole faculty of moving ſeems for a ſeaſon to be aboliſhed.

I ſay, in the time of the fit, the patient endeavours and ſtrives with vehemency to ſtir, move and ſhake off his burden, but in vain; for when the fit is off, and he comes to himſelf, he finds he is not moved an hair's breadth,

breadth, but lies in the ſame place and poſture, though he thought he ſtruggled ſtrongly with what oppreſſed him, and that he cried out, when indeed he never ſpoke one word; but becauſe of the great oppreſſion about the heart and midriff, and fear of ſuffocation, he commonly groans, and thereby expreſſes the weight of his affliction with fear and terror. And though this diſeaſe ſo ſtrongly ſeizes the univerſal man in the fit, ſo as to aboliſh all manner of external motion, yet it little hurts the underſtanding and internal ſenſes, nor indeed the common ſenſe of feeling, becauſe if any one, being by, does but touch or pull the patient, though he be in the heighth of the fit, he will immediately come to himſelf, and perfectly remember and tell all the circumſtances of the affliction.

As from the great oppreſſion the patient groans, ſo alſo are the inward ſenſes of many ſo diſturbed, as that they believe it was a ſpirit that held them, or that they were hag-ridden, (whence comes the name) or that ſome witch or devil, ſometimes in one ſhape, ſometimes in another, as of a dog, a cat, bear, &c. lies upon and oppreſſes them, and will poſitively tell you, and themſelves verily believe it, that they ſtruck the devil or witch, when at the ſame time they never ſtirred their hands or arms, as aforeſaid, an hair's breadth from the place.

This diſeaſe happens to thoſe who ſleep on their backs, and rarely to thoſe who ſleep on their ſides. Thoſe who have this diſeaſe much and often, are in danger to fall into the Apoplexy, Vertigo, Madneſs, Palſy, or Epilepſy; many children die of this diſeaſe in the night, by reaſon of abundance of thick vapours ariſing from the milk they ſuck, by which means many nurſes have been hardly and unjuſtly cenſured for overlaying their nurſeries, when in truth they have died of this diſeaſe. Thoſe that uſe a temperate diet are ſeldom moleſted with the Night-mare, but it chiefly happens to ſuch as are loaded with crudities, and are intemperate; as alſo to corpulent people and children, and others who eat too much, eſpecially at night, and have bad digeſtions.

The indications of the cure of this diſtemper are threefold: *Firſt*, the humour or matter that interrupts the

the flux of the animal ſpirits is to be removed, which is to be done by proper evacuating medicines. *Secondly*, the diſcraſy of the blood is to be rectified and reduced to its priſtine ſtate of health, which is done by ſpecific and alterative medicines. *Thirdly*, the parts affected and weakened by the force of the morbific matter are to be ſtrengthened; to do which, the ſame order and method, and the ſame medicaments that I have recommended in the laſt Section, for the cure of the falling ſickneſs, are moſt proper, though truly, medicines leſs in power and virtue than they are endued with, might, in this diſeaſe, ſerve the turn; though I cannot but ſay as they are the moſt powerful, ſo they are more certain and ſpeedy in their operation, and leſs of them than others will ſuffice to complete the cure. I do therefore for thoſe reaſons recommend them, and aſſure the patient that he will not be miſtaken in his expectations of a cure by their uſe.

SECTION XXXI.

OF A CATARRH OR DEFLUCTION OF RHEUM, HURTING THE SIGHT, HEARING, SMELLING, TASTING, SWALLOWING, &c.

A CATARRH or Defluction, or as ſome call it, a Diſtillation, is a flowing of ſome excrementitious humours from the brain to the lower parts, as to the eyes, noſe, mouth, palate, throat, lungs, &c. ſo that the brain is chiefly affected, the concoctive faculty of it being hurt, or the expulſive faculty irritated and ſtirred up, from an abundant repletion of phlegmatic Rheum, either generated in the brain, from the hurt of the concoctive faculty, or through the fault of the brain itſelf.

There are many kinds of thoſe Rheums, ſome more thick, others more thin, ſome acrid and ſalt, others more ſweet, ſome flow more violently, others more ſlowly. If it be hot, it is ſharp and thin, flowing by the noſe and mouth; the forehead and face are hot,

and

and the noſe many times ſwells. If it be cold, there is a pain and dulneſs of the head; the humour that floweth down is not ſharp or pricking, but the patient is drowſy, his eyes dazzle, his hearing thick, his noſtrils ſtopped, all his ſenſes dull, his eyes and his whole body heavy and lumpiſh, and each of thoſe is more or leſs as the humour falleth more or leſs upon that part. If the Rheum falls upon the eyes they look red, ſwelled, and ſore, damaging the ſight if not ſoon cured; if upon the noſe, there is ſtoppage of the noſtrils, loſs of ſmelling, and the noſtrils are ſore, by the ſharpneſs of the humour, and violent ſneezings follow; if it falls upon the ears it cauſes pain in them, deafneſs, and oftentimes impoſthumes; if it deſcends upon the palate it cauſes inflammation of it, relaxation of the *Uvula* (which old women call the falling down of the palate) ſwelling and foreneſs, alſo hurt of the taſte; if the Rheum falls upon the throat it cauſes inflammation and ſwelling of the glandules, (vulgarly called the almonds of the ears, and deemed their falling down) and hinders ſwallowing, ſo that nothing can be got down but with very great difficulty; if the Rheum ruſhes down upon the lungs, it cauſes, if it be ſharp and violent, a dangerous ſuffocation, or at leaſt an obſtruction of the lungs, from whence often enſue ſhortneſs of breath, difficulty of breathing, and a vehement cough, which if not in time remedied, brings the patient into a conſumption; if the Catarrhous humour tranſlates itſelf upon the limbs, joints, or nerves, as it will in time if not carried off, there is pain, weakneſs and trembling.

Sometimes the ſuperfluous humour is thrown upon the glandules of the whole body, which alters their tone, ſo that if it happens upon the glands of the *meſentery*, there follows a watery diſpoſition of the whole body, which ſometimes endangers a dropſy, or other deſperate diſeaſe.

The cauſes of thoſe Rheums are many, as corrupt air, hot liquors, and ſpices taken out of meaſure; but the chief cauſe is an over hot, or over cold, or moiſt diſtemperature of the brain; but ſome authors ſay, that a hot liver and cold ſtomach are the two chief ſeminaries of Rheums. But as in every Catarrh it is

evident the matter flows from the head, that and the brain are chiefly to be taken care of; ſo as that they are purged with proper Cathartics, and after that corroborated; the ſuperfluous moiſture dried up, and the part or parts to which the Rheum flows, muſt at laſt be ſtrengthened.

To accompliſh this, I know nothing better than firſt to purge with the Cephalic Pills, preſcribed in the Section of the Head-ach, to be taken every other day till the Rheum is abated, and alſo on thoſe days you do not purge, to take at nights going to bed, and in the morning at riſing, a doſe of the Cephalic Elixir, likewiſe preſcribed in the ſaid Section: and to bathe all the head, nape of the neck, temples, and behind the ears, with the *Nerve Fotus*, preſcribed in the Section of the Palſy, which ſtrictly followed, will both remove the offending humour, corroborate the head and brain, and ſtrengthen the weakened parts, beyond any thing perhaps ever known or uſed.

A

DISCOURSE

OF THE

Nature, real Cauſe, and certain Cure

OF

MELANCHOLY IN MEN,

AND

VAPOURS IN WOMEN.

Inſtructing Perſons how to Cure themſelves, abſolutely, of thoſe perplexing and pernicious Diſorders, with Safety, Eaſe, and Expedition.

SECTION XXXII.

OF MELANCHOLY, ITS NATURE, CAUSE, AND CURE.

THOUGH Melancholy cannot be ſtrictly ſaid to be a diſeaſe of the head, yet as the head is oftentimes diſturbed by it, it comes properly enough to be ſpoken of here.

Melancholy, or as ſome call it, the Hypo, is a ſort of dotage ariſing from diſturbed phantaſms, filling the perſon afflicted with anxious thoughts and ſolitarineſs, being, as it were, ingulfed therein, with penſiveneſs, fury, or fever; ſome are afflicted with a deep ſadneſs or penſiveneſs, without apparent cauſe, and a long continued ſilence, or elſe an incongruous talk at random of ſome particular thing. It is cauſed by a diſtemper of the animal ſpirits, hurt by a melancholy phantaſm or vapour, made miſty, opacous, thick, and dark, almoſt fixed and immoveable, and from thence it is that melancholy people are tenacious; for that all kinds of ob-

jects are fixed in their minds, according to the condition and quality of the depraved ſpirits; and this is acquired either from a default in the brain, declining from its genuine whiteneſs, and generating ſuch like ſpirits, or from a default of the blood and vital ſpirits, or from ſome degenerate melancholy matter, as humour, vapour, or both, mingled with the blood and ſpirits. If it proceeds from the brain, it is known by ſadneſs, fearfulneſs, hatred, and other ſtrange imaginations; ſome think themſelves beaſts, ſome one thing, ſome another; ſome would kill themſelves, others are afraid, ſome laugh, ſome weep, ſome propheſy, &c. which ſhews it is from melancholy blood.

The ſpecies or kinds of Melancholy are many, as firſt, that of the brain, when it declines in quality or ſubſtance from its purity and cleanneſs, which is known by a perpetual and vehement doting, ariſing either externally from ſtrange fancy and imagination, as from fear, deſpair, and ſuch like ſad afflictions of the mind, which dry up the radical moiſture, and cauſe cares, watchings, &c. or internally, from a melancholy humour gathered together in the head, either by ſome cold or dry matter left behind in the brain, after ſome hot diſtemper, the thinner part of the matter being reſolved and gone; or from a melancholy habit and conſtitution, either hereditary from the parents blood, or from a cold and dry, or hot and dry diſpoſition of body, cauſing either doting with laughter, or a dull ſlothfulneſs, or anger, diſcontent and peeviſhneſs.

Secondly,—Another kind of Melancholy is that of the whole body, the blood having acquired a melancholy habit, diſtributing the ſame to all the parts, and then to the brain; this is known becauſe the dotage or delirium is indeed continual, but ſo that it is with ſome exaſperations and remiſſions, with general ſigns of a melancholy habit.

Thirdly,—There is another ſort of that diſtemper, called the Melancholy of the heart, when the vital ſpirits that are there bred, by reaſon of a cold and dry diſtemper, are made impure.

Fourthly,—There is that which is hypochondriacal, wherein melancholy juice, either cold and ſerous, or aduſt and burnt in the branches of the *vena porta*, is gathered

thered together in the hypochondria, (which occaſions the moſt common ſort of Melancholy) from whence, time after time, black melancholy vapours are continually ſent forth to corrupt the animal ſpirits in the brain; and this is known by its ſeizing the patient by intervals and at certain ſeaſons, but in its approach, ſurpriſes without any notice, except by windy belchings and a pain diſtending the ſtomach, with anxiety of mind, difficulty of breathing, palpitation of the heart, immoveableneſs of the tongue, miſts or darkneſs before the eyes, noiſe in the ears, and a ſtupidity or benumbedneſs in both arms. Theſe melancholy vapours or humours, are tranſmitted from the hypochondria to the brain, either by the orifice of the ſtomach, as ſome imagine, or elſe by the branches of the *vena cava*, where they cloud and darken the ſpirits.

Fifthly,—There is Melancholy of the womb in women, which is diſcovered by a pain in the left ſide, and a manifeſt pulſe and beating in the back near the *diaphragm*, being cauſed by ſtoppage of the courſes, or other natural evacuations.

Sixthly—There is Melancholy from love, occaſioned either from philters or love potions, or elſe from a luſtful appetite, or deſire of venery, cauſed from a hot conſtitution, and an over abundance of ſeed; in which caſe the fancy is not fixed upon one perſon, but the patient by fits delights to be in the company of men promiſcuouſly, talks lewdly, and is ready to call them to her, though before and at other times, ſhe is very chaſte and modeſt.

But as the ſort of Melancholy which generally afflicts people, is that of the hypochondres, it may not be amiſs to ſay ſomething more at large of its nature, and after that of its cauſe, before I come to ſhew the cure of it.

Hypochondriac Melancholy is a collection of the filthy and vicious humours in the branches of the *vena porta*, *cæliacal* and *meſenterical* arteries, by reaſon of a fault of the concoction of the ſpleen, without putrifaction, thence ſending many vapours, cauſing imminent ſymptoms. It is called hypochondriacal, becauſe it poſſeſſes the place of both hypochondres, viz. that part of the body, which under the baſtard or ſhort ribs, reaches as

far as the loins, on both ſides, comprehending with the muſcles the bowels themſelves, and called Melancholy, when the brain is affected by conſent.

Thoſe that are afflicted with the hypochondriac Melancholy, finds a rawneſs, windineſs, ſharp belchings, crudities, burning and pain of the ſtomach and ſides, which are plucked upwards, and ſometimes inflamed; the belly is bound, ſleep little, and that with ttroubleſome dreams, ſadneſs, given to be thoughtful, idle, &c. Theſe are the general ſymptoms, but the more particular ones, which people afflicted find more or leſs, according as they are of conſtitution, &c. are ranged as follows, viz.

I. Crudity of the ſtomach, ſo ſower ſometimes as to ſet the teeth on edge.

II. Pains in the ſtomach, reaching even to the back, and returning upon eating.

III. Coſtiveneſs of body, from a univerſal melancholy habit.

IV. An inflammation of the hypochondres, attended with redneſs of the cheeks, and ſudden fluſhings in the face.

V. Urine ſometimes thin and pale like water, and ſometimes thick and troubled, with now and then a ſediment of red ſand.

VI. A motion of wind in the left hypochondre cauſing great pain.

VII. Anxiety, cauſed by wind diſtending the hypochondres, thereby cauſing a ſtraitneſs in thoſe parts, which have nerves from the ſixth conjugation.

VIII. A palpitation of the heart, either from the malignity of the vapours in the part, or by conſent of the ſtomach.

IX. A beating in the left hypochondre, cauſed either by the great pulſation of the *cæliacal* branch of the arteries after anger or violent motion, or by the compreſſion of the arteries in the *meſentery*, by the glandules being more than ordinarily extended.

X. A dryneſs in the mouth, tongue, and palate, by reaſon of hot vapours aſcending through the gullet and rough artery.

XI. A difficulty of breathing, both by reaſon of the affection of the nerves dedicated to the muſcles of the breaſt,

breaſt, and of the affuſion of evil matter into the ſpaces of the muſcles.

XII. A perturbation of the brain from vapours reſolved, which if they be obſcure they darken the ſpirits, and cauſe melancholy dotage; if dry, an *Epilepſy* and watchings; and if many, the *Vertigo* and ſtrangling, or ſtupidity.

Theſe are the ſymptoms of hypochondriac Melancholy, but all of them are rarely to be ſeen in one perſon, the moſt certain ſymptoms that always attend, are gripings and wind in the bowels, a weak ſtomach, and ſometimes a very keen one, coſtiveneſs, belchings, palpitation of the heart, perturbations of the head, and a diſturbed or uneaſy mind.

The ſymptoms being thus premiſed, let us now inquire more particularly after their cauſe. The firſt cauſe is a vicious acid in the ſtomach, enlarging the appetite, but unfit for digeſtion, hence enſues an acid crudity in the firſt paſſages, which depraves the craſis of the blood, prevents the due ſeparation of the volatile ſpirits; upon which the lymphatic juice becomes acid, and the bilious juice inactive.

Theſe are the ſources of all the preceding ſymptoms, ſince wind, noiſe, griping in the guts, and coſtiveneſs, are the natural reſult of a viſcous acid in the firſt paſſages; as fluſhings in the face, ariſing from its effervescence with the bile. The convulſions of the nervous membranes in ſeveral parts of the body, are the effects of its irritation; its crudity impairs the due fermentation of the blood, and cauſes a palpitation of the heart, and difficulty of breathing; it depraves the nutritious juice of the bowels, which ſettles into hard ſwellings, and occaſions a degeneracy and auſterity in the ſpirits; hence fear, melancholy, irregular thoughts, and uncouth emotions enſue.

The procatartic or remote cauſes that promote crudities, are acid liquors, or ſalt victuals, or ſuch as are dried in ſmoak; both which partake of the acid ſpirit of ſalt or ſoot; want of motion to promote digeſtion, and the ſpeedy aſſimilation of chyle; nocturnal ſtudy or care; exhauſting the blood and rendering the lympha acid, which at length brings on a nervous *atrophy*, this diſeaſe being an enemy to the nervous ſyſtem.

So

So much for the ſymptoms and cauſes of the hypochondriac diſeaſe, which is generally obſerved to happen in ſcorbutic bodies, and to people of the beſt ſenſe and good underſtanding; it being ſeldom ſeen that fools and blockheads are troubled with that diſtemper.

This diſeaſe is truly difficult to cure, by reaſon of the mighty heap of ſymptoms that commonly attend perſons afflicted with it. It is ſeldom mortal, but of very long continuance, ſometimes laſting even the whole period of life, for which reaſon it is called *the diſgrace of phyſicians*.

If it be attended with continual pain and giddineſs of the head, it gives fears of the *Epilepſy*, *Apoplexy*, or Blindneſs. If it be accompanied with a moderate flux of the belly, (for it is good to be looſe, bad to be coſtive) vomiting, or hemorrhoids, it is good; but if thoſe fluxes continue long, it is dangerous. Sometimes the patient ſeems to be cured, and then in a few months it returns again. It is much eaſier cured if taken in the beginning, and happening to people neither in a full or declining age. Alſo men are eaſier cured than women. The fat and fair, than the lean and ſwarthy.

The cure of this diſtemper conſiſts primarily and peculiarly, in opening of all obſtructions in the ſtomach, bowels, and other paſſages, by which the digeſtions may be perfected, and good chyle aſſimilated. Secondly, in temperating the evil quality of the humours. Thirdly, in evacuating the morbific matter. Fourthly, in altering the habit of the body, and ſtrengthening the weakened parts.

To accompliſh theſe four intentions, authors preſcribe more medicines than there are ſymptoms, and which for any one to follow, would rather perplex than profit. Some run altogether on ſteel courſes, and preſcribe them promiſcouſly to all. Others are much devoted to teſtaceous powders, which they call ſweeteners. Others, again, to acids; and others, in oppoſition, to alkalies. Some are for volatile ſalts and ſpirits; others for fixed ſalts and cardiacs. Some highly applaud emetics; others condemn them, and cry up cathartics. Others are for alteratives; others for aperitives. And thus do they vary, as their opinions or inclinations lead them, without conſidering with that mature judgment they ought,

ought to weigh the nature of the diſeaſe, the neglect of which is the reaſon ſo few are cured, or ſo imperfectly relieved.

But as the whole cure of this diſtemper hinges upon the four points mentioned, when thoſe points are maturely conſidered, and medicines accordingly adapted, it is not to be doubted, but the end will be accompliſhed: and to ſpeak truly, I never found, where the patient was ſteady in the method preſcribed him, but that in the end a cure was obtained.

To do this, I rely upon the two medicines following, viz. the *Hypochondriacum Digeſtivum*, and *Pulvis Corroborans*. The firſt anſwers the three firſt intentions of cure; and the ſecond, the laſt. But as this diſeaſe is moſt commonly chronic and laſting, they muſt be taken for ſome time together, or elſe a cure cannot be expected, at leaſt wiſe to be durable; it being the nature of it to return again, if the cauſe be not totally removed, and the tone of the parts fully recovered. Therefore, the patient is firſt to take the *Hypochondriacum Digeſtivum* for ſo long a time, as that he finds no remains of the diſeaſe, but is free in every reſpect from each particular ſymptom, and this he may expect to find in about five or ſix weeks time, if the diſeaſe be not very inveterate: and when the ſymptoms are off, he is to take the *Pulvis Corroborans*, to ſtrengthen the tone of the parts, the craſis of the blood being beforehand brought to rights; and that he is to continue for about three, four, or five weeks, or longer, if he finds any remaining weakneſs, or other indiſpoſition, to give him fear of a return of his illneſs.

The *Hypochondriacum Digeſtivum* is thus prepared.

Take Filings of Steel and Salt Armoniac, of each four Ounces; Powder the latter, and let the former be clean from Duſt, and put them into a Sublimatory, and Sublime according to Art; when the Glaſs is cold, open it, and diſſolve the Sublimed Matter in as ſmall a quantity of fair Water as will be ſufficient to do it; when it is diſſolved, filtre it, and precipitate the filtered Liquor, by dropping into it (gradatim and ſeparately) Spirit of Salt Armoniac, and Oil of Tartar per deliquium, of each as much as you find ſufficient; firſt a few Drops of one, and then of the other,

other, and ſo ox alternately, till nothing further ſubſides; pour off the clear Liquor by inclination, and dry the Precipitate according to Art. To every Ounce of which, add an Ounce of Black Hellebore, prepared; Agaric, Diagrydium, of each ſix Drams; Lapis Lazuli, prepared, three Drams; make all into fine Powder, and mix them together very well, and keep it always cloſe ſtopped for uſe. A Paper of this containing twent-five Grains, is a Doſe.

This *Hypochondriacum Digeſtivum*, is to be taken a paper at a time, containing twenty-five grains, every night and morning, in a glaſs of White Wine and Water, which will give one ſtool, or perhaps two in a day; but if that evacuation ſhould be too much to hold it daily, for ſo long a time as mentioned, then take two thirds of a paper at a time, or but half a paper, according as you can bear it.

When you have done with that medicine as directed, you are to take the *Pulvis Corroborans*, one paper alſo at a time, every night and morning, mixed in the morning, in a glaſs of German Spaw-Water, drinking the remainder of the flaſk within the compaſs of an hour, or an hour and a half after it; and taking the Powder at night, in a glaſs of Red Wine and Water. This medicine has no evacuating operation, unleſs a little by urine; and is made as follows.

The *Pulvis Corroborans.*

Take of the beſt Salt Armoniac, and the fineſt Filings of Steel, purified, of ach two Ounces; grind them gently on a Marble with a Mallet till they are fine, then put them into an earthen Still, and Sublime, firſt with a gentle Fire, then with a ſtronger, increaſing the Fire by degrees; when all is Sublimed, break the Still, and keep the upper part of it that is White, to make a new Sublimation with freſh Filings; keep alſo the Yellow part, which is the Diaphoretic Flowers of Steel, then take out the Caput Mortuum in the bottom, and extract the Salt with Water, which purify by Solution, Filtration, and Coagulation; Powder the Coagulated Salt, and add to every Ounce of it, the beſt Oriental Pearl, prepared,

Powder

Powder of China Roots, of each half an Ounce; Red Coral, toaſted Silk, of each three Drams; Galengal, Zedoary, Cloves, Nutmegs, Cinnamon, Xyloaloes, Ginger, Red Roſes, of each a Dram and a half; Mace, Spodium, Indian Spikenard, Storax, Cardamoms, Myrtle-Berries, long Pepper, of each a Dram; Marjoram, Coſtmary, Baſil, of each four Scruples; Alkermes Berries, two Drams; Powder all very fine, and keep it cloſe ſtopped for uſe. The Doſe is two Scruples in the Vehicle before-mentioned.

You may go abroad with theſe medicines, and by all means ſhould uſe exerciſe, during the whole time of your taking them; and none like that of the horſe, to ride every forenoon, about two hours after riſing, for an hour or two, which procures you an appetite to your dinner; and to ride again about two hours after dinner, for about two hours more, which facilitates digeſtion, and beſides that, will, by the ſhaking, ſtir up for natural evacuations thoſe ſtagnating juices which would otherwiſe ſubſide. But by riding, I do not mean you muſt ride hard, either to tire or ſweat, but *ad ruborem ſed non ſudorem*, and ſo as to be as eaſy and lightſome when you get off your horſe, as when you got on. You may eat freſh meat, and that heartily; all ſorts of herbs, fruits, or the like, that are agreeable; and drink now and then, a glaſs, two, or three, of wine, ſuch as *Florence*, *Vienna*, *Portugal*, or *French* wine; and for your conſtant drink, muſt take wine and water, inſtead of malt liquors; all which, if you obſerve, and alſo follow your medicines and riding daily, as directed, the cure will certainly be ſoon effected, and the humours will begin to be moved off in about a week or ten days after you have entered the courſe. By this means I have cured many, and ſome whoſe caſes were very inveterate, and as believed by thoſe they had before applied to for help, incurable. I could give inſtances of ſeveral with their names; but the former being inconſiſtent with the deſigned brevity of this treatiſe, and being prohibited the latter, I ſhall only inſert one caſe, and conclude this Section.

A gentleman,

A gentleman, highly ſcorbutic, fell into a Melancholy, with pains in the hypochondria, which afflicting him for a long time, vitiated all the juices of his body, and wholly ſubverted the concoctions, inſomuch, that he had moſt of the worſt ſymptoms mentioned to attend that diſtemper; as flushing heats, pains in the head, wind, belchings, tremblings, horrors, frights, and the like; for which he had purged times without number, bled, and taken antiſcorbutics of all kinds, with all the teſtaceous powders, which are reckoned ſweeteners: had paſſed through long courſes of ſteel, drank all ſorts of mineral waters: had ſuffered the pennance of ſetons, iſſues, bliſters, and cuppings, to eaſe the head, which uſed very much to be diſordered: till at length, being quite tired out by his diſeaſe and medicines, he reſolved to deſiſt, and as patiently as he could, wait for his appointed departure, which he was certain to himſelf could not be long, his illneſs being ſuch, as nature, to his thinking, could not long ſubſiſt under. Thus being in a manner quite worn out, and lamenting his hard fortune to a friend that came to ſee him, who had been my patient, he told him what I had done for him and others in diſtempers of the head, and adviſed him to conſult me, which he did; and whom, as ſoon as ever I had heard his complaints, I told he would certainly be well, if he would obſerve the rules I ſhould preſcribe him, which he heartily promiſed; the news of having his health again being ſuch, as would make him do, he ſaid, any thing. I forthwith began with him, and gave him the very medicines I have preſcribed, in the order I have before ſpoken of, with directions for him to ride on horſeback twice every day, for two hours each time, which he did, and with that wonderful ſucceſs, that by his medicines and exerciſe, in leſs than four months time, he recovered from all his indiſpoſitions, and attained a ſtrong, lively, and briſk habit of body.

SECTION

SECTION XXXIII.

OF VAPOURS OR HYSTERIC FITS; THEIR REAL CAUSE AND CURE.

WHAT I have ſaid in the Section before of Hypochondriac Melancholy, gives ſome idea of the diſtemper I am now about to ſpeak of; though I am not of the opinion of *Sylvius* and *Willis*, who allege, that the difference between them is ſo little, that they are taken to be one and the ſame. I am not of their opinion, becauſe the ſame medicines that cure the one, have no effect on the other; and that becauſe they affect different ſexes from different cauſes; though I muſt allow, that there is an analogy between them in ſome ſymptoms, and from ſome cauſes, but yet ſo far from being general, that it is but in ſome few particulars: the ſymptoms of Vapours or Hyſteric Diſeaſes, being incident to the Female Sex chiefly, in the manner Men cannot have them, and are ſo numerous, that a day will ſcarce be ſufficient to reckon them up.

Democritus, in an epiſtle to *Hippocrates*, ſaid, *That the womb was the cauſe of ſix hundred miſeries, and of innumerable calamities*, and among them reckons Hyſteric Fits or Vapours; whence it is plain, he concludes, that they ariſe from a diſtemperature of the womb, which I ſhall explain hereafter.

The Vapours or Hyſteric Fits, together with the Hypochondriac Diſeaſe, are the moſt frequent of all chronic diſtempers. The Vapours few women are free from, more or leſs: and thoſe men that lead ſedentary lives, and ſtudy hard, &c. are commonly afflicted with Hypochondriac Melancholy.

The Vapours or Hyſteric Fits, are not only frequent to women, but are ſo wonderfully various, that they reſemble almoſt all the diſeaſes poor mortals are ſubject to: for whatever parts they ſeat themſelves in, they preſently produce ſuch ſymptoms as belong to thoſe

parts when primarily affected with a real diſtemper. As for inſtance, if the Vapours ſeize the head, they produce ſome diſorder or other there; or if the ſpirits, ſome violent commotions of mind are preſently occaſioned, and ſo of the reſt.

This diſtemper is called the Hyſteric or Uterine Paſſion, becauſe the authors that firſt wrote about it, thought that the womb was principally affected in it, by reaſon it commonly invaded maids, married women, and widows, both old and young, which opinion is not fully agreed to; though we cannot but ſay, it is fomented and ſuſtained by a fault that is in the womb, as well as the other viſcera, which the curing it by medicines adapted to the womb demonſtrates; yet it principally proceeds from a fault in the blood and ſpirits, injured by bad humours, from cold, ill food, traſh, and the like, which ſtagnating by the patient's ſedentary or idle life, depraves the blood, and gives it a bad diſpoſition, able to produce the Hyſteric Paſſion; of which, by treating, we mean not one, but a whole army of diſtempers, at leaſt in outward ſhew; it being a diſeaſe that produces head-achs, giddineſs, convulſive motions, palpitations of the heart, rumblings and agitations of the ſtomach and guts, difficulty of breathing, hickup, loſs of ſenſes, both external and internal, by which phyſicians ſpeak of them under divers heads, though they be from one and the ſame cauſe.

This diſtemper, called Vapours or Hyſteric Paſſion in women, is not always attended with the ſame number of ſymptoms; nor are the ſymptoms the ſame, or equally violent in all; for in ſome the ſuffocation and difficulty of breathing are but ſlight, in others very ſevere: therefore in deſcribing the ſymptoms, it is not to be underſtood that they are leſs the Vapours, becauſe they have not all of them; for ſome feel the ſymptoms as aforeſaid in the head; and there is giddineſs, ſwimming, pain, and the like. In others, the vital parts are affected, which occaſions ſo great a palpitation of the heart, that the patient verily believes, the byſtanders may hear the ſound of the heart thumping upon the ribs. Some it affects ſo, as to cauſe coughing without intermiſſion, but they expectorate nothing. Sometimes the vapoury humours fall upon the parts between the

ſtomach

ſtomach and bowels, and occaſion violent pain, much like the *Iliac Paſſion*, and cauſe the woman to vomit a green matter like porraceous bile. Sometimes the ſpirits are ſo ſeized, that the patient is oppreſſed with great anguiſh of mind, and wholly deſpairs of recovery, with dejections, and as it were a certain deſperation. Sometimes this diſeaſe falls upon the kidneys, and cauſes pain like the ſtone, or ſtone-cholic. Sometimes it falls on the bladder, (though ſeldom) and ſtops the urine, as if there was a ſtone there. Sometimes it falls upon the ſtomach, and cauſes continual vomiting; and ſometimes upon the bowels, and then a looſeneſs follows. But generally no pain accompanies either of theſe ſymptoms; though oftentimes in both, the green humour aforementioned, appears either by vomit or ſtool.

And as this diſeaſe afflicts almoſt all the inward parts, ſo ſometimes it ſeizes all the outward parts and muſculous fleſh, occaſioning pain, and ſometimes a tumour in the jaws, ſhoulders, hands, thighs, and legs; of which kind that tumour which ſwells the legs is more conſpicuous than the reſt. But theſe pains and ſwellings afflicting the outward parts, chiefly ſeize thoſe women, that are in a manner quite deſtroyed by a long ſeries and force of the vapours.

But amongſt all the torments of this diſeaſe, there is none ſo common as a pain in the back, which moſt certainly all women feel, how little ſoever they are afflicted with the Vapours. It is alſo common, that after the pains are gone off, there is ſuch a ſtiffneſs of the parts, or numbneſs or ſoreneſs, as if beaten, ſo that the patient cannot bear to have the places touched: but this tenderneſs goes off by degrees. And this amongſt the reſt is worth obſerving, that all Hyſteric women complain of a dejection and ſinking of the ſpirits; who, when they would ſhew the place where the ſinking of the ſpirits is, point to the region of the lungs.

Yet, of all the ſymptoms that attend this diſeaſe, nothing is more common or inſeparable, and more ſhews the patient to be troubled with Vapours, than that their urine is as clear as rock-water, and comes away, when they make it, in a plentiful quantity, eſpecially when they have juſt before found themſelves faint, ill,

or ſickiſh. Moreover, women much troubled with Vapours, belch up ill fumes as often as they eat, though they only eat moderately, and as they have an appetite. Alſo they ſometimes in their fits laugh exceedingly, and ſometimes cry as much, without any real cauſe for either.

The efficient cauſe of this diſeaſe, in my opinion, proceeds from a confuſion of the ſpirits; the origin, and antecedent cauſe of which confuſion, is the weak conſtitution of the ſpirits and *genus nervoſum*; and that weak conſtitution injured, as before ſaid, is the cauſe of the many ſymptoms that are attending, as we have in ſomewhat particular terms enumerated.

As to the prognoſtics, this diſeaſe ſeldom kills the patient; yet ſometimes it ſnatches them away, when the fit is intenſe, and laſts very long, or elſe draws in an apoplexy or ſyncope.

Of the ſeveral degrees of the Vapours or Hyſteric Fits, that is the worſt in which many parts ſuffer convulſions, and the exerciſe of the ſenſes is interrupted; but that is ſlighter, where the mind is untouched, or the right uſe of it not taken away, and but one or two parts are convulſed, eſpecially if the vital functions remain entire. In ancient people it is hardly curable, becauſe in them the habit is contracted. In young women it ſometimes ceaſes of itſelf, as they grow in years, or when they begin to have children. Hyſteric Fits are dangerous to women with child, and in childbed; to the firſt, for fear of miſcarrying; and to the laſt, by reaſon of their weakneſs got in labour.

The cure of the Vapours is twofold; in the fit, eſpecially when it is violent and of long duration; and out of the fit, to prevent their coming again. Authors, to bring the patient out of the fit, adviſe hard rubbing in the lower parts, and ſcarification in the hips: they recommend likewiſe the pulling out the hairs, the twiſting of the fingers, the putting to the noſe fetid things, as aſafœtida, galbanum, feathers or leather burnt, brimſtone lighted, the ſmoak of tobacco, ſpirit or ſalt of hartſhorn, armoniac, ſharp ſnuff of white hellebore, euphorbium, or the like; ſome of which have done, and may do good, when the fit is not very extreme: but in all caſes of deſperation, and alſo where the fit is

not

not very violent, (becauſe the ſooner the patient is brought out of the fit the better) I uſe the Apoplectic Species, preſcribed in Section XXVII. foregoing, blowing a little of it up each noſtril, which inſtantly brings the patient to herſelf, that ſhe is not ſo fatigued, nor her ſpirits ſo worn or ſpent, as they generally are if the fit continues for a long time. This, and this alone, I have uſed times without number, with all the ſucceſs imaginable, and therefore can and do, with the more freedom, recommend it; it being, I believe, the only thing to ſave life, where there is danger, in any ſudden fit of any kind, in old or young. Indeed the ingenious Dr. HENRRY BROWNE of London, has done wonderful cures in theſe terrible diſorders.

I was once called to a lady, taken of a ſudden with a fit of the Vapours, which ſhe had been many years ſubject to, though nothing near ſo violent as then: ſeveral ſurgeons were inſtantly called, as well as neighbours and friends, who when they came, thought ſhe was dying; ſome that ſhe was dead, no life or breath, to appearance, being left. The ſurgeons bled her, uſed oil of amber, ſpirit of hartſhorn, and the like; but nothing moved her. I came after ſhe was blooded, and ſeeing her caſe, and the conſternation all about her were in, immediately blew up into each noſtril, with a quill, ſome of the ſaid Apoplectic Species, which, as well as quills for that purpoſe, I had about me. It was not the tenth part of a minute after its uſe, but ſhe began to ſnort, and a little while after to ſneeze, which brought her to herſelf forthwith, though ſhe had been almoſt an hour lifeleſs to all appearance, and reported about to be dead. After that, I was deſired to give her what I judged proper to prevent thoſe fits for the future, which I did, as I ſhall preſently relate, and ſhe never had any ſince, it being now three years ago; though ſhe was before, many times in a year, ſubject to fits of the Vapours, more or leſs.

Entirely to cure Vapours or Hyſteric Fits, authors direct long courſes of many and various medicines, and adviſe outward as well as inward applications, which I have obſerved very frequently, to do more harm than good. But I take theſe authors to be wrong in their fundamentals; I mean as to the cauſes of the diſeaſe; for if it proceeds from what I have a little before given

my opinion it does, a few medicines rightly adapted, will cure it. And that the diſeaſe does proceed from thoſe cauſes is evident, by the ſucceſs of the medicine I give, which indeed is but one, though compounded of ſeveral ingredients, and that made up into pills, which I call, and rightly too, the Vapour Pills. For if a doſe or two of them be but taken, where there are any ſymptoms of the fits approaching, or where there is any perturbation of the ſpirits, they immediately diſpel all thoſe fuliginous vapours, and raiſe the faint, depreſſed ſpirits, giving them ſuch a turn, that the patient is as briſk and well, as if nothing at all had afflicted her: and if they be taken continually, three at night, and three every morning, for ſome time, they not only regulate and clear the ſpirits, but amend and purify the blood, and bring it to a due craſis: though in conſtitutions much debilitated by the length of the diſeaſe, I adviſe with them the German Spa Waters, a flaſk every day, which, by diluting and waſhing off the peccant ſalts in the blood, give the Vapour Pills the better room to extend their efficacy; that by them, and the other good qualities of that famed mineral water, the patient amends every day, getting health and ſtrength apace. For theſe Pills powerfully regulate the ſpirits, and ſtrengthen them and the *genus nervoſum*, keep up the appetite, rectify the blood, confirm its tone, and do all that is requiſite to cure the diſtemper: there not being, I think I may be bold to ſay, a better medicine, or any other method to be adviſed, to cure that diſeaſe ſo eaſily, expeditiouſly, and certainly; they making the mind eaſy, the head lightſome, the ſpirits active, and in ſhort, render the whole body ſo lively, tranquil, and free from all inquietudes and interruptions, that the patient becomes a new perſon to herſelf and all about her, ſo that they will ſcarcely believe her to be the ſame.

The *Vapour Pills.*

Take Winters Bark, Zedoary Roots, Galengal, and Cloves, of each an Ounce and a half; Cinnamon and Gentian Roots, of each ſix Drams; Horſe-raddiſh Roots, three Ounces; Muſtard Seed, two Ounces; Calamint, Wormwood, Camomile Flowers, of each a Handful; bruiſe all very ſmall, and digeſt them for a Week in a Decoction

Decoction of White Tartar and White Wine, of each a Quart, in a Sand Heat, the Digeſting Glaſs being cloſe luted; at the end of the Time, let it Cool, and then open the Glaſs, and preſs out the Liquor ſtrongly from the Ingredients in a Preſs; and to the Liquor, firſt put into a clean digeſting Glaſs, add of the beſt Myrrh in Powder, one Ounce; Gum Ammoniacum, half an Ounce; Galbanum, one Ounce; Aſafœtida, half an Ounce; evaporate in a moderate Heat, to the Conſiſtency of a thin Extract: to which add, when it is cold, Ruſſia Caſtor in fine Powder, one Ounce; Camphire rubbed fine, with a few Drops of Oil of Almonds, half an Ounce; Agnus Caſtus Seeds in fine Powder, Three Drams; Salt of Amber, half an Ounce; Flowers of Salt Armoniac martiated and Ens Veneris, of each an Ounce and a half; Volatile Salt of Hartſhorn, half an Ounce; Oil of Amber, three Drams; mix all together very well in a mortar, till they come to a proper Conſiſtency of a Maſs for Pills, which will be upon beating them for a little while together, and is then ready for Uſe. Three Pills about the bigneſs of a large white Pea each, are a Doſe.

The happy effects of theſe Vapour Pills, which never purge or diſorder the body in the leaſt, I found in a late patient, who was ſo extremely overwhelmed with the Vapours, that ſhe was never well, either in the mind or body, nor free from them a-day together. Sometimes ſhe would have fluſhing heats in her hands and face, at othertimes cold ſweats, at other times a trembling all over her, with weakneſs in her limbs that ſhe could ſcarce walk. Sometimes pains in her head that ſhe could not riſe from her pillow all day. Other times ſhe would fall into cryings, fears, dreads, and ruminate on a thouſand diſmal things. Sometimes ſhe would call out for help, for that ſhe was dying and could not live a minute, and would be in a rage with thoſe that told her there was no danger. Sometimes ſhe would fooliſhly laugh at nothing all of a ſudden, and preſently after cry. Sometimes rave, ſcold, and be angry at every thing. Sometimes ſhe would be mute, and not ſpeak a word, nor eat or drink. In this condition, which was very unhappy to all about her, as well as to herſelf, ſhe took advice of many, and was, as ſhe hoped,

hoped, ſometimes better; but her going through ſo many courſes for a long time to ſo little benefit, tired out her huſband's purſe, as well as her own perſon, inſomuch, that they reſolved to leave off and ſee what nature would do, which alas! was too feeble to ſtruggle through her difficulties; which they ſeeing, and, by means of a certain lady whom I had before cured, hearing of the Vapour Pills, ſhe came, as ſhe ſaid, to talk with me, deſpairing through her whole diſcourſe of any help. I ordered her to take the Vapour Pills, which ſhe did with reluctancy, not believing they would do her any good, and to drink the German Spa Water with them, which by her friends perſuaſions ſhe conſented to do, and in leſs than three weeks time, contrary to her faith, ſhe grew ſo well, that in her own opinion ſhe then believed ſhe ſhould be cured. I adviſed her to proceed in the courſe, which was nothing more than to take three of the Vapour Pills every night and morning, and an hour after the morning doſe to drink a flaſk of German Spa Water, taking two hours time for the drinking it, by moderate draughts (which is much better than to drink it too quick or too much at a draught) which ſhe did as I directed, and uſed at the ſame time moderate exerciſe of walking, and riding in a chaiſe, as I adviſed, for about nine weeks, in which time ſhe was perfectly recovered, and was, and is at the writing of this, as completely well as if ſhe had never been ill. And this theſe Vapour Pills do, and though they keep the body gently ſoluble, yet comfort and ſtrengthen the ſpirits and vitals, being certainly the greateſt alterative, reviving, refreſhing, medicine in thoſe caſes, that is known.

I could give divers other inſtances of the great effect of the preſcriptions in the foregoing work; but it would over-ſwell the magnitude of the book. I ſhall therefore proceed with the diſorders incident to children.

There are very few caſes in which either of the Preſcriptions will not prove effectual, and I have preſcribed various forms, that nothing may be wanting to make this book complete.

ON THE

DISEASES OF INFANTS.

SECTION XXXIV.

OF DISEASES OF INFANTS FROM THEIR BIRTH, TILL FOUR OR FIVE YEARS OF AGE.

IT is proper immediately after children are born, to ſearch narrowly whether they have received any injury, either in the womb, or in the delivery itſelf.

Bruiſes in the head, or elſewhere, occaſioned by the rough treatment of the midwife, and *Swellings*, occaſioned by a preſſure againſt the internal orifice, may be cured or diſcuſſed by the following Mixture.

Take camphorated Spirit of Wine and Oil of Sweet Almonds, of each two Drams; compound Spirit of Lavender, half a Dram: mix. Let the injured part be frequently anointed therewith. It may alſo be now and then fomented with warm Milk. But if the ſwelling tends to ſuppuration, it ought to be immediately forwarded with *Mucilage Plaiſter*, *Diachylon with Gum*, or a Poultice of *Bread and Milk*. And after the diſcharge of matter, uſe *Arcæus's Liniment*, warm, and mixed with a little *Peruvian Balſam*, for the Dreſſings, covering them with a *ſimple Diachylon* Plaiſter.

When a *Bruiſe* happens in the *Scrotum*, it ſhould be frequently fomented with this Decoction.

Take Pomegranate Peel and Balauſtine Flowers, of each one Dram; Flowers of red Roſes and Melilot, of each a Handful: boil them a little in eight Ounces of red Wine, and ſtrain for Uſe.

A *Fracture* or *Diſlocation* in infants, muſt be treated by a ſurgeon, as in adults. For internals, when the injury is great, a little *Syrup of Rhubarb* may be ſerviceable, with now and then a ſmall Spoonful of Sack.

When

When the *Breaſts* of an infant are *ſwelled*, and ſeem to contain *Milk*, part of the humours ſhould be gently preſſed out with the fingers, and the reſt repelled by a *Diachylon Plaiſter*, or the Mixture of *Poppies and White Ointment*, aſſiſted with a gentle ſwathing up of the part.

When a child is ſo *weak* and *faint* upon delivery, as to ſeem hardly alive, he muſt be wrapped in Flannel, directly after the cleanſing; and a little *warm Wine* ſhould be poured down the throat, or ſpurted up the noſtrils. A briſk motion of the whole child, or a ſmart ſtroke upon the buttocks, may be alſo ſerviceable. If theſe fail, a little Spirit of Hartſhorn may be applied to the noſe. When the child is brought to himſelf, yet ſtill continues weak, give him firſt a Purge or two of *Rhubarb*, about four Grains at a Doſe; and then continue for ſome time a Paper of the following Powder, two or three times a-day, with a Spoonful of the Julep after it.

Take ſimple Powder of Crabs Claws, two Drams; fine Chalk and Oyſter Shells, of each one Dram; Powder of red Roſe Flowers, two Scruples; beſt Cinnamon, one Scruple: mix, and make fifteen Papers.

For the *Julep*,

Take Black Cherry Water, ſix Ounces; ſtrong Cinnamon Water, two Ounces; Syrup of Citron Peels, one Ounce and a half; Confection of Kermes, two Drams: mix. Let a Spoonful at a time be often given between the Powders.

Some uſe only *compound Powder of Crabs Claws*, vulgarly called *Gaſcoign's Powder*, about five, ſix, or ſeven Grains at a time, in a little thin *Hartſhorn Drink*, for almoſt all diſeaſes of their children; and it is, in reality, an excellent preparation. But as this Powder is very liable to be counterfeited, I would adviſe all women to be careful where they buy it.

Vomiting in children, when violent, and of long ſtanding (for otherwiſe it is not dangerous), may be cured likewiſe by a Doſe or two of *Rhubarb*, and a free uſe of the

the following teſtaceous Mixture, one Spoonful at a time.

Take Mint and ſmall Cinnamon Waters, of each two Ounces; compound Piony Water, ſix Drams; levigated Chalk and ſimple Preparation of Crabs Claws, of each one Dram and a half; Syrup of Citron Peels, ſix Drams: mix. At the ſame time while this is taking, ſpread a little of the *majeſterial Stomach Plaiſter* upon Leather, and rub it over with *Oil of Nutmeg by Expreſſion*, which apply to the Stomach. And when the child is very reſtleſs, fifteen Drops of *Sydenham's Liquid Laudanum* may be added to the whole quantity of the Mixture above, or fewer in proportion to the remaining quantity.

OF THE GRIPES.

The *Gripes* in children ſometimes prove ſo violent, as to throw them into univerſal convulſions, or to cauſe what is called a convulſion of the bowels. When the diet is ſuſpected to cauſe this diſorder, it is uſual to boil *Carraway Seeds* and *Laurel Leaves* along with the Panada, or to mix with it a little *Wine or Brandy*. If the meconium has not been duly purged away, five Grains of *Rhubarb* ſhould be given twice a-week, till the bowels are evacuated; or a litttle *Oil of Sweet Almonds*, and *Syrup of Violets*, where the infant is weak. When the taking in too much Milk is ſuſpected to be the cauſe, let it be debarred the nipple a ſhort time, and in the mean while exhibiting the following Mixture.

Take Syrups of Peach Bloſſoms, and Rhubarb, of each half an Ounce; Oil of Aniſeed, two Drops: mix. Let a ſmall Spoonful of this be given occaſionally, while the ſymptoms laſt.

When the curdling of the milk cauſes the Gripes, proceed as follows.

Take Rhubarb powdered fine, and Magneſia Alba, of each ten Grains; Oil of Aniſeed, one Drop: mix. Give half this

this for a Purge in a Spoonful of the mother's Milk, and repeat the Doſe two or three times, if there be occaſion.

Afterwards,

Take ſimple Powder of Crabs Claws, one Dram; fine Chalk, half a Dram; Preparations of Pearls and red Coral, of each one Scruple: mix, and divide into ſix Papers. Let one of theſe be taken three or four times a-day, drinking after it two Spoonsful of the following Julep.

Take Black Cherry and Mint Waters, of each two Ounces; compound Piony Water, one Ounce; Syrup of Coral, ſix Drams; Preparation of Pearls, one Dram: mix.

When worms are the cauſe of Gripes, the readieſt way to remove them is by giving *Æthiop's Mineral* and *Rhubarb*, mixed in equal quantities, about five Grains at a time, twice a-day. If wind be the cauſe, the belly of the child may be anointed with a Mixture of two Parts *Oil of Sweet Almonds*, and one part *French Brandy*; wrapping the part up warm afterwards, with a Flannel.

A *Looſeneſs* in young children ought not to be checked, unleſs when it becomes violent, or continues too long. Then, in order to ſtop it, give the foregoing Purge of *Rhubarb* and *Oil of Aniſeed*, for two or three days together, exhibiting a ſmall Spoonful of the following Mixture after every ſtool.

Take ſmall Cinnamon Water, and Alexiterial Milk Water, of each one Ounce and a half; compound Piony Water, half an Ounce; Diaſcordium, without Honey, one Dram; Spirit of Hartſhorn, twenty Drops.

The ſymptoms of *cutting Teeth* generally begin about the fifth or ſixth month, at which time ſome of the fore teeth ariſe, and occaſion great pain, or even convulſions. Children have then commonly an itching, heat, pain, and ſwelling in the gums; their ſpittle riſes much; they are reſtleſs and feveriſh, ſometimes looſe, and ſometimes coſtive. A few days before any tooth is cut,

cut, the gum immediately above it appears thin and whitiſh, its ſides being ſwelled and inflamed. Children of groſs habit, and who breed their teeth with coſtiveneſs, are generally in moſt danger. The following Mixture, given occaſionally, will mitigate the pain during the cutting of teeth.

Take Black Cherry Water, two Ounces; compound Piony Water, two Drams; beſt levigated Chalk, and ſimple Preparation of Crabs Claws, of each one Dram; Confection of Kermes, two Scruples; Sydenham's Liquid Laudanum, fifteen Drops: mix. Let one Spoonful be given at a time, when the child is very reſtleſs.

Thoſe little ulcerous eruptions in the mouth called the *Thruſh*, which ſometimes appear early, and ſometimes not till the third or fourth year, are accounted dangerous when joined with a fever, and are always troubleſome. The child here ſhould be kept moderately cool, as in a common fever, and a ſmall Bliſter may be applied to the neck, if the diſorder be great. In the meantime, uſe the following Julep.

Take Black Cherry Water, four Ounces; Treacle Water, one Ounce; Lemon Juice, ſix Drams; Spirit of Sweet Nitre and Sal Volatile Oleoſum, of each fifteen Drops: mix. Give a Spoonful or two every third or fourth hour.

The uſe of the teſtaceous Powders, ſuch as *Pearls, Coral, Crabs Eyes, and Crabs Claws*, ſhould be forborn when the mouth is very ulcerous. *Syrup of Saffron and Treacle Water*, moderately uſed, make a good medicine when the child is very young. In the meantime, let the ulcers in the mouth be cleanſed with the following Gargle.

Take Barley Decoction, three Ounces; beſt Vinegar, one Ounce: Syrup of Mulberries, ſix Drams: mix. This ſhould be uſed twice or thrice a day, with a ſoft Linen Rag, or the nurſe's finger. But if the ulcers are very foul, mix *Mel Roſatum, half an Ounce, with three Drops of Oil of Vitriol*, and touch the Parts.

Coughing, crying, violent motion, and tight ſwathing, are apt to cauſe *Ruptures* in the tender bodies of

infants. Sometimes the navel-ſtring falls off too ſoon, blood flows, the inteſtines fall out, all from the ſame cauſes. In the latter caſe, care muſt be taken that the bowels be not entangled, when replaced. While the rupture is freſh, it may be remedied by the conſtant wearing of a Truſs, made for that purpoſe. Aſtringent Fomentations, made of *Pomegranate Peels, Balauſtine and red Roſe Flowers, boiled in Lime-water, and mixed with red Wine*, may be uſed after the inteſtines are replaced, which ſhould be immediately done. Small ruptures in the groin and privities, happening frequently in children, are uſually cured with ſmall difficulty, by only Plaiſters and Bandages: but when they continue obſtinate, the child ſhould be kept in the cradle, as quiet as poſſible. When there is a gathering of Water, it it ſhould be diſcuſſed with the following Fomentation frequently uſed.

Take Leaves of Roſemary, common Wormwood, Marjoram, and Rue, of each half a Handful; Lavender Flowers, a Handful: boil them a little while in a ſufficient Quantity of Spring-water. To ten Ounces of the ſtrained Decoction add, camphorated Spirit of Wine and Hungary Water, of each one Ounce: mix.

When the ſwelling is pretty well diſcuſſed, it will be proper to uſe the Aſtringent Fomentation before mentioned. And for an internal, during the cure, the following Julep.

Take Parſley Water, four Ounces; compound Horſe-Radiſh-Water, and White Wine, of each one Ounce; Syrup of Marſh-mallows, ſix Drams; Spirit of Sweet Nitre, half a Dram: mix. Let two Spoonsful at a time be given often.

When the *Sutures*, or joining ſeams of the head continue long too open, it is thought a bad ſign. In this caſe, it is uſual to rub the head often with a little warm *Rum* or *Brandy*, mixed with the *White of an Egg*, and *Palm Oil*; a red Cloth being conſtantly worn over the part. But when this diſorder proceeds from a collection of Water in the head, it muſt be cured by *Iſſues* in the neck, *perpetual Bliſters*, and *Purgatives*. A purgative Diet Drink may be made of *Rhubarb and Sweet Fennel Seeds*, to be drank daily. When there is a diſorder directly

rectly oppoſite to this, called *Head Mould-Shot*, which ſignifies a too cloſe locking of the ſutures, it is uſually left to nature, as admitting of no help from medicines.

Inflammations and *Rawneſs* in young children, wherever ſituated, are uſually waſhed with *warm Water*, twice or thrice a-day, and then anointed with *Fullers Earth*, diſſolved in the *Yolk of an Egg*. But where the diſorder is conſiderable, it is proper to foment the parts with *white Troches of Rhaſis*, diſſolved in *Plantain Water*; alſo to keep them dry, and prevent their rubbing, by the interpoſition of fine Linen Rags, with a little *drying red Ointment*, or *Ointment of Pompholyx*, ſpread thin thereon.

Breakings-out in children, when they are ſuperficial, contain a thin yellow matter, and leave the ſkin beneath red when the ſcabs fall off, are rather ſalutary than hurtful. It is cuſtomary, however, to purge with a few Grains of *Rhubarb*, and anoint the *Puſtules* with *Cream*, or *Oil of Almonds*, or *Extract of Saturn*, commonly called *Goulard*. A little *Baſilicon* likewiſe, ſpread thin upon Linen, has been found uſeful; and the body ſhould be kept open. But when theſe caſes grow inveterate and ſtubborn, there can be no ſafer method than a courſe of *Æthiop's Mineral* and *Rhubarb*, according to the directions in the article concerning women.

When the *Milk* of the mother, or nurſe, has a manifeſt ill effect on the child, it is proper to wean him, or put him elſewhere. It is uſually required in a good nurſe, that ſhe ſhould be under thirty-five, have a cheerful temper, clear ſkin, ſweet breath, and be every way healthful: that her huſband ſhould alſo be healthy; that ſhould have had more than one child, and have laid in of her laſt at leaſt ſix weeks: her breaſts ſhould be large, full, ſoft, free from lumps, or any particular hardneſs; her milk not wheyiſh or blue, but of a thick conſiſtence, white and ſweet taſted. Theſe precautions ſhould be obſerved, when any other nurſe than the mother is found neceſſary; though without great neceſſity, I would by no means adviſe the putting out of a child.

The *Rickets* is a diſorder of the bones of children, cauſing a bunching-out, or crookedneſs thereof. It may be occaſioned by ſwathing a child too tight in ſome places, and too looſe in others; by placing him in an inconvenient, or too often in the ſame poſture; ſuffer-

ing him to be long wet; not giving him proper motion, or uſing him to one arm only. It may alſo be owing to the parents, or ſome defect in the digeſtive faculty, or a viſcidity of the blood. But the moſt evident cauſe of the Rickets, is the violence done to the body by preſſure, or ſwathing, while the bones are but in a cartilaginous ſtate. Add to this, external injury by falls, blows, diſlocations, or fractures, which ſpecies ſometimes brings on an aſthma, conſumption, or crookedneſs of the back.

A child is ſuppoſed ricketty, who talks before he makes uſe of his legs. Upon the firſt appearance of this diſeaſe, which uſually happens between the eighth month and fifth year of his age, the part it affects grows flaccid and weak; the child becomes pale, ſickly, ſlothful, and loſes the uſe of his feet, though he had it before; his head grows too large for the trunk, and cannot be managed by the muſcles of the neck; knotty excreſcences appear in the wriſts, ancles, and tops of the ribs; the bones of the legs and thighs become crooked, which makes his motion diſagreeable; and ſometimes the arms alſo are diſtorted, and appear knotty. If theſe ſymptoms continue long, a difficulty of breathing, cough, and hyſteric fever come on; the belly ſwells, the pulſe grows weak, and the child's life is in danger.

The Rickets is moſt commonly cured, when taken in time, and while the child is very young. But if it continues long, the patient generally becomes a dwarf, and is ſickly or phthiſical during his own life, eſpecially if the back be any way affected. Sprightlineſs and breakings-out of the ſkin, are good ſigns in this diſtemper.

A ricketty child ſhould be uſed to motion, and kept as much as poſſible in a poſture oppoſite to that which his bones are inclined to. Swinging, rocking, and the like, are very good. A clear warm air is very uſeful; as is the keeping him from any external moiſture. In young children, the uſe of Bolſters or Bandages, ſuited to the parts affected, often make a cure alone. But when the bones are grown tougher, other contrivances as padding, ſtraight boots, machines of paſteboard, whalebone, or tin, are uſually found neceſſary. It is thought ſerviceable,

ſerviceable, before the diſtemper is confirmed, to plunge the child two or three times every morning in a tub of cold Water, during the months of *May* and *June* eſpecially. After being taken out the laſt time, he is to be well dried, and put immediately into his bed or cradle, there to ſweat freely for an hour or more, as his ſtrength will bear; and when he grows cool again, he may be taken up and ſhifted. His back-bone alſo, and joints, may every night be anointed before the fire, with the *White of an Egg*, beat into a Water with a Whiſk or Spoon; or with a Liniment of *Rum* and *Palm Oil*. It is uſual likewiſe to apply a Plaiſter of *Minium* and *Oxycroceum* along his back, and to rub him all over before the fire, but moſtly the parts affected, with a dry Linen Cloth. The *Oil of Snails*, which is only what drops from them when they are bruiſed and hung up in a flannel bag, is a famous medicine for anointing of the limbs with, eſpecially thoſe which are diſtorted. But perhaps nothing can exceed the following Liniment and Plaiſter; the former for anointing the Joints, and principal parts affected, with a warm hand, once or twice a-day; and the latter for applying to the back, or to any particular part, being ſpread upon leather.

Take Nerve Ointment, with Oils of Palm and Bays, of each one Ounce; Balſam of Peru, and Oil of Nutmeg by Expreſſion, of each two Drams; Oil of Cloves and chemical Oil of Amber, of each ten Drops; compound Spirit of Lavender, one Ounce; Spirit of Sal Armoniac, two Drams: mix for a Liniment.

Take Plaiſters of Cummin, brown Minium, add Herniam and Oxycroceum, of each half an Ounce; Balſam of Peru, one Dram; Powder of red Roſe Flowers, and Armenian Bole, of each half an Ounce; Oils of Amber and Camphire, of each one Dram; Oil of Parſley, enough to make a Conſiſtence for a Plaiſter.

When the diſtemper ſeems fixed and obſtinate, Iſſues may be cut in the arms or neck, eſpecially if the head be large, and the child of a groſs habit. And during the uſe of externals, the following gentle Purgative

may be given, in order to purge the paſſages, which in this diſtemper are generally clogged and obſtructed.

Take pectoral Decoction, one Ounce; Manna and Syrup of Rhubarb, of each two Drams; Sal Volatile Oleoſum, ten Drops: mix for a Draught, to be taken in the morning.

But in caſe of worms, watry humours, or a large head, the following ſeems more peculiarly ſuitable.

Take Powders of Rhubarb, Sena compound, Æthiop's Mineral, and Cream of Tartar, of each ſix Grains; Calomel, five Grains; Reſin of Jalap, three Grains; Oil of Aniſeed, one Drop: mix. Give it in a Spoonful of common Pap.

After the uſe of Evacuations, a courſe of *Milk* wherein *Garden Snails* have been boiled, has been found excellent, eſpecially where there is a tendency to a conſumption. A quarter of a Pint of Milk thus boiled, with an Ounce of Snails, is ſufficient for a child of two years old. It ſhould be taken every morning and evening, and continued for ſome months. A *Syrup of Turnips* alſo may be made by boiling up the clarified Juice with Sugar, which may be taken to advantage, a Spoonful or two at a time. And the following Infuſion, where any thing purgative is requiſite, which is frequent in young children, may be highly ſerviceable.

Take Rhubarb and Liquorice, cut ſmall, of each two Drams; Tarmariſk Bark, Capers, and ſweet Fennel-ſeed bruiſed, of each one Dram; Mace, one Scruple; Raiſins of the Sun ſtoned, an Ounce and a half; ſmall Ale, a Pint and a half: Infuſe them together for twenty-four hours; then ſtrain off for Uſe. Three or four Spoonsful of this may be taken twice a-day, by a child of two years old, and in proportion by others. But in conſumptive and hectic conſtitutions, the following Diet Drink has been found preferable.

Take Aſh Bark, Tarmariſk, Polypody of the Oak, Shavings of Hartſhorn and Ivory, of each one Ounce;

greater

greater Comfrey Root, two Ounces: Boil them in two Gallons of ſmall Ale; then ſtrain, and to a Gallon and a half of the Decoction, add Dead Nettle Flowers, Mallow Leaves, Harts-Tongue, of each two Handfuls; Aniſeed and Corriander-Seed, of each three Drams; Live Wood-Lice, bruiſed, and Raiſins of the Sun, ſtoned, of each half a Pound: Boil the whole again, then ſtrain, and let the clear liquor be for the child's common drink.

I ſhall conclude this Section with the mention of only one Powder and Julep, which have together been found ſerviceable in the Rickets, and may be given at any time of the diſeaſe, after the uſe of proper evacuations.

Take Milk of Sulphur, one Dram; Wood-Lice Powder, Preparation of Earth-Worms, and Ens Veneris, of each one Scruple: mix. Divide this powder into ſix papers, of which one is ſufficient for a child of two years old. They may be taken twice a-day, drinking after each two ſpoonsful of the Julep, which is thus made:

Take ſweet Fennel and Parſley-Water, of each three Ounces; ſtrong Snail-Water, two Ounces; Syrup of Marſh-Mallows, one Ounce; Tincture of Saffron, and compound Spirit of Lavender, of each two Drams: mix. Two ſpoonsful of this may be given at pleaſure, between the powders.

SECTION

SECTION XXXV.

THE HOOPING-COUGH.

THIS diſeaſe rarely affects adults, and ſeldom even infants, but when it becomes epidimical.

This violent diſorder is cauſed by a great quantity of thick phlegm, lodged in the bronchia and lungs, which irritates the nerves, to promote its expulſion by coughing; and if it ſticks ſo cloſe, that it cannot be eaſily expectorated, it ſtrains the infants to ſuch a degree, as to throw them into convulſions. The phlegm itſelf is occaſioned by a laxity of the fibres, and a bad diet.

The cure muſt be attempted by attenuating and diſſolving the tough phlegm; and ſecondly, to corroborate or ſtrengthen the fibres, to prevent any further viſcidity. The firſt is anſwered, by mixing ſuch particles with the food, as will inſinuate themſelves into the viſcid matter, and at the ſame time gently ſtimulate the veſſels: for this intention, I always uſe Millipedes, (or Hog-Lice) prepared and rubbed into powder; theſe with the Teſtaceous Powders, being adminiſtered two or three days, not only help to diſlodge and cut the phlegm, but alſo to carry a great deal of it off by urine: and as a proof of this doctrine, experience well convinces us, diuretics have, and does daily prove ſerviceable in moſt diſorders of the ſtomach.

The ſecond indication is anſwered by ſub-aſtringents, ſpicy medicines; and the very beſt for this purpoſe, is the Peruvian Bark in Powder, which in the few caſes that I have tried it, with the remedies abovementioned, has proved as certain a cure in the Chin-Cough as in the Ague. My preſcription is thus, after a vomit or two:

Take prepared Hog-Lice, powdered, three Drams; prepared Oyſter-ſhells, and Peruvian Bark, of each two Drams: mix them together in a fine powder, and give the child

child from twenty grains to half a dram of it, twice every day, according to its age, in any vehicle. This ſhould be continued for four or five days, or a week.

In caſes where the cough is fixed, or the general cauſe is from very tough viſcid phlegm, the following preſcription is a ſpecific:

Take of Canthariders and Camphire, of each two Scruples; rub them very well together, and add to them ſix Drams of the Extract of the Bark: to be very well mixt for uſe.

Eight or nine grains of this may be given to a child every fourth hour, or according to the circumſtances of the caſe, in a ſpoonful of any Julep, in which a little Balſam Capiva* is diſſolved. The childs drink to be the common Emulſion, and nothing elſe, which may be made as follows.

Common Emulſion.

Take of Sweet Almonds, blanched, an Ounce; Gum Arabic, half an Ounce; double-refined Sugar, ſix Drams; of Barley-Water, a Quart: heat the water in which diſſolve the Gums, aud when it is quite cold, pour in the water to the bruiſed Almonds with the Sugar by degrees, rubbing them together at the ſame time, that the liquor may grow milky; then ſtrain it off.

In caſes where the cough is occaſioned from a ſharp thin rheum, the Preparation of Cantharides, Camphire, &c. will by no means anſwer the intent; for it is only meant to cure where tough viſcid phlegm is the cauſe, and cannot be expectorated without ſuch a powerful attenuating preparation; and in ſuch caſes, it has never been known to fail in any ſingle inſtance.

The ingenious and learned Dr. HUGH SMITH, *a Member of the Royal College of Phyſicians of London,*

* The Balſam Capiva muſt be diſſolved in the yolk of an Egg.

late

late Phyſician to the Middleſex Hoſpital, (and as there are many Gentlemen of the Faculty of the name of Smith in this Metropolis, I chooſe to particularize this Gentleman, by mentioning that he was *an Alderman of London*) a moſt able Practitioner in Phyſic, ſays, in his *Formulæ Medicamentorum*, "That the Hooping-Cough, "to which children are principally ſubject, is a diſeaſe "of the ſpaſmodic kind; and the ſymptoms are beſt "relieved by antiſpaſmodic remedies.

"Blood letting and gentle laxatives, are almoſt uni-"verſally uſeful; and emetics occaſionally repeated, "are of great ſervice. Bliſters, when the ſymptoms "are urgent, are likewiſe to be inſiſted on.——The following are DOCTOR SMITH's preſcriptions, tranſlated into Engliſh.

Take of the Muſk Julep, ſix Ounces; Paregoric Elixir, half an Ounce; Volatile Tincture of Valerian, one Dram: mix them, and take two ſpoonsful three or four times every day.

Take Milk of Gum Ammoniac, and of ſmall Cinnamon Water, of each two Ounces; Tincture of Caſtor, two Drams; Syrup of Balſam, half a Dram: mix them, and adminiſter one ſpoonful preſently after.

Towards the decline of the diſeaſe, a Decoction of the Bark, in full doſes, may be preſcribed to advantage.

HUXHAM very judiciouſly obſerves, that the periodical return of the *Hooping-Cough*, is often as certain as a fit of an Ague, and is much of the ſame nature: which is the more probable, becauſe both diſeaſes are generally riſe at the ſame time, depend on the ſame cauſe, and are very often cured by the ſame remedies.

SYDENHAM ſays, that all oily and muſcous remedies, of *old women's* preſcribing, only ſerve to irritate and increaſe the diſeaſe. That learned and able phyſician, was very judicious in making the remark: for certainly more *adults* and *children*, *loſe their lives* through the *ignorance of nurſes*, *and idle people's noſtrums*, than otherwiſe would, did they but conſult an able phyſician in the beginning of their diſeaſe.

When

When Opiates can be given with ſafety, none are ſo much to be depended on in coughs, as the *Paregoric Elixir*. The preſcription as ordered by the Royal College of London, I think neceſſary to publiſh here.

Take Flowers of Benjamin, and ſtrained Opium, of each two Drams; Camphire, two Scruples; eſſential Oil of Aniſeed, half a Dram; rectified Spirit of Wine, one Quart: digeſt, and ſtrain off the Elixir. This is originally from LE MORT, and was publiſhed by QUINCY, with four ounces of Liquorice, and four of Honey, which the *College have omitted.* It is anodyne and diaphoretic, and greatly contributes to allay tickling coughs, to open the breaſt, to give freedom of breathing, to cure an aſthma, but particularly the HOOPING-COUGH IN CHILDREN. The doſe for children is from five drops to twenty; and to grown perſons, from twenty to an hundred, at night and morning, in Malaga Wine.

After giving you a brief account of the Hooping-Cough, and preſcribing many methods to remove it, the following mode of curing it, may prove as certain as any other.

Bathe the child every morning in a tub of cold ſpring water, after which rub it very dry, and take great care it don't catch cold.

or,

Take a few Heads of Garlic, bruiſed, and infuſe them in Rum, and rub the vertebræ of the back two or three times every day.

And

Give the Infant half a Pint of Milk, warm from the Cow, every evening, with a little Conſerve of Roſes diſſolved in it, and repeat the like again every morning, if the child can drink it. A few drops of Aniſated Balſam of Sulphur, to be given night and morning, has done wonders.

Or,

In very obſtinate caſes, where the common vomits, and other remedies have proved *ineffectual, a Vomit of Gum Gamboge may be tried, if finely levigated; from three to five grains is a doſe, to be repeated occaſionally:* it both vomits and purges; but is not ſo ſafe as many other Vomits; but I have known it cure the diſorder in a few days. Keep the child very warm.

In the decline of the diſeaſe, from three to ten grains of the beſt Peruvian Bark in Powder, may be mixt in a little Syrup of Marſhmallows, with one, two, three, or more drops, of Tincture of Caſtor, according to the age of the child, and be given every four hours, if the fever is off. But when the fever returns, give it nothing but diluting liquor, ſuch as Barley-Water, Sage and Baum Tea, or the like: a tea-ſpoonful of White Wine may be mixt in it occaſionally.

Change of air will prove as ſalutary as any thing; and indeed it may be depended on to be of the utmoſt ſervice to ſickly children, as well as to adult perſons.

APPENDIX.

AT the time the former part of this Book was at Preſs, I was requeſted by many of my Friends, to add a few ſelect Preſcriptions for the good of Mankind, and Family Uſe in general; that thoſe Ladies and Gentlemen, who are in affluence, and who have their Poor Afflicted Neighbours Misfortunes at Heart, may have it in their power, from the following Preſcriptions, to render them that ſalutary Aſſiſtance, which one good Chriſtian ought to do for another.

I. *Fever Powders.*

Take of the beſt Hungarian Antimony, in Powder, eight Ounces; Shavings of Hartſhorn, the ſame Quantity; put them into a Crucible, then place it in a Furnace, and raiſe the heat by degrees, till the fire is very fierce, and the powder becomes as white as poſſible, then take it out, and cool it gradually.

The doſe of this Powder, in inflammatory Fevers, after bleeding, is from five to ten grains, in thin ſyrup, or the like, every ſix, eight, or ten hours, for a few doſes only; or ſometimes, in deſperate caſes, a ſcruple, or half a dram, may be taken for a doſe, with diluting liquors, ſuch as barley-water, and the like, to promote perſpiration.

II. Or,

Take eight Grains of Emetic Tartar, levigated, and two Drams and a half and two Grains of the Calx of Antimony, and mix them well together for a Powder. This is to be taken exactly as the one preceding it, in all Colds, and every kind of Fever. There is no kind of Powders for Fevers can be more ſafe or efficacious.

III. *A Powder and Julep for a Child that is afflicted with violent Spaſms in the Stomach and Bowels.*

Take of the beſt Rhubarb, in Powder, twelve Grains; compound Powder of Crabs-claws, ſix Grains; Aromatic Spices, ſix Grains; mix them together in a Marble Mortar, and divide them into four Doſes, and give one every fifth hour, mixt in one quarter part of the following *Julep:*

Take Nutmeg Water, two Drams; ſimple Mint Water, ſix Drams; Syrup of Poppies, one Dram; mix them in a Glaſs Mortar for a Julep.

The above medicines are propoſed for children who ſeem to be in a deal of pain; and they are much more likely to anſwer a good end, than that *dangerous* and *pernicious* preparation of Opium, called *Godfrey's Cordial.* This is intended for a child from eight to ten months old.

IV. *Sweating Powder.*

Take purified Nitre, and vitriolated Tartar, of each one Ounce; Opium, and Ipecacuanha, of each two Drams; reduce the Ingredients to a fine Powder, and mix them together for uſe.

In all obſtinate Rheumatiſms, and other obſtructions, which are to be removed by a ſevere ſweating, nothing can anſwer better than the above Powder. The doſe is from thirty grains to forty.

The afflicted muſt drink plentifully of warm thin Gruel after taking the doſe, and go to bed, and be covered up very warm, and take particular care in not catching cold after it.

V. *Powder*

V. *Powder for Epileptic and Convulſion Fits.*

Take Flowers of Zinc, Muſk, and factitious Cinnabar, of each equal Parts; mix them together in a Glaſs or Marble Mortar. The doſe is from three grains to ten, and upwards, mixt in a little Treacle or Honey, every night and morning. The uſe of this Powder, with dipping children in a tub of ſpring water every morning, has very often relieved them, when every other remedy has proved abortive.

VI. *Purging Powders for Worms.*

Take of Scammony, Calomel, and the beſt Turkey Rhubarb, in powder, of each equal Parts; double-refined Sugar, the weight of the whole; rub it all very well together in a Marble Mortar, and keep for uſe.

The doſe for children is from ten grains to twenty-five, once or twice every week. This is preferable to any Quack Medicine whatever.

VII. *A Univerſal Powder for Childrens Diſorders*

Take of White Magneſia ſix Drams; Cinnabar of Antimony two Scruples, mix them into a fine powder for uſe.

This powder will not only prevent the numerous diſorders children are liable to, but will alſo remove many and all that ariſe from acidities in the Stomach———This is preferable to all other remedies yet known, for children in cutting their teeth, ſickneſs at their ſtomachs, &c. &c. The doſe is from ten grains to half a dram more or leſs twice a-day.

VIII. *Powder to promote Delivery.*

Take Borax in fine powder, Caſtor, Cinnamon, and Myrrh, of each three Drams; Saffron and Savin of each one Dram and half, mix them and make a Powder for uſe.——A Dram of this Powder facilitates the birth, and promotes the Lochia and Menſes.

IX. *Powder for a Sore Throat.*

Take one Ounce and half of Cream of Tartar, and Half an Ounce of the Purified Nitre, mix them very well together in a Mortar for uſe.

About ſix or eight grains of this Powder is to be frequently held in the mouth, and to be gently ſwallowed down the throat. This very often anſwers better than gargles——If neceſſary, loſe a little blood and take a briſk purge before you uſe the Powder.

X. *Powder for Fevers.*

Take Calcined Antimony twelve grains; Tartar emetic four grains; Calcined Hartſhorn five grains. Mix them very well together for uſe.

This preſcription I had from a French *Jeſuit* who informed me, that he had given it in the very ſame manner as James's powders are given, and in every and the ſame diſorders, and that they acted upon the different conſtitutions equally as *ſalutary* in every complaint whatever. They are to be taken in the ſame manner as thoſe mentioned marked No. I.

XI. *Powder for the Bite of a Mad Dog.*

Take native, and factitious Cinnabar, of each twenty-four grains, and ſixteen grains of Muſk, make them into an impalpable Powder. This is for a doſe only, to be taken in a tea-cupful of Arrack, Rum, or Brandy.

XII. Or,

Take of Aſh-coloured ground Liverwort, two Ounces; black Pepper, one Ounce, beat them well together and make a fine powder. Take a Dram and half of this powder every Morning faſting for a month——After taking the medicine four Mornings, the Patient then muſt begin and go into a Cold bath or river every morning for thirty days: after which he may bathe three or four times a-week for a fortnight.

XIII. *Powder,*

XIII. *Powder, or Snuff for Diſorders of the Head and Eyes.*

Take dried leaves of Aſurabacca, of Marjoram, Marum Syriacum, Lavender, Thyme, and of white Hellebore root, of each equal weights, let them be made into a powder, for uſe.

This is a powerful Errhine, and ſuperior to moſt or any of thoſe ſold under the name of Herb Snuffs.

XIV. *A Bolus for Decay of Nature.*

Take Conſerve of Wormwood one ſcruple, Prepared Steel twelve grains, Ginger, and Winters Bark, of each three grains, Simple Syrup enough to form the Bolus,

This Medicine may be taken every Morning and Evening, in Decay of Conſtitutions.

XV. *Powder for the Scurvy, Leproſy, &c.*

Take crude Antimony finely levigated two Ounces, Æthiop's Mineral one Ounce, mix them well together in a Marble Mortar for uſe.

Sixty grains is a doſe every morning and evening in a little honey. If this quantity cauſe any uneaſineſs in the ſtomach, begin and take but forty grains till you can take ſixty.——This is an admirable Remedy in all cutaneous Foulneſſes; as the Scab, Itch, Herps, Leproſy, Rheumatiſm, Inflammations in the Eyes, or the like diſorders; eſpecially if the Patient be firſt bled and purged with Calomel.

The common drink ought to be very diuretic whilſt under this courſe.

Alſo,

XVI. *Alterative Drops for the above Complaints.*

Take of Malt Spirit, one Quart; Crocus Metallorum levigated, one Ounce and half; Corroſive Sublimate of Mercury, one Dram and half; Red Sanders in groſs powder one Dram, Gentian roots and dryed Orange peel, of each half an Ounce; infuſe for ten or twelve days, ſhaking the

the bottle well two or three times a-day for the firſt week, then when it is fit filter it for uſe.

The Doſe is (to begin with) five or ſix drops at bed-time, then to add two or three more every doſe till you can take ſixty, which are to be taken in a cup of Tea every morning at breakfaſt time, and again about three in the afternoon, and in the evening; but if that quantity be too ſtrong for your ſtomach, leſſen the doſe, to what ſuits your conſtitution——This cheap and moſt valuable remedy is a certain Cure for the Scurvy, Leproſy, Inflammations, Cancers, Fiſtulous Ulcers, Rheumatiſms, Ulcerated and Swelled Legs, Gout, White Swellings, Evil, and every foulneſs of the blood and juices, let them ariſe from what cauſe ſoever.——Indeed there is no medicine that I know of, can be of equal ſervice in deſperate caſes to it, if a Decoction of Saſſafras be taken with it, about three half pints every day; but in caſe the Saſſafras Tea ſhould cauſe a pain in the head, as it will in ſome conſtitutions, then a Decoction of Guaiacum Wood may be drank in its ſtead, and if theſe directions are perſiſted in, you need apply to no perſon for relief in thoſe diſorders, as their advice can render you no kind of ſervice whatever.——If I had ſued out the KING'S ROYAL LETTERS PATENT for this invention, I don't doubt but that I could have ſold about an Ounce bottle of it for Six Shillings, as well as many who, perhaps, ſell a much worſe remedy.

XVII. *Drops for the True Scurvy.*

Take ſeven Ounces of Spirit of Sweet Nitre; three Ounces of Volatile Tincture of Guaiacum, and two Ounces of Antimonial Wine, mix them for uſe.

One Tea-ſpoonful of theſe Drops to be taken three or four times every day in a quarter of a pint of Decoction of Saſſafras ſweetened with Syrup of Lemon-juice.

XVIII. *Draught to promote Urine.*

Take French Lemon-juice, two Ounces, Penny-royal water, three Ounces; Salt of Wormwood, forty Grains; Tincture Cantharides, fifteen Drops; Syrup of Marſh-mallows,

mallows, half an Ounce——Mix them for one Draught, to be taken twice every day.

XIX. *A ſafe Decoction of the Bark with Mercury.*

When the mind is dejected, and the Nervous Syſtem debilitated, it will prove a ſovereign remedy. *Take of the beſt Peruvian Bark in Powder, half an Ounce; French Brandy, one Pint; Oil of Peppermint, ſix Drams; Corroſive Sublimate of Mercury, twelve Grains*; mix them together in a bottle, ſhaking it every day for a week, then in a few days after filter it for uſe.

This febrifuge may be taken to the quantity of three tea-ſpoonsful in a glaſs of Wine, ſweetened with a little Syrup of Saffron, three or four times a-day, taking a Pint of thin Gruel every night and morning——It muſt be continued till you find relief. Change of air will be very conducive to health.

XX. *Milk for the Jaundice.*

Take one Handful of Hemp-Seed, and boil it in a Pint of Milk till it breaks, ſweeten it and ſtrain it; to be taken nine Mornings, it keeps the Body gently open.

XXI. *Ale for the Jaundice.*

Take four Ounces of Hemp-Seed, and boil it in two Quarts of Ale, to three Pints, ſweeten and take half a Pint of it every morning till you are cured.

XXII. *A Solution to be taken for the Whites, and Venereal Complaints.*

Take of Quickſilver two Drams, Gum Arabic reduced to a mucilage, Four Drams, rub the Quickſilver with mucilage in a Glaſs Mortar till the Globules of the ſilver diſappear: afterwards add gradually, ſtill continuing the trituration, an ounce of Syrup of Balſam, aud half a Pint of Cinnamon water.

The Doſe of this is two table-ſpoonsful every night and morning. After you have taken it about thirty days, then make uſe of the *Powerful Elixir* (page 58) as there directed,

directed, in order to brace up the relaxed Veſſels, and give ſtrength and vigour to the Conſtitution.

XXIII. *For Vomitings, Fevers, Bilious Diſorders, &c.*

Take Mint Water, Syrup of Lemons, of each four Ounces; Salt of Wormwood, two Drams——Mix them well together for uſe.

In Vomitings, Hiccups, Rheumatiſms, Fevers, and all Diſorders from a Sizineſs in the Blood, no Preparation can be more innocent nor more effacacious. Two or three table-ſpoonsful are to be taken every four or five hours.

XXIV. *Decoction for Catarrhs, Colds, &c.*

Take of Compound Teſtaceous Powder, one Ounce, Gum Arabic in Powder, half an Ounce, Water two Quarts, boil it till one pint of the water is waſted; then add to the turbed Decoction, of Aromatic Water, one Ounce and half; White Sugar, half an Ounce, and mix the whole well together for uſe.

This Compoſition will be found immediately uſeful in deſtroying ſharp corroſive matter in the ſtomach, and abſorbing all acidities in the firſt paſſages——Half a pint of it in Fevers, Colds, or the like diſorders may be taken three or four times every day, blood warm.

XXV. *Sweating Draught, for Recent Colds.*

Take of the Spirit Minderens, four Ounces; Syrup of Poppies, and Simple Cinnamon Water, of each one Ounce; Volatile Salt of Hartſhorn, half a Scruple: mix them together, for two Draughts, and take one of them when going into bed, and the remainder the ſecond evening after.

In Rheumatiſms, Pains in the Head, and other parts, the above Sweating Draught will be found to anſwer every intent.

XXVI. *A Mixture for Coughs, Aſthmas, and Obſtructions of the Breaſt.*

Take of Gum Ammoniac, made into an emulſion, half a Pound;

a Pound; Syrup of Squills, four Ounces: mix them for uſe.

Two large table-ſpoonsful of it is a doſe, to be taken every two or three hours.

XXVII. *A Decoction for a Putrid Sore Throat.*

Take of the beſt Peruvian Bark, in groſs Powder, one Ounce and half; Virginian Snake-Root, three Drams; boil them together in three Quarts of Water to one Quart; then ſtrain the liquor and add two Drams of Elixir of Vitriol, take a large tea-cupful of it every third hour. To every doſe you may add a ſmall quantity of Brandy if you chooſe it.

The Steam of the following ingredients received into the Throat through a Funnel every hour will do a deal of ſervice.

Take Vinegar, one Pint; Honey, half a Pound; Myrrh, in Powder, half an Ounce: boil them well together, and it is fit for uſe.

*** Bliſters applied to the throat, and behind the ears, are equally as beneficial in this diſeaſe, in caſe the pulſe and ſpirits are very low. If a vomiting continues, *Take four table Spoonsful of Lemon Juice, and put to it one Dram of Salt of Tartar; White Sugar, half an Ounce; Mint Water, three Ounces: mix them very well together.* The doſe is a table ſpoonful every hour.——This is the famous Saline Julep ſo much approved of by the Faculty, as an antidote againſt vomiting and ſickneſs of the ſtomach. After the diſorder is ſubdued, the patient ſhould take a few Purges of Rhubarb, Senna, or the like. But on the contrary, whilſt the putrid ulcers remain in the throat, and a violent looſeneſs ſhould come on, it muſt be checked, by taking two tea-ſpoonsful of Diaſcordium, two or three times a-day.

XXVIII. *Ale for the inward Piles.*

Take half an Ounce of Black Pitch, and Boil it in a Pint of good Ale, till it comes to half a Pint, then drink it off blood warm

This,

This, though a ſimple remedy, has proved very effectual in many ſtubborn caſes, where other things of much greater expence has proved abortive.

XXIX. *A Tincture to be uſed externally for Rheumatic Pains.*

Take Tincture of Cantharides, three times as ſtrong as is commonly made for inward uſe, and let it be very well rubbed into the parts affected, twice or thrice a-day.

XXX. *An Ale for the Cure of the Jaundice.*

Take one Quart of Ale, and add to it two Ounces of Hemp Seed, and half an Ounce of Turmeric, in powder; Boil them over the fire about a quarter of an hour, then ſtrain it for uſe. This may be ſweetened with coarſe ſugar. Half a pint of it is a doſe; to be taken every morning.

XXXI. *A Wine againſt the Dropſy.*

Take dried Squills, Rhubarb, Juniper Berries, and Zedoary Root, of each a Dram and a half; Broom Aſhes, half an Ounce; put them into a Quart of Old Hock Wine, and infuſe for a week or ten days; then decant off what is fine for uſe. The doſe is a wine glaſs four or five times every day.

A Purge made of Jalap and Buckthorn Syrup, with a little Ginger in it, may be taken once or twice every week.

After the water is entirely drained off, take the Tincture of Bark, with a few drops of Elixir of Vitriol in it, to brace up the relaxed veſſels.

XXXII. *Tincture of Rhubarb, for Cholics and Spaſms in the Stomach and Bowels.*

Take Rhubarb, bruiſed in powder, five Ounces; Gentian Root, one Ounce; Virginian Snake-Root, two Drams; leſſer Cardamon Seeds, one Ounce; Brandy two Quarts; digeſt for ten or twelve days, then ſtrain off for uſe.

This

This is an excellent ſtomachic and corroborant, as well as purgative. When the digeſtion is bad, or a weakneſs in the ſtomach, nothing can be better adapted: likewiſe Looſeneſſes, Fluxes, and Cholics, it can be depended to remove them, if taken from one ſpoonful to four, or upwards, if required.

XXXIII. *Vomiting Draught.*

Take of Ipecacuanha, in fine powder, twenty-five Grains; Alexiterial Water, half an Ounce; compound Spirit of Lavender, half a Dram; Syrup of Orange Peel, one Dram: mix them for uſe.

XXXIV. Or,

Take Ipecacuanha Wine, ten Drams; Alexiterial Water, three Drams; compound Spirit of Lavender, thirty Drops; Syrup of Violets, one Dram: mix.

XXXV. Or,

Take Oxymel of Squills, one Ounce and a half; Tartar Emetic, levigated, three Grains: mix.

XXXVI. Or,

Take ſix Drams of Ipecacuanha Wine; half an Ounce of Antimonial Wine; one Dram of compound Spirit of Lavender.

XXXVII. Or,

Take four Grains of Emetic Tartar, levigated; ſimple Mint Water, an Ounce and a half; Syrup of Violets, three Drams.

XXXVIII. *Eye-Water.*

Take Roſe Water, or Spring Water, One Quart; White Vitriol, two Drams; ſhake them together, and make a Collyrium or Lotion for the Eyes.

In all inflammations and ſharp defluctions on thoſe organs, this cooling and repelling waſh is warranted; to be uſed at diſcretion after bleeding, purging, and bliſtering. If this ſhould prove too ſharp for the eyes, more water may be added.

XXXIX.

XXXIX. *Draughts for the Dropſy.*

The three following powerful and elegant Compoſitions, are ordered by Dr. MEAD, for promoting Urine in Dropſical habits; alſo for the uſe of ſuch as cannot make water freely.

Take of Peppermint-Water, one Ounce; ſimple Cinnamon-Water, half an Ounce; ſpirituous Cinnamon-Water, two Drams; Thebaic Tincture, forty Drops; Lye of Tartar, half a Dram; Syrup of Marſhmallows, one Dram: mix them together for a Draught.

This is the medicine which cured a perſon labouring under an Aſcites, and Tympany at the ſame time, where the pain was very ſevere, attended with great thirſt, and thick, high-coloured urine, rendered in ſmall quantities. The ſtrong Purges increaſed the diſtemper. Soop, lixivial Salts, Balſam of Gilead, Nitre, and the like, all proved abortive. This Draught brought unexpected relief, by procuring reſt, and cauſing a copious diſcharge of water. By repeating the medicine for ſome time, every eight hours, and then only twice a-day, and after uſing corroborants, or medicines that produce ſtrength of body, &c. the cure was perfectly completed.

The other two Draughts following, are very powerful medicines for the Dropſy, and are taken from the practice of the Portugueſe Hoſpital.

XL. *The mild Diuretic Draught for the Dropſy.*

Take of common Water, one Ounce and a half; Diuretic Salt, two Scruples; Oxymel of Squills, one Dram by meaſure: mix them together for uſe. This Draught is to be taken three or four times every day.

XLI. *Stronger Diuretic Draught for the Dropſy.*

Take ſimple Penny-royal Water, an Ounce and a half; freſh Lemon-juice, ſix Drams; Salt of Wormwood, half a Dram; Tincture of Cantharides, fifteen Drops, ſimple Syrup, two Drams; mix them for one Draught; to be taken morning and evening.

XLII. *A*

XLII. *A Water againſt Conſumptions.*

Take leaves of Comfrey the Greater, Solomon's Seal, and Pompinel, each four Handsful, Liquorice-Root two Ounces; infuſe them cold for twelve days in two Gallons of Lime-water, and take off the clear liquor for uſe.

This is very eaſily made, and is much better than if it were to be diſtilled. It is of excellent uſe in ſuch Conſumptions as proceed from a ſharp thin blood; eſpecially in thoſe who have been injured by a certain bad diſeaſe, or have any hereditary remains of ſcrophulous or leprous humours. It muſt be drank for about forty days together, to the quantity of a quart or two every day, if the ſtomach can bear ſo much. It will alſo be of the utmoſt ſervice to waſh foul Ulcers with.

XLIII. *Water for the King's Evil.*

Take ſharp-pointed Dock-Roots, half a Pound; Monks Rhubarb, four Ounces; Agaric, two Ounces; Liquorice, ſweet Fennel, and Coriander Seeds, each half an Ounce; Boil in twelve quarts of ſpring water, till one half be evaporated, and to the ſtrained liquor add two Ounces of Diaphoretic Antimony.

This is uſeful in Scorbutic and Scrophulous Caſes, as a Diet Drink, and has been found more ſerviceable in thoſe diſorders, than a number of the boaſted noſtrums which are daily advertiſed; but at the firſt, ſometimes the *Diaphoretic Antimony* being unwaſhed it proves emetic, though without any inconveniency upon that account, the points of the medicine being left groſs enough to vellicate, and draw the ſtomach into ſuch contractions. This alſo avails conſiderably in all kinds of impurities in the blood and juices. Its operation is principally expected from its increaſing of natural perſpiration, and gently ſcouring all the ſecretory paſſages.

XLIV. *A Balſam for Suſpicion of inward Ulcerations.*

Take of fine Oil of Olives and Venice Turpentine, of each half a Pound; Yellow Wax, cut thin, four Ounces:

melt

melt them together, and add Dragons-Blood in fine powder, two Drams, and mix it into a red Balſam.

The Doſe is about the ſize of a nutmeg, every evening and morning.

XLV. *The White Drink.*

Take of the whitiſh burnt Hartſhorn, half a Pound; of Gum Arabic, two Ounces; reduce them into powder, and pour upon them one gallon of boiling water; to which add ſtrong Cinnamon Water, half a Pint; if towards the end of the boiling, add of Tormentil Roots, four Ounces, and two Ounces of Pomgranate Bark, it will make it a reſtringent decoction.

This is of great efficacy in every kind of Flux, and it will prevail much if drank in Fevers, Small Pox, or Meaſles, where a looſeneſs muſt be guarded againſt.

XLVI. *A Drink for the Jaundice.*

Take of Turmeric Root and of Madder Root, each one Ounce; Leaves of Celandine, with the Flowers; Saint John's-Wort, of each one handful; boil them in three Pints of Spring Water, till they evaporate to two Pints; and to the ſtrained liquor add Syrup of the five opening Roots two Ounces, and mix for uſe.

The Doſe is eight table ſpoonsful three times a-day.

XLVII. *A Decoction for Decay of the Lungs, or any of the Viſcera.*

Take Ground Ivy, Scabions, and Colts-foot, each two handsful; Hyſſop, one handful; Elecampane-Root, one Ounce; Liquorice, four Ounces; Agrimony, four Handsful; boil them together in nine quarts of Barley Water till they come to about a gallon, then ſtrain it for uſe.

This Pectoral can be depended on in Coughs and Conſumptions of the Lungs.

XLVIII. *For the Aſthma, and Shortneſs of Breath.*

Take of the Milk of Gum-Ammoniac, ſix Ounces; Syrup of Squills, four Ounces and half; mix them together.

This

This promotes expectoration in a very great degree, and relieves thoſe who are ſhort breathed; it is alſo juſtly eſteemed for its ſerviceable properties in aſthmatic caſes, by rarifying and thinning viſcid coheſions in the polmonary veſſels. A Spoonful is to be taken four or five times every day, and in particular every morning.

XLIX. *Injection for Ulcers in the Vagina and Womb.*

Take Quickſilver, Balſam Capivæ, of each half an Ounce; beat and work them together, till the Quickſilver is extinguiſhed; then put to the Maſs, the Yolk of one Egg; mix them very well together, gradually adding half a Pint of Roſe-Water.

As well as for Injections in Ulcers in the Vagina, occaſioned from the corroſiveneſs of a long continuance of the Whites, it is equally as efficacious for a Gonorrhœa, particularly if you are apprehenſive of Ulcers in the Urethra. This ſimple preparation ſheaths the excoriated parts from the acrimony of urine.

L. *Tincture for the Cholic.*

Take two Ounces of Zedoary-Root bruiſed; two Drams of Saffron; half a Dram of ſtrained Opium; and two Pints of Aromatic Water; digeſt them ten or fifteen days, then decant off what is fine for uſe.

After a purge or two of Rhubarb and Magneſia, (about thirty grains of each mixt together) you may take from two table Spoonsful to four or five occaſionally.

LI. *Elixir of Bark, with Sal Ammoniac, for Nervous, Hypocondriac, and Hyſteric Afflictions.*

Take two Pints of the ſweet Spirit of Sal Ammoniac, and one Ounce of Bark in Groſs Powder; infuſe ten or twelve days, then filter it for uſe. The Doſe is a Tea-Spoonful four or five times a-day, in a little Hyſteric Water.

LII. *Julep for the Cholic.*

Take Fennel-Water, ſix Ounces; Simple Peppermint-

Water, two Ounces; Tincture of Thebaic, one Dram; Syrup of Oranges, half an Ounce: mix them together for uſe. In violent pains and inflammations of the bowels, nothing can anſwer better than the above remedy, in caſe you bleed before you take it. Three table Spoonsful may be taken three or four times every day if found neceſſary.

After bleeding, nothing can be depended on in all inflammatory diſorders of the bowels better than the above mixture; indeed it is certain, that nothing ought to be more eſteemed in ſuch diſeaſes, although many authors deny that Opium ſhould be made uſe of in Inflammations of the Bowels.

LIII. *Convulſive Aſthma.*

Take of Purified Quickſilver, one Ounce, and take it at any time of the day you pleaſe; and mix one Table Spoonful of Sulphurated Water (commonly called Gas of Sulphur) in a Gill of ſpring water, and drink it immediately after; and take another Doſe of the Sulphurated Water at bed-time. Never bleed let the diſorder be ever ſo violent.

All kinds of Diuretics are uſeful in this diſeaſe, ſuch as turpentine medicines, and the like.

This is to be practiſed for ſome time, or it will not prove effectual.

Tea made with Ground-Ivy, Hyſſop, and Veronica, and drank about three half Pints each day, will prove uſeful; and above all change of air if convenient ſhould be complied with.

LIV. *Electuary for the Gravel and Stone.*

Take Uva Urſi, in powder, (buy it at Apothecary's Hall) two Ounces, and with a ſufficient quantity of Syrup of White Poppies; make it into an Electuary; and take three or four Tea-Spoonsful twice or thrice every day.——Three half Pints of the Croſs Bath Water drank with it every day will aſſiſt it much.

LV. *Ward's Eſſence for the Head-Ach.*

Take of French Brandy, or rectified Spirit of Wine,

one

one Quart, put it into a ſtrong bottle; and add one Ounce of Camphire cut ſmall; a quarter of an Ounce of Eſſence of Lemon; and two Ounces of the ſtrongeſt Volatile Spirit of Sal Ammoniac. Stop the bottle quite cloſe, and ſhake it three or four times a-day for a week.

The method of uſing it is to rub the hand with a little of it, and hold it hard upon the part affected until it is dry; if the pain is not quite relieved, repeat it till it is.

In Mr. Ward's lifetime this very noſtrum baffled the curioſity of inquirers, more than all his other remedies; and indeed it is the moſt ſimple and leſs dangerous to be made uſe of.

LVI. *A Mixture for Deafneſs.*

Take Oil of Almonds, three Drams; Spirit of Sal Ammoniac, one Dram: mix them for uſe. A few drops are to be put into the ear, which is afterwards to be ſtopped with a little wool every night going to bed.

LVII. *For Gleets and Weakneſſes in either Sex.*

After a proper courſe of the ſolution, or Syrup as mentioned in the Appendix, for the Whites and Venereal Infection, make uſe of the following Decoction.

Decoction for Gleets.

Take of the beſt Peruvian Bark, in powder, one Ounce and a half; Galls bruiſed, half an Ounce; boil them in three Quarts of water to two Quarts, and ſtrain it; then add the Simple Tincture of the Bark, (which can be had at any Chymiſt's ſhop) ſix Ounces.——The Doſe is a ſmall Tea-cupful three times every day, with about twenty or thirty Drops of Elixir of Vitriol in the firſt and laſt Doſe.

LVIII. *Eſſence for the Head-Ach, or any other Pain.*

Take Volatile Aromatic Spirit, four Ounces; Camphire bruiſed, half an Ounce; let it be ſhook up now and then till it is diſſolved, and it will be fit for uſe.

Put a little of it into your hand, and bathe the part affected very often, till the pain vaniſhes.

LIX. *Extract of Saturn, commonly called Goulard.*

Take Litharge of Gold, two Pounds; White Wine Vinegar, four Pints; put them together into a glazed pipkin, and ſimmer them for an hour and a half, ſtirring them all the while with a piece of flat wood. After it has ſtood to ſettle, decant off the fine liquor for uſe.

The *famous French Surgeon*, Mr. GOULARD, extolled the above preparation to a wonderful degree, and recommends it in his Treatiſe for a number of uſes, Pimples, or Worms in the Face, or any other places, by only rubbing in a little of it on the parts affected, once every evening when going to bed, will take them off in a few times doing. Alſo to dip a feather into it and touch a wound two or three times a-week, it will greatly help to heal it; and when two Table Spoonsful of it is mixed in a Pint of water, with one Spoonful of Brandy, and ſhook well together, it is then called *Vegeto Mineral Water*, which will be found very uſeful in Inflammations, Burns, Bruiſes, Sprains, Ulcers, and particularly in making cataplaſms for ſore Breaſts, or almoſt any other diſorder that requires poulticing.

LX. *Compound Tincture of Sena, commonly called Daffy's Elixir.*

Take of the beſt Sena, two Ounces; Jalap, Coriander Seeds, and Cream of Tartar, of each one Ounce; coarſe Sugar, three quarters of a Pound; Brandy, three Pints; let them ſtand for ten or twelve days; then ſtrain off what is fine for uſe.

This is an agreeable Purge, and nothing can be more uſeful than to keep it ready made for family uſe.

The Doſe of this elegant and uſeful remedy is about a ſmall Tea-cupful, to be worked off with warm green tea or gruel.

LXI. *Godfrey's Cordial.*

Take ſeven Gallons of Water, Raſpings of Saſſafras, and Aniſeeds, of each four Pounds; Powder of Carraway Seed, eight Ounces; Opium, ſix Ounces; coarſe Sugar, fifteen Pounds; boil them altogether, till one half

half the liquor be evaporated; then ſtrain it through a coarſe bag or cloth, and add three Gallons of Spirit of Wine Rectified.

LXII. *Stoughton's Bitters.*

Take Gentian Root, two Ounces; dried Orange-peel, two Ounces and a half; Coccinel, half a Dram, in powder; Proof Spirit or Brandy, two Pounds; let them ſtand ten or twelve days, and decant off what is clear for uſe.

LXIII. *Another Method to make Stoughton's Bitters.*

Take Gentian Root ſliced; dried Orange-peel cut ſmall, of each two Pounds; Coccinel, in powder, one Ounce; Molaſſes Spirit, five Gallons; infuſe them about ten or twelve days, then decant for uſe.

LXIV. *Daffy's Elixir.*

Take Sena and Jalap, of each two Pounds; Raſpings of Guaiacum, one Pound and a half; Powder of Aniſeeds, one Pound; Red Sanders, half a Pound; Pearl Aſh, ſix Ounces; Liquorice Juice, one Pound; Proof Spirit, ten Gallons.

LXV. *Another Method to make Daffy's Elixir.*

Take Liquorice Juice, eight Ounces; Sena, four Pound; Jalap and Carraway Seeds, of each one Pound; Proof Spirit, five Gallons; infuſe as above.

LXVI. *Friar's Balſam, commonly called, Turlington's Balſam of Life.*

The true and beſt method of making it. Take Gum Benjamin, twelve Ounces; Gum Storax, eight Ounces; Balſam of Tolu, (or Peru) four Ounces; Succotrine Aloes, two Ounces; Rectified Spirit of Wine, five Quarts and a Pint; let them ſtand to digeſt twelve or fourteen days, then decant for uſe.

LXVII.

LXVII. *An Electuary for the Rheumatiſm, flying Pains, &c.*

Take Conſerve of Orange-Peel, two Ounces; Cinnabar of Antimony, levigated, one Ounce and half; Gum Guaiacum, in powder, one Ounce; Winters Bark, three Drams, with a ſufficient quantity of Syrup of Orange-Peel; make it into an Electuary. The Doſe is about the quantity of a nutmeg, twice every day.

LXVIII. *Electuary for the Bloody Flux.*

Take of Electuary of Scordium, one Ounce; Locatellis, Balſam, (beat very well with the Yolk of an Egg) half an Ounce; Powdered Rhubarb, two Drams; Syrup of Marſh-mallows, a ſufficient quantity, make them into an Electuary.

LXIX. Or,

Take of Yellow Wax, ſix Drams; Spermaceti, two Drams; Conſerve of Red Roſes, three Ounces; Oil of Almonds, one Ounce; Balſamic Syrup, a ſufficient quantity——Let the Wax and Spermaceti be melted in the Oil, over a gentle fire, and then mixed with the Conſerve and Syrup.

Bleed firſt, and take a Vomit of Ipecacuanha, and gently purging with Rhubarb; then take the quantity of a large nutmeg of the firſt Preſcription twice a-day, and of the ſecond the ſame quantity may be taken three or four times a-day.

LXX. *Paralytic Electuary.*

Take of Conſerve of Roſemary-tops, Muſtard-ſeed, powder'd, or its Flower, of each one Ounce and half; Virginian Snake Root, Wild Valerian Root, of each ten Drams; Caſtor, in powder, one Dram; Compound Spirit of Lavender, three Drams and half; Syrup of Saffron a ſufficient quantity to make an Electuary.

There cannot be a better remedy in Diſorders of the Nervous Syſtem where the Solids want ſtimulating, or inactive viſcid juices require to be put in motion. The Doſe of it is the ſize of a large nutmeg three times every day with a Glaſs of White Wine.

LXXI.

LXXI. *A General Poultice for an Indurated Part of a Woman's Breaſt; or any other Tumour or Swelling upon the Joints, elſewhere; or for Swelled Legs, that have a deal of Pain in the Part affected.*

Take Green Hemlock (or if it cannot be had Green the Dry Leaves will do) four Handsful, boil it in ſome Water till it be ſoft, then take it out and bruiſe it in a Mortar; and with the Crumb of ſome ſtale White Bread, boil it in a Pint of Milk till it comes to the conſiſtence of a Poultice, ſoften it with a little Sweet Oil, and apply it.

This ſhould be repeated every Morning and Evening till the Diſorder is removed.

LXXII. *Powder for a Scald Head.*

Take Agaric of the Oak, beat it betwixt a piece of thick Leather, till it becomes a Powder, take a little of it and let it be well rubbed into the Scurf two or three times every day without any kind of addition whatever——This muſt be continued for ſometime.

LXXIII. *Dropſy.*

Take two Ounces of Green Elm Bark, boil it in three Quarts of Water till it be evaporated to three Pints, and when cold decant it for uſe——Drink a large tea-cupful of it three times every day, to each Doſe add about ten Grains of Nitre.

You muſt abſtain from every other kind of Liquor whatever.

LXXIV. *An Ointment to kill Vermin in Childrens Heads.*

Take White Pomatum ſcented with Eſſence of Bergamot, two Ounces; Red Precipitate of Mercury, well levigated, one Dram: mix them well together for an Ointment.

Every Evening when going into bed rub ſome of this Ointment all over the Head to the bottom of the Skin, and put a cap over the Head to ſleep in—A few times doing will ſoon convince the afflicted of its good effects. This Ointment will prove equally as efficacious to adult perſons.

LXXV.

LXXV. *Cancers and Schirrous Tumours in the Breaſt.*

Take at Night of the Extract of the greater ſtinking Hemlock, (the common Extract of the Shops will not do) *one Grain; in the Morning double the quantity; ſo continue doing every Morning and Evening till you can take from forty to ſixty Grains twice every day, from a month to a year or two, if the Cancer will not give way ſooner; patience muſt take place in caſes of this kind.*

Five or ſix times every day boil ſome of the greater ſtinking Hemlock in as much Milk as will cover it, and apply it as a Poultice to the Breaſt, which will be of the utmoſt ſervice imaginable. It may be ſoftened with a little Ointment of Elder being mixt in the Poultice.

LXXVI. *Domeſtic Clyſter.*

Take half a Pint of thin Gruel; an Ounce and half of Olive Oil, and a Spoonful of brown Sugar: mix them together; ſometimes two or three tea-ſpoonsful of common Salt may be added.

LXXVII. *Purging Clyſter.*

Take Mallows and Camomile-flowers, of each a quarter of an Ounce; Fennel-ſeeds, one Dram: mix them in a Pint of Water, and boil till they come to half a Pint, then ſtrain it, and add Linſeed Oil, Syrup of Buckthorn, and Tincture of Sena, of each two Ounces; Sal gem half an Ounce, and it is fit for uſe

LXXVIII. *An Elegant and Valuable Plaiſter for the Stomach.*

Take of ſoft Labdanum, three Ounces; Frankincenſe, one Ounce; Cinnamon, expreſſed Oil of Mace, of each half an Ounce; Eſſential Oil of Mint, one Dram——Add to the Frankincenſe melted, firſt the Labdanum ſoftened by heat, and then the Oil of Mace, afterwards mix theſe with the Cinnamon and Oil of Mint, and beat them together in a cloſe veſſel.

There can be nothing better adapted for a Weak Stomach, Nauſea, Vomiting, &c. It is to be ſpread thick upon leather, and the whole region of the Stomach covered with it, and renewed every ſecond Evening.

LXXX.

LXXIX. *Bliſtering Plaiſter.*

Take Burgundy Pitch, Venice Turpentine, and Cantharides, reduced into a very fine Powder, of each an equal quantity. Melt the Pitch &c. a little before it hardens, ſprinkle in the Cantharides, and make a Plaiſter according to Art

LXXX. *Pills for Giddineſs, Palſy, Head-Ach, &c.*

Take Native Cinnabar, levigated, two Drams; Caſtor, and Salt of Amber, of each one Dram; Oil of Marjoram, fifteen Drops; Balſam of Peru, one Dram; Syrup of Piony, a ſufficient quantity to make the Maſs, and form nine Pills out of every Dram of it. The Doſe is three of them to be taken three times a-day.

LXXXI. *Ward's Paſte for the Fiſtula, Piles, &c.*

Take a Pound of Elecampane Root, three Pounds of Fennel-ſeeds, and one Pound of black Pepper; let theſe be made into a very fine Powder ſeparately: Take two Pounds of Honey, and the ſame quantity of Sugar in powder; melt the Honey and Sugar together over a gentle fire, ſcumming them continually, till they become as bright as Amber; when they are cool, mix and knead them into your powders in the form of a Paſte.

The Doſe is the ſize of a nutmeg, morning, noon, and night. This has been found a Specific for the Fiſtula, Piles, &c

LXXXII. *Peripneumony, or Difficult Breathing in Children.*

Take Tartar Emetic, one Grain, put it into an Ounce of Water, and diſſolve it; then give the Child one Teaſpoonful of the Mixture every hour, till it Vomits; which is to be encouraged by letting the Child ſuck, or giving it plentifully of Barley-Water, or very thin Water-Gruel— After the Vomit, put a Bliſter immediately upon the back, and give it half, or a whole Spoonful of Red Wine mulled, with a little Cinnamon and Sugar in it.

If the Child is ſtrong and luſty you may give it a few

few grains of Jalap, which will purge it and be of Service.

*** This Method has very often ſaved the Life of many Infants, when their parents have expected they were going to make their exit.

LXXXIII. *Pills for a confirmed Scurvy; complicated with the Leproſy, Ulcers, Inflammations, Fiſtula in Ano, King's Evil, Rheumatiſm, or ſevere Gout; and Obſtructions incident to Women, will yield to the following Remedy if perſevered in.*

Take Corroſive Sublimate of Mercury levigated, and Powder of Elecampane Root, of each two Scruples; Oil of Cloves, twelve Drops; Rob of Elder, a ſufficient quantity to form a maſs; of which make eighty Pills.

ONLY ONE of theſe Pills are to be taken every night till the diſorder is eradicated, and by no means take any more at one time, nor any oftener, as they will be attended with the greateſt danger. In the courſe of the day drink three half Pints of Saſſafras Tea, or the decoction of Guaiacum Wood, ſweetened with coarſe Sugar or Liquorice Root.

*** No kind of Mercurial medicine can ever have the effect that may be expected from this in ſuch cruel diſorders, therefore the afflicted may depend upon its great ſucceſs, which has been proved in many deplorable caſes, both in town and country. As it is rather a new mode of preparing the Corroſive Sublimate, let not that diſcourage the regular Practitioner from being bold in this practice, hoping he will make his obſervations upon its great effects, and furniſh the Author occaſionally with his comments.

N. B. The unfortunate, who want the aſſiſtance of ſuch an *Herculean* remedy, had better not depend upon his own judgment in the preparation nor adminiſtering it, but apply to an Apothecary of credit, and deſire his aſſiſtance throughout the cure.

LXXXIV. *Diuretic Drink.*

Many adult perſons are very often afflicted with obſtructions from taking a ſlight cold, which in fact want not the immediate aſſiſtance of a Phyſician. Some

have

have a trifling Obſtruction at the Stomach, others in the Reins and Kidneys, others are ailing again for want of gentle perſpiration, and ſome have a ſlight Strangury or Stoppage in the Urinary Paſſages; therefore in order to remove ſuch inconvenience, any ſimple Diuretic that will not load the Bladder too faſt, may prove ſalutary in theſe complaints, without loading the ſtomach with medicines. And as the JUNIPER BERRY is in ſo much eſteem, and indeed all parts of the tree which produces them are ſo balſamic, that the glutinous and adheſive properties of their juices preſerving them from thoſe decays, which other vegetables are ſubject to, did embolden VAN HELMONT to ſay, they were a preſervative of Life, and made uſe of a certain liquor which he had diſtilled from theſe Berries, in every or almoſt all his phyſical preſcriptions where Diuretics were thought neceſſary; and it really ſtrengthened and fortified the ſtomach, and proved effectual againſt *Malignities* and *Epidemical Infections*. Knowing by many experiments made by myſelf on a Spirit called, MAIDSTONE GENEVA, (which is ſold at their Warehouſe, in Biſhopſgate-Street, where my ſervant uſually orders it; the ingenious Proprietors I have not the pleaſure of being acquainted with, neither have I ever been ſolicited by them to ſay what I am going to mention) found it to be the cleaneſt and pureſt Low Spirit yet invented in this kingdom, and on that account have thought proper to make many of my *Tinctures* and *Solutions* of this *good* and *wholeſome compoſition*, which has anſwered a much better end than when I made uſe of Malt Spirits; and I do believe, that its production is neither from Malt nor Molaſſes, but a good, wholeſome, pure, cheap Spirit, equal, and indeed, I think, better than the foreign Spirit, called Holland's Geneva, becauſe I believe it to be more wholeſome, having given them both a fair trial, and find the MAIDSTONE to be a better *Diuretic*, and has not that diſagreeable and ſmokey taſte. In the former part, I mentioned ſome trifling indiſpoſitions from Colds, &c. my reaſon is, that thoſe who are thus ſlightly affected, may drink the MAIDSTONE GENEVA, medically made weak with warm water, a little ſugar, and a ſlice of lemon in it; this they may drink as a diluter, every afternoon or evening, before they go into bed, but not to exceſs, which

will operate as a wonderful good Diuretic, and keep the body in a gentle perſpiration, and without any other trouble may throw off that ſlight indiſpoſition; but care muſt be taken of catching a freſh cold.

Indeed this invention is the beſt and moſt ſalutary Spirit ever thought of in this kingdom, for if it be drank when diluted, it is not pernicious to the conſtitution as many other Engliſh Spirits are, it contributes to diſſipate wind and flatulencies in the ſtomach and bowels; but the moſt celebrated and remarkable properties of it do not end there, for it deterges and ſcours the viſcera; and as I mentioned before, the Reins and Urinary Paſſages; it is good in the Jaundice, Dropſies, Cachexies, Gravel, and Stone, and difficulty of making Water, and particularly Venereal Ulcerations, and eroſions in the Urethra, are helped by a moderate uſe of this valuable Diuretic, diluted with warm or cold water.

The old adage is, that a Prophet hath no honour in his own country, and indeed it is true; but I hope the ſenſible part of mankind will always encourage the produce of their own country, and in particular the ingenious Engliſh Artiſt, who after much pains, and a great expence, excels foreign nations by his invention.

LXXXV. *Electuary for the Tape Worm.*

Take two Ounces Pulvis Stanni, ſifted through the fineſt hair ſieve; mix it in half a Pound of Honey, and after the Patient has taken a Purge, he muſt then begin and take two or three Tea-Spoonsful of this preparation every morning and evening. As this medicine deſtroys the Worms, it will be neceſſary the Patient ſhould take *a Purge once a-week of Sena and Manna*, which will carry them off.

This remedy never yet failed of deſtroying every kind of Worms, whether in the ſtomach or inteſtines, if perſevered in, uſing it as here directed.

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