

Practical observations on the preservation of health, and instructions for the prevention and cure of some of the most formidable of human maladies ... in which ... attention is directed ... particularly to ... the English diet drink ... / [Joshua Webster].

Contributors

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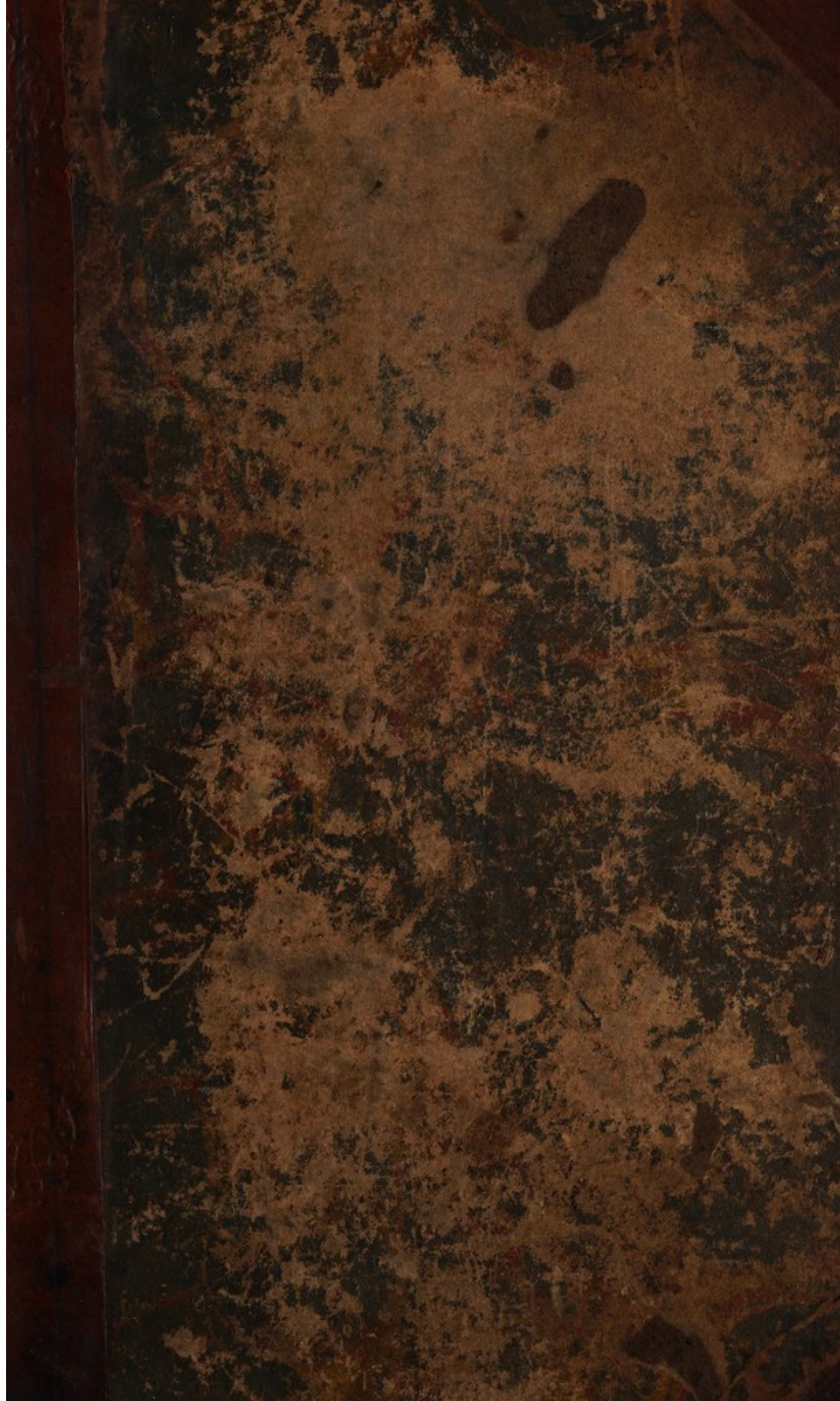
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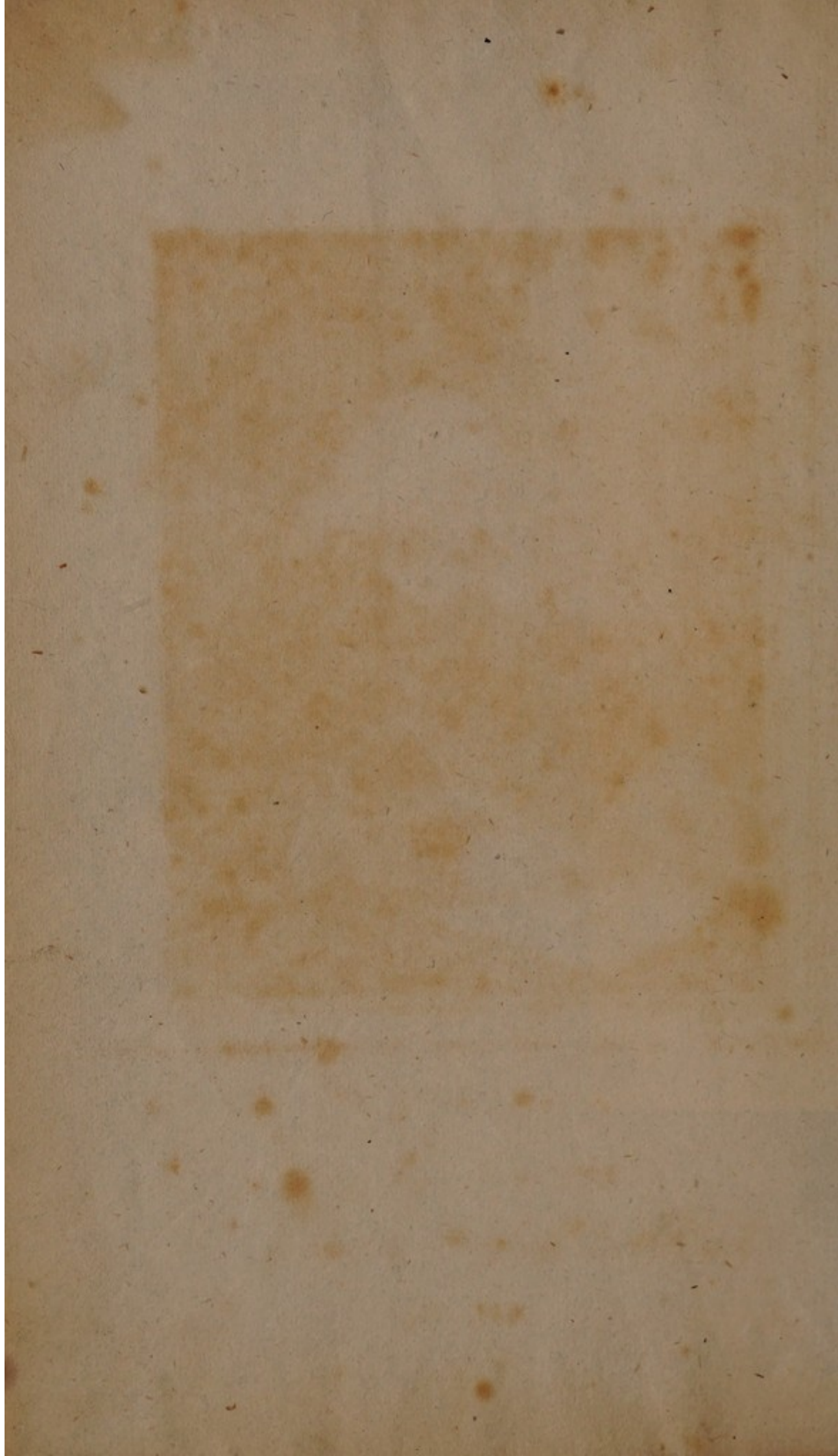
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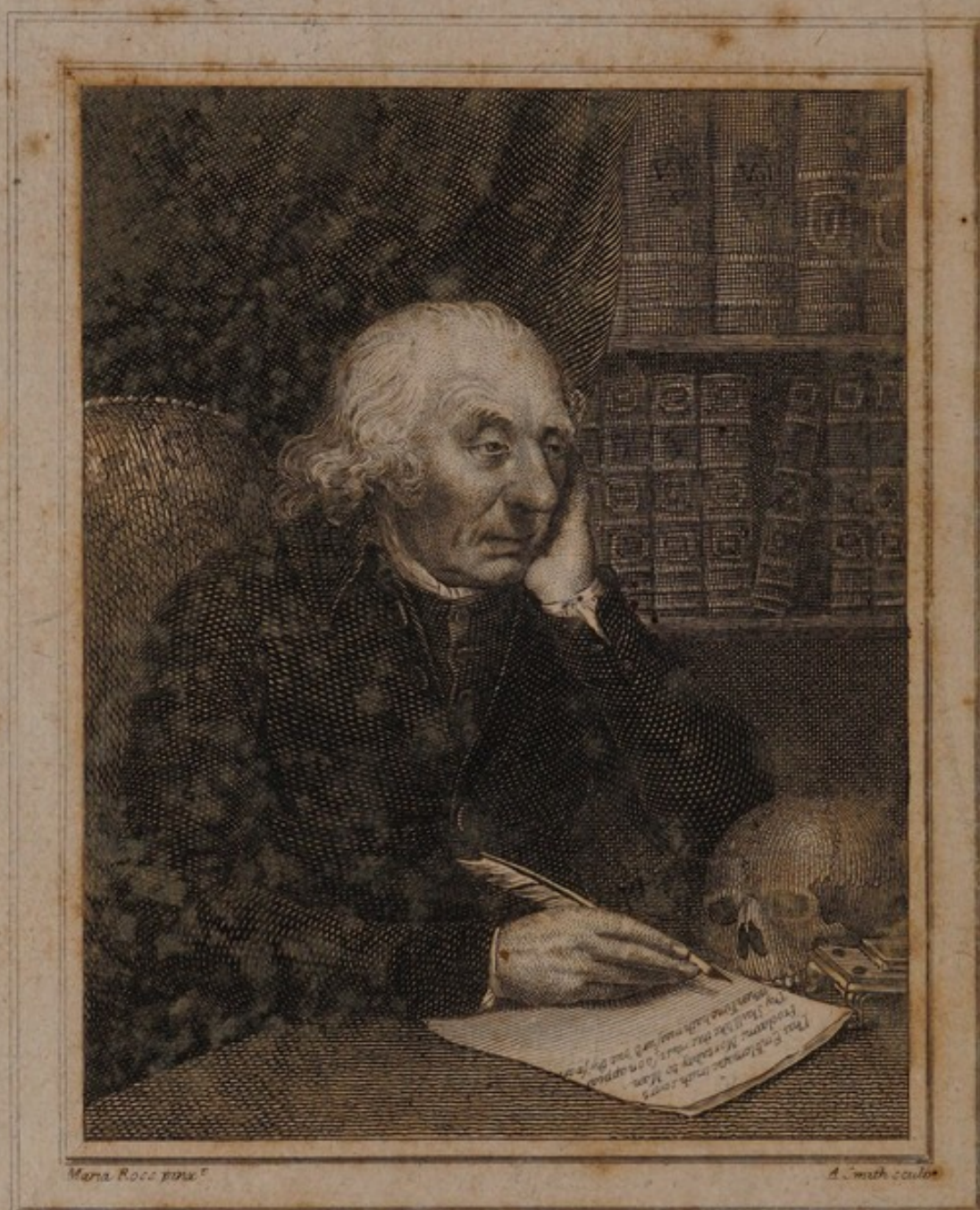
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D^r. J. WEBSTER.

aged 90 - Jan^y 1801.

Invented the English Diet-Drink.

AD-1742.

PRACTICAL OBSERVATIONS
ON THE
PRESERVATION of HEALTH, and INSTRUCTIONS
For the PREVENTION and CURE
OF SOME OF THE MOST FORMIDABLE OF
HUMAN MALADIES.

In which a Number of Errors in the present Practice of Medicine are pointed out with becoming Modesty;—the Study of Simplicity and of Nature is recommended;—candid Dissuasions are urged against the Use of Metals, Minerals, and other dangerous Drugs, too often the Allies of Death;—and in which public Attention is directed to the pure Sources of Medical Botany, particularly to the Use of the ENGLISH DIET-DRINK, the wonderful Efficacy of which, in all Diseases produced by IMPURITY of BLOOD or NERVOUS WEAKNESS, is placed beyond a Doubt, not only by the irresistible Force of just Reasoning, but by the Practical Evidence of a Collection of authentic Cases of remarkable Cures.

By JOSHUA WEBSTER, M. D.

THE FOURTH EDITION, PRICE 5s.

L O N D O N, 1811.

Sold by the PROPRIETORS and VENDERS, and
PRINTED BY R. CARPENTER, ALDGATE HIGH-STREET,
For E. SLEE and Co. Borough High-Street,
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IMMUNIZATION

PREVENTION OF DISEASE

BY THE VACCINATION OF CHILDREN



EXPLANATORY REMARKS.

THE Reader of the following Work will not fail to observe, that the Proprietors of the ENGLISH DIET-DRINK had intended to supply, in the present Edition, a more enlarged Biographical Memoir than they have hitherto done, of its celebrated Author. They are aware, how acceptable such a Present would have proved to every Class of intelligent Readers, but especially to that numerous one, who, from the Efficacy of his Medicine, have been raised from *Despondency* to *Hope*—from *Disease* to *Health*, and from the *Brink* of the *Grave* to renewed *Life* and *Spirits*.

A Life, like Dr. WEBSTER's, protracted to almost an Antediluvian Age, and devoted chiefly to professional Study, and to active Benevolence—who numbered amongst the large Circle of his Friends many of the greatest Names in Science and Literature, that have adorned the English Annals of the Eighteenth Century, must be sufficiently prolific of instructive Anecdote, of interesting Incident, and, above all, of moral Wisdom. The Materials, however, of his long and useful Life, are not easily collected—they are dispersed amongst a Variety of individuals, some of whom have not proved quite easy of Access, and others, not so communicative as could have been wished. If any Person, in Possession of an interesting and authentic Fact, or Document, of the late Dr. WEBSTER, will be kind enough to transmit it to the Proprietors, they are not without Hopes, that such an Accession of Materials might be easily procured, as, if added to the Stock they already possess, will enable them still to gratify their own Wishes, and the Expectations of the Public, by giving, in a future Edition, A LIFE OF DR. WEBSTER, somewhat worthy the Memory of so genuine a Philanthropist—so eminent a Physician, and so excellent a Man,

To

To prevent Mistakes, which may be occasioned by the Distinction of *Single* and *Double*, or *highly concentrated* DIET-DRINK, the Proprietors have resolved to confine themselves *solely* to the Preparation of the *latter only*, being more portable for Conveyance to any Distance, and therefore, less expensive to the Patient. The Reader is therefore particularly requested to keep in Mind, on perusing the Cases stated in this Work, that the *Single* being generally meant, if the *Double* had been used, one Half of the Quantity taken would have been sufficient for the Cure. But every Doubt on this Head is now completely removed, by the printed Directions given with each Bottle.

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Just published also, Price 1s. 6d. a Pamphlet, containing a true and brief Account of the Character and Efficacy of the ENGLISH DIET-DRINK, with proper Directions for its Use; and exhibiting a List of Thirty Cases of recent and remarkable Cures, performed within the Year 1810, on both Sexes and at all Ages, from Infancy to the most advanced Stages of human Life. These Cases (which are only printed in this Pamphlet) will be found highly consolatory and instructive, not only to the afflicted Patient who labours under any of the various Disorders described in the Book, but also to those, who, from Humanity or Affection, may be called upon to administer the Medicine to others. To be had, together with this Work, of the Proprietors, and all the Venders.

THE
EDITOR'S ADDRESS
TO THE
PUBLIC.

A FEW weeks after the venerable Author of the following work had prepared it for a third edition, and impressd upon it *the silver honors of age*, he was called away to a better world, to receive the full reward of his virtuous and benevolent exertions in this. He had devoted almost half a century to botanical pursuits, and lived another half century to enjoy the heart-felt pleasure of the most valuable discovery ever made perhaps by man,—to dispense its blessings,—and to establish its reputation beyond the possibility of doubt—beyond the reach of impotent envy or malice.

It would not be easy to point out in the vast sphere of medical history any physician better

qualified both by temper and talents to enlarge the bounds of useful science than the late Dr. WEBSTER. A happy union of candor and sagacity induced him, at the very opening of his career, to lay aside all pomp, all imposing disguise, all proud pretensions to brilliant theories; and to follow Nature with modest step in her plain, instructive, and unerring paths. He knew that her gifts were distributed with so much wisdom and goodness as to afford in the productions of every country the best remedies for the diseases most prevalent there. He saw the absurdity of digging into the bowels of the earth for what grows in a much safer form on its surface, or of going to the extremities of the globe in quest of medicines, which may be more certainly found in the herbs of our own fields, though trod upon by the foot of ignorance.

From a just conviction of these truths, botany became the Doctor's favorite study. He had before made himself well acquainted with the structure of the human frame; with the laws of the animal œconomy; with the various causes of irregularity, weakness, or disorder; and with the practice of the most eminent professors of the healing art. But by the force of superior penetration, by deep research, and unwearied experi-

ments, he opened new sources of comfort to the sick, and of confidence to the healthy. It is impossible to speak of his astonishing success without the strongest emotions of admiration and gratitude. One may truly say of him in the words of the descriptive poetess:

“ He prov’d what hidden powr’s in herbs are found,
“ To quench disease, and heal the burning wound ;
“ The fainting head with cordial drops sustain,
“ Call back the flitting soul, and still the throbs of pain.”

All those important purposes were never so effectually promoted as by the invention and improvement of the ENGLISH DIET DRINK. It soothes the anguish and allays the heat and violence of a malady. It revives the drooping spirits, and pours a sort of day-light even upon the glooms of despair. The bitters of old age it has sweetened, and rescued thousands of the young from the brink of an untimely grave.

In modern practice, too much attention is generally paid to the relief of present symptoms, and to the raising of hopes which may be afterwards mortified by the return of disease with aggravated danger. The ENGLISH DIET DRINK operates slowly, but surely, on the remote as well as the immediate causes of any complaint.

It cleanses the fountain of life and health, corrects the impurities of the blood and juices, braces the nervous system, and gives to all the vital organs a due degree of uniform vigour. Hence it proved to be without a parallel in the SCURVY; the LEPROSY; the SCROPHULA, or KING'S EVIL; the FATAL TAINT arising from an IMPURE INTERCOURSE OF THE SEXES; in ASTHMAS; CONSUMPTIONS; DEBILITATED HABITS; and the long and lamentable train of NERVOUS DISORDERS.

Though actual cures are the surest proofs of the efficacy of any medicine, and though every day, every hour has been adding to the reputation of the ENGLISH DIET DRINK, yet it may be proper to guard the reader against one objection, which has been often refuted, yet as often brought forward in a new and more plausible form, to excite doubt, or to lessen belief in its general and irresistible powers. The shew of candor and the whisper of sly insinuation sometimes do injury, where impudent outcry would be hissed into silence.

After the virtues of the ENGLISH DIET DRINK had been proclaimed by many a grateful tongue in various parts of the kingdom,—after the late Dr. FRANKLIN, so justly called the AMERICAN BACON,

had exerted his great talents to spread its fame through the *New World*, all the liberal part of the Faculty no longer hesitated to prescribe it in cases which had baffled their former efforts, and upon a fair trial to join their testimony to the public voice. But the low, the envious, and the interested, who form the great majority in every profession, affect to admit, what they no longer dare to deny, the success of the medicine in certain instances, yet alledge that it cannot be proper in so great a variety of disorders. Such men deserve to be hunted to their last retreat,—to be dragged forth in the open face of day,—to be bared to the sun, and exposed in all their naked ignorance and malignity.

Any person of common sense must perceive that it would be absurd to ascribe contradictory effects to the same remedy. It would be acting the ludicrous character in the fable, and blowing heat and cold with the same breath. But when disorders are proved to arise from one grand cause; when, like children of one family, they are marked by a strong resemblance of their leading features; ought not the method of treatment to be directed to the same end, and regulated by the same principles? However maladies may differ in their peculiar modes of attack, as soon as

you are convinced that they are owing to impurity and weakness, can you employ any thing with more confidence than a medicine, so successfully tried, and so justly admired for the happy union of its *corrective* and *restorative* powers?

There is one quality in the ENGLISH DIET DRINK, which gives it a pre-eminent claim to regard; and that is the gentleness of its operation, always assisting, and never disturbing the salutary process of Nature. This has been illustrated by a comparison equally just and beautiful. As the surface of a lake which clearly reflects the sky and hills and verdant scenes around its borders, when it is disturbed by the falling of a stone, immediately endeavours to recover its scattered images, and restores them to their usual order; in like manner, when the natural course of the animal œconomy is interrupted and disturbed by disease, the powers of the constitution are continually endeavouring to restore its organs to the perfect use of their functions, and to recover its wonted vigour and serenity.

To assist those powers when weak—to regulate them when disorderly, always to promote and never to divert or impede their curative tendency—was the grand aim of the inventor of the ENG-

GLISH DIET DRINK. This is securing to Nature all the aid which Art should in any instance presume to afford; whereas her benignant designs are liable to be counteracted by the rashness of the physician, who prescribes medicines as dangerous as they are strong, and like an inconsiderate man plunging his hands into the disturbed lake, only helps to increase the confusion and disorder which he meant to remedy.

To enter into a detail of the other excellencies of the ENGLISH DIET DRINK would be anticipating what is described in the body of the work with equal force and plainness by the Author himself. He felt too much the importance of his subject to study for a moment the beauties of language; and he trusted more to the genuine evidence of truth, than to the gloss of artificial persuasion. It was one of his favourite remarks, *That the flowers of Fancy would be a misplaced ornament among the salutary plants of the botanic garden.*

Yet, though the praise of elegance is given up for the advantages of clearness and simplicity, it is hoped that the real scholar or any of the Faculty, who may read this book, will not be less gratified than those who stand in greater need of information. They will read it as the last

will and tẽstament of a truly good and great man, bequeathing a legacy of inestimable value to the present generation and to posterity. The spirit of integrity, of sound wisdom, and of honest zeal, which breathes in every line, strikes us as the farewell address of an affectionate and enlightened father to his children, chearfully leaving them the precious fruits of his past labours, accompanied with advice to render the gift a lasting benefit to mankind.

The Editor will only add a few references to the several subjects of discussion; and then putting the work into the hands of such patients as are desirous of rational information, will use with confidence the most impressive words he can think of—

Nocturnâ versate manu, versate diurnâ—

Day and night read it—read it night and day.

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THE
INTRODUCTION.

FALSE pride and false delicacy may, in many instances, be almost as blamable as presuming ignorance. Regularly bred men are too apt to confine to private practice their happiest inventions, from the dread of exposing themselves to the reproach of quackery. But, surely, the good of our fellow-creatures,—the desire to relieve pain, and expel disease,—the conscious power of rescuing numberless victims from sickness, dejection, and death, ought to inspire us with a contempt of silly prejudices—ought to raise us above all idle fears of what falsehood, misconception, envy, or malice may dare to whisper concerning our motives.

At the approaching close of a long life, the former part of which has been devoted to study, and the latter to active duties, my only incitement to the present work is a wish to do good even in the grave. It has always been my earnest

endeavour to bring medicine out of the schools; to render it beneficial to the great body of society; to shew the fallacy of fine theories, or of plausible reasoning, unsupported by experience; and to strike out of the list of drugs, as well as out of college-prescriptions, what I had found, after the fullest and fairest trials, to be useless or dangerous.

When the health and lives of others are at stake, the good physician will always be modest and cautious. But his modesty must not betray him into a reverence for any doctrine without proof, nor must his caution chain down all the efforts of his sagacity to the go cart of servile imitation. I did not leave the beaten track till I discovered again and again its fatal tendency—till I saw that the ruling fashions or maxims of the day were too often pregnant with the utmost injury to mankind.

It would ill become me to pass an indiscriminate censure on others, when my own best exertions have not always succeeded. In vain would human wisdom boast of being able to regulate the animal functions, or to subject diseases to medical controul. All these, however, admit of some relief; and a greater

efficacy, or rendered hurtful by being, fashionably, and unscientifically, blended with a farrago of useless indigestible trash, at best. — The Reader will, most probably, be astonished, when told a fact strictly true, and of the highest importance—that whilst I slavishly confined myself to practise in conformity with established systems—selected the best esteemed medicines, and regularly prescribed the forms which collegiate experience and authority had appropriated to the cure of this and that disorder—great and severe was my disappointment to find that I frequently miscarried in cases where reason told me I ought to have succeeded. Hence I was led to conclude that there was something fundamentally wrong in the Healing Art—and that the Faculty reposed a more implicit confidence in the powers of several remedies than they were justly entitled to. Although my patients and their friends were perfectly satisfied, I was far from being so, and immediately began to simplify my prescriptions—at the same time attentively marking the natural efforts of the constitution to rid itself of disease. It was not long 'ere my first conjectures were confirmed—and I experienced a considerable increase of mental felicity, on ascertaining, that by far the greater number of human maladies were curable by few and simple remedies; these are plentifully spread by the bounteous Author of Nature over the face

of this island, and spontaneously offer to aid the cause of humanity by enabling the judicious Physician to successfully oppose the insidious attacks, and compel the hasty retreat of many endemial disorders, which have proved fatal to thousands of our countrymen—because too long deemed incurable.

After long and laborious application, many tedious and expensive experiments, I at last succeeded in obtaining, in a concentrated state, those subtle and active parts in which the medicinal properties of vegetables reside. Sixty years uninterrupted experience authorises me to declare, that the selection is now rendered as perfect as the limited state of human knowledge will admit—their virtues comprised in the smallest possible space—and offered to the world in a safe and pleasing form, under the denomination of *CEREVISIA ANGLICANA*, or *ENGLISH DIET DRINK*.—This medicine, though strongly recommended on the authority of long experience, as an absolute specific in the several diseases hereafter enumerated, has, in some instances, failed—but only in such cases as were capable of resisting the best devised means of attack. It is a melancholy and important truth, that the Physician is frequently obliged to deduce his indications of cure, and form his diagnostic of the disease, together with the mode of treat-

ment and probable termination, either from false data or mere conjecture—hence it cannot reasonably be expected that the most skilful should be invariably successful, or always prognosticate aright. Patients often inconsiderately trifle with their own lives—and from a mistaken delicacy, or less laudable motives, either carefully conceal the most material symptoms and circumstances from the doctor, or give a fallacious description thereof; this is a species of *involuntary suicide** which cannot be sufficiently exposed, and discountenanced:—When detected, the fatal dye, perhaps, is cast—and the humane Physician is distressed at beholding the life of a fellow-creature cut off by an act of unaccountable folly and imprudence, “ ’ere half his days were fairly numbered.” By these means I have been led to

* An awful instance fell under my immediate observation a few years since—a strong, stout, and healthy, unmarried woman, about twenty-five, from some accident, suddenly miscarried. I had the unhappiness of being called in—pain, and preceding high health, presented the fallacious appearance of a high fever, which false delicacy induced herself and friends to represent as being the case; at the same time they cautiously concealed every circumstance that could lead to a knowledge of the unhappy person’s real situation. Thus misled, I had the indescribable horror of beholding next morning as a lifeless corpse, the body of a woman, (late in the prime of life) who a few hours before might have been easily and quickly restored to health, had the truth been told. E.

commit some serious, though unintentional and unavoidable errors in *Practice*; this frank confession will, I trust, not only cancel these—but be productive of much good to society long after *Death* has consigned me, (now in my ninetieth year) to the silent tomb, by teaching *Patients* they cannot deceive their medical attendants—but at the risk of *Self-destruction*.

After carefully examining the various substances which have been, from time to time, employed in Medicine, and experimentally ascertaining the true and relative virtues of the most celebrated, I discovered that the palm of superior, intrinsic, and almost exclusive merit, was due to the Vegetable Kingdom. The admirable variety of its productions are so well adapted to the wants of man, in every part of the globe, that all the disorders which were wisely intended to weaken his attachment to this world, admit of alleviation—and if curable—are to be removed by remedies furnished from this prolific source.—The primæval state of man—his long unacquaintance with the arts—and the early origin of disease, strongly indicate the truth of this remark, which the instinctive recurrence of irrational animals, for relief of their several ailments, to appropriate vegetables, corroborates, and a long experience in the treatment of human maladies, proves to be demonstrably and invariably true.

Whilst certain classes of Vegetables were destined by the all-bountiful Author of Creation to the nourishment and support of animal life, others were wisely set apart for the cure of accidental injuries, and disease; to a judicious selection of these, the inferior animals* are guided by the unerring laws of instinct—and MAN, *distinguished* by the gift of superior reason, as the chosen favourite of Heaven, alone enabled, by a proper exertion of industry, and his *characteristic* faculty, to arrange the various plants and herbs under proper heads, and assign to each its peculiar virtues and uses.

Men having experimentally found that the bodily strength and animal spirits, daily wasted by labour and fatigue, were speedily recruited by a certain quantity of vegetable food—when suffering under disease, naturally applied to the same source for a remedy—nor were their expectations disappointed. All human disorders, if curable at all, yielded to the powers of Vegetable Medicine; and, in the early ages, Medical Botany appears to have been studied with care, and the medicinal properties of Vegetables well

* It is interesting and instructive to observe our domestic dog; after having eat any thing the stomach cannot digest, he readily selects, and swallows, a certain species of grass with an apparent consciousness of its emetic quality.

understood—honourable mention was made of all who excelled in this most useful kind of knowledge—as may be collected from several passages in a book, less venerable for its antiquity, than for the importance of the sublime truths it contains, though now grown somewhat into disuse and out of fashion; I mean the BIBLE—in describing the greatness of *King Solomon's* wisdom—his excelling in botanical knowledge, and the virtues of plants, is particularly mentioned, in proof of his superior and extensive knowledge.—In this primitive state of medicine, the Healing Art was neither encumbered with hypothetical reasoning, chemical absurdities, or the mystical compounds of superstition and error—its prescriptions were few, and simple, and they were seldom unsuccessful. But when men became acquainted with the arts, a fondness for discovery unhappily induced them to turn aside from the path pointed out by nature, and successfully trod—they ransacked the bowels of the earth, and dived to the bottom of the sea in search of antidotes to disease. Some even sought to obtain remedies entitled to the appellation of specifics from the very mansions of Death, the charnel-houses of putrefaction—to such ill-directed applications of human genius we are indebted for the short-lived celebrity which *dead men's bones*; *gems* extracted from the heads of *toads*; and other equally ridiculous ab-

surditities acquired, and for some time maintained, whilst the subjects of profitable enquiry and experience were totally forgotten and overlooked, or only remembered by a few.—Thus the practice of medicine was involved in uncertainty and conjecture—happily for mankind, at every period, some one or other proclaimed the superior powers of Vegetable Simples in opposing the progress of disease—asserting, as I have invariably found to be true—that the Medical Art could never be improved or established on sound and rational principles, till such time as Physicians, reverting to the *simplicity* and *nature* of its origin, should turn their attention from Minerals, Metals, &c., and *seek the goddess of health in her native abode*—the Vegetable Kingdom*.—The productions of this are nearly analogous to the nature of animated beings—they are highly enriched with juices possessing a nutritious, balsamic, and restorative quality, and readily assimilate with the human circulating fluids, which they gradually restore, when vitiated, contaminated, or morbid, to a sound and healthy condition.—All mineral and metallic preparations, on the other hand, however famed

* In those countries which remain uncorrupted by what is termed *civilization*, the art of medicine is perfectly natural, being directed by experience, uncloyed with fanciful theory. The inhabitants readily cure, with a few simples (practically known to them) diseases which have resisted all the efforts of European treatment. E.

for pretended cures, are incapable of improving or correcting the qualities of the blood, or chyle, &c., because *they do not* nourish—and it is certain, that the action of such articles as impart no nourishment to the system must be merely mechanical, and often hurtful. One cause of Vegetables having been so many years held in undeserved discredit as remedies, is attributable to the erroneous processes by which their several properties were endeavoured to be collected and preserved—their most active and essential parts were either volatilized and carried off in vapour, or otherwise destroyed by the operator—so that scarcely any thing remained except an inert *residuum*—or in the language of Chemistry, an useless *caput mortuum*.

By an improvement in the Pharmaceutic Apparatus usually employed, and a peculiar mode of preparation known only to the Inventor and present Proprietor*, all the finer and elastic parts of the Vegetables, in which their principal efficacy reside, are preserved and retained in the *English Diet Drink*. If the Faculty at large would forget the prejudices of custom and education, and give this medicine a fair trial, they would soon become converts to my opinion—as friends of the human race, admit its superior efficacy in the several disorders for which I have

* S. SLEE, ASYLUM BUILDINGS, opposite the Free Mason's Female Charity School, ST. GEORGE'S FIELDS.

OBSERVATIONS

ON THE INVARIABLE EFFICACY OF THE

CEREVISIA ANGLICANA,

OR

ENGLISH DIET DRINK, &c. &c.

BEFORE I enter on the immediate subject of this Pamphlet, it may be proper to offer some apology to my readers for so frequently addressing them in the first person; and for this purpose I beg leave to adopt the words which were used by a sensible and humane Physician (Dr. Stevenson) on a similar occasion:—"The generous reader will forgive my talking so much of *myself*. There is more energy, and earnestness, in using the first person, otherwise I should have addressed the public in the third."—If it should be requisite to say somewhat further in exculpation, I might observe, (*independent* of an *old man's fondness* for egotism) that, as the following pages, chiefly, relate to an invention and discovery of my own, it was scarcely possible to avoid a frequent use of the first person, without making the sense of some passages obscure—of

others unintelligible; and on a subject that materially interests all ranks of society, I was particularly anxious to render my meaning easy to be understood. I shall therefore endeavour to express myself in plain and familiar language—totally regardless of ornamental composition—I shall carefully choose such terms as will be fully comprehended by every person into whose hands these Observations may fall, and I trust they will accomplish the intention of the writer, and thereby facilitate the grand end and aim to which all his labours have been directed for more *than half a century*, by introducing to the general notice of mankind the CEREVISIA ANGLICANA, or ENGLISH DIET DRINK.

The importance and value of this improvement in medicine can only be estimated by those who have experienced its efficacy. All who are intimately acquainted with the Author, know that he is superior to the paltry artifices of unprincipled empiricism, and incapable of imposing a falsehood on the world—nor will it, I should hope, be considered as a mark of arrogance, when I add, that I expect to be believed by every candid and liberal-minded person, to whom I am not personally known, unless my positions can be disproved. At a period of life when the attractions of this world lose their force—and few, at most, are the days that remain to be numbered

here—my only wish is to be useful after death—with this view I have long devoted my time and attention to the simplification and reformation of the Healing Art—my success has surpassed the expectations I had previously formed on the subject—and I hope to be instrumental in bringing into general use an improved medical practice—which will considerably lessen the Physician's labours—free his mind from much anxiety—disencumber the art of many difficulties, perplexities, and uncertainties, and render the cure of diseases more certain, pleasant, and expeditious. When a really skilful, ingenious, and humane Physician is convinced, from his own observation, that the English Diet Drink easily vanquishes diseases, commonly considered very difficult, if not wholly incapable of cure, and perceives that it is of singular service in keeping up the constitutional equilibrium, (called health) and enabling it to repel the attacks of contagious and epidemic disorders, he will no longer waste his time in chemical researches after metallic remedies, or properly speaking, *deceptions*, which cheat expectation, and befriend the cause of death; he will assiduously investigate the medicinal properties of vegetables. Several have already done so—and Vegetable Medicine would, 'ere this, have been universally encouraged, and the Diet Drink as regularly prescribed in cases indicating its use, had not both

been strongly opposed by an interested *cabal* formed amongst the sordid part of the profession. These dread a reduction of their profits; count the value of a putrid fever with great placidity of countenance, and warmly oppose every discovery that has a tendency to lessen the consumption of useless drugs, under the specious pretext of being actuated by a regard for the public welfare; nay, the conscientious Physician, whose prescriptions are written to benefit his patient, not to enrich the Apothecary, is often branded with the appellation of “*ignorant Quack*,” because he directed no more medicines than were absolutely necessary. The human mind has been long held in physical thralldom, and the people have submitted to think and act in all matters appertaining to medicine exactly as the faculty direct.

The merit of the Cerevisia, as an effectual remedy in those numerous diseases which arise from an impure, or morbid, state of the blood, as Scurvy, Scrophula, &c. which will hereafter be particularly noticed, has withstood the force of all opposition, established its efficacy in most parts of the kingdom, and attracted the attention of some of the first characters in this country. It has also found its way into the Navy and Army — and its use, ’ere long, will be universally admitted, to the incalculable benefit of thousands, who now languish in despair and hopeless

misery, unless they practically deny an adage they profess to credit—"That the world grows older and wiser every day"—and obstinately reject an improvement in medicine of the first magnitude, and most extensive utility, on the absurd plea that it is wrong to countenance any innovation on a system rendered sacred by the sanction of ages. The most valuable discoveries, all great acquisitions of knowledge, have constantly contradicted opinions previously received, and acted upon. If the objection of novelty can be justly urged as a sufficient reason for the non-adoption of such; the world ought to have continued, for ever, in primeval ignorance. Such a mode of arguing is insulting to the DEITY, and derogatory to the dignity of our nature—but it is the only way in which the continuance of wrong can be defended; justified it cannot be, on account of its antiquity. And surely, of all *wrongs*, none can be attended with such *mischievous* and *fatal consequences*, as *systems* in physic erected on *erroneous principles*—these have existed for ages, and millions have been sacrificed to an implicit reliance on the practice they inculcate—it is then high time to expose their dangerous fallacies, and I flatter myself, the avidity with which all kinds of useful knowledge is, at present, cultivated, marks the times, and dispositions of the people, as favourable to the undertaking.

The reader has been already apprised that my deviation from the regular modes of prescribing was occasioned by a painful experience of their inefficacy; a conviction that Providence would not permit the infliction of any disease on creatures of his own forming, for which he had not provided an adequate remedy, discoverable by a proper exertion of industry and reason, determined me to abandon the high road of practice, and strike out into the unfrequented paths of nature—the refreshing odours, rich, bland, and nutritious juices of the Vegetable Kingdom caught my attention. I examined their physical properties, and was soon convinced that the Physician wanted no other* weapons with which to encounter disease than what might be obtained

* It appears certain that Providence has wisely appropriated to every climate such peculiar Vegetables as furnish the natural remedies for its endemial diseases—hence the *lemon, orange, shaddock*, and other acid fruits, grow in vast profusion in the West Indies, and other hot countries—affording an agreeable antiputrescent, and an effectual preventive of putrid disorders, which the extreme heat has a constant tendency to generate—they also present a certain cure for the bilious *cholic, dysentery*, &c. to which the inhabitants are constantly subject—and from the quantity of oxygen which these fruits contain, they obviate the effects of debility after fatigue or exposure to night air sooner than wine or any other cordial.—This island (Great Britain) produces, in abundance, Vegetables which may be denominated *Specifics*, in our most formidable, and most frequent maladies, *Scurvy*, and *Scrophula*. — “ Here let us

from this source. No great length of time elapsed 'ere it was my felicity to succeed in cases which resisted the usual means of treatment—but it was not till after much labour, great expence, numerous experiments, causing several alterations to be made in the Pharmaceutic Apparatus usually employed for such purposes, and discovering a process entirely new, that I could collect and preserve the most active, valuable parts, or perfectly separate them from the gross and terrestrial particles which enter, very largely, into the composition of all vegetables.—Hence my first preparations possessed less energy than those of a later date, and required to be given in larger quantities to produce the same effect—from this circumstance they were administered under the denomination of a Diet Drink—a title not strictly applicable to the medicine in its present very improved state, as it does not require to be taken either so often, or in such large quantities as the name would seem to imply. It has, however, been thought more prudent to retain the *original* and *well known* appellation, than, by the adoption of a more ap-

admire the benevolence of the divine Being, and while we see the characters of *paternal wisdom*, so strongly impressed in every part of the volume of nature, be wrought to that rapturous acknowledgment of the Psalmist, in his poetical descant on the works of creation contained in the cvii. Psalm.”

E.

propriate one, furnish unprincipled avarice with the facility of obtruding an injurious composition on the unwary for "DR. JOSHUA WEBSTER'S ENGLISH DIET DRINK," and thus defeat his benevolent designs. — After my labours were crowned with success, some of my professional brethren readily availed themselves of such improvements as my experience enabled me to suggest, and reformed their practice—but sorry I am to add, that a great many obstinately resisted the evidence of facts—exclaimed against the crime of innovation—ridiculed, abused, and persecuted the author; they persisted in following the *old plan*, the *high road of error*, either from an *over-fondness* for the *enormous gains* it supplies, or through a *superstitious reverence* for *great names*, and *old systems*.

A people leagued against themselves forms a strange and unnatural combination, yet such a one has long actually existed in this country, and acquired the highest degree of popularity. We every where see not only the less informed, but even persons of the first rank and learning tamely suffer their judgment to be directed and governed by Apothecaries of little knowledge, in matters of the first importance, where the serious alternative, * *health or disease, life or death*, de-

* For an animated description of the evils resulting from this abject degradation of the human mind, see

pende on the decision. The interests of a *patient* and those of his *medical attendant* often run *counter* to each other—but supposing the latter possessed of the best intentions—earnestly bent on doing good—as he cannot boast the Pope's exclusive privilege—infallibility; it must sometimes be his misfortune to err—and often err, if a bigotted system-follower.

These considerations, alone, should be sufficient to show the impropriety of making the Faculty directors of the public will. I have long and zealously laboured by my writings and conversation, to destroy a connexion so pregnant with mischief—a confidence so liable to abuse—many have already admitted the force of these observations; and in a few years this *usurped* and *unrestrained* medical controul over the minds of men will be utterly abolished; till then it is in vain to look for any great or general reformation in physic, as all improvements which lessen the number of drugs that patients are now compelled to swallow, will have to contend with such a powerful and violent opposition as must retard the progress of discoveries, the most conducive to health, if not occasion their total suppression.

“Cases in Medicine,” by W. Stevenson, M. D.—a work that no one of moderate understanding can read without deriving both pleasure and profit.

E.

Before we proceed further in our endeavours to weaken and overturn prejudices deeply rooted, and inimical to the most valuable interests of society, allow the writer to declare that he is solely prompted to the arduous undertaking by motives of the most pure and disinterested nature—a firm persuasion of the necessity of such a measure, and full conviction that success *must* be productive of important advantages to mankind. These have operated so imperiously on the Author's mind, that after several delays, he can no longer refrain from giving publicity to observations made, and often verified in a long and extensive practice. That his remarks contradict notions of ancient date, in high credit, and commonly acted upon, may be urged as a proof of their futility—but the true explanation will satisfactorily account for this difference—the one are drawn from accurate observations repeatedly made in a variety of disorders, when the operations of nature not being disturbed by the absurd, though systematic, custom of throwing in different medicines without any regular plan or design, her salutary indications were readily understood, and her efforts easily assisted—the other are built on chimerical reasoning; on theories constructed by ingenuity at a distance from the bed of sickness, and to an agreement with which it was the province of art to reconcile the appearances in disease; or else formed from

an examination of symptoms, &c. in disorders which had been so much changed in their character, form, and progress, by the ill-timed interference of art, that the most accurate Nosologist would be incapable of classing them aright. Hence the observations now offered demand attentive perusal and candid examination.

Here it may be proper to remark, that the Author is at peace with all the world—he wishes well to all men, and would not willingly offend any one—but when speaking through the sacred medium of the press he must use plain language, and tell the truth.—To repel the charge of being influenced by pecuniary views, it is right to state, that he has for several years declined taking a fee from any patient, rich or poor; and it is his felicity to boast, that he has been professionally serviceable, by the administration of vegetable remedies, to vast numbers of the latter description, many of whom were incurable in the common way, and had resigned themselves to hopeless misery, as the marked victims of disorders beyond the reach of medicine—and to others, he has reason to think *scrophulous*, *scorbutic*, and *ulcerated* limbs were restored, which must otherwise have remained *for ever useless*, or have been consigned to the *remorseless knife*. These things are of too much consequence to be hid in a corner—they are facts which ought to be

promulgated, and which must furnish every thinking mind with profitable reflections.

Respecting the *Cerevisia*, the Author can say, that he derives no emolument whatever from the sale of that medicine, directly or indirectly; estimating the value thereof to the public at large, from the numerous cures performed in private practice, and being strongly solicited to make the same generally known, I gave the recipe to S. SLEE*, (one of the present proprietors) and instructed him in the true and peculiar mode of preparation, conscious that the well-directed exertions of one in the prime of life, and of unspotted integrity, would diffuse the benefits of this discovery far beyond the limits to which the utmost efforts of an old man, then in his 85th year, could possibly extend.—Thus I have appointed him (as a faithful executor) to manage and distribute the most valuable legacy I can bequeath my fellow-creatures; and that every individual, interested therein, may be proportionably benefited, I am solicitous to exhibit a clear title to the reader's confidence, which I hope to obtain.

Sixty years experience in a large medical practice, assisted by attentive observation, and a

* All right and interest in the *Cerevisia*, or arising from the sale thereof, is exclusively vested in S. SLEE & Co.

careful recordation of every useful fact that came under the writer's notice during that long period, may, without vanity, be supposed to qualify me for offering to the public some advice and information not unworthy their most serious attention. After devoting so large a portion of my time to experiment and investigation, I may, perhaps, be deemed capable of pointing out some of the imperfections that clog the art of medicine—allowed to understand the best mode of curing disorders, and thought capable of directing patients in their choice of remedies, both as to safety and efficacy.

So strongly is my own mind impressed with a comprehensive view of the advantages which present and future generations will derive from this little volume, that I should think a most sacred duty left unperformed were I to withhold its publication.

A faithful prosecution of my plan has, occasionally, compelled me to utter some severe truths, to make some unpleasant remarks—these have unavoidably fallen from my pen, or they should not have appeared—for it is with pain I use a harsh expression, or drop a word that can wound the feelings of any description of men; but to suppress, or disguise the truth, when the dearest interests of society are at stake,

would be sacrificing, too much, to the forms of complaisance: the nature of my subject exacts the truth—it shall be spoken, and freely too—but not one word of falsehood, misrepresentation, or sceptical theory, shall sully this my last effort to serve the cause of suffering humanity.—Under the awful impression of being shortly summonsed to another world—I declare, “the smallest deviation from the strict line of truth shall not be found in a work that will long survive the Author, to witness against him.”

To the well-disposed reader the preceding digression will appear to require no apology—he will perceive it was necessary to avert the force of objections which will be made to “the Author’s doctrines by those who may be *alarmed for the profits of their trade.*”—But, in spite of every objection that malice can invent, or ingenuity advance, the good sense of mankind will certainly admit that a *discovery* which has stood the test of *half a century*, and opinions (*deduced from actual experience*) which have been *realised* in a thousand instances, and were never *once* found to be *erroneous*, are, *at least*, as well entitled to an impartial examination, and a fair trial, as those illusive theories, and inefficacious combinations, which owe their birth to the sallies of a chimerical imagination, and are indebted for celebrity to a superstitious veneration for names,

aided by a foolish attachment to long established customs, however wrong*. These, though imposed on the world *many hundred years, the one as demonstrable facts; the other as valuable remedies*, have deceived practitioners on innumerable occasions, and can only lay claim to general notice on the score of having originated in remote ages—the strongest reason, in fact, that can be urged (*except inutility*) for consigning them to oblivion, at a period when arts and sciences have received such considerable improvements.—But I was about to observe (in the words of an author already often quoted, and deservedly quoted) “if one medicine of a sort does not relieve a patient, an hundred will not. Let the people, therefore, (he adds) give no credit to, and have no dependance on, either *physicians or apothecaries*, who are known to give

* *MALUM bene positum ne moveto*—an adage which teaches us, *to respect and perpetuate a wrong*, which has long existed, is disgraceful in itself, and insulting to the good sense of the age in which we live. This pitiful maxim seems to have originated in a sort of *superstitious ignorance*, a kind of religious reverence for old customs—and its toleration has been productive of incalculable mischief, by countenancing error, and discountenancing any invention or discovery (however useful) which went to overturn an established system, or contradicted long received opinions. As the converse of this absurd position is now known to be true, let it never again be suffered to check the progress of improvement! E.

large quantities of drugs; nor let either be trusted, if too *professionally* intimate with each other."—Strong and energetic as this advice may appear to some, this intelligent author well knew the necessity of giving it, and did so, from a conviction that those who followed the doctrine he labours to inculcate would be greatly profited. On this head his opinions and mine perfectly coincide. Rational beings have a right to expect, in matters appertaining to life and death, the same satisfaction as is required in commercial and legal affairs—that is, *to have their understandings convinced*.

If one man afflicted with scurvy, scrophula, or any other disorder, has been actually cured by any particular remedy, he is well qualified to recommend the same mode of cure to another in similar circumstances, and his recommendation, impartially considered, should weigh more with the scorbutic, &c. patient, than the learned jargon of a medical man, whose words, full of mystery, and systematically arranged, dazzle and perplex the mind without affording, even after reflection, the smallest degree of information—and whose proposed remedies rest not on the basis of experience. But, melancholy view of the human intellects!—the majority of men, alas! are enthusiastically delighted with declamations they do not comprehend—and confer un-

bounded applause on the man who can use terms, and talk in a language to them unintelligible.—Often have I heard those (who should have known better) express the highest admiration of a gentleman's knowledge, "because he talked so learnedly for an hour together that not one in company understood what he said." Dreadful degradation of human nature!—Be assured, my friends, that every man of extensive learning will rather strive to conceal than display his talents in a mixed company, or before persons not equally well educated; and on professional subjects, he will ever be silent, on such occasions; unless in company with his brethren, or in the exercise of his profession—in the latter case, if an honest man, he will labour to express himself in an easy familiar way, so that he may not be misapprehended by the meanest capacity—he will carefully shun all technical phrases—in a word, it will ever be his grand study to suit his discourse to the abilities of the person he is addressing. If in the medical department, he will never (at least a skilful man will not) distress and harass the feelings of his patient by the ridiculous affectation of appearing to know more than he chuses to mention—he will neither disgrace the dignity of character he has to uphold, depress the spirits of the sick, or afflict the attendant friends by dropping half words—formally shaking the head—writhing his shoulders—or by using

words, which, in fact, convey no direct meaning, though they make an awful impression at some times, and have made the fortune of many who knew not the disease they were then going to combat—as you *are very bad, I will send you somewhat—I will try what can be done—I wish you had applied sooner—I hope it is not too late—Keep up your spirits—I will do every thing that can now be done.*——Such a mode of proceeding, though cruel in the extreme, is often, very often, practised—the patient, perhaps already much reduced in mental energy, as well as bodily strength, is now reduced to a state bordering on despair—this language is considered as indicative of the doctor's judgment and tenderness. If a recovery happens, he is extolled to the skies, idolized as a miracle-worker. Should the termination be fatal, the *discreet* doctor is equally secure; the sagacious nurses declare they observed him shake his head, and knew, from what he said, a recovery could scarcely happen.

Be no longer deceived, my readers, you may credit me when I assert, that a conscientious member of the Faculty will never act under a disguise—he will detest mystery both in words and actions—he will be the minister of peace (if possible) and pour the balm of consolation into the wounded bosom of anxiety—he will not

desert the chamber of his patient, without plainly describing the nature of the disease, the probable progress and duration thereof, means of cure, and the expected operation of the medicines he intends to prescribe—he will not leave his sentiments to be interpreted from nods and inuendos, but with paternal-like kindness afford to the patient the fullest satisfaction he is enabled to give.

I should not have said so much on this point, did I not well know how necessary it is that the people should be weaned from a confidence which has been too often abused. When a man is sensible that he has any particular disease, and knows a person who has been relieved or cured of the same by any one medicine, why, in the name of common sense, should a professional shrug deter him from trying its effects in his own case? Surely a friend must be less disinterested in recommending a remedy that cured him, than a man, advising the contrary, who is to live thereby.

In the course of this work I purpose giving such plain descriptions of the several diseases for which the Cerevisia is recommended, and of the sources from which they originate, that every one will be enabled to know, without having recourse to medical assistance, if the medicine is calculated to afford relief; but as some cases

must unavoidably occur in which the advice of a Physician may not only prove advantageous, but even satisfactory, it affords me considerable pleasure that I am enabled to inform the public that a gentleman possessing every requisite qualification, and (although educated in the first medical schools) a friend to every rational improvement in medicine, will chearfully devote *two hours every day, viz. from twelve till two*, at S. SLEE's, Westminster-Road, to give advice, *gratis*, to all who may wish to consult him prior to entering on a course of the Diet Drink.

It is an irrefragable fact that no constitutional disorder can be cured, unless remedies be administered, which can be retained, in the stomach and bowels, long enough, to be taken up, by the lacteals, and thus form a nutritious, bland, and corrective chyle, which entering the sanguiferous system, must enrich and purify the same—the remedy to prove effectual should be capable of permeating the most minute vessels of the body; of opening the excretory ducts, and removing obstructions, whether situated in the glandular or lymphatic systems, or occasioned by impeded perspiration.

The CEREVISIA ANGLICANA, or ENGLISH DIET DRINK, is composed of the most simple and innocent ingredients, though singularly ac-

tive and efficacious; and so contrived, that the several articles mutually receive an increase of virtue and operative powers from being blended together, the whole forming a balsamic salubrious compound, which readily assimilating with the animal fluids, is speedily conveyed to every part of the human body, through the medium of the circulation. There is strong reason to presume that the preparation here spoken of will be found, strongly, to corroborate the opinion of the writer, and one long since advanced by our English Linneus; the indefatigable Botanist, Sir John Hill, "*that every human malady will either admit of relief, or may be cured by Vegetable Preparations.*" It approaches nearer to Dr. Boerhaave's idea of a *general, or universal remedy*, than any thing hitherto discovered. This great and ever-memorable Physician filled a Professor's Chair in the University of Leyden, and lectured, for many years, on the *practice* of physic, with immortal honour to himself, and lasting advantage to a numerous class of students, who came from the most celebrated cities in the world, to profit by his instructions. Although *he* did not go so far as to condemn wholly the use of mineral and metallic preparations in medical practice, yet he well knew, and openly acknowledged the superior efficacy of vegetable ones; indeed, the following circumstance would almost warrant us in

believing that *he* considered the latter as the *natural and only* antidotes to disease, but not being able to adduce full evidence of the fact, he might not feel justified in publicly teaching a doctrine he was incapable of demonstrating in every particular. This, I say, will appear to have been the real state of his mind on the subject, if we consider the endeavours he used, in every course of lectures, to incite his pupils to the study of medical botany; encouraging them to a steady perseverance in investigating the physical properties of vegetables, by earnestly labouring to impress their minds with a firm belief that these pursuits would at last produce the discovery of an *universal remedy*—the possibility of which the Doctor expressed himself well assured of, and constantly observed that such a remedy could *only* be obtained from *the vegetable kingdom*; “its productions, *alone*, (said he) supply an abundant variety of juices which *most readily assimilate* with, and (from experiments frequently repeated) are *more analagous to the nature of animal fluids*, and better fitted to correct and purify *these*, when in a morbid or vitiated state, and furnish a healthy nutritious chyle, than any preparations, skill, or ingenuity *can ever* extract from the *mineral kingdom*. What *affinity* (he properly asked) can there be between *metals, minerals, &c.* and *animals*? Much, however, may be confidently hoped for and expected from

the administration of *Vegetables*, whose component parts and juices are *nearly similar* to our own!"

Here it is right to apprise the reader that remedies, prepared from *Vegetables*, and intended to produce any permanent effect, or alteration, in the state of the human body, act, as it were, insensibly, at first; they proceed *festino lente*, (by steps slow yet sure) and an ill habit, or diseased state of body is, at last, entirely restored to an healthy condition, and entirely freed from every species of morbid matter. On the other hand, the *mechanical* operation of numerous articles, which have, unfortunately, acquired the appellation of remedies, as *Copper, Arsenic, Lead, Mercury, &c.* is violent and hostile to the human constitution; they make sudden and sensible impressions on the living fibre, and rapidly change the state of the animal functions by their baneful action on the organic structure of parts, and from the efforts of nature to dislodge an injurious guest. The obvious effects of these, and a thousand others, equally unfit to enter the human stomach, appear to have misled the Faculty and taught them to imagine, that by judicious management, they might be converted from *deadly poisons* into *useful remedies*;—alas! what time, talents, and labour, have been thus wasted

and misapplied, to the incalculable injury of mankind, (for such things can never cure, though they may suspend one disorder by inducing another, perhaps a worse; and often destroy life altogether) and the introduction of visionary *theories*, which, formed into *doctrinal systems*, have been adopted by almost universal consent, and, with trifling modifications, continue to be taught in the *medical schools* of the present day; the prejudices, thence imbibed, have brought into discredit the mode of practice instituted by the venerable *Galen*, and occasioned, almost, a total departure from, and dereliction of, *Galenical Prescriptions*; insomuch, that the practice of physic is now, in a great measure, regulated by the principles of Chemistry, and the application of chemical reasoning to the human body, a mode of proceeding that must ever prove not only fallacious, but highly mischievous, 'till the *human stomach* (composed of living animal fibres) can be converted into a *mechanical still or retort*. This change in medicine the writer sincerely regrets, because the consequences are hurtful to man, and retard the advancement of this sublime, god-like, science, toward perfection; he has therefore endeavoured to restore, and bring again into use *Botanic Medicine*. May this little volume affix the attention of the Faculty on so interesting a subject, and engage them to prosecute so profitable a study, to explore this, the

only genuine, inexhaustible * source of *safe* and active remedies.

Speculative theories and ingenious hypotheses may amuse and entertain the curious reader, yet as they often prove dangerously deceptive, being generally founded in error; and can convey no practical instructions to the public, the *Author* trusts he shall be excused for avoiding so slippery a path, being persuaded that the serious enquirer after useful knowledge will be better satisfied with a delineation of facts, drawn from actual experience and attentive observation.

It is, I apprehend, universally allowed that all diseases correspond with their causes, whether

* It is very evident, from several passages in Scripture, that the paternal kindness of the Almighty "from the BEGINNING," appropriated *Vegetables*, in a peculiar manner, to the cure of diseases; and they were even endowed with a capability of supporting life, by affording nourishment, and adding to the growth of animals, when His wisdom destined the several parts of creation to particular uses.—It is expressly said, *Eccl.* xxxviii. 4, 7. "Out of the ground hath the Lord caused MEDICINE to grow, and he that is wise will not despise them, for with such doth he heal, and taketh away their pains."

The word Medicine is used by authors in two senses: as a term to express "the art of preventing and of curing diseases;" and as the general name of any drug, or preparation, given with a view to either of these ends, in this latter sense it occurs in the text above.

produced by external or internal means, and that they affect the system according to its state and condition when acted upon, and according to the nature, continuation, &c. of their several causes. The *immediate* causes that derange our health, and bring on disease, are divided into external and internal. The external are such things as produce this effect, either through the medium of the senses, by the changes which take place in the atmosphere that surround us, or in the air we breathe. The internal may be summed up in a few words, as sleep; the quality and quantity of our food; and such things as are received into our stomach or lungs, from *noxious exhalations, putrid effluvia, mephitic vapours, carbonic gas, &c. &c.* And to one or other of these heads, all the modes, (however diversified) by which disorders are directly induced, or injuries occasioned, may properly be referred. For notwithstanding many have employed themselves in laying down other distinctions, and subdivide the former into partial, or local, as affecting a part only; and universal or constitutional, as operating on the whole system, &c. yet these *fanciful* niceties rather perplex than inform; and as all disorders must proceed from somewhat acting externally or internally—the two words here used are fully adequate to explain all that is requisite to be known on the subject—and being readily understood, are, on that account,

preferable to a multitude of terms, (the meaning of which every one might not comprehend) especially in the opinion of an Author, whose views embrace the whole human race. I write not exclusively for the learned, but for the world at large, and experience ineffable delight in reflecting, that "when worms shall have consumed this body," I may perhaps, be the humble instrument of dispensing universal good to man.

Having briefly mentioned the various ways in which the seeds of disease are conveyed into the human system, we come naturally to say in what *health* consists.—The true standard of health is that state of the body in which all its component parts are in unison with each other, equally firm to resist, and pliant to yield; in which all the animal functions are proportionably regulated and duly performed, and in which the mental faculties are in full vigour and energy. These establish that equipoise of the constitution which constitutes health, yet approximates so nearly to disease, that the smallest deviation from the former is the commencement of the latter. To preserve or restore this balance, when overturned, is the province of the physician, and forms what is termed MEDICINE, or "the art of preventing and of curing diseases." In both points of view, the CEREVISIA ANGLICANA, or ENGLISH DIET DRINK, succeeds much

better than any other remedy; it is a certain and an agreeable Preventive — pleasant to every palate, and sitting light on every stomach; these, (though, confessedly, circumstances of a secondary consideration) are qualities highly desirable in a medicine, as many patients have been obliged to lay aside some very good ones, even at the risk of life, in consequence of their nauseating taste; the distressing sickness and convulsive spasms brought on by every attempt to swallow a dose, being more insupportable than the complaint. — The CEREVISIA is also a *safe, pleasant, and efficacious* remedy, in a great variety of human maladies; it *has*, and will continue to produce the happiest effects even in *nervous* and *hypocondriac cases*; diseases the most difficult to cure, as well as to account for, or explain, but which have been removed by this preparation, after the whole class of what are called nervous remedies had been tried in vain.

The *nervous system* is the immediate organ of sense and motion; it comprehends the brain, spinal-marrow; and the same substance divided into innumerable branches, (called nerves) each, being composed of several small longitudinal fibres, and enveloped with a delicate membrane, derived from the internal covering of the brain, by which it is distributed to the different

and most remote parts of the body*. The nervous system has a direct influence on, and is intimately connected with many functions of the animal œconomy, both menial and corporeal, hence an accurate knowledge of the subject throws much light on several diseased actions which would, otherwise, be inexplicable; but as this cannot be acquired without a previous acquaintance with anatomy, and other elementary studies, we refrain from attempting an explication of the nervous system, and the laws by which it is governed. Neither is it of any consequence, *here*, to enquire whether the nerves are hollow tubes, or a regular set of vessels, containing a *subtle fluid*, called *Animal Spirits*; by some, and *Nervous Fluid* by others; on the quantity and energy of which depend the different degrees of perception, memory, volition, &c. &c. excited by certain actions of the mind; and the various sensations occasioned by the different impressions of external bodies; or whether they are solid elastic cords, acting as conductors to an *electric æther*, which *the will*, or an *external impression*, can determine to any part, and there excite the sensation of pain or pleasure, according to the force, or violence, and nature, of external impulse, or mental agency.

* This means that the nerves are composed of a substance similar to the brain, derived from, and communicating with that organ, which is thus distributed to every part of the body.

But if it were possible to set at rest all disputes relative to this curious and essential part of our bodies—could I show, clearly and satisfactorily, in what manner the nervous system is operated on—by what means motions begun in, or impressions made upon the extremities of nerves, are propagated along their course till they arrive at, or are communicated to the common sensorium, *i. e.* the brain—and there produce corresponding sensations, or ideas, which the mind instantaneously refers back to the part first acted on, accompanied by a sense of pain or pleasure, according to the nature of the exciting cause, its force of action, duration, &c.—were it, I say, equally easy as it is confessedly difficult, to explain these, and every other phenomena of the nervous system, it would be, altogether, incompatible with the plan of this work, to bestow much time on a subject that opens an extensive field for the display of ingenuity, without yielding much profitable instruction. I shall therefore confine myself to the mention of a few established facts, and carefully refrain from noticing any of those theories to which this prolific source of conjectural ideas has given birth; both here, and when we come to treat of those disorders which are classed under the head of *Nervous Affections*.

Certain parts of the extremities of nerves are fitted to receive external impressions, and

convey the same to the brain; these are divested of their common enveloping membrane, and called SENTIENT EXTREMITIES. Although we use the phrase *sentient* extremities, in conformity with the established practice of our best physiologists, yet I would observe, with becoming deference to such great authorities, that, strictly speaking, it may be considered (*at least*) incorrect, and ill-adapted to convey an accurate idea of their *real* use in the animal œconomy, which is to receive and propagate motions along the course of the intermediate and connecting nerve, to the brain, where sensation, *truly*, begins; for it does not appear that nerves, or the extremities of nerves, are endued with any degree of inherent sensibility, since no sensation is occasioned by impressions acting on the sentient extremities of *any* nerve, unless there be an uninterrupted communication between *that* nerve and the brain. And if *all* communication between the brain and lower extremities be *destroyed*, the latter are rendered motionless and paralytic; utterly devoid of feeling, and useless; they no longer receive their wonted supply of the vital stream; the pleasing glow of health is quickly changed into the icy coldness of death, and they perish. Similar effects, though less in degree, take place, if the free communication be impeded by compression or otherwise, and with a force, velocity, duration, and effect, exactly pro-

portioned to the magnitude of the interruption—that is, to the number, size, and importance, of the nerves compressed, and the continuance of such compression. But if that portion of the nervous system which anatomists have named *medulla-oblongata* be divided just as it emerges from the scull, through an aperture situated in the hinder and inferior part thereof; (which anatomists have named, on account of its size, the *great foramen*) to the tremendous and irreparable evils which result from the division of an important nerve, and the consequent loss of nervous energy, are superadded the sudden cessation of all the vital functions, both of voluntary and involuntary motion and instant death. Hence we can easily appreciate the value and consequence of the nervous system, its vast importance in the animal machine, and clearly perceive that any alteration in its condition must have a powerful influence on health, life, and all its enjoyments; hence we can account for the existence of diseases that chiefly affect the mind, and perceive that the afflictions under which nervous and hypochondriac patients languish, are not visionary ills that should be treated with ridicule, but serious calamities which demand our humane commiseration, and can only be removed by the efforts of skill, judgment, and address; hence also we are led to admire the goodness of the GREAT ARCHITECT, who has securely lodged the

most essential parts of this system in situations very remote from accidental injuries, and rendered almost inaccessible to external bodies, being encased in solid bones, too hard to be broken without great violence. Who can view the wondrous mechanism of the back bone—who behold the beauteous mansion of the brain, or contemplate the vaulted chambers of the spinal marrow, formed of so many joints? without exclaiming, “the *hand* that formed them is DIVINE—the *wisdom* which contrived ALMIGHTY!”

It is, perhaps, impossible for the limited exertions of human intellect to discover the nature and cause of that connexion which exists between the immaterial or thinking part of man and the nervous system; or to comprehend the exact manner in which they mutually and reciprocally act on each other; these are facts we, *only*, know and believe, in the same manner, and for the same reasons, that we know ourselves to have what is called *life*; we cannot accurately tell what life is, in what it consists—it is a term not to be defined, though well understood; but we are convinced by its effects that we *do* live; just so we *feel* and are sensible, of the mind's action on the nervous system, and the influence of this on the former; to illustrate this observation by a familiar example—if the blush of shame suffuse my

cheek, in consequence of hearing an indecorous action of my own mentioned, or from seeing the bounds of decency violated by another person; I am certain the first impression must have been made either on the sentient extremities of those nerves which are peculiarly fitted to receive the impulse of sounds, or else on those subservient to be acted on by the rays of light; yet I am, equally, certain that the sudden determination of a more than usual quantity of blood, to the face, was occasioned by an action produced in the mind; though I remain, altogether, unconscious of that series of operations which *must* have occurred from the action of the external impulse to its ultimate effect; I cannot distinguish or perceive the order in which they *did* occur, and am wholly incapable of giving any explanation of the phænomena which have taken place; I am sensible the WILL had no share in producing them, because the WILL would have prevented the blush, had it been practicable, and *strove* to do so.

But the result informs me, that the impression made on the *optic* or *auditory* nerves, was communicated to the brain, and thence to the mind; and that *this* must have acted on the heart, through the medium of other nerves, in order to occasion the appearance taken notice of, and which could have been excited in no other way,

Yet all these movements follow each other with such astonishing velocity as to elude observation, and seem one regular uniform whole (*i.e.* action) without succession of parts, and void of confusion. This proves the harmony of that connexion which subsists between the material and immaterial parts of our system.

Sensations have been divided into two classes, each comprehending several species, the enumeration of which, in a book of this kind, would be useless. All sensations which arise from the action or impulse of external bodies on the *sentient Extremities*, belong to the first class, and are named SENSATIONS of IMPRESSION, to distinguish them from those which are occasioned by a consciousness in the mind of its own action, and of the motions it excites; these compose the second class, and are called SENSATIONS of CONSCIOUSNESS.

The Sensations of Impression are very various, and capable of numerous modifications; they differ according to the kind, quality, force, form, temperature, &c. of the external cause—the duration, strength, and repetition of the impulse; and the structure of the part acted upon; they are commonly comprised under five general heads, denominated the five senses, as, the *Sight*, *Taste*, *Touch*, the sense of *Smelling*, and the

sense of *Hearing*.—Here we may perceive that some of the sensations can arise from impressions of one kind, and made on one particular part only, owing, either, to the peculiar organization of the part, or because it is only adapted to the action of certain external bodies, of one kind and quality, as the eyes to admit light—and the ears to receive sounds. We may also conclude, that the effect of impression will be altered by any variation in the general state of the nervous system—or in that of the sentient extremities of the part impressed, whence the sensations may be rendered imperfect, vitiated, false, or indistinguishable.

Certain parts of the extremities of nerves are possessed of a peculiar contractility, and so situated, and attached, as to be capable of moving the fluid and most of the solid parts of the body by their contractions; they were formerly named *Muscular* or *Moving Fibres*, being supposed to consist of a substance very different to that which compose the nerves, but since the publication of Dr. Cullen's *Physiology*, they have acquired the more appropriate appellation of *MOVING EXTREMITIES* of the nerves. It is true, that anatomists have not as yet been able to demonstrate, that these red fibres are a continuation of the medullary substance of the brain, and consequently a part of the nervous system: on the

other hand, no one has been able to show that the nerves are essentially different, and the industrious physician, just mentioned, has made their identity sufficiently evident, by showing that the Moving Fibres answer similar purposes, in the animal œconomy, with those fibres which are universally allowed to be nerves; that the Moving Extremities possess equal sensibility is incontestibly proved by the pain occasioned in consequence of a wound, by a blow, or a puncture, and as the sentient extremities convey motion to the brain, and thus excite sensation in the mind, so the Moving Extremities become conductors of such motions as are produced in the brain by the operation of the mind, and the parts, to which the sensations are referred, are put in motion by the contraction of the moving powers—they are organs of consciousness.

When we observe this mutual dependance of one part of the body on another, the intimate connexion that subsists between *mortality* and *immortality*, are we not insensibly led to conclude that the brain is the medium connecting the *soul* and the grosser corporeal parts together—that it is an intermediate substance much superior to the one, though far inferior to the other? it is, as it were, permitted to hold converse with the mind—to participate her pleasures and share her enjoyments; but, alas! it can, also, embitter

these, and poison her brightest hopes of felicity. An unhealthy state of the nervous system will produce a morbid or distempered action in the mind, whence a train of gloomy thoughts and melancholy ideas are involuntarily excited, which are often productive of the most dreadful and lasting effects; and too often proceed from a frequent repetition of such pleasurable sensations as induce a great disturbance in the nervous system, thereby weakening its tone and energy, and wasting the animal spirits. Such sensations as occasion a violent commotion from excess of corporeal pleasure, should seldom be called into action—and *never*, unless the body be in full strength, and the mind tranquil and serene. For wise purposes it has been so ordered, that the pleasures of the mind afford more permanent satisfaction, and can be indulged with impunity, much longer, than those of the body.

* The phænomena we have just described, and which invariably take place on the *destruction*, *division*, or *compression*, of a large nerve, extending and continuing their deleterious influence in proportion to the number, magnitude, and importance of the parts affected, and as these are more or less partially or wholly deprived of communication with the brain, render it demonstrably evident that *every* sensation in the animal body is derived from that organ; at the same

* See pages 30, 31, &c.

time some other facts that have been enumerated clearly prove the brain is also the representative organ of the mind; hence its sound and perfect state is essentially necessary to a vigorous and correct exercise of the intellectual functions, and equally so to preserve the body in health. We may, therefore, well reply, to those who feel disposed to enquire why so much has been said on this subject, in a publication not particularly designed for the use of professional men; that it is of the first moment to detail such plain and obvious facts as are calculated to apprise every reader of the powerful effects which the brain is capable of producing on the condition of the body, in preserving health or inducing disease; in rendering sensation very acute and accurate, or dull and incorrect, and motion either quick and vigorous or slow and imbecile; that it must prove of the utmost utility to make men generally acquainted with the intimate and indestructible connexion (except by death) which subsists betwixt our material and immaterial parts, and show how the former is, in its turn, capable of operating to the injury of the latter, by weakening its energy, and deranging the understanding. Such information is particularly interesting to a very numerous, though too much neglected, part of the community, namely, those who are afflicted with nervous diseases, and who in an eminent degree demand the ten-

derest attentions of friendship and humanity to mitigate the severity of their afflictions, as they often yield themselves up voluntary victims to despair and melancholy, from a notion that their maladies are incurable. They require to be informed that remedies taken into the stomach frequently produce their curative effects with such rapidity, as could not possibly happen in any other way than by the operation being performed through the medium of the nervous system, the first impression having been made on the nerves of the stomach; in this manner we often see pains, so violent as to threaten the extinction of life, in a very short time, considerably relieved and sometimes totally removed, in the space of a few minutes, by remedies internally administered which could not have reached the seat of the disease, through the medium of the circulation, for several hours afterwards. — To the preceding remarks I would add, that nervous affections, and other diseases of debility, have increased, of late years, in so remarkable a proportion to those of an opposite nature, as almost to exclude true inflammatory affections, or those disorders which depend on an excess of health and vigour, and which, according to writers of the most unquestionable veracity, were formerly very frequent in this country, whilst those first mentioned but rarely occurred. So singular and universal a change in

the constitutions of people living in the same climate as their robust ancestors, can only be attributed to that general revolution which has taken place in their manners and mode of living—a revolution that, like many others*, has done little good, but much mischief, by introducing that enervating beverage, called tea, into such extensive use, that the nourishing and substantial breakfast of the farmer, labourer, and mechanic, is now almost utterly discarded; the consumption of spirituous liquors has also increased in an alarming degree; the natural order of time is nearly inverted; in short, luxury, in a thousand shapes, intemperate meals, and late hours, threaten to convert Britain's sons, once renowned for strength, manhood, and wisdom, into a degenerate race of weak effeminate mortals, unworthy their ancient sires; it is then high time to revert to the good old customs of our progenitors, in order to prevent the courage and strength of the men from being destroyed; and preserve the health and beauty of our females from falling a sacrifice to routs, and the numerous inventions of fashionable dissipation. Did they but seriously reflect on the effects which late hours, and crowded rooms produce, and observe how quick the variegated scenes of pleasure rob youth of its bloom, and beauty of her charms; did they but notice the sickly looks, meagre countenance, and depression of spirits, which, in

* In the political world,

a few *short* years, embitter the lives of those who thus pass their time, and remark how few indeed e'er know a mother's joy, they would not surely barter health and happiness for such poor gratifications as midnight revels and the gaming table can afford. All pleasures which are not bounded by temperance soon undermine the constitution, and inflict on their most constant votaries disorders of the worst kind; whilst those, which are temperate, improve health, increase the strength, and promote happiness. So universally predisposed are most ranks, from the present pernicious mode of living, to hysteric, hypochondriac, and other disorders, (which denote a weak and relaxed state of the nervous system) that a general attention to temperance at table, to regularity in eating and drinking, cannot be too strongly recommended; nor the necessity of early hours, and proper exercise in the open air, be too much enjoined to the strict observance of those who wish to avoid these disorders.

The manifest concern which the brain has in generating ideas, producing thought, perception, reflection, ratiocination, and in giving occasion to passion, and emotion, with all the various phænomena which belong to and characterise the operations of the soul, together with the several degrees of accuracy, distinctness, and activity with which they occur in different persons, from

the highest state of mental energy or acuteness of conception, with just and rapid reasoning, down to that lamentable state of imbecility which borders on idiotism; that a weak relaxed state of the solids, and depraved, morbid, or impoverished fluids, affect the intellectual powers, which on the other hand are quickened and improved by a firm and healthy state of the former;—again, the striking influence of the mind on the health and vigour of the body, by increasing its capability for motion, freedom from uneasiness, aptitude for exercise, and ability to sustain laborious exertions not only without injury but with advantage, are circumstances, one would think, that supply a rational and reflecting being with motives, sufficiently powerful, to deter him from lessening his high and elevated rank in the scale of creation, by excesses or irregularities of any kind, which have a tendency to destroy the body and impair the mind, which infallibly bring on premature old age, incapacity of understanding, and a total unfitness for the active duties of life.

A rational being, thus forewarned of the awful consequences which result from the indulgence of irregular appetites and vicious propensities, would, it might be expected, cautiously endeavour to preserve, and, if possible, improve his original superiority over all other animals, by a sedulous cultivation of his understanding, and

strictly attending to the proper means of maintaining the health and strength of his body; regularly and temperately using (*never abusing*) the articles of diet, and carefully abstaining from all inordinate enjoyments: those higher pleasures to which he feels, occasionally, an irresistible impulse from the *flat of OMNIPOTENCE*, he will regulate by reason, and the unerring voice of nature, never offending against those laws which morality enjoins the observance of, and by obeying of which the soul is filled with supreme delight, whilst their transgression is punished by bodily ills and agonizing remorse. In these respects the brute creation hold out to man a lesson fit for example, full of instruction; and vices, of the most destructive tendency, practised in secrecy, and misnamed pleasures, *they* know not. Suffer not then, I conjure you, animal instinct to triumph over human reason: be assured that any considerable and long continued deviation from regularity and moderation, even in using the proper supports of life, gradually but constantly disorders the whole system, by bringing on a relaxed and enervated state of the brain, whence the body becomes feeble and wastes away; feels an aversion to motion, and is easily fatigued; the intellectual operations are slowly and painfully performed—the thoughts confused, and memory defective; but, alas! in addition to these, a long train of other distressing and formidable symp-

toms, such as Consumption, Obstructions of the Viscera, Jaundice, Incubus or Night Mare, frightful and tormenting Dreams, Melancholy, Idiotism and Insanity, with many other evils not necessary to be enumerated, are occasioned by an untimely and too frequent indulgence in those sensual gratifications, which, from the sudden, acute, violent and extensive sensations they produce, occasion such a tumult in, and give such a shock to, the whole nervous system as is always followed by great prostration of strength, and diminution of the vital powers, sometimes by a temporary cessation of these; and, when the excitement has been artificially roused, in persons already much debilitated, instant deprivation of reason has been the dreadful consequence, in some cases; sudden death in others.

In the above sketch, those, who *alone* are wished or expected to recognize the fidelity of the representation, will readily discern the portraits of the Drunkard and Voluptuary, amidst a group of wretched and unhappy mortals, still more emaciated and imbecile, (with deep sunk eyes, haggard looks, and sallow countenances, who tremble at a breeze, and whose tottering limbs can scarce support their feeble bodies) these have unfortunately addicted themselves to certain criminal habits which have obtained so much, of late years, among great numbers of

both sexes, that it requires the watchful and incessant attentions of wisdom and prudence in the heads of families to stem their ravages on health and morals, and to guard the tenderest objects of their love and care from ruin. These are matters which should be noticed, with great delicacy and caution, by an author, for very obvious reasons; in the discharge of our public duty, it became necessary to glance at the subject; in doing so especial care has been taken not to seduce *some* to the commission of vices they were unacquainted with, whilst warning *others*; not to *destroy* whilst professing to cure, effects which (however unintended) it is greatly to be feared, *have* resulted from those loose and incautiously worded descriptions that are to be found in *some* pamphlets of the present day, which have been circulated with surprising industry in every part of the kingdom, to the amount of several thousand copies, as their authors assert; these paint vice in the most alluring and captivating form in the *front* of the picture, and *push* her hideous and *genuine* figure into the *back* ground: the quantum of evil which such publications, so disseminated, may have occasioned, it cannot be very difficult to appreciate, whilst the good they have produced remains *at least* problematical, they could scarcely fail of doing much mischief in the abodes of *innocence and inexperience*, where they have been introduced, by teaching

many a *dangerous* kind of knowledge, and of which the persons, so instructed, might, otherwise, have continued ignorant. — In making the foregoing strictures, I profess myself not actuated by ill will to any particular individuals; the authors whom I had, more immediately, in view, probably were not aware that their writings might *corrupt* more of the rising generation than they would benefit, and they sent them forth into the world perhaps with the most pure and benevolent intentions; but be it remembered, that it is *not* the intention, but the *end* or effect produced that will justify the actions of men, and whilst I am willing to allow the motives of the authors *might* have been irreproachable, I am compelled to consign to obloquy and execration all productions of the press that are of the hurtful and pernicious nature alluded to, by their tendency to create unknown desires; by prematurely conveying that information which NATURE, *alone*, can beneficially impart, and in due season; they anticipate her decrees and counteract her designs.

Such of my readers as have to perform the sacred duties of “teaching the young idea how to shoot,” of superintending the morals and conduct of others, will here permit me, forcibly to impress on their minds, the very great importance of not suffering them to peruse any books which treat of improper subjects—they quickly

infuse a potent and active poison into the veins of youth; whilst the *promised* antidote, alas! comes generally *too late*; but were it otherwise, it would be a species of madness to *induce* a disease for the purpose of displaying skill and dexterity in the cure.

If, in speaking of the melancholy situations to which numbers of both sexes reduce themselves, my meaning be obscure to some, I can only apologize by observing, that I shall be sufficiently *understood* by those for *whose use I write*, who can either derive advantage themselves from what they read, or thereby be enabled to furnish relief to others; and should, perchance, this imperfect sketch of human infirmity be seen by one whose conscience can supply the defects, let him swiftly fly the evil that is at hand, desist from his ways, and avert impending destruction, by re-seating reason on her throne, and implicitly obeying her injunctions: with respect to medical treatment, he should strictly adhere to a suitable regimen and diet—his food should be light and nourishing, with a glass of good wine after dinner, but all heating and irritating articles must be carefully avoided—he should take so much exercise as his strength will permit without fatigue—guard against a cold damp air, and late hours; rise early, and pursue the same plan of cure, in every respect, as recommended in

NERVOUS AFFECTIONS, attended with excessive debility; to which we refer. In all such cases, the cure will materially depend on the patient's own conduct, and be either expedited, retarded, or prevented altogether, as he is more or less exact in the observance of a proper *regimen* and *diet*, from which the most essential advantages are derived in all chronic diseases, and the restorative powers, of well chosen remedies, are much increased in efficacy; hence too much attention cannot be paid to that important part of medicine, the neglect of which has frequently occasioned remedies of the first excellence to be charged with inefficacy, and perpetuated, to the end of a burthensome life, disorders that might otherwise have been easily removed. Besides the several regulations which belong to regimen and diet, it will be indispensibly requisite to observe an undeviating regularity in the use of the CEREVISIA, according to the general directions which accompany each bottle, and are inserted at the end of this work. Both costiveness and a contrary state of the bowels should be carefully guarded against, or removed in the way pointed out; that the system may neither be improvidently weakened by laxity on the one hand, or injured by indurated fæces and other excrementitious matters being too long detained in the alimentary canal, whence an absorption would take place incompatible with health. If these im-

portant rules be fully complied with, the worst and most hopeless disorders will ultimately yield to the ENGLISH DIET DRINK—health and cheerfulness will again gild the days of the despairing hypochondriac; strength and vivacity will reanimate the spiritless and emaciated victim of self-induced debility; the relaxed solids will recover their pristine tone and elasticity, and the depraved, contaminated, and impoverished mass of fluids, be converted into a rich, bland, healthy, and nutritious one; the whole frame will be in a manner regenerated and purified; all morbid matter being expelled the system, its obstructions removed, the circulation rendered free and easy through the smallest vessels, all the secretions and excretions regularly performed, and the various organs of sense and motion keeping the whole machine in order.

I am warranted, by the result of numerous cases, in asserting that the CEREVISIA is capable of restoring to full health those who are in the lowest state of nervous debility, whether it be the effect of previous disease, or brought on by adventitious circumstances; and during my long and extensive practice, it has uniformly succeeded in recovering those who were “tottering on the verge of eternity,” from the deleterious effects of that penetrating poison Mercury, whose

baneful operation on the living body will be noticed in the subsequent pages, where we shall, also, have occasion to mention the superiority of the CEREVISIA to all other preparations, both as to safety and efficacy, in the cure of a certain *disgraceful* disease for which the several preparations of that mineral are commonly employed to the extirpation of thousands of the human race. Could I not adduce numerous and irrefragable proofs of the uncommon success which has attended the administration of the DIET DRINK in the disorders alluded to, as also in every other disease that arises from a relaxation of the solids, a morbid or contaminated state of the fluids, I would have been very cautious in recommending it to the public, being seriously convinced that it is a *crime* of great and extensive magnitude to impose a falsehood on the world, which may affect the *life* and *health* of thousands; it is a *crime* which will be severely punished by remorse of conscience, though it is much to be regretted that the legislature does not take proper cognizance thereof, and inflict some suitable punishment on the perpetrator; I have ever felt the injustice of patronizing, recommending, or attempting to establish as a medicine of efficacy and character any preparation that had not previously acquired a fair claim to very remarkable sanative powers from accurate and often repeated trials in the course of an exten-

sive practice. Every honest man will pause for a few minutes before he attempts the arduous task of introducing a new remedy to public notice, and ask himself the following questions: Am I certain that this favorite preparation of mine will prove of general utility to my fellow-creatures? or, am I hurling destruction amongst mankind? have I been careful not to exaggerate its virtues, and thereby induce a false security which may have a fatal termination? Conscience will return very unsatisfactory answers, unless the Author should have joined to great experience the closet observation as to the *modus operandi* of the medicine, and its effects on the human constitution, in every variety of disease he may judge it calculated to relieve; and to these have added an intimate acquaintance with the animal œconomy, and a perfect knowledge of diseases in general, together with their mode of cure. The Inventor of the CEREVISIA ANGLICANA submitted more than once to the ordeal of this self-examination, nor did he presume to recommend his preparation to the world, 'till convinced that, in so doing, he was rendering an essential service to mankind. If the one be branded with the name of *Empirick*, and the other stiled a *Quack Medicine*, I shall console myself with reflecting that the best benefactors of mankind have ever been stigmatised as fools, impostors, or madmen, and their most useful

discoveries, at first laughed at as the chimerical productions of distempered imaginations, have by their intrinsic merit, at last secured universal applause and immortalised the authors. If it be empiricism to disregard all theory that is not founded on experience; if the title of Quack Medicine belong to that preparation which is recommended on the authority of long and successful practice, I plead guilty, reserving, however, to myself the rational pleasure of reflecting that a Physician cannot be more usefully employed than in detailing facts, and pointing out the most easy and practical means of curing human maladies; and if a physician be allowed most capable of *prescribing* with advantage for the sick, I can see no good reason that can be urged against a *medicine* of his *contriving*.

It is necessary to inform the afflicted, that in obstinate cases, the CEREVISIA will require to be taken for several months; they should also be cautioned against crediting an objection, which at first sight appears plausible, and will be made an argument against its use, *viz.* that it involves a contradiction, and advances an impossibility, to describe the same thing as capable of effecting a cure in complaints widely differing from and *opposite* to each other, as in consumption and asthmatic habits, fevers, &c., and the too *fashion-*

able and prevalent disease of the times—a disgrace to man as well as medicine.

But hard as it is to vanquish the prejudices of mankind, a little reflection will presently reconcile this apparent contradiction, when it is understood that all the disorders, for which the CEREVISIA is recommended, may be traced to one common source, namely, a *contaminated, morbid, depraved, or impoverished* state of the fluids, with relaxation of the solids; the remedy specifically decomposes and expels every species of *virus* which the human body can imbibe; its effects are particularly determined to the *sanguiferous, lymphatic, and glandular* systems, through which it operates on the nerves*, &c.; in short, as has been already observed, it acts on one uniform principle, that of *correcting, purifying, and enriching*, the whole mass of circulating fluids (thereby giving tone and elasticity to the more solid parts) which it does in a very remarkable manner, if care be taken to convey it into the system properly.

Notwithstanding the endless varieties into which diseases have been divided, according to the supposed difference in their manner of af-

* It also acts, in some cases, immediately on the nervous system, by coming in contact with the nerves of the stomach and other parts of the alimentary canal. E.

fecting and operating on the human body; and the contra-indications of cure thence suggested; we venture to assert that every complaint to which man is liable, may more advantageously be classed under two general heads, *viz.* DISEASES of debility, and DISEASES arising from an excess of health and vigour. This arrangement is equally simple and natural. It will be immediately understood by every one, and the afflicted are instantly sensible how they should conduct themselves with respect to one very important circumstance in the cure of all disorders—REGIMEN and DIET. Had these two plain but essential distinctions been properly attended to, men would never have submitted to repeated bleedings and purgations together, with almost a total abstraction of nourishment, when the powers of life were much reduced, and they oppressed with lassitude, weakness, and languor. The refined and voluminous distinctions of science only perplex and affright the common reader; in chronic affections the patient's feelings will best inform him how far his strength is reduced or his spirits exhausted; in acute diseases he should be guided by the advice of his medical attendant.

True inflammatory disorders, or those depending on or accompanied with a morbid increase of vigour, are very rarely met with at present, consequently an impoverishing weaken-

ing plan of cure can be seldom required, or resorted to without manifest injury; when, however such do occur, the assistance of an intelligent Physician is indispensibly requisite, and should be had with all convenient speed, as the preservation of life will frequently depend on the *celerity* and *judgment* with which the necessary evacuations are made.

Diseases of debility, or those in which the powers of life are always more or less weakened, the strength reduced, and body enfeebled, are to be seen in every season of the year; they constitute so vast a majority in the catalogue of human afflictions, as to be in the proportion of (at least) *eighty* in an hundred. Debility is present in *most* diseases of a specific nature*, as those arising from contagion, the introduction of any particular virus into the system, and from the action of poisons. Hence the extensive utility of a preparation, so contrived, (by a happy combination of appropriate ingredients) as to enrich the whole mass of circulating fluids, whilst it also corrects and purifies those that are vitiated—destroys and expels all noxious particles of

* The *distinct* small-pox is attended with an increase of vigour in the first stages, hence the great advantage of the *cool* treatment; but it should be noticed that its indiscriminate application has done much mischief, in the *confluent*, and where a putrid tendency exists. E.

matter from the body, by its action on the glandular and lymphatic system; restoring (when suppressed or obstructed) and regulating insensible perspiration, by permeating, even, those very minute vessels, which in health are incapable of transmitting the red globules of the blood. A medicine endowed with so many essential properties for the removal of disease and the preservation of health, could not fail of finding a flattering reception in the world when its merits were once established, it is not therefore surprising that a very large quantity has been sold since it was first announced for public sale, or that the demand is daily increasing, for the author was scrupulously careful not to advertise his discovery till its efficacy had been amply demonstrated in every disease for which it is now recommended. From the peculiar and active qualities of the ENGLISH DIET DRINK, the number and variety of those disorders it is found to relieve, it naturally follows that those, who (constantly) keep a quantity in the house, will generally have a safe and certain remedy at hand, if attacked with symptoms of indisposition; for as the disorders in which it operates a cure are in point of number eighty in an hundred, so when considered with respect to frequency, they occur infinitely oftener than those of an opposite nature; the CEREVISIA will therefore be found a most valuable *Family Medicine*, especially in

fenny countries, places situated near *woods* and *marshes*, in manufacturing towns, and other places, where many of the labouring poor live together in crowded ill ventilated houses, to check the cruel ravages of those low and contagious fevers which are so frequent in these situations; and few disorders can occur in which this preparation will not be found highly beneficial.

The reigning prejudices of mankind, which so powerfully oppose all useful improvements, and are so difficult to overcome, would have induced me to suppress all mention of this medicine as a specific for the cure of *certain complaints*, which sweep away more untimely victims than the SWORD or LANCET; notwithstanding the improved state of human knowledge favours the hope of impartial investigation and experiment 'ere my assertions be treated as false or chimerical; notwithstanding the uniform action of the CEREVISIA has been clearly explained, to furnish a satisfactory answer to those who might doubt its equal curative powers in disorders, *to them*, apparently dissimilar, I should certainly have remained silent as to its virtues in a *fashionable*, yet a disgraceful and criminal disease, lest many should thence take occasion to insinuate that it could not be safely taken in several other disorders, and thus by endeavouring to serve *one* class of patients I might be precluded from as-

sisting still more numerous ones, in whose complaints the DIET DRINK had uniformly succeeded, but the melancholy *wailings* of a *host* of wretched victims to the *disease*; and the injudicious administration of Mercury, determined me to speak the truth, and endeavour to ameliorate the condition of these unhappy sufferers, the devoted victims of *mercurial fanaticism*. "The world," I said, "is wise enough to believe the truth when plainly told; neither the machinations of interest or cunning can long prevail against facts established by living and creditable witnesses. I have discovered a remedy that will remove the Scurvy, is serviceable in Consumptions, in Fevers, Nervous and Hypochondriac Affections, at the same time it constantly cures *that* complaint for which Mercury is considered the only antidote, and far from producing those dreadful consequences which follow the use of that potent mineral*; it more effectually eradicates it from the habit, and repairs the injuries it has occasioned, than any thing hitherto discovered. Each of these facts can be attested by persons of rank and character; it is my duty to proclaim them to the world, and not bury the talent which has been given unto me." I did so, at first in conversation, and latterly through the

* Mercury has been generally considered as a mineral body, but in the new Chemistry it is classed as a metal. E.

medium of the press; and it has proved a source of unceasing satisfaction to me, because *thousands* have been benefited thereby. Many, whose situations in life have enabled them to extend the celebrity of the medicine, were induced to recommend it from observing its efficacy in a certain disorder just hinted at, after they had witnessed the benefit derived from its use in nervous disorders—by females of delicate constitutions and irritable habits; to these, they well knew, Mercury would have proved highly injurious, if not fatal, and therefore rightly concluded that the CEREVISIA could not be indebted for its activity to that article in any form, but was, what the Inventor asserted, a *peculiar Vegetable Antiscorbutic and Universal Purifier*.—One gentleman in particular, a Physician, in a large and successful practice, has long borne the most open and decided testimony in favor of the preparation, having uniformly administered it with the happiest effects in numerous cases of *irregularity*, and *obstruction*, as also in *Scurvy*, *Scrophula*; and in another disease, produced by contagious matter of a peculiar acrimony, and which is generally consigned to *mercurial* torture for the attainment of a precarious cure; a distressing case of this kind had long exercised the skill and talents of this able practitioner, but neither his endeavours, nor the united efforts of many other eminent Physicians,

could retard the destructive ravages of this inveterate malady; the Doctor saw, with unspeakable anguish, the *constitution*, of a near and much loved relative, *destroyed* by Mercury, and the object of his care rapidly sinking, under a disease, now deemed incurable, as three years had already elapsed, during which every means of relief, that either judgment, or experience, could suggest, had been patiently, though ineffectually, tried; in this hopeless state of things, he accidentally heard the CEREVISIA mentioned as having succeeded in analagous cases, and immediately waited on the Author, whose character was not unknown to the Doctor; the interview proved so perfectly satisfactory, that the young gentleman was put on a course of the DIET DRINK, which, in the course of a few months, totally eradicated the complaint; repaired the injuries occasioned by Mercury; renovated his constitution, and restored him to a state of juvenile health and spirits. It is now several years since the cure was completed, and as the gentleman has ever since continued well, and acquired an increase of *flesh and strength**, the certainty and permanency thereof is incontrovertible.

* A perfect cure is unquestionable, if the person afterwards increase in size, strength, and spirits; these pleasing appearances denote an *uncontaminated* habit, and never occur whilst a particle of virus remain to be eradicated, whether it be in an active or dormant state. E.

Every one will perceive that we cannot mention the name of the Physician who has so humanely attested the preceding cure; and the same reasons which govern our conduct in this instance, also forbid the insertion of many facts equally strong in proof of the medicine's efficacy. No cases are ever published without the express authority of the persons cured; who must permit their respective names, and places of residence, to be annexed, that *real cures*, which are of the utmost benefit to the afflicted part of the community, may not be confounded with the *empty vauntings* of those unprincipled men, who draw their support from *fictitious* representations of cures never performed, except through the aid of a creative fancy; stimulated by a dishonest love for gold, *they* deal in fictions which often sap the foundations of domestic happiness. Can ostentatious benefactions to charitable institutions, however lavishly bestowed, atone for destroying the peace of a single family?

The Cases given in this work, are select, and respectable; they can be authenticated at any time; and the Proprietors are at liberty to refer those who may want further information, to several persons whose names do not appear; the list of cures effected by the CEREVISIA, which might have been inserted, would have filled a large volume, had the Author's *Case Books* been

copied, and which he has kept ever since his first discovery of the preparation in the year 1742, to the present period, but it was thought most advisable to print, for the most part, only such cures as having been wrought within the last few years, would admit of clear investigation, the parties being still living.

If, after the evidence which has been adduced to show that the *CEREVISIA* may be confidently relied on by those who are so unfortunate as to *contract a disease*, for which the Faculty are in the constant habit of prescribing *Mercury*, under some form or other, any of our readers should be rendered so sceptical by deep rooted prejudices as to doubt the truth of our statement, it is hoped that the impartial testimony of a popular and well informed author hereunto subjoined, will *convince* them that the *most virulent complaints* may be *removed by well selected Vegetables*. "The natives of America, we are told, cure the Venereal Disease, *in every stage*, by a decoction of the root of a *plant* called the *LOBELIA*. Though we are still very much in the dark with regard to the method of curing this disease among the natives of America, yet it is *generally affirmed*, that they do cure it with *speed, safety, and success*, and that *without* the least knowledge of *Mercury*. Hence it becomes an object of considerable importance to discover their method of cure. This

might surely be done by making trial of the various plants which are found in those parts, and particularly of such as the natives are known to make use of. All people in a rude state take their medicines from the Vegetable Kingdom, and are often possessed of valuable secrets with regard to the virtues of plants, of which more enlightened nations are ignorant." "Indeed," the author adds, "we make no doubt but *some plants of our own growth*, were proper pains taken to discover them, would be found *as efficacious in curing the Venereal Disease as those of America* *."

Here, the opinion of a very celebrated writer is *decidedly* in favour of such a discovery as is now announced to the world; it completely justifies our assertions, and shows that our pretensions are neither so novel, nor so incapable of realization, as many have been led to imagine; in fact, the same ideas as have directed my pursuits, as gave birth to the laborious researches, and experimental investigations, I made into the medicinal properties of plants, and which ultimately conducted me to success, were, long ago, entertained and confidently mentioned by Boerhaave, Sir John Hill, and other eminent men; although, till the *invention* of the ENGLISH DIET

* Buchan's Domest. Med. p. 513-14, and note.

DRINK, no one had the good fortune to demonstrate, "*that all human maladies are curable by Vegetable Remedies.*" This grand position is now so nearly verified, that the contrary cannot be supported by any solid and conclusive arguments; 'ere long, further discoveries, in all probability, will fully confirm its truth, and add fresh honours to the immortal names of those great men who supported the doctrine at so remote a period.

Can any one doubt, after what has been said, that a person of moderate ingenuity*, should so combine the qualities of different vegetables, by the help of unremitting industry, as to produce a remedy that will advantageously supersede the use of Mercury, under any form, in all cases whatever? this has actually been done by the invention of the CEREVISIA ANGLICANA, and in future the most bigotted stickler for old opinions will at least give a fair trial to this preparation, if he justly estimate the value of health, before he ventures on that pernicious metal in any form, or in any disease; and, I am thoroughly persuaded, that whoever has the candour to decide on the

* Dr. Webster was eminently qualified for making improvements in Botanic Medicine. He had, happily united to great skill, uncommon perseverance and industry; early in life he imbibed a predilection for vegetable remedies, which gave rise to the *important* discovery of his ENGLISH DIET DRINK—a *Vegetable Antisiphylis*.

merits of the CEREVISIA, from the result of an experimental trial, *properly* conducted, will become a warm advocate for its salutiferous powers, and allow it to rank, as the *most* valuable improvement, that has been made, in medicine, during the Eighteenth Century.

It supplies the able Physician with a *powerful and*, hitherto, *unknown* advantage, over disease; by enabling him to subdue some of the most formidable and obstinate with equal certainty and safety; at the same time the composition is grateful * to most palates—to none offensive; whilst in facility of effect it is inferior to no preparation, that operates by changing the condition of the blood, with that of the various fluids prepared therefrom, and by altering the state of the living solids: when we consider the nature of

* Mrs. ———*, the wife of a respectable Tradesman in the City of London, lately describing the great benefit she had derived from the CEREVISIA, in a CONSUMPTIVE complaint, observed, that she found considerable advantage from drinking a glass or two when suffering under a depression of spirits, *in lieu of wine*, which had formerly been prescribed to her for that purpose, and to which she absolutely preferred it.—If persons in health accustomed themselves to take every day a quantity proportioned to their several ages and constitutions, it would be productive of incalculable advantage;—by keeping the body cool, regular, and open, and rendering insensible perspiration free and easy, many distempers would be prevented. E.

* See Consumption.

these, with the length of time originally required for their formation, and glance at the several tedious and complicated processes that must have taken place—we shall be fully satisfied that a highly contaminated habit can, only, be purified, and restored to a sound state, by slow and progressive steps; we shall have a clear and rational conviction that when the constitution is, greatly, enervated, and depraved, it cannot be, speedily, regenerated; both cases will demand sedulous attention, for some months: when the whole system is tainted with acrimony, or impregnated with any specific virus, time and due perseverance in the use of proper remedies, with the strict observance of a suitable regimen and diet, can, alone, dislodge the enemy, from his secret and deep-seated recesses; scour the distended glands of those stagnating juices which stop up their ducts and, quickly, turning acrid, constantly, add to the violence of the disease; and remove those obstructions which the thickened fluids occasion, in the small lymphatics, thereby giving rise to those lancinating tortures, rheumatic and venereal patients, &c. so severely feel; it must, evidently, also, be a work of time to repair the organs of digestion, when weakened by sickness or intemperance; to fill the lacteals with a bland nutritious chyle, and the fountain of life with rich invigorating blood, duly assimilated.

A medicine, to accomplish these important objects, must be so contrived as to stimulate, gently, the stomach and bowels; comfort the nervous system, and be readily taken up by the absorbents, thus imitating the conduct of nature, and assisting her intentions: all attempts to counteract her wise and regular plans, by endeavouring to effect some great and sudden revolution in the human system, are incapable of succeeding, and inimical to the constitution, because they are in opposition to the established and immutable laws of nature. Hence, the folly of crediting those *superlative* GENIUSES, who profess to cure the most inveterate disorders, in a *few days*; SOME *in a few hours*—these promises are so preposterously absurd, that the credulity of those, whom they delude, is altogether unaccountable; the delusion, however quickly vanishes, and, when too late, the unhappy victims are painfully convinced that, though the action of metallic bodies, or other potent combinations may suspend a disorder, a *cure* can, *only*, be effected by impressions, *gradually*, made on the constitution, and a progressive removal of the morbid symptoms. It is an old axiom, which I could wish every one to remember, that speedy cures are never sound cures; the time, requisite for the cure of any complaint, cannot be, possibly, determined beforehand; in no two people will it be exactly alike, but vary according to the severity, and duration, of the affection, and the con-

stitution of the patient. In all cases, I would recommend the DIET DRINK to be *regularly* taken, till, every diseased appearance has subsided, and the patient is fully restored to health—and for some time afterwards, in smaller quantities, and less frequently. This will be found the best general rule to go by; in no instance can it be attended with injury, or inconvenience, whilst, on the other hand, it will effectually secure the patient against the troublesome and often dangerous consequences of a relapse, which is frequently more stubborn and violent than the original attack.

The two most critical periods, in all disorders, or from the commencement of a disease to its final termination and the full establishment of health, are, those of *incipient* amendment—and *convalescence*, or the *beginning* of returning health; in the latter, the constitutional balance, having but just turned on the favourable side, with no preponderating weight, as yet, in the scale, sufficient to impel it that way, or keep it steady, the least irregularity is apt to bring on a relapse, which, in general, is much more dangerous, to the patient, and more perplexing, to the Physician, than the first attack; in the former, or *incipient amendment*, the unfavourable symptoms, still, exceed the favourable ones; here an increased attention is called for to

ensure recovery; if, on the contrary, our curative endeavours are relaxed, at this important moment, and the prescribed remedies be taken, in an under proportion, or wholly laid aside, the enemy will return to the charge with accumulated force; acquire an additional hold on the constitution, and often become more difficult of cure, requiring a much longer perseverance in the use of proper means, than if no partial advantage had ever been gained, no remedies ever taken. Thus disorders, which, at first, admitted of easy and certain cure, have frequently been drawn out to a great length, by the imprudence and impatience of a patient, in discontinuing the use of medicine too soon.

Many articles possessing very active powers, and once, highly extolled in medicine, have fallen into disuse, and are now considered as perfectly inert; this opinion, however, is founded in error, and may be traced to the same cause as has occasioned vegetable remedies to fall into such discredit of late years, as scarcely ever to be prescribed, by the regular practitioner, who places his chief reliance on the chemical preparations of various metals and minerals, these being composed of parts no ways analagous to, or capable of assimilating with the juices of an animal body, have done an infinite deal of mischief, especially Mercury, the fashionable prop

of medical celebrity, but, in truth, the bane of thousands, in so much that it may boast of as many victims as were ever made by the ravages of that disease to which it is opposed. It is time to reduce the number of such dangerous remedies, and revive the use of vegetable ones; these are, unquestionably, more safe, and are equally efficacious, they have become obsolete, not for the want of any specific virtues, but because these were diminished by the careless slovenly manner and gross form in which they were formerly administered, but *now* that the method of separating and obtaining the parts, in which their active qualities reside, in a pure state, and reducing them to a small compass, is well understood, we may hope to *atchieve*, with VEGETABLES, *all that can be done by* MEDICINES *of any kind.* The success with *which the* CEREVISIA *has been, and still continues to be exhibited, is sufficient to encourage a further investigation of the medicinal qualities* of the many valuable plants, that, *neglected*, grow in this fertile island*, and, ultimately lead to such improvements, in the Healing Art, as will take, from the practice, the reproach of being *uncertain* and *conjectural*; and by the accumulation of facts, establish Medicine on fixed and unerring principles, with *data*, that admit of clear demonstration, and are capable of general application; simplify morbid affections,

* England.

and in conformity to nature, reduce the whole to a few classes, easy to be understood; whilst the appropriate remedies will be few in number but of certain efficacy. And why may I not indulge the pleasing hope, that such a period will arrive, in a *country*, that was formerly distinguished for cherishing and cultivating a knowledge of Medical Botany; the study of this profitable and interesting science engrossed the attention of our best and most learned Physicians, and their practice, we have reason to believe, was more successful than that in vogue at the present day?

Indeed, if the phœnomēna, which occurred in the infancy of Chemistry, (by the surprise they created confounding the imaginations of many, insomuch, as to be, generally, attributed to the influence of magic) had not too strongly attracted the attention of medical men, and taught *them* to entertain the visionary idea that it opened a door to the discovery of a CATHOLICON, or *universal remedy** (whilst the *Alchymists**, rapt in *golden reveries*, were as busily employed, and equally sanguine in the expectation of finding the PHILOSOPHER'S STONE, and others laboured with incessant toil in quest of an universal solvent*; a

* The surprise which chemical productions first produced on the minds of men, and the infatuation it occasioned, may well be termed a species of madness, or CHEMI-

fourth class in search of an *universal ferment**)

Thus the *CHEMICAL MANIA* * affected every class

CAL MANIA. Thousands destroyed their health, expended their last shilling in the vain attempt to transmute * the baser metals into gold—and after all retained their opinion of its practicability—nothing could discourage them—they were able to assign a plausible reason for every miscarriage, and never once imputed them to the true cause; these greedy philosophers are emphatically stiled, in the German language, *GOLDMACHERTUNST* (which I would translate *GOLD-HUNTERS* rather than *GOLD-MAKERS*.) Those who promised an *universal solvent* to the world persevered in the search with an industry that would have done credit to a better cause, without once reflecting that, if they succeeded, no *insoluble* vessel could be found to hold this famous solvent. Another set equally sanguine in their pursuit after an *universal ferment*, committed the same blunder—so that each might have been the easy victim of his own notable discovery—the one destroyed by liquefaction, the other converted into leaven.

O tempora—O mores!

* Even of late years, Dr. Price, of Oxford, whose name as a Chemist and Philosopher is held in high estimation, by the learned, throughout Europe, has endeavoured to revive the art of Alchemy; he not only declared the thing practicable, but even made several experiments, in presence of the first judges, and some of the most scientific men in this kingdom. To prevent the possibility of deception, they (at the Doctor's request) minutely inspected every thing used, and carefully watched every part of the process, which, in fact, was conducted by them according to the directions given from time to time by the Doctor—these gentlemen were so well convinced that *he* perfectly succeeded in each experiment, that they have publicly attested the Doctor's relations; this has induced many sensible and well informed persons to believe that transmutation can be informed, and given rise to a number of ingenious debates in societies where the question has been agitated.

E.

and description of men; the *spendthrift* assisted and encouraged alchymy, in order to recruit his finances—the *miser* did the same, with a view to increase his useless store—the simple *tradesman* dreamt of the golden age, neglected his business, and talked, with confidence, of converting his tapes into that precious metal—the *Physician* pursuing his favourite notion, no longer regarded the virtues of vegetables; and totally deserted the natural road to physical discovery and improvement; but for this, it is probable, we should have acquired, long since, a pretty accurate knowledge of vegetable remedies, from a practical experience of their efficacy in every disease, and, thereby, have attained to a greater certainty, facility, and safety, in the mode of cure.

I now have, before me, a work, published by the learned and industrious THOMAS FULLER, of Cambridge, M. D. in the beginning of the last century. The book is, aptly enough, entitled “A BODY OF MEDICINES, containing a *thousand select* Prescripts, answering most Intentions of Cure,” and in reality such is the variety of these, and withal the ingredients are so happily chosen, and so judiciously combined, that I find remedies adapted to almost every disorder that can affect the human body. The reader will, probably, be surprised when informed that these re-

ceipts comprise every possible form in which medicines can be given, and many of which are now unknown, or disused, if known—e. g.—Medicated Ales—Baths—Caudles—Quilts, &c. &c. and yet, after a careful examination, I cannot discover *one* that is not *principally* composed of *vegetable productions*, of which the *major* part *entirely* consist. The author asserts, that by far the greater number of the preparations he has recommended to be taken, are founded on the successful result of a long practice, and *his own* experience of their excellence, in fully answering the several purposes for which he directs their application.

Surely then, there can be nothing unreasonable, nor much of novelty in my striving to revive so antient and laudable a practice, especially as we have good reason to believe that Medicine is not only the most antient and most noble of all arts, but also, of DIVINE ORIGIN*; and it has

* HIPPOCRATES pronounceth physic to be the noblest of all arts whatsoever. But to make physic all-glorious and truly sacred, JESUS CHRIST himself employed a great part of his time, on earth, “in going about and doing good, by curing bodily maladies and infirmities,” he also commissioned his Disciples “to go forth to heal all manner of sickness, and all manner of diseases;” and we are told that St. Luke was in eminent repute as a Physician. To these circumstances we may perhaps ascribe the venerable esteem in which it was held in antient times, when the improvers

already been shown that in the first ages of the world, in the primitive state of society, vegetables alone answered every intention of *food* and *physic*, both to man and all other animals.

By exposing the folly of chemical enthusiasts, I mean not to deprecate the value of the science, but merely condemn its misapplication; in my opinion the practical part of chemistry is a sublime and highly useful art, and greatly assists us in becoming acquainted with the nature and peculiar qualities of inanimate substances, whilst it is capable of the most extensive application to several branches of manufacture; perhaps there are none but may be improved by the aid it supplies, and to them I wish to restrict its use; yet I candidly allow that the visionary speculations of the *Alchymists*, &c. have indeed proved serviceable, and been the accidental causes of several noble discoveries, though their authors have been branded as madmen by some, and

of it were accounted Gods, and frequently stiled Sons of God, and Hands of God. It was the common belief of the Heathens that it came by Inspiration, and the Christians held the same. Thus St. AUSTIN (*DE CIV. DEI*) speaketh after this manner—" *Corporis Medicina (si altius rerum repetas) non invenitur unde ad homines manare potuerit, nisi a Deo;*" *i. e.* If we would trace the origin of things, it cannot be conceived whence *PHYSIC* should come to *MAN*, but from God himself.

laughed at as fools by others. Let us then give every encouragement to the chemists, only recollecting that their ingenious inventions should be *confined* to the arts, and totally *discarded* from the practice of Medicine—this will ever succeed best, when conducted in conformity to the indications of Nature, unfettered by the *injurious* refinements of art; and when its doctrines are constructed on simple and rational principles, deduced from a large accumulation of facts, so arranged as to form one regular, connected whole; this is the *only* manner in which a *just* theory of diseases can be formed, and systematic directions framed, for the cure that will stand the test of experience.

If the seeds of contagious disorder, or any other thing hurtful to health, found its way into the system, I observed that Nature, constantly, endeavoured to rid herself of the enemy, by a determination to the surface of the body, or by procuring a discharge through the ordinary outlets—thus, carefully striving, to defend the parts, more immediately necessary to life, from injury.

In affections of the *primæ viæ* SHE inverted the action of the stomach to provoke vomiting; or stimulated the intestines to eject their contents: when the morbid matter had entered the

blood and lymphatics, SHE strove to procure relief in various ways, as by increasing the action of the heart and arteries, and thus inducing a flow of sweat in order to throw off the peccant humour, by the formation of boils or abscesses to answer the same intention, &c. &c. Hence I concluded that the Physician's *only* business was to give energy to these well meant endeavours, and support the powers of the constitution when languid. I reduced this opinion to practice, and *generally* cured my patients; so that I may truly ascribe, to my having taken this view of the subject, the first idea of preparing a remedy that would operate in seconding and promoting the natural efforts of the constitution to subdue disorders, and free itself from foul and noxious humours; that I thought and reasoned aright is fully proved by the *uniform*, and *unparalleled* success with which the ENGLISH DIET DRINK has ever been administered, and whose extraordinary efficacy these sheets being chiefly designed to give an account of, I am necessarily precluded from giving a number of useful hints and directions to the reader, he may, perhaps, feel disappointed and complain of the omission of some, but I beg it may be recollected that I am not writing a regular system of physic, but confining myself to a particular subject, the knowledge of which will prove highly profitable to mankind, and the merits of which I am, practically, acquainted

with, and assured of from the result of numerous and reiterated trials; nevertheless, I have occasionally deviated from my immediate subject to deliver some general advice, and shall continue to do so, so far as the limits of the work permit, without any regard to order, as attention to that would interfere with my main design; and should my life be spared a few years longer, I may, perhaps, find leisure to present the world with my thoughts on two much neglected subjects, though the most important of all others—I mean, the Management of Children during the periods of Infancy; as also on Diet and Regimen: if I live not to complete these works, the materials for which I have been many years collecting, I hope the task will be undertaken by more able hands, who cannot render a more praise-worthy service to society, than by executing them in a proper manner. At present, however, I shall say a few words on each.

Moderate exercise and a tranquil mind are highly useful to preserve health, and complete a recovery from disease.—In a state of convalescence it is essentially requisite to suit the nature and quantity of exercise to the patient's feelings. It is to be continued no longer than it is enjoyed, exhilarates the spirits and induces no fatigue. The best time is an hour or two before dinner (when the sun be not too powerful)—and

towards evening, but not after the dew begins to fall: used with moderation it increases the circulation, giving tone to the muscular fibres; promotes a due secretion of all the humours, and a regular perspiration. It also creates appetite and aids digestion.

Exercise, in the open air, is far more beneficial than in the house, when particular circumstances do not forbid the patient's going abroad; if this be the case, he should accustom himself to take such as is best adapted to his situation—if too weak to derive benefit from *active* he must have recourse to *passive* exercise, such as ocillation or swinging, &c. In the very reduced constitutions of consumptive people, and those labouring under hectic coughs, this gentle exercise is productive of advantages so great as to exceed the belief of many who have not witnessed its utility—the drooping sufferer speedily becomes chearful—the impetus of the blood is diminished, and the morbid frequency of the pulse reduced, whilst the irritation of the lungs being diminished, the cough becomes less troublesome, and at last the grateful sensations occasioned by a continued agitation of the surrounding atmosphere, often procure (in conjunction with the other circumstances) a quiet and refreshing sleep.—*Active* exercise however is to be recommended in preference whenever it can be taken without

disadvantage. But be it remembered—that one rule must be strictly observed, *viz.* never to exceed the bounds of prudence.

With regard to diet, it is to be noted, that a faulty conduct in this respect is productive of various disorders—prevents or retards the cure of many—and can never be committed with impunity. It is very certain that parental indulgence and mistaken fondness, have destroyed hundreds of children. The food of children should be of easy digestion, and consist of such articles as readily assimilate with or are converted into the juices, which nourish and add to the increment of the body. In early infancy the proper and best food is that which the mothers milk supplies, as nature sufficiently shows, by refusing them the powers of mastication; and by the production of teeth, as distinctly marks the gradual change that should be made. Animal food, however, ought to be sparingly given, and make but a small portion of the aliment required, till such time as a child arrives at the age of six or seven years, and even after that period it should always be mixed with vegetables.

Many troublesome diseases occur during infancy solely from children being permitted to eat till they are cloyed, and from their being suffered to poison their blood with rich high seasoned

dishes.—Unwholesome food, and irregularities of diet, both occasion troublesome disorders, of the skin especially, hence a strict attention to these particulars is of the first consequence, in the preservation of health, and the cure of diseases. Many of these may be cured by the choice of a proper diet alone. It would be difficult to ascertain the exact quantity of food best adapted to every age, sex, and constitution; the rule that will admit of most general application is never to eat or drink more than sits well on the stomach, and always avoid excess in both respects.—Water was designed to alleviate thirst and assist digestion; wines and spirits were intended to be used medicinally; hence the first should be the *common beverage of all*, and the *only drink of children*, and young persons, when in health; in fact, it would be a happy circumstance if every one was restricted to the use of water generally. For it is a very mistaken notion, that hard labour cannot be supported and the bodily strength maintained, without drinking strong liquors—the whole depends on habit*

* In the instructive life of that great and extraordinary man Dr. B. Franklin, we find this fact strongly exemplified.—He worked, on his first coming to London, in a printing office with uncommon assiduity, and laboured harder than any of the other men; when *they* drank *beer* or *spirits*, *he* took *water-gruel*, the consequence was that *he* was more strong and vigorous than his fellow-workmen, and was enabled to save money whilst their expenditures in strong beer, &c. kept them in a state of poverty.

—this is the true reason that our coal porters, draymen, and others who lift great weights, require large quantities of beer and spirits, without which they are incapable of the toil, and soon lose their strength—but the argument so frequently drawn from thence, and insisted on as being conclusive in favour of the absolute necessity of such stimuli to hard working men, is founded in error—we grant that many could not go through their labours without the assistance spoken of, but this is owing to an artificial necessity that custom created—experience is decisive on this point, and clearly shows that men who never accustomed themselves to drink or even taste any thing stronger than pure water, whilst in health, can, in reality, not only undergo more fatigue, and go through more work than others, but that they also retain their strength and animal powers, in full vigour, to a more advanced period of life, and are less liable to disease.—I have dwelt the longer on this subject in compassion to that useful class of my countrymen, of whom we have been just speaking, in the hope it may wean them from the pernicious habit of drinking, in which, from the idea of an absolute necessity, many spend more than would clothe and maintain their families, and enable them to lay by a little store against the hour of sickness and old age. People who are troubled with low spirits, and those who are affected with

hypochondriac or hysteric disorders, should abstain from all flatulent food, every thing that is hard of digestion, as cheese, butter, pastry, but particularly pastry made with butter; all kinds of salted or smoak-dried provisions, and whatever is apt to create acid eructations, or turn sour on the stomach. It must be admitted that vast numbers of English labourers live almost entirely on porter and cheese, nevertheless the latter is altogether an improper article of diet, it should never be used as a meal, but only taken in small quantities after dinner; it fires the blood, induces costiveness, and excites a constant desire for drink, this tempts the poor man to consume, in liquors, a greater portion of his earnings than would provide a wholesome nourishing diet for himself and family, and preserve his strength in full vigour to a more advanced age, than is often practicable by this mode of living.—Fresh butter is preferable to salt, but it should always be sparingly used—not as a sauce to flesh and fish of every kind, but merely to mellow and soften meally farinaceous substances, as the potatoe, parsnip, &c. It is very pernicious to persons of weak stomachs, even in small quantities; in bilious and scorbutic habits it should never be allowed, as it has a tendency to aggravate these disorders, and by turning rancid, has been known to occasion very formidable affections of the former kind.

Children should seldom be allowed the use of butter, and never suffered to eat articles prepared therewith; bread made with butter is almost indigestible; pastries of every kind are little better, yet immense quantities are daily consumed by the inhabitants of this country, and, wonderful to relate, principally by those who of all others are most liable to be seriously injured thereby, as weak delicate females, children, and infants, and even the sick and infirm are compelled, by mistaken kindness, to swallow these *destructive* dainties—a *butter biscuit* is, however, a *dose of poison* to the sick, and may *prove fatal*. Thousands of my fair countrywomen have purchased indigestion, sick head-achs, loss of appetite, stomach pains, and various other ills, under the disguise of pastry; and to the same cause is justly ascribed many of the diseases of children. The natural effect of butter is to weaken and relax the solids.

Errors in diet should be particularly guarded against during the periods of infancy; when the tender stomachs and bowels of children are frequently disordered by any thing faulty in the nature and quality of their food, the powers of digestion are rendered feeble, and their growth retarded, whilst they are often harrassed with flatulent and other distressing complaints, which sometimes so much weaken the constitution that

they remain infirm and sickly through life. Seeing then the great importance of a proper diet in early life, I cannot too strongly reprobate the dishonest and cruel conduct of those people who by their various adulterations, convert into a *poison*, an article that, next to the mother's milk, should form the chief part of every child's food, as it is, undoubtedly, *when good*, after that, the very best that art and nature can supply. But as bread, instead of yielding a due nourishment and keeping the blood cool and free from humours, may generate a variety of complaints; as gripes, bloody flux, worms, convulsions, &c. and finally occasion death itself—as the quality be more or less pure, which may be injured not only by adulteration, but also by the grain or flour being unsound, or the bread improperly prepared and baked. It is therefore the indispensable duty of every mother, and every nurse, to take all possible care to procure bread made of sound wholesome materials, and perfectly free from adulteration, and for this purpose we would advise all families, that can do so, to grind their own corn, make and bake their own bread. When this cannot be done, I would recommend them to purchase the best *ship-bread*; as the best means of securing themselves from imposition, for in the present state of things I dare not hope that good unadulterated household bread can be bought at many places. Ship-bread or biscuit is

at least made of the soundest and purest flour that can be procured, and is on the whole preferable to that in common use, exclusive of being unadulterated. It is better baked, the other is frequently under-baked, whence proceed flatulency, gripes, &c. Part of a dry ship-biscuit forms an excellent gum-stick, and nourishes whilst it eases and diverts the infant: boiled well down with water, and afterwards mixed with new milk, the water being first poured off, it makes a simple and excellent nutriment—either a little biscuit so softened, and then separated from the water, or *good* soft bread unboiled should be given to a child as soon as it shews an inclination to chew, of which it may safely eat as much as it will. Unless peculiar circumstances forbid, children should be confined to the milk of its nurse or mother till the end of the third month—there is not any proper substitute for this natural food.—But as I cannot dwell any longer on this subject, I shall only add, that the food of children should always be plain—they would, if this were strictly observed, never gorge themselves and overload their stomachs, an evil to which they are enticed by the luscious sweet taste that nurses foolishly give to their victuals. This hint deserves very serious attention.

In another part of the work will be found some directions relating to Bathing—here it will be

sufficient to say a few words respecting the *cold* bath; it is not only inapplicable but injurious to those who are much debilitated—and is always hurtful if not speedily followed by an increase of animal spirits, and if a pleasing glow or sensation of warmth does not immediately succeed the first chill of immersion: but on the contrary a coldness and shivering seize the whole body, the most serious effects may be produced, by a longer continuance in the water; to avoid these he should immediately remove into a warm bath, and swallow some generous cordial; but if no warm bath be at hand, such other means as can be resorted to must be diligently employed to restore the balance of the circulation, and recall the languid powers of life.—Invalids should use the cold bath with great caution*. The safest way is to begin with the tepid, and gradually lower the temperature, till the coldest water proves agreeable. From the dangerous error that no harm can be done by plunging into cold water—the symptoms of many diseases have been aggravated—glandular obstructions confirmed and ren-

* The cold bath is of most benefit to infants, it braces their lax fibres, promotes their growth, prevents the rickets, skin diseases, and visceral obstructions, &c. &c. They should be accustomed to it early in life, before attacked with any disorder that might forbid its use—the temperature could be easily adjusted to the feelings of children too languid to bear *at first* water quite cold—these would be few, in number, if properly managed from the birth.

dered incurable—to the same cause many obstinate irremediable head-achs owe their origin; and a similar imprudence has occasioned apoplexy, the rupture of a blood vessel, and inflammation of the brain, with many other complaints of a less formidable nature. Every person would therefore do well to ascertain the true state of his health, and whether the cold bath be likely to prove of benefit—but above all to be *certain* that it will *not injure* him, before he makes trial of so hazardous a remedy, the injudicious use of which may be felt alike by the delicate and robust; in cases where it was evidently proper it has done much harm by the imprudence of the bathers in continuing too long in the water. A little exercise sufficient to warm the body and rouse the circulation, without producing perspiration, is a necessary preparative to the use of the cold bath, but the safest plan would be to accustom themselves to it by pleasing and gentle degrees. I will subjoin, that it would be highly improper whilst the body is in a state of repletion, and should therefore be used before dinner.

I now proceed to treat, more particularly than has yet been done, of the several classes of disorders the CEREVISIA is adapted to cure. But I shall only enumerate the general or principal diseases in which the ENGLISH DIET DRINK has been given with remarkable success; each of

these heads naturally include a great number of lesser complaints, which, proceeding from the same source, necessarily require a similar mode of cure; consequently the general instructions can be easily accommodated to particular circumstances; these lesser affections, by their diversity, almost defy particularization, and embrace all those aberrations from health, which are occasioned by the suppression or obstruction of any natural evacuation, secretion, or excretion; by crudities in the alimentary canal; by an impoverished or acrimonious condition of any of the circulating fluids; or the contamination of these by contagion or poison; by relaxation of the solids, defect of the animal spirits, atony of the nervous system; by bad living, excessive labour and fatigue, abstinence, long watching, the immoderate use of tea; by intemperance in eating or drinking; by the operation of some previous disease, as the small-pox, producing tumors, &c. by noxious exhalations, or the injurious action of mercurial preparations on the living fibre, &c. &c. &c. When some or more of these immediate causes have existed in a high degree, or continued a long time, one or other of the general diseases, hereafter mentioned, is induced; on such occasions the CEREVISIA will prove the best and safest remedy.

It is only in those cases in which the disease has been given with remarkable excess, that it

OF FEVER.

FEVER is a general term, of very extensive application, and characterising a numerous and diversified class of diseases. To give a particular history of each, describe their several symptoms, and show in what respects they differ from each other; would occupy much time, and, after all, be wholly unprofitable to the majority of my readers. I shall therefore confine myself to such specific description as belongs to every kind of fever, and will sufficiently distinguish them from all other diseases.

Fevers commence with a shivering fit, accompanied by an unusual disagreeable sensation of cold, this is presently succeeded by an increase of heat over the whole body, with a quick, strong, irregular pulse: several of the animal functions are also considerably impaired—the vital ones performed with difficulty: the patient generally suffers a loss of appetite, feels a loathing to food,

and has a pain in the head, whilst there is a remarkable diminution of strength, particularly in the joints.

The most essential division of fevers is into those of an inflammatory, and those of a putrid or malignant type. The ardent or true inflammatory fever is accompanied with a redundancy of blood, and the action of the vital powers are morbidly increased. Copious bleedings and other evacuations should therefore be made at the very commencement of the disease. On the other hand, fevers which are characterised by symptoms of great debility, if not clearly of a putrid or malignant aspect at the first attack, have constantly a tendency that way, on which account all sudden and violent reductions of the patient's strength, by bleeding or otherwise, are both improper and dangerous. There is a great fallacy in the first symptoms of many febrile affections which has too often lead not only the patient and his friends, but unfortunately the medical attendant also, to suspect the presence of an inflammatory disease, when one of an opposite nature actually prevailed, and under that idea have recourse to the *destructive* LANCET. No error in practice can be attended with more deplorable consequences, because they are scarcely ever to be remedied. To guard against the improper use of bleeding, and an improvi-

dent waste of the vital fluid, I would earnestly recommend that it *never* be drawn when febrile symptoms are present, *unless* directed by an experienced Physician or Surgeon, after an attentive examination of the pulse; for it is admitted by the best informed writers, and every day's experience confirms the truth of the remark, "*that the frequency with which fevers of debility occur, exceeds in an infinite proportion every other class*, and that a fever with a true inflammatory diathesis, i. e. a fever attended with an increased vigour, and tone of the system, is at present a very rare disease indeed.*" This opinion is fully confirmed by men of the most extensive experience and established credit in the profession of physic; to whose testimony, with all due deference to such high authorities, and with the modesty becoming a liberal science, I humbly crave leave to add my own, founded on observations made in the course of an extensive practice, the *success* of which has been of *no ordinary* kind.

When fevers of debility have been mistaken for those of an inflammatory diathesis, I have uniformly found that small emissions of blood, made so early as the second and third days of the

* A similar observation was made by Dr. Huxham so long since as the year 1737, in the first volume and 147 p. of a work he published in Latin "*On the Air and Epidemic Diseases.*"

disease, precipitated patients into a putrescent condition, accompanied with such universal debility, and diminution of the vital powers, that the most stimulant cordials were insufficient to rouse them—and death soon closed the melancholy scene. Hence I caution my readers against following the *popular* but fatal error of being bled on the first attack of disease—a custom which is productive of injury, at least eighteen times out of twenty, and in most cases cannot be done without endangering the life of the patient. I admit that large and repeated venæsections are sometimes proper, but as cases rarely happen, which indicate the necessity of using a debilitating plan of cure, it can only be justifiable when directed by professional skill.

People residing in the contaminated air of large cities or manufacturing towns are *seldom* indeed affected with a true inflammatory disease, these are therefore particularly interested in divesting themselves of the common prejudice in favour of the lancet—the *abuse* of which has been productive of *more* mischief than *all* the other mistakes in medicine taken in the aggregate.

But having already dwelt too long on this subject (in reference to my primary object) though not longer than its importance demands—I now hasten to say what a fever is.

All fevers, whether *ardent* or *inflammatory*, *remittent*, *intermittent*, *continued*, *malignant*, *putrid*, *petechial*, *nervous*, or by whatsoever name distinguished, only differ in certain circumstances, more necessary to be known by the practitioner, than useful to the general reader; the whole may be reduced to this simple and intelligible definition, “*an effort of Nature to free the constitution from somewhat incompatible with health;*” this she attempts in various ways, *viz.* most commonly, by opening the mouths of the exhalent vessels and inducing a copious perspiration; by the urinary passages, sometimes by vomiting and evacuations from the intestinal canal; now and then by hæmorrhages or spontaneous effusions of blood from different parts of the body; as also, though less often, by cutaneous eruptions.—Hence it is the first business of the sick and their attendants to observe the indications of Nature, and to assist her operations.

For this purpose no remedy ever yet contrived has answered so well as the ENGLISH DIET DRINK, and for this reason, that it favours and facilitates each of the several ways by which Nature attempts to get rid of the morbidiferous matter; and in nervous and other fevers of debility, proves of eminent service—its cordial, nourishing, and invigorating qualities, supporting the patient’s strength and spirits in a considerable

degree, whilst it blunts the acrimony of the offending matter, and thus calms the agitation of the nervous system. Now as the danger is principally owing to the increased irritability of the nervous system, the remedy that quiets the commotion by first blunting the acrimony of, and then expelling the offending cause, without diminishing the powers of life, must be preferable to all others.

The great augmentation of heat that forms a leading feature, and, in fact, constitutes the specific character of fever, is *in part* owing to the commotion occasioned in the nervous system by the morbid cause, and the efforts of the *vis medicatrix naturæ* for its expulsion, but *principally* to the perspirable pores being so closed by spasmodic stricture, or because the matter of heat, conveyed into the blood from the atmosphere (through the medium of the lungs) in the act of respiration, cannot be carried off, in the wonted manner, by the exhalent vessels.

From this circumstance we perceive the salutary intention of Nature when she endeavours to produce a copious flow of perspirable matter; and seeing that *fever* is (strictly speaking) only a natural effort of the constitution to free itself from an offending cause, we have good reason to believe that if this was properly attended to,

and promoted, at the beginning, the disease would, in general, be of short duration, and seldom very difficult to cure. Instances daily occur of persons, who, after catching cold*, have all the symptoms that mark the commencement of fever; but by keeping the body warm, during the cold fit, giving proper remedies (and these often of the most simple kind, as wine whey, treacle-posset, &c.) with diluting liquors to induce a free perspiration, and, when occasion required, producing, also, moderate evacuations, by vomit or stool, every symptom, unfriendly to health, have disappeared in a few hours. But as in point of *pleasantness*, and *safety*, the CEREVISIA or ENGLISH DIET DRINK *equals* any domestic article that is proper to be employed on these occasions—and in respect of *efficacy*, is *superior* to all others, I would advise that on the first appearance of a cold, a dose of *two, three, or four*, table-spoonsful (according to the age and constitution of the patient) be mixed in half a pint of hot wine whey, and drank so soon as he can have his bed warmed; to facilitate perspiration an ad-

* I use this phrase on account of its being intelligible to every one—it however does not, by any means, convey a true idea of that which *actually* takes place;—it would be more correct to say, the patient had *caught heat*—and at the same time be expressive of the real fact—the quantity of absolute heat in the system being much greater then than at other times. E.

ditional quantity of cloathing should be laid on the bed, which ought to be diminished after that begins, so far as may be suited to the patient's feelings, but sufficient to keep up a moderate discharge, till the symptoms subside. During this period it will be of use to drink occasionally, a bason of warm wine whey, or thin gruel, well acidulated with lemon juice*, both to promote the operation and prevent the strength from being too much reduced. By this simple process alone I have always succeeded in curing a recent cold, removing in a few hours those symptoms which, longer neglected, would have ushered in a fever of a formidable aspect, and admitting no easy cure. Notwithstanding the ease and certainty with which recent colds are thus brought to a salutary solution, I am free to confess that it is effected with more difficulty in some cases than one unacquainted with the human frame might at first imagine; for either owing to some peculiarity in constitution, or that the spasm of the perspiratory vessels on the surface of the

* In PUTRID and MALIGNANT Fevers I would recommend five, ten, or fifteen drops of *Muriatic Acid*, commonly called Spirits of Salt, to be taken in each draught of the patient's common drink; recent discoveries having clearly proved that it is the most *powerful* and *valuable* antiputrescent we are acquainted with, which I attribute to the circumstance of *common salt* forming its basis; the *universal* use and *necessity* of this article is well known. E.

body is less easy to remove, and more capable of resistance to the united efforts of art and nature; or from a combination of both these circumstances we every now and then meet with persons who cannot be brought to perspire without much trouble, when this happens to be the case, the difficulty will be readily overcome, by immersing the feet, legs, and thighs, in warm water for a few minutes, then, these being wiped dry, *getting* into bed, and taking the DIET DRINK as before recommended; after which the body will seldom fail of being speedily thrown into a copious sweat.

When no attention has been paid to the first attack, and a fever is actually formed, it will then be of consequence to ascertain its real nature, and observe in what way nature aims to procure relief. If the symptoms run high, threaten a rapid increase, and furnish no plain indication of cure, it will be most adviseable to administer an emetic without loss of time—a mode of evacuation that cannot do mischief, and in most cases is attended with many important advantages that cannot be conjointly obtained by any other; it not only relieves the stomach from crudities, acrimonious, or putrefactive substances, but at the same time, commonly, unloads the intestinal canal of that which long detained, *in fever especially*, very considerably ag-

gravates every untoward symptom, and is particularly powerful in relaxing the spasm of the exhalent arteries, and thus admirably forwards the perspiratory process. But as a febrifuge, nothing has succeeded so well in my practice as the DIET DRINK, which I attribute to this, happy, combination of properties; *that* it has a direct influence, not on one only, but on every passage and function in the animal œconomy, by which any noxious matter is naturally expelled or carried out of the system; *that* it has a direct tendency to remove obstructions, whether they exist in the glandular, lymphatic, or sanguiferous systems, or in any other vessels, ducts, or outlets of the human body; *that* it promotes all the natural evacuations, *in both sexes*, by imparting an *invigorating stimulus* to the nerves, and muscular fibres of the *primæ viæ*, or first passages; and afterwards assimilating itself to, and circulating with the blood and other juices—it admirably corrects, purifies, and improves the condition of these—whilst it preserves in, or restores to due tone, health, and vigour, the various secretory organs; and further, *that* neither acting, *exclusively*, as a *Deobstruent*, *Diaphoretic*, *Demulcent*, *Purgative*, *Diuretic*, or *Restorative*, &c. but contributing its assistance in each and all of these respects occasionally—manifestly so in the one then most wanted; it will co-operate with the intentions of Nature to bring about the crisis she was

endeavouring to effect, although her efforts might be too feebly exerted to be clearly understood, hence no danger can arise from administering this remedy in the earliest period of disease, as the operation thereof will in no instance run counter to Nature's designs, but materially expedite these and add to their effect.

To confirm the truth of the preceding observations, I beg the Reader will attentively peruse the following

ILLUSTRATIVE FACTS,

which occurred so long since as the year 1747-8, and were then faithfully entered in my Medical Journal, or Case Book, from whence they are now extracted. At the period above named, the *Ulcerated Sore Throat* was epidemic in the town of St. Albans, (County of Hertford) and the neighbouring villages. It was attended with a considerable degree of fever, and rapidly spread its contagious influence to so wide an extent as created an universal alarm in the minds of the inhabitants; this was much increased by the ill-success that attended the common modes of treatment in this disease, and which were generally adopted at its first appearance, and continued, with such

trifling modifications as suggested themselves to different practitioners, to be relied on, till the *remarkable* success of my practice attracted attention, and changed the face of things. *Several had died, and those who recovered, seemed to owe their cure to a good constitution rather than to any specific powers in the remedies employed.* At this time I chanced to be in the town, many applications were presently made to me for advice and assistance; the CEREVISIA having only been discovered two years before, I had not had so many opportunities of *determining* its efficacy in all the several disorders to which it has since been found applicable—and capable of subduing, as I could have wished; in some I could, *as yet*, reason only from analogy in respect of the disease under consideration, and from the nature of the preparation and its effects in one of a similar kind; nevertheless, on the present emergency, having well weighed the nature and cause of the leading symptoms, together with the general failure of all the means hitherto tried for affording relief to the unhappy, I felt more than warranted in prescribing the DIET DRINK, for I ventured to *prognosticate* that it would *prove* the *much-wanted* remedy, and immediately directed it to be administered, in quantities suited to the different ages, constitutions, &c. of my patients. It was not long before a pleasing and satisfactory alteration was felt by the patient and perceived

by his attendants. But not to tire the Reader with a tedious and minute detail of my proceedings, or the gradual progress of the sick, from incipient amendment to perfect recovery; I shall briefly state that the remedy was so given as to keep up a moderate sweat, without intermission, for two or three days, or till the fever had sensibly declined, the tongue rendered moist and soft, the body free from pain, mind tranquil, the sick no longer complained of a distressing thirst, and all danger had subsided; at the same time, the throat and parts affected were, frequently, fumigated with the steam of strong vinegar (made quite hot) in which some rosemary had been infused and honey dissolved, for the purpose of increasing its antiseptic powers, and cleansing the ulcers more effectually; in a few cases the same application was also used as a gargle. By this *simple* mode of treatment, I speedily cured *all* my patients, without having recourse to BLEEDING, BLISTERING, or any other auxiliary, and had the good fortune not to *lose one* out of a very *numerous list**.—I have, ever since, pur-

* This remarkable deviation from, or rather total rejection of the established forms of practice, could not have passed unnoticed, whatever had been the event; but the superiority of success that marked this supposed innovation in medicine, whilst it attracted the attention of the neighbourhood, became the subject of discussion and enquiry amongst medical men; of the latter, I shall only

sued the same plan, without the slightest variation, in all recent fevers, ulcerated sore throats, &c. with a success fully commensurate to my most sanguine expectations; in fact, the preparation *never* failed in any curable case.

Not only in *colds*, and the most simple forms of *fever*, have I given the CEREVISIA, with a success that does not usually accompany the exhibition of medicine, but, equally so, in those of a more formidable and complicated nature; whether attended with local affections, *petechiæ*, *boils*, *eruptions*, *ulcerations*, *partial inflammations*, &c. or unaccompanied by any of these; whether originating in a morbid and contaminated state

mention the names of two or three, who having investigated the fact, and examined the preparation, candidly acknowledged the value of the discovery. The late Dr. S. ADEN, with whom the Author lived, many years, in habits of friendship; and Dr. FREWEN, of *Oxford*, bestowed many compliments on the Inventor, after they had tried the CEREVISIA on themselves, and received the wished-for relief: they severally declared that they considered it so valuable an *acquisition* to professional men, as to deserve insertion in the *Pharmacopœia* of the LONDON COLLEGE.

The late SIR R. JEBB, whilst he resided in *Old Palace-Yard*, *Westminster*, continued the use of the CEREVISIA for two years, and upwards, by which means he recovered from a weak debilitated habit of body, of long standing, and in consequence thereof he ever after continued a warm advocate for its use. A.

of the fluids, generated by contagion, or produced by injuries done to the body; in every case, however, it is requisite that the medicine be taken as early as possible after the first attack; if this be done, all symptoms of danger will quickly vanish, and the patient will soon recover: And although the YELLOW FEVER (concerning which we shall speak more fully in another place) of the EAST and WEST INDIES, and AMERICA, has been represented to us in the most terrific colours; nor without occasion, as we find it has, within a very few years, nearly depopulated whole cities, and is considered by the inhabitants of those parts in which its ravages have been most extensive, as a more dreadful scourge, and a less relentless foe to the human race than plague or pestilence; there are well-founded reasons to believe, and indeed some facts to show, that this preparation, taken in an early stage of the disease, will prove equally serviceable as in similar fevers that occur in this climate, they differing only in degree of severity. The testimony of my friend Dr. B. Franklin, is nearly decisive on this point, as will be seen by referring to the subjoined note*, and which, with accounts re-

* The late venerable and much-lamented Dr. Benjamin Franklin, of America, with whom Dr. Webster was in habits of intimacy, both in London and at Paris, took the CEREVISIA or DIET DRINK, when he occupied apartments in *Craven-Street, Strand*, and continued it during the whole

cently received by the Proprietors from America, go nearly to establish that opinion, and warrant me in concluding that the CEREVISIA will be found an effectual antidote to the Yellow Fever.

The extraordinary accumulation of heat within the internal parts of the system during the conti-

time of his stay in this country, for the removal of an obstinate and very troublesome Scorbutic Eruption, which afflicted him several years, and had resisted the usual and most approved modes of cure. In two months he obtained a radical cure, but to guard against a relapse, he continued its occasional use, and directed a quantity to be sent to him whilst at Paris.—This great and universal Philanthropist, on returning to America, viewed with sympathetic compassion the deplorable condition of his countrymen—they fell easy victims to the Yellow Fever, and other endemial diseases, without knowing how to subdue them—he ardently longed to furnish a remedy for these terrible disorders, and sent for a large quantity of the ENGLISH DIET DRINK. A few trials so perfectly satisfied him of its efficacy, that having written a particular account thereof to PETER COLLINSON, Esq. F. R. S. one of his literary correspondents in London, with a request that the same might be communicated to the Author; he afterwards so highly estimated the value of the medicine to America, as, from an affectionate regard to his countrymen, to give Dr. WEBSTER a pressing invitation to *reside in that country and prepare the DIET DRINK* there for the use of the inhabitants, offering him a settlement of 1000*l. per annum* as a compensation for his trouble: a superior attachment to England, and the interests of Englismen, alone prevented the acceptance of this liberal offer.

A.

nuance of a fever, occasions one of the most disagreeable and intolerable symptoms with which the patient is harrassed, *viz.* a most distressing thirst, that induces a constant craving for drink, especially of a cooling nature, and admits of scarcely more than momentary relief, till such time as the superfluous matter of heat has a way opened for its escape, through the medium of a free perspiration. This symptom clearly points out the propriety of supplying the patient, liberally, with cool antiseptic diluent liquors—these answer many valuable intentions; they procure a temporary suspension of thirst, abate the heat, thin the humours, quiet the internal perturbation, forward perspiration, and promote the discharge by urine; in all these ways *greatly* contributing towards the production of a *favourable* CRISIS. There are many useful diluting drinks, of easy preparation, that prove both grateful and refreshing to the patient, as lemon, or lime juice and water, so mixed as to suit his feelings—infusions of ripe currants or their jellies, decoctions of tamarinds; gooseberry and apple tea, with many others of a similar kind. Ripe subacid fruits should also be allowed, as the orange, shaddock, raspberries, currants, cherries, &c.

But neither the best adapted remedies, properly supported by the most useful auxiliaries,

and each administered with scrupulous regularity, will avail much in restoring health, unless some circumstances, which, being considered of *minor* consequence, are, in general, too much neglected, be *strictly* attended to. I chiefly allude to cleanliness, which should not be confined to the occasional exhibition of clysters, or mild laxatives*, to prevent any putrid excrement from being lodged in the bowels, but extend to every thing that regards the sick—the air of the room should be kept in a state of the greatest possible purity—the linen, both that of the bed and that of the body, frequently changed—the mouth and tongue carefully cleansed from all impurities—excrementitious matters removed soon as evacuated—and daily attempts made to destroy the contagious or morbid exhalations that adhere to the sides, &c. of the apartment, and float in its atmosphere, by the admission of fresh air—sprinkling the floor, walls, &c. with warm vinegar—burning strong aromatic substances, &c. and where great putrescency prevails, the air of the room will be much corrected by exploding small quantities of gunpowder: in such cases, after the removal of the sick, it will be absolutely necessary that the floor be well scoured, the furniture fumigated, the walls scraped and tho-

* In cases, where the DIET DRINK does not, effectually, answer this purpose, I would recommend the use of clysters in preference to internal remedies. E.

roughly white-washed with hot lime, *otherwise there can be no certainty that the infection is destroyed.*

I have been the more particular in giving these cautionary directions, and have dwelt the longer thereon because of their vast importance, and that I know numbers have died in consequence of their having been neglected, especially when fevers of bad aspect, and easily propagated by contagion, have attacked the crowded dwellings of the manufacturing poor*.

The foregoing rules being well observed, I can venture to assert, from long experience, that there are to be met with but few cases of fever (whatever its type) that will not yield to the powers of the DIET DRINK, and be cured much sooner than by any other method; and with this striking advantage, that convalescence is seldom marked with that extreme lassitude and prostration of strength that usually remain after the termination of fever, insomuch that it frequently

* Here I cannot avoid bestowing my humble eulogium on those humane gentlemen who have lately formed themselves into a society for the benevolent purpose of "*preventing the progress of infectious diseases among the poor.*" A more charitable institution could not have been devised, and I trust every one will cheerfully contribute his mite towards its support.

E.

requires the nicest management both in respect of diet and regimen, for several months afterwards, to complete the establishment of perfect health, together with the constant use of proper tonic and corroborant remedies, till that be accomplished.

When a recovery has been effected by the *CEREVISIA* it seldom happens that the patient is long in recovering his strength, by the aid of proper exercise, a suitable diet, and the exhilarating powers of the preparation taken in *small quantities morning and evening*.—In some cases where the organs of digestion are much weakened, and the muscular fibres are considerably relaxed, the use of a more direct stimulus will be adviseable, and prove of great service. See the subjoined note*.

* No remedies answer these intentions better than the following formulæ :

ROBORANT STOMACHIC TINCTURE.

Take *Tincture of Virginia Snake-root, Tinct. of Columbo-root, Compound Tinct. of Bark, ditto of Cardamom-seeds*, of each half an ounce; let these be mixed together, and from *one to three* tea-spoonsful be taken, every day, an hour before and after dinner in a wine glass of the underneath described

CORTICAL INFUSION.

Rub two drams of Magnesia, the same quantity of Ginger Lozenges, and one ounce of the best Peruvian Bark in fine powder, with one ounce of strong French Brandy, and water sufficient to form the whole into a paste, for

In incipient recovery, that is, when the fever has subsided, the food should be very nutritive in quality, but light, of easy digestion, taken frequently, and only in small quantities at a time, for if the appetite, which at this period is unusually keen, be not put under restraint, the most serious consequences will probably ensue.

It is an old and incontrovertible adage "that prevention is preferable to the cure of disease;" I would therefore, seriously advise, *every one* to take a few bottles of the medicine every *Spring and Fall*, but more especially at those seasons when epidemic diseases, infectious disorders, or malignant fevers prevail. By this means, many will altogether escape, and those few who may be attacked will have the reigning complaint in a very slight degree, compared with such as do not use a similar precaution.

fifteen minutes, in a glass or marble mortar; then gradually add twelve ounces more of pure water, and having continued the trituration half an hour longer, suffer the mixture to stand in a close covered vessel for eight hours, then carefully decant the clear infusion, or filter it through paper for use.—This preparation is preferable to the Bark in substance; it sits easier on the stomach, strengthens the habit, and corrects acidities in the *primæ viæ*.

✍ Whilst using the above, a dose of the DIET DRINK should be taken *every night*, sufficient to keep the bowels properly soluble, E.

At the Proprietor's request I add an
INTERESTING COMMUNICATION
FROM AMERICA,
recently transmitted to Messrs. S. SLEE & Co.

Dr. Chouler, of Charleston, South Carolina, having last year purchased some groce of the CEREVISIA, has this season written for a more considerable supply, and furnished the most decisive proofs of its efficacy in the diseases peculiar to that country. Favourable accounts have also been received from Philadelphia, and other parts of America. There is, therefore, every reason to believe (as before observed) that Dr. Franklin's opinion of its utility was well-founded.

* * * This is the proper place to inform the Public that several Gentlemen, who were either going to foreign parts, or resided at a great distance from the Metropolis, having expressed a wish at different times to obtain the medicine in a more portable or less bulky form, and strongly represented the advantages of such an alteration to persons so circumstanced, S. SLEE & Co. ever anxious to accommodate their friends, have ready for sale, two kinds of CEREVISIA, with respect to strength, though exactly alike in quality, under the denomination of *single* and *double*. One quart of the latter is fully equal, in point of strength, to two quarts of the former, consequently one half of the quantity hitherto directed to be taken will be a sufficient dose; this circumstance alone

will cause it to be preferred by some—but it is chiefly recommended for exportation, and to lessen the heavy expence of land carriage to remote parts of the kingdom—whilst it is better adapted, for the use of those who go long voyages, than the single, occupying only half the room.

SOLD by the *Proprietors, and their several Agents, in CASES, containing seven or fourteen bottles, or in single bottles; the SINGLE, as usual, at 7s. 6d. per QUART, or seven BOTTLES for 2l. 5s. duty included. The DOUBLE at 7s. 6d. per PINT—14s. per QUART—or seven pints for 2l. 5s.—ditto QUARTS 4l. 4s. duty included.*

N. B. *The highly concentrated or double CEREVISIA is sold in PINT and QUART bottles; the single in quarts only. Those who purchase HALF A DOZEN of either sort, will have an allowance of one bottle over.*

✎ The CEREVISIA ANGLICANA, or ENGLISH DIET DRINK, obviates the necessity of administering a *variety** of medicines, to answer separate intentions, being so contrived as to act *not on one only, but on all* the outlets of the human body; moreover whilst this preparation destroys and expels the seeds of disease, it strengthens the digestive organs, exhilarates the spirits, enriches the fluids, and imparts both tone and vigour to the muscular fibre.

* The accurate Lord Bacon has well and justly observed that "*Varietas medicamentorum ignorantiae filia est.*" This very nearly quadrates with my idea, that Ignorance is the parent of many medicines—which are exhibited from whim, caprice, fashion and superstition. E.

OF
NERVOUS FEVER,

HYPOCHONDRIASIS, HYSTERIA,

&c. &c.

PERHAPS no term has ever been so universally used, without any specific and determinate meaning being thereunto attached, as NERVOUS FEVER—none so little understood. It has served as a convenient shelter for ignorance, and furnished a ready *common-place* answer to all enquiries after the nature of disorders which the practitioner could not explain; and has been deemed perfectly satisfactory, because mankind were so accustomed to hear of a NERVOUS FEVER, that the most ignorant flattered themselves they knew what it meant; I well remember when it was the fashion to apply the epithet *nervous* to all anomalous ill-defined disorders, in which any slight febrile symptoms appeared, unaccompanied by topical affections at the beginning.

I am well aware that several learned and ingenious physicians have been accustomed to class

under the general and vague title of nervous fevers, all those which are characterised by extreme debility, and are not of a contagious nature; I am free to confess that the nervous system is not a little concerned in all these cases, but not being primarily affected, nor the occasion of all the other symptoms, I can see no propriety why it should give name to a vast variety of diseases, in which it is not necessarily concerned *more* than other parts of the body, and when, in reality, its unhealthy condition is not the cause but the consequence of such disorders; for my own part I honestly confess that I think *nervous fevers*, strictly speaking, comprehend only those febrile affections, in which a diseased state of the whole nervous system has evidently preceded, and occasioned the whole train of perplexing symptoms that distinguish a morbid temperament of the mind.

From what has been said, it is obvious that I would confine the appellation to those *low enervating* fevers that accompany Hypochondriasis, Melancholia, and Hysteria; diseases which appear under ten thousand different forms, and baffle the experience and skill of the best Physicians, unless the friends and attendants of the unhappy sufferers are persons of discretion and humanity, and capable of dexterously administering the *exhilarating stimulus* of cheerfulness to the

distempered minds of the afflicted, by artfully drawing their attention to new objects, and thus creating a temporary forgetfulness of the chimerical ideas engendered in the mind.

I have been led, by a sudden impulse, from reflecting on the nature and dreadful tendency of mental disorders, to anticipate an observation that would have come more regularly in another place; I was about to say, that from my view of a nervous fever, some doubt remains whether it should not rather be considered as one of many symptoms denoting a particular state of the whole nervous system, than as constituting the true and essential character of a particular disease—for we well know that *lowness of spirits*, with other certain marks of a deep-seated nervous affection, do often take place and continue for some time before any febrile appearances manifest themselves; but as no improvement will arise, in practice, from proving the one or the other, I shall content myself with remarking, that by confining nervous fever to those diseases which (attended by febrile symptoms) are evidently and primarily seated in or immediately affect the thinking reasonable immaterial part of man, through the medium of the nerves, we shall have a more distinct, as well as a more just idea of its nature, and not be apt to stumble on a mistaken plan of cure, which might well happen if the term be extended to all

fevers (not eruptive, or of a contagious nature) attended with great debility, in which atony of the nerves, and derangements of the intellectual faculty are perceptible, being occasioned by a weak condition and morbid relaxation of the muscles, &c.

It has before been noted that true inflammatory diseases occur much less frequently of late years than they did in the days of our athletic ancestors; the same causes which have been assigned for so remarkable a revolution in the constitutions of those who inhabit this island, will satisfactorily account for the greater prevalence of nervous affections of every description.

HYPPOCHONDRIASIS; LOWNESS OF SPIRITS, and HYSTERICS, are *now* almost as frequent with the more humble, as amongst the higher ranks of society. The *former* scarcely take sufficient food to support the body in health, even if they followed no laborious employments*; yet thousands of poor women undergo great fatigue, day after day, a fatigue apparently disproportionate to their natural strength, though it were maintained by the most regular and nourishing diet; they are scrupulously exact in providing one

* This remark is not intended for *universal* application, neither will *truth* suffer it to be confined within *narrow* limits.

meal—or rather (in their situation) over careful to provide a dose of liquid poison for the morning's repast—the effect of hot tea * on an empty stomach may be easily imagined—the gnawing sensations which this unsubstantial breakfast creates, are sought to be relieved by a glass of gin, which being frequently repeated in the subsequent parts of the day, with now and then a very small quantity of bread, or bread and cheese alone, supplies the place of a wholesome diet. *Thus the body is deprived of its proper nutriment; kept in constant predisposition to disease, and is ever in a state of languor and debility, when the stimulant effects of the spirits are worn off;* hence these unhappy people become a prey to the most violent nervous affections, such as melancholy, hysteric fits, &c. when they *cannot* purchase a *sufficient quantity* of their favourite cordial to

* The injurious effects of tea on the health of our half-fed poor is much increased by the baneful habit of drinking it almost scalding hot, and in large quantities, without eating any thing like a due proportion of bread, or other solid nutriment, at the time. The disuse of foreign tea in poor families would be productive of the best national consequences, by increasing the population, diminishing the enormous consumption of gin, and consequently lessening the poor rates, with many other advantages too obvious to require recital. Should the legislature impose a tax on that destructive luxury, nearly equivalent to a prohibition, the good effects would soon be perceptible, and the morals of the people greatly improved.

E.

keep them in a state *bordering on intoxication*. It is melancholy to behold people dissipating their hard-earned pittance in the destruction of health and morals. Would to God I could but prevail on them to shun those CHARNEL HOUSES of *putrefaction*, those *sepulchres* of the living, y'cleped GIN SHOPS; would they be persuaded to practise *temperance*, *œconomy*, and *prudence*, with a *proper mode of living*, but for a few weeks, few I think would relapse into their former errors, finding they could *purchase plenty of animal food and good porter, for half the money spent in spirits*, without knowing the comfort of one good meal in a week. But as I fear nothing short of legislative interference can effect so great and necessary a reformation, I hasten to quit the melancholy subject, and notice the prevalence of low nervous diseases in the higher walks of life.

The little active exercise to which females of elevated rank, and even the daughters of rich tradesmen, are accustomed, together with the enervating mode of living now in use, late hours, the bad air of *hot* and crowded rooms, the agitations of play, &c. with certain destructive habits contracted by a boarding-school education (*much too often*) render them puny, irritable, and delicate in the extreme, insomuch that *few are capable of becoming mothers, and bringing into the*

world a healthy living offspring. This consideration alone, if duly weighed by my fair countrywomen, would induce them to forego all such short-lived pleasures as endanger their health, and *eventually incapacitate* them for enjoying the greatest happiness the conjugal state, or in fact, that this life affords: for what felicity, I would ask, can be expected to result from a virtuous union of the sexes, if fashionable dissipation on the woman's side, must doom her partner to die childless? Be assured, my *amiable but mistaken friends*, that on these occasions *many contentions*—great discontent *will ensue*; perhaps your *much-loved husband will retaliate by infidelity*, and thus plunge the sharp-pointed arrow of *never-ending misery* into your bosom.—Your minds are in general pained at the omission or breach of any moral duty; let me then, without offence, beg you to reflect whether you *can* incapacitate yourselves for becoming mothers, *without* being accountable before a *tribunal* the JUDGE of which *cannot err*.

To the causes already mentioned, are justly attributed the great increase of nervous diseases among females; in the same manner we can satisfactorily explain the frequent recurrence of many other female complaints, as IRREGULARITIES — CHLOROSIS, or *green sickness* — FLUOR

ALBUS, &c. So *arbitrarily*, however, does the DEMON of *Fashion* preside over the destiny of young women, that it were vain to hope my feeble pen can rouse them to act aright till the present system of education and folly be totally changed, or they are disposed to reflect seriously, 'ere the charms of youth and beauty are exchanged for premature old age.

But by whatever means the fair sex should revert to the customs of their progenitors, every good man will hail the change with gratulations, and from *that* day date the decline of *divorce*, *inconstancy*, and *inattention*.

From the foregoing sketch, it will be evident that a *true* NERVOUS FEVER, is not assignable to any one particular cause, or easy of cure. It is always preceded by symptoms denoting the presence of other nervous affections, as a want of energy in the nervous system, a disinclination to motion, and either a peculiar irritability of mind manifested by a sudden hasty mode of expression, or an unwillingness to speak at all. It begins with transient chillness, soon succeeded by flushes of heat, weariness, and lassitude of the whole body; the patient has frequently an irresistible propensity to doze, and yawn, with great dejection and anxiety, frequent nausea, difficulty

of breathing, low quick pulse, with a sensation on the back part of the head as if proceeding from cold water trickling down. An alarm of suffocation is often created by a globular substance, apparently, gradually rising from the stomach to the throat, where it produces symptoms so exactly similar to those accompanying actual suffocation, that it is difficult to persuade the patient some extraneous body is not actually contained in the passage, and which, if not removed, will shortly destroy life; at the same time great pain is felt in the lower region of the abdomen.

This symptom constitutes the true character of that species of nervous affection called HYSTERIA, and is emphatically named the *Globus Hystericus*. Hysteric fits are too well known to need particular description; they sometimes resemble a composed sleep, with this slight difference, that breathing is scarcely perceptible; at other times they are strongly convulsive of the whole system;—habit, or frequent recurrence, increases their strength, and the difficulty of a cure.

When the disease assumes the name of HYPOCHONDRIASIS, it is so firmly seated in the mind, as to require the most minute, judicious,

and uninterrupted attention, for its removal; above all things it is requisite that the attendants and nurse be *blessed* with the *divine* virtue of humanity, and know how to manage the *fluctuating* irritable temper of the patient; they should be fully convinced that she is really ill, for if led to believe the disease is imaginary, and founded in caprice, they will defeat the operation of the best contrived remedies, and render the physician's endeavours wholly abortive.

The primary causes of these distressing maladies have been already pointed out; the immediate ones are violent passions of the mind, as *grief, love, anger, fear, &c.* and wind, indigestion, acrid humours, &c.

To effect a CURE, it is *absolutely* expedient that the state of the mind be particularly attended to, whilst, to brace the nerves, invigorate and enliven the system, the CEREVISIA should be regularly taken, and the state of the bowels properly regulated. The mind should be never suffered to dwell long on any one subject, but imperceptibly drawn to a fresh succession of objects, and agreeably diverted from any melancholy idea, to which it has a propensity to revert. When ludicrous fancies are believed as realities, they should not be roughly and abruptly contra-

dicted, but rather apparently supported, and brought to a regular natural termination. I will, to render myself perfectly intelligible on this point, exemplify my meaning.

“A nervous patient, whilst looking out of a large window, which chanced to be open, with his head extended beyond the frame, was suddenly seized with an idea that his neck and head were swollen so large that unless a carpenter was sent for, and the window taken out directly, he should quickly be killed by the increasing pressure on the windpipe. A sense of imminent danger produced such shrieks as were truly terrific, and alarmed the whole family. On hurrying to his apartment they heard him relate his melancholy situation, with signs of extreme horror, whilst he earnestly implored them to send for a carpenter without delay. Neither arguments or endeavours to move him from the spot were of any avail, unless to increase his misery—he stretched his neck to the utmost to lessen the supposed pressure, and began to breathe with difficulty, as if nearly strangled; at this time I accidentally entered the house, and hearing what had happened, blamed the attendants for not procuring assistance sooner, gravely ordered stupes to be got ready for a fomentation, directed a saw to be brought, and telling my

patient I hoped to release him, and reduce the swelling soon, pretended to cut away the window frame; the mind thus relieved, he became tranquil—was released from imaginary confinement, and in a few hours convinced that I had succeeded in removing his complaint.—The great importance of humouring nervous patients has tempted me to give the particulars of this singular case, and I question not but, if his friends had persisted in combating his opinion, he would have been killed by the force of his own apprehensions.” E.

Let the state of the mind therefore be the first object of care; amuse and render that cheerful if possible—whilst active exercise be not neglected—then a nourishing diet of easy digestion, if *the DIET DRINK be regularly taken and persevered in for some considerable time*, will infallibly accomplish a cure, at least the Author has never yet met with a nervous affection which he did not remove by these means.

When acrimony or acid eructations, with great debility, exist in the stomach and first passages, the *Roborant Tincture*, and *Cortical Infusion*, mentioned in a former page, may be advantageously used during the absence of the febrile paroxysm,—Bleeding has frequently been em-

ployed in nervous affections, for the purpose of relieving particular symptoms; it however never fails to aggravate the disorder, and is one of the most *irrational* operations that can be devised, when *general* debility constitutes the principal and most formidable part of the disease. Cold-bathing, from an erroneous idea respecting its mode of operation, has also been recommended by many practitioners of good judgment in other respects; but long experience and accurate observation convince me that it has been productive of evil, at least nine times out of ten; the *primary* effect of that powerful remedy is to depress the powers of life, and when good results from the application, it is owing to a re-action of the system; this cannot take place if the vital or latent heat be sunk below a certain standard, which is commonly the case when relief is most sought after, hence *cold-bathing* has *converted* nervous complaints, of less moment, into a *fixed irremovable melancholy*.—I admit that the bath may be used with benefit on some occasions, and to prevent any injury arising from a want of discriminating between those cases in which it will be of service, and those in which it must do harm, I would earnestly advise all, to act with caution, by beginning with warm water, and gradually reducing the temperature till the coldest is congenial to their feelings, and productive

of an exhilaration of spirits, followed by an increased appetite.

The following Pills* should be occasionally taken by persons of costive habits, and troubled with flatulency;—a *radical* cure, however, will *chiefly* depend on the regular use of the DIET DRINK.

* WARM APERIENT PILLS.

Take one dram of the compound Pill of Myrrh, commonly called *Rufus's* Pill, fine Powder of Scammony half a scruple, Oil of Carraway Seeds ten drops, make the whole into twenty pills; of which one, two, or three, may be taken of an evening, and as occasion require, and washed down with a dose of CEREVISIA in half-a-pint of gruel.

E.

A SALUTARY CAUTION.

Those who, prejudiced in favour of, are determined to enter on a course of bathing, should either discontinue the DIET DRINK during that time, (whether they bathe in sea or river water) or only take a dose in the evening.—Bathers ought to be particularly careful in guarding against costiveness.

E.

OF CONSUMPTION.

THE most celebrated Nosologist of the present day, Dr. Cullen, has, with his accustomed brevity, so clearly defined the diagnostic signs of the disease now under consideration, that I cannot do better than adopt his description:—
“General emaciation and debility, with cough and hectic fever, most commonly accompanied by an expectoration of pus,” i. e. a discharge of matter from the lungs.

The idea of consumption has unfortunately impressed the human mind with great horror, and considerably retarded the progress of medicine, in consequence of an ill-founded opinion that art, in conjunction with the efforts of nature, could do no more than palliate this disorder, and prolong a life of suffering.

It would take up too much time, were I to trace the origin of so fatal an error, and enter into a full refutation thereof; happily for mankind a contrary doctrine has obtained credit, and its reality would, long since, have been incontrovertibly established, if the nature of consump-

tion had been rightly understood, and the mode of treatment adjusted on rational principles.

It is a positive fact, and a few pages, written in defence of the position, would amply convince every unprejudiced reader of its truth, *that there is nothing in the nature of consumption which renders it incurable*; (the JAIL FEVER is infinitely more dangerous and difficult of cure; yet no medical man of any considerable practice would despair of preserving a patient in an early stage of the disorder) *but on the contrary, that its fatality, in former times, must be* (almost exclusively) *attributed to a mistaken theory of the disease, and the destructive treatment grounded thereon*; for if the *rationale*, or doctrine, respecting the nature, cause, and cure of any disorder, be first formed, and the treatment afterwards adapted to these preconceived notions, it, necessarily, results that *if the theory be wrong the practice must be wrong also*.

The *history* of medicine proves the truth of this assertion, and the *triumph* of quacks, or medical adventurers, over *regular*, conscientious practitioners, may be, easily, traced to that source; the *one depending on experience*, without any reasoning; *the other relying on reason*, as the only basis of judicious practice. Both *theory* and *experience* must be happily combined together, and the former, rather framed *a posteriori*,

than *a priori*, in order to place *medical men* on that respectable footing to which, *as a body*, they are justly entitled.

Confined to a small compass, and having already extended this work beyond the limits I had prescribed to myself, from, perhaps, an over-anxiety to be useful, and escape deserved animadversion from those who might impute my motives in writing these sheets, to the mercenary desire of *pushing off* a proprietary medicine; I must necessarily be more concise in the subsequent part; let us however examine the accurate description of Dr. CULLEN, and see if we can find the disease to be such as presents an *insurmountable* bar to a reasonable hope of cure.

Surely "*a weak emaciated state of the body*" cannot, in itself, be considered as irremediable; it is not unlikely that most of my readers can recollect instances of persons so reduced as to be incapable of self-motion, and unable to swallow articles of sustenance, except in very small quantities, and in a liquid form, who have been restored to full health and vigour.—"*A cough*" has never yet been deemed *necessarily* fatal; and with respect to the next symptom, "*hectic fever*;" separately considered, it does *not* denote any danger, being an accompaniment of many other complaints, where the corporeal powers, and animal functions are much weakened; rather

pointing out what ought to be done by the physician, than being really formidable in itself; it is an *ineffectual* and inordinate effort of nature to rouse the system into action, that those internal actions, (always more or less disturbed in this complaint) as assimilation, separation, secretion, &c. which are requisite to the support of life, nourishment and health, may be restored to their proper condition; this is *evident* from attending to the *periodical returns* of hectic fever; these take place, unless defeated by the interference of art, just at the time when the little nutriment the patient has been capable of taking, may be supposed undergoing the indispensable process of digestion, and clearly indicate that assistance is wanted to free the system of some impurity, strengthen the muscular fibres, and impart tone to the nerves, and facilitate the *important process* of chylification, or formation of good chyle.

We have now only to notice one other character of this disorder, *viz.* "*purulent expectoration*;" That a formation of matter in the lungs must *inevitably* terminate in death, is contradicted by numerous and well attested cases.—Balls discharged from muskets have entered the chest, forcing cloth, paper, and other *extraneous bodies* into the substance of the *lungs*; nay, have passed through them, causing profuse hæmorrhages, followed by large suppurations,

with the unavoidable discharge of *pus* in great abundance: several instances are on record of a confirmed consumption, thus produced, with a train of formidable symptoms, that presented, it must be allowed, far less hopes of recovery than when the complaint is brought on by a defluxion of acrid matter on the lungs; yet the attestations of persons, under such circumstances, having been perfectly cured, are numerous, and indisputable.

The *want* of success, formerly, complained of, was *owing*, not to the disorder, but to *its mismanagement*. When strength and support was most wanted, the one was reduced, the other withheld. When the due *cohesion and consistence of the blood were broken down and destroyed*—the juices impoverished, and *life sinking from exhaustion*—the *vital stream* was *lavishly* squandered away by frequent venæsection—no food allowed but what afforded a very small portion of nutriment, and even that in inconsiderable quantities*. Can we

* A near relation of the Editors, about twenty-five years since, was condemned to die at the Hot Wells, Bristol, by a Physician, at this moment deservedly in high repute, and whose sentiments on this head, *I know*, have undergone a material change—as labouring under an incurable consumption. She was then much emaciated, easily fatigued, but enjoyed good spirits; agreeable to the fashion of the times, on arriving at the place destined (by man) to terminate her earthly journey, she was put on a spare thin

wonder that *so few should recover under such treatment?* rather let us admire the astonishing powers of the constitution, when we find it recorded, that *one or two* were (*by the constitutional efforts*) restored to health, and enabled to *triumph over consumption*, and its more dangerous colleague, a *Physician* systematically erring.

Within the last twenty years, *many Physicians* of note have *appeared*, who *discarding hypothesis*, and *considering the actual state* of a consumptive patient, *have successfully* introduced a new mode of practice, simply *founded* on this obvious axiom, “*that a disease, the leading features of*

diet, bled twice a week, and debarred the use of wine. Naturally sprightly, and feeling a change of air every day increase an appetite medical rules forbade her to gratify, and finding her strength get weaker, whilst she was in a great measure deprived of sleep by positive hunger; she at last resolved to venture on a meal of animal food—she slept sound—found herself much better the next day—refused the longer use of phlebotomy, and took her meals regularly from that time; the consequence may be easily imagined—she soon returned to London in perfect health, having unhappily seen a young lady who resided in the house, (and had the same desire to animal food as herself, but could not prevail on her friends to transgress medical rules) pass to that bourn from whence no traveller returns.

I mean not to dissuade persons from paying an implicit attention to their Physician's directions, only to show, that error in thought produces error in action. E.

which are weakness, must be cured by invigorating remedies, if at all curable;" care being taken, at the same time, to expel any morbid virus which may have found its way into the system. Since that period, and in conformity to the above maxim, the world has been presented with many valuable publications, inculcating the propriety of *discontinuing* the old plan, and *instituting* its very reverse, the new. The *propriety* of the doctrine thus recommended *is confirmed* by the recital of *the cure of many well-marked* pulmonary affections, *i. e. real* consumptive cases, which *have since readily* yielded to the *invigorating* influence of a strengthening regimen and diet; of these almost an innumerable number (in reference to former times) now adorn the annals of medicine.

Indeed, when we reflect that, a contaminated habit of body, some latent vitiated principle in the constitution, are the principal circumstances that require to be removed, and on the presence of which the fatality of consumptions depend, we cannot avoid concluding that the cure, essentially, rests on administering such articles as will effect an eradication of that principle, conjoined with the means of supplying due support to the system—a weak body can do little towards the expulsion of an internal foe, unless the constitutional efforts, or, in the language of the schools,

the *vires medicatrices* be powerfully seconded by the action of well-contrived remedies; with this intention a diet consisting of cordial invigorating articles, which contain a large quantity of nutriment in a small compass, is entitled to the first consideration, and will do infinitely more towards the restoration of health than *drug-enamoured* persons may easily believe, or *drug-retailers* be willing to allow; nevertheless, it is a demonstrable truth, that by due patience, perseverance, and a strict attention to rules, many have been cured of confirmed consumptions, by a judicious dietetic plan, unaccompanied by a profusion of disgusting, nauseating drugs, and assisted only by a single medicinal preparation, which was calculated to decompose and expel the morbid virus, the latent contaminated principle or *basis* of the disorder; improve the crasis of the blood, quiet the commotion of the nervous system, and at the same time, correct a vitiated chyle, by imparting a gentle stimulus to the absorbent system, a genial warmth to the internal parts.

In point of efficacy, in these respects, no medicine with which I am acquainted, either from reading or experience, has ever equalled the DIET DRINK; had a better been known, I should have conscientiously recommended it, in lieu of my own, with the same warmth and disinterest-

edness as I have taken the privilege of doing in a subsequent page, a preparation against worms, which I am convinced is, in diseases *originating from these destructive vermin, superior* to the CEREVISIA; but of this we shall hereafter speak more fully. Far from wishing my name to stand unrivalled for medical discoveries, I hope future industry may give birth to remedies which will be found to excel mine; 'till, however, that period shall arrive, I am compelled by every tie of honour and gratitude "*not to bury my talent in the earth,*" but proclaim the merits of a discovery it has been my good fortune to make, and once more let me express a reasonable hope that my assertions will be more generally credited, and the advantages resulting from that discovery be more extensively felt, because Providence has kindly placed me above the necessity of benefiting by a sale of the medicine.

The reader, if *old*, will readily pardon this egotism in a man of NINETY; if *young*, he may smile at the *folly* of it; whilst those of a *middle age* may perceive therein the *traits* of a *frank* and *honest* disposition.

The works of Doctors REID, RYAN, SIMMONS, KENTISH, and MAY*, (who, though mentioned

* See the Doctor's various, independent, and well-written publications, on Typhus and Pulmonary Consumptions.

last, is not the least in celebrity for his laudable endeavours to introduce an improved mode of practice, founded on a juster theory of the disease—*success* crowned his labours, *converted* the sensible rational practitioner, and *embodied* the bigots into a powerful host of enemies) with those of many other zealous labourers in the same vineyard, contain numerous instances of persons being perfectly recovered, from consumption, by a rejection of the old practice, and a careful application of the new; that is, by *substituting a cordial invigorating regimen* in lieu of *a starving debilitating one*.

One question should, I think, enable any one of common sense to decide against the old plan. Would any man (except in consumption) submit to lose six or eight ounces of blood when mere weakness prevented the smallest exertion? If not, what in the name of common sense can make him believe it to be of advantage in *consumption*, a disease characterised in its progressive stages by the strongest and most infallible marks of debility?

But as this is a most important subject, the disorder being more rife in this island than in any other part of the known world, owing perhaps to sudden and opposite variations that take place in the temperature of the air, and the

equally quick transitions from dry to moist weather, and *vice versa*, together with the light cloathing in use, and the predisposition of the natives to Scurvy and Scrophula*, I deem it my duty to labour (in conjunction with my worthy predecessors) to convince the Public at large that both recent and confirmed consumptions can certainly be cured (and *only cured*) by such means as invigorate and support, whilst they cleanse the constitution. The numerous and melancholy recitals of the fatal termination of consumptive cases, to be found in the works of those who wrote, in the last and preceding centuries, furnish ample proof that the disease being but little understood, its fatality was necessarily increased by the mode of treatment adopted; a long list of cases, must be read, before we can meet with a *single* recovery. When this happens, it will be found, on a dispassionate consideration, that the patient was indebted for life, to a good constitu-

* The striking analogy between Scrophula and Consumption, fully convinces me that they are one and the same disease, only varying in severity of symptoms, and time of attack: Scrophula, for the most part, appearing in the early part of life, Consumption at a more advanced period. To trace their agreement in every particular would occupy too much room in the present work. I shall therefore only remark that the local inflammation is of the same nature, and equally inactive in both—the suppurative process proceeds as slow in the one as in the other, and furnishes a similar kind of *pus*, or matter. E.

tion, and a more invigorating diet than the rules of practice allowed; indeed, so seldom did a recovery take place, that a consumptive person was *considered* by his friends and relations as *necessarily* doomed to death; on the other hand, the cordial invigorating mode of treatment presents *more instances of cure than of failure*, when it has been resorted to on the *first* attack, or *before bleeding*, and other weakening remedies have been carried to too great an extent.

An inflammation of an active kind and requiring to be checked by repeated bleedings, has, unfortunately, been supposed to be an essential attendant on consumption; this has occasioned the most fatal errors in practice; that inflammation of the lungs is a constant symptom in true pulmonary consumption will be readily granted; but so far from being of an *active* nature, that we venture to assert it can *only* be removed by such medicines as give *tone, vigour, strength, and energy* to the whole system.

On this fact I erect the basis of cure, and having seen it efficacious in many instances, venture to recommend it with a confidence of success that is the usual result of long experience.

Whatever is capable of communicating a morbid taint to the fluids, of relaxing the solids,

and producing a local affection of the lungs, may induce consumption; hence the causes are various, though the indications of cure are *always* the same.

If it were necessary, I could abundantly prove that the advocates for reducing the stamina of life (still lower) in order to cure consumptive habits, have been so perplexed by the unconquerable difficulty of reconciling diseased appearances with their fanciful mode of cure, as to be under the necessity of broaching the most palpable contradictions. I shall only mention one (so absurd, as justly to challenge an equal imposition on the credulity of mankind) that venæsection occasions an increase of blood, *i. e.* in other words, an emission of blood, or emptying the vessels is the speediest way to fill them. Is there any other art or science in which such an absurdity would be credited for a single moment?

Consumption is often the consequence of a neglected cold, beginning with a dry cough; afterwards followed by a general wasting of the body, together with a fixed pain in the breast or side, and cold colliquative sweats during the night; to these succeed an expectoration of, sometimes, a white matter; at other times it is of a greenish hue, and occasionally streaked with

blood; the saliva, or spittle, also, is of a saltish disagreeable taste; the appetite rapidly declines, and what little nourishment can be received sits heavy and uncomfortably on the stomach.

When the disease affects the female sex, its origin may often be deduced from taking cold; the consequence of suppressed perspiration, or other necessary evacuations, during certain critical periods; but to whatever cause attributable, it may in both sexes, be certainly cured, if not suffered to proceed to too great a length; by a suitable regimen and diet, the CEREVISIA being duly persevered in for some months, and conjoined with such auxiliaries as some habits will require to keep the bowels equally remote from costiveness and laxity; and at the same time if the night sweats continue, they will be relieved by No. 1. in subjoined note*, together with that incapacity for sleep which proves so troublesome a symptom; and to appease the local pain when violent, or bring the tubercles to a

* No. 1.

ANODYNE RESTRINGENT DROPS.

To procure Rest, and suppress colliquative Night Sweats.

Mix equal parts of muriated Tincture of Steel, and Tincture of Opium, together; of these take from ten to thirty drops in a glass of CEREVISIA at night, E.

salutary solution, No. 2*, will be of great service.

The CEREVISIA renovates the constitution and recruits the spirits in a surprising manner; it imparts tone to the nerves, firmness and elasticity to the muscular fibre; and, in short, if persisted in, and supported by proper regimen, exercise, and diet, will scarcely ever fail of restoring health; amongst the articles suitable for diet, I would particularly recommend undrest *oysters* and *muscles*; *cow's*, *ass's*, and *mare's milk*—advising those with whom milk may not agree in a native state to correct it by an admixture of lime-water, or calcined magnesia—to those who cannot take more active exercise the swing will prove particularly serviceable—and by way of drink I would advise the use of good sound porter, and such kinds of liquor as contain large proportions of aerial, acid, or fixed air, amongst these I enumerate as the best, perry, Champagne, sherry, &c., together with the various kinds of

* No. 2,

STIMULATING PLAISTER.

To remove a fixed Pain of the Side or Breast, and resolve Tubercles of the Lungs.

Let equal parts of strained or purified Gum Galbanum, Burgundy Pitch, and Chio Turpentine, be mixed together, spread on leather, and applied to the superficies of the part affected. The effects of this plaister are admirable, and can only be explained on the principle of absorption,

home-made wines, particularly white currant, of which the best I have yet tasted is that in which the subacid flavour of the fruit predominates, and the aerial acid abounds.

I shall conclude this long address by earnestly requesting all who may be *predisposed* to consumption, to prevent the actual formation of the disease, by entering on a course of the DIET DRINK *every spring*; I also entreat those, who may be in the most advanced stage of that formidable disorder, not to despair of relief whilst the CEREVISIA can be obtained; *they* who do so will be guilty of a crime bordering on suicide, for I profess, without any fear of contradiction, that, with the help of the CEREVISIA, I have been instrumental in restoring to perfect health *many, very many*, who were considered as beyond the reach of medicine.—A case in point is more convincing than a thousand arguments, we therefore insert the following Copy of a Letter received from

ROBERT BOWYER, ESQ.

HISTORIC GALLERY, PALL-MALL,

ADDRESSED TO

S. SLEE, *Asylum-Buildings, Westminster-Road.*

“ SIR, (Copy.)

“ I think it doing but *common justice* to your medicine, called the CEREVISIA ANGLI-

CANA, to inform you, that being on a visit last summer in Pembrokeshire, I was *extremely shocked* at the appearance of a beautiful little girl in the family, about six years old; she was *reduced* to a mere *skeleton*, and there seemed no doubt that in a *very* little while a *rapid consumption*, which, it appeared, was evidently *destroying* her, would have terminated her existence: having heard my very worthy old friend, Dr. WEBSTER, assert more than once, that the CEREVISIA had done *wonders* in *consumptive complaints*, I strongly recommended her taking it.—Her friends procured some immediately from your agent at Bristol.—She *appeared* to be *mending* when I left the country, but *I have great pleasure* in telling you that her *friends*, some time since, *informed* me, that in *consequence* of her taking the CEREVISIA, she is *perfectly recovered*, and in as good health *as she ever was* in her life.

“ You are extremely welcome, if you think proper, to publish the above, and to refer any person to me who may wish for further particulars.

“ I am, Sir, your humble servant,

(Signed) ROB^r. BOWYER.”

Historic Gallery, Pall-Mall, July 27, 1801.

✍ The reader should be informed that this work having been revised and prepared for the press since Dr. Webster's demise, a copy of Mr. Bowyer's letter has been inserted by request of the Proprietors, who have been favoured with the communication since the Doctor's death;

E.

That every case of real *pulmonary* consumption is owing to the entrance of some morbid contaminated principle into the system, and not to an inflammatory affection of the lungs, has been already insisted on; the truth of this opinion is fully confirmed by considering the effect that would naturally follow from the introduction of such a principle, and then attending to what, actually, does take place in this disorder. A latent particle of morbiferous matter, lodged in the constitution, could not fail, when it burst into action, of contaminating the whole mass; and at the same time would generate a multitude of other particles possessing the same specific properties, and capable of inducing similar effects (*i. e.* the same disease) in other bodies, to which they might be applied. This happens in *consumptions*, which, all writers agree, are *contagious*, and may be caught by a *healthy person sleeping* with one labouring under that disease; a fact that furnishes a cautionary lesson to those in health, and also helps to establish the debilitating character of *consumption*, for I believe it is almost an invariable truth *that all* infectious disorders have a tendency to lessen and destroy the powers of life, by a *debilitating operation*, which, *unchecked*, increases every hour, with a rapidity *no less wonderful than* alarming, 'till the vital principle be totally extinguished, consequently,

we here have an additional argument in favour of a tonic invigorating plan of cure; and the success which has resulted from the adoption of *such a plan* cannot escape being noticed by the sensible part of the community: *it* will, I trust, supersede the necessity of all argument, to prove the propriety thereof; and ere long throw the shades of oblivion over the old mode of treatment.

Pulmonary consumption is, however, a dreadful scourge under the most favourable circumstances, I would therefore earnestly advise those who attend on the sick—to avoid inhaling the breath, or the effluvia emitted from the body; and also to prevent the perspirable matter from lodging for any time on their skin; in the more advanced and putrid stage of the disorder, minute attention should be paid to these particulars.

The preceding remarks are not only applicable to that species of Consumption which is principally distinguished from every other by exulceration of the lungs, but to Atrophy in general; including, *also*, all those diseases in which the body gradually wastes away and falls into a state of emaciation and debility from a defect of nourishment, or, in other words, because a due proportion of the *ingesta* (articles of diet) is not converted into the substance of the living system. Notwithstanding authors mention many varieties of

the disease, according to the presence or absence of particular symptoms, and as it may have been produced by *this or that* cause, I venture to assert that there is only one rational method of cure; namely, to fill the exhausted vessels with a healthy nutritious chyle; by judiciously selecting such articles of diet as are of easy digestion, and furnish a large portion of nutritive matter; to impart tone to the muscular fibres, and energy to the nervous system by the use of remedies that possess cordial invigorating qualities combined with a capability of destroying any specific virus the constitution may have imbibed.

It has been already asserted, and (the reader will pardon the repetition of a fact which is of the utmost importance to all Englishmen) I think it right once more to assert, on the authority of repeated experience, and success, that the ENGLISH DIET DRINK, acting as a *genial stimulus* to the whole alimentary canal, being, at the same time a remarkable *purifier* of the juices, and endowed with very eminent *cordial* and *invigorating* powers, is capable of affording more relief to consumptive patients, in *every stage and variety* of the disease, than *any* medicine hitherto discovered; I might even add, *greater* than can be effected by an *union* of all the remedies hitherto employed for that purpose. Far gone, indeed, must that person be who is *not* recoverable

by the CEREVISIA, assisted with a suitable regimen and diet. It must however be recollected, that far from promising a speedy cure, I wish to enforce the necessity, the *absolute, indispensable* necessity of long and regular perseverance, when the complaint wears a serious aspect.

Some people are naturally more predisposed to Consumption than others—as those of lax fibres and a delicate habit of body, but more especially such as have a bad conformation of the trunk, a short neck, and narrow-chest—these should ever be watchful over their health, carefully defend their bodies against the vicissitudes of weather, by constantly wearing an inner covering of *fleecy hosiery*, or soft flannel; cautiously abstain from every species of intemperance and irregularity; avoid sedentary employments; and, in short, *constantly* live by rule; otherwise they cannot hope to escape the disorder; whose ravages quickly destroy the unhappy victim, who seldom* derives any lasting benefit from medicine, unless it be resorted to on the very commencement of ill health, and before the lungs are injured.

It is scarcely requisite to remark, that the danger of consumption must, *in all cases*, be de-

* That is, when the disease proceeds from the malconformation, and a natural incurable weakness of the lungs.

duced from its nature and causes, together with the effects produced on the constitution.

The *alarming* fatality of this disease, (in spite of, (or to speak more rationally when aided by repeated bleedings and the *ancient regimen* of a low, enervating *starving diet*) I here copy from an intelligent writer, and an industrious collator of facts, in order to impress Englishmen with a just idea of the value of a discovery, that presents them with an antidote to so dreadful a calamity. Speaking of consumption, Dr. Willich says "*one-third* of all who die in London fall victims to that merciless disease, if the bills of mortality be taken as the basis of calculation: in three years, *viz.* 1796, 1797, 1799*, the deaths amounted to 52,237, of these 17,559 were stated under the general head of consumptions."

A register of deaths, if kept with skill and care, and properly methodised, in every parish, would prove of great advantage to medical men; but unfortunately no great reliance can be placed on those annually published, they are so exceedingly defective in the arrangement. Thus it is highly probable that many are inserted under the general head consumption who died of very different

* The dates are copied from Encyclop. Domest. vol. ii. but I apprehend that 1799 has, by mistake, been inserted for 1798.

diseases, but if to make up for this inaccuracy we subtract from the sum total of 17,559 so large a proportion as one-third of that number, or 5853, it will then be found that no less than *two in nine* of all who die in the British metropolis, are cut off by consumption. A fact that cannot be contemplated without horror, and should stimulate to a serious enquiry after the cause; and which, I am persuaded, the intelligent mind will find faithfully developed in the preceding pages, nor can I doubt but such will join, with the benevolent and humane, in countenancing a discovery of such essential benefit to mankind; for who *can count* the value of a remedy that opposes an *effectual* barrier to the progress of a malady which, for ages, *baffling all resistance*, has mowed down nearly *one fourth* of all who have died in populous cities and large manufacturing towns? who shall *declare the* worth of a preparation that will *certainly* cure this formidable disorder, *snatch* its destined victim from the jaws of death and restore him in health to his family and friends? Yet *such is* the CEREVISIA; but then to ensure success let it be early resorted to; if possible, on the first appearance of a cough, or cold; pain in the side, or any other symptom denoting the probability of consumption; before the disorder be fully formed.

Consumption is not always a primary disease, but frequently the consequence of other disor-

ders, as of long continued Fevers, of the Jaundice, Scrophula, (of which I suppose it to be only a variety) Scurvy, Asthma, &c. &c.; and also it is frequently induced by *Lues*, when of long standing or badly cure—for *such a cure* (if it can be called one) is often productive of *worse* effects *than* the original complaint.

Of all the varieties of consumption the *siphylitic* is the very worst—the most dangerous, and requires the longest time to complete a recovery, because the juices are not only contaminated and impoverished by the virus, but the crasis of the blood is also broken down and destroyed by mercury; in this deplorable state of disease, the DIET DRINK will be found eminently serviceable—and has restored great numbers by specifically counteracting the deleterious effects of mercurial poisons. All the other varieties are also to be cured by this preparation, with suitable regimen and diet, and attention to particular symptoms of peculiar severity, as restlessness, night sweats, &c. which we have shown how to relieve; and it effects a cure on the same general principles as have been already explained.

✍ For the sake of suffering innocence A SINGULAR CIRCUMSTANCE almost peculiar to CONSUMPTIVE PATIENTS, but not at present sufficiently known, is reserved for insertion at the close of the work, that it may attract more general attention.

E.

OF SCURVY.

PROVIDENCE has wisely ordained that MAN should not know happiness unmixed with sorrow; pleasure and pain appear necessary concomitants to keep that rationally irrational creature from being hurried into the madest excesses by the violence of his passions; perhaps, the occasional infliction of pain is as requisite to preserve us from the total dereliction of morality and virtue, as to infuse into our bosoms love and compassion for each other, and stimulate us to take an active part in endeavouring to alleviate the misfortunes of our fellow-creatures; thus disease and calamity should be viewed as heavenly blessings in disguise; they teach us to shun those vices in which frail mortals would otherwise freely indulge unawed by the threats of a future reckoning. Let us then who inhabit the most favoured of islands, and are supremely blest with all the necessaries, conveniencies, and luxuries of life, with the full enjoyment of liberty, cease to repine that we cannot recount these peculiar felicities of situation, without calling to mind the sad disasters to which we are continually ex-

posed; care and prudence will considerably lessen the mortality, and diminish the virulence of those disorders to which ENGLISHMEN are particularly liable.

In the list of distressing ills which form an alloy to their advantages, a counterpoise to their happiness, after Consumption (which has been already spoken of) SCURVY is entitled to the first notice; a malady so universally prevalent in this country, that it would be very difficult, if, by any means, practicable, to find a single family free from a *scorbutic* (or *scrophulous*) taint. The best medical writers agree, that this predisposition is occasioned by the variable nature of our climate—the sudden and opposite vicissitudes which we so frequently experience in temperature and weather; it is probable that in no other part of the known world do such rapid and opposite transitions take place, from great heat, to chilling cold—from a dry serene atmosphere, to damp and sharp weather*. Hence it has been with some reason imagined that *cold* and *moisture* have a considerable influence in the production of scurvy, that is, of calling the latent predisposition into action. And hence too the beneficial ef-

* In this island it is no uncommon thing to experience as many variations of temperature in the short space of twenty-four hours as there are climates in the wide extended globe.

fects of wearing flannel or fleecy hosiery next to the body, in order to render insensible perspiration at all times equal, and to defend the system against the impressions of an unwholesome atmosphere; the truth of the preceding remark, as to the effects of cold and moisture, is confirmed by this fact; the disease occurs less frequently in warm and dry than in cold and wet seasons; is more mild in spring and summer than in autumn and winter, and most severe in northern countries. But before we proceed to enumerate the most general causes, it will be proper to give some account of the disorder, and describe its principal symptoms. It is, unhappily, so well and so generally known, that this would be altogether superfluous, and almost impertinent, if these pages were not designed as well for the information of strangers as natives.

Scurvy belongs to that class of diseases which forms the 111th Order in Cullen's celebrated Nomenclature, and comprehends all those in which there exists a "depraved habit with affections of the skin." The diseases which belong to this order, depend, for the most part, upon a depraved state of the whole fluids, producing tumors, eruptions, or rather preternatural affections of the skin. Before any external marks of scurvy be visible, it frequently takes fast hold of the constitution—

the patient feels an unaccountable weakness of the whole body, with great lassitude and a sense of fatigue after the least exertion—he is uncommonly dejected, whilst the appetite and bowels are subject to great irregularities—he finds himself ill without any apparent cause, and is at a loss to describe his complaint. When any person is affected with either of these symptoms, he may safely conclude that he has the scurvy, and should immediately commence a course of that great restorative and purifier the ENGLISH DIET DRINK, which being regularly taken according to the general directions, will shortly restore health and cheerfulness, and prevent those sufferings which, without timely aid, he will inevitably suffer—such as an irritating intolerable heat in different parts of the body, especially when warm in bed, occasioned by acrid thickened lymph blocking up the perspirable pores, and which produce different kinds of eruptions on the skin, sometimes in the form of pimples, at others, blotches, and a fiery matter, throwing off thin whitish scales that are as quickly renewed as they fall off, and harass the patient with an implacable and excessive itching. In the progress of the disease still more untoward symptoms take place—such, indeed, as denote an universal putrescency of the juices, and present to the philosophic eye the melancholy reflection that the most exalted of animated

beings, (who, whilst in health, is too prone to flatter himself that he was born to command and give laws to the universe) by the infliction of disease, is quickly changed into a most loathsome and disgusting object—becoming one entire mass of putrefaction. Livid purple spots are spread over the surface of the body—the breath is rendered highly offensive—the gums bleed on the slightest touch, even on coming into contact with food, they at last become spongy and rotten and fall off, leaving the teeth bare, which presently drop out; towards the fatal termination, which is now rapidly approaching, the body emits a cadaverous stench; the tenacity of the blood is so totally broken down, and its crasis destroyed, that after emission it appears almost colourless, scarcely imparting a tinge of red to white cloth; *now* it not only enters those minute vessels which in a state of health are impervious to the red globules, but even makes its way through the vessels of the skin, from whence a constant oozing takes place; at this period the condition of the suffering victim is so insupportable to himself that he ardently wishes for a speedy dissolution, which soon closes the melancholy scene.

Thus we have briefly related the several appearances that prove the existence of scurvy, from the first moment of its beginning to prey

on the constitution, to its final termination in death. It now remains to mention the several and diversified causes of this dreadful scourge to man. The predisponent may be thus arranged,

1. Cold and moisture; sudden transitions from heat to cold, and *vice versa*.

2. Indolence, or want of sufficient exercise to preserve the due tone and strength of the muscular fibres; consequently under this head we must class studious and sedentary employments, too ardently pursued.

3. Excess of exercise; and, as a contrary extreme, hard labour disproportioned to the bodily strength, and the means of recruiting its daily waste; to these debilitating causes may properly be added, late hours, habitual dissipation, and a too frequent indulgence in sensual pleasures.

4. Health impaired by preceding illness; and

5. A gloomy sorrowful state of mind, which has a manifest tendency to relax the solids, impair digestion, and, of consequence, communicate a morbid taint to the fluids. Of this fact a remarkable instance is recorded by a respectable

writer named VANDER MYE who says, "that during the famous siege of Breda, upon the report of bad news, the scurvy *always* spread astonishingly amongst the troops, but was in a manner altogether checked by the arrival of agreeable intelligence."

The OCCASIONAL OR EXCITING CAUSES are principally three.

1. Diet of difficult digestion, as animal food, hard dried and long salted.

2. Food containing little nourishment, as when in a state of putrefaction; and such articles as naturally contain but a very small portion of that matter which is convertible into nutritious chyle, and fitted to repair that waste which the body daily undergoes.

3. Certain passions of the mind, as sudden grief, and sudden joy; in proof of this I refer to the above quotation from Vander Mye.

To these, I think, may properly be subjoined, obstructed perspiration, and the neglect of cleanliness, both with respect to frequent ablutions of the body, and change of linen; as also a diet consisting *wholly* either of animal or vegetable matter, — VAN SWIETEN supplies us with a curi-

ous fact, to show how any indigestible substance, irritating and weakening the stomach, may be apt to excite this disease. He observed that *old acrid cheese* (such as is frequently eat in Holland) proved extremely *prejudicial* to persons who were *predisposed* to the complaint; and *exasperated* every symptom, in those who were, already, *seized* with it.

The *dreadful* malignity of this disease in FLEETS and ARMIES could not pass unobserved; for many years *it* has occupied the sedulous attention of the *most* enlightened *Physicians* and *Surgeons*, in *Europe*, who have, with a laudable anxiety, endeavoured to discover an effectual remedy for a disease which so rapidly thins our ranks, and renders the best planned expeditions *too often* abortive; but after all the labours of many eminent men, it may be said that the result was confined to, or had terminated in, a discovery of the best means of prevention, without *any* one having succeeded in contriving a remedy that afforded a certain cure for this dreadful foe to the human race, 'till such time as *practical experience proved the* INFALLIBILITY of the ENGLISH DIET DRINK, in this disorder, which (with a view to extend its utility to the first props of our national prosperity and consequence, *British Mariners and Soldiers*) has, after much labour and expence, been comprised in a smaller

compass than formerly, so that a PINT of doubly concentrated CEREVISIA contains the same active powers as a QUART of the single—and ONE spoonful of the FORMER will be found, AT LEAST, equal in point of efficacy to TWO of the LATTER.

Authors, for a long while, divided SCURVY into two different species, as supposing them to depend on opposite causes; but later and more attentive observation has clearly proved that the scurvy is one and the same both on land and at sea; the latter differs from the former only in severity of symptoms, and the rapidity with which the patient is totally incapacitated for labour, and every mark of an universal putrescency of the juices rendered manifest. In each case, the method of cure is the same—but it must, naturally, be expected that soldiers and mariners require a longer course of medicine than those who have it in their power to procure a vegetable diet—on this account, it is of the most essential consequence to the success of our naval and military expeditions, and to the preservation of those undaunted heroes who are appointed to execute them, that a remedy be furnished in liberal quantities, to every ship and regiment, capable of preventing so dreadful a malady; and if the CEREVISIA should be patronized by Government, and placed under the management of judicious ARMY and NAVY PHYSICIANS or SURGEONS, I am bold

to stake my reputation, on the issue of a fair trial of it as a preventative—being well assured, that small doses frequently, that is, daily, given to the men, after unusual fatigue, or when they have long subsisted on provisions affording little nourishment, would either prevent the appearance of scurvy altogether, or at least hinder it from taking any deep root in the constitution.

The inhabitants of this and other countries, where scurvy is apt to make its appearance, frequently, might, we are persuaded, do much, by way of checking its ravages, as well as those of the several and very diversified diseases that depend on a depraved habit, or a morbid state of the fluids.

By strictly observing the following rules, I am very confident that such disorders would soon be rendered comparatively mild to what we now see them, and, probably, in a few years, become *very* rare, if not totally obliterated—except in *peculiar situations*—and under *unusual* circumstances—as in the *crowded ill-ventilated abodes of filth and poverty*—and when, from local circumstances, or a *general* dearth of provisions, either the diet must, *necessarily*, consist of substances affording little aliment, approaching to a putrescent condition, or, else, be destitute of that mixture of animal and vegetable matter which

experience shews to be best fitted for the support of man and the preservation of his health.

The rules to which I allude consist in,

1st. Keeping up an equable state of perspiration over the whole body; by which means the *scorbutic germs* (and the seeds of various other disorders) pass through that medium to the surface of the body, and are thence thrown off in an elastic vapour, before they have time to contaminate the system.

In proof of this Dr. Nathaniel Hulme remarks “that in the *East Indies* our sailors, for the most part, preserve their health* untainted by Scurvy, though living on a diet most favourable to its production.” This total exemption from the disorder, in contradistinction to what happens, under similar circumstances, in cold regions, he sagaciously attributes to the profuse perspiration that is constantly kept up by the heat of the climate; insomuch that, he observes, *an incredible quantity of a saline and acrid matter* is thus daily discharged by sweat.—But to proceed; in order to preserve this necessary condition of the body, it will be proper to wear an under-dress of

* Here it is evident a small quantity of the DIET DRINK, properly taken, would effectually secure their health.
E.

fleecy hosiery, which is, on many accounts, preferable to flannel.

2. When insensible perspiration has been obstructed, or stopped, immersion in the warm bath should be repeated, every evening, till the obstruction give way; this will be considerably promoted, by taking (being first conveyed from the bath to a warm bed) *one or two wine glasses* of the CEREVISIA, in half a pint of hot wine whey, or gruel acidulated with lemon juice.

3. At all times paying the greatest attention to personal cleanliness, by frequent ablutions of the body and often changing the linen.

4. And lastly, By no means neglect to take a few bottles of the DIET DRINK every spring and fall—and be assured that you will neither be subject to *scurvy*, or any of those numerous disorders which depend on a *morbid condition* of the fluids, and are so *peculiarly* troublesome in *this country* *, and such fatal destroyers of female beauty.

When I speak of these disorders being thus *certainly* prevented, I assume as a fact that a proper *mixed diet* is used; when this is faulty

* Great Britain.

the means pointed out can only be expected to check the progress of SCURVY, &c. and render them more easy of removal. An entire cure cannot be hoped for, unless a sufficiently nutritious food can be procured. This ought to consist of a large proportion of vegetable matter, when the patient has long been debarred of its use. A light nourishing diet, is indispensibly necessary together with a liberal use of the sub-acid fruits. Fermented liquors, especially those which contain the aerial acid, or fixed air, in large quantities, may be taken with great advantage; consequently Cyder, Perry, Currant wine, good sound old Porter, &c. &c. may be freely allowed.—The use of the DIET DRINK, at the same time, must be persevered in, on some occasions, for some weeks, after every morbid symptom has vanished, otherwise a relapse will either occur or the disease assume a new form; each dose may be acidulated with ten or fifteen drops of muriatic acid; or the juice of half a lemon.—Having thus given some account of Scurvy, I shall now briefly, yet (I hope) satisfactorily, point out the necessity, and utility, of the advice already given; nor can I, for a single moment, doubt but the facts, which remain to be stated relative to this formidable enemy of the human race, will be placed in so *striking a point of view*, as to convince, even the most sceptical reader of the truth of my state-

ments; and deeply impress the mind with a true idea of the value of a preparation that will *always* prevent the fatal termination of this dreadful disorder, check its progress, and except under the most unfavourable circumstances, certainly, effect a cure.

The true excellence of such a medicine, and its inestimable value, to *mariners especially*, will best appear by showing the rapid destruction that the Scurvy makes on board those ships which are unprovided with proper antidotes. The Historian of COMMODORE ANSON'S Voyage round the World, which this celebrated Navigator commenced in the year 1740, gives the following melancholly account of the mortality occasioned amongst the crew of his squadron by the disease of which we are now treating. He says, “ * *The Scurvy now spread to such an astonishing degree, that it carried off no less than forty-three of the Centurion's crew only, in the month of April, and double that number in May. The numerous forms in which this destructive malady attacks the human body are as astonishing as they are unaccountable. Scarcely any two felt it in a manner exactly similar. Its general symptoms, however, were large, discoloured spots over the whole body,*

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* See Mavor's Historical Account of Voyages, &c. Vol. iv. P. 162.

swelled legs, putrid gums, extraordinary lassitude, and a dejection of spirits, which, while it damped the kind aspirings of hope, added new vigour to the distemper. It often produced the jaundice, pleurisies, rheumatic pains, and putrid fevers; but what is most extraordinary, it opened the scars of wounds which had been healed for several years, and dissolved the callus of bones long since broken; so that the fracture seemed as if it had never been consolidated."

On board the GLOUCESTER, another of the squadron, we are informed, "that they had, in a very short space of time, committed to the deep two-thirds of their complement, and scarcely one was capable of duty, save the officers and servants."

In the history of MONSIEUR BOUGAINVILLE'S VOYAGE, round the Globe, we have the most convincing proof of the debility which so eminently marks this disease, and of the good effects that result from a liberal use of cordials (such as wine) and other antiseptics—the author says, "at this time no less than forty of the crew were afflicted with Scurvy, of which M. Denys, first master of the BOUDEUSE died. The liberal use of wine and lemonade assisted to mitigate the severity of this cruel disorder."

Numerous other facts might be recorded, if

it were necessary, in corroboration of the *destructive influence* of SEA SCURVY; but we trust sufficient has already been said to convince our readers that a medicine possessing, both a *cordial* and an *antiseptic* property *must* be an invaluable acquisition to the world; to the NAVY in particular. The *DOUBLY concentrated sort* is compressed into so *small* a compass that a sufficient quantity for the longest voyage, whatever may be the number of the crew, can, *conveniently*, be stowed on board the ship, and which with the occasional addition of a *few drops* of Muriatic Acid, (from 10 to 15) commonly called Spirits of Salt, will, *effecually* secure the men from falling a prey to this merciless disorder; the reader is however desired to recollect that I by no means wish it to be understood that the CEREVISIA will, either, prevent, or cure the Sea Scurvy when the men are subjected to great and long continued fatigue, and obliged to subsist on unwholesome—indegestible food; and are deprived of the use of fresh vegetables—in this case rest from hard labour—and a *plentiful* supply of fresh provisions, *particularly* of vegetables, become indispensibly requisite, before a cure can be obtained; the DIET DRINK will however *mitigate* the disorder and *impede* its progress at Sea—On land it may safely be relied on, both as a *preventative* and *cure*. But seeing that SCURVY, like a *wily enemy*, makes its attacks, un-

der a thousand disguises, it is never more to be dreaded than when its presence is least suspected, it would be attended with the *happiest*, and *most salutary* consequences, if the Inhabitants of *this and all other countries*, where Scurvy makes its appearance, were to take a few bottles every spring and fall—*this would prevent a variety of other complaints as well as Scurvy—and when this disease has taken firm hold of the constitution it is not easily eradicated.*

It now only remains, in compliance with our established rule, to convince the most incredulous, of the inestimable value of the DIET DRINK, by offering to their perusal the following remarkable cure

OF MR. B. G. HOLLAMBY,

*Late Purser of his MAJESTY'S SHIP UTRECHT, but
now of the BUCKINGHAM,*

As written by himself, enclosed in the annexed Letter, and addressed to
Dr. J. WEBSTER, CHELSEA.

" SIR,

Aug. 1800.

" UNDERSTANDING you are about to publish the accumulated result of a very long and succesful practice with your medicine, the ENGLISH DIET DRINK, I take the opportunity of informing you of the great benefit I have re-

ceived by it, and which I shall with the most heartfelt gratitude, acknowledge; and further, *Sir*, you or Mr. SLEE the Proprietor, are at liberty to publish my case, in any manner you think proper, as I deem it a duty incumbent on me, for the good of the afflicted and the community at large, to let the wonderful effects of your DIET DRINK be known. To any person you may wish to refer to me, I shall with pleasure give such proofs as will convince them that after the *whole* MATERIA MEDICA had been resorted to, without effect, the ENGLISH DIET DRINK has operated on me a complete cure.

"I remain with the highest esteem,

"sir,

"Your most obedient humble servant,

"B. G. HOLLAMBY."

C A S E.

"Some years ago I received a slight bruise, which, from want of attention, soon became a wound, and spread rapidly, to a degree almost incredible. I applied to *several* Surgeons in *Edinburgh, Plymouth*, and elsewhere, under whose care I was for near two years; but mistaking (as I presume) the nature of the complaint, I was for that time kept under a course of medicine, which, I am well convinced, *was mercurial*, and by which means I was so reduced, that it was

thought impossible for me to recover : after that I was under the care of the late Mr. CRUICKSHANKS, who gave me the nitrous acid, and many tonic medicines; he likewise recommended me to inhale the vital air under Dr. THORNTON; these relieved me a little, but a relapse, which rendered me worse than ever, came on : I then went to PLYMOUTH HOSPITAL, where I remained *fourteen months* without a cure; from thence I came to SAINT THOMAS'S HOSPITAL, where I remained *nine months*, but I was there also found incurable. In this distressed situation I was advised to take your DIET DRINK, and I have now the *happiness* to declare, that in about *three months* I was *perfectly cured*, and *cured of wounds* of the *greatest magnitude* and *most inveterate nature*. In short, had it not been for your DIET DRINK, *I must have lingered out a miserable existence*, a burthen to myself and connections, *being quite unable to earn a livelihood*.

“ B. G. HOLLAMBY.”

With respect to the preceding very striking proof of the efficacy of the CEREVISIA, or ENGLISH DIET DRINK, in correcting and curing a highly contaminated state of the juices, after the most strenuous efforts of some of the most celebrated and judicious medical men in the united kingdom had failed of affording any per-

manent relief, it is worthy of remark that Mr. HOLLAMBY, at the time of his accident, *was*, (and had for a long time been) *deeply* tainted with the Scurvy, it is therefore not so much to be wondered at that his wounds resisted the ordinary methods of cure, as we have already shown, that this disease is capable of opening afresh those wounds which had been healed many years; this case is more especially worthy of notice as affording the strongest proof possible of the necessity there is for every person taking a few bottles of the Diet Drink Spring and Fall to prevent the inroads of Scurvy; for notwithstanding Mr. Hollamby was exempt from bodily fatigue, and had the benefit of a pure atmosphere, together with a plentiful and diversified supply of fresh vegetables, his wounds were incapable of being cured under all these advantages of situation, &c. till such time as he was recommended to try Dr. Webster's specific.

At the request of a Gentleman (who humanely devotes a large portion of his time and fortune to visiting the abodes of wretchedness, and contributing to relieve the calamities of their inhabitants) the following letter is inserted, as an indubitable evidence of the extensive utility of the Diet Drink. The diseases in which Mr. Bartlette administered it with success he has

not enumerated, but they evidently appear to have been very numerous and various, both from the language of his letter and the *several* dozens he has purchased, for *benevolent purposes*, within the last twelve months, *only*.—From hence it will also appear how serviceable the rich can be to their poor neighbours, at a trifling expence.

COPY OF MR. BARTLETTE'S LETTER.

Pentonville, Dec. 3d. 1801.

“ To Messrs. S. SLEE and Co.

Proprietors of Dr. Joshua Webster's *most and ever valuable*
ENGLISH DIET DRINK.

“ GENTLEMEN,

“ I FEEL not only a pleasure—but I am truly happy in having it in my power—from *my own individual experience*, to inform you that the above mentioned DIET DRINK has, by the blessing of an ever kind Providence, been made to a *wonder* instrumental in relieving a *number* of indigent persons, and curing those even *under circumstances where all hopes of relief were despaired of*.

“ Convinced by experience, of its *safety* and *efficacy*, I shall cheerfully embrace every opportunity to recommend the Cerevisia to those per-

sons labouring under any of the complaints in which the late DOCTOR WEBSTER so *successfully* prescribed it.

" I am,

" GENTLEMEN,

" Your most obedient servant,

Pentonville, Dec. 3d. 1801.

" W. BARTLETTE."

Long as the reader has been detained on this subject, I cannot permit myself to close my remarks on a disease, as much the bane of Englishmen as *Scurvy* is, without attempting to satisfy such reasonable doubts as may arise, in the minds of many relative to its being of a *curable* nature.

A well informed and reflecting *Man*, *anxious* in his enquiries *after truth*, may possibly view my statement with some degree of scepticism, when he considers that *England* is, and has for a long series of years been, *able* to boast of *Physicians* who are an *honour* to their country ; who, in addition to a *cultivated* and *enlightened* understanding, have an *intimate* and accurate knowledge of the various *powers* and principles of

action of the different *articles* employed in *Medicine*, together with as *complete* a knowledge of the *nature* and *causes* of the several morbid affections, to which the solids and fluids of the human body are liable, as can be collected or obtained, from the best PHYSIOLOGICAL and ANATOMICAL investigations, *aided* by attentive OBSERVATION and extensive PRACTICE; he will be led to ask whence it happens, that though gifted with talents, apparently, adequate to the task, they so seldom succeed in curing *this* and *many* other disorders of which *we* treat and *profess* to cure with *ease*, safe, and *certainty*.

The question, I confess, is such as must naturally occur to every Man of sense. It will, perhaps be urged more than once during the perusal of this volume. I shall therefore endeavour to prevent its recurrence, by accounting, in a full and satisfactory manner, I hope, for the frequent failure that attends the general treatment of Scurvy, Scrophula, and Consumption, &c. &c. even when conducted by the most skillful of * APOLLO's sons.

I have already had occasion to remark that Physicians are too much bigotted to system, by

* In the heathen Mythology two Deities are said to preside over and patronize the art of Physic, viz, *Æsculapius* and *Apollo*. E.

which means *Genius*, shackled with arbitrary rules, is deprived of freedom and vigour of exertion ; their indications of cure are also frequently formed on too contracted a plan to command general success ; so far indeed as they *extend* they are judicious, and the treatment founded thereon productive of advantage ; but being most commonly taken from the governing character, or most striking feature of the disorder under consideration, the remedies directed, though well calculated to remove one of the morbid affections constituting the disease, have no power to subdue the others which are present at the same time.

Hence the curative views having only a partial operation, it cannot be wondered, that cases which terminate happily, embrace for the most part, only slight and recent forms of the disorder ; and when these means have failed of complete success, we are justified in attributing that failure to the Physicians' contracted theory, and confined mode of treatment. Thus we can easily account for the high character and general repute which a new remedy acquires, from the specific effects it may display on its first introduction, and perceive that it afterwards sinks into oblivion to give place to some other of newly discovered celebrity, *not* from having lost any of its active properties or medicinal powers, nor that those who

first recommended the preparation to the general notice of medical men, had formed an erroneous opinion of it's virtues, but merely because being uncombined with other remedies calculated to correct and remove the existing morbid affections ; and being only suited to subdue one of these, it *could not* possibly succeed in the more complicated forms of the malady.

To apply these observations to *Scurvy*, it will only be necessary to remark, that as general debility and atony of the system constitute one of the leading characters in this disease ; some Physicians have taken their indications of cure from this circumstance, and employed their whole attention in endeavouring to restore the lost tone and energy of the body, by the free use of corroborants, as bark, steel, arsenic, &c. with a generous nourishing diet, pure air, and proper exercise.

Others imagining that the disorder entirely depended on a peculiar or specific virus seated in the smaller vessels, and by that means detaining such excrementitious matter, as should be carried off by perspiration, have established their plan of cure on that idea, and, overlooking every other concomitant feature of the malady, have contented themselves with administering such remedies as have a particular action on the

minute vessels, as Mercury, Antimony, &c.— Others again regarding a general putrescency of the fluids, as the principal thing to be obviated, have pursued a practice well corresponding to this notion, and too much neglecting the use of other necessary auxiliaries.

The modern idea of confining all disorders to the solids, and not allowing the doctrine of the fluids being *directly* and *primarily* affected, has also given rise to many errors in practice. But not to detain the reader any longer, I shall conclude with remarking, that my success, in these formidable complaints, is owing to a *happy combination* of remedies *suited to the several indications* of cure, by *taking* an enlarged, and a *comprehensive* view of *every* morbid appearance, *instead of confining myself to the removal* of a *single*, or the most predominant one.

M

OF

SCROPHULA, OR KING'S EVIL ;

INCLUDING

ITS EXTERNAL AND INTERNAL VARIETIES, AS
 OPTHALMIA — WHITE SWELLING — PULMO-
 NIC SCROPHULA, MESENTERIC
 SCROPHULA, &c.

HAD we deemed it requisite to treat of the diseases mentioned in this work, in the order of systematic arrangement, we should have preferred that which nature has pointed out, and have placed SCROPHULA and CONSUMPTION immediately after each other ; but as such regularity, in point of arrangement, was not necessary to be observed in a publication intended for conveying information to every class of readers ; it will be sufficient to remark, in this place, that the affinity between *Scrophula* and pulmonary *Consumption* is so great, as to convince the most experienced and attentive practitioners that they are, in reality, *one and the same* disease, only appearing under different forms,

and, for the most part, at different periods of life; that is, the *former* commonly occurs during infancy, the latter after puberty; when the external glands, as of the neck, are the seat of morbid affection, the disorder acquires the denomination of SCROPHULA; when the Lymphatics of a joint be diseased, it is called WHITE SWELLING; when it attacks the internal parts, it assumes different appellations, according to the nature and functions of the parts affected, as *Pulmonic* SCROPHULA, when seizing on the lungs; and *Mesenteric Scrophula*, when the mesenteric glands be the seat of disease, the internal species of Scrophula also includes, according to some respectable writers on the subject, the WATERY HEAD, an affection almost peculiar to infancy, and which has *seldom*, if *ever* been cured. In enumerating the external forms of Scrophula, we have to notice, in addition to the glandular affection of the neck and other parts, those of the eye-lids—and of the joints; which latter are more generally known by the name of White Swellings, especially when situated in the larger joints, as of the *knee* and *elbow*.

But whether we carefully trace the history of the external or internal species, from the earliest medical records on this subject, down to the present day, and examine the various modes of cure, that have been suggested from time

to time, by the best informed practitioners, we *ultimately* arrive at this *melancholy* conclusion, that *no one had been able to devise a successful mode of treatment*; for however *celebrated* a newly discovered remedy might be, for a *short* period of time, we shall find that it was scarcely adopted into general practice, by men anxious for the promotion of science, than it fell into disuse, and was consigned to oblivion, as it were by universal consent on account of its inefficacy, to make way for some other, whose reputation seldom outlived its author.

Indeed, to recapitulate the number of medicines which have been recommended for this afflicting malady—and describe the various and contradictory theories which have been formed on the subject, with the contrary indications of cure grounded thereon, would occupy too many pages; and such as wish to peruse the several changes that have taken place in the treatment of SCROPHULA, and to see a list of the numerous *specifics* which have been obtruded on the *credulity of mankind*, at different periods by *religious enthusiasm*—the bold and *extravagant* boastings of *Quacks*—or the *mistaken theories* invented by *regular* practitioners—together with an account of the absurd faith so long reposed in the efficacy of the *royal and papal * touch*, may gratify

* This absurdity would seem to derive its birth from the *religious and superstitious ignorance* of the times. The same

their curiosity by consulting those authors who have fully treated thereon.

When it be considered, that not *one of the very many pretended Specifics* which have appeared in the course of several ages, *has preserved its celebrity for any length of time*, but that the whole have met a similar fate, and are now no more remembered than “the baseless fabric of a vision,” which leaves not the shadow of “a wreck behind.” The reader may be inclined to inquire, how it happens that after all the medicines hitherto recommended for the cure of Scrophula, &c. have ultimately proved inadequate to the accomplishment of so important a purpose, the AUTHOR of the CEREVISIA should attach to his discovery a character of efficacy

miraculous and infallible power, over particular disorders, that resisted the ordinary means of cure, being attributed both to the *papal* and *regal* touch—it is but fair to conclude, that it was ascribed to the POPE, as the *true* head of the catholic church, and the *legal* successor of St. PETER—and to KINGS, in virtue of a somewhat *divine* they were supposed to possess.—So general was the confidence formerly reposed in the efficacy of the *royal touch*—that regular practitioners even prescribed this popular remedy, and published their fancied cures—and we find it recorded that Charles I. employed this charm on no less than 92,107 persons. Even of late years, some scrupulous devotees have made a journey from London to Rome to be touched by the Pope. E.

that no other preparation could ever long maintain, or justly deserve?—Is Dr. WEBSTER, it may be asked, the *only physician*, who has clearly understood the true nature of those maladies *that depend on a depraved habit, and a morbid state of the fluids*, and lymphatic system? or, was it reserved for him alone, to find out the real indications of cure, and thereon erect a rational and successful mode of treatment?

To such questions as these, I would reply, that it is far from my intention to arrogate to myself any superiority over my brethren, in point of professional knowledge; on the contrary, I am free to confess, that my talents do not rise above mediocrity; but then it will not be denied, that *moderate abilities combined with persevering industry and application, when directed to the attainment of one single object, are more likely to succeed (and oftener do succeed) than the most splendid and commanding talents which aim to embrace the whole circle of science at once*; although the ambitious mind of man eagerly grasps at universal knowledge, its finite powers are unequal to the task, and prove the undertaking too arduous for accomplishment; thus those who take so bold a flight, have the mortification to be far out done in useful discovery, by men of inferior genius; who, having juster notions of the limited powers of the human mind, devote its whole force

and energy to some particular subject; and acquire that intimate knowledge thereof, from constant and uninterrupted observation, which can seldom, if ever, be attained by those whose attention is, necessarily, divided among a great variety of objects; each of which demands the most serious and deliberate consideration. This remark will apply, with peculiar propriety, to the present state of medical practice; *how is it possible*, that a physician, whose time is, principally, if not wholly, taken up in hurrying from one patient to another, can bestow (during the short and hasty visits he is obliged to make) on that endless variety of disorders which daily come under his notice, such nice investigation and calm consideration as they may, separately, and severally require?

To this, and similar causes (mentioned in our concluding remarks on Scurvy and elsewhere) must chiefly be ascribed the triumph which a *plodding half-informed* APOTHECARY; the ENTERPRISING QUACK, and even an *illiterate, stupid, old* WOMAN, often gain over a PHYSICIAN of the first-rate abilities. The *latter* suits his prescriptions to a preconceived theory of the disease. The *former*, trusting entirely to *experience*, and minute observation, *habitually* acquire the happy art of distinguishing when a case ex-

actly agrees with one they have successfully treated, and immediately apply the same kind of remedy.

Satisfied with being able to effect a cure, they feel no desire to understand, or be able to explain, the precise way in which this has been done. The old woman, in general, confines her talent to a single malady, as the cure of a bad breast, or a sore leg, &c. The QUACK also, is, for the most part, *modest enough* to boast only of excelling in the treatment of a small number of disorders, compared with that vast variety which constitute the list of human afflictions, and fall under the care of a general practitioner.

The APOTHECARY passes much more time by his patient's bed-side than the PHYSICIAN, and thereby often gains a practical kind of knowledge (from the frequent observance of minute phenomena which totally escape the latter) far more useful than medical schools, or the best medical works can teach. For, after all that can be said or written on diagnostic symptoms, &c. &c. an *accurate* knowledge of most diseases *can only be acquired by frequent and diligent attendance on the sick.*

From these and several other correlative facts

(many of which are to be found in the preceding pages) alike interesting to the faculty and their patients, and the public at large; we feel warranted in predicting, that no general or extensive improvement can take place, or be expected in the healing art, till the practice be confined within much narrower limits than at present.—That is; in order to elevate medicine to its *high* and proper rank among the *arts* and *sciences*, that promote the comforts or increase the conveniencies of life; and to render its progress towards perfection *nearly* on a level with the rapid advancement of those which have less influence on human felicity: a physician having previously obtained an accurate knowledge of ANATOMY and PHYSIOLOGY, so as rightly to understand the intimate connexion that subsists between the various parts of the human body, with their mutual dependence on each other; their particular functions and uses, as also their relative importance in the support and continuance of life, and how *this* is liable to be deranged or destroyed, by disease or injury affecting any of the former; *who* can readily distinguish the leading symptoms that give name to different morbid affections; and having likewise an intimate acquaintance with the distinguishing qualities and peculiar properties of the several substances used in medicine—*has* all the prerequisites for forming an

extensively useful and rational practitioner—but, to complete this GREAT CHARACTER, and insure to society the greatest degree of usefulness, from its active exertions, He ought, *now*, to select, from the general mass, some *one* class of diseases for the subject of his particular study and future practice.

His time, by this means, will neither be divided, nor his attention distracted betwixt a multitude of patients, whose respective complaints bear no analogy or affinity to each other; but, he will be, constantly, occupied in attending to different varieties, or at least to different species of the same disease—so that one *fundamental* principle will at *all times* furnish the rationale, or *true*, indications of cure, being *equally applicable* to every case that falls within the limits of that practice he has *wisely* prescribed to himself; *His* perceptions will therefore be always *quick, steady, and perspicuous*; every succeeding object of his care will revive and illustrate former reflections, former reasonings; add fresh links to the chain of facts already collected, and, *ultimately*, lead to the accumulation of every truth—every phenomenon that can throw any light on the nature and history of the disorder under immediate consideration, or illustrate its mode of cure—in the facility and certainty of effecting which, *such* a physician must infalli-

bly excel all those who *prowl* over the wide extended field of human maladies, without confining the exertion of their talents to any one in particular.—For although the art of medicine be *confessedly* of DIVINE origin, yet, unless its practitioners be *also* gifted with a DIVINE power over diseases, it will be in vain for man to expect that he can succeed on so general and large a scale, or benefit society so much as he *could* have done by acting on a more circumscribed plan.

If it were requisite to adduce proofs of the reasoning here adopted, and to show that the positions laid down (as deduced from thence) are strictly true, we might refer to the ACCOUCHEUR, OCULIST, AURIST, &c. as proper examples, and ask why these succeed so much oftener, in the separate branches of medicine to which they devote their attention, than the general practitioner, in similar cases?—It is because *they* severally confine their study and practice to one set of maladies only—nor can their superior success be rationally ascribed to any other circumstance whatever.

The same conclusion becomes unavoidable, if we take a glance at those who *only* undertake the management of persons labouring under the

most dreadful and humiliating of all afflictions ; I mean intellectual derangements.

Many, very many of these unhappy sufferers are restored, to their friends, in perfect sanity, by the care of a MUNRO, a WILLIS, a STEPHENSON, &c. who *never* could have been *cured* by the *most skilful* of PHYSICIANS engaged in the *usual* routine of practice.

Not to multiply examples, unnecessarily ; we would argue from what has been already advanced, that medicine can never be carried to that point of perfection of which it is naturally susceptible, till disorders be arranged under distinct *heads* or *branches* ; and practitioners shall confine their attention, *solely*, to *one* of these, making their election as genius and inclination may direct.

To a similar division of the domestic and mechanic arts ; *i. e.* into separate branches, must be principally attributed the vast improvement which every year gives birth to ;—no man has hitherto dreamt of aiming at an universal practical knowledge of the whole, or even several of these ; and we even find that those *rare* ARTISTS who have attempted to distinguish themselves in more than one branch, *seldom* excel in either.

How much more frequently, then, must the *mortification* of disappointment *crush* the *high-raised* expectations of such as *flatter* themselves with being *equal* to the *insuperable* task of *succeeding* in *every* department of an ART, embracing a greater variety of difficult and abstruse subjects than any other, and which *is, confessedly*, the *least* easy of all others to be *rightly* understood.

Common sense will, at once, answer the question, and spare us the trouble of having recourse for further evidence, to the several ingenious and contradictory theories; with the opposite plans of cure grounded thereon, which have continued to supplant each other (without producing any real and permanent good to mankind) from the *first rise* of *systematic*—theoretical writers, *down to* the commencement of the *nineteenth* century.

I deem it superfluous to offer any apology for having extended this digression to so great a length; from a persuasion it will furnish, in conjunction with the facts delivered in the preceding pages, a full and satisfactory answer to whatever objections may be urged against my claim to the confidence of the PUBLIC, for avowing myself the author of a discovery, that not having been made by any other man, was consi-

dered as impossible, by the profession at large ;—and the candid reader, I trust, will be convinced, that I am not vain enough to imagine, my success in the treatment of a class of diseases the most obstinate and severe a physician has to encounter, is owing to any *superiority* of talents ; but, on the contrary, must be *solely* ascribed to my having, *exclusively*, devoted my whole time and attention, *for a long series of years*, to the consideration of disorders which depend on *one* common cause, and which can be traced to the *same* original source.

All medical men *are*, or ought to be, acquainted with the respective virtues of the several remedies I employ : and were they to combine them in the same manner, they would be equally successful in practice ;—it is to a happy union of the separate properties of many ingredients, each of which is calculated to answer a different intention (in a curative point of view) without lessening the efficacy, or impeding the direct operation of any other, that the ENGLISH DIET DRINK owes its *long* established and *increasing* reputation.

Since it has been proved by the indisputable evidence of *the most celebrated Circumnavigators* and our *best Practitioners*, that a *vegetable diet* is, *essentially*, requisite in the

cure of diseases, which *originate in a depraved habit, with a morbid or contaminated state of the fluids*; especially in *Scurvy*, perhaps the CEREVISIA may be indebted for a portion of its superlative efficacy, in these complaints, to the circumstance of its being a VEGETABLE PREPARATION; but, as we have before had occasion to speak on this head, and then stated the corroborating sentiments of Sir JOHN HILL, M.D. and Doctor BOERHAAVE, on the same subject, we shall immediately proceed to describe,

THE MOST COMMON APPEARANCES IN

SCROPHULA.

The reader, however, will first permit us to make a few leading observations relative to this subject.

The remarkable frequency of SCROPHULA in this country might well be supposed to render it so familiar to common observation, as to preclude the necessity of my giving a relation of those symptoms which denote the presence of this disease; but mankind are strangely disposed to deceive themselves, in consequence of which it is too little known to the public at large; the minds of most persons being deeply impressed with the preposterous and ridiculous idea, that it is *particularly* disgraceful to be afflicted with

SCROPHULA (a term, by the bye, the true import of which is so little understood, that they apply it *only* to inflamed and raw eye-lids, glandular swellings of the neck, &c. on the point of breaking, or already in a state of exulceration, whilst the severe and more dangerous *external* forms, as of the KNEE, ELBOW, and other JOINTS, pass under the *less dreaded* epithet of white swellings; without being *once* suspected for scrophulous affections, either by the patient or his friends). Few, indeed, will acknowledge themselves affected with the malady; they are, for the most part, anxious to disguise the truth, by attributing the *swellings* to *cold*; or any other cause rather than the real one; and often, *indignantly*, dismiss the candid physician, on his very first visit, to call in the aid of any medical adventurer, whose *pliant* disposition can *stoop* to flatter their *foibles*, and promise a *speedy cure*.

Alas! who can recount the infinite number of human beings who have thus fallen victims to a false delicacy, and a false pride.

“ I have seen this aversion to the disease, or, rather the anxiety to be considered exempt from it, carried so far, that *a lady, who well knew she laboured under a scrophulous complaint*, and was *actually* deriving considerable benefit from the medicines prescribed by her medical attendant;

pressed very much to be made acquainted with the *name* of her disease, in hopes that *he* would have *gratified* her *vanity* and *wishes*, by giving it some other appellation than the real one; the gentleman, for some days, politely avoided a direct answer; being at last more strongly urged, he pronounced it Scrophula: no sooner had the *odious* word vibrated on the lady's ear, than she started from her chair in the utmost rage—accused the *petrified* doctor of *ignorance* and *presumption*, for *daring* to impute so *vile* a disorder to *her*, or any part of *her* family; she at length concluded a long, although (my informant adds) not a very melodious harrangue, by 'an immediate dismissal, *modestly* declaring he was an *impudent*, *ignorant*, *low-bred* fellow, fit only to attend the *canaille*, and totally incompetent to prescribe for *people of fashion*."

"The business, however, did *not* terminate here; if it had, the *disgraceful* anecdote should not have *sullied* these pages.—Determined to expose the *rude* doctor's want of skill, she confided herself, in an unfortunate hour, to one, *too* polite to *contradict* the opinion of a *lady*, who gave *handsome* fees; the former mode of treatment was directly abandoned, and a new one substituted in lieu thereof, one part of which consisted in the application of *powerful repellents* to the tumified glands; how far *this* might have

hastened or contributed to the *fatal* catastrophe that speedily followed, I pretend not to determine. This much however I can conscientiously aver; the patient *was* evidently improving in health, and the morbid symptoms much alleviated, *before* she *changed* her physician; and a few weeks after that event DEATH claimed the victim as his own."

A *thousand* other facts might be adduced in evidence of the *fatal* consequences, that too often *inevitably* result from the absurd and groundless prejudices of mankind in respect to Scrophula; and some other complaints, particularly such as are peculiar to females; who, from an extreme sensibility of mind, (that both *reason* and *religion*, if calmly consulted, would pronounce *reprehensible* delicacy, or over acted modesty) are oft' most cautiously concealed till the hour of dissolution is at hand, and when human assistance cannot prolong the duration of life for a single hour. Be careful, my female readers, in the choice of your physician, &c. but when you have *made* your election, unbosom yourself to him, when you want his assistance, with the same frankness as to a sister, or a mother; a man of honour will sympathize with your sufferings, but never betray the confidence reposed in him. A mistake on this head has precipitated many a lovely woman, in the prime of youth,

into an untimely grave, which her *own hands* might *justly* be said to have *dug*.

To proceed; if the preceding fact stood, as it were, insulated and unconfirmed (as it is) by multitudinous examples of the same kind, even this *solitary* one should be sufficient to stimulate every man of sense and humanity;—every conscientious practitioner, especially, to contribute his utmost endeavours to expose the danger and folly of crediting such opinions as have no foundation in truth or reason; and it is much, very much, to be regretted, that *instead* of so doing, *many* medical men degade *both* themselves and the *dignity* of their profession, by a *mean* and *unmanly* complaisance to the *whims* and *caprices* of their patients:—in consequence of this, errors the most pernicious are perpetuated, and the promulgation of *truths*, *most* conducive to human happiness, either obstructed, or prevented from acquiring that *credit* to which they are *justly* entitled; to this and similar circumstances must, also, be ascribed, the general ignorance of the people relative to Scrophula, both as to its existence and nature; together with the *strange notion*, so forcibly implanted in the minds of rich and poor, *that it carries with it a more disgraceful stigma* *that any other bodily affliction*, *with which it hath pleased the GREAT GOVERNOR of the Universe to chastise the sons of men*,

It seems, altogether, impossible to account for the origin of an opinion so repugnant to reason, unless, we suppose, *early* practitioners, finding themselves *incapable* of curing the disease, *attempted* to (and too successfully did) *cover* the imbecility of their art, by *inculcating* (to an ignorant and superstitious people *ready* and *willing* to believe whatever partook of the *marvellous*, as best *harmonizing* with the sentiments of their own *distempered* minds), that the SCROPHULA (like the mark impressed on Cain *) *was the manifestation of DIVINE WRATH, intended to point out the perpetrator of some great though secret crime*; the unhappy sufferer would therefore, naturally, become an object of abhorrence to his fellow creatures; his society would be carefully avoided, and hence, no greater indignity could be offered to any man than that of merely hinting *he* was thus chastised by *Heaven*; neither is it surprising that all ranks of people should, *on that very account*, make use of every artifice to skreen themselves from an imputation which, necessarily, rendered them objects of terror and suspicion, and, in a manner, cut them off from all intercourse with the rest of the world.

Whether this be a just explanation or not; it is, at least, certain, that the dark and gloomy

* Gen. iv. 15. E.

reign of barbarous ignorance and fanaticism has, long since, ceased to hold the human mind in thralldom;—a talent for philosophical enquiry, or experimental investigations of the arcana of nature, *no more* subject a man to the cruel necessity of prosecuting those studies (which foster the arts and sciences, and enlarge the boundaries of knowledge) in deep and secret caverns of the earth, lest an infuriate populace should deem his superior attainments the effects of witchcraft, and *he* be burnt as a *magician* or a *demoniac*;—the beneficent rays of INTELLIGENCE, bursting through all obstacles, have communicated *her mind-expanding* influence to every quarter of the habitable globe—though not with equal force to all—EUROPE boasts her warmest smiles—but BRITAIN is the favoured spot where LEARNING has erected her *throne*, supported by PHILOSOPHY and the ARTS:—an universal eagerness to acquire useful knowledge distinguishes the late and present, from all preceding ages: civilized nations vie, with each other, in patronizing ingenious and learned men, and in conferring honourable distinctions on the authors of useful discoveries.

Surely then, the *faculty* might, easily, dissipate any ridiculous and hurtful prejudice the multitude may entertain, relative to particular diseases; instead of so doing, they *have*, too

much, *sanctioned* and encouraged *opinions* the most *irrational*, rather *than* run the risque of *displeasing* a good patient; this is a species of mental degradation I can neither sufficiently deplore or expose,—extremely derogatory to the dignity of our *noble* profession, and, what is still worse, inimical *to*, and destructive of, the dearest interests of society. Systematic writers, it is true, give an accurate description of every appearance which *this* or *that* disease may, occasionally assume; such works, however, being seldom perused by any other than professional men, can assist but very little, in informing the great bulk of the people, or in correcting any mistaken notions they may have imbibed.

SCROPHULA so universally *displays* itself in the constitutions of our countrymen, that it would be very difficult, if not utterly *impossible*, to discover a *single* family, descended from parents born *here*, entirely free from the *morbid taint*, or a *predisposition* to the disorder; yet, from the circumstances, before noticed, the disease is supposed to be of rare occurrence, and *chiefly* confined to the *lower* orders of the community; and I aver, without the least fear of contradiction, that *thousands* are afflicted with SCROPHULA, in some shape or other, during the major part of their lives, who pass the bounds of mortality, without its having ever been *once* sus-

pected, either by themselves or their friends, that they were affected with such a complaint.

A liberal science ought not to aid deception, and rivet *anew* the chains of ignorance; on the contrary; one of its proper and most important objects is, the illustration of truth and the exposition of popular errors; it is particularly requisite to do so in what appertains to the subject that has suggested these remarks, as many *serious* and even *fatal* consequences *have* resulted, and *may* again *result*, from the rash application of the improper remedies, many people have recourse to, in *Scrophula*, through ignorance of the disease.

Hence it becomes necessary to give a particular description of the symptoms that distinguish the different varieties of this disease; this I shall attempt in language so concise, plain, and intelligible, that any one of common understanding may, easily, ascertain the presense thereof, when it appears *externally*;—the internal forms are more difficult to be recognized, and early demand medical assistance. But, first, let me assure my readers that, *this disease is no more disgraceful than any other affliction of Providence*. Neither is it supposed to be infectious*.

* As medical men differ, however, on this point; re-

PREDISPOSITION.

The *PREDISPOSITION* to SCROPHULA is so intimately blended with the constitutional stamina, as to be often communicated to the embryotic germ—so that it exists *antecedent* to birth; Scrophula is, therefore, evidently, one of the *few* diseases *really* hereditary, that is, communicable from parents to their offspring, through the medium of the conjugal embrace. When only one parent is affected, it frequently happens that several of the children will escape altogether, whilst it appears in such as greatly resemble the diseased parent in constitution.

The *predisposition* appears to be much weakened, when the children of scrophulous parents inter-marry with those in perfect health; the offspring of such marriages either totally escape

relative to PULMONIC SCROPHULA, or PULMONARY CONSUMPTION; it were better to *err* on the *safe* side, and cautiously avoid inhaling the effluvia emitted from the lungs, &c. of persons in an advanced stage of the affection, E.

or are but slightly affected : hence, perhaps, it might be worn-out, or exhausted, in the course of a few generations, by paying a strict attention to this circumstance ; on the other hand, it has been remarked, that when *both* parents are scrophulous, the disease operates, with increased violence, on their *immediate* descendents *.

Although SCROPHULA very rarely occurs, except in those born of parents, one of whom had been afflicted at some period of life ; yet, the most accurate observers agree, that it, not unfrequently, fails to appear in the children of diseased parents, and, afterwards, re-discover itself in those of the second generation.

Those writers, who have paid the greatest attention to the subject, agree, that the *first* appearance of Scrophula is, *generally*, confined to particular periods of life ; that is, (as the in-

* The following fact will strongly show the imprudence, if not the *criminality*, of such marriages.

T. S. and J. F. had been afflicted with Scrophula from the period of infancy ; they married ; a few years gave birth to three children, each of whom successively fell a martyr to this merciless disorder, before attaining the age of five years. It was agonizing to behold these little sufferers, and observe the gradual destruction of their features, before death brought a welcome release. The eyes of two literally dropped out long before this period. E,

genious Dr. CULLEN remarks) it *seldom* occurs till about the third year after birth, and *most* commonly from that to the seventh year ; there are, however, instances of its first appearance at every period of life, till the age of puberty, after which, the *first* appearance is very rare," *except in the form of pulmonary consumption.*

Some habits of body are, peculiarly disposed to Scrophula, insomuch that the morbid disposition can, in most cases, be distinguished, before the actual appearance of the disease, when this does not take place very early in life ;—this circumstance is peculiarly favourable to the views of a *discreet* practitioner, as furnishing him with an opportunity of doing much in the way of prevention.

Mr. WHITE, who has written, very ably, on this subject, considers a *very fine, smooth, delicate, thin skin*, as an *infallible* characteristic of a scrophulous habit—two kinds of constitution, he remarks, are connected with, or distinguished by, this very fine kind of surface. The *one* is pointed out by large superficial veins, a pale countenance, languid eye, and want of vivacity, or constitutional torpor. The *other* is marked by a florid complexion ; skin readily varying its appearances on the slightest changes of temperature ; vivacity of eye ; and sprightliness of

manners, with great irritability and acuteness. Thus it, *most commonly*, displays itself in children of soft and flaccid muscular habits—of fair hair, rosy cheeks, and grey, or blue eyes: but Mr. *White* contends that the latter prove no *certain* marks unless accompanied with the state of surface just described.

Children of the above habits or constitutions, have, frequently, the upper lip considerably thickened, or tumified, and deformed by an ill-favoured chop or fissure; this tumour is often considerable, extending to the base of the nostrils, and is alone considered as a decisive proof of the existence of Scrophula.—This disease often follows the *rickets*, *small pox*, and a course of *mercury*, &c. which may be easily accounted for, as the *long* continued action of *either* of these is capable of converting *any* constitution into that particular one most favourable to the production of Scrophula.

GENERAL HISTORY.

This disease usually shows itself at particular seasons of the year, as in Spring and Winter, when it makes the most rapid progress; it is greatly retarded, and, not unfrequently, wholly suspended, during the Summer and Autumn months; insomuch that ulcers and tumours, which had appeared in either of the

former seasons, and resisted every means of cure, very often heal up, and spontaneously disappear in the course of the latter.

This circumstance (connected with another fact, viz. that *the disease is mild, and little known in countries situated in warm climates, and where the change of temperature is slight and gradual; but frequent and severe in places where the transitions from a dry, warm air, to a moist, cold one, and, vice versa, are great, sudden, and frequent,*") confirms the long received opinion, that a variable state of weather, especially the influence of a chilling, cold, moist atmosphere, *suddenly* succeeding the action of a warm, invigorating air, is one of the *principal* exciting causes of SCROPHULA. — An opinion, still farther, corroborated by the good effects of artificial warmth applied to incipient tumefactions of the external glands.

The *chopped* and *swoln upper lip*, mentioned before, often constitute the *first* appearance of the disease; at other times, *small, oval* or *globular* tumours, moveable under the skin, *first* discover themselves; these are occasioned by an enlargement of lymphatic glands.

They are without pain, or any discolouration of the skin, and frequently continue in this state

for so long a period, as *one, two*, or more years; they alternate in size with the different seasons of the year, subsiding, in a great degree, during SUMMER and AUTUMN, and acquiring their former magnitude in SPRING and WINTER; sometimes, they totally disappear, and do not return any more: the patient having acquired in the interval that firmness and tone of system which counteracts the scrophulous disposition, or, in other words, having *out-grown* the disease.

These swellings (better known to the generality of the people by the appellation of KERNELS—or, when situated below, and somewhat behind, the ears, by the unmeaning phrase of “*a falling down of the almonds of the ears,*”) most commonly appear first upon the sides of the neck, below the ears, and sometimes under the chin;—they gradually increase in size till they form *one* large, firm, and immoveable swelling; the skin at length acquires a purple hue, which, by degrees, assumes more and more a red colour; the tumour becomes softer, particularly in the middle, and the fluctuation of a liquid is perceptible. Very little pain is felt during the whole course of this slow inflammatory process.——At last some part of the skin becomes paler and thinner, when, bursting, a fluid oozes out, through one or more small apertures, which seldom exceed the size of a pin's head.

The matter discharged is, at first, thinner than that from common abscesses; it daily assumes, more and more, the appearance of viscid serum, mixed with a whitish substance, greatly resembling the *curd* of milk, or a *masticated* nut kernel, and is often streaked with blood.

The wound manifests no disposition to heal; but the tumor, by degrees, almost entirely subsides, whilst the ulcer opens wider, and spreads broader; *unequally*, however, in different directions, the edges become smooth and flat, both externally and internally; and while one part of the sore *slowly* heals up, in the progress of the disease, the same appearances are renewed in an apparently sound and contiguous part.

The disease, not unusually affects, and even *first* discovers itself in other parts, as the lymphatics of the *knee*, *elbow*, and *ankle* joints, or those of the *fingers* and *toes*; but, on these occasions, instead of the small moveable swellings before described, an uniform tumour nearly surrounds the affected joint, obstructing its motion;—at first attended with little or no pain, though it feels uncommonly hot; the stiffness of the joint is also scarcely perceptible, except when the limb is bent, or fully extended. The pain, at length,

becomes very considerable, and spreads over the whole joint, which, by *degrees*, attains to an enormous size; the skin has a clear, shining appearance; the limb, gradually, wastes away, and the joint, from its size, is rendered entirely immoveable; whilst the inflammation destroys the internal structure of the joint, dissolving or melting down, as it were not only the articulating ligaments, but even the bones themselves.

To detail the several minutiae that mark the different stages of the disorder, from its commencement to the final termination thereof, would be altogether superfluous; the descriptions here given will enable any one to distinguish its most common external forms, *sufficiently* early to derive every advantage the timely application of proper remedies, assisted by a suitable regimen and diet, can supply: indeed there can be *no* difficulty in ascertaining the *habits* most liable to its attacks; consequently, every one is enabled to apply the best means of prevention, before any morbid symptoms are *actually* excited.

There is *another* scrophulous affection of external parts, beside those already spoken of, *that* deserve particular notice, because, although commonly productive of the most

afflicting consequences, its true nature is seldom suspected.

I mean SCROPHULOUS INFLAMMATION of the EYES and EYE-LIDS; this often proceeds to such a length as to *destroy the ball* of the eye. The disease may, readily, be known from a common inflammation of the eyes, being induced by the *slightest* irritation; it, most commonly, *first* attacks the glands of the *eye-lids*, which swell and quickly become ulcerated, discharging an acrid matter, *that* soon renders the eye itself *weak, painful, and unable* to bear the action of *light or heat*. The *eye-lids* continue, constantly, more or less, inflamed—thickened and raw; and the ulcerations seldom heal up, or, if they do, soon break out again on the application of any slight cause; *remedies*, which succeed in removing ordinary inflammations of the eyes, have *no* effect on *this*, hence a *certain* criterion is furnished for knowing when *that* is of a scrophulous kind.

As the inflammation but rarely *begins* first in the eye itself, and it would be adviseable to consult some eminent surgeon in all affections of that delicate organ, without loss of time, we shall give no account of the symptoms that then occur; deeming it sufficient to lay down, for the information of a general reader, the characteristic

marks of such forms of the disease as are easy to be recognized from a verbal description.

Respecting the * *supposed* internal forms of Scrophula, I shall say but little; since a minute description of these would prove of small utility to any one but the Medical student, who may consult, with superior advantage, the practical works, of DR. CULLEN, and *other* eminent Writers, (by whose labours *we* ourselves, have profited) in which, this dreadful malady is treated of more fully than could be done in the present Tract.

When the *internal* Glands, as those of the BRAIN, are diseased, it generally proves fatal, in *defiance* of all that medicine can do to oppose its progress, both from the *infantine* Age of its victims;—the *Obscurity* of the first symptoms, and the *length* of time that must, consequently, elapse, before its existence can be precisely ascertained. This variety, of Scrophula, constitutes what many Authors name HYDROCEPHALUS, or WATERY HEAD.

PULMONIC SCROPHULA has been noticed before,

* I use the word *supposed*, as Authors are far from agreeing in opinion on this head; nor is it of *consequence* to contend whether they be varieties of Scrophula or *not*, if we but *know* how to *cure* them. E.

under the more generally received title of CONSUMPTION; and, relative to a scrophulous affection of the *Mesenteric Glands*, we have, only, to remark, that, whereas the *former* variety *seldom* makes its appearance till after the age of puberty; *this, always, commences* its career, *before* that period, and is the most frequent form of the disease by which *children, under* the age of three years, are assailed; it *occasions* a *multitude* of *deaths* that are mistakenly attributed to other causes as, TEETHING, WORMS, AND BOWEL COMPLAINTS.

Its most obvious features are, *looseness* and *flaccidity* of flesh, with a *pale* countenance, general *languor*, and *debility*, so that the Child *sensibly* falls off, *cannot* walk, if *formerly* able to do so, and is strongly inclined to remain in one posture.—To these symptoms, are joined a *variable* appetite, an *irregular* state of the belly, which becomes, at length, considerably augmented in size, *prominent, hard* and *painful*. *Constant* and excessive *thirst*, with *heat* in the palms of the hands, and *fætid* breath, &c. point out the presence of a *slowly* consuming fever, denominated *Hectic*.

Unless relief be administered soon after the commencement of this Disease, the little unfortunate sufferer, generally, falls a martyr to a supervening *Diarrhea*, or is carried off by Dropsy; the fatal termination is sometimes occasioned by

a lingering emaciation, or gradual wasting of the the body.

Hence every Parent and Nurse, entrusted with the care of an infant, should on no account neglect to procure proper advice and suitable remedies, on discovering the morbid appearances related above, as affording the only chance of a recovery.

THE EXCITING CAUSES

Are few; we consider the principal ones to be a variable atmosphere, especially a moist and cold one, exerting its deleterious influence on that *sort* of Habit, which is found to be peculiarly susceptible of the scrophulous action;—those diseases which by their effects, produce a similar constitution, by altering the surface of the skin, and generating acrimony in the mucus membrane, or in the lymphatics; to these, we may add, with strict justice, improper diet, as to kind or quantity, and want of cleanliness; and, above all, *the long continued use of active, irritating, and debilitating remedies as, for example, the various preparations of Mercury, which frequently change an opposite constitution, into the real scrophulous one, and thus the disease seizes on numbers who would, otherwise, have continued exempt from its operation.*

PREVENTION and CURE.

Repeated observation having enabled us, to de-

termine, with great precision, what kind of persons are most predisposed to Scrophula; and that the particular circumstances, to be counteracted or removed, are a peculiar *acrimony* of the fluids, high *irritability*, and extreme *delicacy* of system, with great *laxity* and *debility* of fibre; the most rational means of prevention, obviously, consist in the exhibition of such remedies as impart vigour and tone to the solids, and correct or dislodge the prevailing acrimony of the fluids. Hence, *some* Physicians, *very early*, had recourse to *Tonics*; and, from the benefit which resulted from their use in slight cases, they, at length, *solely*, rested their hopes of a cure on this class of remedies,—*others*, again, finding that little or no benefit accrued from their administration in the severer forms of Scrophula, grounded their expectations of a cure, on correcting, or carrying off the morbid acrimony, by the various outlets of the body, and *exclusively* directed all their efforts to the attainment of this important object, by a set of remedies *adapted* to their *several* opinions respecting the *nature* and *cause* of this acrimony; *those* who supposed it to depend on a superabundant *acidity*, were liberal in the exhibition of *alkalies* and *absorbent* earths; whilst such, as contended that the cause was owing to an excess of *alkaline* matter, directed the internal use of acids with equal freedom; *others*, perceiving the inefficacy of all the several means hitherto relied on, attempted to *remove obstruction* from the lym-

phatic system, by the most active chemical combinations of *Mercury, Antimony, Sulphur, &c.* and some, considering peculiar irritability of the nervous system as the principal cause of the scrophulous action, placed their whole dependence on *Narcotics*, as *Opium, Henbane, the Night Shades, and Hemlock, &c.* and not a few trusted to *Purgatives and Diuretics*, expecting thereby to carry off the peccant humours. It would be, almost, an endless task to mention the diversified opinions that were broached, from time to time, on this subject, and the plans of cure formed thereon.

But, alas! *whatever* remedies were employed the constant miscarriage of practitioners (in all but mild and recent cases) furnished the melancholy and irresistible conclusion, that they were unequal to the cure of Scrophula.

Mineral waters have long been held in high estimation, and deemed the best remedies a Physician can trust to, or prescribe in this disease. Experience, however, has unequivocally, demonstrated that few patients have obtained a cure, by either those of the *sulphureous, chalybeate or saline springs*, even when drank at the fountain head, although it must be confessed, that many have derived considerable benefit from their use, and some recent cases have been removed; but to produce any permanently good effect, they require to be drank

for a very great length of time, whilst a strict attention to *Regimen* and *Diet* is scrupulously observed.—Their *efficacy* (*such as it is*) is attributed, by our best Physicians, to the simple element washing out, and cleansing the lymphatic system, and *not* to any specific virtue these waters derive from the ferruginous, saline, or sulphureous matters, with which they are impregnated. Several medical authors are, therefore, of opinion, that, pure spring water, drank in the same manner, would have the same effect as any of the former.—It is however, I think, probable a chalybeate water may (as a diffusible corroborant) have some influence in correcting a laxity of fibre.

Dr. Cullen, in his Practice of Physic, Vol. IV. P. 375, says, with his accustomed candour, “*For the cure of Scrophula we have not yet learned any practice, that is, certainly, or even generally successful.*”

If I may be permitted to argue from the success of my own practice, PREVENTION does not appear so difficult as some imagine, since we have most commonly, if not always, an opportunity of applying remedies suitable for this purpose, before any morbid appearances discover themselves; the constitutions most liable to the attack, being easily recognized.

Here, as no peculiar acrimony yet exists; irritability, laxity, and weakness of the system alone demand attention.

To remove these, and fortify the habit, so as to render it *not* easy to be acted on by the exciting causes, we should defend the body against the hurtful influence of any great and sudden variations in the weather, and of a *cold*, moist air, by warm clothing; at the same time we should endeavour to impart strength and vigour, by the use of a bland diet, of easy digestion, and containing a due proportion of nutriment, not omitting the application of suitable corroborants—the one best adapted to the age of infancy is *cold bathing*, which the child should be gradually accustomed to, from a few weeks after birth, beginning, at first, with immersion in tepid water, and proceeding to reduce the temperature by degrees as *its* feelings will permit—till quite cold water does not give too violent a shock to the system: if this powerful remedy be delayed, till greater debility prevail, or if there be symptoms of glandular obstructions, in the abdominal viscera, or the body be much wasted; *instead* of proving beneficial, it will only *hasten* the fatal catastrophe, and precipitate the innocent sufferer into an early tomb: the *cold bath*, when combined with *change* of air—*warmth*, exercise and the bark (a preparation of

which, that sits wells on delicate stomachs, and is the best I am acquainted with, is given in p. 110, under the title of CORTICAL INFUSION) has frequently succeeded in preventing the scrophulous action.

And the above are the *only* means of prevention, on which medical men found they could place any dependence, *till* the discovery of the CEREVISIA, which, *combining* the properties of a *tonic—diuretic—sudorific—purifier—cordial*, and an *antiseptic*; and acting, also, *directly*, on the lymphatic system, has proved from repeated experience, to succeed, both in preventing and curing the disorder, *better* than any other preparation, skill, or ingenuity has hitherto devised.

Its efficacy, in curing several forms of the malady, is placed beyond all doubt, by the unquestionable evidence of numerous respectable persons, among whom we might enumerate some physicians of acknowledged eminence in their profession.

To speak the truth, I have seldom met with an external form of the disease that resisted the curative powers of the Diet Drink. The disorder, as before observed, is accurately described by several Authors—their *indications* of cure

are, often, drawn from facts and actual observation; but their *practice* was on too confined a scale, being restricted to the consideration and removal of, *only*, one prominent feature, or a *single* symptom, whilst, all the others being overlooked, little more could be rationally expected than an alleviation of that particular symptom, their medicines were calculated to act on.

Having accustomed myself to reflect much on this subject; the *cause* of these frequent failures in practice, became *manifest*, as subsequent experience has, abundantly, shewn; and my superior success, in the treatment of Scrophula, must solely be attributed to the following circumstance; the Cerevisia is, happily, adapted to the *removal* not of *one*, but of *every* morbid alteration that takes place in the state either of the human fluids or solids in SCROPHULA, and on which its continuance depends.

Strongly to urge the adoption of this medicine on the first appearance of disease, is a duty I owe to society; in an advanced stage, much danger is to be apprehended, in spite of the best medical aid; for it would be irrational to imagine that any *internal* or *external* remedy can either cure a rottenness of the bones, or disperse fixed indurations of the glands; when, in white swelling, the bones of the joints are dis-

eased, we would, on no account, be thought to promise recovery to the unhappy sufferer, *unless* the action of the *Diet Drink* should be assisted by a *seasonable* amputation of the limb;—but even this last resource for the preservation of life is not always successful; patients seldom submit to the operation, till nearly exhausted by emaciation—hectic—want of sleep—and incessant pain; they are frequently carried off, soon afterwards, by a *gradual* but rapid decline; the consequence of irreparable debility, or the effect of a morbid state of the lymphatics of contiguous parts. Thus, the only *rational* expectation of a cure must depend on a very early application of appropriate remedies, with a strict attention to a well regulated regimen and diet, &c.

In conformity to the rule we have prescribed to ourselves, we shall now adduce *one* or *two*, *well-attested* cases, (out of many that we have been favoured with) to *prove* the *curative* powers of the CEREVISIA in SCROPHULA, or KING'S EVIL.

COPY OF A LETTER

TO MR. S. SLEE, PROPRIETOR OF DR. JOSHUA
WEBSTER'S ENGLISH DIET DRINK.

" SIR,

" I Herewith send you my case, that you may publish it for the good of the community, and particularly the afflicted, thinking it a duty incumbent on me, as I am thereby in hopes that many others may reap the same benefit I have done, being quite restored to health.

" I am, &c. &c.

(signed) " ELIZABETH WOOD."

" Lower-street, Islington.

Nov. 25, 1800.

CASE XXIV.

" I was afflicted, violently; for three years, in the following manner; first, with a swelling in the knee (that is, of the knee joint) which afterwards turned to an abscess, which rendered me quite incapable of any business, so much so that I was confined to my bed a whole year; was under several gentlemen of the faculty; was twelve

months in St. THOMAS'S HOSPITAL, but was there found incurable, and discharged.

"In this situation, I was advised to take your CEREVISIA, and, after taking about two dozen bottles, I found myself perfectly restored, and now enjoy as good health as ever I did.

(signed) "ELIZABETH WOOD."

WITNESS to the above CURE,

"W. BAYLEY, Lower-street,
Islington."

OBSERVATIONS

ON THE PRECEDING CASE.

I Should consider it an act of injustice to publish the above very remarkable and *happily terminating* CASE of WHITE SWELLING, without subjoining a few apposite remarks thereon.

Some persons may, possibly be invidious or sceptic enough to deny, that it exhibits an instance of true scrophula—that is, a *White Swelling* affecting the knee joint; and may insist, that it is not fair *in us*, to *infer* from *this* case, "that the CEREVISIA will cure the disease;" they

may, perhaps, *artfully*, adduce, in support of such an assertion, " that Mrs. Wood has not, *once*, mentioned, either the word SCROPHULA, or WHITE SWELLING, or even appears (by her relation) to have suspected that she ever laboured under the complaint."

The nature of Mrs. Wd.'s disorder is a point of too much consequence to be left undecided ; and I hope to fully satisfy the most scrupulous reader on that head.

But, first, I would reply to those *cavillers*, who start objections, which they *know* to be weak and unfounded, that females cannot be supposed acquainted with the names and symptoms of *many* constitutional or local diseases, and might therefore well be ignorant of *one* which, we have seen, is little known, although very common, and concerning which mankind are known to entertain the most absurd prejudices.

In order to understand the *real* nature of Mrs. Wood's malady, we have only to appeal to *her* short but well drawn history ; when, from a calm consideration of all the circumstances, there cannot, I should think, remain a shadow of doubt respecting its being a scrophulous affection, *i. e.* a *White Swelling*, well marked, from the very

period of its commencement, and through its whole progress.

Before we particularly examine Mrs. Wood's account, it may not be amiss to add some facts which fell under doctor Webster's own observation, and *some* which were communicated to him by the patient.

She had suffered much from debility, *before* the swelling appeared, and *was* moreover of a *constitution* most *favorable* to the production of Scrophula. The swelling was, *at first*, colourless, of a smooth even surface, and nearly surrounded the joint; it felt *very* hot to the touch, and was attended with little pain; it progressively enlarged, became excruciatingly painful, especially, when warm in bed, or suddenly exposed to a change of temperament;—the motion of the joint became gradually impeded; till the limb was, at length, rendered intirely useless; a feverish hectic accompanied these symptoms, the pain was without remission, and so violent, during the night, that *short* intervals of sleep could only be obtained by the free use of opiates; at last the tumor burst spontaneously, discharging the *same kind of matter as always flows* from scrophulous ulcers; during the progress of the disease, the lower

part of the limb wasted very much, and the affected joint, as is generally, I believe, if not constantly, the case, on such occasions, still continues somewhat larger than its natural size. If these circumstances do not fully determine this to have been a scrophulous case *, no disease can be known by its symptoms.

But let us see how this description agrees with that, before given, in the patient's own words. It states, that "*she was afflicted for three years; first with a swelling in the knee.*" This, afterwards, became "*an abscess;*"—on inquiry it appears, ~~the~~ abscess formed at the distance of one year, *at least*, from the commencement of the swelling; and surely no medical man will attempt to say, a *common* inflammation could have existed so long without the production of matter; she "*was rendered incapable of any business,*" by extreme weakness, constant and severe pain,

* This was a white swelling induced by Syphilis, and the action of a debilitating course of mercury (which is capable of producing that effect on a constitution not originally disposed to the disease) on a scrophulous habit. Hence the truth of a common observation, that mercury frequently *cures* the Lues by *occasioning* a *worse* disease. The Cerevisia is a *safe* and *certain* specific in every stage of Syphilis—it improves and invigorates the constitution, and admirably restores to health those who have been injured by mercury—giving stability to the feeble frame—and freshness to the palid cheek. E.

and inability to move the limb, she "*was under the care of several surgeons, and,*" no less than, "*twelve months*" in a public hospital, *and then "discharged as incurable."*

If, on comparing the preceding histories, any one acquainted with the subject can be hardy enough to say, this was not a case of *Scrophula*, and such as would be, generally, pronounced a hopeless one, (without *the hazardous operation of amputation*) cured by the CEREVISIA—I must consider him as the most incredulous and self-opinionated of men.

But let me, after all, candidly acknowledge that, notwithstanding the preparation *did* succeed in so advanced a stage of the disease, I am far from wishing to inculcate the idea that it will effect a cure in *all* similar cases; that is, *when the use of the remedy is deferred to so late a period*; on the contrary, I can never, too strongly, or too frequently, enjoin persons afflicted with *Scrophula*, or any other disorder that depends on, or is connected with, a morbid acrimony of the fluids, and a lax state of the solids, or which is accompanied with affections of the skin, to enter upon a course of the Diet Drink on the very *first* appearance of disease, or even *before*, if practicable; and *this* it would, most commonly, be in every one's power to do, if those,

who are either subject to such disorders, or descended from a family afflicted therewith, were to use the *wholesome* precaution of taking a few bottles every spring and fall. This would be found a cheap and pleasant way to preserve health and prevent illness.

Whatever objections may be raised, by calumny or prejudice, against Mrs. Wood's case, certainly none can be made to the following:

CASE XXX.

communicated by letter,

TO MR. S. SLEE, WESTMINSTER-ROAD.

COPY.

"SIR,

"*IN consequence of the great benefit I have received by taking your truly valuable medicine, the CEREVISIA ANGLICANA, I think it but just to request you would publish my case, for the benefit of those who labour under similar complaints: I was afflicted for a length of time*

P

*with what I supposed to be the SCURVY *, which affected me in an alarming degree: at this time I caught a cold, which settled in my breast and became quite a scrophulous tumour, with which I was afflicted upwards of seven months, and it was supposed likely to terminate in a cancer, as the Surgeons of the WESTMINSTER HOSPITAL informed me, where I attended, as an out-patient, several times, and who seriously advised me to have it taken off; but, fortunately, I was recommended to take your DIET DRINK, and, by taking a dozen bottles, and using the embrocation advised by Dr. WEBSTER, I now declare that I am perfectly cured; the tumour in my breast has totally disappeared, and I enjoy as good a state of health as at any former period of my life.*

"I remain,

"Sir, your grateful servant,

"April, 1801.

"ANN DICKINSON."

Witnessed by

"Mary Sharp,

(At the Sign of WELCOME RODNEY to the PRINCE of WALES),

"Bridge-Road, Lambeth, Surrey.

On the above case I shall remark, that if any one should be disposed to assert it was not scro-

* Glandular swellings, in the neighbourhood of the neck, were mistaken, by her, for symptoms of Scurvy;—a circumstance that frequently happens. E.

phulous he will be reduced to the necessity of granting it to have been an *incipient* cancer, a circumstance which, if admitted, cannot (a cure having been effected) lessen the respectability of the Medicine, or diminish its virtues.

To conclude a subject, which may be thought to have occupied already too many pages, I would strenuously advise such of my readers, as may be afflicted with any form of Scrophula, or who have children of a scrophulous disposition, to enter immediately on a course of the CEREVISIA, which should be continued till the system has acquired a vigour capable of resisting all future attacks.

The remedy should be taken in doses suited to the age of the patient, as pointed out in the directions given with each bottle, and ought to be persevered in, not only until every morbid symptom has disappeared, but also for a considerable time afterwards.

The use of the Diet Drink should be combined with a diet of easy digestion, and containing, as before noticed, a large portion of that matter which is readily converted into a nutritious chyle, whilst the body should be defended against a cold, moist air, and against the hurtful influences of great and sudden changes of tem-

perature; by warm clothing, and by preserving, as much as circumstances will permit, an equal degree of warmth at all times.

These means may be further assisted by the cold Bath, used under the restrictions before mentioned, and other tonic remedies; particularly the CORTICAL INFUSION, and ROBORANT TINCTURE prescribed in page 110 of this work; whilst to keep the bowels in a regular state, that is, neither too lax nor too constricted, is an object that demands the most serious attention.

The ULCERS, when such appear, should be washed with *warm thin gruel*, or *milk and water*, and covered with *lint*, on which some *mild ointment*, such, for example, as that of SPERMACEIN, may be lightly spread; and the dressings be renewed once or twice a day, according as the discharge is more or less in quantity. All irritating applications must be, carefully, avoided. From half a table-spoon to a wine-glass full of the CORTICAL INFUSION, with, from thirty drops, to three or four tea-spoons full of the ROBORANT TINCTURE (according to the patient's age, and the debility existing) should be taken two or three times a day; particularly from half an hour to an hour before dinner, and two hours after. The smallest dose, mentioned

above, is only calculated for young children.

Adults ought to drink a few glasses of some generous wine, immediately after dinner (the quantity to be determined by former habits of life) such as Madeira, Sherry, or good old Lisbon; and children should also be allowed a quantity suited to their respective ages, either alone, or mixed with water.

Old sound porter may be freely used by such as it will agree with, as also lemon juice diluted with water, but without any admixture of spirits or sugar.

External glandular swellings, as of the neck, &c. are often much relieved, and sometimes removed, by being well anointed morning and evening, with the following Liniment, which will moreover be found useful in incipient affections of the joints, and, in cold swellings of the feet, ankles and legs, occasioned by weakness.

LINIMENT.

Take olive oil, opodeldoc or soapy liniment, and volatile liquor of bartsborn, of each one ounce; chemical oil of amber, and tincture of opium, of each six drachms.

Mix the whole well together by briskly shaking them in a phial.

Blisters long kept open, and made what is termed perpetual, have frequently, been found of great service; and many persons have derived considerable benefit from anointing the swellings twice or thrice a day, for half an hour or more each time with *neat's foot oil*;—bullock's marrow and other animal fats, and regularly continuing the practice for several months. But the constant application of artificial warmth, as by wearing flannel, or fleecy hosiery, &c. must by no means be omitted, any more than the use of the DIET DRINK in the largest doses that can be taken, without disordering the stomach or bowels.

If the disorder be removeable, this plan will certainly succeed.

OF DISEASES

PECULIAR

TO FEMALES.

 OBSTRUCTIONS, IRREGULARITIES, WEAKNESSES, &c.

HAVING fully described the general nature of *those* disorders, in which the DIET DRINK has proved *far more* efficacious than any other medicine or medicines we are acquainted with; — having amply detailed the circumstances on which the superior efficacy of this preparation depends; and having pointed out its mode of operation at large; we shall now do little more than give the names of such diseases as remain to be noticed; illustrate the good effects of the Cerevisa, in these, by the insertion of appropriate cases, where they can, *properly*, be given; and, *occasionally*, subjoin a few observations, when we think they will prove of utility.

The reader cannot require to be reminded that we long since premised that the Diet Drink was adapted to the relief and cure of one set of diseases only, that is of such as have an intimate relation to, or connection with, each other; for however far asunder they may be placed in medical classification, they have, notwithstanding, a *natural* agreement, and are capable of being traced to one general and original source, viz. *a morbid, contaminated, or an impoverished state of the fluids, with more or less of acrimony*, and induced, either by external or internal causes, and sometimes by the joint action of both; *sometimes accompanied with a diseased condition of the solids, or with cuticular affections*, and sometimes with neither.

To treat of any Disorder, to which the preceding discription will not strictly apply would be inconsistent with the professed design of this work; we shall therefore omit the mention of every malady in which the result of past experience does not warrant us in recommending the *Cerevisia*, as a Remedy that will not baulk the patients hopes of relief, provided neglect or mismanagement has not placed the disease beyond the reach of medical aid.

FEMALES, in general are so well acquainted with those complaints peculiar to the sex, and so

thoroughly understand the alterations which provident nature labours to effect in the system at certain periods of life, that we shall avoid any description of the one or the other, lest we might inadvertently wound the delicacy of our fair and aimable readers.

It is the office of a discreet Matron to instruct the young and inexperienced part of her sex, in matters so essential to their future health and happiness; and it is exceedingly to be regretted that so many mothers almost totally neglect so essential a part of their duty, by which means hundreds of beautiful young women are annually cut off about the age of puberty.

Most of these untimely deaths are owing to a want of due caution and proper management at this very critical period; instead of nature's kind efforts being judiciously assisted; they are, too often, impeded and paralyzed by pursuing an endless round of pleasure ere the system has acquired sufficient stability to endure great fatigue or the circulation attained a settled balance; thus when the health and vigour of *delicate** youth is

* I use the epithet delicate, here, to express the feeble resistance that the strength of a female under the the age of puberty can oppose to the injurious influence of late hours, &c. E.

most wanted, we frequently see the female deprived of energy; pale and sallow—a prey to low spirits—and nervous tremors; subject to distressing head aches, fainting fits, and either watchfulness or frightful dreams; and in short presenting a melancholy picture of languor, and debility.

These are some of the *blessed* effects which flow from an early introduction to late hours, crowded rooms, midnight routs, balls &c. with the whole round of fashionable female dissipation; nor are the consequences of a constant attendance on these delusive pleasures less destructive at a more advanced age when another important change in the constitution is appointed to take place; or during the continuance of certain *natural*, and *accidental* circumstances that appertain to women.

To prosecute such indiscreet enjoyments, at times like these, is *in each and every case*, to walk in the *Broad way* that leadeth on to Death.

Great care and circumspection is requisite to be observed towards the approach of puberty. To guard against getting cold is of the first consequence, whilst every endeavour should be used to preserve a regular state of health—the food should be plain—all high seasoned dishes be avoided—the stomach should not be overloaded,

with quantity or, variety—the drink may consist of toast and water—wine and water—or sound cyder—weak and delicate girls may be allowed one glass or two of wine after Dinner, but abstain from debilitating tea—and eat no meat suppers, but in lieu thereof take a bason of Sago, Tapioca, Gruel, or Panada.—They should retire early to rest—rise soon in the morning—take moderate exercise—avoid exposure to the night-air; and irregularities of every kind—be careful to wear clothing sufficiently warm and keep the feet dry.

If attention to these prudential regulations fail to accomplish the speedy object aimed at, and on the opportune attainment of which future health, and length of life materially depend; it will be adviseable to take the Diet Drink immediately, the Dose should be from two to three or four* table-spoons full, (provided the stomach and bowels will bear so large a dose) in a tumbler of warm gruel, or wine and water, drank on going to, or when in bed.—If no *effectual* relief be found in the course of a few weeks, the feet and legs should be immersed, at night, in warm water regularly some evenings *prior* to the next expected period, and during the continuance thereof.

* Some have gone to the extent of five and even six Table-spoons full with evident advantage, but it is best to commence with two. E.

Some cases are more obstinate than others, but the *Cerevisia* has seldom required the aid of the water bath—many have been restored to full health by its use; who despaired of relief, and had also long been afflicted with *Chlorosis* or the *Green sickness*. Its salutary powers are most conspicuous in lax and delicate habits, though it has proved of equal benefit in those of an opposite kind. Much advantage would accrue to the female world, if Mothers were always to give their Daughters, about the time of Puberty, a small quantity of the medicine every night.

This being too delicate a subject to handle minutely, I shall merely remark that it is equally useful to females at the critical period of more advanced life; as also in every case of IRREGULARITY, OBSTRUCTION, AND WEAKNESS.

From the length to which this Tract has already extended we are naturally precluded from publishing many CURES highly interesting to those we are now addressing; the following are selected as of the utmost importance to Females whilst there can be no objection to their meeting the public Eye.

No. XXXIV.

CASE OF MRS. SEWARD,

*Millener and Mantua-Maker, No. 83, Broad-Wall,
Black-Friars.*

“ TO MESSRS. S. SLEE & CO. SOLE PROPRIETORS OF
DOCTOR JOSHUA WEBSTER’S ENGLISH DIET DRINK,
NO. 4, ASYLUM BUILDINGS,
WESTMINSTER ROAD.”

“ GENTLEMEN,

“ Considering myself *indebted* to your humanity, and the ENGLISH DIET DRINK, for the recovery of life’s greatest blessing HEALTH; of which I had been long deprived, by illness, I am induced to trouble you with the particulars for the benefit of others, and to express my gratitude for your kindness.”

“ It was my misfortune, for several years, to be often rendered wholly incapable of business, and even unable to attend to my domestic concerns for weeks together,”

“ On these occasions I was first seized with a Vertigo or swimming of my head—to this generally succeeded a fainting fit; on recovery from which, I found myself exceedingly weak and low, and continued so many hours; as these attacks

were very frequent, my spirits became much depressed—I had little or no appetite—my stomach and bowels were greatly disordered by indigestion and wind—and I knew not what it was, for a considerable time, to be in tolerable health and free from pain, even for a single day.”

“ These distressing symptoms (*to which I could add many others*) two Doctors, (whom I applied to,) said were owing to *obstruction*;—*their utmost endeavours having been, ineffectually exerted for my relief, I began to despair of ever obtaining any from medicine, when a friend, fortunately, prevailed on me to try your DOCTOR WEBSTER’S ENGLISH DIET DRINK.*—I began to use it in the Spring of 1802; in a few weeks my general state of health was much mended—the great cause of all my complicated sufferings gradually yielded to its mild and salutary operation, (*a medicine so gentle in its action, yet so powerful in its effects greatly surprised me,*) and from this period every distressing symptom declined rapidly and soon disappeared altogether; thus in the short space of *three months*, I had the unspeakable satisfaction of receiving a *perfect cure*—a cure which I have every reason to think, will be permanent, since at this time I continue to enjoy full health and spirits.”

“ Most probably there are, at this moment,

hundreds of females deemed incurable, to whom your CEREVISIA would prove equally serviceable; impressed with this sentiment, I could wish my case printed, (if you, Sir, have no objection) for their use, and for the sake of doing public justice to a preparation that is, I am persuaded of unequalled excellence in the *complaints of our sex*; for my *own* part, I am so well satisfied of its utility, that I shall never be without a bottle in the house."

" I am, Gentlemen,

" Your grateful and much obliged,

(Signed)

" M. SEWARD."

Witness to the above cure,

' RICHARD SEWARD,' husband of the above M. S.

*Copy of a Letter received by S. SLEE & Co. from
Mrs. Johnson, Jan. 31, 1801.*

" GENTLEMEN,

" UNDER the impression of gratitude, for the very extraordinary CURE I have obtained by the use of Dr. WEBSTER'S ENGLISH DIET DRINK, and desirous of pointing out, to those labouring under similar complaints, the most certain means of relief, I have caused the particulars of my case to be drawn up, and affixed my signature thereunto, in proof of its veracity, and request

you to publish the same, in any way you think proper, for the benefit of others. I shall always be happy to satisfy the inquiries of any respectable person who may wish for more ample information.

“ I remain, with respect,

“ Your obliged Servant,

“ SIBINA JOHNSON.”

Westminster-road, Jan. 31, 1801.

CASE LXIII.

UPWARDS of three years since Mrs. JOHNSON, Tobacconist, near the Obelisk, Westminster-road, unfortunately caught COLD, *during a period, which, at all times, requires females to use the greatest caution in guarding against such an accident*; not aware of the consequences which might follow, she paid little attention to the circumstance at first, flattering herself it would be easily removed, as former affections of the kind had frequently been. In the course of a month, however, she was roused from this state of fallacious security by the rapid succession of such a train of formidable symptoms as soon proved that her health had sustained a very severe, if not a dangerous shock, by the suppression of the most regular and useful function in the animal

œconomy, and the only chance of recovery obviously depended on having immediate recourse to medical assistance. Besides, the usual effects of a cold, her breathing was become short and difficult; she had little or no appetite; often a total aversion to food, with flatulence and indigestion; severe pains across the back and loins, suddenly shifting to other parts, and then returning with increased violence; to these succeeded a cold dropsical swelling of the legs, feet, and ankles, which, with a feverish thirst that admitted of no allay, speedily induced a general debility, with such an incapacity for exertion, that the most moderate exercise was followed by excessive fatigue. To these distressing symptoms were superadded such lowness of spirits, and dejection of mind, as bordered on despondency, though before this time she enjoyed an uninterrupted cheerfulness of temper. The nights, instead of alleviating her sufferings, were either passed in fruitless endeavours to procure the comforts of sleep, or rendered more intolerable, than those lingered out in irksome restlessness, by frightful dreams, which never failed to harrass her during the short slumbers she occasionally obtained; she generally arose not only unrefreshed, but even more exhausted than when she lay down; a periodical head-ach, which lasted for some hours every forenoon, was the common consequence of such uncomfortable

nights. She had placed herself under the care of a medical gentleman distinguished for his superior skill in the successful treatment of female complaints, yet month after month passed away without bringing the smallest relief; encouraged, however, by the many cures this gentleman had performed in the neighbourhood, she regularly continued to follow his prescriptions, in the hope he would ultimately succeed in restoring that operation of nature from the obstruction or suspension of which all her sufferings proceeded. When *three irksome years* had nearly elapsed, her Surgeon candidly acknowledged *he could no longer expect any benefit to result from the further administration of medicine, having, already, ineffectually, tried every means pointed out by reason and experience as likely to succeed; he therefore advised her to decline its use altogether; said he should discontinue his professional visits, but would often call in a friendly way that he might take advantage of any alteration, which occurred, indicating that a renewal of his endeavours for her relief would be attended with success.* On one of those visits, Mrs. JOHNSON mentioned her having been credibly informed, that *several persons had been cured of complaints similar to hers, and arising from the same cause, by Dr. JOSHUA WEBSTER'S ENGLISH DIET DRINK, (prepared by S. SLEE & Co.) after the remedies directed by several able Surgeons and Physicians, had been long*

persevered in without effect. With a liberality that reflects honour on the Surgeon, and secures the patient's lasting gratitude, he spoke in the highest terms of Dr. WEBSTER's professional knowledge, experience, and practice; and humanely encouraged a trial of the remedy—observing, “it might probably afford that relief she had hitherto sought in vain; but, should it fail, no injury could result from the experiment;” adding, “it was a valuable remedy, and would, he had no doubt, completely succeed in less obstinate cases.” Mrs. J. sent for half a dozen bottles, and entered on a COURSE OF THE DIET DRINK, with a hope of success that rendered her particularly observant of the Directions. She took *four bottles* without experiencing the alleviation of any one symptom, or observing any perceptible operation of the medicine; but understanding that these were not unusual circumstances, especially in obstinate disorders, and that Dr. WEBSTER had described *its action as “slow but sure,”* her confidence suffered no diminution; and by the time the *seventh bottle was emptied*, she had the inexpressible satisfaction of finding every troublesome symptom abated; from that time, her spirits and strength gradually improved, as every untoward symptom declined, till the end of the third month, when nature's impediment yielded to the salutary powers of the medicine. Thus the grand source

of all her sufferings was completely removed, and an increase of strength seemed the only thing wanting to the full establishment of her former health. To perfect a recovery so surprising to, and unexpected by her friends, the DIET DRINK was continued some months longer, in smaller and less frequent doses; nor is she yet willing to lay it totally aside, notwithstanding she has for some time enjoyed as good and regular a state of health, in every respect, as at any former period of life:—her accustomed cheerfulness has returned, her appetite is good, and sleep sound—the pains have vanished, and the swelling of her legs subsided; these have recovered their natural warmth and tone, the body its wonted strength, and her CONSTITUTION appears uninjured.

“ Having perused the fore-recited particulars (drawn up at my request) I hereby attest the truth thereof, and with heartfelt gratitude declare myself cured of COMPLAINTS *which embittered* LIFE, by the *sole use* of Dr. WEBSTER'S ENGLISH DIET DRINK, to which alone I confidently attribute not only my recovery, but, most probably, my present existence.—May others have equal cause to rejoice in the DISCOVERY OF THE ENGLISH DIET DRINK.

“ SIBINA JOHNSON.”

Jan. 21, 1801.

JUVENILE INDISCRETIONS.

ALAS! who shall recount the number of those who have fallen victims to their own folly; how many of Britain's most promising sons have cloathed the face of youth with the wrinkles of old age, and saped the foundations of life, e're parental restraint had lost its legal authority.—By pursuing a gay and dissipated life, they rush headlong down the current of vice—their blood is soon *inflamed*, even to madness, by *intemperance*; and *contaminated* by a *loathsome* disease, which, *however fashionable*, it may be, is capable of undermining the most robust constitution—and of converting the most lovely form into an object of disgust—this *dreadful* offspring of *illicit love*, is seldom suffered to complete the business of death alone; two *able* coadjutors are generally called in to hasten its destructive ravages—MERCURY and MERCURIAL QUACKS.—Either of these formidable foes to the human race, if unrestrained, would *destroy a nation, yea unpeople half the world*.

But since no lessons of morality, (not even the afflicting sight of *a late gay companion converted into a mass of living putrefaction, and placing his last, sad hopes of relief in an early grave*) can teach wisdom to unthinking youth, or have power to stem the torrent of overwhelming dissipation: it is our bounden duty, seeing we cannot reclaim, to direct *such, as may contract disease*, to a *safe and certain* cure in every stage of the disorder, from the *slightest* to the *most severe and complicated* form.—Such a remedy, I confidently affirm, will be found in the CEREVISIA; and it possesses one great advantage, over all others recommended for the *same* complaint;—namely, that so far from injuring the constitution, or laying the foundation for other disorders, it purifies the system—restores a decayed habit, and produces a perfect renovation of health.—It may be taken with perfect safety, and will subdue the disease, with equal certainty and facility, at all seasons of the year; patients, whilst under a course of this Medicine, may pursue their usual avocations without endangering their health by so doing, as the mildness of its operation does not require confinement to the house.

CONSTITUTIONS, debilitated by INTEMPERANCE; *blighted* by the CRIMINAL practices of YOUTH; or greatly injured by that pernicious

mineral, MERCURY, are seldom restored to health and vigour by (*what is called*) *the regular practice*, adopted on such occasions; but these hapless victims of folly, generally entail on themselves, at an early period of life, all the pains, anxieties, and decrepitude that attend on the last stage of a long and laborious life, and die in a state of second childhood, e're they have attained, in respect of years, the achmé of manhood.—Oh! dire effects of dissipation these.

Let it be, however, some consolation to the Parents, of those Children (who mistaking the road to happiness, have pursued, *their phantom, pleasure*, through the paths of vice that lead to destruction,) to know that these *unfortunates* may find in the DIET DRINK, a remedy that will *certainly*, though *gradually*, restore them to sound health; and if injured *either* by a *certain* complaint, or the use of Mercury, the preparation (before mentioned) will effectually remove the one, and counteract the deliterious effects of the other. Nor is it less serviceable in such diseases as are induced by the action of that potent mineral, particularly in that very troublesome one named by JOHN HUNTER the MERCURIAL DISEASE.

The subject of our present remarks, precludes us from publishing a few cases in confirmation

thereof; and has made us anxious to confine our observations within a space marked out by Decorum.—These circumstances cannot operate on a liberal mind to the Author's disadvantage, and further information will be readily afforded, to such as are more particularly interested (and alluded to) in what has been delivered on this occasion, on application to the Proprietors.

Respecting the Efficacy of this Preparation in

THE YELLOW FEVER,

BILIOUS and other DISORDERS of AMERICA, and of all COUNTRIES, where the heat is, *at times*, excessive, we have the full and satisfactory testimony of, that *enlightened* PHILOSOPHER, and *philanthropic* CHRISTIAN, the immortal and universally respected Dr. B. FRANKLIN to adduce.—This truly great Man, was, so thoroughly convinced of the value of Dr. WEBSTER's *Discovery*, and of the benefit that would accrue to his countrymen, could they, at all times obtain a supply of the Cerevisia Anglicana, or English Diet-Drink, as to offer the *Inventor* a very handsome Income, if he would settle in AMERICA and prepare the Medicine there; these facts are more fully stated in a Note to Ps. 105 & 106.

Having such authority to offer in proof of its salutiferous powers in the diseases of warm climates, we will *not insult* the memory of Dr. FRANKLIN by any additional observations. The Evidence of Dr. F. cannot want confirmation, or support.

The Cerevisia has proved, and will prove, if *properly* administered (*due* attention being paid to *exercise, cleanliness, regimen and diet*) uniformly efficacious in the complaints already enumerated, as also in preventing that dreadful disease

CANCER,

from taking place, provided it be given, in *full* doses, on the first appearance of a schirrus tumour, and daily persevered in, 'till (the lymphatics being thoroughly cleansed, and the morbid obstruction removed,) the swelling subsides.

If however the tumour should *continue* to increase and become painful, the patient ought immediately to consult an experienced and skilful Surgeon; for many persons, who imagine that they applied for relief on the first appearance of the disease, have, not unfrequently, been

woefully mistaken, the tumor having been of long continuance, and fast approaching to a cancerous state, yet not, *before*, noticed, in consequence of its having been attended with no pain, 'till just as it attracted attention.

It behoves every person who would wish to avoid the evils resulting from *Cancer*, to take the DIET DRINK, the *moment* they discover a *colourless, firm, and somewhat moveable swelling under the skin*, (to the feel resembling a pea, or bean, &c.) *of the breasts, arm-pits—neck—chin or behind the ears—as whether* such be the *Germ of CANCER*, or of SCROPHULA, the Medicine will, most commonly, prevent either of these morbid affections from making any further progress.

OF THE HÆMORRHOIDS or PILES.

THESE local affections, are always connected with a faulty Habit; as a high degree of irritability in the system, whilst the fluids are impoverished, contaminated, and rendered acrid by various circumstances, as improper diet, over labour, want of rest, intemperance, &c.; consequently it will readily be believed that the *Diet Drink*, cannot fail of correcting the Habits disposed to these Complaints.

Having at great length explained the grounds on which Doctor Joshua Webster's Preparation (the English Diet-Drink) recommended itself at first to public notice; and having established, by the most incontrovertible testimonies, its extraordinary salutary effects on *worn-out* constitutions, and in radically curing some of the most formidable diseases we are acquainted with, and which diseases have been fully described in the preceding Pages, we now hasten to the

CONCLUSION

of a Work, that may be supposed to have, already, extended to an unnecessary length.—Calm reflection will, however, justify us for having zealously exerted ourselves to prove, that Diseases (generally considered incurable by the Faculty) are, in most cases, easily cured by that safe, and pleasant remedy of which we have been speaking.

The Disorders heretofore treated of, may be considered as the grand source from whence, other lighter affections, arising from similar causes proceed. To particularly notice the latter, would be altogether superfluous; (the observations before made will apply with equal force to these,) all *affections* which are con-

nected with, or proceed from a depraved habit, &c. &c. as before mentioned, or are produced by the former, or by the action of powerful chemical preparations, changing one Disorder into the form of another, as, for example, MERCURY converting LUES into *Scrophula*, or *Pulmonary CONSUMPTION*, are certainly curable by the DIET DRINK.—And it will be found capable of guarding the Habit against the attacks of periodical (such as prevail at the different seasons of the year) or epidemic Disorders; if taken, as an *alterative* and purifier, to the quantity of a few bottles every Spring and Autumn.

THE DIET DRINK

speedily removes crudities, and corrects acidities in the first passages, thereby totally preventing any nidus or lodgment being formed for the propagation, &c. of those destructive and troublesome *Animalculæ*,

WORMS.

I administered the *Cerevisia* on such occasions, with the happiest success, for several years, and had strong reasons to believe it was the best antihelminthic or worm destroyer, ever invented; but I will candidly confess,

that I now know of a Worm Medicine superior to this, and as such would wish to recommend it to the public, in preference to the Diet-Drink, could I prevail on my friend DR. J^N^O. MILLMAN, who has administered it with the happiest success, for several years, in private practice to make the same public, but until that Gentleman can (he will, I hope, excuse my frankness) divest himself of the ridiculous prejudice entertained by many Medical Men against making public a valuable discovery, (because forsooth such a mode is contrary to college rules) I shall recommend the Cerevisia to be taken as the *next* best Worm Destroyer to that prepared by Dr. M. which latter possesses the great advantage of appearing in the form of a *tempting sweetmeat*, and *cannot* be distinguished from such by the *taste*.—May my candour stimulate him to do his Duty, and should he perchance read this, I hope an old man's bluntness will not offend.

The Editor thinks it may not be amiss, prior to his closing this Work, to say a few words on a subject that the Author *would* have treated of had he lived a few weeks longer, and no doubt Dr. W's. observations would have been of more

intrinsic value than those which are now offered on

TEMPERANCE.

Temperance is certainly one of those moral and sublime virtues, the observance of which, cannot be too strongly inculcated, or too highly prized.

By Temperance the *Father* of Physic preserved his mental faculties in full Vigour, and his body free from disease, for the *long* period of *one hundred years*.

By Temperance, and the occasional use of the DIET-DRINK, DOCTOR WEBSTER attained the age of 92, was in full possession of his intellects, *till the extinction of life's last spark*, and capable of walking from his house in Chelsea to London and back again, not only without any sensible fatigue, but with pleasure; this he did but a very few days before his death.

From these and similar examples, connected with the influence which this, almost *Divine* virtue has in promoting the happiness and prosperity of mankind, it has been, in all ages, consi-

dered as the criterion of health and felicity, and the omen of wealth to such as practise it. Indeed, it is scarcely possible to find a man so depraved as not to commend the practice thereof. But, after all, I can venture to assert, that, numerous as the advocates for Temperance undoubtedly are, thousands of people exist who pride themselves on practising this virtue, who are, in *reality*, guilty of intemperance every day without knowing it.——Temperance is of far more extensive signification, and embraces a greater variety of subjects than is generally imagined; most persons pride themselves on being temperate because they avoid drinking to excess, and few extend their ideas of temperance beyond this point.

The fact, however, is that men may be *very sober*, yet *very intemperate*.

To practise this inestimable virtue, in a high degree, demands a prudence, resolution, and fortitude that the majority of mankind do not possess. Temperance, strictly speaking, means, and requires moderation and regularity in our conduct, not merely respecting the use of wine or other liquors, but in every other circumstance of human conduct, as eating, sleeping, cleanliness, and observing an equal distance from the extremes of indolence, and too continued an attention either to hard labour or severe study.—

For by not observing a medium in all these particulars, and many others which might be enumerated, a man is actually guilty of intemperance to as great a degree, and will eventually injure his health, *if not* his circumstances, as much as one who is in the habit of *un-man-ing* himself by frequent Intoxication.

A P P E N D I X.

THE publication of this Book having been so long delayed, by unavoidable circumstances;—the Editor is prevented, at present from, gratifying his own private feelings, and satisfying public curiosity by introducing a Biographical account of Dr. WEBSTER: this he intends to do in a future Edition, in as ample a manner as the materials he can collect will enable him.

He now contents himself with observing, that the talents and general knowledge of Dr. W. procured him the intimacy and friendship of the most distinguished literary characters in Europe, amongst whom were the celebrated Dr. GOLDSMITH—Dr. FRANKLIN—Dr. JEBB, and the immortal author of the Seasons; his acquaintance with THOMPSON commenced at school, and was matured into a steady firm friendship, that “grew with their growth, ripened with their years;” and terminated only with the premature death of the latter.

ADVERTISEMENT.

IN consequence of the general approbation which has been bestowed on *the double or highly concentrated CEREVISIA*, (together with the circumstance of its producing a *considerable* saving to the consumer) the proprietors have determined to prepare no other kind in future; consequently none of the single sort can be obtained after the *few* bottles, now on hand, or in possession of the different venders are disposed of.

TRANSUBSTANTIATION is scarcely less believed by a rational and reflecting mind, than the claims which are every day set forth by various persons to medical knowledge (*many of whom can neither read or write, yet sport a chariot on the credulity of Englishmen*) and the discovery of an *universal Panacea*. This being the case, the Proprietors of the ENGLISH DIET-DRINK, feel themselves authorised in making every exertion to prevent the Author of this inestimable discovery, from being mistaken, by such as are not acquainted with the integrity of his character, and the purity of his mind, for one of those

miscreants, who, under the specious pretext of having discovered certain remedies for various human maladies, *actually prey* on the very vitals of mankind; *they*, therefore, make no apology for publishing the following Affidavit; an affidavit made by Dr. W. at a period of life when he must be supposed incapable of intentionally deceiving the public; at a moment when he stood on the brink of eternity, and was in daily expectation of being summonsed before the *awful tribunal* of the MOST HIGH; an affidavit, the veracity of which is attested by DOCTOR JAMES BENAMOR, of *Millman-Street, BEDFORD-ROW*, a Physician in great and respectable practice.

These facts will place the Affidavit in a different light to *some* that are *obtruded* on the world by *Men*, whose names we should feel it *disgraceful* to mention, whilst they render it an act of justice on *our* part to insert the following respectable

AFFIDAVIT.

JOSHUA WEBSTER, M. D. and an old Member of the Corporation of Surgeons, London, maketh Oath, and saith, "That the Medicine by him named CEREVISIA ANGLICANA, is prepared from Vegetables possessing

the most salubrious Qualities, and was discovered by him after a long and laborious investigation of the medicinal Properties of Herbs and Plants; and that the said CEREVISIA is the greatest Corrector and Purifier of the Blood, (consequently the best preservative of health) and approaches the nearest to Dr. BOERHAAVE's idea of 'AN UNIVERSAL REMEDY,' of any hitherto made public, as this Deponent has had ample testimony of, during nearly FIFTY YEARS extensive practice; in the course of which he successfully administered the said CEREVISIA to several thousands.

“ That the said Medicine has proved singularly efficacious in the following Disorders, *viz.* in MALIGNANT, PUTRID, SPOTTED, and BILIOUS FEVERS; in HYPOCHONDRIASIS, and every variety of NERVOUS COMPLAINTS; in SCURVY, SCROPHULA; *all Diseases arising from impure Blood, interrupted Secretion, or impeded Perspiration; in impaired Constitutions; debilitated Habits,* CONSUMPTIVE and ASTHMATIC DISPOSITIONS, with their usual forerunners—COUGHS and COLDS; as also in *Worm Cases; Crudities of the Stomach and Primæ Viæ, Indigestion; &c.*

“ That the late Dr. B. FRANKLIN, of America, when in London, (many years ago) being afflicted with an obstinate *Scorbutic Com-*

plaint, which had long resisted the most approved means of treatment, was cured, in about *two months*, by the use of the CEVERISIA *only*, which the Doctor afterwards tried in the YELLOW FEVER of America, and of the East and West INDIES; and wrote an account of its success to his friend P. COLLINSON, Esq. F.R.S. requesting the same might be communicated to this Deponent, and expressing a hope it would be made public at some future period.

“ And this Deponent further saith, that verily believing a general use of the said CEREVISIA will greatly lessen the melancholy list of human maladies, and considering that at the age of EIGHTY-THREE, his own exertions cannot benefit man to the extent of his wishes, he has communicated the Recipe to SAMUEL SLEE, of WESTMINSTER-ROAD, LONDON; and instructed him in the *true and peculiar process and mode of preparation*, believing that the said S. SLEE will assiduously endeavour to spread the knowledge of so valuable a remedy (for the benefit of his fellow-creatures) to EVERY PART OF THE WORLD.

(signed)

JOSHUA WEBSTER”

“ Sworn at the Mansion-House of the City of London, the 13th Day of November, 1799, before me,

“ H. C. COMBE, MAYOR”

Witness “ J. BENAMOR, M.D.” Millman-street, Bedford-row.

RECAPITULATION of some of the *principal Complaints in which the CEREVISIA has been successfully administered.*

ALL Disorders originating in a *morbid or contaminated state* of the FLUIDS; those which arise from a *defect* either in the *quality or quantity* of the CHYLE; from *impeded perspiration; glandular obstructions; bilious acrimony*; from *irregularities in any of the natural evacuations*; CRUDITIES of the *stomach and primæ viæ*; INDIGESTION, &c.

Hence, it cures every variety of NERVOUS AFFECTIONS; as also the SCURVY, SCROPHULA, LEPROSY, BILIOUS *complaints*, the YELLOW FEVER, COUGHS, COLDS, and CONSUMPTIONS, FEBRILE *disorders*, CUTICULAR ERUPTIONS. It admirably purifies a *gouty habit*, and greatly tends to *prevent a return of the paroxysm*; it is particularly serviceable after the *small pox and measles*; and greatly facilitates the healing of *old ulcers*, by *cleansing the system*, and *carrying off the groce acrid humours*!—In a word, it is *the best, safest, most pleasant, and most salutary remedy* that can be administered in *all Disorders* proceeding from the same source with those we have just enumerated, and which form too *copious a list* to admit of being *particularised*.

THE END.

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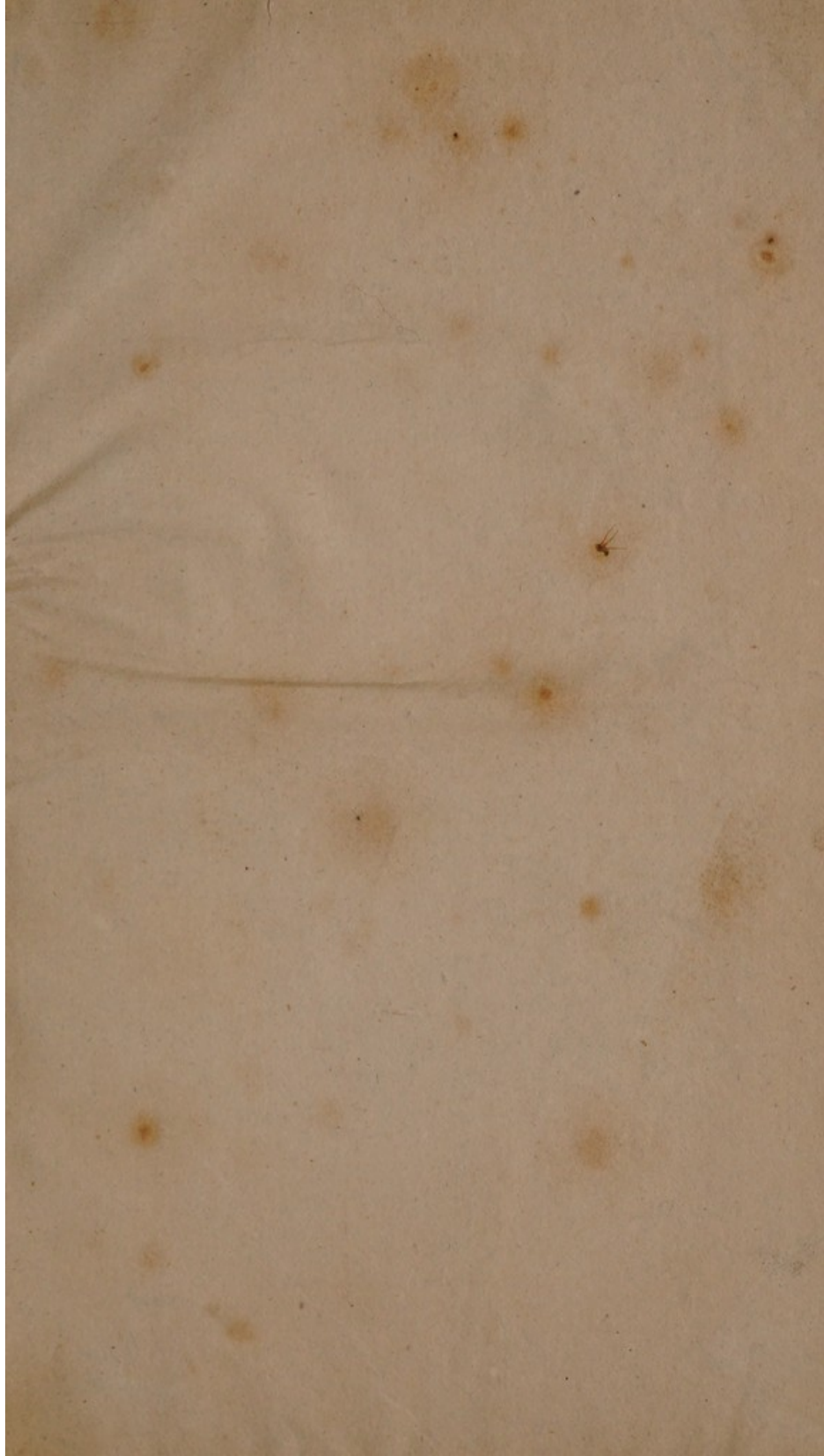
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THE PILLER

CHAPTER I

THE PILLER

The pillar was the first thing I saw when I stepped out of the cave. It was a tall, slender, and perfectly straight column of white marble, rising from the floor of the cavern and reaching up to the ceiling. The light from the opening of the cave fell upon it, creating a bright, circular glow at its base. The rest of the cavern was in deep shadow, with only a few rays of light filtering through the cracks in the rock.

Now I saw that the pillar was not alone. In the distance, I could see other pillars, some of which were partially hidden by the shadows of the cave. The pillars seemed to be part of a larger structure, a temple or a palace, of which I could see only a small part.

What was I to do? I could not go back, for the cave was too dark and the air was too thick. I must go on, and I must go on until I found the light.

What was I to do? I could not go back, for the cave was too dark and the air was too thick. I must go on, and I must go on until I found the light.

Med. 9a
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