

A collection of chronical diseases, viz. the colick: the bilious cholick: hysterick diseases: the gout: and the bloody urine from the stone in the kidnies ... / [John Pechey].

Contributors

Pechey, John, 1655-1716
Rivière, Lazare, 1589-1655
Sydenham, Thomas, 1624-1689

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PECHÉY - A COLLECTION OF CHRONICAL DISEASES

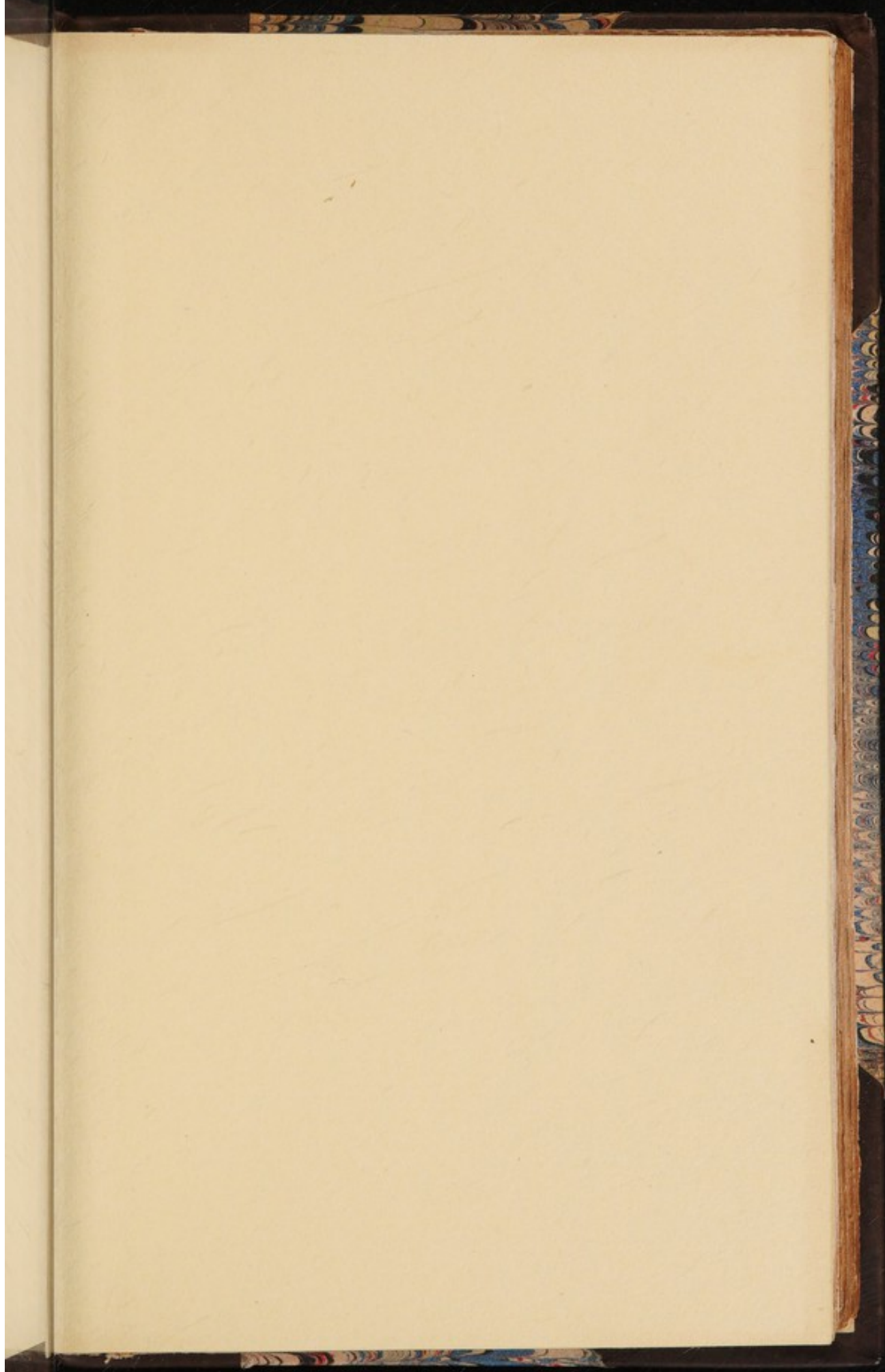
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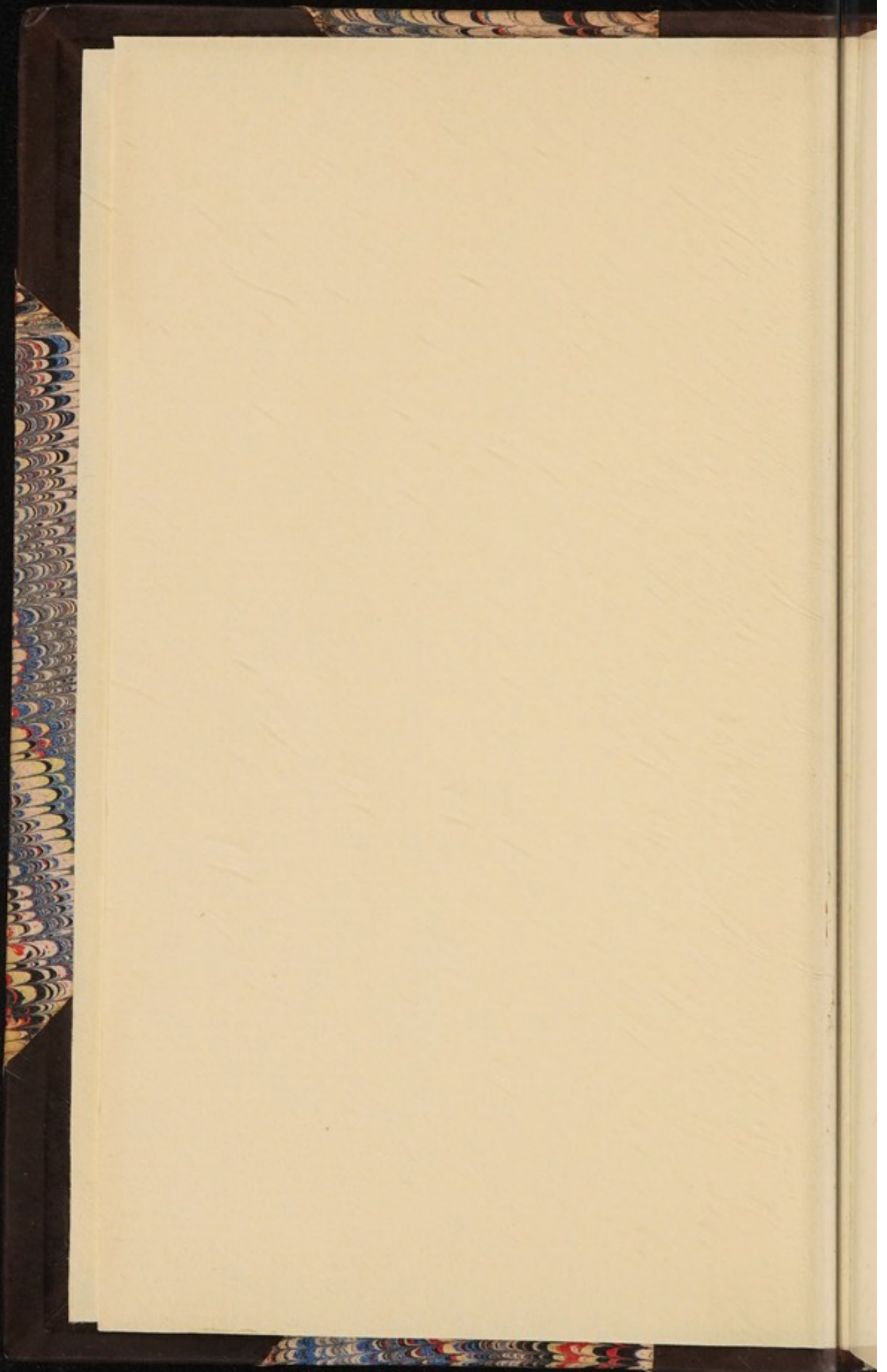


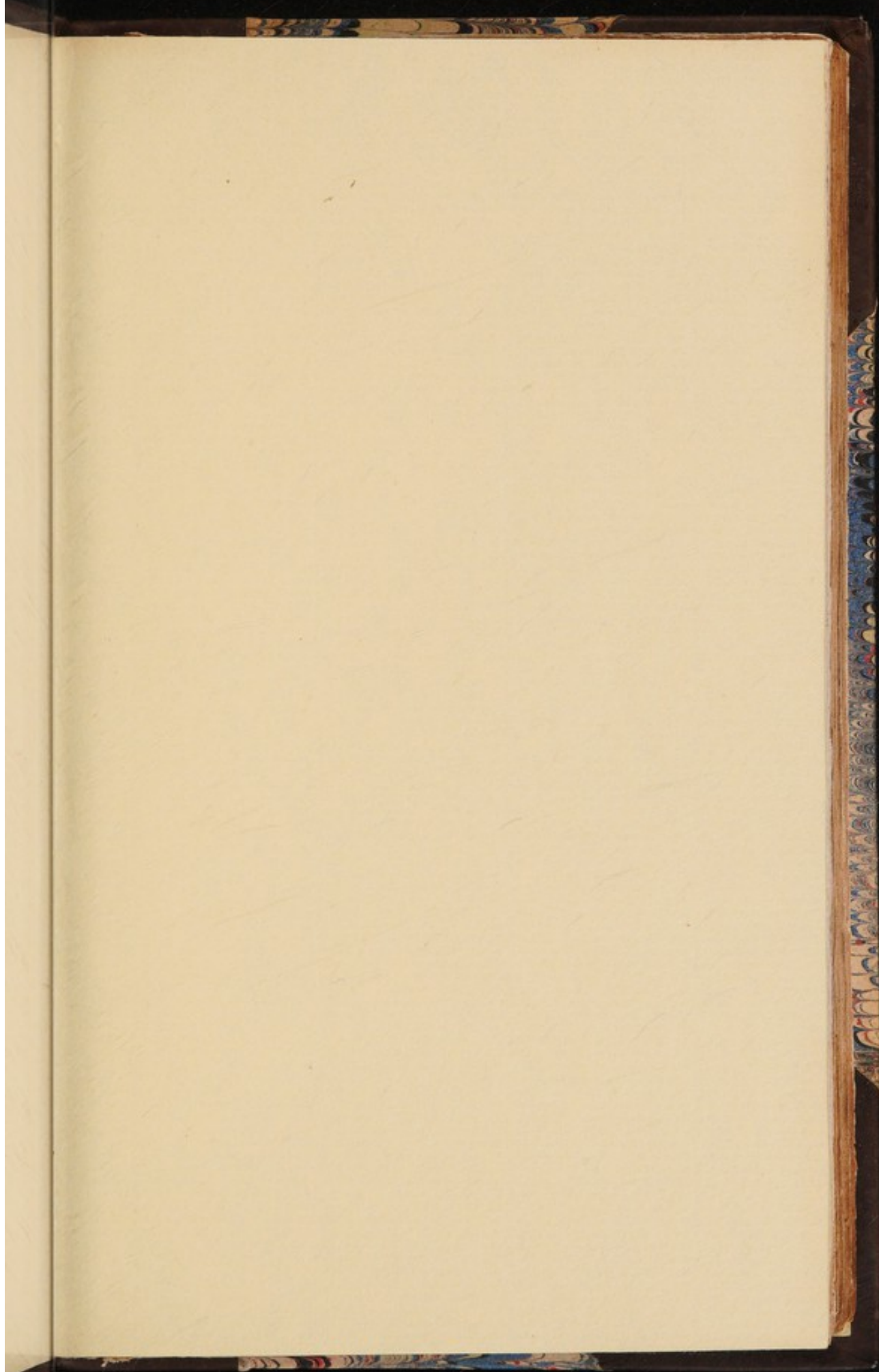


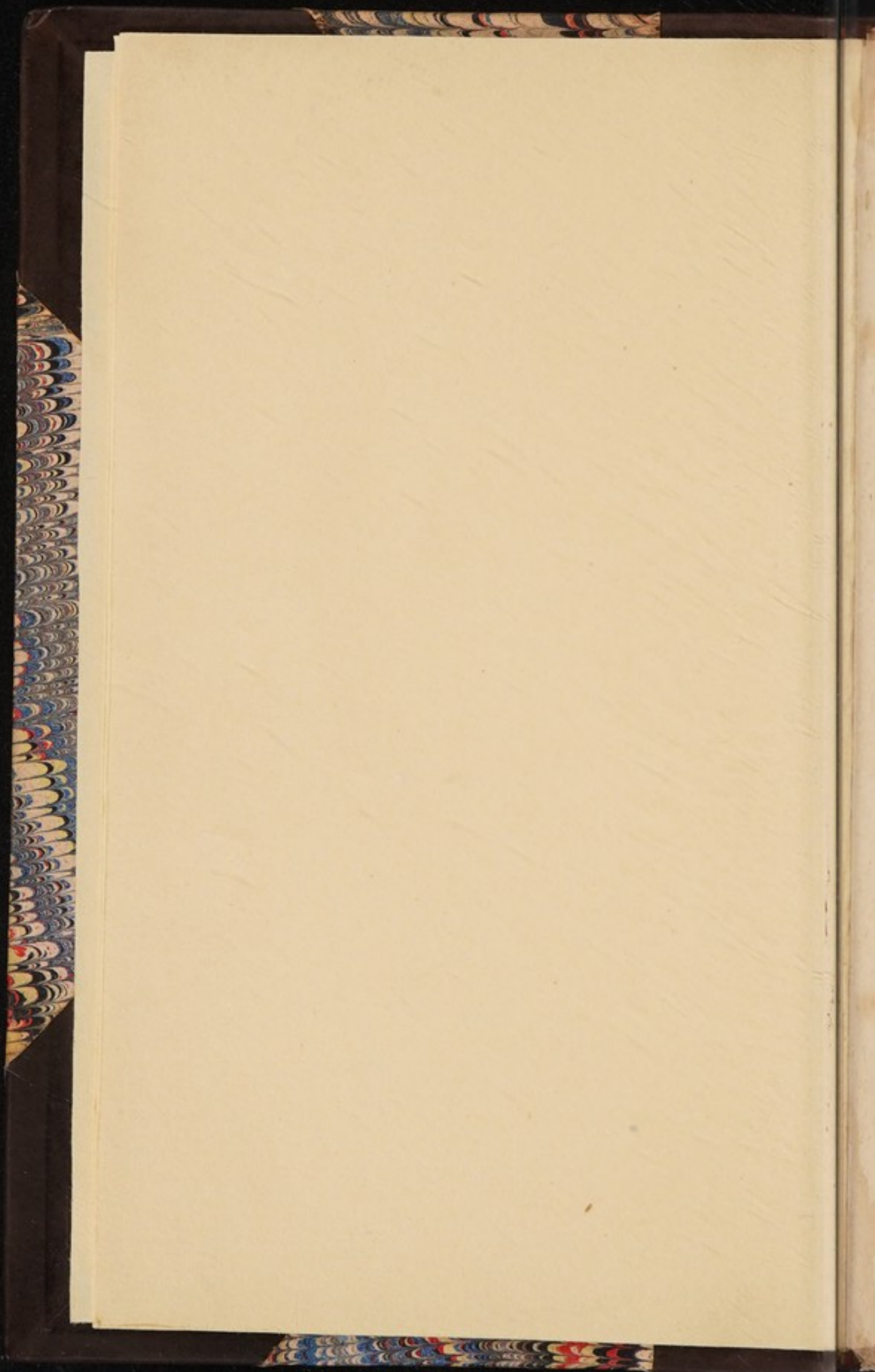


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Wm. M. H. Head



A
COLLECTION
OF
Chronical Diseases,

VIZ.

The Colick: The Bilious Colick: Hysterick Diseases: The Gout: And the Bloody Urine from the Stone in the Kidnies.

By *J. Pechey*, M. A. Of the College of Physicians in *London*.

L O N D O N:

Printed by *J. R.* and are to be Sold by *Henry Bonwicke*, at the *Red Lion* in *St. Paul's Church-Yard*, 1692.

CARLETON

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ADVERTISEMENT.

M*Y Collections of Acute Diseases, being well approved of, I was encouraged to publish these of Chronical Diseases; the first Chapter is taken from Riverius, the other from the worthy Dr. Sydenham's Works; and 'tis probable I may go through the whole History of Chronical Diseases, if God grant Life and opportunity.*

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Methodus Quadraturæ

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A
T R E A T I S E
O F
Chronical Diseases.

C H A P. I.

Of the Colicks.

THE Colick takes its Name from the part affected, which is the Colon, a long and winding Gut, appointed to receive the Excrements of almost the whole Body; and if those Excrements are retained too long, they are wont to occasion Pains of this kind; the Excrementitious Matter occasioning a Dissolution of the continuity either by distending, or pricking, or corroding; and this Matter is either Wind or Humour.

B

Wind

Wind proceeding from Crudities, or from a cold intemperies of the Stomach or Guts, if it be stop'd by reason the Excrements are grown hard, or because something else obstructs the Intestines (a great quantity of it remaining in the great Guts, especially in the Colon) occasions violent Pain.

Gross cold and phlegmatick Humours driven into the Tunicles of the Intestines, may occasion such Pain, either by gnawing, if they are Acrimonious or Briney, or by chilling the part which is consequently bound up thereby, and much disordered, (as *Galen* says, when he was grievously afflicted with the Colick, he evacuated a Glassy sort of Phlegm actually cold,) or by emitting Wind, which is easily elevated by a small Heat from the gross viscid and clammy Humour.

Lastly, Choleric and Acrid Humours, and also Melancholy and Acid by pricking and twitching the Intestines, cause such Pains. But it may be ask'd how it comes to pass, that in the action of these causes, the Colick should have its exacerbations and remissions, the same Matter remaining in the Intestines, which as 'tis present, should continually gnaw and distend. To which I answer, that sometimes that Matter remains quiet, and so at that time occasions little or no pain; but that at other times 'tis moved and excited by various Fermentations, which happen in the Humours, as is usual in an Epilepsie, Hysterick Fits, and the accession of Fevers.

of Chronical Diseases. 3

But we must take notice that the Wind or Humours don't only reside in the Cavity of the Intestines, for then they would be easily excluded, by evacuating detarging and carminative Medicines; but for the most part insinuate themselves into the Coats of the Intestines, and for that reason they are difficultly removed; and so the Disease lasts longer, and can't be easily eradicated by the foresaid Remedies. The gross and phlegmatick and melancholy Humours flow by little and little through the Veins of the Intestines, into their substance, and so don't presently cause Pain, 'till there is a quantity sufficient to irritate Nature for their expulsion; and then being mov'd and exagitated, cause Pain. Or Wind, occasion'd by them, and included in the Coats of the Intestines, distends and twitches them, and not easily getting out, occasions a lasting Pain. Also Choler after the same manner pour'd through the Veins of the Intestines upon their Coats, and imbib'd by them, causes violent Pains, which are wont to be long and obstinate, because 'tis difficultly removed from their Substance.

There is another Species of a Bilious Colick which degenerates into a Palsie, scarce known to the Ancients, which proceeds from a bilious Humour, not pour'd as the former upon the Colon, but of a sudden upon the Membranes of the *Abdomen*, which is transferr'd thither, either from the Gall-Bladder, or from the Mesentery in the Crisis of long Fevers, or by reason of violent Anger, or some other external

cause, when because of Obstructions, it can't be carried to the common passages, but by a preposterous motion is put off suddenly upon the foresaid Membranes of the *Abdomen*. And hence great pain arises like the Colick, which yields neither to Clysters nor Fomentations, nor to any other Remedy, but continues for many Months, by which the Body Waists, and the Sick is vex'd with a sort of intermittent Fever, and often with a slow continual Fever; at length the pain remitting, a Palsie succeeds, that Humour leasurly creeping through the Membranes of the *Abdomen*, to the Spine of the Back. But this Palsie chiefly possesses the upper parts; yet there is most commonly a Pain in the Thighs and Legs, and in some few the use of them is wholly taken away; the Cholera by reason of its Levity moving chiefly upwards; and sometimes it breaks in upon the Brain, and causes Epileptick Fits, from whence Death generally follows.

There are other causes of the Colick, but less frequent, *viz.* Stones growing in the Guts, Worms wound up in a bottom, and Obstru-
cting the Intestines, a compression of the Guts, by a tumour of the Neighbouring Parts, and the narrowness of them by reason of an In-
flamation, and other tumours of the Guts, or a twisting of them, occasion'd by Wind, which is next to an Iliac Passion; and sometimes the Matter which causes a Colick is venomous and malignant, and so 'tis a Pestilential Colick. As *Paulus Aegineta* relates, that a Pestilential Colick arising in *Italy*, was very troublesom to
many

many of the Roman Provinces. Lastly, all hard Bodies by obstructing the Guts, or distending them, may occasion a Colick, as Stones generated in the Guts, a great quantity of Cherry Stones, hard Cheese, and the like. As *Platerus* relates of a certain Governour a long while troubl'd with the Colick and Convulsions, who after the use of Clysters, evacuated a great quantity of hard Cheese by Stool, which had remain'd a long time in his Guts; for before he was Sick, he eat of it immoderately.

The external causes, are a cold constitution of the Air pressing and hardening the Belly, or a hot Constitution which does likewise harden the Excrements, for all their Moisture is dry'd up by heat: The use of Meat and Drink unfit for the Mans Constitution, of crude and harsh Fruits, and of gross Meats of hard Digestion, too much Rest, immoderate Sleep, unseasonable Exercise, immoderate Venery, and other external Causes which may injure the Concoction of the Stomach. The Diagnosticks in this Disease are plain, for first the Pain is violent; for if it be small, it ought not to be called the Colick; and then the pain is wandering, sometimes it grievously afflicts this part, sometimes that, so that sometimes it possesseth the Region of the Spleen, sometimes of the Stomach or Liver, or of the Reins, sometimes 'tis above, sometimes below the Navel, and oftentimes 'tis most violent in the left side, because in that part there is a narrowness first observ'd by *Banbinus*. For when the Excrements

ments in the upper and capacious part of the Colon being hardened into great Clods, agreeable to the capacity of it, are violently driven by the Wind towards that narrow part, they can't pass through without great pain; by reason of which Symptom the Colick is often taken for Splenetick or Nephritick Pains; neither are they easily distinguish'd when the Signs of each are compared one with another. But sometimes the pain is more fixed and settled in one place, and like the boring of an Auger. The Patient often Vomits, the Stomach being affected by consent of Parts, and Phlegm is sometimes cast up, and sometimes Cholera, green as a Leek, and like Verdegrease: The pain is increas'd after Eating, because the Stomach being full, presses the Guts. The Belly is most commonly so bound, that the Sick can evacuate nothing that way, not so much as Wind; but if any thing be evacuated naturally or by art, 'tis chiefly windy, and like Cow-Dung, and Swims upon the Water, being for the most part Phlegmatick; for Phlegm voided by Stool, is wont to swim upon Water and ferous Excrements: But sometimes the Belly is so much bound when the pain is violent, that strong Purging Medicines will not work at all.

The Signs of the Causes are distinguish'd after this manner.

If the pain proceed from Phlegm, 'tis not so violent, unless it be accompanied with Wind, which can't break out of the Places 'tis contain'd in, for then the pain is violent, and sometimes

Sometimes remains in one part, and seems to bore as with an Auger, and sometimes 'tis in many Parts, when the Wind wanders about. The Sick is eased by hot things, but is injur'd by cold things. A course of Diet went before, apt to increase Phlegm. The Urine is crude and sometimes whitish, but not always which is wont to impose upon young and unskilful Physicians, for sometimes in a Phlegmatic and Windy Colick, the Urine is yellow and reddish, by reason of the violence of the Pain which inflames the Humours contain'd in the Veins and Arteries. Which *Avicen* has wisely observ'd, *He says, no one should deceive himself, by judging the Disease is hot, from drouth, inflammation, and redness of the Water, for 'that's common to all.*

If the Colick is occasion'd by Wind, there is a stretching Pain, and certain inflation of the Belly: The Sick perceive a great deal of Wind, and a rumbling of the Belly, they are much eased by breaking Wind. A course of Diet fit to breed Wind went before, as unseasonable Drinking of cold Water, the frequent use of Pulse, Turneps, Chesnuts, Herbs and Fruits, and the like. And if the Wind be contain'd in the cavity of the Intestines, the Pain is wandering, and not fix'd to one Place, and is renew'd by Intervals; but if it be kept in within the coats of the Guts, the Pain is fix'd, because the Wind can't change its place, and is continual and obstinate, because it can't find vent.

If the Colick proceeds from an Acrid and Cholerick Humour, 'tis most sharp; there's a twiching and pricking Heat, Drouth, and for the most part a Fever, and the Urine is very Cholerick, and the Disease is increas'd by hot Medicines and Diet, and is mitigated by cold, and likewise by the excretion of Cholerick Matter, and a course of Diet fit to breed Choler went before. The pains of the other parts contain'd in the lower Belly, are easily distinguish'd from the Colick by their proper signs, except the Nephritick pain, whose signs are so like those of the Colick, that oftentimes the most skilful Physician can't distinguish them, as *Galen* confesses of himself, being afflicted with the Colick Pain, he thought 'twas Nephritick, by reason of a Stone driven into one of the Ureters, 'till the Humour being evacuated by Stool, and so the pain ceasing, he found 'twas the Colick. But by the following Signs, these two Diseases may be plainly distinguish'd, if they are accurately examin'd.

First, The Nephritick pain is fix'd in the Kidney, and stretches it self from that to the *Testis*, according to the length of the Ureter; but the Colick is wandering, and painfully girds the lower Belly.

Secondly, The Colick increases after Eating, by reason of the pressure upon the Gut by a full Stomach; but the Nephritick pain is not at all increas'd after Eating, but rather lessen'd, because some of the nutritious Juice is carried

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of Chronical Diseases.

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to the Reins, which somewhat allwages the Pain.

Thirdly, In the Colick, Vomiting is more severe, and the Belly is more bound, because the Colon lies near the bottom of the Stomach, and the Intestines being full or violently provok'd, contract themselves, that they may expel the Enemy; but either of the Symptoms is common to either of the Diseases: So that the intension or remission of them, has a difficult diagnostick; for the Nephritick pain being intense, may occasion greater Vomiting, and bind the Belly more than a remiss Colick.

Fourthly, In the Colick, the Patient is more eas'd by Vomiting and going to Stool, than in Nephritick Pains.

Fifthly, In the Nephritick pain, the Urine is first clear and thin, afterwards something settles to the bottom, and at length Sand or Gravel is evacuated: But in the Colick the Urine is thicker, from the beginning.

As to the Prognosticks, the Colick most commonly, if it be gentle and remiss, and not very lasting, and not fix'd in one part, and intermits, and does not wholly stop the Belly, is curable and without danger. But if the pain be violent and fix'd to one part, and does not intermit, and if nothing be evacuated by Stool, and if the Patient can't Sleep; and lastly, if Vomiting, Hickocks, Delirium, Coldness of the Extream Parts, and cold Sweats follow, the Disease is Deadly.

An obstinate Colick from Acrid Matter, especially occasion'd by Choleric Matter, often degenerates into other most dreadful Diseases, as to the Gout or Epilepsie, but oftner to the Palsie.

A contagious Pestilential and Epidemick Colick is most commonly deadly.

The Cure of this Disease must be varied according to the variety of the Causes.

And First, There is the same way of Cure for a windy and Phlegmatick Colick: You must begin with an emollient Clyster, and afterwards you must give a carminative and discutient Clyster, which must be repeated twice, thrice, or four times in a Day, till the Pain be gone. But if after the use of one or two Clysters, the Sick does not go to Stool, as sometimes it happens, the Belly must be irritated by a sharp Suppository; but 'tis convenient to add to one of the Clysters ℥iiij of the *Aq. Benedicta*, or ℥ij, or ℥iij of Coloquintida may be boil'd in an emollient and carminative Clyster.

If Clysters don't give ease, you must not obstinately persist in the use of them; but 'tis better to use some gentle Medicine. It has been observ'd, that when a Sick Person has taken without any success Thirty Clysters, another Physician having given only ℥iss of Manna, with ℥ij of Oyl of Almonds in Fat Hen Broth, has cur'd the Patient: But in that pain which proceeds from thick Flegm, stronger Medicines must be given.

After-

of Chronical Diseases. II

Afterwards Fomentations, Ointments, Baths, Plasters, and other Remedies, are useful; to which must be added some Specificks very proper in this Disease.

Wash the Guts of a Wolf in White-wine, and afterwards dry them in a Furnace, in an Earthen Vessel, till they may be powder'd, let the Sick take \mathfrak{z} i of this Powder in White-wine, it presently eases pain. Boil Simple Water, and when 'tis Boiling Hot, add a Fourth part of common Oyl, and some Grains of Pepper grossly beaten; let the Sick take Three or Four Spoonfuls as hot as he can bear it, the pain will be gone as 'twere in a moment.

Take of the best Aloes \mathfrak{z} i, of Laudanum Opiatum, gr. iv, of Diagridium, gr. vi, Mingle them, make Six Pills, guild them. Let the Sick take them at a convenient time, they give ease in an Hours time, and afterwards purge off the noxious Humours. Instead of the Pills, a Potion may be taken, made of \mathfrak{z} ss of Diaphanicon, and \mathfrak{z} ij of Philonium Romanum, in the Water or Decoction of Chamomil.

Hypocrates proposes a Purge made of Wild Purslain and Meconium. Six \mathfrak{z} of Fresh Oyl of sweet or bitter Almonds taken, asswage the Pain, and carry the matter sticking to the Guts downwards, and mixt with the following things, it does a great deal of good.

Take

Take of the Oyl of Almonds, or of some other Oyl for Poor People ℥iiij, of Generous Wine ℥i, of Syrup of Poppies ℥i, mingle them, make a Potion.

Oyl of Sweet Almonds also taken with Manna in fat Broth, allwages the pain, and evacuates the Peccant Matter.

The Seed of Ammi powder'd, and ℥i of it given in Wine, soon takes off the pain, and being given a Second time, it most commonly cures the Disease; a Cataplasm of ℥iiij of Turpentine being apply'd with Stupes at the same time, to which must be added of the Sinapifatum Piperis, and of Dragons Blood, each ℥i.

Paracelsus's Galbanetum is proper to discuss the Humour, if the whole Belly be anointed with it: This Description of it is propos'd by Crato.

Take of Gum Eleme, of Ivy, of Galbanum, of Oyl of Lawrel, each equal parts, distil them in a Retort in Sand; keep what comes over apart, first the Water, then the clear Oyl, afterwards the thick Oyl like Hony, which must be used first.

Take of Calamus Aromaticus ℥i, of Galangal ℥iiij, of the Yellow of the outward Peel of Oranges ℥iiij, of choice Cinamon, of Anise and Fennel Seeds each ℥iiij, of Cummin Seed ℥vi, of fresh Juniper Berries ℥ss, of Lawrel Berries ℥iiij, let them be finely Powder'd and infus'd

of Chronical Diseases. 13

infus'd in vi ℔ of Malago Sack, let them stand in a warm place for vi days, afterwards distill them in B. M. the Dose is ℥i evacuations going before.

Gum Caragna and Tacamahaca may be conveniently apply'd to the Belly, and before they are put on, a Cupping-Glass may be apply'd to the Navel.

And tho the foresaid Plaisters are not apply'd, yet the Cupping-Glass ought to be apply'd to the Navel, which Galen says, does make a Charm, remove the pain occasion'd by Wind.

If the Disease is lasting, it may be successfully treated with the Decoction of *Guaiacum* continued for many days, purging now and then, and injecting Clysters frequently; but if the Colick proceed from glassy Phlegm, boil the *Guaiacum* with Wine, as *Amatus Lucitanus* us'd it with good success.

The pain being quieted, an Apozem evacuating Phlegm is to be prescrib'd, by which the reliques of the Disease may be carried off, or instead of that, a decoction of an old Cock, compounded of such things as purge and attenuate.

A bilious Colick is cur'd by emollient Clysters, and with such things as attemperate the Acrimony of the humours.

Let the Belly be fomented with an emollient and anodyne Decoction, or which is better, let *Semicupium* be prepar'd of the same Decoction.

A Cataplasm will also be convenient, prepared with Barly-meal, and Flax-seed boil'd in Oyl of Camomel, and apply'd to the bottom of the Belly.

Also a cooling Epithem compounded after this manner, to be apply'd to the region of the Liver, will be proper :

Take of the Juice of Endive, of Cichory, each ℥ss. of the Juice of Lettice and Rose-Vinegar each ℥ij, mingle them, make an Epithem. Give Juleps of the water of erratic Poppy, Lettice and Sorrel, with the Syrups of Violets, of Apples, and of Lemons.

If the pain is very violent we must use Nauseotics. The pain being somewhat mitigated an infusion of Rubarb in Cichory-water is to be given, with Syrup of Roses, and to be repeated often, till the stock of matter is evacuated. If gentle purging be not sufficient to eradicate the Disease, we must use *Mercurius dulcis*, which being given sometimes with Purging Medicines that have *Diagridium* in them, perfects the Cure. They that dislike *Diagridium* may give *Mercurius dulcis* alone, made into Pills with Conserve of Roses, drinking upon them an infusion of Rubarb and Senna, with Manna and Syrup of Roses added to it.

Afterwards 'twill be convenient to use Turpentine-bridge, or such like Water.

When the pain is violent, we must fly to Baths and *Laudanum*, with which Catharticks may be sometimes given, but in a large Dose.

because the quality is much blunted by Laudanum.

Paracelsus's Galbanetum, tho'tis hot, is proper to discuss the humour, if the whole Belly is anointed with it; the description of it is above.

Bleeding is sometimes proper in this sort of Colick, when there is danger, lest the violence of the heat should occasion a Fever; but if there be a Fever already, 'tis presently to be us'd.

When there's a great drouth, Cold water must be given, according to *Galen's* instruction; and *Amalus Lusitanus* says, he wonderfully Cur'd of a sudden, such a pain by the use of it; and *Septalius* declares in two Observations, that he us'd it inwardly and outwardly with great success.

For the Cure of a Colick that degenerates into a Palsie, put the Patient into a warm Bath, made of a Decoction of emollient things, the Belly being loosen'd with various Clysters, and the first passages open'd by Catharticks. The Patient must be bath'd twice, thrice, or four or five times in a day, that the Acrimony of the Humours may be attemperated, and that the Pores of the Membranes may be open'd. The next day let the Humour be purg'd with some proper Cathartick, and then the Bath must be repeated; and so you must do every other day, if the Patient be able to bear it, till the humours being purg'd off, and the pain quieted, he is recover'd.

In the mean while, you must continue the use of Clysters; but those made of Milk are best to assuage the pain; to which you may add Cassia, Oyl of Violets, and Oyl of Lillies.

Let the Belly be frequently anointed with Oyl of Chamomel, of Dill, sweet Almonds, Lillies, and with Butter.

Lastly, Use Whey and *Tunbridge-waters*, or the like: And if the Disease continue a long while, those things may be used which are proper to Cure Hypochondriacal Melancholy.

And Bleeding is to be us'd at the beginning of the Disease, and before Purging, and to be often repeated, if the Bloud seem to be bad, or if something of a Rheumatism seem to be join'd with it.

Lastly, All those Remedies which are propos'd for the Cure of the Bilious Colick, may be used in this case; and if these things do no good, some Physicians prescribe the following Potion, which though it be loathsom, and won't go down with the delicate, yet they say it presently mitigates the pain.

Take of Horse-Dung ℥i, crumble it into small pieces, and infuse it in ℥i of Erratic Poppy water, to which add viij or x Drops of Spirit of Wine; strain it gently, and divide it into Three Doses, to be taken at the times in which the Pain is most violent.

But if the Disease degenerate into a Palsie, you must use to the Spine of the Back, and the Paralitick Parts, some resolvent Balsom, and such

such a one as strengthens the Nerves if there be a Fever. But if there be no Fever, you may apply Wool dipt in Oyl or Ointment to the Paralitick parts, taking great care that the Patient does not catch cold, for by that means the Humour will be more fix'd upon the part, and the perspiration of it will be hinder'd. *Paracelsus's Galbanetum* is very useful in this case, if it be apply'd to the fore-said parts, and also to the Navel.

CHAP. II.

Of the Bilious Colick of the Years 1670,
71, 72.

IN all these Years the Blood was much inclin'd to put off upon the Bowels Hot and Cholerick Humours, upon which account this Colick was more frequent than is usual: The same Febrile Symptoms preceeded this Disease as us'd to go before the Dysentery that reign'd in those times; and sometimes this Disease follow'd the Dysentery, when it had a long while afflicted the Patient, and was just about to leave him. But when it did not follow a long Dysentery, it generally took its rise from a Fever, which after some Hours was wont to end in this Disease. It chiefly siez'd young People of a Hot and Cholerick Constitution,
C especially

especially in the Summer. The pain of the Bowels was extremely violent, and more intolerable than any other that afflicts poor Mortals. It sometimes binds as it were the Guts, and sometimes being contracted to a point, it bores like an Auger. The pain now and then remits, and presently the Fit approaches again, which as soon as the Patient perceives, he looks sadly, and bemoans himself as if 'twere actually upon him. At the beginning of this Disease, the pain is not so certainly determin'd to one point, as in the progress of it; neither is the Vomiting so frequent, neither does the Belly so obstinately resist Catharticks; but the more the pain is increas'd, the more pertinaciously is it fix'd in a point, the Vomiting is more frequent, and the Belly more bound, till at length by the dreadful force of these Symptoms, a total inversion of the Peristaltick motion of the Guts, (if the Patient be not soon relieved,) and by consequence an Iliac Passion is procur'd; in which Disease all Purging Medicines become presently Emetick, and Clysters that are injected, are vomited up with the Excrements. The Matter that is cast up after this Manner, if it be sincere and without mixture, is sometimes green, and sometimes yellow, and sometimes of an unusual colour.

Now seeing every *Phayomenon* of this Disease shews plainly that it proceeds from some Acrid Humour, or Vapour put off by the Blood upon the Intestines; this in my Opinion is the chief curative Indication, namely, that

the

the said Humour should be evacuated, as well that which is antecedently in the Veins, as that which is contain'd in the Guts; and the next to this is, that the force of the Humours tending thither, should be restrained by the use of Anodines, and that the violent pain should be mitigated by them.

Therefore I order that Blood should be freely taken from the Arm, if no Blood has been taken away before; and after Two or Three Hours, I give an Anodine. The next day I prescribe some gentle Purge, and to be repeated the next day save one, and sometimes thrice, according as the Relicks of the Humour are more or less.

But we must take notice, that if this Disease proceed from Eating too much Fruit, or from any Meat of hard Digestion, upon which account ill and corrupted Juices are first transmitted to the Blood, and afterwards to the Bowels, I say in this case the Stomach must be wash'd with large Draughts of Posset-Drink, which must be Vomited up again; which being done, an Anodine is to be given, and the next day a Vein must be open'd; and as to other things, you must proceed according to the Directions above-mention'd. But when the violence of the Pain, and the Vomiting (by reason of which the Guts are as it were inverted) do resist the operation of the Catharticks, they must be made stronger; for 'tis in vain to give a gentle Cathartick, unless the Patient is easily Purg'd, which must be carefully enquir'd into; for such a Medicine being

ing not strong enough to make its way through the Intestines, the Patient is more injur'd thereby; for by its ineffectual agitation, the Vomiting and the Pain is increased. A Lenitive Cathartick Potion, of the infusion of *Tamarinds*, of the *Leaves of Senna and Rubarb*, in which may be dissolved *Manna*, and *Syrup of Roses*, is to be preferr'd before other Catharticks, for it least exagitates and moves the Humours. But if the Sick can't retain a Liquid Medicine, by reason of an aversion, or because of the Vomiting, you must necessarily use Pills, among which the Pill *Cochia* pleases me best, for they pass best through the Body in this and in most other cases. But when the weakness of the Stomach, or the Vomiting is so great, that the Pills can't be retain'd, then I first order an Anodine, and a few Hours after a Purge; but there must be so much space betwixt them, that the Cathartick be not quell'd by the Narcotick, and so render'd ineffectual; but that it may continue so long in the Stomach, as is necessary for its imparting its Purgative quality to it, that it may operate when the virtue of the Narcotick is spent; though the Purge if it could be conveniently done, is best given a long while after the Anodine; for Twelve Hours after taking it, the Patient is difficultly Purg'd.

But because in this as well as in most other Diseases, in which Narcoticks are indicated, a Purge always increases the Pain (at least when it has done working, for while 'tis in operation,

operation, the Patient is not so ill,) therefore I usually give an Anodine as soon as the Purge has done working, which I order to be taken Morning and Evening Daily, viz. In the middle spaces betwixt the Purges, that I may the more certainly appease the Pain till the Patient has been sufficiently Purg'd.

The Purging of the Humours being over, I endeavour to bridle the fury of the Disease, (which now only remains to be done,) by giving an Anodine constantly Morning and Evening, which must be sometimes repeated oftner; nor cou'd I ever take off violent pains, without a larger Dose than is usual, and that repeated too; for that which is sufficient to vanquish another Disease, will be altogether insufficient in this case, the violence of the Disease subduing the force of the Medicine: And 'tis indeed safe to repeat Narcoticks, while such a pain as this continues violent, but not when 'tis gone off. Wherefore I repeat the Anodine according to the degree of the pain, till it ceases, or till it be very much lessen'd; yet there must be such a space of time between them, that I may find what may be hop'd for from the former Dose, before I give another: But for the most part, unless the pain be very violent, a Paregorick given Morning and Evening may be sufficient. Liquid Laudanum is the Anodine I chiefly use, of which I give Sixteen Drops in some Cordial Water, or the Dose may be increas'd according to the violence of the Pain.

This

This plain Method by which first the Pec-
 cant Matter is evacuated by Bleeding and
 Purging, and then ease procur'd by the help
 of Narcoticks, succeeded better in my practice,
 than any other I ever knew; whereas Carmi-
 native Clysters, injected in order to Extermi-
 nate the Acrid Humours, do only stir the Coals,
 and render the Disease more lasting, by the
 tumult they raise in the Humours. But here
 I must admonish you, that though I have said
 Bleeding and Purging must necessarily precede
 this quieting Method, yet sometimes upon oc-
 casion both being omitted, you must begin
 with Anodines. For instance, when by reason
 of some preceding Sickness, large Evacuations
 have been us'd not long before the coming
 of the Colick, (for many times they who have
 recover'd of another Disease, have fell sud-
 denly into this, by reason of a weakness of the
 Bowels, especially if there be a great degree
 of Heat, occasion'd by drinking of Wine, or
 some other Spirituous Liquor immoderately,)
 I say in this case, 'tis not only unnecessary, but
 I think 'tis injurious to give Catharticks again,
 for by them new Tumults will be rais'd. More-
 over the Guts are most commonly sufficiently
 cleans'd by Clysters, frequently us'd before the
 Physician is advis'd with; so that partly for
 this cause, and partly by reason of the long
 continuance of the Disease, Narcoticks seem in
 a manner to be only useful.

In *August*, 1671, the Noble Baron *Annesly*
 being afflicted with the Bilious Colick,
 with intolerable Pain, and frequent Vomiting
 for

for some Days, sent for me to the Castle of *Belvoir*; he had try'd all sorts of Clysters and other Remedies, by the prescription of Learn'd and Experienc'd Physicians living thereabout. I advis'd without any more adoe, the repeated use of Narcoticks, according to the Method just deliver'd, by which he recover'd in a few Days, and came to Town well with me.

But because this pain of its own nature is wont to return more than any other, all occasions of its Relapse must be prevented, by giving an Anodine twice a Day for some Days: But if as often as the Narcotick is intermitted, the pain now and then returns, as it sometimes happens, I don't know any thing that will so certainly perfect the Cure, as Riding on Horse-back, or in a Coach, with which the Patient must take long Journies; and in the mean while an Anodine must be given constantly Morning and Evening; for by this kind of Exercises, the Matter causing the Disease, is remov'd to the habit of the Body, and the Blood being broke into small parts by perpetual agitation, is as it were depurated again, and at length the Intestines are much strengthen'd and refresh'd by this way of stirring up the natural Heat. Nor am I alham'd to confess, that by the help of this Exercise, I have more than once perfectly cur'd this Disease, when I was not able to cure it any other way; but this must not be us'd before the Patient has been well Purg'd, and then he must continue the use of it for many Days.

One of my poor Neighbours who is now Living, was afflicted in these Years with a most violent Bilious Colick, who a long time endeavour'd, but in vain, to conquer the Disease by Catharticks, Clysters, and Leaden Bullets swallow'd down; I order'd him to use Narcoticks frequently, which he did with good success, for as often as he us'd them, he found himself very easie; but seeing the Disease was only palliated with these things and not extirpated (for it return'd as soon as the vertue of the Narcotick was spent,) I took pity upon the Man, being grievously afflicted with this Disease, and also with Poverty, and lent him one of my Horses, that he might go a Journey as above directed, and having travelled a few Days, the Bowels grew so strong, as to be able to shake off the Relicks of the Disease, and so he perfectly recover'd, without the help of Anodines.

And to speak the truth, I have known this kind of Exercise has been always us'd with admirable success in most other Chronical Diseases, if the Patient continued it resolutely. For if we consider with our selves, that the lower Belly in which are plac'd the Organs of Secretion, are much shaken by this Exercise, perhaps some Thousands of times in a Day, we shall easily believe that they are able by the help of the foresaid Exercise, to shake off any Excrementitious Juice that is impacted there; and (which is of greater Moment yet,) that they are so corroborated by that powerful excitation of the native Heat, that they
may

may duly perform that office of purifying the blood which Nature has appointed them.

If the Patient be Young, and of a Hot Constitution, I order a cooling and thickening Diet, suppose Pulp of Barly, Panada, and the like, and every third day if the Stomach is craving, Chick, or a Whiting boyl'd. I allow no other Drink than Small-beer, or Milk-water: And this all I order, unless Riding necessary to recover the Health, requires more nourishing Food, and more generous Liquor, by which the Spirits exhausted by Exercise may be repair'd.

But when the Disease being unskilfully treated has a long while afflicted the Patient, so that the Bowels become weak and infirm, and he is in a manner quite wasted, I say in this case we find by experience, that the free use of Epide-mick Water, or of Aq. Mirabilis, or of any other the Patient likes best, relieves him at this time beyond expectation; for by this means the small Relicks of the Native Heat and the Spirits will be excited, and the preternatural ferment sticking to the Bowels, and now and then occasioning new Fits, will be extinguish'd by Spirituous Liquors.

Moreover as in the cure of the Disease, so when 'tis over, the thin Diet we have mention'd must be observ'd for some time; for this Disease being more apt to return than any other, and seating it self upon the principle parts for concoction (I mean the Bowels already weaken'd by it) the least error of this kind will present occasion much pain. Wherefore in this and all other Diseases of the Bowels, Meats of hard Digestion

Digestion are carefully to be avoided, and things of easie Digestion must be taken only in such a quantity as will suffice to sustain Life.

A certain kind of Hysterical Disease afflicts some Women, very like the Biliours
The Hysterick Colick, Colick, both as to the sharpness and situation of the Pain, and also upon the account of the Humours ejected by Vomit, of a Yellow and Green Colour: I will treat of it by the by, lest any one should take it for the bilious Colick just now mention'd.

Those Women that are of a laxe and crudle habit of Body, are chiefly afflicted with this Disease, and they that have lately labour'd under some other Hysterick indisposition, (or which is very often) those that have scarce evaded a difficult and hard Labour, in bringing forth a large Child, whereby the Mothers Nature and Strength has been almost spent. A pain as violent almost as that of the Colick or Iliack Passion, seizes the region of the Stomach; and sometimes it comes a little lower, and then violent Vomitings follow, and the Matter which is cast up, is sometimes Yellow, and sometimes Green; and more over (which I have often observ'd,) there's a greater dejection of Spirit and desperation than in any other Disease whatever. After a Day or Two the pain goes off, and returns again a few Weeks after as violent as 'twas before. Sometimes 'tis accompanied with the Jaundice, which is very visible, and which goes off of its own accord in a few Days. When all the Symptoms are gone off, and when the Patient seems very

well

ell, the smallest disorder of the Mind, whether be occasion'd by Anger or Sorrow (to both which in this case Women are very prone,) almost recalls the pain, which may be said of Walking or any other Exercise us'd too soon; or by these means Vapours are elevated in a lax and weak habit of Body. When according to the vulgar Opinion, I say, Vapours, whether they be so or no, or whether they are convulsions of particular parts, the Phenomena may be solved either way. These Vapours or Convulsions when they invade this or that region of the Body, produce Symptoms agreeable to the part they invade; and though they are one and the same Disease every where, yet they cunningly resemble most of the Diseases Mankind is expos'd to, which is manifest from this Symptom, which when it seizes upon the parts near the Colon, imitates exactly the Bilious Colick, which is also as apparent in many other parts of the Body afflicted with this Disease. For instance, Sometimes it seizes one of the Kidneys with a violent pain, from whence arises violent Vomiting, and being oftentimes convey'd by the passage of the Ureter, it resembles the Stone; and being exasperated by Clysters and other Lithon-
triptick Medicines design'd to force away the Stone, it afflicts the Patient in the same manner a long while, and sometimes (contrary to its nature, for left to it self, 'tis no way dangerous) kills the Patient. I have seen moreover Symptoms occasion'd by it, exactly resembling the Stone in the Bladder. Not long agoe I was call'd up in the Night to visit a Countess, my Neighbour,

Neighbour, seiz'd suddenly with a violent pain in the region of the Bladder, and with a suppression of Urine; and having known that she was subject to various Hysterick Indispositions, suppos'd the Disease was not that they imagin'd and therefore I would not suffer a Clyster that her Maid had prepared to be injected, lest the Disease should be increas'd thereby; and instead of this and Emollients, namely *Syrup of Marsh-Mallows* and the like, which the Apothecary had brought, I order'd a Narcotick, which soon took off that Symptom. And indeed there is not one part of the Body wholly secur'd from the assault of this Disease, whether they are internal or external, as the Jaws, Hips and Legs; in all which it excites violent pain, and when it goes off, leaves a tenderness behind, which will not bear touching, just as if the Flesh was bruis'd with violent Strokes.

But now seeing I have deliver'd some things by the by, appertaining to the History of the Hysterick Colick, lest it should be mistaken for the Biliouss Colick, I will transiently touch upon some things relating to the cure of the Symptom of pain which accompanies it. For the perfect Cure which takes off the Disease, by removing the cause, comes under another Speculation, and belongs to another place.

Bleeding and Purging repeated, which are plainly indicated at the beginning of a Biliouss Colick, are not to be used here, unless in the case to be mention'd by and by; for experience teaches, that the pain is exasperated, and that all the Symptoms increase by reason of the tu-
mult.

tumult which those things occasion; and I have
 more than once observ'd, that the repetition of
 the gentlest Clysters have brought on a long se-
 ries of Symptoms. And reason as well as expe-
 rience dictates, that this Disease is rather pro-
 duced by an inordinate motion of the Spirits,
 than by vicious Humours, if we consider what
 things most commonly occasion it; and they are
 such as these, large and unnecessary profusions
 of Blood, violent motions of the Mind and Body,
 and such like: All which forbid those Remedies
 by which a greater disturbance of the Spirits may
 be occasion'd; and instead of them Anodines
 are to be us'd, though the green and ill colour
 of the Matter vomited up may seem to indicate
 the contrary; for the speculation of colours is
 too nice to authorize those Evacuations, which
 we find *ipso facto* injurious. And I don't at all
 doubt that this Disease (which though it occa-
 sion violent pain, is no way Mortal,) has
 prov'd deadly by reason of Errors committed
 upon the belief of such Speculations. Moreover
 any one should give the strongest Vomit to
 away, to eject that which he supposes to be the
 occasion of the Disease, yet the next Day the
 patient would vomit up Matter quite as green
 or of some other ill colour, as was the for-
 mer.

But we must take notice, that there is some-
 times so great a quantity of Blood and Humours
 which so resists the operation of the Narcotick,
 that though it be often repeated, it can't quell
 the tumult, till the Patient is Blooded and
 purg'd, which I have observ'd in Women of a
 very

very Sanguine Constitution, and in Virago's
 the case is so, Bleeding or Purging, or percha
 both, must make way for the Anodine; for
 ther of these being us'd, a moderate Dose
 the Narcotick will perform the business, wh
 otherwise would signifie nothing, though
 largest Dose was given: But this seldom
 pens, and then these Remedies must not be
 peated; and when they are us'd when their
 need of them, you must proceed in giving
 dines in that Method which I have propos'd
 the Bilious Colick, and they must be taken co
 or seldom, according to the degrees of
 Which Method indeed respects only the Sym
 tom of violent pain; for I don't now underr
 to treat of that Method which takes off
 cause. But for as much as this Disease in
 pocondriacal as well as Hysterical People,
 the reason is the same in both, as is said
 another place,) often ends in the Jaundice,
 as this comes on, so that goes off; we must
 notice, that in curing this kind of Jaundice
 Catharticks are either wholly to be omitted
 if they are given, you must use only Ruel
 or some other gentle Purge; for there's dan
 lest by Purging, new Tumults should arise,
 so all the Symptoms return. And therefore
 this case, nothing must be done presently,
 ing the Jaundice taking its rise on this acco
 generally lessens of its own accord, and wh
 vanishes in a short time; but if it continu
 long while, and seems to go off difficultly,
 medies must be taken for it: I use the foll
 ing.

of Chronical Diseases.

31

Take of the Roots of Madder, of Curcuma, each ℥i, of all the greater Celandine, and of the tops of the lesser Centauris, each M i; boile them in equal parts of Rhenish Wine, and of Fountain Water, to ℥ij, in the straining Dissolve ℥ij of the Syrup de quinq. Radicibus, mingle them, make an Apozem; let the Patient take ℥ss Morning and Evening, till he's well.

But if the Jaundice comes of it self, the Collick not going before, 'tis necessary besides the alteratives just mentioned, to give Cholagoges, that is, such things as purge Choler by Stool, namely once or twice before the Patient enters upon the Apozem prescrib'd, and afterwards once a Week as long as he takes it.

As take of the Electuary of the Juice of Roses ℥ij, of Rubarb finely Powder'd ℥ss, of Cream of Tartar ℥i, make a Bolus with a sufficient quantity of Syrup of Rubarb, with Cichory; give it early in the Morning, and let the Patient drink upon it a small Draught of Rhenish Wine.

But if notwithstanding the constant taking of these things a long while, the Disease continues obstinate, the Patient must drink Tunbridge Water or such like, from the Fountain every Morning 'till he recovers.

CHAP.

C H A P. III.

Of the Hysterick Disease.

THIS Disease if I calculate right, is the most frequent of all Chronical Diseases, and Fevers with those Diseases that appertain to them if they are compar'd with Chronical taken together make two Thirds, so Hysterical Diseases (at least those that go under that Name,) are half the remaining Third; that is, Chronical Diseases are half Hysterick, for very few Women (which Sex contains the half of grown People) are wholly free from all kinds of Hysterical Diseases, if you except those who being accustomed to labour, live hardly. Yea, many of those Men that live sedentary Lives, and are wont to Study hard, are afflicted with the same Disease. And though heretofore Hysterical Symptoms were always reckon'd to proceed from a vitious Womb, yet if we compare Hypochondriacal Symptoms which we are supposed to proceed from obstructions of the Spleen or Bowels, or from some other I know not what Obstructions, with Womens Hysterick Symptoms, an Egg is scarce more like an Egg, than these Symptoms are one another in all respects. But it must be confess'd that Women are much more subject to this kind of Disease than Men, not for that the Womb is more faulty than any other region of the Body, but for causes to be shewn by and by.

Nor is this Disease only frequent, but so wonderfully various, that it resembles almost all the Diseases poor Mortals are subject to, for whatever part it seats it self in, it presently produces such Symptoms as appertain to it; and unless the Physician is very sagacious and very skilful, he will be mistaken, and suppose that those Symptoms proceed from some essential Disease of this or that part, and not from an Hysterical Distemper.

Sometimes for instance, it possesses the Head, and occasions an Apoplexy, which also ends in an Hemiplegy, and is exactly like that Apoplexy by which Corpulent and Antient People are destroy'd, and which happens by reason the passages of the Animal Spirits are stopt, the Cortex of the Brain being stuffed by a great deal of Phlegm, from which cause the Apoplexy that happens to Hysterical Women, does no way seem to arise, for it seizes such very often presently after delivery, a great quantity of Blood being at the same time evacuated, or it's occasion'd by hard Labour, or some violent commotion of the Mind.

Sometimes it produces violent Convulsions, very like an Epilepsie, the Belly and Bowels swelling towards the Throat, the Patient struggling so violently, that though at other times her strength is but ordinary, she now can scarce be held by all the strength of the by Standers, uttering some odd and inarticulate sounds, and striking her Breast. Women who are accustomed to this Disease, commonly call'd Mother Fits, are generally extraordinary Sanguine, and

have an habit of Body almost like that of a Virago.

Sometimes it possesses the outward part of the Head betwixt the Pericranium and Skull, causing violent pain continually fix'd in one part, which may be cover'd with the top of your Thumb; and violent Vomiting accompanies this pain. I call this Species, *Clavus Hystericus*, chiefly afflicting those that have a Chlorosis.

Sometimes falling upon the Vital parts, it occasions so great a palpitation of the Heart, that the Women who are afflicted with it may verily believe that the by Standers may hear the sound of the heart thumping upon the Ribs; this kind chiefly afflicts those that are of a thin habit of Body, and of a weak Constitution, and who look almost tabid; and also Young Maids that have the Green Sickness.

Sometimes it seizes the Lungs, and the Patient coughs almost without intermission, but expectorates nothing; and though this sort of Cough don't shake the Breast so violently as that which is Convulsive, yet the Explosions are much more frequent: But this kind of Hysterick Cough is very rare, and chiefly invades Women that abound with Phlegm.

Sometimes rushing violently upon the Colon, and the region under the *Scrobiculum Cordis*, it occasions violent Pain, much like the Iliac Passion, and the Woman Vomits exceedingly, ejectiong a certain green Matter, somewhat like that they call *Porraceous Bile*, and sometimes of an unusual colour. And often after the Sick has been almost destroy'd by the said Pain, (which would

tire

fire a Stoical Apathy,) and reachings to Vomit for many Days, at length the Fit is carried off by the Jaundice, tincturing the Superficies of the Body like Saffron. Moreover the Sick is oppressed by an anguish of Mind, and wholly despairs of Recovery, with dejection of Mind, and as it were a certain Desparation which as certainly accompanies (as I have observ'd) this kind of Hysterick Diseases, as the Pain and Vomiting above mention'd. This kind chiefly invades those that are of a Laxe and Crude habit of Body, and those that have suffer'd much in bringing forth great Children. When this Disease falls upon one of the Kidneys, it plainly represents by the pain it causes there, a Nephritick Paroxism, and not only by that sort of Pain, and by the place it rages in, but also by violent Vomitings, which accompany it, and also for that sometimes the pain extends it self through the passage of the Ureter; so that 'tis very difficult to know whether these Symptoms proceed from the Stone, or from some Hysterick Disease, unless perchance some unlucky accident disturbing the Womans Mind a little before she was taken ill, or the Vomiting of green Matter, shews that the Symptoms rather proceed from an Hysterick Disease, than from the Stone. Neither is the Bladder free from this false Symptom, for it does not only cause Pain there, but it also stops the Urine, just as if there were a Stone, whereas there is none. But this last kind seizing the Bladder, happens very seldom; but that which resembles the Stone in the Kidnies is not so rare: Both us'd to invade those Women who are much

weaken'd by Hysterick Fits coming frequently, and whose health of Body is much impair'd.

Sometimes falling upon the Stomach, it causes continual Vomiting, and sometimes a Diarrhæa, when 'tis fetled upon the Guts; but no pain accompanies either of those Symptoms, tho' oftentimes in both, that green Humour appears: Both these kinds are familiar with those that are much weaken'd by Hysterick Fits coming frequently.

And as this Disease afflicts almost all the inward parts, so sometimes it also seizes the outward parts, and the Musculous Flesh, occasioning pain, and sometimes a tumour in the Jaws, Shoulders, Hands, Thighs and Legs, in which kind that tumour which swells the Legs is more conspicuous than the rest; but whereas in Hydro-pical Tumours these Two things may be always taken notice of, namely, that the Swelling is most in the Evening, and that the Finger press'd upon it, leaves a Pit. In this tumour the Swelling is most in the Morning, neither does it yield to the Finger, or leave any Mark behind it; and for the most part it only swells one of the Legs. As to other things, if you mind the largeness of it, or its superficies, 'tis so very like Hydro-pical Swellings, that the Patient can scarce be brought to believe 'tis any other Disease. Neither can the Teeth free themselves from the assaults of this Disease, though they are not hollow, and though there's no apparent defluxion that may occasion the pain, yet is it no whit gentler, nor shorter, nor easier cured. But those pains and tumours which afflict the outward parts, chiefly

chiefly seize those Women that are in a manner quite destroy'd by a long series of Hysterick Paroxifms, and by the force of them.

But among all the torments of this Disease, there's none so common as a pain in the Back, which most certainly all feel, how little soever they are afflicted with this Disease. Moreover this is common to the foresaid Pains, that the place on which they were, will not bear touching after they are gone, but is tender, and akes, just as if 'twere soundly beaten; but this tenderness goes off by degrees.

And this is worth observing, that often a notable cold of the External parts, makes way for these Symptoms, which for the most part does not go off till the Fit ends; which Cold I have observ'd is almost like that by which a Carkas grows stiff, yet the Pulse are good.

And moreover, almost all Hysterick Women which I have hitherto taken care of, complain of a dejection and sinking of the Spirits; and when they wou'd shew the place where this contraction or sinking of the Spirits is, they point to the region of the Lungs.

Lastly, Every one knows that Hysterick Women sometimes Laugh excessively, and sometimes Cry as much, without any real cause for either.

But among all the Symptoms that accompany this Disease, this is the most proper, and almost inseparable, namely a Urine as clear as Rock Water; and this Hysterick Women evacuate plentifully, which I find by diligent inquiry, is in almost all the Pathognomonic sign of this Di-

sease which we call Hysterick in Women, and Hypochondriack in Men; and I have sometimes observ'd in Men, that presently after making Water of a Citron colour, (yea almost the next moment) being suddenly seized with some violent commotion of the Mind, they presently make Water as clear as Crystal, and in a great quantity, with a continued violent Stream, and continue ill 'till the Urine comes to its wonted Colour, and then the Fit goes off.

And it happens to all Hysterical and Hypochondriacal People, that sometimes they belch up ill Fumes as often as they eat, though they eat only moderately, and according as they have an Appetite; and sometimes the Wind that comes from the Stomach is sour, just like Vinegar when it comes into the Mouth, the Concoction being much impair'd, and the Juices quite differing from their natural state.

Neither are they unhappy upon this account only, *viz.* that their Bodies are so ill affected, and as it were tottering like ruined Houses just about to fall; for their Minds are more diseased than their Bodies, for an incurable Desperation is mix'd with the very nature of the Disease; they are in a great rage when any one speaks never so little of the hopes he has conceived of their Recovery, easily believing that they suffer all the miseries that can befall a Man, foreboding the most dreadful things to themselves, entertaining in their restless and anxious Breasts upon a slight occasion, or perhaps for none at all, Fear, Anger, Jealousie, Suspicions, and worse Passions of the Mind if any can be worse, abhorring
all

all Joy, Hope and Mirth, and if any one of these do chance to occur, 'tis *rara Avis*, and soon flies away, and does no less exagitate the Mind, than the sorrowful Passions; so that they never observe a mean, constant only to inconstancy: Sometimes they love beyond measure, and presently hate the same without any cause; sometimes they design to do this or that, then presently alter their Intentions, and begin the quite contrary, and yet they don't perform that neither; so wavering are they, that their Minds can't be at all at rest; and that which the Roman Orator said of the Superstitious, exactly agrees with these Melancholy People, *Sleep (says he) seems to be a refuge for the Laborious and careful, but from thence cares and fears arise.* Whilst only Funerals and Apparitions of their Deceas'd Friends are represented in Dreams, and they are so tormented in Body and Mind, that one would think their Lives were a Purgatory, in which they were to purifie themselves, and to expiate Crimes committed in some other state. Nor does this happen only to Mad People, but also to those who if you except these impetuosities of Mind, are very Prudent and Judicious, and who much excel for deep Thought and wisdom in Speech, others whose Minds were never excited by these Provokements to thinking, so that *Aristotle* was much in the right, when he said Melancholy People are most ingenious.

But this dreadful condition of the Mind which we have above describ'd, seizes on those only that have much and a long while conflicted with this Disease, and have been at length wholly

vanquish'd by it, especially if Adversity, Care or Trouble of Mind, or hard Study or the like, joyn'd with an ill habit of Body, have added Oyl to the Flame.

A day would scarce be sufficient to reckon up all the Symptoms belonging to Hysterick Diseases, so various are they, and so contrary one to the other, that *Proteus* had not more shapes, nor the *Chamelion* greater variety of colours: And I think *Democritus* reckon'd pretty right (though he mistook the cause of the Disease,) when he said in an Epistle to *Hippocrates*, that the Womb was the cause of Six Hundred Miseries, and of innumerable Calamities. Nor are they only very various, but also so irregular, that they can't be contain'd under any uniform type, which is usual in other Diseases, for they are as it were a disorderly heap of Phænomena, so that 'tis very difficult to write the History of this Disease.

The procatartick or external causes of this Disease, are either violent motions of the Body, or which is much oftner, vehement commotions of the Mind from some sudden assault, either of Anger or Grief or the like Passions; therefore as often as Women advise with me about this or that disorder of Body, the reason of which can't be deduc'd from the common Axioms, for finding out Diseases, I always diligently inquire of them whether they are not chiefly afflicted with that indisposition which they complain of when they have been disturb'd in their Minds and afflicted with Grief, which if they confess, I am sufficiently satisfied that the Disease must come under this Tribe we are now speaking of, especially

cially if Urine as clear as Chrystal evacuated copiously at some certain times, makes the diagnostick more manifest. But to these disorders of the mind which are usually the occasions of this Disease, is to be added emptiness of the Stomach by reason of long fasting, immoderate bleeding, and a Vomit or a Purge that work'd too much. Now having drawn the Picture of this Disease according to its most vulgar *Phænomena*, in the next place its internal efficient causes are to be consider'd, as well as we can gather them from all the circumstances join'd together, which we have describ'd: And in my opinion those Diseases which we call hysterical in Women, and hypochondriacal in Men, proceed from a confusion of the Spirits, upon which account, too many of them in a croud contrary to proportion, are hurry'd violently upon this or that part, occasioning Convulsions and pain, when they rush upon parts endued with exquisite Sense, perverting the Functions of the Organs, both of that, into which they thrust themselves, and also of that from whence they departed; both being much injur'd by this unequal distribution, which is quite contrary to the œconomy of Nature.

The origine and antecedent cause of this *Ataxy*, is a weak constitution of the said Spirits, whether it's natural or adventitious; for which reason, they are easily dissipated upon any occasion, and their System soon broke. For as the outward man is fram'd with parts obvious to Sense, so without doubt the inward man consists of a due Series, and as it were a Fabric of the Spirits, to be view'd only by the eye of Reason; and as this is
nearly

nearly join'd, and as it were, united with the constitution of the Body, so much the more easily and more difficultly is its frame disordered, by how much the constitutive Principles that are allotted us by nature, are more or less firm: Wherefore this Disease seizes many more Women than Men, because kind Nature has given them a more delicate and fine habit of Body, having design'd them only for an easie life, and to perform the tender Offices of Love; But she gave Men robust Bodies that they might be able to delve and manure the Earth, to kill Wild Beasts for Food, and the like.

But that the said confusion of the Spirits is the cause of this Disease, the Phænomena now describ'd, will sufficiently prove; the chief of which I will only mention. And I begin with Mother-Fits, here the Spirits are crowd'd in the lower Belly, and rushing together violently towards the Jaws, occasion Convulsions in every Region through which they pass, blowing up the Belly like a great Ball; which yet is nothing but the rowling together, or conglobation of the parts seiz'd with the Convulsion, which can't be suppress'd without great violence. The external parts in the mean while, and the Flesh being in a manner destitute of Spirits, by reason they are carried another way, are often so very cold, not only in this kind, but in all other kinds of hysterick Diseases (as was noted above) that dead Bodies are not colder. But the Pulse are as good as those of People that are well; nor is the Womans life in danger by this Cold, unless 'tis occasion'd by some very large evacuation going before.

Thee

The fame may be said of that violent hysteric Disease, which to outward appearance is like the bilious Colick or the iliack Passion, in which the Woman is seized with a violent pain in the Region, about the *Scrobiculum cordis*, together with violent Vomiting, by which a matter is cast up, in colour like Herbs, which Symptom I suppose, proceeds only from a vehement impulse of the Spirits crouded together in the said parts, which occasions the Convulsion and pain, and the total subversion of all the Faculties. Nor is it to be presently concluded that this Disease resides in the Humours, because those things that are evacuated upward or downward, are sometimes of a green colour, or that the violent pain is occasion'd by the acrimony of some Humour tearing the part it adheres to, which for that cause, we account the occasion of the Disease, and therefore suppose it ought to be eradicated by Vomits and Purges; for 'tis manifest that the Sickness which seizes People that go to Sea, (arising from the agitation of the animal Spirits in the boisterous Sea) occasions the vomiting up of matter as green as an Herb, from the Stomacks of those that are in perfect health, when they first go to Sea, and are a good way from Land; in whom, half an hour before, there was none of that Choler which is call'd *porraceous*. And don't Infants in convulsive Fits in which the animal Spirits are chiefly concern'd, evacuate upward or downward, matter of the same colour, to which must be added that which almost daily experience teaches, *viz.* that tho' such Women and Children shou'd be quite exhausted by repeated Purges, yet the said colour

colour wou'd still appear in that which they evacuate by Vomit or Stool; yea, the green matter increases by the frequent use of cathartick and emetick Medicines, because by both, the confusion of the Spirits is heightned, which I know not how either destroys or Perverts the ferment of those parts, or throws into the Stomach or Guts, by the force of the Convulsions, some juice of a strange nature, which is dispos'd to give the Humours such a Tincture. And tho' Chymists are not so happy as to prepare better Medicines in their fruitful Glass, than are made in a Mortar or a Pipkin, yet they know how to please the vain Humour of the Curious, by shewing two Liquors equally limpid and clear, which being mixt together, presently change into some deep colour, as if there was conjuring in the case. And truly the speculation of colours is so uncertain and vain, that we can learn nothing certainly from them concerning the nature of the Bodies they appear in; nor does it more necessarily follow, that those things which are of a green colour shou'd be acrid, than that all acrid things shou'd be green. This thing therefore being thoroughly consider'd, it will plainly appear, that the violent pain which almost destroys those that are afflicted with the hysterick Colick, and the evacuation of green matter, are wholly occasion'd by the Spirits rushing impetuously upon the parts about the *Scrobiculum cordis*, and contracting the same by Convulsions.

That Symptom which I term'd above *clavus hystericus*, is to be attributed to this enormity of the Spirits, in which the Spirits in all the compass of the Body, are as it were concentrated in a certain

tain point of the *Pericranium*, occasioning a pain, boring as it were through; just as if a Nail was driven in to the Head, together with violent vomiting and casting up of green matter, which Contraction indeed, of all the Spirits of the Body as it were to a Point, is somewhat like that Collection of the Raies of the Sun, which is made by a burning Glass: And as the force of these united burns, so they for the same reason occasion pain, by tearing the membranes with their forces join'd.

And then from that inordinate agitation of the Spirits disturbing the Blood, arises that Symptom, which as we have mention'd above, is frequent in hysterical and hypochondriacal People, *viz.* clear, limpid and copious Urine: For when the oeconomy of the Blood is interrupted, the Sick can't long enough contain the Serum that is imported, but lets it go before it's impregnated with saline particles, by which the citron colour is to be imparted to it; whereof we have a daily experiment in those that drink much, especially of thin and attenuating Liquors, for then their Urine is very clear, in which case the blood being overpower'd by that quantity of Serum, and being wholly unable to retain it, puts it off quite clear, not yet dy'd by the juices of the Body, by reason of its too short stay.

Three years ago a Nobleman sent for me, he seem'd to labour under an hypochondriack Colick, that was almost come to an iliack Passion, with pain and violent vomiting, with which he was much and a long while afflicted and almost worn out: I observ'd through the whole course of the Disease, that when he was worst his Urine was
always

always clear, but when he was a little better was somewhat of a citron colour. Visiting him one day, I view'd his Urine made at three times kept apart in three Chamber-pots, of a citron colour; he was then merry and chearful, and thinking of eating some meat of easie Digestion and he said he had a craving Appetite; but one coming in at that very moment, who vext him so much, that suddenly growing ill, he call'd for a Chamber-pot, which he almost fill'd with Urine: as clear as Chrystal.

And perhaps that spitting which is common in hysterical Women, proceeds from the Spirits first disturbing the blood; they spit thin for many Weeks, just as if they were salivated by unctious for during this disturb'd condition of the blood in which 'tis unable to perform evacuations according to Natures method, the Serum by chance taking this contrary course, is not evacuated according to the rules of Nature by the Reins, but is put off by the extremities of the Arteries upon the Glands, and so comes forth by the salivary passages in the form of Spittle. The same may be said of those violent nocturnal Sweats which afflict hysterical Women, which proceed from no other cause than the ill disposition of the Serum of the blood, by which 'tis inclin'd to be put off upon the habit of the Body.

As to the cold by which the external parts are so often chill'd in hysterical Diseases, 'tis very manifest that that happens because the Spirits forsaking their Stations, too officiously intrude themselves into this or that part; nor is it to be doubted that weeping and laughing Fits, which
often

often seize hysterical Women without any occasion; are procured by the animal Spirits forcing themselves violently upon the Organs, that perform these animal Functions.

And by the by, Men are also subject (tho' rarely) to Fits of weeping. I was sent for sometime ago to an ingenious Gentleman, who but a few days before, recover'd of a Fever; he made use of another Physician, who bled him and purg'd him thrice, and forbid him to eat Flesh: When I came and saw him with his cloaths on, and heard him discourse judiciously, I ask'd to what purpose was sent for? One of his friends answer'd, if I would have a little patience I should see; sitting down therefore, and discoursing with him, I presently observ'd that his lower Lip was thrust out, and mov'd frequently (as forward Children us'd to do to prepare for crying) and then wept so violently, that I scarce ever saw the like; with such deep sighs as were almost convulsive: Which sudden Torrent in a little time quite asswag'd. I supposed that this disorder proceeded from a confusion of the Spirits, which was occasion'd partly by the long continuance of the Disease, and partly by evacuations which the method of cure necessarily requir'd; and partly also from emptiness and abstinence from Flesh; which the Physician order'd for some days after he was well, to secure him from a Relaps. But I affirm'd he was clear from all danger of a Fever, and that the foresaid Symptom was wholly occasion'd by emptiness, and therefore I advis'd, that a roasted Chick shou'd be provided for his Dinner, and that he shou'd drink Wine moderately; which being done, and he re-
turning

turning again to the eating of Flesh moderately was never afterwards troubl'd with this convulsive weeping.

And now at length to come to a conclusion, (for I omit other Phænomena which belong to this Disease) that disturbance and varying Intemperiee both of Body and Mind, which prevails over hysterical and hypochondriacal People, is occasioned by this inordination of the Spirits; for in both that firmness of Spirits being wanting, which is always found in the robust, and in those who are continually invigorated by the assistance of brisk Spirits, they can't bear the impressions of cross accidents, but are soon mov'd by anger or pain, and are as apt to be angry, as those to whom either Nature has given a soft and weak Government of Mind, or when it has been render'd so by a long series or continuance of Diseases. For the strength and constancy of mind as long as 'tis confin'd in the Body, much depends on the firmness of the Spirits that are subservient to it, which indeed, are made of the finest matter, and are plac'd in the confines of immaterial entities, and as the frame of the mind, if it's lawful to call it so, is much more curious and delicate, than the structure of the Body, for it consists in the harmony of the most excellent and almost divine Faculties; so if its constitution is any way spoil'd, by so much the greater is the ruin, by how much 'twas more excellent and more exquisitely compos'd when 'twas whole. And this indeed is the condition of these miserable and dejected People we have describ'd, for which Disease, some obstinate Decree of the most insolent

Stoicks

Stoick wou'd give no greater ease, than he that wou'd prevent the Tooth-ach, by firmly resolving that he wou'd not by any means suffer his Teeth to ake.

And now I suppose that 'tis manifest that this whole Disease is occasion'd by the animal Spirits being not rightly dispos'd, and not by Seed and menstruous Blood corrupted, (as some Authors assert) and sending up malignant Vapours to the parts affected; nor from I know not what depravation of the Juices or Congestion of acrid Humours as others think, but from those causes we have assign'd. For that the Fomes of the Disease don't lurk in matter, will plainly appear by this one Instance, *viz.* a Woman that us'd to enjoy perfect Health being delicate, and of a thin habit of Body, if she chance to be weaken'd and exhausted by some Error, or by a strong Vomit or Purge, will certainly be afflicted with some one of those Symptoms that accompany this Disease; which wou'd rather be remov'd than occasion'd by such vomiting or purging, if the Fomes of the Diseases was contain'd in a Humour. The same may be said of a great loss of Blood, whether it's taken away by opening a Vein, or flows immoderately in Labour, or of Emptiness, or too long Abstinence from Flesh; all which would rather prevent Hysteric Diseases than occasion them, if the Fomes of them was involv'd in some matter: Whereas on the contrary, nothing does so constantly occasion this Disease as these Evacuations.

But tho' 'tis apparent enough that the original Fomes of this Disease, is not lodg'd in the Humours, yet it must be confess'd that the confusion

of the Spirits produces putrid Humours in the Body, by reason the Function as well of these parts which are distended by the violent impulse of the Spirits, as of those which are depriv'd off them, are wholly perverted. And most of these being as it were separatory Organs designed for the reception of the impurities of the Blood, if their Functions are any way hurt, it can't be butt a great many feculencies will be heap'd up, which had been eliminated, and so the Mass of Blood purified, if the Organs had perform'd their Office; which they had certainly done, if a due œconomy of the Spirits had invigorated them all. To this cause I attribute great Cachexies, loss of Appetite, a Clorosis, and the White Fever in young Women, (which I don't at all doubt, is a Species off hysteric Diseases) and the source of all the miseries that overwhelm poor Women, that have Languish'd a long while under this Disease; all which proceed from putrifying Juices heapt up in the Blood, and flowing from thence upon the various Organs. Of this kind is a Dropic of the Womb in Women, which have been long afflicted with this Disease, occasion'd by deprav'd Juices cast from the Blood upon the Organs, by which, their Faculties being perverted, they first become Barren, the œconomy of the parts being wholly destroy'd, and then *Serum* and *Sanies* are generated, which don't only stuff the Eggs of the Testes, but also insinuating themselves into the Interstices of the Coats, cause them to grow very big, which is perceiv'd by the dissection of those that dye of this Disease: And the hysterical disposition, is the prime cause of these and other Humours,

Humours, though they are not of the same kind with it.

As in a quartan Ague, with which any one that's perfectly well may be seized, if he continues two or three days in Moorish and Fenny Places; first some Spirituous Venom of the Disease being imprinted upon the Blood, which continuing a long while, and at length the œconomy of nature being hurt, it infects all the Juices of the Body, and quite changes their Dispositions; so that the Sick (especially if he begins to grow old,) is render'd obnoxious to Cachexies and other Distempers which come upon long Agues; yet these Agues are not to be cured by those Remedies that are proper to Purge off such Humours, but by such things as cure Agues by a Specifick quality.

From all that has been treated of, it's very manifest to me, that that's the chief indication in this Disease, which directs the corroboration of the Blood that is the Fountain and Origine of the Spirits; which being done, the invigorated Spirits can preserve that tenor that's agreeable to the œconomy of the whole Body, and the particular parts. And therefore when the *Ataxy* of the Spirits (which we have allow'd above may be) has vitiated the Humours by long continuance, 'twill be proper first to lessen those Humours so corrupted, by Bleeding and Purgings, if the Patient has sufficient strength, before we endeavour to corroborate the Blood, and which indeed we can scarce do, whilst a feculent heap of Humours lies in the way. But forasmuch as Pains, Vomiting and Looseness are sometimes so

very severe that they will not bear a truce so long until we have satisfied the first intention off fortifying the Blood, therefore sometimes we must begin the cure, by quieting the effects, (the cause being let alone a little while,) with some Anodine Medicine, and then we must endeavour to rectifie the Spirits, whose infirm Constitution is the cause of this Disease, by which we may again endeavour to cure such kind of Symptoms; and because experience teaches, that there are many stinking things that will repel the inordination of the Spirits, and contain them in their Places, (which are therefore call'd Hystericks,) we must make use of them when we would answer such intentions.

According to what has been said, I order the Patient to be Blooded in the Arm, and that after she be Purg'd Three or Four Mornings following, the Patient thinks her self worse of those Days she is Blooded and Purg'd, for these Evacuations promote the Ataxy, which I take care to forewarn her of, that she may not despond, the Disease of it self being apt to incline her to do so; but however those vicious Humours we suppose are heap'd up by the long continuance of the Disease, are in some sort to be evacuated before we can conveniently answer the prime intention.

After these Evacuations, I prescribe some Chalybeat Remedy to be taken Thirty Days to comfort the Blood, and so by consequence the Spirits that proceed from it; and nothing will more certainly answer your intention in this case, for it raises a volatile Ferment in the vapid and languid

guid Blood, by which the weak Spirits are rous'd that before were press'd down by their own weight: And this is very manifest, for as often as Steel is given in a Chlorosis, the Pulse are presently greater and quicker, and the outward parts grow warm, and the pale and dead Countenance is chang'd, and becomes fresh and lively. But here we must take notice, that Bleeding and Purging must not always be us'd before Chalybeats; for when the Patient is weak, and almost worn out by the long continuance of the Disease, they may and ought to be omitted; and you must begin with Steel, which must be well minded.

But in my opinion 'tis most conveniently given in substance, and as I have never observ'd nor heard, that so taken, it ever injur'd any Body, so I have been fully satisfied by frequent experience, that the bare substance performs the Cure sooner and better than any of the common Preparations of it, for busie Chymists make this as well as other excellent Medicines, worse rather than better by their perverse and over-officious Diligence. I have also heard, (and if it be true, it much strengthens our Assertion,) that the crude Mine as 'tis digged out of the Earth, is more effectual in curing Diseases, than Iron that has pass'd the Fire, and been purified by Fusion, so the Author affirms, but I have not yet try'd whether it is so or not. This I certainly know, that no excellent and powerful Remedy has been any where made, which has not received its chief Virtues from Nature; upon which account grateful Antiquity call'd excellent Medi-

cines, God's Handicraft, not Mans. And that some excellent thing does produce wonderful effects by its native goodness and efficacy, may be prov'd by Opium, or the Peruvian Bark. Nor is a Physicians skill so much perceiv'd by preparing Medicines, as by choosing such as are fit, which Nature has prepar'd with her own Fire, and freely bestow'd upon us; so that all that we have to do, is to reduce Medicines into that form, whereby either their substance, or their vertue and efficacy may be better imparted to our Bodies, for the performance whereof we are sufficiently instructed. Next to the substance of the Steel, I choose the Syrup of it, prepar'd with the Filings of Steel or Iron infus'd in the cold, in Rhenish Wine, 'till the Wine is sufficiently impregnated, and afterwards strain'd, and boyl'd up to the consistence of a Syrup, with a sufficient quantity of Sugar.

Nor do I use any Cathartick Medicine at set times during the whole Chalybeat course; for I am of the opinion, that the vertue of Steel is destroy'd by a Purge, both in Hysterical and Hypochondriacal Diseases; and when my chief design is to reduce the Spirits to order, and to renew and confirm their System, if I should use the gentlest Purge but once, I should undo all that I had done in a Week before, and by pulling down what I have built, and by building what I have pull'd down, I should trifle with myself and Patient too; and I believe Mineral Waters which participate of an Iron Mine, are render'd less effectual by this means; though I know that some have been cur'd when Purges have not been

been given only now and then; but daily with the Steel; which does not so much prove to me the Prudence of the Physician, as the extraordinary virtue of the Steel; for if they had been omitted, the cure would have been performed in a less time.

Nor indeed do I see what advantage, or rather not what disadvantage Purges often repeated may produce in many other Diseases besides that just mention'd; for though it can't be denied that they clear the Intestines of Impurities, and likewise that they somewhat discharge ill Humours that are lodg'd in the Mass of Blood, yet on the contrary, 'tis no less certain, that when they are frequently repeated in weak Bodies, especially in the tender age, they do much hurt, because upon this account a great many Humours are drawn to the Intestines, and being put off upon these parts, occasion præternatural Ferments, whereby tumours arise in the Belly, increasing daily so much the more, by how much the oftener the Sick is Purg'd; and at length it happens that those parts by reason of weakness (being as it were overwhelm'd with a burden of Humours,) and by a defect of natural Heat soon become tabid and putrifie. And sometimes also the œconomy of the Bowels being quite destroy'd by reason of the Causes mentioned, præternatural Kernels, a-kin to the Kings-Evil, and the like, grow to the Mesentery, and make way for Death. For these Reasons I judge 'tis safest in Children after general Evacuations, and those but very few, to direct the Curative Indication, so as to comfort the Blood and Bowels, which may be

done with Spanish Wine alone, or with Corroborating Herbs in it, if Morning and Evening some Spoonfuls of it, (according to the Age of the Sick) be given long enough. And because things outwardly apply'd can easily penetrate the tender Bodies of Infants, and so can throughly affect the Blood with their Virtue whatever it is, 'twill be convenient in Swellings of their Bellies, whether occasion'd by the King's-Evil, or by the true Rickets, to use Liniments that are proper to corroborate the Blood and Bowels, and likewise to cure any Morbifick indisposition of them.

Take of the Leaves of Common-Wormwood, of the Lesser Centaury, of white Whorehound, of Germanander, of Ground-pine, of Meadow Saxifrage St. John's-wort, Golden Rod, Wild Thyme, Mint, Sage, Rue, Carduus Benedict. Penny-royal, Southernwood, Chamomel, Tansie, Lilly of the Vallies, (of all fresh gather'd and cut) each M i, of Lard ℥ iiii, of Sheep-Suet, and Claret-Wine, each ℥ ij; let them be steep'd in an Earthen Pot upon Hot Embers twelve Hours, and then let them boil till all the Moisture is consumed; afterwards strain them, and so make an Ointment, with which let the Belly be anointed Morning and Evening for Thirty or Forty Days following, and also both the Arm-pits.

But as to the Rickets, this must be noted, that in those tumours that afflicted the Bellies of Infants heretofore after long Agues, not much unlike the true Rickets, Purges repeated seem'd to be indicated; for before the use of the Peruvian Bark, Agues continued a long while, and put off a Sediment, which was the cause of tumours of
this

his kind, which could be carried off only by Purges repeated. But in the true Rickets, Catharticks are not to be us'd above once or twice at the most, before the Patient enters upon the use of Alteratives; and all the time the parts are anointed, let him take inwardly of the Wine above mention'd; or if it may be, let him use for his ordinary Drink Beer, with the foresaid Herbs, or at least many of them put up with it in the Vessel. Lastly, this I have hinted ought to be carefully minded, for I am fully satisfied, that many Infants and Children have been destroy'd by Purges often repeated, which perhaps were given to assuage the Belly: But this by the by.

If any one object that the Filings of Steel may hurt those that take them by sticking in their Bowels, unless they are Purg'd now and then, I answer first, that I never found any such thing in any one, and then 'tis much more probable that being involv'd in the Slime, and with the Excrementitious Humours of the parts, they should all at length pass away with them, than when they are exagitated by Purging Medicines, which occasion unusual compressions, twisting and contraction of the Guts, whereby the Particles of Steel thrust upon the Coats of the Bowels may penetrate deeper into them.

When the Patient is in a Steel course, Remedies commonly call'd Hystericks are to be us'd as 'twere by the by, (to comfort the Blood and Animal Spirits,) in that manner and form which is most agreeable to the Patient; but if she can take them in a solid form, they will more powerfully

fully retain the Spirits in their office and places than things that are Liquid, that is, either Decoctions or Infusions, for the very substance affects the Stomach longer with its savour, and works more forceably upon the Body.

Upon the whole, being about to answer all the Indications which I have touch'd upon above, I us'd to prescribe these few and common things, which though they are not at all pompous, yet they most commonly do what I desire.

Let ℥ viij of Blood be taken from the Right Arm.

Take of Galbanum dissolv'd in tincture of Castoreum, and strain'd ℥ iij, Tacamahac ℥ ij, make an Emplaister to be apply'd to the Navel.

The next Morning let her enter upon the use of the following Pills.

Take of Pill Coch. Maj. ℥ ij, of Castor powder'd gr. ij, of Peruvian Balsam gutt. iv, make Four Pills, let her take them at Five in the Morning, and Sleep after them; repeat them twice or thrice every Morning, or every other Morning, according to their operation, and the strength of the Patient.

Take of Black-Cherry-Water, of Rue Water, and compound Briony Water, each ℥ iij, of Castoreum tied up in a Rag, and hang'd in the Glass ℥ ss, of fine Sugar, a sufficient quantity, make a Julep, of which let her take Four or Five Spoonfuls when she is faint, dropping into the first Dose if the Fit is violent gutt. xx of Spirit of Hartshorn.

After the Purging Pills just describ'd are taken, let her use the following.

Take

of Chronical Diseases. 59

Take of the Filings of Steel, gr. viij, with a sufficient quantity of extract of Wormwood, make Two Pills, let her take them early in the Morning, and at Five in the Afternoon for Thirty Days, drinking upon them a draught of Wormwood Wine.

Or for daily use,

Take of the Filings of Steel, and of extract of Wormwood, each ℥iiij, mingle them, and keep them for use, let her take gr. xv, or ℥i, made into Three Pills.

Or if she likes a Bolus better,

Take of Conserve of Roman Wormwood, and of the Conserve of the Yellow Rind of Oranges each ℥i, of Candied Angelica, and Nutmegs Candied, and Venice Treacle, each ℥ss, of Candied Ginger ℥ij, make an Electuary with a sufficient quantity of Syrup of Oranges. Take of this Electuary ℥iss, of the Filings of Steel well rubb'd, gr. viij, make a Bolus, with a sufficient quantity of Syrup of Oranges, to be taken in the Morning, and at Five in the Evening, Drinking upon it a Draught of Wormwood Wine.

Take of choice Mirrh, and Galbanum each ℥iss, of Castor, gr. xv, with a sufficient quantity of Balsam of Peru; make Twelve Pills of every Dram, let her take Three every Night, and Drink upon them Three or Four Spoonfuls of Compound Briony Water, through the whole course of this process.

But if the Pills last prescrib'd move the Belly, which sometimes happens in Bodies that are very easily Purg'd, by reason of the Gum that's in them, the following are to be substituted.

Take

Takt of Castor Zi, of Volatile Salt of Amber 3//
with a sufficient quantity of extract of Rue,
make xxiv small Pills, let her take Three every
Night.

But here we must take notice, that Chalybeats
in whatsoever form or Dose they are taken, oc-
casion sometimes in Women great Disorders both
of Body and Mind, and that not only on the first
Days (which is usual almost in every Body,) but
also all the time they are taken. In this case the
use of Steel must not be interrupted at those
times, but Laudanum must be given every Night
for some time in some Hysterick Water, that they
may better bear it.

But when the Symptoms are mild, and it
seems that the business may be done without ta-
king Steel, (namely when the Disease is small,)
I think it sufficient to Bleed, and to Purge Three
or Four times, and then to give the altering
Hysterick Pills above mention'd Morning and E-
vening for Ten Days, which Method seldom fails
when the Disease is not violent; yea, the Pills
alone, Bleeding and Purging being omitted, often-
times do a great deal of good.

Yet we must take great notice, that some Wo-
men by a certain ideosyncrasy do so abhor Hy-
sterical Medicines, (which give ease in most of
the Symptoms of this Disease,) that they don't
only not receive Benefit, but are much injured
thereby; therefore they must not be given to
such, for *Hipocrates* says, 'tis in vain to do any
thing contrary to Natures inclination.

Which ideosyncrasy indeed is so great and so
frequent, that if we have not regard to it, the
Lives

Lives of the Sick may be hazarded, and not only by Hysterical Medicines, but by many other, whereof I will at present mention but one thing, viz. That some Women that have the Small-pox can't bear the use of Diacodium, for thereby Giddiness, Vomiting, and such Symptoms belonging to Hysterical Diseases are occasioned, and yet Liquid Laudanum agrees with them very well. Which I observ'd whilst I was writing this, in a Young Woman a Person of Quality, to whom I had given the said Syrup on the Sixth and Seventh Night; the Symptoms above mention'd invaded both Nights; nor did the Inflammation of the Pustules duly proceed, but when afterwards she us'd Laudanum, she was quite freed from the said Symptoms, the Swelling of the Face and Pustules daily increasing, the anxiety and restlessness of Body and Mind (which us'd to be as it were a Fit of the Small-pox,) was wholly removed as often as this Paregorick was given, the Patient being strengthen'd and reviv'd by it: But this by the by.

And so Hysterical Diseases are most commonly cur'd, and most Obstructions of Women, but especially a Clorosis, or Virgins pale Colour, and also all Suppressions of the Courses. But if the Blood is so very feeble, and the confusion of the Spirits so great, that Steel order'd to be us'd according to the Method prescrib'd is not sufficient to cure the Disease, the Patient must Drink some Mineral Waters, impregnated with the Iron Mine, such as are *Tanbridge*, and some others lately found out, for the Chalybeat virtue of these is better mingled with the Blood, by reason of the
great

great quantity that's taken of them, and also because they are more agreeable to Nature, and they cure Diseases more effectually than Iron, how much soever exalted by art, as imprudent Chymists talk.

But this is more especially to be observ'd in Drinking of them, that if any Sickness happens that is to be referr'd to Hysterical Symptoms, in this case the Patient must forbear drinking them a day or two, 'till that Symptom that hinder'd their passage is quite gone. For though these Waters are less apt to stir the Humours, and so to cause a Confusion of the Spirits, than the gentlest Catharticks of the Shops, yet they do somewhat exagitate them as they are diureticks, though they often also purge by Stool too. But if the Waters themselves hinder their own Passage by disturbing the Humours and Spirits, let those consider how impertinently they act, who order Purging Medicines to be given once or twice a Week, whilst the Patient is Drinking these Waters; or which is yet more foolish, to be mix'd with the Waters, by which means these and other Mineral Waters pass more difficultly.

And here I must acquaint you, that though some think the Iron is in these Waters *in principis solutis*, (which is plainly the same as if we should suppose Liquid Iron,) yet I don't at all doubt but that they are Simple Waters, impregnated with the Mine through which they pass, which will be manifest to any one, if he pour some Gallons of Water upon a sufficient quantity of Rusty Nails, for then he will perceive that this Water, when the Powder of Gauls, or the Leaves of

f Tea, or the like are put into it, will plainly appear of the same colour with the Waters of a Mineral Fountain, when such things are put into them. Nor truly have these artificial or artificial Waters (which you please to call them,) when they are taken, different effects, if they are us'd in Summer-time, and in a good Air.

But however it is, if the Disease by reason of its obstinacy does not yield to Steel Waters, the Patient must go to some hot Sulphureous Waters, such as is our Bath, and when he has us'd them inwardly Three Mornings following, the next Day let him go into the Bath, and the Day following let him Drink them again, and so let him do by turns for Two whole Months. For in these and in others of what kind soever they are, this must be carefully noted, that the Patient must persist in the use of them, not only till he receives some benefit, but till he is quite well, that the Symptoms may not return again in a short time.

Venice Treacle alone, if it is used often, and a long while, is a great Remedy in this Disease, and not only in this, but in very many other Diseases that proceed from want of Heat and Concoction or Digestion; 'tis perhaps the most powerful that has been hitherto known, how contemptible soever it may seem to most People, because 'tis common, and has been known a long while.

Spanish Wine Medicated with Gentian, Angelica, Wormwood, Centaury, the Yellow Rind of Oranges, and other Corroboratives infus'd in it, does

does a great deal of good, some Spoonfuls of being taken Thrice a Day, if the Woman be not of a thin and Cholerick habit of Body. And truly a large Draught of Spanish Wine by it seen taken at Bed-time for some Nights, by my advice has been very beneficial to some Hysterical Women, for by it the habit of the whole Body was render'd stronger, and they who before were Cachectical, became fresh colour'd and brisk.

Moreover sometimes we find that the Peruvian Bark wonderfully comforts and invigorates the Blood and Spirits, whereof a Scruple taken Morning and Evening for some Weeks, has assuredly have observ'd restored (both to Hypochondriacal Men, and Hysterical Women that have been very Sick a long while, and when the œconomy of their Bodies has been much weaken'd,) a firm and Healthy Constitution. But it succeeds best in that kind of Hysterick Diseases, in which Women are affected with Convulsions, wherein they struggle violently and beyond the strength of Women, and at the same time beat their Breasts. Yet it must be confess'd that this Medicine does not so certainly, and so often cure this Disease as Agues. But though (to mention this by the by) the Peruvian Bark does wonders in the cure of Agues, and though we use it freely our selves and give it to our Wives and Children, as oftentimes as there's occasion, yet there are some now much displeas'd with it, because it cures so certainly and suddenly as they were heretofore, because it was but lately known among us; to which fate the best Men, and most excellent Remedies have been almost always expos'd. But by this

we may try as by a Touch-stone our Dispositions, and from thence judge whether we are good or ill Men, namely, according to the degree of our joy or grief, as often as the welfare of Mankind is promoted by some common benefit, or the Blessing of God.

But if any of the Remedies above mention'd don't well agree, which often happens in Cholerick and thin Constitutions, then a Milk Diet may be us'd; for some Women (which one would wonder at at first) that have conflicted a long while with Hysterick Diseases, and even such as have frustrated all the endeavours of Physicians, yet have recover'd by Dieting themselves for some time only with Milk, and especially those that labour with that Disease I call an Hysterick Colick, which can't be appeas'd by any thing but Narcoticks, to which repeated by intervals, these Women are much accusom'd, the Pain returning as soon as the Vertue of the Anodine fades; but this is chiefly to be admir'd in this Method of cure, that Milk which yields only a cold and crude nourishment, should notwithstanding by use strengthen and invigorate the Spirits; and yet this will not seem disagreeable to reason, if you consider that Milk affording only a simple nourishment, does not busie nature much in concocting it, otherwise than Meats and Liquors more compounded use to do, and that an equal temper of the Blood and Spirits necessarily follows that perfect Concoction. For this must be also consider'd, that a bare debility of the Spirits consider'd by it self, is not the cause of those Confusions they are under, but the weakness of
F them

them compar'd with the state of the Blood. For it may be an Infant has Spirits strong and firm enough with respect to it's Blood, but yet not proportionable to the Blood of a grown Person. Now when by the continual use of a Milk Diet, (tho' 'tis crude and weak) the Blood is render'd more soft and tender, if the Spirits that are made by it, are only equal to it, all's well. Yet all can't undergo those Inconveniencies which most commonly accompany it the first days, namely, because it curdles in the Stomach, and is insufficient to maintain the usual strength of the Body; but if they cou'd, they might receive benefit by it.

But nothing of all I have hitherto known, does so much comfort and strengthen the Blood and Spirits, as riding much a Horse Back every day for a long while; for seeing by this kind of Exercise the lower Belly is most forceably mov'd, in which the Vessels for excretion (as many as are appointed by Nature to drain the Impurities off the Blood) are plac'd: What disorder of these Functions or other natural Impotence of the Organs, can be imagin'd so great as not to be helpt by the frequent jolting of the Horse, and that too in the open Air? Whose innate heat is so extinguish'd that it can't be stir'd up by this motion and ferment afresh? Or what preter-natural Substance or deprav'd Juice can there be in any Creeks of these parts, which can't by this Exercise of the Body, be either reduced to such a condition as is agreeable to Nature, or scatter'd every way and ejected? Moreover, the Blood being perpetually exagitated by this motion, and throughly mix'd is as it were renew'd, and grows vigorous again

And

And indeed, this method, tho 'tis inconvenient for Women that are accustom'd to a slothful and delicate way of living, for they may be injured by motion, especially at the beginning; yet is it very proper for Men, and soonest recovers their Health. One of our Reverend Bishops, famous for Prudence and Learning, having studyed too hard a long while, fell at length into an hypochondriacal Disease, which afflicting him a long time, vitiated all the ferments of the Body, and wholly subverted the Concoctions. He had pass'd through long courses of Steel more than once, and had try'd almost all mineral Waters, with purging often repeated, and Antiscorbuticks of all kinds, and very many testaceous Powders, which are reckon'd proper to sweeten the Blood: And so being in a manner worn out, partly by the Disease, and partly by Physick us'd continually for so many years, he was at length seiz'd with a colliquative Loosness, which is wont to be the forerunner of Death, in Consumptions and other *Chronical Diseases*, when the Digestions are wholly destroy'd. At length he consulted me. I presently consider'd that there was no more room for Medicine, he having taken so many already, without any relief; for which reason I perswaded him to ride a Horse-Back, and that first he shou'd take such a small Journey as was agreeable to his weak condition: Had he not been a very judicious man, and one that weigh'd things well, he wou'd not have been perswaded so much as to try such a kind of Exercise. I intreated him to persist in it daily, till in his own opinion he was well, going daily further and further, till at length he went so many

F 2 Miles,

Miles, as prudent and moderate Travellers, that go a large Journey upon business, use to do, without any regard to Meat or Drink, or the Weather; but that he shou'd take every thing like a Traveller as it happens. To be short, he continued this method, increasing his Journies by degrees, till at length he rode Twenty or Thirty Miles daily; and when he found himself much better in a few days, being encourag'd by such wonderful Success, he continued this course a pretty many Months, in which time, as he told me, he rode many Thousand Miles, till at length, he did not only recover, but also gain'd a strong and brisk habit of Body.

Nor is this kind of Exercise more beneficial to hypochondriacal People, than 'tis to those that are in a Consumption; whereof some of my Relations have been cur'd by riding long Journies by my advice; for I knew I cou'd not cure them better by Medicines of what value soever, or by any other method.

Nor is this Remedy proper only in small Indispositions, accompanied with a frequent Cough and Leanness, but in Consumptions that are almost deplorable; when the Diarrhæa above mention'd, accompanies the Night Sweats, which is wont to be the forerunner of Death, in those that dye of a Consumption. In a word, how deadly soever a Consumption is, and is said to be, two Thirds dying of it, which are spoil'd by *Chronical Diseases*: Yet I sincerely affirm, That Mercury in the French Pox, and the Peruvian Bark in Agues, are not more effectual than the Exercise above mention'd, in curing a Consumption, if the Sick takes
care

care that his Sheets are well air'd, and that his Journies are long enough. But this must be noted, that those that have pass'd the Flower of their Age, must use this Exercise much longer than those that have not yet arriv'd to it. And this I have learn'd by much Experience, which scarce ever fails me. And tho' riding on Horse-Back is chiefly beneficial to consumptive People, yet riding Journies in a Coach, does sometimes a great deal of good.

But to return to the business in hand, this is the general way of cure in this Disease, which is apply'd to the original cause, *viz.* the weak crasis of the Blood, and so is to be us'd only when the Fit is off; therefore as often as the Fit invades, join'd with any one of the foresaid Symptoms, if the Disease be such, or so great a one, that 'twill not bear a truce, 'till it may be cured by Medicines that corroborate the Blood and Spirits, we must presently make use of hysterick Remedies, which by their strong and offensive Smell, recall the exorbitant and deserting Spirits to their proper Stations, whether they are taken inwardly, or smelt to, or outwardly apply'd; such are *Affafetida*, *Galbanum*, *Castor*, *Spirit of Sal Armonicack*: And lastly, whatever has a very ungrateful and offensive Smell.

And in truth, whatever stinks is proper for this intention, whether 'tis naturally ill sented, or made so by Art; and unless I am deceiv'd, Spirits of Harts-horn, of human Blood, of Urine, and of Bones, and the like; take their chief Vertues from the force of the Fire, in their preparation contracting an ill sented *empyreuma*, which is

intimately join'd with their Essence, which is likewise in the Fumes arising from Feathers, and such kind of parts of Animals, when they are burnt. For this is common to the Substances of all Animals, *viz.* to emit a stinking Fume while they are burning; and if 'tis forc'd by Fire, and receiv'd in Glasses, when 'tis condens'd, it becomes those Liquors call'd Volatile Spirits, which assume Faculties that were not primitively in their Subjects; and are indeed, only Creatures of Fire, and their Vertues are really all the same, from whatsoever Substance (so it is animal) they are extracted.

In the next place we must take notice, That if some intolerable pain accompanies the Paroxysm, in whatever part it is, or violent Vomiting, or a Diarrhæa; then besides the hystericks above mention'd, Laudanum must be us'd, which only is able to restrain these Symptoms.

But in quieting these pains which vomiting occasions, we must take great care that they are not mitigated either by Laudanum or any other Paregorick, before due Evacuations have been made, unless they almost exceed all human Patience. First, because sometimes there is so great a quantity of Blood and Humours heapt up, (especially in sanguine Women and Men of a proper habit) that 'tis able to withstand the Operation of the most effectual Narcotic, tho' it be often repeated: And therefore in such, Blood must necessarily be evacuated from the Veins of the Arm, and a Purge must be given before we come to use Laudanum. For when these things are duly perform'd, that which before given in a large Dose wou'd do no good, will now perform the business in a moderate Dose.

Dose. And then because I have found by frequent Experience, that when the Sick has been accustom'd by little and little to Laudanum, and has not been duly evacuated before, she was forc'd by reason of the return of the pain, presently after the Vertue of the Medicine vanish'd, to take a Paregorick again; and so daily for some years, the Dose being sometimes by degrees increas'd, so that at last they can by no means abstain from Laudanum, tho' thereby all the Digestions are vitiated, and the natural Functions weakned. Tho' I don't think that the use of Laudanum does immediately hurt the Brain or Nerves, or the animal Faculties. Therefore I judge, and I speak what I have found, that Evacuation ought to go before Anodynes, viz. in Virago's, and in Women that abound with Blood, a Vein must be open'd, and the Body purg'd; especially if they have been lately seized with the Fit. But if the weak Women and those of a quite contrary Constitution, labour with such a Fit and Pain, and have been not long ago afflicted with it, 'twill be sufficient to cleanse their Stomachs with a Gallon of Posset-drink, more or less, taken in and ejected by Vomit; and then to give a large Dose of *Venice Treacle*, or of the *Orvietan Electuary*, and a few Spoonfuls of some Spirituous Liquor, that is pleasing to the Taste; with a few Drops of Liquid Laudanum, to be taken presently after it.

But if the Sick has vomited a great while before the Physician was call'd, and there is danger, lest by a further Provocation by Emeticks, the Spirits shou'd be put in a rage, and the Sick too much

weaken'd; In this case you must give Laudanum without delay, and such a Dose as is not only equal to the violence and duration of the Symptom, but such a one as is sufficient to vanquish it.

But here two things are to be chiefly noted. First, that when you have once begun to use Laudanum after due and necessary Evacuations, it must be taken in that Dose, and often repeated, till the Symptom is quite conquer'd; only such a space must be betwixt each Dose, that we may know what the former has done, before we give another. And then when we treat the Disease with Laudanum, we must do nothing else, and nothing must be evacuated; for the gentlest Glyster of Milk and Sugar, is sufficient to spoyle whatever has been repair'd by the Paregoric, and to occasion the return of the vomiting and pain.

But tho' the pains above mention'd, as we have said, are apt to overcome the Vertue of the Anodyne, yet violent Vomiting indicates the largest Dose of it, and that it shou'd be very often repeated; for by the inverted peristaltick motion of the Stomach, (by which that which is contain'd in it, ought to be carried downwards) the Paregorick is ejected through the œsophagus, before it can do any good, unless after every time the Sick vomits, the Narcotick be given afresh, and chiefly in a solid form; or if it be given in a Liquor, the Vehicle must be so small, as that it may but just wet the Stomach, so that by reason of the small quantity of the matter, it can't be cast up; for instance, some drops in one Spoonful of strong
Cina-

Cinamon Water, or the like; and the Sick must be admonish'd to keep her self quiet, presently after taking the Laudanum; and that she keep her Head as much as is possible immoveable, for the smallest motion of the Head, provokes vomiting more than any thing else, and then the Medicine just taken, is ejected. Yet when the vomiting ceases, and is as 'twere tam'd, 'tis expedient to give an Anodyne Morning and Evening for a few days, to prevent a Relaps; which also ought to be observ'd after a Diarrhæa, or an hysterick pain taken off by a Narcotick. And so at length by this method, we may readily cure the symptomatick pain and vomiting, whereby, because they are very often, like other Diseases, Physicians are easier impos'd upon, than by any other Symptoms whatever, that require their help; concerning which, I will add a few things, for instance: In that kind of hysterick Disease now describ'd, which resembles a nephritick pain, is not the great Parity and Similitude of both Diseases, apparent to any one, both because the pain in both is in the same part, and also for that the Woman vomits in both Diseases? And yet they proceed from causes differing from one another; and the methods for the cure of them so unlike, that that which does good in this, is injurious in the other, and so on the contrary. For whether a Stone or Gravel, fretting upon the Substance of the Reins, occasions Pain, and by consent of Parts, vomiting, nothing is so beneficial, as very large and frequent revulsion of the antecedent cause by Phlebotomy, and Dilatation and Laxation of the Passages, by which the Stone is to be excluded,
by

by emollient Clysters very often repeated, and inward Remedies of the same kind, to which are to be added Linthontriptick and Diuretic Medicines. Now if the said Symptoms do no way arise from the Stone, but from the animal Spirits rushing impetuously in a great quantity upon the Reins, (in which case, Paregoricks are only indicated; nor is the gentlest Clyster injected after the first Evacuations, without danger) in what great danger the unhappy Woman is put into, whose Life is so triff'd with, I need not say. The same may be affirm'd of that hysteric Disease, which resembles the Bilious Colick, or the Iliack Passion, when 'tis taken for granted, that that Disease, (tho' of a quite different, yea contrary nature) is the Bilious Colick, and proceeds from a sharp Humour cast upon the Bowels, through the Mouths of the mesenterick Arteries; (into which Error the intollerable Pain and the green colour of the Matter expell'd by Vomit and Stool, easily seduces the unwary and unthinking Physician) what method is so proper, as that whereby we endeavour to attemperate the Acrimony of the Humours, by the help of cooling and incrassating Medicines? And what is fitter than Catharticks frequently given, besides Clysters daily injected to exterminate the Humour from the Guts, especially *Mercurius dulcis* mixt with diagrydiate Medicines, to eradicate perfectly the morbid Matter? But 'tis plain to every one, how ill the Patient wou'd be treated, and in what great Danger he wou'd be, whilst we shou'd insist upon this method, if the Disease which is supps'd to be a bilious Colick, shou'd really prove an hysteric or hypo-

hypocondriacal Symptom, when Experience openly proclaims, that after the first general Evacuations (which are appointed to remove the Rubbish of the putrifying Humours, which the Ataxy has occasion'd, whereby the Vertue of the Anodyne may be obstructed) nothing remains to be done, besides the quieting the tumultuous Spirits, till the Symptom goes off, and afterwards 'twill be seasonable to give Chalybeats, or any other Remedy, if there be any that by kindling and invigorating the Blood, may eradicate the Disease. 'Tis not my business to reckon up those great Calamities which I have known befall Women, when this hysteric Colick has been suppos'd to proceed from Choler, notwithstanding I affirm, that Evacuations often repeated, which are indeed indicated in the Bilious Colick, have been so far from lessening the Pain and Vomiting, that they have irritated them more, by promoting the Disturbance of the Spirits, which is the true cause of these Symptoms. And at length the Disease being prolong'd for some Months, ends in Convulsions, there being a suddain Translation to the Brain, whereby the Sick is soon destroy'd; and especially when after other Evacuations repeated a long time, by reason of the green colour of those things that are vomited up, a Vomit is given. In a word, if I have learnt any thing by Observation, I judge we must chiefly take care, that those Symptoms familiar to hysteric Women, be not suppos'd by a Mistake in the Diagnostick, to proceed from other Diseases, which they often resemble.

And here I must acquaint you, that besides the
Errors

Errors before mention'd, whereby Women obnoxious to hysterick Diseases, are put in danger of their Lives; very many moreover, suffer by these Diseases, by an Error no less fatal, at a time wherein, tho' this Disease is not of its own nature deadly, yet by reason of the Disasters that come upon it and follow'd it, 'tis Destructive to many: For instance, a Woman of a tender and infirm habit of Body, brings forth a Child, and all succeeds well, and according to Nature. The Midwife, whether Rude and Unskilful, or Vain and glorious, to shew how well she has perform'd her business, advises that her Woman shou'd rise a few days after she has been brought to Bed, and that she shou'd keep up a while; the Woman does so, and is presently seiz'd upon the first motion of her Body, with an hysterick Indisposition, and according as the Disease increases, the Lochia are first lessen'd, then they quite stop, which is a Suppression, a long Series of untimely Symptoms follow; which soon destroys the Sick, unless with great Diligence and Skilfulness interceed. And sometimes they are seiz'd with a Phrensie on this account, which growing daily worse and worse occasions Convullions first, and then Death. But if they escape Death, they are maddish, and sometimes continue so as long as they live. Sometimes after the Suppression of the Lochia, they fall into a Fever, which either turns to that which is then epidemical, or depends only on that beginning. Moreover, the same hysterick Symptoms which were first occasion'd by the Suppression of the Lochia, rage more now, as if afterwards they proceeded from it. I thought long ago, that

of those Women that dye in Child-bed, scarce one in ten, to speak within bounds, dies, because she has not strength necessary for Delivery, or from the pains that accompany difficult Labour, but chiefly by reason they rise too soon, Hysterical Fits being occasioned by that motion, whereby when the Lochia are stopt, a numerous train of dreadful Symptoms follows. Wherefore they that are advised by me, keep in Bed at least till the Tenth Day, if they are of a weakly Constitution, especially if they have been long since troubled with Vapours. For besides that, the Rest which they have in Bed, frees them from those Dangers we have so often mentioned; the warmth of the Bed not interrupted, likewise refreshes the Spirits weakened and exhausted by the pains in Labour, and by the Evacuations usual in this case, and recruits Nature, and digests and removes all those Crudities which are heapt up during the time of Child-bearing.

But if by reason of this error committed, any one of the said Symptoms supervenes, the curative Indications are to be directed so, that the Spirits disquieted by this motion should be appeas'd, and that the Lochia should flow again, for as much as the suppression of them is the next and immediate cause of these Symptoms. But we must not obstinately insist upon this method, but having given a while those Remedies that are wont to be used with success in this case, if they don't answer according to our desires, we must leave them off; for as strong things must not be us'd, so neither ought we to persevere in the use of gentler, by reason Women in Child-bed

bed so affected, are much weaken'd, and their strength almost worn out. For instance, when first appears that the Lochia are stopt, 'tis convenient to put the Woman presently to Bed, and then to apply an Hysterick Plaister to the Navel, and to order this Electuary following to be taken forthwith.

Take of the Conserve of Roman Wormwood, and of Rue each ℥i, of the Trochisc. of Mirrh ℥ij, of Castor, English Saffron, of Volatile Salt Sal Armoniac, and of Assa Fetida, each ℥ij, make an Electuary with a sufficient quantity of the Syrup of the five opening Roots; let her take the quantity of a large Nutmeg every third Hour drinking upon it Four or Five Spoonfuls of the following Julap.

Take of Rue Water, compound Briony Water, each ℥ij, of Sugar Candy, s. q. mingle them, make a Julap.

And if these things are given as soon as the suppression begins, the Disease is most commonly conquer'd, but if having continued the use of the said Remedies, till the whole quantity is taken in this case we must try Laudanum once. Here Laudanum though of its own nature 'tis astringent, yet by quieting the disturbance of the Spirits whereby the usual Evacuation of the Lochia is interrupted, does sometimes much good, and when Emmenagoges do no good, it may recall the Flux of the Lochia; but Narcoticks are most conveniently given with Hystericks and Emmenagoges. For instance, *Fourteen Drops of Liquid Laudanum in Compound Briony Water, or one Grain and a half of Solid Laudanum made into Two Pills, with half*

Scrapp

Scruple of Assa Fetida. But we must be sure to take notice, that if we don't hit the Mark at once, if the Lochia don't follow, we must by no means repeat the Opium, as is usual in other cases, and ought to be: For if here the Paregorick is repeated, 'twill so powerfully stop the Lochia, that afterwards they can by no means be provok'd; for truly if this dont succeed (some time being pass'd that we may know what it has perform'd,) we must return to the use of Emmenagogs, mixt with Hystericks, and then inject a Clyster of Milk and Sugar; and what was said above of Opium, holds good likewise here of Clysters, for unless the first injected bring the Lochia, nothing is to be expected from more, one being sufficient, by turning the Humour gently, to cause the Lochia to flow, but more may divert them another way. These things being perform'd (which are to be touch'd upon lightly,) 'tis most safe and the duty of a prudent Physician, to wait and see what time will do, for every Day the business of the Cure is more and more removed from Danger, and if the Sick live beyond the Twentieth Day, she's in a manner out of danger. For when the Woman has been recruited a little, and gain'd some Strength, in a long Disease whatever 'tis, she will be able to bear that Remedy which is fittest for the cure of that Disease, which was occasion'd by a suppression of the Lochia; whereas Medicines cram'd in obstinately, the first doing no good, may increase the Disease, and also the disturbance of the Spirits from whence the Disease arises, which must be carefully noted.

Lately

Lately a Vertuous Matron of good Parentage sent for me, she upon the foremention'd occasion, presently after she was brought to Bed, was seiz'd with Hysterick Fits, and the Lochia stop'd. I endeavour'd by the Medicines aforesaid to provoke them, but in vain, the violence of the Hysterick Disease being too powerful for the Medicines; and at length when I perceiv'd she would be well if I did nothing, I committed all to time, by much the best and most successful Physician; and according to my Opinion things went well with her to the Fourteenth Day: Visiting her daily, I found she was no day worse than she was the Day before. After this the Women that had attend- ed upon her, whom I had hitherto kept from doing mischief by their over-officiousness, enforc'd the Husband to have a Vein opened instantly in his Wives Foot, which being done, the Hysterick Fits so far prevailed, that within a few Hours she was seiz'd with Convulsions, and soon after by Death, that ends all our Miseries.

And if it be lawful to speak what I think, I have been a long time of the Opinion, that I have well perform'd the Duty of an Honest Man and good Physician, (not only in the said Diseases of Women in Child-bed, but also in all other Acute Diseases, when I can't certainly promise that a Cure will follow this or that method I please to use), as often as I do nothing, when visiting the Patient, I find he is not worse this day, than he was the Day before, and when I can conjecture he will not be worse to Morrow than he is to day; whereas if I proceed in curing the Sick with

with a method, the efficacy whereof I don't yet know, he will be in danger both upon the account of the Experiment I am about to make upon him, and also by the Disease, nor will he as easily evade two Dangers as one. For though at present there is no manifest sign of his beginning to be well, yet 'tis most certain that according to the nature of Acute Diseases, no one can always labour with them. And besides every Day will more and more secure the Patient, or yield an occasion to the Physician, whereby he may more opportunely and certainly vanquish the Disease, than he could before. Which as it may be truly affirm'd of most Diseases, so especially of the Diseases of Child-bed Women, wherein the least error may prove fatal, and in which we are so little able to govern that natural Evacuation, the suppression whereof occasions the Diseases we have been treating of.

But forasmuch as Hysterical Diseases dont always owe their Original to the prime cause, namely the native debility of the Spirits, but sometimes to an adventitious weakness; therefore I design before I make an end, to discourse of this sort of cause, which most commonly is the occasion of Vapours as they are call'd; and 'tis an immoderate Flux of the Courses either in Child-Bed, or at other times as to the first kind, that comes and is very troublesom the first Days after hard Labour, accompanied with a numerous train of Hysterical Symptoms; and as it only comes, and is troublesom on these first Days, so it soon goes away, for a Diet that is somewhat thickening, easily drives it away,

for which also the following Drink may be used.

Take of Plantain Water and Red Wine, each ℥i, boil them together, till a third part is Consumed; then sweeten it with a s. q. of White Sugar, whereof when 'tis cold, give half a Pint twice or thrice a day; in the mean while some very gentle Hysterick Julap may be taken now and then, and the following Nodulus may be held to the Nose. Take of Galbanum, and Assa fatida, each Zij, Castor Ziss, of Volatile Salt of Amber Zss, mingle them and make a Nodulus. Or, take Zij of Spirit of Sal Armoniac, to which let her smell often.

But as to the Flux, when Women are not in Child-bed, though that is wont to happen at any time, yet most commonly it comes a little before the time the Courses are about to leave them, namely about the Age of Forty Five if they flow early, but about Fifty, if they come somewhat later; from these as is said a little before they quite go away, (like a Candle burnt to the Socket, which gives the greatest Light just as 'tis about to go out,) they flow impetuously, and cast the poor Women into almost continual Hysterick Fits, by reason of the great quantity of Blood which is continually evacuated. Now though in this case, Hystericks both inward and outward must be us'd by the by (avoiding those that are strong, lest they should promote the Flux) yet the chief intention must be to stop the Courses, which may be soon done after this manner.

Let ℥viiij of Blood be drawn from the Arm, the next Morning give the common Purgative Potion, which must be repeated every Third Day
for

for Twice, and every Night at Bed time through the whole Course, let her take a Paregorick made with one Ounce of Diacodium.

Take of Conserve of Dry'd Roses ℥ij, of Trochisc, of Terra Lemnia ℥iss, of Pomegranate Peel, and Red Coral, each ℥ij, of Lapis Hamatitis and Dragons Blood, and Bole Armenic, each ℥i, make an Electuary with a sufficient quantity of Simple Syrup of Coral, whereof let her take the quantity of a large Nutmeg in the Morning, and at Five in the Afternoon, Drinking upon it Six Spoonfuls of the following Julap.

Take of the Water of Oak Buds and Plantain, each ℥iij, of Cinamon Water hordeated, and of Syrup of dry'd Roses, each ℥i, of Spirit of Vitriol a sufficient quantity to make a pleasant Acid.

Take of the Leaves of Plantain, and Nettles, each a sufficient quantity, beat them together in a Marble Mortar, and press out the Juice; then clarify it; let her take Six Spoonfuls cold three or Four times a day. After the first Purge, apply the following Plaister to the region of the Loins.

Take of Diapalma, and of the Plaister ad herniam, each equal parts, mingle them, and spread upon Leather.

A cooling and thickening Diet must be order'd, only 'twill be proper to indulge the Sick a small draught of Claret Wine, once or twice a day, which though 'tis somewhat inconvenient, because its apt to raise the Ebullition, yet it may be allow'd to repair the Strength. And as indeed

this Method is very beneficial to Women thus affected, so is it also as useful for those that are in danger of Abortion, only the Purges and Juices must be omitted.

There is another cause, though 'tis not so frequent of Hysterical Diseases, viz. a falling of the Womb by reason of a hard labour, its accompanied with a large train of this kind of Diseases, yet is it soon and easily cur'd this way.

Take of Oak Bark ℥ii, boyl it in ℥iiij of Fountain Water to ℥ij, add at latter end ℥i of Pomegranate Peel bruis'd, Red Roses, Granate Flowers, each Mij; and then add ℥ss of Red Wine, strain it, bath the parts affected with Flannel Cloaths dipt in it, in the Morning Two Hours before the Woman rises, and at Night when she's in Bed; continue the use of it till the Symptom is quite gone. But enough of these things.

And now worthy Sir, I have mention'd the chief of what has been hitherto observ'd in the History and Cure of this Disease, and have nothing else to do but to beg your Pardon, if I have err'd in describing these things not so accurately as I ought to have done, and also to desire you to accept favourably of this small Treatise, which was designedly written to return you thanks for your approbation of my other Works: And indeed I have so seldom receiv'd any thing of this nature, that either I have deserv'd no such thing, or else those candid and ingenious Men which Nature has fram'd with such excellency of Mind, as to know how to be grateful

ful, are very few, scarce so many as the Gates of *Thebes*, or Entries of Wealthy *Nile*. Yet notwithstanding I endeavour all I can, and will do so, to learn and promote the method of curing Diseases, and to instruct those that are less conversant in practice than my self, let other People have what Opinion of me they please. For having nicely weigh'd whether 'tis better to be beneficial to Men, or to be praised by them, I find the first preponderates, and much conduces to the tranquillity of Mind. But as for fame and popular applause, they are lighter than a Feather or a Bubble, and more vain than the shadow of a Dream. But if any one thinks that Riches got by such a Reputation have something more of weight in them, let them enjoy what they have scrap'd together with all my Heart, but let them remember that some Mechanicks of the most sordid Trades, get and leave more to their Children, yet do they not exceed the Beasts in this, who take as much care as they can of themselves and theirs; and if we except things honest, proceeding from the judgment of the Mind and Vertue (whereof the Nature of Beasts is not capable,) the Beasts are plainly as good as these and all others who don't endeavour to do all the good they can in their Generation.

C H A P. IV.

Of the Gout.

Without doubt Men will think, that either the nature of the Disease we now treat of is almost incomprehensible, or that I who have been vex'd with it Thirty Four Years, am a very dull Fellow, seeing my Observations about the Disease, and the cure of it, do little answer their Expectation. But however it be, I will faithfully deliver those things I have hitherto learnt, the difficulties and intricacy, respecting either the account of the Disease, or the Method of Cure, leaving them to be clear'd and made plain by time the guide of truth.

The Gout chiefly seizes those Old Men, who after they have lived the best part of their Lives tenderly and delicately, indulging themselves freely with splendid Banquets, Wine, and other Spirituous Liquors; and at length having by reason of the Sloath that always accompanies Old Age, wholly omitted those Exercises of Body which Young Men are accusom'd to. Moreover they who are obnoxious to this Disease, have large Skulls, and are most commonly of a Gross habit of Body, Moist and Laxe, and of a Lusty and Luxuriant Constitution, the best and richest Foundation for Life.

Not that the Gout only seizes those that are Corpulent, for sometimes also though seldomer,

it invades thin People; nor does it wait always till they are old, for sometimes it seizes those that are in the flower of their Age, when they have receiv'd the unhappy Seeds of the Disease from their Parents, as it were *ex traduce*; or if this be not the cause, they have too early us'd Venery, or have quite forsook violent Exercises that they us'd formerly; moreover they have great Stomachs, and have drank Spirituous Liquors immoderately, and afterwards they have suddenly betook themselves to thin and cooling Liquors.

When it first seizes any one when he is very old, it never afterwards has such exact Periods, nor rages so violently, as when it falls upon a younger Man, both because he dies most commonly before the Disease accompanied with its natural Symptoms can come to its heighth, and also because the native heat and vigour of the Body being lessen'd, it can't be so constantly and violently shot off upon the Joints. But if it seizes any one earlier, though it does not yet fix upon one part, nor handle him so roughly, but comes with uncertain periods upon occasion given, pain- ing him lightly for a few Days, coming and going without any Method, yet by degrees it formally besieges the Man, and proceeds regularly, both as to the time 'twill come at, and as to the continuance of the Fit, and moreover assaults him more violently than at first.

I will first Discourse of this Disease as it proceeds regularly, and afterwards of its anomalous and uncertain Phænomena, when being put out of its course, either by a præposterous use of im-

proper Medicines, or by the weakness of the Subject, it can't attain to its proper and genuine Symptoms. Therefore when the Gout is regular, it seizes the Patient most commonly after this manner, about the latter end of *January*, or the beginning of *February*, it comes suddenly, and for the most part without giving any notice, except that the Patient has been troubled with indigestion and crudities of the Stomach some Weeks before; moreover the Body is oppress'd and puff'd up with Wind, which daily increases till the Fit thunders upon him; but a few Days before it comes, the Thighs are benumm'd, and there is as it were a discent of Wind through the Flesh of them, with Convulsive Motions, and the day before the Fit the Appetite is sharp, but not natural. He goes to Bed and to Sleep well, but about Two a Clock in the Morning is wak'd by the pain, seizing either his great Toe, the Heel, the Calf of the Leg, or the Ankle; this Pain is like that of dislocated Bones, with the sense as it were of Water almost cold, pour'd upon the Membranes of the Parts affected, presently shivering or shaking follow, with a Feverish Disposition; the Pain is first gentle, but increases by degrees, (and in like manner the shivering and shaking go off,) and that hourly till towards Night it comes to its heighth, accommodating it self neatly according to the variety of the Bones of the Tarsus and Metatarsus, whose Ligaments it seizes, sometimes resembling a violent stretching or tearing of those Ligaments, sometimes the gnawing of a Dog, and sometimes a pressure; moreover the part affected has such a quick

quick and exquisite pain, that 'tis not able to bear the weight of Cloaths upon it, nor hard Walking in the Chamber; and the Night is not pass'd over in pain upon this account only, but also by reason of the restless turning of the part hither and thither, and the continual change of its place. Nor is the tossing of the whole Body, which always accompanies the Fit, but especially at its coming, less than the continual agitation and pain of the tormented Member. There are a Thousand fruitless endeavours us'd to ease the pain by a continual change of the place whereon the Body and the affected Members lye, yet there is no ease to be had, 'till Two or Three a Clock in the Morning (*viz.* a Night and a Day being spent from the first approach of the Fit,) at which time the Sick has suddenly ease, by reason there's a little Digestion of the peccant Matter, and some discussion of it, though he undeservedly attributes it to that position of the affected part he us'd last. And now being in a breathing Sweat, he falls asleep; when he wakes, he finds the pain much abated, and the part affected swell'd afresh; for before there was only (which is usual in the Fits of those that have the Gout,) visible, a Swelling of the Veins intermix'd with the affected Member. The next day, and perhaps Two or Three days after, if the matter apt to generate, the Gout is copious, the part affected will be in pain, which will be violent too towards Evening, but 'twill be eased about the time of the Cock's Crowing; within a few Days the other Foot will be in pain, as the former was, and if the former has left off aking,
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the weakness which render'd it infirm will presently vanish, strength and perfect Health being so presently restor'd, as if it had never been out of order, if the pain is violent in the Foot lately seiz'd. And yet it acts the same Tragedy in the other Foot as it did in the former, both as to the violence of the Pain, and the duration off it, and sometimes on the first Days of the Disease, when the Peccant Matter is so exuberant, that one Foot is unable to contain it, it afflicts both at the same time with the like violence; but most commonly it seizes them successively as we said: After it has vex'd the Feet, the Fits that follow are irregular, both as to the time of Invasion and Duration, yet the pain always returns in the Evening, and is less in the Morning, and of a Series of these small Fits, consists that which is call'd a Fit of the Gout, longer or shorter, according to the Age of the Sick; for 'tis not to be supposed, that when any one is afflicted with this Disease two or three Months, that that's one Fit, but rather a Series and Chain of small Fits, whereof every latter is gentler and shorter than the former, till at length the peccant Matter being wholly consum'd, the Patient recovers his former Health, which in those that are brisk, and in others whom the Gout has rarely visited, comes to pass often in Fourteen Days, and in those it has often afflicted in Two Months; but in those who are more debilitated, either by the long continuance of the Disease, or by age; it does not go off till Summer coming pretty well on, drives it away. The first Fourteen Days the Urine is high Colour'd, which after Separation

puts

puts off a red Sediment, and as it were full of small Sand; nor does the Patient render by Urine more than the third part of what he Drinks, and the Belly is most commonly bound the said first Days, want of Appetite, shaking of the whole Body about Evening, heaviness and a troublesom uneasiness of the parts that are not affected, accompanies the whole Fit, a violent itching of the Foot affected, follows the departing Fit, especially betwixt the Toes, and the Feet scale as if the Sick had been Poison'd. The Disease being discuss'd, a good habit of Body and Appetite return, according to the degree of Pain with which the Fit last past rag'd; and so proportionably the following Fit will be hasten'd or deferr'd, for if the last Fit was very severe, the following Fit will not come, till the same time of the Year return again.

And in this manner, the regular Gout shews it self with its genuine and proper Phænomena, but when 'tis disturb'd by improper methods of Cure, or by the obstinate continuance of the Disease, the very substance of the Body being as it were, perverted to the Nourishment of the Disease; and Nature unable to eliminate the same by its wonted method, then the Phænomena are much different from those describ'd. For whereas the Pain was hitherto only troublesome to the Feet, (which are the genuine seat of the peccant matter, and if it possesses any other Parts, 'tis most certain, that either the method of the Disease has been alter'd, or that the vigor of the Body, is by little and little diminish'd) now it possesses the Hands, Wrists, the Arms, the Knees, and other regions,

tor-

tormenting these, as much as it us'd to do the Feet: For sometimes distorting one or more off the Fingers, it makes them like a bunch of Parsnips, taking away the motion by degrees, and at length it generates Stony Concretions about the ligaments of the Joints, which destroying the Cuticle, and the very Skin of the Joints, renders visible, naked Stones, like Chalk or Crabs eyes; which may be pick'd out with a Needle. Sometimes the matter occasioning the Disease thrust upon the Arms, causes a whitish Swelling, almost as big as an Egg; which is by degrees inflam'd with Redness, sometimes falling upon the Thigh, it feels as if there were a great Weight hanging upon it; yet without any considerable Pain, but passing to the Knee, it handles that more severely, so hindering all motions, that 'tis as 'twere, nail'd to the Bed: So that it can't move a Hairs-bredth from the place wherein it is. And when by reason of the restlessness of the Body, or to ease Nature, the Patient must be mov'd by the help of others, there's need of great care, lest by chance, the least contrariety of motion, shou'd occasion Pain, which for this reason only, is tollerable, *viz.* because it presently vanishes: And indeed, this carrying of the Body, that must be perform'd so carefully and tenderly, is not a small part of the Troubles, wherewith the Gout is burden'd; for the pain is not violent through all the Fit, if the part affected, be kept quiet.

Whereas the Gout before, did not use to invade before the latter end of Winter, and was wont to go off, after two or three Months, now it continues upon the Sick a whole year, excepting

ing only two or three of the hot Summer Months: And what is moreover to be observ'd, as the great and general Fit is longer than heretofore it was, so those particular Fits, whereof the general is compounded, rage longer; for whereas before those particular Fits did not torment the Patient above a day or two, now wherever it fixes, especially if it possesses the Feet or Knees, it does not cease, till the Tenth or Fourteenth day, moreover the First or Second day after its coming, the Patient feels some Sickness, besides the Pain, together with a total prostration of the Appetite.

Lastly, before the Disease was grown to such a heighth, the Sick did not only enjoy longer Intervals of the Fits, but also during that Intermission, he was well in his Limbs, and in the other parts of Body, all the natural Faculties performing their Offices duly; but now his Limbs are contracted and cumbred, so that tho' he can stand, and perhaps go a little, yet he creeps along so very lamely and troublesomely, that when he walks, he seems to stand still; and if he endeavours to walk beyond his strength, that he may the better recover his Feet, the more he confirms them by walking, and renders them less apt to receive the pain, so much the more the Fomes of the Disease not perfectly dissipated by all this interval, hovers more dangerously about the Bowels, when it can't be so freely discharg'd upon the Feet, which at this time of the Disease, are scarce ever free from pain, but are always uneasy more or less.

The Sick is also afflicted with many other Symptoms, as with a Pain of the Hæmorrhoidal Veins,

Veins, with unfavoury Belchings, resembling the taste of the Meat last eat, putrifying in the Stomach, when something of hard Digestion is eaten, or only so much as is requisite for People in Health, the Appetite Languishes, and also the whole Body, by reason of a penury of Spirits. Lastly, He lives only to be wretched and miserable, and not at all to taste of the Happiness of Life. The Urine that us'd to be formerly high colour'd, especially in the Fits, and render'd in a small quantity, now is like that, both for colour and quantity which is evacuated in a *Diabetes*: The Back and other Parts, itch troublesomely about Bed-time.

And this Inconvenience also happens in this Disease, when 'tis confirm'd, *viz.* that upon yawning, especially in the morning, the ligaments of the Bones of the Metatarsus, are violently pull'd, and seem to be hardly press'd with a strong Hand; and sometimes when yawning does not go before, the Sick just dropping asleep, suddenly feels a Blow as it were of a Club, breaking in pieces the Metatarsus, so that he wakes crying out: The Tendons of the Muscles that sustain the Legs, are sometimes taken with such a sharp and violent Convulsion, that the pain which it occasions, if it should last but a little while, would overcome all Humane Patience. After many and dreadful Torments, and long execution, the following Fits as to Pain are more gentle, as a pledge of the discharge which approaching Death is about to give, (Nature being partly oppress'd by the burden of the Peccant Matter, and partly by Old Age, is no more able to expel it constantly and forceably

to the extremities of the Body,) but instead of the accustom'd Pain, a certain Sickness with a pain of the Belly, Spontaneous weariness, and sometime a propension to a Diarrhæa supervene. These Symptoms ease the pain of the Limbs when they are violent, and likewise vanish when the Pain is in the Joints; and sometimes the Pain, and sometimes the Sickness afflicting alternatively, prolong the Fits much. For 'tis to be noted, that when any one has had the Gout many Years, the Pain is by degrees lessen'd every Fit, and at length he dies more of the Sickness than the Pain: For the Pain which is in these Fits, though 'tis longer, yet is it not the Tenth of that which he us'd to suffer when his Strength was more intire. But this Severity of the Disease is compensated most commonly by the longer space betwixt the Fits, and by the good Health he in the mean while enjoys. For in this Disease, pain is Nature's most bitter Medicine; and the more violent it is, the sooner will the Fit pass over, and the longer will be the intermission and more perfect, and so on the contrary.

Nor does the Pain, the lameness, and the obstructed motion of the affected parts, the Sick-ness and other Symptoms describ'd, compleat the Tragedy of this Disease: For it breeds the Stone of the Kidnies in very many, either because the Sick lies long upon his Back, or because the Organs of Secretion have ceas'd to perform their due Functions, or for that the Stone is made of a part of the same kind of Matter, but which is the cause I shall not determine; whatever is the origine of this Disease, the Sick has sometimes
many

many sad Contemplations, to know whether the Stone or the Gout is most severe; and sometimes the Stone hindering the passage of the Water into the Bladder through the Urinary Passages kills him, not waiting any longer upon the Slow Gouty Execution. Nor is it enough that the Sick is tormented in such a Miserable manner, as that he can't help himself, but wants the help of others, but this is also added to the heap of his Sorrows, viz. that during the Fit, his Mind is as it were affected with the Contagion, and so far suffers with the Body, that 'tis difficult to say which of them is most afflicted, for every Fit may as properly be call'd a Fit of Anger, as of the Gout, for the Mind and Reason are so extreamly enervated by the infirm Body, that they are disorder'd by the least motion of the Affections, so that he's as troublesom to others, as to himself: Moreover he is as obnoxious to the rest of the Passions, viz. to fear, care, and others of the same kind, by which he's also vex'd, till the Disease going off, the Mind also has recover'd its former tranquillity.

At length the Sick (that I may dispatch the Catastrophe of this dreadful Disease,) his Bowels being so hurt by hatching and embracing the Peccant Matter, that the Organs of Secretion can no longer perform their Office, upon which account the Blood stuff'd with Fæculencies stagnates, and the peccant Matter is not as heretofore cast upon the extream parts of the Body; at length I say the thrice Miserable Wretch is so happy as to Dye.

But

But (which may be a comfort to me and others that are afflicted with this Disease, though we are but moderately furnish'd with Money and the Graces of the Mind,) so liv'd and so died great Kings and Potentates, Generals of Armies, and Admirals of Fleets, Philosophers, and many such as these. In a word, this Disease of the Joints (which can scarce be said of any other,) kills more Rich than Poor, more Wise Men than Fools, Nature shewing as it were with the Finger how just the Parent and Disposer of all things is, and how little he sides with Parties; for those that want something, are wont to be abundantly replenish'd with an other kind of good, and he allayes profuse munificence, by mixing an equal share of Miseries with it; so that 'tis every where inviolably decreed, that no Man shall be perfectly happy, or compleatly miserable, but that all shall partake of both Lots, which mixture of good and ill, so proper to our frailty and mortality, is perhaps very fit for us.

Women are very seldom troubl'd with the Gout, and if they are, not till they are Old or of a Masculine habit of Body: Thin Women who in their Youth or Middle Age are troubled with Symptoms resembling the Gout, receive them from Hysterical Diseases, or a Rheumatism which they were afflicted with heretofore, the Fomes whereof was not well carried off.

Nor have I hitherto observ'd that Boys or Youths are vext with the true and genuine Gout, yet some that I have known, have perceived some

small touches of it, before they have arriv'd to that Age, *viz.* when their Fathers had this Disease when they begat them. And here ends the History of the Disease.

Having very much contemplated the various phenomena of this Disease, I suppose it arises from the Concoction weaken'd, both in the parts, and in all the Juices of the Body; for in those who are subject to this Disease, they being either worn out by Age, or having by Intemperance hastened Old Age, the Animal Spirits are decay'd throughout the whole Body, being consum'd by the immoderate exercise of the brisk Functions in the heat of Youth, for instance, by too early, or too much use of Venery, by Mad and Extravagant Labours, whereby they unweariedly serve their pleasures; to which is to be added a sudden intermission or cessation from the Exercises of the Body, to which they have been heretofore accustomed, either by reason of Years or Laziness, (by the use whereof the Blood was wont to be render'd more vigorous, and the tone of the parts more firm,) upon which account the Body becomes now wither'd, and the concoctions are no more rightly perform'd; but on the contrary the dross of the Juices of the Body which were discharg'd before by the help of such Exercises, are from henceforth laid up in the Vessels, as a Stock for the Disease. And sometimes hard Study or Meditation concerning some serious and lasting Matter, has increas'd the Disease, whereby the Fine and Volatile Spirits are too much diverted from their business of Concoction, which they ought to perform. Moreover they that are sub-

ject

ject to this Disease, are not only most commonly greedy of Meats in general, but chiefly of those that are hardest to digest, whereof when they eat as much as they were wont to do when they exercised themselves, they are unable to digest them. Nor does the said voracity or full feeding, so frequently (though it does often) occasion the Gout, as the immoderate and mad drinking of Wine, whereby the ferments appointed for various Concoctions are wholly destroy'd, and the Concoctions themselves, and the natural Spirits are vanquish'd and dispers'd by the great quantity of adventitious Vapours. But when at one and the same time, the vigour of the Spirits that are the Instruments of Concoction are lessen'd, and moreover a great heap of Humours oppresses the Blood, 'tis impossible that all the Concoctions should be duly perform'd, when all the *Viscera* are so overwhelm'd, upon which account the Spirits long ago weaken'd, are now suffocated. For if this were occasion'd only by a weakness of the Spirits, Women and Children, and those which long Sickness has wasted, would likewise be invaded by it; whereas for the most part it seizes the Strongest, and those that have the most robust Principles of Nature: Yet it does not seize them, 'till Humours are heapt up, by reason of the defect and declination of the Natural Spirits, by which join'd together the vitiated Concoctions are perverted.

Moreover as every one of the causes we have mention'd, promote indigestion, so most of them occasion a Looseness of the habit and muscles of the Body, by which means a passage is open'd for

the receiving crude and indigested Humours, as often as they are protruded to the outward parts, and when lying long in the Blood, they increase in bulk and contract an ill Disposition, and at length acquire a putrifying heat, and can no longer be govern'd by Nature, they break forth into a Species, and fall upon the Joints, and by heat and sharpness occasion most exquisite pains in the Ligaments and Membranes covering the Bones, which being either weaken'd and loosen'd by Age, or by Luxury, or Intemperance, make room for them, when they make an attempt; but this falling of the Humours that generate the Gout, which constitutes the Fit, happens sooner or later, as occasion is offer'd for putting these Humours into motion.

As to the cure, (I will first mention those things that are to be omitted,) though if we respect the Humours and the Indigestion whereby they are occasion'd, it may seem at first, that the curative indications are chiefly to be directed for the Evacuation of the Humours already made, and for corroborating the Concoctions; so that the heaping up of other Humours may be prevented, forasmuch as these are the more general Indications, whereby we should do the business in most other humoral Diseases; but in the Gout there's a kind of prerogative in Nature, for exterminating the Peccant Matter after its own way, by putting it off upon the Joints, and by discussing it by insensible transpiration.

About Three ways are propos'd, whereby we may eject the containing cause of the Gout, *viz.* Bleeding, Purging and Sweating, and yet neither

ther of these Methods will ever perform the business.

First, Though Bleeding may seem both to Evacuate those Humours that are just ready for a descent, and also those that have already besieged the Joints, yet it plainly opposes that indication, which the antecedent cause, that is, indigestion, arising from a depravation and defect of the Spirits, (which Bleeding lessens and oppresses more) requires, and therefore Bleeding is not to be us'd, either to prevent the Fit which is fear'd, or to mitigate that which is now present, namely, in those that are old; for though that Blood that is drawn out, is most commonly like that of Pleuriticks, and of those that have a Rheumatism, yet Bleeding does as much hurt to the Sick in this Disease, as it does good in the Two just mention'd; for if Blood is extracted in the intermission, though a good while after the Fit, there's danger lest by the agitation of the Blood and Humours, a new Fit should be occasion'd more lasting than the former, and accompanied with more violent Symptoms, the strength and vigour of the Blood being blunted thereby, by the help of which the nourishment of the Disease should have been diligently and constantly expell'd.

And this inconvenience happens as often as Bleeding is us'd at the beginning of the Fit, and if it be us'd presently after the Fit, there's great danger, lest Nature, the Blood having not yet recover'd its former strength, weaken'd by the Disease, should be so much dejected by this unseasonably us'd, that a Dropsie should be occasion'd

thereby. But if the Sick is yet Young, and has been over-heated by hard Drinking, Blood may be drawn at the beginning of the Fit; but if in the following Fits it is continually us'd, the Gout is soon confirm'd even in Youth, and will more propagate its Tyranny in a few Years, than otherwise in a great many.

And then as to Purging, whether upward or downward, this must be noted, that whereas by the inviolable Law of Nature annex'd to the very essence of this Disease, the Fomes of it ought to be expell'd always to the Joints; Emetick or Cathartick Remedies will do nothing else, but recal into the Blood the Peccant Matter, which was put off by Nature upon the Extremities of the Body; upon which account that which ought to be cast upon the Joints, rushes perhaps upon some of the *Viscera*, and so the Patient's Life is in danger, when before 'twas not in danger at all. Which is often observ'd to be fatal to those who have been accustom'd to Purging Medicines, that they might prevent the Gout, (or which is worse,) to lessen the Fit: For when Nature is put by her usual method, whereby as being best and more secure, she drives the Morbifick Matter upon the Joints, the Humours are turn'd inward upon the Intestines, and instead of Pain in the Joints, where there is none at all, or certainly but very little, the poor Wretches are almost destroy'd by Stomach Sicknes, Gripes and Faintings, with a great troop of irregular Symptoms.

Therefore I am fully perswaded, having learnt by continual and repeated experience, that all Purging whether by gentle or strong Medicines,
such

such as are usually design'd to purge the Joints, do much hurt, whether it's us'd in the Fit to lessen the Peccant Matter, or at the end to dissipate the Relicks of the Disease, or in a perfect intermission or good health, to hinder the approaching Fit. For I have found at my own peril, as well as of others, that Catharticks administred at any of these times, have been so far from doing good, that they have hasten'd the Mischief they should have prevented. First therefore Purging when the Fit rages, disturbing Nature when she is busied in separating the Morbifick Matter, and in putting it off upon the Joints, sometimes occasions a great confusion of the Spirits, so that the Fit is not only increas'd thereby, but the Patient's Life also is not a little hazarded; and then Catharticks us'd at the end of the Fit, instead of removing the Relicks of the Disease, bring on another Fit afresh, as bad as the former, and thus the Sick being vainly deceiv'd, contrives Misery for himself, which he had not felt, if the Humours had not been inrag'd again: Which inconvenience I have found often, having preposterously crav'd for Medical help, to expel as I thought the relicks of the Disease. Lastly, As to Purging to be repeated at certain intervals, and in perfect Health, to prevent the Fit, though which must be confess'd, there is not so much danger of a new Fit, as in the case just mention'd, when the Patient was not wholly freed, yet at this time it produces a Fit; and if by chance the Patient is not presently seiz'd, yet it does not at all free him from the Disease, though he take this or that Purge constantly at

due distances, for I have known some obnoxious to this Disease, who have not Purg'd only at Spring and Autumn, but also Monthly and Weekly, that they might recover their Health, and yet none of these have escaped the Gout, for most commonly it handl'd them more cruelly afterwards, and with worse Symptoms than if they had taken no Physick at all. For though the said Purging might take away some part of the containing cause, yet no way conducing to the corroboration of Concoction (so far from that is it, that it debilitates the same, and wounds Nature afresh,) it opposes only one cause, and so is wholly unable to cure the Disease.

But this must be noted moreover, that from the same defect of the Spirits, whereby the Concoctions are vitiated, in those who are wont to have the Gout, the frame of the same Animal Spirits is render'd less firm and vigorous, so that 'tis presently disturb'd by any cause, whereby the Mind or Body is somewhat violently mov'd, and so very fleeting and shatter'd is it, as it happens to those that are subject to Hysterick and Hypochondriacal Diseases. From which inclination of the Spirits to be disturb'd, it comes to pass that the Gout most commonly follows the least evacuation. The tone of the Body being dissolv'd, which the firmness of the Spirits whilst they continue vigorous, keeps compact and brisk, the Peccant Matter moves without resistance; and by this injury to the Body a Fit is presently occasion'd.

But

But how pernicious soever this Method is, yet some Empericks are much esteem'd for it, by cunningly concealing the Purging Medicine they use; for it must be observ'd, that during the Purging, the Patient has little or no Pain at all; and if Purging could be continu'd many Days, and no new Fit supervene, the Sick would presently recover of that he has now upon him; but truly he will be dreadfully punish'd afterwards by the confusion into which the said agitation of the Humours has precipitated Nature.

Lastly, The Evacuation of the Peccant Matter by Sweat, though it does less hurt than the fore-said Evacuations, yet it plainly appears to be injurious, for though it don't draw back the Fomes of the Disease into the Bowels, but on the contrary, drives it to the habit of the Body; yet for these Reasons it does hurt. First indeed because when the Fit is off, it forces the Humours as yet crude and not prepar'd for Separation, upon the Limbs, by which means it brings the Fit before its time, and contrary to Nature's consent; and then because the forcing of Sweat in the Fit, does cast the Morbifick Matter too violently upon the affected Member, and occasions at the same time an intollerable pain; and if the quantity of the Peccant Matter is greater than can be contained in the affected part, it forces it presently upon other Members, and upon which account there is a great Ebullition and Fury of the Blood and other Humours; and if the Body abounds very much with ferous Matter, fit to generate the Gout, there's danger lest an Apoplexy

plexity should be occasion'd. Wherefore in this Disease as well as in all other, wherein Sweat is provok'd by Art, to cast forth the Morbifick Matter, and does not come naturally, 'tis very dangerous to force them out too violently, and beyond that degree of Concoction whereunto the Humours to be evacuated have come of their own accord. And that excellent Aphorism of Hippocrates, *that things concocted, not crude, are to be medicated*, is of as much use in provoking Sweat, as in Purging the Belly, which is very apparent in that Sweat that uses to come at the latter end of Agues, which if it is moderate and agreeable to the concocted quantity of Febrile Matter of the preceding Fit, much relieves the Sick; but if it's forc'd beyond Nature's bounds, by keeping the Sick continually a-bed, a continual Fever is occasion'd, and instead of extinguishing the former Fire, a new one is kindled. In like manner in the Gout, that gentle Breathing Sweat which most commonly comes in the Morning of its own accord after each of the small Fits, whereof as I have said the great Fit consists, mitigates both the pain and restlessness, wherewith the Sick has conflicted all the Night. But on the contrary, when at any time this gentle breathing Sweat that naturally soon goes off, is provoked longer and more violently than the proportion of Peccant Matter requires, the Disease is encreas'd thereby. Therefore in this Disease and in all other I have ever seen, except the Plague only, 'tis not so much the Physicians, as Nature's business to force Sweat, because we can't know by any means what part of Matter is already prepar'd

par'd for such a Separation, and by consequence what Measures we are to take in provoking it.

Now seeing it plainly appears from what has been said, that 'tis not only in vain to endeavour the cure of the Gout by Evacuating Medicines, but that they are also injurious to Gouty People, it remains that we inquire to what other end the curative Indications are to be directed. I indeed having accurately weigh'd, and diligently examin'd the foresaid Phænomena, gather from thence that we must have respect to two causes chiefly in the cure of this Disease; the first is the Antecedent cause, or the indigestion of the Humours arising from a defect of heat and natural Spirits; the other is the containing cause, or the heat and boiling of the Humours, when they are putrified and grown sharp by remaining too long in the Body, which their delay is occasion'd by the indigestion above mention'd: These Causes are so absolutely contrary one to the other, that those Remedies that do good for this, are injurious for the other; upon which account this Disease is so very difficultly Cur'd. For when we endeavour to remove Indigestion by hot Medicines, there's danger left on the other hand we increase the heat of the Humours; and when on the contrary we would mitigate the hot and acrid Humours, either by cooling Remedies or Diet, we occasion Indigestion, the natural Heat being weaken'd. But here by the containing cause, I don't only mean that which actually besieging the Joints, forms the Fit, but that moreover which lurking in the Blood,

Blood, is yet unfit for Separation ; for all the Morbifick Matter is very seldom so clearly ejected, how long and severe soever the Fit has been, and that there are no relicks of it in the Body, after the Paroxism is gone off, and therefore regard must be had to this cause, as well when the Fit is off, as when it rages. But forasmuch as the ejection of the containing Matter is wholly Nature's Business, it must be done by her Method alone, for nothing can be in the mean time attempted to assuage the hot and acrid Humours, without injury to the Digestions, only the Sick must forbear hot Medicines and Diet whereby the Humours are inflam'd ; so that certainly the greatest and chiefest intention of Curing, consists in helping Concoction, by removing Indigestions, of which I will now treat, yet so as that in the series of my Discourse, I may touch upon those Remedies occasionally, which conduce to the asswaging of the Heat, and sharpness of the Humours.

Therefore whatever helps Nature in duly performing her offices, either by strengthening the Stomach, that it may concoct the nourishment well, or the Blood, that it may duly assimilate the Chyle brought into it, or by strengthening the Solid Parts that they may the better convert the Juices design'd for their nourishment and increase, into their proper substance. Lastly, Whatever preserves the Organs of Excretion, and the emunctories of the Body, in that state whereby the Fæculencies of each part may in due time and order be carried off, these and all things of this kind conduce to the fulfilling this intention,

intention, and are properly call'd Digestives, whether they are Medicines, or a Rule for Diet or Exercise, or any other of those things which are call'd the Six Non-naturals.

These kind of Medicines in general, are those which moderately heat, and are either bitter, or gently bite the Tongue, for they are very agreeable to the Stomach, they purifie the Blood, and comfort the other Parts. For instance, they are such as these Roots of Angelica, Elecampane, the Leaves of Wormwood, the lesser Centaury, Germander, Groundpine, &c. also those that are vulgarly call'd Anti-scorbuticks may be added, as the Roots of Horse-Radish, the Leaves of Garden Scurvy-Grass, Water-Cresses, and the like. But yet these acrid and pungent Herbs, how pleasing soever they are to the Stomach, and how much soever they help Concoction, are to be us'd more sparingly than others that corroborate the Stomach by their gentle heat and bitterness, and render the Mass of Blood more brisk and lively, for they stir up the Fomes of the Disease that has been long form'd, and increase the Heat.

Some Species of them neatly mix'd, are better in my Opinion to concoct the Humours, than any one Simple of their Tribe. For though when we have need of the Specifick Vertue of any Medicine, that Rule holds good, *the simpler 'tis, the better 'tis*; but when we design to cure the Sick by satisfiying this or that Indication, every Ingredient contributes somewhat for the cure of the Disease; and in this case the greater the number of Simples is, the more powerfully does the

the Medicine work ; therefore various forms of Medicines tending to this end , may be neatly fram'd of the foresaid , and of the rest of the *Materia Medica* of this sort. I prefer an Electuary before the rest made like Venice-Treacle, as the most excellent, for that a mutual Fermentation of the Simples, increases the vertue of them all, as if it produc'd some third thing, which in the things so join'd, has greater vertue than any one of them in the same quantity. But I willingly leave the choice of such Ingredients, and the forms wherein they are to be given, to the prudent Physician ; for I never thought it my business to write Receipts as they call them, but rather to note the Indications, according to which the Methods of Cure are to be directed ; and this being not well minded, is the cause why Empericks boast that they are the chief of the Medical art.

But for the benefit of Beginners, I will set down the remedy I am wont to use, which is compounded after this manner.

Take of the Roots of *Angelica*, of the sweet Smelling Flag, of *Mastewort*, *Elecampane*, of the Leaves of *Common Wormwood*, of the lesser *Centaury*, of *white Whore-hound*, of *Germander*, of *Ground-pine*, of *Scordium*, of *common Camelinth*, of *Feverfew*, of *Field Saxifrage*, *St. John's-wort*, *Golden-Rod*, *Thime*, *Mint*, *Sage*, *Rue*, *Carduus B.* *Penny-Royal*, *Sothernwood*, of the Flower of *Chamomel*, *Tansie*, *Lilly of the Vallies*, *English Saffron*, of the Seeds of *Treacle*, *Mustard*, *Garden Scurvy-Grass*, *Carraway*, *Juniper-Berries*, each a sufficient quantity ; leet

The Herbs and Flowers and Roots be gather'd when they have most vertue in them; let them be dry'd, and kept in Paper Bags till they may be finely powder'd; to six Ounces of each well mixt, add a sufficient quantity of purified Hony and Canary Wine, to make an Electuary; take Zij Morning and Evening. Or for want of this, use the following.

Take of the Conserve of Garden Scurvy-grass $\mathfrak{z}i\mathfrak{s}$, of Roman Wormwood, and of the Yellow Rind of Oranges, each $\mathfrak{z}i$, of Candied Angelica, of Nutmegs Candied, each $\mathfrak{z}ss$, of Venice Treacle, $\mathfrak{z}iij$, of Compound Powder of Wake Robin $\mathfrak{z}ij$, make an Electuary, with a sufficient quantity of Syrup of Oranges; let him take $\mathfrak{z}ij$ twice a day, drinking upon it Five or Six Spoonfuls of the following Water.

Take of the Roots of Horse-Radish slic'd $\mathfrak{z}iij$, of Garden Scurvy-grass, $\mathfrak{M} . xij$, of Water Cresses and Brook-lime, of Sage and Mint, each $\mathfrak{M} . iij$, the Peel of Six Oranges, two Nutmegs bruis'd, of Brunswick Mum $\mathfrak{℥} . xij$, distil them in a common Still, and draw only Six Pints of Water for use.

Among the Medicines commonly known, Venice Treacle is the best to corroborate the Concoctions; but because it contains a great many species that heat too much, and besides, a great deal of Opium, the Electuary above-mention'd may be more commodiously prepar'd of the chief heating Vegetables; but we must take care to choose such Simples as are pleasant to the Taste, for the Sick must take it a long while, viz. almost as long as he lives, and therefore 'tis very requisite

requisite that they should be palatable; among
the Simples; the Peruvian Bark is the best
for it strengthens the Blood, and renders it vi-
gorous, if some Grains of it are taken Morning
and Evening.

And truly as in this Disease we now treat of,
so in most other Chronical Diseases, these and
such like Remedies that strengthen the Blood,
and render it Brisk (if their heat don't consist
of Vinous Spirits, for reasons to be shewn here-
after,) do most good, forasmuch as every Dis-
ease of this kind, if I conjecture right, ought
to be referr'd to one and the same cause, *viz.* the
indigestion of the Humours.

But it can no way be made more apparent, and
better prov'd, than by setting in view the differ-
ence that is betwixt Acute and Chronical Dis-
eases; wherefore I hope the Reader will not take
it amiss, if I do a little digress from the business
in hand. As therefore those for the most part
are accounted Acute Diseases, which either soon
kill, or are brought to Concoction, so those are
Chronical Diseases which either are not Con-
cocted at all, or require a long time for their
Concoction; and indeed the very nature of these
thing, as well as the words by which 'tis ex-
press'd, plainly signifie as much; but the cause of
this difference which is perceiv'd betwixt these
two kinds of Diseases, is more obscure, and not
easily to be clear'd. I suppose 'twill be worth our
labour, to spend a little time in the search after
it, for the clear and distinct knowledge of these
things, contributes much towards the finding out

true and agreeable Indications for the cure of these Diseases.

Whether the innermost Bowels of the Earth, if it's proper to say so, undergo various changes, upon which account the Air is infected by Vapours exhaling from thence, which seems very probable to me, or whether the whole Atmosphere is infected by an alteration occasion'd by a certain Conjunction of Heavenly Bodies: 'Tis most certain, that for this space of time, the Air is stuff'd with Particles which are injurious to the œconomy of the Human Body; and that at another time 'tis impregnated with such Particles, as are Enemies to the Bodies of some species of Beasts. When at these times we breath into the naked Blood, the noxious Venom that's an Enemy to Nature, and fall into those Epidemical Diseases which that is apt to produce, Nature produces a Fever, its usual engine to free the Blood from any disagreeable Matter that lodges within; and such Diseases are commonly reckon'd Epidemical, and are therefore acute and short, because they have so quick and violent a motion. But besides these Diseases occasion'd by an External cause, there are others as acute, proceeding from this or that peculiar Inflammation of the Blood, which don't depend on any general cause from the Air, but on a particular irregularity or intemperies of particular Bodies, which kind of Fevers I call Intercurrent and Sporadick, which happen almost in all Years.

But Chronical Diseases have quite another genius, for though an unhealthy Air of this

or that kind may conduce much to the generating these Diseases, yet they don't so immediately take their rise from the Air, but most commonly to the indigestion of the Humours, the common Parent of them all. For when any one has the Principles of his Nature weaken'd and worn out, either by Old Age, or by great and continual errors in the Six non-naturals, especially in Meat and Drink; or if the Secretory Organs have been so debilitated, that they are wholly unable to purifie the Blood, and to carry off its Superfluities: In these cases a greater stock of Humours being heap'd up than a Man's strength is able to digest, the said Humours by long continuance undergo various Fermentations and Putrefactions, and at length break out in specie, and occasion various kinds of Diseases, according to the variety of Depravation; and as these deprav'd Juices have a various disposition, so they variously fall upon this or that part which is fittest to receive them, and at length by degrees they shew their long train of Symptoms, which are wont to arise partly from the nature of such Juices, and partly from the Confusion brought upon those parts, which two join'd together, constitute the irregularity of Nature, which is mark'd with the name of some Disease.

Now 'twill plainly appear, that such an impotency of Nature for the concocting the Humours, is the chief cause of Chronical Diseases, if we consider that Old Men whose Concoctions are weaken'd, and the Spirits the Instruments of them wasted by the repeated functions of a long
Life,

Life, are more subject to these Diseases than Younger People, whose flame of Life being more kindled, scatters those Feculencies heap'd up, and whose Secretary Organs are constantly assisted by the natural heat, that they may not be deficient in purifying the Mass of Blood, unless they are oppressed, and as it were suffocated by too great a quantity of Humours. Moreover that such an indigestion of the Humours, is the cause of most Chronical Diseases, is manifest from hence, *viz.* because Winter is much more apt to breed such Diseases than Summer; though some of them don't actually break out till the latter end of Winter, yet the stock of Humours on which they depend, increasing all the Winter, is enlarg'd by that cold and raw Season, weakening Nature, so that she is not so able to preserve the œconomy of the Body. Upon which account it happens, that they who are very well in Summer, seldom escape those Diseases in Winter whereunto they are most inclin'd. For instance, the Gout or Asthma, and a Cough, and the like. And from hence we may learn the reason why travelling into more Southerly Regions does so effectually vanquish those Diseases, the cure whereof is vainly attempted in colder Climates. The truth of what I have said already concerning the general cause of Chronical Diseases, will moreover manifest it self by that great and incredible relief which those that are afflicted with most Chronical Diseases, especially with a Phthisis, receive by Riding on Horse-back, which kind of Exercise invigorates and strengthens all the Digestions, the natural

Heat being reviv'd by the continual shaking of the Body, and the Organs destin'd for Secretion, assisted in duly performing their Office of purifying the Blood, so that a Renovation of the ruin'd Digestions must necessarily follow, and by consequence, the best Constitution of Body.

Wherefore 'tis manifest enough by the reasons already alledg'd, that not only in the Gout, but also in other *Chronical Diseases*, where no manifest Symptom contraindicates; such kind of hot Herbs are sometimes very beneficial, for they procure the heat of Summer, in the middle of Winter; tho' if we accustom our selves to the use of them in Summer-time, they will the better prevent those Diseases, which the contrary Season is wont to occasion: And truly if they are deferr'd till Winter approaches, at which time a great deal of Matter is heapt up, 'tis to be fear'd, we may fly too late to this Refuge. But tho' (as I have discours'd largely above) the Gout by a peculiar Disposition, is made worse by Catharticks; yet in most other *Chronical Diseases*, Bleeding repeated as often as there is occasion, and Purging is to be order'd, before these digestive and corroborating Medicines are to be us'd; but when the Patient has once enter'd upon the use of these, he must persevere, without Purging betwixt whiles; for this must be constantly maintain'd, that as often as the Cure of any Disease is assay'd by corroborating Remedies, all Evacuations are wholly injurious. Lastly, I don't affirm that these digestive Medicines now mention'd, are better than all others; but this I say, that he that can find out the best Remedy to answer this Intention,

of Chronical Diseases. 117

attention, will do much more in curing *Chronical Diseases*, than he wou'd imagine he was able to do.

But this must be first taken notice of, and chiefly observ'd above all the things I am about to mention concerning the Cure of the Gout, namely, That all digestive Remedies whatsoever, whether Courses of Physick, or Diet, or Exercise, are not to be taken up by the by, but must be us'd constantly and daily with the greatest Diligence; for whereas in this Disease, as also in most other Chronical Diseases, the cause of it has pass'd into an Habit, and is become as it were a new Nature: No Man in his right Senses, can think that some small and short alteration, superinduc'd upon the Blood and Humours, by any sort of Remedy or Diet, can perfect the Cure; for the whole Habit of the Body must be chang'd, and the whole Man must be as it were new fram'd; for 'tis not so here, as in some accute Disease, where he that even now was strong, and perfectly well, is suddenly seiz'd with a Fever, and precipitated from the best state of Health, into the most dangerous Disease. No, the case of the Gout is quite different, where he that for many years together, by immoderately indulging himself in Surfeiting and Drunkenness, and neglecting his wonted Exercises, is worn out by Sloth and Negligence, or by hard Study, or continual and intense Thinking, or by some other Errors of Life; as if he had designedly perverted the various Ferments of the Body, and oppress'd the animal Spirits, (which are the chief Instruments of Digestion) by which means the preternatural Humours

that were heapt up, break out at length, when they are arriv'd to the highest degree, and confound all, the Flesh being soften'd, and the Joynts weaken'd, so that they readily receive the Humours falling upon them. And so at length another Nature is as it were, superinduc'd by degrees, the pristine and natural œconomy of the Body being wholly subverted, and destroy'd: And those Fits about which unwary and unthinking Men are so busied, are indeed nothing else but the Series and order of Symptoms, depending on that method which Nature is wont to use in driving out the Matter that occasions the Disease; wherefore he labours in vain, that endeavours to drive away this Disease, by this or that Medicine or Regimen now and then us'd. For this Habit being chiefly founded, and consisting both in the weakness of all the Digestions, and in the want of the natural Strength of the particular Parts, we must provide against both these Ills, and the strength of Concoction, as well as the Soundness of the Parts, must be reduc'd and restor'd by degrees to the former state and accustom'd œconomy of the Body, tho' to do this fully and perfectly, may not seem possible, not only because any Habit is difficultly chang'd into the quite contrary, but also because Old Age which most commonly accompanies this Disease, violently opposes; yet the Cure is to be endeavour'd as much as the Strength and Years will permit: And the nearer or farther from this Mark the Patient is, he will more or less avoid the Tyranny of the Gout.

And 'tis moreover to be noted, That digestive Remedies, either medicinal or dietetic, are chiefly to be us'd in the Intervals of the Fits, and as long as may be before the next Fit; for by reason of
Old

Old Age, much time is requir'd, and a constant use of Remedies, before the corroboration of all the Concoctions and the Restauration of the enfeebl'd Ferments of the Body, and such a Soundness as is requisite for the Blood and Viscera can be obtain'd.

But tho these Remedies and other things of the same kind, may do good, yet this intention of corroborating, can't be answer'd by these things alone, but respect must be also had to those things which don't properly belong to Physick. And he will be most certainly deceiv'd that thinks he can perform the Cure of this, or some other Chronical Disease, by Medicines alone. First therefore, a Mediocrity is to be observ'd in Meat and Drink, so that neither more Nourishment be taken in, than the Stomach can concoct, lest the Disease shou'd be heighen'd by it; nor on the contrary must the Parts, by too much Abstinence, be defrauded of that Proportion, whereby their Strength and Vigor ought to be sustain'd, for by so doing, they will be more weaken'd, for either is alike injurious, as I have often found in my self and others: Moreover, as to the quality of the Meat, tho' things of easie Digestion consider'd by themselves, are to be prefer'd before things of hard Digestion; yet regard must be had to the Patients Palate: For we must take notice, That that which the Stomach earnestly craves for, tho' of difficult Digestion, is sooner conquer'd by Nature, than that which is accounted to be of easier Digestion, if it be offensive to the Stomach; but those things that are reckon'd of hard Digestion, are therefore to be eaten more sparingly; and I

suppose the Patient ought to feed upon one sort of Meat at a Meal, for various sorts of Flesh eaten at once, disturb the Stomach, more than one sort eaten in the same quantity. As to other things beside Flesh, let him eat at Pleasure, if they are not Sharp, nor Salted, nor Spic'd; which tho' they don't hurt Concoction, yet are they injurious, for that they exagitate the Fomes of the Disease.

As to the times of eating, a Dinner is only necessary; for the Bed being most proper to digest the Humours, that time ought not to be wasted about concocting the Meat; therefore they that are subject to the Gout, shou'd not eat Suppers, yet they may allow themselves a large Draught of small Beer, for such are also most commonly inclinable to breed the Stone in the Kidnies, the Concretion whereof, is much hinder'd by such a kind of Liquor, drank at this time, the Reins being cool'd and cleans'd thereby.

The drinking of Milk, or a Milk Diet, either crude or boyl'd, without any thing else, except perhaps a piece of Bread with it once a day, has been much us'd these Twenty years, and it has done more good to many, than any other sort of Remedy for this Disease, as long as they kept to it: But as soon as they return'd to common Diet, tho' of easie Digestion, the Gout return'd more violently than before, and held them longer; for the Principles of Nature being weaken'd by this method, the Sick was render'd less capable to repell the Disease, upon which account 'twas more dangerous and lasted longer. Therefore he that intends to betake himself to this method, ought
first

first to consider seriously whether he can persist in the use of it all his Life long, which perhaps is not in his Powe, how resolv'd so ever he may be. For I knew a Noble Man, who after he had been dieted with Milk only, a whole year with Pleasure, (all which time, he went to Stool daily once or oftner) was forc'd to leave it off, by reason he was suddenly bound in Body, and the Temper of his Body alter'd, and because his Stomach at length nauseated Milk, tho' the inclination of his Mind still continued. But some hypochondriacal People of a gross habit of Body, or who otherwise have accustom'd themselves much and a long while to spirituous Liquor, can by no means bear a Milk Diet. Moreover, that very short and fading Benefit that they receive by this Diet, to whom Milk is agreeable, proceeds hence, *viz.* not only for that this Diet is most simple, (for I don't doubt but that Barly-Broath, if the Stomach will bear it, may do as well) but also because it renders the Blood more mild and sweet by quelling the Acrid Particles in it; and moreover, which I suppose is most considerable, Milk being a sort of aliment very unfit for grown People, suppresses that Turgescency of the Humours, which occasions the Gout; and for that reason those few with whom a Milk Diet agrees, are so long free from the Gout as they feed upon it, and no longer; for by being wholly contrary to the original cause of the Gout, *viz.* the weakness of the Ferments and Concoctions, 'tis much more injurious than beneficial. And because this has not been sufficiently regarded, some unwary People have fell into great and fatal Errors; for

for by endeavouring to oppose the containing cause, *viz.* the heat and sharpness of the Humours, they have destroy'd the concoctions and all the natural Functions.

As to Liquors, those in my opinion are best, that are neither as strong as Wine, nor as weak as water, of which sort is our *London Small-Beer*, with or without Hops; for extremes on either hand are hurtful. First as to Wine, tho' the Proverb says, Drink Wine and have the Gout, and drink no Wine and have the Gout: Yet 'tiss without Controvesie, and confirm'd by various Experiments of gouty People, that Wine *de facto* is injurious. For tho' it may be suppos'd to do good by helping the Concoctions, the Disorders whereof, I have long accounted the antecedent cause of the Gout; yet with respect to the containing cause, it mst be reckon'd wholly injurious, for that it fires and exagitates the Humours, the Fomes of the Disease, already prepar'd to give Battel: Yet I don't grant that Wine us'd for ordinary drink, does promote Concoction, but rather spoys it, unless in those that have been accustomed to Wine a long while; for tho' as it passes by it imparts some Heat, yet it certainly injures the Ferments of the Body, and destroys the natural Spirits; and for this reason I suppose, great Drinkers dye of the Gout, Dropsie, Palsie, and other cold Diseases. Moreover, a continuall and immoderate swilling of Wine, renders the Body soft like Womens Bodies, whereas temperate Liquors strengthen and confirm the Tone off all the Parts; for which reason, they that have always us'd small Liquors, seldom know what the

Gout

Gout means. 'Tis moreover to be noted, That those Men are most inclinable to this Disease, who tho' their natural Concoction is lessen'd, are nourish'd more than enough by reason of a certain Luxury of the Blood, and they grow bulky by some indigested Matter, instead of good Substance and well compacted. And drinking of Wine does more increase this Luxury of the Blood; and moreover, heaps up a new Stock of Matter, and actually occasions the Disease, by firing as it were the Fomes of it, which has been laid up a long while. And besides, the Blood of gouty People, being very like that which is taken from those that have a Pleurisie, or some other inflammatory Disease; 'twould be a mad thing to inrage it more with spirituous Liquors: Nor on the contrary, are Liquors too much cooling to be us'd; for these by quite spoyling the Concoctions, and by extinguishing the natural Heat, occasion the greater Mischief; not Pain as Wine does, but Death it self: As Experience teaches in those who freely indulging themselves in drinking Wine, till they are Old, and betaking themselves suddenly to drink Water or small Liquors, have soon destroy'd themselves.

Therefore those that are subject to the Gout, must take care that they use those Liquors, that can neither cause Drunkenness when they are taken in a large quantity, nor yet injure the Stomach by chilling it; of this kind as I said, is our Small-Beer, and a proper Liquor may be made in other Countries, by mixing a little Water with a great deal of Wine. I count Water by it self, crude and injurious, and I have found it so to my hurt.

hurt. But Water may be safely drunk by young People, wherewith at this day, the greatest part of Mankind quenches Thirst, being more happy with their Poverty, than we with Plenty and Luxury. To confirm which, I produce that great Train of Diseases, whereby our Bodies on this account are tortur'd, *viz.* the Gout, Stone, Apoplexy, Palsie and the like; and that Violence upon the Mind, whereby 'tis driven contrary to its native Rectitude, while the adventitious Spirits of such Liquors, complicated with the animal Spirits, serving for the forming Thoughts, disturb the Mind, by volatilising it too much, suggesting vain and frivolous Fancies, instead of things that are solid and of some moment; and so makes us Jesters and merry Fellows, instead of Wise Men, between which, the difference is almost the same, as betwixt a Substance and a Shadow: But enough of this.

But now, tho' it may be sufficient for him that has the Gout but a little, and at some times only, to use Small-beer and diluted Wine, the degree of his Disease not requiring a more sever usage; yet when the whole Substance of the Body is as it were, degenerated into the Gout, he will be less able to conquer the Disease, who does not wholly abstain from any sort of fermented Liquors, tho' Small and Mild; for all these contain a pungent Spirit, and some degree of Sharpness, and what is worse, as they have a Ferment in them, (even as Yeast put into Liquors, imparts a fermentative Vertue to the whole Mass) so they incline the Humours to a perpetual Fermentation. Therefore a Dietick Drink must be prescrib'd of the Ingredients

commonly known and appointed for this use, for ordinary Drink, if it be not too strong, for if so, the Humours will be almost as much inrag'd as by Wine: And on the contrary, it must not be so small, as to injure the natural Functions, by over-cooling them. This sort of Drink if it be made of such Ingredients as are least displeasing to the Sick, tho' the constant taking them, may cause some loathing for a Week or too, will afterwards be as pleasing and as acceptable, as any other Liquors to which he has been most accustomed. And by this kind of Liquor, the Appetite will be increas'd, and become more natural than it us'd to be with fermented Liquors. And moreover, there will be this advantage, that he that uses this dietetick Liquor for his ordinary Drink, may the freer indulge himself in other Diet, than when he drank Beer or Wine, for the Errors in Diet (all which 'tis almost impossible for a Man to avoid) will by this means, be somewhat corrected and amended. But which is the chiefest of all, the Sick may prevent the Stone by this means, which is usually the constant companion of the Gout; for all sharp and attenuating Liquors, occasion a Fit of the Stone, as well as generate it. The following Liquor being of a pleasant Taste and Colour, pleases me best.

Take of Sarsaparilla ℥vi, of Saffaphras, China, and the Shavings of Harts-horn, each ℥ij, of Liquorish ℥i; boyl them in Two Gallons of Fountain Water for half an hour, afterwards let them stand cover'd upon hot Ashes 12 hours, afterwards boyl it to the consumption of a Third part; as soon as 'tis taken from the Fire, insuse
half

half an Ounce of Anniseeds, after 2 hours strain it, and let it stand till it's clear; keep the clear Liquor in Glass Bottles well stop'd for use.

This Liquor is most conveniently us'd at first, when the Patient recovers of the Fit, and he must persevere in the use of it all the rest of his Life as well when he has the Fits, as at other times. At the same time the foresaid Electuary must be us'd daily, as well in the Fits, as when they are off; the Heat of this will somewhat allay the Waterishness of the dietetick Drink, affording a due degree of heat to the Blood and Bowels, without that agitation which us'd to be occasion'd by the heat of fermented Liquors;

If any one shou'd object that that Life is scarce vital, wherein a total Abstinence from Wine and other fermented Liquors is observ'd: I answer, it must be consider'd whether it be not much more miserable and less tolerable, to be rack'd and dreadfully tortur'd by the Gout, grown strong, by continuance, (for when the Disease is gentle, this is not requisite) than to be confin'd to this Liquor; the use of which being continued, he may indulge himself in almost all sorts of Food: Not to repeat now that this Drink (as all other things) grows pleasant by custom. Certainly he that has felt this Disease, if he be a Man, will not long dispute which is best.

Yet notwithstanding, if the Sick by reason of a long and too great use of intoxicating Liquors, or by reason of Old Age or Weakness, can't concoct his Meat without Wine or some other fermented Liquor, he can't leave it off suddenly without great danger, the doing whereof has been fatal

to many. Therefore in my opinion, he shou'd not use the dietetick Apozem above describ'd ; but if he be resolv'd to use it, let him be accustom'd to it leisurely, (drinking a Draught of Wine at Meals for some time) more like a Remedy than a Diet, till the Decoction becomes more familiar : But Spanish Wine is to be preferr'd in this case before French or Rhenish Wine, the two last being apt to inrage the Humours, and to increase the Fomes of the Disease, tho' they are very grateful to the Stomach. Moreover, they are almost as crude, and scarce more concocted than our Syder, and besides they are not so cordial and hot, as the case requires. And so much may suffice for the Meat and Drink of gouty People.

There's another thing which tho' it may seem small, yet is it of great moment, as well for digesting the Fomes of the Disease, when the Fit is violent, as for hindering the generation of the Matter, when the Fit is off; namely, that the Sick, especially in Winter, go to Bed early; for besides, Bleeding and Purging, nothing does so much destroy the strength of Nature, as watching a Nights, which every sickly person can affirm by Experience, if he considers how much brisker and more chearful he rises, when he goes to Bed early, and how languid and faint he is when has sat up late; and tho' it may seem as well, if he lyes a Bed so many hours, whether he goes to Bed sooner or later: For instance, whether he goes to Bed at Nine, and rises at Five, or goes to Bed at Eleven, and rises at Seven; yet 'tis not so, and I suppose chiefly for this reason, *viz.* in the Day-time the Spirits are dissipated, either by the Exercise

cise of the Body or Mind, which in People that are sickly, are so infirm and weak, that they have need of Rest earlier in the Evening; for the approach of Night occasioning as it were, a kind of Relaxation of the Economy of the Body, which was kept up in the Day-time, by the influence of the Sun; 'tis necessary that the heat of the Bed shou'd supply the want of the Sun, especially in Winter. But in the Morning, the Spirits being refresh'd and invigorated by the rest of the foregoing Night, and the warmth of the Bed, (besides, for that the supervening day adds Firmness and Strength to the Tone of the Body) rising early at this time, tho' an hour or two is taken from the Morning Sleep, Nature is not so much injur'd as by Evening Watchings protracted an hour or two. Wherefore I wou'd perswade those that are subject to the Gout, to go to Bed early; especially in the Winter, and to rise early, tho' Sleep somewhat shorter, may intice them to lye longer; for sleeping in a Morning, prevents so much Sleep the next Night, and so at length, as force being brought upon Nature, and its wise Institutions despis'd, Night is turn'd into Day, and Day into Night.

Moreover, Tranquility of Mind, must by all means be obtain'd; for all Perturbations, when they break the Bounds, mightly dissolve the frame of the Spirits, that are the Instruments of Digestions; and so by consequence, much promote the Gout. Therefore the Sick shou'd prudently consider his own mortal Condition, and not foolishly imagine that he is freed from those Troubles, that necessarily follow it; for whether

he suffers this Affliction of Mind, either by his own Fault, or Fault of others, he can never prescribe Laws to the World, who has not been always obedient to any one, how Potent and Wise soever he has been; nor does ever all things fall out so exactly, according to any ones Mind, as he fondly imagines, but suddenly as he is busied in Mind about the ordering of things, he becomes the Specimen of humane Frailty, having unreasonably depriv'd himself of the Enjoyment, of the fading Fruits of Life. The same Inconvenience, follows too great an Application of Mind to Study and serious things; for Melancholy always accompanying this Disease more than any other, those that are subject to it, are wont to tire and overwhelm the Animal Spirits, by thinking much and long, without the artificial help of Books; and they do so mightly overthink, that the œconomy of the Body, can't any longer preserve it self whole: For which reason in my opinion, this Disease seizes (except my self if you please) very few Fools.

But the Exercise of the Body is more profitable, than all other things that are us'd to hinder the Indigestion of the Humours, (which I reckon the chief cause of the Gout) and to corroborate the Blood, and to restore strength to the Parts: But it must be noted, which I have mention'd above, that as in this Disease, more than in any other Chronical Disease, the Habit of the whole Body ought to be chang'd,; the Exercise of the Body, unless 'tis daily, will do no good; for this kind of Exercise intermitted by tards, as it does scarce conduce any thing to the change of the Habit of

the Body grown Languid and Effeminate, by Sloth and Indulgence, so perhaps it may prove injurious, by occasioning the Fit when the Patient has disus'd it a long while. But this exercise ought not to be violent, but such as is agreeable to Old Men, which are most usually the Subjects of the Gout. For too violent a motion of the Body does too much dissipate the Spirits, and by consequence hurts the Concoctions, whereas constant and moderate Exercise strengthens them. Though this may seem hard to a Man, who besides Old Age and Sloth, and the unfitness of the Body for motion, which is as it were natural in this Disease, is moreover punish'd with Pain; and yet if this be omitted, nothing which has been already found out will do any good. And as the Intervals of the Fits without constant Exercise of the Body can't be long, so such a one will be more prone to breed the Stone, which is more dangerous and more tormenting than the Gout.

Moreover (which is of great moment) the Stony Matter is much increas'd by long rest in the Joints of the Body, especially of the Fingers, so that at length they are wholly deprived of all motion. For how confidently soever some People affirm, that the Matter of these Stones is nothing else but the Tartar of the Blood put off upon the Joints, yet 'twill easily appear to any one that does a little weigh the thing more seriously; that when a great deal of unconcocted Matter causing the Gout, flows upon some of the Joints, and renders the neighbouring parts tumid a long while, at last it happens

pens that partly by reason the assimilative vertue of these is choak'd, and partly by reason of a suffocating obstruction which this dull Humour breeds in them, the said Matter is generated, which is turn'd into this kind of Substance by the heat and pain of the Joints, and is daily increas'd, changing the Flesh and Skin into its own nature, which now lies naked, and may be pick'd out with a Needle, and is like Chalk, or Crabs Eyes, or some such thing. But now this ill may be prevented by daily exercise, by which the Humours causing the Gout, which are apt to seize on one part, are duly scatter'd through the whole Body. So that it comes to pass as I have observ'd in my self, that long and daily exercise does not only hinder the generation of this Stony Matter, but also dissolves the Stones when they are hard and old, if they have not prevail'd so far, as to change the outward Skin into their own Substance.

As to the kind of Exercise, riding on Horse-back, when Old Age or the Stone does not hinder, is much to be preferr'd before the rest: And truly I have many times thought with my self, that if any one knew a Medicine which he cou'd also conceal, as effectual in this and most other Chronical Diseases, as constant and daily riding on Horse-back, he might easily get a vast Estate. If this can't be us'd, riding in a Coach does almost as well; and on this account at least 'tis well with Gouty People, for their Riches which enticed them to Luxury, whereby the Disease was bred, can provide them a Coach, which kind of

Exercise they may use, when they can't the other.

But 'tis to be observ'd, that 'tis best to use Exercise in a good Air, *viz.* in the Country, and not in a City, where the Air is fill'd with Vapours exhaling from the Shops of various Artificers, and thicken'd by the closeness of the Buildings, as 'tis here in *London*, which is generally suppos'd to be the most spacious City in the whole World. But how great the difference is betwixt Exercising in the Country, and Exercise in Town, any one that has the Gout will soon find.

As to Venery, he that is Old and Gouty (being now destitute of a stock of Spirits, whereby the Concoctions ought to be promoted, and by consequence his Joints and the neighbouring parts to them are but too much weaken'd and loosen'd without this adventitious destruction,) is equally as improvident in my opinion, if he indulge himself in these allurements, as he that having undertaken a long Journey, should consume all his Provisions before he sets out; for besides the Mischief he brings upon himself by not restraining the impotent desires of feeble Age, he deprives himself of the great privilege of enjoying that Jubile which is reserv'd as the great and special favour of Nature for Old Men only, whereby in the last Scene of their Lives, they are at length emancipated from these impetuosities of Lust, which like a ravenous Beast worried them all the time of their Youth Night and Day: For the full satisfaction of these Appetites, can no way compensate for that

that long train of Miseries that either accompany or follow it. And so much for the Regimen.

But though Rules of this kind respecting Diet and the other Regimen, if they are carefully observ'd by those that are subject to the Gout, may preserve them from violent Fits of it, and may restore that strength to the Blood and Solid parts, whereby they may be freed from the many Miseries, on which account this Disease exceeds humane Patience, and at length becomes Mortal; yet after some intervals, especially at the latter end of Winter, they will be sometimes seiz'd with the Gout; for though in the Summer-time, when the tone and vigour of the Blood is excited and preserv'd in its state by the heat of the Sun, and there is likewise a due Elimination of the Humours through the Pores, 'tis reasonable to suppose, that the Concoctions should proceed much better than in the Winter; yet when Winter approaches, the strength of the blood being lessen'd, and the perspiration through the Pores hinder'd, there must needs be a great heap of indigested Matter, which by its long continuance causes a Fit, as soon as occasion is offer'd, either by the Humours put into Motion by the Patients so near approach to the Sun, or by drinking of Wine, or by violent Exercise, or by other evident cause.

'Tis manifest from what has been said, that he that endeavours to cure this Disease, ought to make it his business to change the habit of his whole Body, and to restore its old Constitution, as much as Age and other Circumstances will

permit, which must be endeavour'd in the Spaces betwixt the Fits; not when the Fits are on, for when the Fomes is not only generated, but now is cast upon the Joints, 'tis too late to strive to change it, or to cast it out any other way, for 'tis to be ejected by no other method than Nature shews, wherein alone we must acquiesce; which is observ'd in the Fits of Agues, and for which reason we do nothing till the heat is over: Nor is he more absurd, that is anxiously busied about taking off the heat, drouth and restlessness, and other Symptoms of these Fevers, than he that thinks he has cur'd the Gout, when he has only labour'd to restrain the Symptoms; for by this means he has only made the cure of it more difficult; for the more he eases the Pain, the more he obstructs the Concoction of the Humours, and the more he takes off the Lameness, the more he hinders the expulsion of the Morbifick Matter. Moreover the more the fury and the sharpness of the Fit is suppress'd, 'twill not only last longer, but the space betwixt the Fits will also be shorter, and less free from every degree of the Symptoms which accompany this Disease; which no one will deny that has well consider'd what I have treated of above concerning the History of this Disease.

But now though no great Matter must be attempted during the Fit, only the removing those Symptoms, which a false method of cure sometimes occasions, yet seeing all allow that this Disease proceeds from an abundance and an exuberancy of Humours, it may perhaps be convenient for the Patient to abstain from Flesh food

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some Days when he's first seiz'd, and instead of it, to use Simple Barly Broth, or some such kind of Food, which sort of thin Diet conduces much towards the lessening the Morbifick Matter, and will give Nature an opportunity to digest it sooner. But forasmuch as there's a vast difference betwixt the Body of one Person and another, some not bearing abstinence from Flesh, but by reason of it are seiz'd with a confusion of the Animal Spirits, with Fainting, and other Symptoms which are wont to befall Women that are subject to Hysterical Fits, these People are injur'd if they forbear Flesh any longer than their Stomachs loath it, which seldom lasts beyond the first or second day of the particular Fits, all which join'd together as I mention'd above, make a whole Fit; but whether any one eat Flesh sooner or later, great care must be taken, that they eat no more during the Fit than is necessary to sustain Nature. Nor is less care to be taken about the quality of the Diet; for as in the intervals of the Fits, so more especially when the Fit is present, the Sick ought to take the greatest care, that he don't at all err in the quality or quantity of his Meat or Drink. And moreover, more than ordinary care must be taken in observing every other Regimen, as well as this in the intervals; and though the pain as well as the unfitness for motion, may seem to contraindicate Exercise which I have commended above all others things, yet this labour must be undertaken. For though at the beginning of the Fit it may seem impossible that the Sick should bear to be carried into a Coach, and to be sure he's much less a-

ble to bear the motion of it, and yet if he try it, he will soon perceive that he's less pain'd by such a motion, than when he keeps at Home in his Chair. And moreover he has this advantage, if he ride some Hours in his Coach, in the Morning, and after Dinner, that whereas when he sat at Home all day, he lay awak'd the greatest part of the Night, now he can sleep away the pain a great part of the Night; for very moderate Exercise does so weary a Gouty Man, that he falls asleep: And besides the same Exercise does somewhat prevent the Stone, which an easie Life most commonly occasions. But what is most considerable, the total impotence of the Limbs for motion, is help'd by constant Exercise, which happens to many after the First or Second Fit, the Tendons of the Hams and Heels being contracted; for when by reason of the tormenting Pain they have allow'd themselves to lye still a long time (being unwilling to extend their Legs when the Pain has seiz'd their Knees,) at length they are depriv'd of the motion of their Legs and Feet all the rest of their Lives, as well when the Fits are off, as when they are on, for they are not freed from them. Furthermore in Old Men, whose Concoctions are much vitiated, and who by reason the Disease has afflicted them many Years, have as it were the very substance of their Bodies turn'd to the Gout, 'tis not to be hop'd that the Disease without Exercise, can ever be brought to Digestion; for when the Disease is too strong for Nature, they often dye by Fainting and Sickness, which the abundance of the furniture for
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the Disease that can't be concocted produces, and they are destroy'd by this matter, that can't be concocted as by Poyson.

But notwithstanding what has been said of the Utility of Exercise in the Fits of the Gout, yet if the Sick by reason of the violence of the Fit, is as it were overwhelm'd presently by the first assault of it, (which happens to those for the most part in whom the Gout has now come to its height, nor is yet grown gentle by a course of many Years,) in this case if the Sick is confin'd to his Chamber, 'twill also be convenient that he keep his Bed for some of the first Days, 'till the violence of the Pain is abated, for the Bed does somewhat supply the want of Exercise, for the continual use of it does more powerfully digest the Morbifick Matter in a few Days, than keeping up in many, especially at the beginning of the Disease, if the Sick can abstain from Flesh without Fainting or other ill Symptoms, and can be contented only with Barly Broth, Small Beer, and the like. But we must take notice that if the Gout is inveterate, and inclines the Sick to Fainting, Gripes, a Looseness, and such kind of Symptoms, he will scarce avoid being destroy'd by one of the Fits, if he don't use Exercise in a free and open Air: For a great many Gouty People have perish'd by these Symptoms, to whom they have been obnoxious by being confin'd to their Chambers, and especially to their Beds; whereas had they bore the fategue of riding in a Coach the greatest part of the Day, they had not died so soon. For though he that is troubled with Pain only in
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one of his Limbs, may confine himself to his Chamber, yet another that instead of violent Pain is afflicted with Sicknes, and the other foresaid Symptoms, should he do the same, wou'd endanger his Life; and indeed 'tis well for the Sick when the pain is so violent, that he can't bear motion, for then there's no great need of it, the very pain which is the bitterest Remedy in nature, securing his Life.

But as to the Symptoms of the Gout, we must apply our selves to those whereby the Life of the Patient is indanger'd; the debility and faintness of the Stomach, with Gripes of the Belly as from Wine, is the most frequent of these which befalls those who either have been subject to the Gout many Years, or those who though they have not been long afflicted with it, have notwithstanding invited this mischief too early, by suddenly changing Spirituous Liquors for those that are thin and much cooling, or by applying repelling Plasters, and other cooling Medicines to the Parts affected, to assuage the Pain; upon which account the material cause of the Disease which ought to have been put off upon the Joints, is cast upon the Bowels. I have tried many things for the Fits of the last Years to lessen this Symptom; but nothing did so much good as a small Draught of Canary Wine taken now and then, when the Sicknes and Faintness afflicts the Sick: Nor is Red French Wine, nor Venice Treacle, nor any other Cordial thing which I have yet known, so effectual. But we must imagine that neither this Wine, nor any other
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Cordial if Exercise be not us'd, can wholly preserve the Patient.

But if any great Symptom scarce bearing a Truce comes suddenly by reason of the striking in of the Gouty Matter, and threatens Death, we must neither trust to the Wine, nor to the Exercise above commended; but in this case, if it does not fall upon the Head, but upon the Natural or Vital Parts, we must presently fly to Laudanum, namely, give Twenty Drops of Liquid Laudanum, mix'd with a small Draught of Epidemick Water, and let the Patient compose himself to rest in his Bed. But if the Matter occasioning the Gout produces a Diarrhæa, because 'tis not yet cast upon the Limbs, if it be not the Crisis of a particular Fit, and if notwithstanding Laudanum above commended, and Exercise of all sorts, (for this must be first used for the Cure of the Diarrhæa,) the Looseness continues, accompanied with Sickness and Gripes, there's only one Remedy that I know of, *viz.* to provoke Sweat, by a Method and Medicines design'd for this use, which if it be done Two or Three Days, Morning and Evening, for Two or Three Hours at a time, it most commonly stops the Looseness, and forces the Fomes of the Disease upon the Limbs. I cur'd my self by this Method some Years ago, after I had imprudently cast my self into this Disease by Drinking Water for my ordinary Drink, when I had us'd Cardiack and Astringent Medicines of various sorts in vain.

There is another Symptom not so frequent, though I have seen it divers times, *viz.* a translation
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of the Peccant Matter upon the Lobes of the Lungs, when a Winter Cough by reason of Cold taken in the time of the Fit, has by degrees drawn the Matter upon the Lungs, the Limbs in the mean while being wholly or almost freed from the Pain and Swelling, by reason of the translation of the Morbifick Matter upon another region; in this one case the curative indication is not to be directed to the Gout, but this Symptom is to be treated as a true Peripneumonia, viz. by Bleeding repeated, and Cooling and Thickening Remedies and Diet; for the Blood drawn in this Symptom especially, is exactly like the Blood of Pleuriticks. Moreover the Sick must be Purged betwixt the Bleedings, whereby the Filth that's fallen upon the Lungs may be carried off. But Sweating how powerful soever 'tis in forcing the Fomes of the Disease upon the Limbs, does hurt in this case, by hardening the Matter that's thrust upon the Lungs; upon which account small abscesses are generated, and at length the Sick certainly dies.

Moreover 'tis to be noted, that almost all Gouty People, when they have conflicted a long while with this Disease, are subject to the Stone of the Kidnies; and that they are wont to be troubled with Nephretick Pains, either in the state, but most commonly at the declination of a general Fit, which don't only torture him much, but also weakens him much, whereas he was but too much weaken'd and worn out before. In this case, setting aside all other Medicines, let him presently take a Gallon of Posset-Drink, wherein ℥ij of the Roots of Marsh Mal-
lows,

lows has been boyl'd, and let the following Clyster be injected.

Take of the Roots of Marsh-Mallows, and Lillies, each ℥i, of the Leaves of Mallows, Pellitory of the Wall, Bears Breach, and of the Flowers of Chamomel, each M i, of Flax and Fennugreek Seeds, each ℥ss, boil them in a S. Q. of Water to Hiss, dissolve in the straining of Brown Sugar and Syrup of Marsh-Mallows, each ℥ij, mingle them, and make a Clyster. As soon as he has render'd all the Posset-Drink by Vomiting, and has rejected the Clyster, let him take a large Dose of Liquid Laudanum, viz. to xxv Drops, or xv Grains of Mathew's Pill.

If any one inquires for External Remedies to ease the Pain of the Gout, I have hitherto known none, (though I have tried many in my self and others,) excepting things meerly cooling and repelling, the use whereof I have shew'd above is dangerous. And I confidently affirm, that the greatest part of those who have perished in the Gout, have not so properly been kill'd by the Disease, as by an improper use of Medicines. But if any one will try the vertue of External Remedies, which are certainly accounted Anodines, don't let him impose upon himself, by applying them at the declination of a particular Fit, at which time the Pain is about to cease of it self; but rather let him use them at the beginning of a Fit, and then he will soon perceive how fruitless they are, and how vain his hopes. For indeed these Epithems may do hurt sometimes, but they can never do any good. For which reason I have us'd no External Remedies many
Years

Years. The Pultis made with White Bread and Saffron boil'd in Milk, adding Oyl of Roses in small quantity, did heretofore do me more good than other things, and yet this signified nothing at the beginning of the Fit. Therefore if the pain be very violent, 'twill be better for the Sick to keep himself a Bed, 'till the Pain is a little abated, than to use external Anodines. But 'twill not be amiss to take a little Laudanum in the Evening, if the Pain is intollerable, otherwise 'twill be better to omit it.

But seeing I am now speaking of External Remedies, I must say something of the Indian Moss, call'd *Moxa*, greatly esteem'd of late for the cure of the Gout, if it be burnt a little upon the part affected. Though this kind of Remedy is said to be receiv'd from the Oriental *Indians*, being wholly unknown by the *Europeans*, yet 'twill appear to be known among us many Ages, to him that shall consult the Writings of *Hippocrates*, published above Two Thousand Years ago. He says in his Excellent Treatise of Diseases, *That if the Pain continues obstinate in any one part, and can't be expell'd by Medicines, in what ever part it is, you must burn it with crude Flax.* And afterwards speaking of the Gout, he says, *the same things are good, which are proper in the Diseases of the Joints; and indeed this Disease is long and grievous, but not deadly. But if the Pain remains in the Fingers, burn the Veins in the Fingers, above the Joints, with crude Flax.* Now I suppose no one will think that there's any Specifick difference betwixt the Flame rais'd by Flax, or by this Indian Moss, no more than
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he can suppose that a Fire kindled with pieces of Oak, can do any thing more than the Wood of the Ash-Tree. This Burning of the part affected may be useful for mitigating the Pain, the most Spirituous part of the Morbifick Matter cast off upon the Joints, being drawn out by it; but the benefit obtain'd by this means, forasmuch as it does not any way cure Indigestion, the antecedent cause of the Gout must needs be very short and fading, and to be used only when the Gout is beginning. For when the Gout, as it sometimes happens, is turn'd inward, either by its long Continuance, or by an unseasonable and undue use of Medicines, and so afflicts the Patient rather with Sicknes, Gripes, and a great many other Symptoms of this kind than with Pain, I suppose no one will think that Fire is to be used.

C H A P. V.

Of the Bloody Urine from the Stone in the Kidnies.

THough it may seem imprudent to publish an Observation, whereof I have had only experience in my self, yet I suppose no unprejudic'd Person will be angry with me, who have been so much and so long troubled with a Bloody Urine, occasion'd by the Stone in the Kidnies, for commiserating those that are afflicted with the same Disease, and for discovering those Remedies that have eas'd me; though they are vulgar perhaps, and lightly accounted of.

In the Year 1660, the Gout seiz'd me more violently, and continued longer than ever; and when on this account I lay'd continually for Two Months in the Summer-time, either in or upon a soft Bed; towards the latter end of the Fit I began to feel a dull and heavy pain, especially in my left Kidney, and sometimes, though rarely, in my right. And when I recover'd from the Gout, yet notwithstanding the Pain of the Kidnies remain'd, which made me fear the Stone, though the Pain was not at all Acute, but tollerable enough; for I had not yet had a Nephretick Fit, which is accompanied with violent Pain, stretching it self through the Passage of the Ureters, and with violent Vomiting. But though these

these signs of the Stone in the Kidnies did not appear, yet I had good reason to believe, that I had a large Stone in the Pelvis of the Kidnies, which because 'twas too large to pass into the Passage of the Ureters, did not occasion the foresaid Symptoms. And many Years after I found I was not mistaken; for when in the Winter, 1676, presently after the breaking of a violent Frost, I had walk'd much and a long time, I immediately render'd Urine mix'd with Blood, and so I did as often as I walk'd much, or rode in a Coach in Pav'd Streets, though the Horses went gently; but this did not happen to me, how far so ever I travell'd in the great Roads that are not pav'd. The Urine that I voided then, though it look'd terrible as I render'd it, almost like pure Blood, yet soon after 'twas limpid and like it self at the top, the Blood clodding by it self at the bottom. For the cure of this Disease, I bled largely in the Arm, and after general Purges, I us'd cooling and increasfating Medicines of various kinds, and a Diet agreeable to these things, and carefully avoided Acid and Acrid and Attenuating Liquors. But these and many other things which it would be tedious to mention, doing no good, and fearing to provoke the Stone forward, which I suspected was too big to be expell'd by Chalybeat Waters, at length I left off all hopes of doing any good by them, and chiefly because I had observ'd, that some Old Men of my acquaintance had hasten'd their end, while they were attempting in vain to cure this Disease by such Remedies. Wherefore I resolv'd to try no more,

only by avoiding as much as I cou'd the motion of the Body, to prevent this Disease. But at length considering how wonderfully some praise the Lithontriptick Vertue of the Seed of the Ash-Tree, I imagin'd that if the Seed of it had so much Vertue, 'twas very probable that the Manna of the Ash, shou'd have more; that as the Excellent Botanist Mr. Ray, and many other Writers say, not being airy Hony or cœlestial Dew, but rather a Liquor sweating out of the Leaves, the Trunk and Branches of Ash-Trees in *Calabria*; the Truth whereof, was confirm'd to Mr. Ray, (when he travel'd *Italy*,) by a Learned Physician, who often gather'd Manna from the Branches and Leaves, when they were exactly cover'd with Linen Cloaths: See Ray's *Catalogue of English Plants*. Therefore being about to make the Experiment, I drank ʒijss of Manna dissolv'd in ℥ij of Whey, swallowing now and then a little of the Juice of Lemons, while I was purging, to quicken this Cathartick, which us'd to work slowly, and to render it more pleasing to the Stomach. It can scarce be said how much Ease I receiv'd about the Region of the Reins, by the use of this Remedy; for tho' before they did not alwas ake, yet they were affected with a heavy and troublesome Pain. And because it succeeded so well with me, I took the same Cathartick on a set Day once a Week, for some Months; and after every Purge, I plainly found my self better and could bear the shaking of a Coach when it went fast, and was indeed wholly freed from this Symptom till the last Spring, at the approach whereof, having been miserably afflicted with the Gout all the foregoing Winter, and

and by reason of my unfitness for motion, having liv'd without Exercise more than I us'd to do, the Bloody Urine return'd again; and now I doubted whether I shou'd betake my self again to purging, because of late years, the whole substance of my Body being as it were, turn'd into the Fomes of the Gout, the gentlest Purge did most certainly occasion a Fit of the Gout; at length I consider'd, that if I gave a Paregorick every Night after purging, to quiet the Tumult the Purge had rais'd, I might safely resume my old method of taking Manna once a Week. Therefore in the Morning I took ʒijss of Manna in ℥ij of Whey, and in the Evening xvi of liquid Laudanum in Small-Beer, repeating the Manna and Laudanum in the said manner, twice a Week for Three Weeks; afterwards I us'd the Manna only once a Week, the Filth of the Humours being so copiously discharg'd by the Cathartick, that the Gout was not greatly to be fear'd, and my reason telling me, that if the Manna was endow'd with any Faculty that is dissolving, or any other way Lithontriptic, to be sure the Vertue and Efficacy of the Remedy I trusted in, wou'd be somewhat lessen'd by such an astringent Medicine as Laudanum is; and therefore I thought it better to omit the Hypnotic, seeing I purg'd only once a Week. I continued this method some Months, always purging of the same day of the Week; nor wou'd I break this Custom, upon any account whatever. Tho' the pain of the Back remitted after the first Dose of this Remedy as formerly, yet soon after purging repeated, made the Gout appear, threatening War sometimes in the Limbs, and sometimes in the Bowels;

but Laudanum strongly repress'd these Motions of the Disease: And this method succeeding well hitherto, I thought I ought to continue it, both to prevent the return of the Bloody Urine, and to lessen somewhat the Matter that generates the Stone, which answer'd according to my desire, this Hemorrhage wholly vanishing from the time I first publish'd this Treatise, and therefore I quite left off the Manna. Therefore as to purging, (if there is a Bloody Urine, and if Manna be only us'd according to the method above deliver'd) I must retract my opinion which I publish'd concerning the Gout, *viz.* that 'tis no way fit that People subject to the Gout, shou'd be purg'd either at the beginning, or at the declination, or in the Intervals of the Fit. For then it did not come into my Mind, that the Fit occasion'd by the Purge, cou'd be restrain'd, by giving an Hypnotic at Night. Yet with respect only to the Gout, all Evacuations do much hurt, and therefore are not to be admitted, unless the fore-said Symptom requires the use of them.

I will add these things concerning the Regimen and manner of Diet, which seems to me, proper for those that are troubl'd with either of these Diseases; for I wou'd by no means pass by any thing that may be of use to those that are afflicted with the same Diseases I am. In the Morning when I rise, I drink a Dish or Two of Tea, and then ride in my Coach till Noon; when I return home, I moderately refresh my self with any sort of Meat of easie Digestion that I like; (for Moderation is necessary above all things) presently after Dinner every day, I drink somewhat more than

than a quarter of a Pint of Canary Wine, to promote the Concoction of the Meat in my Stomach, and to drive the Gout from my Bowels: When I have dined, I betake my self to my Coach again, and when I have leisure, I ride into the Country Two or Three Miles for good Air. A Draught of Small-Beer, is to me instead of a Supper, and I take another Draught when I am in Bed and about to compose my self to Sleep, that by this Julap I may cool and dilute the hot and acrid Juices lodg'd in the Kidnies, whereof the Stone is generated. And I prefer at this time, and at Dinner-time, Small-Beer that has Hops in it, before that which has none. For tho' that which is not hopt, is smoother and softer, and so fitter to carry off the Stone from the Kidnies, yet that which is hopt, by reason of the stiptic quality which the Hops impart to it, is not so apt to generate sandy and stony Matter, as that which is not hopt; the Substance whereof, is more viscous and slimy. I take care to go to Bed early, especially in Winter, than which nothing is better to render the Concoctions perfect, and likewise to preserve that Form and Order which of right, belongs to Nature. Whereas on the contrary, Night-works lessen all the Concoctions of Old Men that labour with any Chronical Disease, and dangerously wound their Vital Principle. And to prevent a Bloody Urine by reason of the Stone, I take great care that as often as I am to ride a long way upon the Stones, (for if I travel never so far in a Coach in the common Roads, I receive no damage) to drink a large Draught of Small-Beer before I go into the Coach, and also before
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my Return, if I have been abroad a pretty while, whereby I secure my self very well from the Bloody Urine. But as to the Gout, I will add this one thing, of late Years by reason of some Errors about the Six Non-naturals, the Gouty Matter sometimes strikes in, the Signs whereof are violent Sicknes with Vomiting, and some pain of the Belly, the Limbs in the mean while are suddenly free from Pain, and more fit for motion than is usual. In this case I drink a Gallon of Posset-Drink, or Small Beer, and as soon as 'tis all rejected by Vomiting, I drink a small Draught of Canary Wine, with Eighteen Drops of Liquid Laudanum in it to compose me to rest; and by this means I have divers times rescued my self from imminent Death.

Though perhaps it may seem ridiculous, (especially for one who's being well or dead, is scarce of any consequence,) to make such frequent mention of one's self, yet these things are said, to the intent others may be benefited thereby, whose Lives or Health are of greater value or moment.

Lastly, 'tis to be noted into what great danger some that are afflicted with the Gout and Stone cast themselves, by taking unadvisedly Manna dissolv'd in Purging Mineral Waters; for though when 'tis taken this way, it works quicker, and is not so nauseous, yet these little Conveniences can't equal an Injury occasion'd by the Waters on another account. For if the Stone in the Kidnies is so large, that it can't pass through the passage of the Ureters into the Bladder, these Waters most commonly occasion a Fit, which induces

indures to the great hazard of the Patient's Life, till the Stone returns into the *Pelvis*. Nor can the Sick safely venture upon Chalybeat Waters, unless he can certainly know first that the Stone is not so large, but that it may either find or make a way through the Ureters, which so far as I understand, can be known only certainly this way; *viz.* If before he has been seiz'd with a Nephritick Fit, (with violent pain in either of the Reins, stretching it self through the passages of the Ureters with violent Vomiting,) he has found that there is not so properly a large Stone in the *Pelvis*, as a heap of small Stones, whereof one will now and then fall into the Ureter, and so cause a Fit, which does not go off till the Stone is thrust down into the Bladder. When the case is so, there's no more effectual Remedy, either to prevent the increase of small Stones, or to drive them from the Reins, than the Drinking freely of Chalybeat Waters a long while every Summer.

But because it often happens, that one is seiz'd with a Nephritick Fit, when these Mineral Waters are not to be got, or when the Season of the Year is not favourable for drinking of them. In this case you must proceed in that short Method for the Stone in the Kidnies, mention'd at the latter end of the foregoing Chapter. But if the Sick is of a Sanguine Constitution, and not Antient, $\frac{3}{4}$ of Blood must be first taken from the Arm of the same side with the affected Kidney.

But Old Men worn out by some Chronical Disease, and Old Women subject to Vapours, (especially

pecially if at the beginning they void a black and Sandy Urine,) must not bleed; but as to other things, they must proceed wholly according to the Method now deliver'd.

But to return to the Stone when 'tis large, the business in Hand, if the Nephritick Person was never seiz'd with a Fit of the Stone, that being too large to fall out of the *Pelvis*, Iron Waters can't be us'd for Reasons above-mention'd, without present danger. Nor does the use of Mineral Waters prove better in Gouty People, if they are old, as they are most commonly, and of a Weak and Phlegmatick habit of Body, for in these the strength of Nature is so much less'n'd, that 'tis greatly to be fear'd that such a quantity of Water may wholly overwhelm it. But whether this is the cause of the Injury that falls upon Men of such a habit of Body or Constitution or not, I am sure many whose Bodies have been much broken by this Disease, have been kill'd by these Waters.

F I N I S.

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